

Founded in 1985, **Project Open Hand** is a nonprofit organization that provides meals with love to seniors, adults with disabilities, and critically ill neighbors. Our food is like medicine that helps our clients get stronger and lead healthier lives. Every day, we prepare 2,500 nutritious meals and provide more than 200 bags of healthy groceries to our clients. We serve San Francisco and Oakland, engaging more than 125 volunteers every day to nourish our community. Learn more at [www.openhand.org](http://www.openhand.org).

# PROJECT OPEN HAND

## Community Nutrition Program

# JUNE 2019

Yessica Arias, Nutrition Assistant Intern at Project Open Hand

### THESE SITES ARE OPEN MONDAY THROUGH FRIDAY

### SITE COORDINATOR

<b>Alexis Apartments</b> Meal Time 11:00- 11:45 AM	390 Clementina St. Bus Line 8, 12 27,30, 45	415-495-9541 Tracy Mak
<b>**Castro Senior Center</b> Meal Time 11:45 AM -12:15 PM	110 Diamond St. Bus Line 24, 33, F, K, L, M	415-863-3507 Scott Schoverling Rex Rowland
<b>**Mission YMCA</b> Meal Time 11:40 AM -12:20 PM	4080 Mission St. Bus Line 14, 23, 49	415-452-7565 Ivania Baltodano
<b>**Potrero Hill Neighborhood House</b> Meal Time 11:45 AM -12:30 PM	953 DeHaro St. Bus Line 10, 19, 48	415-826-8080 Dolores Maghari
<b>**Project Open Hand AWD Site only</b> Meal Time 10:30-12:30	730 Polk St. Bus Line: 19, 31, 38, 47, 49	415-603-9387 Marina Cahua, Fred Holt, Mina Katimin
<b>**Richmond Senior Center</b> Meal Time: 11:45 AM-12:15 PM	6221 Geary – 3 <sup>rd</sup> Fl Bus Line 1, 29, 31, 38	415-405-4673 Helen Wong, Hong Nguyen Wei Meng Friday
<b>**Sunset Senior Center</b> Meal Time: 11:45 AM -12:15 PM	1290 5 <sup>th</sup> Ave. Bus Line 6, 7, 43,44, N	415-759-9507 Larry Jenkins
<b>**Telegraph Hill Neighborhood Center</b> Meal Time: 12:00 – 12:45 PM	660 Lombard St. Bus Line 8, 30, 45	421-6443 ext. 14 Raymond Cheung

### THESE SITES ARE OPEN 7 DAYS A WEEK AND HOLIDAYS

<b>**Aquatic Park</b> (closed Saturday) Meal Time 12-12:45 PM	890 Beach St. Bus Line 19,28, 30, 47,49	415-603-0190 Wendy Cohen, Dennis Pash M-F, Helen Wong Sundays
<b>Curry Senior Center</b> Breakfast 8:30-9:30AM Lunch 1030 AM -1230 PM	333 Turk St. Bus Line 7, 9, 19,27, 31	415-292-1086 Cynthia Aguirre, Dave Gesek, Eduardo Cruz, Juan Cahua-Salazar, John Henderson
<b>**Downtown Senior Center</b> Breakfast 9:00-9:45AM (Monday – Friday) Meal Time 11:30-12:15	481 O'Farrell St. Bus Line 2, 3, 8, 27, 31, 38,45	415-535-4763 Maqbool Khan, Oscar Gonzales Mei Wong, Tracy Mak, Thomas O'Keefe
<b>**Visitacion Valley</b> Meal Time: 11:30-12PM	66 Raymond Ave. Bus Line: 8, 9, 56, T	415-297-4607 Jose Chavez Pilar Dexter
<b>**Swords To Plowshares- Stanford</b> Lunch: 12-1PM	250 Kearny St 2, 3, 8, 30, 38, Montgomery Bart	415-603-9387 Ben Clyburn Mina Katimin

\*\*This site serves Adult with Disabilities ages 18-59

The nutrition requirements for menu planning for the Community Nutrition Program are designed to meet the dietary guidelines for Americans 2015.

In order to meet these guidelines each meal must contain the following:

Vitamin C: 1/3 DRI\* each meal (25 mg)  
Vitamin A: 1/3 of DRI at least 3 times per week (250 micrograms)  
3 oz meat or meat alternative  
1-2 servings of vegetables  
1 serving of fruit or fruit juice  
1-2 servings of grain (½ from whole grains)  
1 serving of low-fat milk or milk alternative  
Dessert and fat are optional.  
(\*Dietary Reference Intake)

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## 4 Key Factors to Positive Aging

**Positive Aging** is adopting a constructive and optimistic view of getting older as a healthy, normal part of life. It is the mindset that you feel confident and committed in doing whatever you can do to maintain your health. Doing the things you enjoy will help you stay connected with what matters for you as you grow older. Following 4 key factors to positive aging may help you be happier and more engaged in life:



**Key 1 Balanced Diet:** An easy way to visualize and plan your meals is by looking at the My Plate. Make half of your plate fruits and veggies. You can use fresh produce, canned or frozen items. Check labels for no added salt! Make one quarter of your plate grains, preferably whole grains and the other quarter protein. If you eat meat, choose the lean ones. Drink at least 8 cups of water daily.

**Key 2 Physical Activity:** It is the **most powerful** predictor of a person's mobility in the later years. Did you know that physical limitations often occur because people become inactive, not older? Being physical active is not limited to young people. The more you move, the longer and healthier you will live! **Benefits:** Maintain desirable body weight, greater flexibility, more endurance, better body balance, preserve mental ability and better sleep. **TIP:** Combine aerobic activities, strength, balance and flexibility exercises to become more fit and enhance overall physical wellbeing.

**Key 3 Mental Health:** The brain, like all of the body's organs, ages in response to both genetic and environmental factors. Positive aging is also about celebrating what you have learned in life. An older brain has more wisdom and resilience to deal with adversity, richness of experience and creativity to solve problems and address challenges in life. **Benefits:** lower the risk of depression and mental diseases, improve your mood and sense of well-being. **TIPS:** eating in companionship, socializing at the senior center, volunteering, learning a new language, playing, laughing and meditating!



**Key 4 Healthy Sleep Habits:** Sleeping 7-9 hours per day is ideal for young and older adults. **Benefits:** Increased alertness during waking hours, enhanced memory and attention span, reduce medication usage, symptoms of depression, stress and anxiety, improved heart health, regulate appetite, reduced risk of falling.

Do you think there is some room to improve your aging process? Take every day as an opportunity to work towards a healthier you! You have power to make changes over your lifestyle and having family and friends join you will make it a more meaningful experience!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>This Menu Is Subject To Change Without Notice.</b> <b>Milk Is Served Every Day</b></p> <p>visit us at <a href="http://www.openhand.org">www.openhand.org</a></p>					Mushroom Soup <b>Beef &amp; Lentil Stew</b> <b>1</b> Whole Wheat Egg Noodle Green Beans Seasonal Fruit	Chickpea Salad Balsamic Dressing <b>Pork Chile Verde</b> <b>2</b> Brown Rice Corn Succotash Seasonal Fruit
Black Bean Soup <b>Chicken Drumsticks</b> <b>3</b> <b>Tikka Masala Sauce</b> Quinoa Pilaf Green Beans Seasonal Fruit	Broccoli Carrot Salad Thousand Island Dressing <b>4</b> <b>Tilapia Filet</b> <b>Paprikash Sauce</b> Whole Wheat Penne Glazed Carrots Seasonal Fruit	Sweet Potato Soup <b>Roasted Pork Loin</b> <b>5</b> <b>Apple Sauce</b> Brown Rice Brussel Sprouts & Carrots Seasonal Fruit	Garden Salad French Dressing <b>6</b> <b>Moroccan Beef Stew</b> Couscous Pilaf Green Beans Seasonal Fruit	Quinoa Salad Balsamic Dressing <b>7</b> <b>Chicken Thigh</b> Creamy Herb Polenta Creole Vegetables Seasonal Fruit	Summer Vegetable Soup <b>Turkey Meatloaf</b> <b>8</b> <b>Onion Gravy</b> Mashed Potatoes Capri Mixed Veg Seasonal Fruit	Cilantro Cabbage Slaw <b>Chicken Fajita Stew</b> <b>9</b> Whole Wheat Tortilla Southwest Beans Seasonal Fruit
Sweet Potato Salad <b>Tilapia Filet</b> <b>10</b> <b>Cubana Sauce</b> Brown Rice Seasonal Fruit	Tortilla Soup <b>Chicken Drumsticks</b> <b>11</b> <b>Salsa Verde</b> Spanish Brown Rice Carrots Seasonal Fruit	Minestrone Soup <b>Beef Ranchero Stew</b> <b>12</b> Bulgur Pilaf Brussel Sprouts Seasonal Fruit	Romaine Salad Caesar Dressing <b>13</b> <b>Chicken Thigh</b> <b>Garlic Sauce</b> Whole Wheat Penne Braised Cabbage Seasonal Fruit	Lentil-Spinach Soup <b>Caribbean Pork Stew</b> <b>14</b> Quinoa Pilaf Mixed Vegetables Seasonal Fruit	Borscht <b>Turkey Meatloaf</b> <b>15</b> <b>Marsala Sauce</b> Mashed Potatoes Green Beans Seasonal Fruit	Marinated Veg Salad <b>Chicken Tikka Masala</b> <b>16</b> Biryani Brown Rice Carrots Seasonal Fruit
Corn & Chile Soup <b>Chicken Thigh</b> <b>17</b> <b>Red Mole Sauce</b> Brown Rice & Beans Brussel Sprouts Seasonal Fruit	Broccoli Carrot Salad Honey Mustard Dressing <b>18</b> <b>Beef Ropa Vieja Stew</b> Brown Rice Corn Succotash Seasonal Fruit	Garbanzo Kale Salad Balsamic Dressing <b>19</b> <b>Tilapia Filet</b> <b>Mustard Cream Sauce</b> Whole Wheat Penne Eggplant & Peppers Seasonal Fruit	Garden Salad Ranch Dressing <b>20</b> <b>Turkey Chili</b> Whole Wheat Macaroni Glazed Carrots Seasonal Fruit	Tuscan Bean Soup <b>Roasted Pork Loin</b> <b>21</b> Creamy Herb Polenta Ratatouille Seasonal Fruit	Garden Salad French Dressing <b>22</b> <b>Veggie Loaf</b> <b>Mushroom Sage Gravy</b> Mashed Potatoes Braised Cabbage Seasonal Fruit	Cabbage Soup <b>Chicken Thigh</b> <b>23</b> <b>Marinara Sauce</b> Whole Wheat Penne Carrots Seasonal Fruit
Garden Salad <b>24</b> Thousand Island Dressing <b>Turkey Meatloaf</b> <b>Mushroom Dill Sauce</b> Brown Rice Brussel Sprouts Seasonal Fruit	Carrot & Ginger Soup <b>25</b> <b>Chicken Breast</b> Bulgur Pilaf Eggplant & Peppers Seasonal Fruit	Quinoa Salad <b>26</b> Italian Dressing <b>Beef Bourguignon</b> Mashed Potatoes Green Beans Seasonal Fruit	Cilantro Cabbage Slaw <b>27</b> <b>Tilapia Filet</b> <b>Sweet &amp; Sour Sauce</b> Stir Fry Vegetables Vegetable Fried Brown Rice Seasonal Fruit	Tomato Soup <b>28</b> <b>Chicken Tetrazzini</b> Whole Wheat Macaroni Carrots Seasonal Fruit	Vegetable Barley Soup <b>29</b> <b>Irish Pork Stew</b> Whole Wheat Egg Noodle Green Beans Seasonal Fruit	Macaroni Salad <b>30</b> <b>BBQ Glazed Chicken Drumsticks</b> Baked Beans Braised Cabbage Seasonal Fruit

**Please Note:** Our menu meets 1/3 DRI for all target nutrients except Vitamin D. The Project Open Hand dietitian will provide nutrition education about how to ensure you are meeting your daily Vitamin D needs.

## Community Nutrition Program

730 Polk St. San Francisco CA 94109  
 Office Hours: M-F 9:00am – 5:00pm  
 Phone: 415.447.2300

Adrian Barrow, Executive Chef  
 Kristi Friesen, Registered Dietitian  
 Erika Molina, Program Director  
 Raymond Chong, CNP Sites Manager  
 Erika Wong, CNP Sites Manager  
 Miriam Aguilar, CNP Assistant Manager

The Community nutrition program is funded by: the Office on The Aging, U.S.D.A., Project Open Hand & participants

In the rare instance a menu has more than 1000 milligrams of sodium, it will be labeled a high sodium meal.

Comments, Suggestions, Feedback?

We would love to hear from you! Please fill out a meal comment card the next time you dine with us and turn it in to your site coordinator.

- ✓ You need to be 60 years of age or older to be eligible for our senior lunch program
- ✓ You need to be 18-59 to be eligible for the adults with disabilities program
- ✓ Bring picture ID for proof of age.
- ✓ All new participants are asked to complete an Intake. While voluntary, the data on the Intake is strictly used to compile statistics in order to obtain government funding for the program.
- ✓ We appreciate any voluntary contribution for the meal program. The contributions will be used toward the nutrition program operations. Regardless of contribution, it will not affect services you receive.
- ✓ Smiles are encouraged!