

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).

THESE SITES ARE OPEN MONDAY THROUGH FRIDAY

<b>Alexis Apartments</b> Meal Time 11:00- 11:45 AM	390 Clementina St. Bus Line 8, 12 27,30, 45	415-495-9541 Site Coordinator 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 Site Coordinators Scott Schoverling
<b>**Mission YMCA</b> Meal Time 11:40 AM -12:20 PM	4080 Mission St. Bus Line 14, 23, 49	415-452-7565 Site Coordinator 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 Site Coordinator 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 Site Coordinator 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 Site Coordinator Helen Wong 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 Site Coordinator 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 Site Coordinator 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 Site Coordinators Wendy Cohen M-F, 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 Site Coordinators Eduardo Cruz, Dave Gesek, Cynthia Aguirre, Juan Cahua-Salazar
<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 Site Coordinators Oscar Gonzales., Kelly Wong, Mei Wong
<b>**Visitation Valley</b> Meal Time: 11:30-12PM	66 Raymond Ave. Bus Line: 8, 9, 56, T	415-297-4607 Site Coordinators Jose Chavez M-F Pilar Dexter Weekend
<b>**Swords To Plowshares- Stanford</b> Lunch: 12-1PM	250 Kearny St 2, 3, 8, 30, 38, Montgomery Bart	415-603-9387 Site Coordinators Maqbool Khan, Ben Clyburn Mina Katimin weekend

\*\*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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## PROJECT OPEN HAND Community Nutrition Program

Kristi Friesen, Registered Dietitian at Project Open Hand

# March 2019

### March is National Nutrition Month



**eat right.** Academy of Nutrition and Dietetics

National Nutrition Month® is a nutrition campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

#### How to Celebrate National Nutrition Month:

- Discover the benefits of a healthy eating style.
- Choose foods and drinks that are good for your health.
- Include a variety of healthful foods from all of the food groups on a regular basis.
- Select healthier options when eating away from home.
- Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
- Keep it simple. Eating right doesn't have to be complicated.
- Make food safety part of your everyday routine.
- Help to reduce food waste by considering the foods you have on hand before buying more at the store.

Join us today for a nutritious and balanced meal. Make nutrition a focus of your day, this month and beyond!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>This Menu Is Subject To Change Without Notice.</b>  <b>Milk Is Served Every Day</b>	visit us at <a href="http://www.openhand.org">www.openhand.org</a>			Broccoli & Edamame Salad Balsamic Dressing <b>Roasted Pork Loin</b> <b>Mushroom Herb Gravy</b> Mashed Potatoes Brussels Sprouts & Carrots Seasonal Fruit	Cream of Broccoli Soup <b>Roasted Beef Patty</b> <b>Onion Gravy</b> Creamy Polenta Green Beans Seasonal Fruit	Romaine Salad Ranch Dressing <b>Hearty Chicken Stew</b> Brown Rice Broccoli Seasonal Fruit
Tomato Basil Soup <b>Roasted Chicken Thigh</b> <b>Mushroom Sage Gravy</b> Whole Wheat Penne Corn Succotash Seasonal Fruit	Lentil Vegetable Soup <b>Mongolian Beef</b> Brown Rice Braised Cabbage Seasonal Fruit	Garden Salad Ranch Dressing <b>Baked Tilapia</b> <b>Basque Sauce</b> Bulgur Pilaf Glazed Carrots Seasonal Fruit	Broccoli Carrot Salad Balsamic Dressing <b>Chicken Tetrazzini Stew</b> Whole Wheat Macaroni Mixed Vegetables Seasonal Fruit	Cilantro Cabbage Slaw Slaw Dressing <b>Baked Tilapia</b> <b>Sweet &amp; Sour Sauce</b> Brown Rice Brussel Sprouts Seasonal Fruit	Pea Soup <b>Roasted Beef Patty</b> <b>Mushroom Herb Sauce</b> Mashed Potatoes Green Beans Seasonal Fruit	Garden Salad Balsamic Dressing <b>Turkey Meatloaf</b> <b>Onion Gravy</b> Whole Wheat Penne Peas & Carrots Seasonal Fruit
Golden Lentil Soup <b>Chicken Drumsticks</b> Brown Rice Pilaf Ratatouille Seasonal Fruit	Garden Salad Caesar Dressing <b>Turkey Bolognese</b> Whole Wheat Macaroni Green Beans Seasonal Fruit	Cream of Cauliflower Soup <b>Herb Roasted Chicken</b> <b>Thigh &amp; Lemon Mustard Sauce</b> Brown Rice Peas & Carrots Seasonal Fruit	Romaine Salad Ranch Dressing <b>Chicken &amp; Eggplant Provencal</b> Brown Rice Pilaf Brussel Sprouts Seasonal Fruit	Marinated Vegetable Salad <b>Baked Herb Tilapia</b> <b>Puttanesca Sauce</b> Whole Wheat Penne Glazed Carrots Seasonal Fruit	Garbanzo Bean & Kale Salad Balsamic Dressing <b>Beef Bourguignon</b> Mashed Potatoes Mixed Vegetables Seasonal Fruit	Curried Cabbage Soup <b>Roasted Pork Loin</b> <b>Chasseur Sauce</b> Mashed Potatoes Braised Cabbage Seasonal Fruit
Potato & Onion Soup <b>Roasted Chicken</b> <b>Drumsticks &amp; Paprikash Sauce</b> Brown Rice Braised Cabbage Seasonal Fruit	Garden Salad Balsamic Dressing <b>Turkey Meatloaf</b> <b>Mushroom Sage Gravy</b> Mashed Potatoes Peas & Carrots Seasonal Fruit	Tomato Eggplant Soup <b>Roasted Pork Loin</b> <b>Marsala Sauce</b> Brown Rice Brussel Sprouts & Carrots Seasonal Fruit	Cilantro Cabbage Slaw Slaw Dressing <b>Alma's Chicken Tinga Stew</b> Brown Rice Southwestern Beans Seasonal Fruit	Garden Salad Honey Mustard Dressing <b>Baked Tilapia</b> <b>Sweet &amp; Sour Sauce</b> Bulgur Pilaf Mixed Vegetables Seasonal Fruit	Borscht Soup Sour Cream <b>Beef Stroganoff</b> Whole Wheat Macaroni Kale Sautee Seasonal Fruit	Marinated Vegetable Salad Balsamic Dressing <b>Hoisin Glazed Chicken Thigh</b> Brown Rice Green Beans Seasonal Fruit
Garden Salad Caesar Dressing <b>Roasted Chicken Thighs</b> <b>French Country Sauce</b> Brown Rice Peas & Carrots Seasonal Fruit	Pea Soup <b>Roasted Beef Patty</b> <b>Onion Gravy</b> Mashed Sweet Potatoes Green Beans Seasonal Fruit	Cilantro Cabbage Slaw Slaw Dressing <b>Roasted Pork Loin</b> <b>Salsa Verde</b> Brown Rice Carrots Seasonal Fruit	Potato & Onion Soup <b>Chicken &amp; Red Bean Stew</b> Spanish Brown Rice Corn Succotash Seasonal Fruit	Sweet Potato Salad Herb Mustard Dressing <b>Roasted Tilapia</b> <b>Puttanesca Sauce</b> Whole Wheat Penne Mixed Vegetables Seasonal Fruit	Lentil Vegetable Soup <b>Turkey Meatballs</b> <b>Marinara Sauce</b> Whole Wheat Penne Carrots Seasonal Fruit	Romaine Salad Balsamic Dressing <b>Mole Chicken Drumsticks</b> Brown Rice & Beans Corn Succotash Seasonal Fruit Celebration Cake

**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!