

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.

THESE SITES ARE OPEN MONDAY THROUGH FRIDAY		SITE COORDINATOR
Alexis Apartments Meal Time 11:00- 11:45 AM	390 Clementina St. Bus Line 8, 12 27,30, 45	415-495-9541 Tracy Mak
**Castro Senior Center Meal Time 11:45 AM -12:15 PM	110 Diamond St. Bus Line 24, 33, F, K, L, M	415-863-3507 Scott Schoverling
**IT Bookman Community Center Meal Time 12:00- 1:00 PM	446 Randolph St Bus Line 28R, M	415-586-8020 Hong Nguyen
**Mission YMCA Meal Time 11:40 AM -12:20 PM	4080 Mission St. Bus Line 14, 23, 49	415-452-7565 Ivania Baltodano
**Potrero Hill Neighborhood House Meal Time 11:45 AM -12:30 PM	953 DeHaro St. Bus Line 10, 19, 48	415-826-8080 Dolores Maghari
**Project Open Hand AWD Site only Meal Time 10:30-12:30	730 Polk St. Bus Line: 19, 31, 38, 47, 49	415-603-0190 Marina Cahua, Fred Holt, Shan Rong Yang
**Richmond Senior Center Meal Time: 11:45 AM-12:15 PM	6221 Geary – 3 rd Fl Bus Line 1, 29, 31, 38	415-405-4673 Helen Wong, Yuk Chan Wei Meng Friday
**Sunset Senior Center Meal Time: 11:30 AM -12:00 PM	1290 5 th Ave. Bus Line 6, 7, 43,44, N	415-447-2310 Larry Jenkins
**Telegraph Hill Neighborhood Center 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		
**Aquatic Park (closed Saturday) Meal Time 12-12:45 PM	890 Beach St. Bus Line 19,28, 30, 47,49	415-603-9387 Wendy Cohen, Dennis Pash M-F, Helen Wong Sundays
Curry Senior Center Breakfast 8:30-9:30AM Lunch 1030 AM -1230 PM	333 Turk St. Bus Line 7, 9, 19,27, 31	415-292-1080 Oscar Gonzalez, Dave Gesek, Eduardo Cruz, Juan Cahua, Queenie Lew, John Henderson
**Downtown Senior Center 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 Daniel Ambrosio, Mei Wong, Tracy Mak
**Visitation Valley Meal Time: 11:30-12PM	66 Raymond Ave. Bus Line: 8, 9, 56, T	415-297-4607 Jose Chavez Pilar Dexter
**Swords To Plowshares- Stanford Lunch: 12-1PM	250 Kearny St 2, 3, 8, 30, 38, Montgomery Bart	415-603-9387 Ben Clyburn




****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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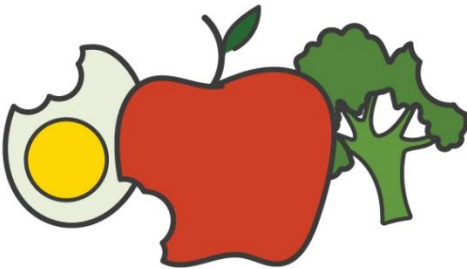
PROJECT OPEN HAND
Community Nutrition Program

Kristi Friesen, Registered Dietitian

March 2020

March is National Nutrition Month!

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

 Academy of Nutrition
and Dietetics

Good Nutrition doesn’t have to be restrictive or overwhelming.

Small goals & changes can have a cumulative healthful effect, and every little bit (or bite!) of nutrition is a step in the right direction.

How to Get Started?

- **Vary your diet.** Eat a variety of nutritious foods every day.
- **Meal Planning.** Enjoy healthful eating at school, work, & home.
- **Cook & Prep.** Learn skills to create tasty meals to share and enjoy.
- **Visit a Registered Dietitian.** To focus on your individual needs, meet with a Project Open Hand Registered Dietitian to get started today!

*Happy National Nutrition Month
from all of us at POH!*



Project Open Hand
meals with love

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
This Menu Is Subject To Change Without Notice. Milk Is Served Every Day	visit us at www.openhand.org					Barley Salad French Dressing Chicken Tinga Spanish Brown Rice 4 Way Mixed Veg Seasonal Fruit 1
Black Bean Soup Spiced Chicken Thigh Salsa Verde Quinoa Pilaf Corn Succotash Seasonal Fruit 2	Roasted Vegetable Salad Balsamic Dressing BBQ Pork Stew Creamy Herb Polenta Capri Mixed Veg Seasonal Fruit 3	Coleslaw Beef Fricassee Brown Rice Brussel Sprouts Seasonal Fruit 4	English Pea Soup Turkey Meatloaf Marsala Sauce Mashed Potatoes Provençale Veg Seasonal Fruit 5	Garden Salad Thousand Island Baked Tilapia Mushroom-Dill Sauce Whole Wheat Penne Eggplant & Peppers Seasonal Fruit 6	Minestrone Soup Rosemary Chicken Thigh Mushroom Herb Sauce Bulgur Pilaf Braised Cabbage Seasonal Fruit 7	Barley Salad Cilantro Dressing Enchilada Casserole Spanish Brown Rice Carrots Seasonal Fruit 8
Carrot & Ginger Soup Tandoori Drumsticks Brown Rice Eggplant & Peppers Seasonal Fruit 9	Tomato Basil Soup Beef Stroganoff Whole Wheat Egg Noodles Peas & Carrots Seasonal Fruit 10	Romaine Salad Caesar Dressing Turkey Bolognese Whole Wheat Penne Brussel Sprouts Seasonal Fruit 11	Greek Pasta Salad Feta Herb Dressing Falafel Patty Tzatziki Sauce Whole Wheat Dinner Roll Mediterranean Vegetables Seasonal Fruit 12	Quinoa Salad Italian Dressing Baked Tilapia Wine Cream Sauce Mashed Parsnips Carrots Seasonal Fruit 13	Tortilla Soup Roasted Pork Loin Red Mole Sauce Spanish Brown Rice Southwest Beans Seasonal Fruit 14	Potato Salad Thousand Island Chicken Mushroom Stew Whole Wheat Egg Noodles Carrots Seasonal Fruit 15
Smokey Cabbage Soup Chicken Drumsticks Chimichurri Sauce Spanish Brown Rice Eggplant & Peppers Seasonal Fruit 16	Garden Salad Honey Mustard Dressing Chicken Tikka Masala Indian Spiced Quinoa Brussel Sprouts Seasonal Fruit 17	Cauliflower Chickpea Soup Sweet & Sour Pork Vegetable Fried Brown Rice Stir Fry Vegetables Seasonal Fruit 18	Chopped Veg Salad Creamy Herb Dressing Turkey Meatloaf Roasted Garlic Sauce Whole Wheat Penne Roasted Vegetables Seasonal Fruit 19	Corn Salad SW Ranch Dressing Baked Tilapia Mustard Cream Sauce Bulgur Pilaf Cabbage & Onions Seasonal Fruit 20	Tabbouleh Salad Lemon Dressing Curry Beef Stew Mashed Sweet Potatoes Capri Mixed Veg Seasonal Fruit 21	Borscht Sour Cream Chicken Breast Paprikash Sauce Whole Wheat Egg Noodles Braised Cabbage Seasonal Fruit 22
Hot & Sour Soup Roasted Pork Loin Ginger Orange Sauce Sesame Brown Rice Carrots & Green Beans Seasonal Fruit 23	Three Bean Salad Cilantro Dressing Vegetable Curry with Tofu Biryani Brown Rice Seasonal Fruit 24	Wild Rice & Veg Soup Rosemary Chicken Thigh Mushroom Sage Gravy Mashed Potatoes Carrots Seasonal Fruit 25	Cilantro Cabbage Slaw Beef Fajita Stew Brown Rice Tex-Mex Beans Seasonal Fruit 26	Garden Salad Creamy Herb Dressing Baked Tilapia Sherry Cream Sauce Wheat Berry Pilaf Brussel Sprouts Seasonal Fruit 27	Vegetable Barley Soup BBQ Glazed Chicken Drumsticks Baked Beans Cabbage & Onions Seasonal Fruit 28	Bean & Corn Salad Cilantro Dressing Turkey Chili Whole Wheat Macaroni Green Beans Seasonal Fruit 29
Veggie Gumbo Soup Chicken Thigh Cheddar Grits Creole Veg Seasonal Fruit 30	Golden Lentil Dahl Garlic Beef w/Veg Whole Wheat Egg Noodles Brussel Sprouts & Carrots Seasonal Fruit 31	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!