

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.

PROJECT OPEN HAND

Community Nutrition Program

May 2019

Gina Fung, UCSF Dietetic Intern at Project Open Hand

THESE SITES ARE OPEN MONDAY THROUGH FRIDAY

Alexis Apartments Meal Time 11:00- 11:45 AM	390 Clementina St. Bus Line 8, 12 27,30, 45	415-495-9541 Site Coordinator 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 Site Coordinators Scott Schoverling
**Mission YMCA Meal Time 11:40 AM -12:20 PM	4080 Mission St. Bus Line 14, 23, 49	415-452-7565 Site Coordinator 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 Site Coordinator Dolores Maghari
**Project Open Hand AWD Site only Meal Time 10:30-12:30	730 Polk St. Bus Line: 19, 31, 38, 47, 49	415-603-9387 Site Coordinator Marina Cahua, Fred Holt, Mina Katimin
**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 Site Coordinator Helen Wong Wei Meng Friday
**Sunset Senior Center Meal Time: 11:45 AM -12:15 PM	1290 5 th Ave. Bus Line 6, 7, 43,44, N	415-759-9507 Site Coordinator 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 Site Coordinator Raymond Cheung
**Aquatic Park (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
Curry Senior Center Breakfast 8:30-9:30AM Lunch 1030 AM -1230 PM	333 Turk St. Bus Line 7, 9, 19,27, 31	415-292-1086 Site Coordinators Cynthia Aguirre, Dave Gesek, Eduardo Cruz, Juan Cahua-Salazar, 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 Site Coordinators Maqbool Khan M-F, Oscar Gonzales M-F, Mei Wong, weekends
**Visitation Valley 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
**Swords To Plowshares- Stanford Lunch: 12-1PM	250 Kearny St 2, 3, 8, 30, 38, Montgomery Bart	415-603-9387 Site Coordinators Ben Clyburn, M-F, Mina Katimin, weekend

THESE SITES ARE OPEN 7 DAYS A WEEK AND HOLIDAYS

**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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Fiber

Fiber is a nutrient found in plant foods that is not readily digested by the body. There are two types of fiber: **soluble** and **insoluble**. Both types can be found in most plant foods and help you stay full for a longer time. Fiber has many benefits and it is important to include both types in your diet.

Type of Fiber	Benefits	Food Sources (A few examples!)
Soluble Fiber	Lowers blood cholesterol levels and slows absorption of glucose, which can help control blood sugar levels.	<ul style="list-style-type: none"> Apples Carrots Barley Oats & Oat Bran Beans and Peas
Insoluble Fiber	Adds “bulk” to stool and helps food pass more quickly through the stomach and intestines, which can prevent constipation.	<ul style="list-style-type: none"> Dark Green Leafy Veggies Whole Wheat Bread Wheat Bran Nuts & Seeds

How much do I need?

Women should aim for 21 to 25 grams of fiber a day.
Men should aim for 30 to 38 grams of fiber a day.

What are ways I can add fiber in my diet?

- When buying packaged foods, look for whole grains on the ingredient list such as whole wheat, barley, brown rice, buckwheat, oatmeal, and quinoa.
- Add beans, lentils, or peas to salads, soups, and side dishes.
- Snack on fruits, vegetables, whole wheat crackers, or plain popcorn.



Come join us at a Project Open Hand meal site, where we aim to include high fiber foods daily!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Minestrone Soup Beef Ranchero Stew 1 Bulgur Pilaf Brussel Sprouts Seasonal Fruit	Romaine Salad Caesar Dressing Garlic Sauce Chicken Thigh 2 Whole Wheat Penne Braised Cabbage Seasonal Fruit	Lentil-Spinach Soup Caribbean Pork Stew 3 Quinoa Pilaf Mixed Vegetables Seasonal Fruit	Borscht Soup Sour Cream Marsala Sauce Turkey Meatloaf 4 Mashed Potatoes Green Beans Seasonal Fruit	Marinated Veg Salad Chicken Tikka Masala 5 Biryani Brown Rice Carrots Seasonal Fruit
Corn & Chile Soup Red Mole Sauce Chicken Thigh 6 Brown Rice & Beans Brussel Sprouts Seasonal Fruit	Broccoli Carrot Salad Honey Mustard Dressing Beef Ropa Vieja Stew 7 Brown Rice Corn Succotash Seasonal Fruit	Garbanzo Kale Salad Balsamic Dressing Mustard Cream Sauce 8 Tilapia Filet Whole Wheat Penne Eggplant & Peppers Seasonal Fruit	Garden Salad Ranch Dressing Turkey Chili 9 Whole Wheat Macaroni Glazed Carrots Seasonal Fruit	Tuscan Bean Soup Roasted Pork Loin 10 Creamy Herb Polenta Ratatouille Seasonal Fruit	Garden Salad French Dressing Mushroom Sage Gravy 11 Veggie Loaf Mashed Potatoes Braised Cabbage Seasonal Fruit	Cabbage Soup Marinara Sauce 12 Chicken Thigh Whole Wheat Penne Carrots Seasonal Fruit
Garden Salad Thousand Island Mushroom Dill Sauce 13 Turkey Meatloaf Brown Rice Brussel Sprouts Seasonal Fruit	Carrot & Ginger Soup Chicken Breast 14 Puttanesca Sauce Bulgur Pilaf Eggplant & Peppers Seasonal Fruit	Quinoa Salad Italian Dressing Beef Bourguignon 15 Mashed Potatoes Green Beans Seasonal Fruit	Cilantro Cabbage Slaw Tilapia Filet 16 Sweet & Sour Sauce Vegetable Fried Brown Rice Stir Fry Vegetables Seasonal Fruit	Tomato Soup Chicken Tetrazzini 17 Whole Wheat Macaroni Carrots Seasonal Fruit	Vegetable Barley Soup Irish Pork Stew 18 Whole Wheat Egg Noodle Green Beans Seasonal Fruit	Macaroni Salad Creamy Herb Dressing 19 BBQ Glazed Chicken Drumsticks Baked Beans Braised Cabbage Seasonal Fruit
Wild Rice Soup Cacciatore Sauce Roasted Pork Loin 20 Whole Wheat Penne Mixed Vegetables Seasonal Fruit	Garden Salad Cilantro Dressing Thai Beef w/ Basil 21 Brown Rice Carrots Seasonal Fruit	Broccoli Soup Balsamic Onion Sauce 22 Chicken Thigh Whole Wheat Penne Capri Mixed Veg Seasonal Fruit	Three Bean Salad Cilantro Dressing Tofu Coconut Curry 23 Brown Rice Pilaf Seasonal Fruit	Italian Pasta Salad Parmesan Dressing Creamy Basil Sauce 24 Tilapia Filet Quinoa Pilaf Green Beans Seasonal Fruit	Sweet Potato Salad Chicken Gumbo 25 Dirty Brown Rice Carrots Seasonal Fruit	Coleslaw Chicken Drumsticks 26 Brown Rice Provençale Veg Seasonal Fruit
Romaine Salad Balsamic Dressing Marinara Sauce 27 Beef Patty Whole Wheat Penne Brussel Sprouts Seasonal Fruit	Marinated Veg Salad Honey Mustard Dressing Turkey Goulash 28 Whole Wheat Macaroni Green Beans Seasonal Fruit	Garden Salad Parmesan Dressing Chicken Stew 29 Brown Rice Garden Mixed Veg Seasonal Fruit	Bean & Corn Salad Southwest Ranch Tilapia Filet 30 Roasted Red Pepper Sauce Spanish Brown Rice Braised Cabbage Seasonal Fruit	Split Pea Soup Mushroom Herb Sauce 31 Chicken Thigh Mashed Potatoes Carrots Seasonal Fruit	This Menu Is Subject To Change Without Notice. Milk Is Served Every Day visit us at www.openhand.org	

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!