

**COVID-19 SERVICE UPDATE:**

No sites are open for congregate meals at this time. Select sites are open for hot meal TO GO meal, or to distribute 7 frozen meals once a week to encourage shelter in place.

Clients can come to 730 Polk Street, 1<sup>st</sup> floor Monday through Friday from 1-4pm to pick up meals for the week. Meals also include milk and fruit. For any questions regarding pick up meals, please call 415-447-2310 during the 1-4pm pick up window.

*Site information below is subject to change.*

THESE SITES ARE OPEN MONDAY THROUGH FRIDAY

<b>Alexis Apartments</b> SITE CLOSED TEMPORARILY	390 Clementina St.
<b>**Castro Senior Center</b> SITE CLOSED TEMPORARILY	110 Diamond St. Frozen meals on Thursday 10am-12pm, out front of building
<b>**Downtown Senior Center</b> Breakfast 9:00-9:45AM	481 O'Farrell St. Frozen lunch meals on Monday 10:30am -12:00pm
<b>**IT Bookman Community Center</b> SITE CLOSED TEMPORARILY	446 Randolph St Frozen meals on Thursday 12:00-12:30pm
<b>**Mission YMCA</b> SITE CLOSED TEMPORARILY	4080 Mission St.
<b>**Potrero Hill Neighborhood House</b> SITE CLOSED TEMPORARILY	953 DeHaro St.
<b>**Project Open Hand AWD Site only</b> Meal Time 10:30-12:30	730 Polk St.
<b>**Richmond Senior Center</b> SITE CLOSED TEMPORARILY	6221 Geary – 3 <sup>rd</sup> Fl Frozen meals on Thursday 11:30 am – 12:15pm
<b>**Sunset Senior Center</b> SITE CLOSED TEMPORARILY	1290 5 <sup>th</sup> Ave.
<b>**Telegraph Hill Neighborhood Center</b> SITE CLOSED TEMPORARILY	660 Lombard St. Frozen meals on Monday 10:30am -12:00pm

THESE SITES ARE OPEN 7 DAYS A WEEK AND HOLIDAYS

<b>**Aquatic Park</b> (closed Saturday) SITE CLOSED TEMPORARILY	890 Beach St.
<b>Curry Senior Center</b> Breakfast 8:30-9:30AM Lunch 1030 AM -1230 PM	333 Turk St.
<b>**Visitation Valley</b> SITE CLOSED TEMPORARILY	66 Raymond Ave. Frozen meals on Saturday 9:30am -1:30pm
<b>**Swords To Plowshares–Stanford</b> SITE CLOSED TEMPORARILY	250 Kearny St

**\*\*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

# May 2020

### Fresh, Frozen, and Canned

*Enjoy fruits and Vegetables in all their forms.*

There is not a “best” form of fruits and Vegetables. There are benefits and limits to each:

**Fresh** can be cheaper when buying in season, and have great flavor. Fresh produce is a great source of nutrients like vitamin C. However, it must be used quickly before going bad.

**Frozen** has a longer shelf life (up to 6 months) and require less preparation. Since they are frozen at peak freshness, nutrients are preserved. *Watch out for added sodium, sugar, and/or fat!*

**Canned** has a longer shelf life (up to 2-4 year) and require less preparation. Since they are canned at peak freshness, nutrients are preserved. *Watch out for added sodium, sugar, and/or fat!*

**Variety is the key to getting the most fruit and Vegetables in your diet!**



Content adapted from Cooking Matters



Project Open Hand  
meals with love

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
<p><b>This Menu Is Subject To Change Without Notice.</b></p> <p><b>Milk Is Served Every Day</b></p>	<p>visit us at <a href="http://www.openhand.org">www.openhand.org</a></p>			<p>Chicken Drumsticks Chimichurri Sauce Spanish Brown Rice Eggplant &amp; Peppers Fruit of the Day</p> <p><b>1</b></p>	<p>Curry Beef Stew Mashed Sweet Potatoes Capri Mixed Vegetables Fruit of the Day</p> <p><b>2</b></p>	<p>Chicken Breast Paprikash Sauce Whole Wheat Egg Noodles Braised Cabbage Fruit of the Day</p> <p><b>3</b></p>		
		<p>Roasted Pork Loin Ginger Orange Sauce Carrots &amp; Green Beans Sesame Brown Rice Fruit of the Day</p> <p><b>4</b></p>	<p>Vegetable Curry Biryani Brown Rice Fruit of the Day</p> <p><b>5</b></p>	<p>Rosemary Chicken Thigh Mushroom Sage Gravy Mashed Potatoes Carrots Fruit of the Day</p> <p><b>6</b></p>	<p>Beef Fajita Stew Brown Rice Tex-Mex Bean Fruit of the Day</p> <p><b>7</b></p>	<p>Baked Tilapia Sherry Cream Sauce Wheat Berry Pilaf Brussel Sprouts Fruit of the Day</p> <p><b>8</b></p>	<p>BBQ Glazed Chicken Drumsticks Baked Beans Cabbage &amp; Onions Fruit of the Day</p> <p><b>9</b></p>	<p>Turkey Chili Whole Wheat Macaroni Green Beans Fruit of the Day</p> <p><b>10</b></p>
		<p>Chicken Thigh Cheddar Grits Creole Vegetables Fruit of the Day</p> <p><b>11</b></p>	<p>Garlic Beef with Vegetables Whole Wheat Egg Noodles Brussel Sprouts &amp; Carrots Fruit of the Day</p> <p><b>12</b></p>	<p>Chicken Lentil Stew Bulgur Pilaf Green Beans Fruit of the Day</p> <p><b>13</b></p>	<p>Baked Tilapia Puttanesca Sauce Mashed Potatoes Carrots Fruit of the Day</p> <p><b>14</b></p>	<p>Turkey Meatloaf Zesty Tomato Sauce Whole Wheat Penne Mediterranean Vegetables Fruit of the Day</p> <p><b>15</b></p>	<p>Chicken Thigh Cauliflower Lentil Tagine Quinoa Pilaf Fruit of the Day</p> <p><b>16</b></p>	<p>Irish Pork Stew Mashed Potatoes Braised Cabbage Fruit of the Day</p> <p><b>17</b></p>
		<p>Chicken Drumsticks Quinoa Pilaf Cabbage &amp; Kale Sauté Fruit of the Day</p> <p><b>18</b></p>	<p>Turkey Goulash Whole Wheat Macaroni Brussel Sprouts Fruit of the Day</p> <p><b>19</b></p>	<p>Baked Tilapia Brown Rice White Bean Ragout Fruit of the Day</p> <p><b>20</b></p>	<p>Beef Bourguignon Mashed Potatoes Peas Fruit of the Day</p> <p><b>21</b></p>	<p>Chicken Thigh Rosemary Onion Sauce Brown Rice Garden Mixed Vegetables Fruit of the Day</p> <p><b>22</b></p>	<p>Roasted Pork Loin Creamy Herb Polenta Ratatouille Fruit of the Day</p> <p><b>23</b></p>	<p>Chicken Tinga Spanish Brown Rice 4 Way Mixed Vegetables Fruit of the Day</p> <p><b>24</b></p>
		<p>Spiced Chicken Thigh Salsa Verde Quinoa Pilaf Corn Succotash Fruit of the Day</p> <p><b>25</b></p>	<p>Baked Tilapia Mushroom-Dill Sauce Whole Wheat Penne Eggplant &amp; Peppers Fruit of the Day</p> <p><b>26</b></p>	<p>Beef Fricassee Brown Rice Brussel Sprouts Fruit of the Day</p> <p><b>27</b></p>	<p>Turkey Meatloaf Marsala Sauce Mashed Potatoes Provençale Vegetables Fruit of the Day</p> <p><b>28</b></p>	<p>BBQ Pork Stew Creamy Herb Polenta Capri Mixed Vegetables Fruit of the Day</p> <p><b>29</b></p>	<p>Rosemary Chicken Thigh Mushroom Herb Sauce Bulgur Pilaf Braised Cabbage Fruit of the Day</p> <p><b>30</b></p>	<p>Enchilada Casserole Spanish Brown Rice Carrots Fruit of the Day</p> <p><b>31</b></p>

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!