

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

# November 2019

Kristi Friesen, Registered Dietitian at Project Open Hand

## Diabetes Awareness Month

Diabetes is one of the leading causes of disability and death in the United States. One in 10 Americans have diabetes—that's more than 30 million people. Another 84 million adults are at high risk of developing type 2 diabetes.



To raise awareness about diabetes, Project Open Hand is proudly participating in American Diabetes Awareness Month.

*Type 1 diabetes* means that your body does not make enough insulin, from a genetic or autoimmune cause. Type 1 diabetes is less common (about 5% to 10% of cases). *Type 2 diabetes* is 90% to 95% of cases. This is when insulin does not work normally, and blood glucose levels are often higher or lower than the normal range. This can increase your risk of heart attack or stroke and could lead to kidney failure and/or blindness, if not well managed.

Making small changes in your daily routine can have a large impact on your diagnosis of diabetes, or help to prevent the development of the disease if you are at risk:

- **Know your carbs.** Carbohydrates raise blood glucose levels. Eating the same amount of carbohydrates at the same time each day can help blood glucose stay stable. Talk to a dietitian to identify carbohydrate foods and know your ideal target per meal.
- **Balance your plate.** Each meal should contain protein & high fiber foods. Eating a balanced plate will slow the absorption of glucose into your bloodstream.
- **Reduce & limit drinking sugary beverages.** Sodas, sweetened coffee, or any sugar sweetened beverage can spike your blood glucose levels. This is also true for 100% fruit juice. Choose water or unsweetened beverages most of the time, and when you have a sweet beverage, keep the serving size small.
- **Be active.** Be active for 30 minutes at least 5 days a week. Try aerobic activity and strength building exercises. Start small and increase to your own tolerance when becoming more active.
- **Reduce stress.** Stress increases blood glucose. Find ways to help yourself reduce stress, like deep breathing, quiet walks in the park, and taking calm time for yourself.

### 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	415-603-0190 Marina Cahua, Fred Holt, Shan Rong Yang
<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: 11:30 AM -12:00 PM	1290 5 <sup>th</sup> Ave. Bus Line 6, 7, 43,44, N	415-447-2310 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	415-603-9387 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 Oscar Gonzalez, Dave Gesek, Eduardo Cruz, Juan Cahua, Queenie Lew, 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 Daniel Ambrosio, Mei Wong, Yuk, Chan, Tracy Mak
<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

\*\*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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[instagram.com/ProjectOpenHand](https://instagram.com/ProjectOpenHand)

Project Open Hand aims to help you manage diabetes by providing a nutritious meal. Join us at one of our lunch sites today!



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>	visit us at <a href="http://www.openhand.org">www.openhand.org</a>			Roasted Veg Salad Balsamic Dressing <b>BBQ Pork Stew</b> Creamy Herb Polenta Capri Mixed Veg Seasonal Fruit	Minestrone Soup <b>Rosemary Chicken Thigh</b> Mushroom Herb Sauce Bulgur Pilaf Braised Cabbage Seasonal Fruit	Barley Salad Cilantro Dressing <b>Enchilada Casserole</b> Spanish Brown Rice Carrots Seasonal Fruit
Carrot & Ginger Soup <b>Tandoori Drumsticks</b> Brown Rice Eggplant & Peppers Seasonal Fruit	Tomato Basil Soup <b>Beef Stroganoff</b> Whole Wheat Egg Noodles Peas & Carrots Seasonal Fruit	Quinoa Salad Italian Dressing <b>Baked Tilapia Filet</b> <b>Wine Cream Sauce</b> Mashed Parsnips Carrots Seasonal Fruit	Greek Pasta Salad Feta Herb Dressing <b>Falafel Patty</b> <b>Tzatziki Sauce</b> WW Dinner Roll Mediterranean Veg Seasonal Fruit	Romaine Salad Caesar Dressing <b>Turkey Bolognese</b> Whole Wheat Penne Brussel Sprouts Seasonal Fruit	Tortilla Soup <b>Roasted Pork Loin</b> <b>Red Mole Sauce</b> Spanish Brown Rice Southwest Beans Seasonal Fruit	Potato Salad Thousand Island Dressing <b>Chicken Mushroom Stew</b> Whole Wheat Egg Noodles Carrots Seasonal Fruit
Corn Salad Southwest Ranch Dressing <b>Baked Tilapia Filet</b> <b>Mustard Cream Sauce</b> Bulgur Pilaf Cabbage & Onions Chocolate Cake Seasonal Fruit <i>Veterans Day</i>	Garden Salad Honey Mustard Dressing <b>Chicken Tikka Masala</b> Indian Spiced Quinoa Brussel Sprouts Seasonal Fruit	Cauliflower Chickpea Soup <b>Sweet &amp; Sour Pork</b> Vegetable Fried Rice Stir Fry Vegetables Seasonal Fruit	Chopped Veg Salad Creamy Herb Dressing <b>Turkey Meatloaf</b> <b>Roasted Garlic Sauce</b> Whole Wheat Penne Roasted Vegetables Seasonal Fruit	Smokey Cabbage Soup <b>Chicken Drumsticks</b> <b>Chimichurri Sauce</b> Spanish Brown Rice Eggplant & Peppers Seasonal Fruit	Tabbouleh Salad Lemon Dressing <b>Curry Beef Stew</b> Mashed Sweet Potatoes Capri Mixed Veg Seasonal Fruit	Borscht Sour Cream <b>Chicken Breast</b> <b>Paprikash Sauce</b> Whole Wheat Egg Noodles Braised Cabbage Seasonal Fruit
Hot & Sour Soup <b>Roasted Pork Loin</b> <b>Ginger Orange Sauce</b> Sesame Brown Rice Carrots & Green Beans Seasonal Fruit	Three Bean Salad Cilantro Dressing <b>Vegetable Curry</b> Biryani Brown Rice Seasonal Fruit	Wild Rice & Veg Soup <b>Rosemary Chicken Thigh</b> <b>Mushroom Sage Gravy</b> Mashed Potatoes Carrots Seasonal Fruit	Cilantro Cabbage Slaw Southwest Ranch Dressing <b>Beef Fajita Stew</b> Brown Rice Tex-Mex Beans Seasonal Fruit	Macaroni Salad Creamy Herb Dressing <b>Baked Tilapia Filet</b> <b>Sherry Cream Sauce</b> Whole Wheat Penne Brussel Sprouts Seasonal Fruit	Vegetable Barley Soup <b>BBQ Glazed Chicken</b> <b>Drumsticks</b> Baked Beans Cabbage & Onions Seasonal Fruit	Bean & Corn Salad Cilantro Dressing <b>Turkey Chili</b> Whole Wheat Macaroni Green Beans Seasonal Fruit
Veggie Gumbo Soup <b>Chicken Thigh</b> Brown Rice Creole Veg Seasonal Fruit	Golden Lentil Dahl <b>Garlic Beef w/Vegetables</b> Whole Wheat Egg Noodles Brussel Sprouts & Carrots Seasonal Fruit	Romaine Salad Ranch Dressing <b>Roasted Turkey Breast &amp; Gravy</b> Cranberry Sauce Mashed Potatoes Winter Veggies & Parmesan Sauce Applesauce Cup & Pumpkin Pie	Romaine Salad Ranch Dressing <b>Roasted Turkey Breast &amp; Gravy</b> Cranberry Sauce Mashed Potatoes Winter Veggies & Parmesan Sauce Applesauce Cup & Pumpkin Pie <i>Thanksgiving Day</i>	Mushroom Soup <b>Turkey Meatloaf</b> Whole Wheat Penne Mediterranean Vegetables Seasonal Fruit	Corn & Potato Chowder <b>Chicken Thigh</b> Cauliflower Lentil Tagine Quinoa Pilaf Seasonal Fruit	

## 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

**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.

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!