

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

# October 2019

Max Schroder, Registered Dietitian at Project Open Hand

### Cholesterol Revisited: Can we eat eggs again?

The American Heart Association has released new guidelines stressing a personalized, lifespan approach to prevention and management to improve cholesterol levels. When you lower your LDL levels (“bad” cholesterol), and raise your HDL levels (“good” cholesterol), you lower your risk for cardiovascular events such as heart attack, stroke, and coronary artery disease.



Even if you are taking a cholesterol lowering medication, it cannot replace healthy eating and physical activity, which have been proven to lower LDL cholesterol.

Consider these guidelines:

- 1. Choose lean cuts of meats or protein:** Saturated fat raises blood cholesterol more than dietary cholesterol, so choose 3 oz of roasted chicken breast, salmon, or tofu.
- 2. This one may surprise you: Reduce refined carbohydrate intake** (white bread, pastries, pasta, white rice). This is *just as important* as cutting down on saturated fats for cholesterol improvement.
- 3. Replace refined carbohydrates** with whole grain pasta, brown rice, and whole grain breads and cereals. Choose sweet potatoes instead of white potatoes.
- 4. An egg a day is okay!** Serve an egg on whole grain toast, eat a hardboiled egg as an afternoon snack, or cut a hardboiled egg into a salad for dinner.
- 5. Get your Omega 3s:** Two servings of salmon or sardines a week, or a small handful of walnuts daily may have heart healthy properties such as removing cholesterol from cells.
- 6. Avoid fried foods** which can be a source of trans fat. Trans fats increase LDL levels and lower HDL levels, which increases risk for heart disease.
- 7. Love your fiber!** Eating a diet rich in fiber is associated with a higher HDL level, and a lower LDL level. The fiber associated with lowering LDL cholesterol is found in fruits, vegetables and grains such as oats, apples, pears, oranges, beans, flaxseed, and brussel sprouts.
- 8. Are you smoking?** Smoking lowers your HDL and increases your risk for heart attack and stroke. Quitting isn’t about stopping, it’s about connecting. Join a free support group near you through the SF Tobacco Free Project: (628) 206-6074, or 1-800-NO-BUTTS. Services supported in many languages and groups. Free nicotine patches may be available.

**Bottom Line:** The best way to get your cholesterol numbers on the right track is not to concentrate on limiting demonized items (eggs, for example), but to think of the bigger picture of eating healthy balanced meals as a lifestyle which will improve your overall health.

#### 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	415-603-9387 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	415-603-0190 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, Thomas O’Keefe, 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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Marinated Veg Salad Honey Mustard Dress <b>Turkey Goulash</b> Whole Wheat Macaroni Green Beans Seasonal Fruit	Garden Salad Parmesan Dressing <b>Lemon &amp; Herb Chicken Stew</b> Brown Rice Garden Mixed Veg Seasonal Fruit	Bean & Corn Salad Southwest Ranch <b>Baked Tilapia</b> <b>Roasted Red Pepper Sauce</b> Spanish Brown Rice Braised Cabbage Seasonal Fruit	Split Pea Soup <b>Mushroom Herb Sauce</b> <b>Chicken Thigh</b> Mashed Potatoes Carrots Seasonal Fruit	Mushroom Soup <b>Beef &amp; Lentil Stew</b> Whole Wheat Egg Noodle Green Beans Seasonal Fruit	Chickpea Salad Balsamic Dressing <b>Pork Chile Verde</b> Brown Rice Corn Succotash Seasonal Fruit
Black Bean Soup <b>Chicken Drumsticks</b> <b>Tikka Masala Sauce</b> Quinoa Pilaf Green Beans Seasonal Fruit	Broccoli Carrot Salad Thousand Island Dressing <b>Paprikash Sauce</b> <b>Baked Tilapia</b> Whole Wheat Penne Glazed Carrots Seasonal Fruit	Sweet Potato Soup <b>Roasted Pork Loin</b> <b>Apple Sauce</b> Brown Rice Brussel Sprouts & Carrots Seasonal Fruit	Garden Salad French Dressing <b>Moroccan Beef Stew</b> Couscous Pilaf Green Beans Seasonal Fruit	Quinoa Salad Balsamic Dressing <b>Chicken Thigh</b> Creamy Herb Polenta Creole Vegetables Seasonal Fruit	Summer Vegetable Soup <b>Turkey Meatloaf</b> <b>Onion Gravy</b> Mashed Potatoes Capri Mixed Veg Seasonal Fruit	Cilantro Cabbage Slaw <b>Chicken Fajita Stew</b> Whole Wheat Tortilla Southwest Beans Seasonal Fruit
Roasted Sweet Potato Salad <b>Baked Tilapia</b> <b>Cubana Veg Sauce</b> Brown Rice Seasonal Fruit	Tortilla Soup <b>Chicken Drumsticks</b> <b>Salsa Verde</b> Spanish Brown Rice Carrots Seasonal Fruit	Minestrone Soup <b>Beef Ranchero Stew</b> Bulgur Pilaf Brussel Sprouts Seasonal Fruit	Romaine Salad Caesar Dressing <b>Chicken Thigh</b> <b>Garlic Sauce</b> Whole Wheat Penne Braised Cabbage Seasonal Fruit	Lentil & Spinach Soup <b>Caribbean Pork Stew</b> Quinoa Pilaf Mixed Vegetables Seasonal Fruit	Borscht <b>Turkey Meatloaf</b> <b>Marsala Sauce</b> Mashed Potatoes Green Beans Seasonal Fruit	Marinated Veg Salad <b>Chicken Tikka Masala</b> Biryani Brown Rice Carrots Seasonal Fruit
Com & Green Chile Chowder <b>Chicken Thigh</b> <b>Red Mole Sauce</b> Brown Rice & Beans Brussel Sprouts Seasonal Fruit	Broccoli Carrot Salad Honey Mustard Dressing <b>Beef Ropa Vieja Stew</b> Brown Rice Corn Succotash Seasonal Fruit	Garbanzo Kale Salad Balsamic Dressing <b>Tilapia Filet</b> <b>Mustard Cream Sauce</b> Whole Wheat Penne Eggplant & Peppers Seasonal Fruit	Garden Salad Ranch Dressing <b>Turkey Chili</b> Whole Wheat Macaroni Glazed Carrots Seasonal Fruit	Tuscan Bean Soup <b>Roasted Pork Loin</b> Creamy Herb Polenta Ratatouille Seasonal Fruit	Garden Salad French Dressing <b>Mushroom Sage Gravy</b> <b>Veggie Loaf</b> Mashed Potatoes Braised Cabbage Seasonal Fruit	Cabbage Soup <b>Marinara Sauce</b> <b>Chicken Thigh</b> Whole Wheat Penne Carrots Seasonal Fruit
Garden Salad Thousand Island Dressing <b>Mushroom Dill Sauce</b> <b>Turkey Meatloaf</b> Brown Rice Brussel Sprouts Seasonal Fruit	Carrot & Ginger Soup <b>Chicken Breast</b> <b>Puttanesca Sauce</b> Eggplant & Zucchini Bulgur Pilaf Seasonal Fruit	Quinoa Salad Italian Dressing <b>Beef Bourguignon</b> Mashed Potatoes Green Beans Seasonal Fruit	Cilantro Cabbage Slaw <b>Baked Tilapia</b> <b>Sweet &amp; Sour Sauce</b> Stir Fry Vegetables Vegetable Fried Rice Seasonal Fruit Chocolate Cake <i>Happy Halloween</i>			<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>

**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!