

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. We require all participants to wear a mask and follow social distancing protocols for the safety of our staff and volunteers during this time.

Clients can come to 730 Polk Street, 1st 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 closed temporarily: Alexis Apartments, Mission YMCA, Potrero Hill Neighborhood House, Sunset Senior Center, Aquatic Park, Swords to Plowshares Stanford.

Frozen Meal Tips from Chef Adrian: "Freezing is a safe way to increase the shelf life without losing the nutrients or benefits. Below are a few ideas on how to preserve the integrity of ingredients in our meals."

- Allow your frozen meal to thaw in the refrigerator for a day (or up to 3 days) before microwaving. This allows the cooking time to be less and the vegetables won't be overcooked.
- Remove the frozen vegetables from your still frozen meal prior to cooking the meal so that you can cook the components (protein, starch, veggies) for different lengths of time. Veggies can also be heated separately in a steamer rather than microwaved. Heat the meals in the oven or toaster oven. Preheat oven to 350 °F, transfer to an oven-proof dish and heat for 10-15 minutes.

****Castro Senior Center** 110 Diamond St.
Frozen lunch meals distributed on Thursday 10am-12:30pm, out front of building

****Downtown Senior Center** 481 O'Farrell St.
Breakfast 9:00-10:00AM Monday through Friday
Frozen lunch meals distributed on Fridays from 9:00-10:00am & 10:30am -12:00pm

****IT Bookman Community Center** 446 Randolph St
Frozen lunch meals on distributed on Thursdays 10:15am-12pm

****Project Open Hand AWD Site only** 730 Polk St.
Meal Time 10:30-12:30 Monday though Friday

****Richmond Senior Center** 6221 Geary – 3rd Fl
Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm

****Telegraph Hill Neighborhood Center** 660 Lombard St.
Frozen lunch meals distributed on Mondays 10:30am -12:00pm

Curry Senior Center 333 Turk St.
Breakfast 8:30-9:30AM Daily
Lunch 1030 AM -1230 PM Daily

****Visitation Valley** 66 Raymond Ave.
Frozen meals distributed on Saturdays 9:30am -1pm

****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)

Stay connected with Project Open Hand:



facebook.com/ProjectOpenHand
twitter.com/ProjectOpenHand
instagram.com/ProjectOpenHand

PROJECT OPEN HAND

Community Nutrition Program

Rhon Guan, UCSF Dietetic Intern at Project Open Hand



October 2020

Breast Cancer Awareness Month

What you decide to eat can have a powerful impact on your health. Some foods can be cancer promoting, while other foods can be protective against cancer. A balanced diet is key, and remember, what you do *most of the time* is more important than what you do *some of the time*.

Fruits and Vegetables

- Many studies link a diet high in fruits and vegetables protective against breast cancer.
- Eat colorful fresh fruits and vegetables daily. A good starting goal would be to include two to three types per day.
- Don't count corn or potatoes as vegetables. They are considered starches.

Fats

- Try to keep most of your fat intake to healthy fats from peanut butter, nuts, olive oil, seeds, avocados, and fish such as salmon, sardines, mackerel, and anchovies.
- Keep saturated fats from meats, dairy, butter, and coconut to less than 7% of your daily calories.

Meats

- There is evidence that processed meats can increase breast cancer risk. Processed meat has been seasoned with salt, seasonings, and additives to enhance flavor. Examples: bacon, deli meats, sausage, and any fast foods meats.
- The World Health Organization has classified processed meats as a Group 1 carcinogen (known to cause cancer).
- Choose lean sources of protein such as chicken breast, fish, lean cuts of pork, and ground turkey most of the time.

Dairy

- There is some evidence that dairy products, which contain calcium, zinc, Vitamin A, D, and B12 may be beneficial in reducing the risk of post-menopausal breast cancer. Probiotics from yogurt may also be beneficial in helping to reduce breast cancer risk.
- Choose dairy products with added Vitamin D, and no added sugars.

Soy Products

- Studies have observed that moderate consumption of soy foods over a long period of time shows either a protective or neutral effect, which suggests that moderate soy consumption is safe.
- Choose natural soy products such as tofu, tempeh, or edamame (soy beans). These are low in fat, high in protein and nutrients.



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		Beef Bourguignon 1 Mashed Potatoes Capri Mixed Vegetables Fruit of the Day	Pork Mole 2 Brown Rice Roasted Garden Vegetables Fruit of the Day	Chicken Breast 3 Chimichurri Sauce Brown Rice Pilaf Peas & Carrots Fruit of the Day	Roasted Chicken Thigh 4 Red Pepper Sauce Brown Rice Cauliflower Tagine Fruit of the Day
Beef w/Eggplant 5 Brown Rice Pilaf Garden Mixed Vegetables Fruit of the Day	Baked Tilapia 6 Wheat Berry Pilaf Peppers & Onions Fruit of the Day	Chicken Thigh 7 Ginger Orange Sauce Sesame Garlic Rice Brussel Sprouts Fruit of the Day	Vegetable Curry 8 Brown Rice Fruit of the Day	Turkey Meatloaf 9 Zesty Tomato Sauce Herbed Polenta Cabbage & Onions Fruit of the Day	Chicken Tikka Masala 10 Brown Rice & Veggies Broccoli Fruit of the Day	Roasted Turkey Breast 11 Split Pea & Veg Stew Zesty Herb Puree Eggplant & Peppers Fruit of the Day
Beef Birria 12 Brown Rice & Beans Eggplant & Peppers Fruit of the Day	Turkey Casserole 13 Whole Wheat Macaroni Garden Mixed Vegetables Fruit of the Day	Falafel Patty 14 Tzatziki Sauce Brown Rice Mediterranean Vegetables Fruit of the Day	BBQ Pork Stew 15 Spanish Rice & Beans Carrots & Green Beans Fruit of the Day	Chicken Thigh 16 Cheddar Grits Creole Vegetables Fruit of the Day	Roasted Chicken Thigh 17 Creamy Pesto Sauce Whole Wheat Rotini Carrots Fruit of the Day	Chicken Chilaquiles 18 Herb Sauce Garden Mixed Vegetables Fruit of the Day
Yogurt & Herb Chicken 19 Cilantro Chile Rice Corn Succotash Fruit of the Day	Tomato Glazed 20 Turkey Meatloaf Marsala Sauce Whole Wheat Egg Noodles Glazed Carrots Fruit of the Day	Chicken Lentil Stew 21 Bulgur Pilaf Brussel Sprouts Fruit of the Day	Roasted Pork Loin 22 Mashed Potatoes Caponata Vegetables Fruit of the Day	Baked Tilapia 23 Brown Rice Veggies w/Coconut Fruit of the Day	Baked Tilapia 24 Chimichurri Sauce Brown Rice Capri Mix Vegetables Fruit of the Day	Chicken Tinga 25 Herb Sauce Brown Rice Pilaf Capri Mixed Vegetables Fruit of the Day
Pork Chile Verde 26 Brown Rice Capri Mixed Vegetables Fruit of the Day	Enchilada Casserole 27 Spanish Brown Rice Carrots Fruit of the Day	Beef Stroganoff 28 Whole Wheat Egg Noodles Brussel Sprouts & Carrots Fruit of the Day	White Fish Cakes 29 Tartar Sauce Brown Rice Corn Succotash Fruit of the Day	Chicken Thigh 30 Dirty Brown Rice Mushroom Ragout Fruit of the Day	BBQ Glazed 31 Roasted Chicken Thigh Beans w/Kale Garden Mixed Vegetables Fruit of the Day	

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!