

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, 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 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.

<b>**Castro Senior Center</b>		110 Diamond St.
Frozen lunch meals distributed on Thursday 10am-12:30pm, out front of building		
<b>**Downtown Senior Center</b>		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		
<b>**IT Bookman Community Center</b>		446 Randolph St
Frozen lunch meals on distributed on Thursdays 10:15am-12pm		
<b>**Project Open Hand</b>	<b>AWD Site only</b>	730 Polk St.
Meal Time 10:30-12:30		Monday though Friday
<b>**Richmond Senior Center</b>		6221 Geary – 3 <sup>rd</sup> Fl
Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm		
<b>**Telegraph Hill Neighborhood Center</b>		660 Lombard St.
Frozen lunch meals distributed on Mondays 10:30am -12:00pm		
<b>Curry Senior Center</b>		333 Turk St.
Breakfast 8:30-9:30AM Daily		
Lunch 1030 AM -1230 PM Daily		
<b>**Visitation Valley</b>		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

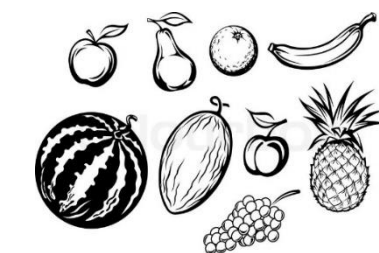
## Community Nutrition Program

Rhon Guan, UCSF Dietetic Intern at Project Open Hand

### Food Safety for Raw Fruit

Fresh fruit is part of a healthy, balanced diet as a great source of water, fiber, and important vitamins and minerals. However, raw fruit may carry germs such as Salmonella, E. coli, and Listeria which can cause food poisoning. Here’s some tips to stay safe when choosing fresh fruit:

- At the Store:
    - o Avoid fruit that is bruised, damaged, or with visible rotting and mold.
    - o Keep fruits in separate bags and containers away from raw meats, seafood, and eggs in your shopping cart or bag.
    - o Choose pre-cut fruits that have been kept on ice or inside or a refrigerator.
    - o Pick frozen or canned fruits in 100% juice or water if fresh fruit is bad quality.
  - At Home:
    - o Maintain good hygiene. Wash your hands with soap and water before handling raw fruit. Wipe down areas such as kitchen counter tops.
    - o Wash dishes, utensils, and cutting boards with soap and water before using. Use a separate cutting board that is only used for raw fruits and vegetables.
    - o Wash or scrub fruit under running water before handling and eating. You do not need to use soap or commercial produce wash.
    - o Wash fruits with skins and peels that you do not eat such as melons and citrus to prevent germs and bacteria from entering when cutting or peeling.
    - o Cut away any damaged or bruised areas on the fruit.
    - o Store perishable fruit such as berries in a clean container inside a refrigerator that is at least 40°F. Keep it away from raw meats, seafood, and eggs.
    - o Refrigerate any fruit within 2 hours after cutting or peeling them and within 1 hour if the outside temperature is 90°F or higher.
  - Food Poisoning Symptoms:
    - o Symptoms can be mild to severe and can take a few hours or days to start. The most common ones are upset stomach, nausea, vomiting, diarrhea, and fever.
    - o The symptoms usually go away after a few days. Make sure to drink enough fluids throughout the day to prevent dehydration.
    - o Call your doctor if the symptoms get worse or last longer than 3 days.
- Information sourced from [cdc.gov/food safety](https://www.cdc.gov/food/safety)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Turkey Casserole Whole Wheat Macaroni Garden Mixed Vegetables Fruit of the Day <b>1</b>	Falafel Patty Tzatziki Sauce Brown Rice Mediterranean Vegetables Fruit of the Day <b>2</b>	BBQ Pork Stew Spanish Rice & Beans Carrots & Green Beans Fruit of the Day <b>3</b>	Chicken Thigh Cheddar Grits Creole Vegetables Fruit of the Day <b>4</b>	Roasted Pork Loin Red Mole Sauce Brown Rice & Beans Green Beans Fruit of the Day <b>5</b>	Chicken Mushroom Stew Whole Wheat Egg Noodles Carrots Fruit of the Day <b>6</b>
Yogurt & Herb Drumstick Cilantro Chile Rice Corn Succotash Fruit of the Day <b>7</b>	Tomato Glazed Turkey Meatloaf Marsala Sauce Whole Wheat Egg Noodles Glazed Carrots Fruit of the Day <b>8</b>	Chicken Lentil Stew Bulgur Pilaf Brussel Sprouts Fruit of the Day <b>9</b>	Roasted Pork Loin Mashed Potatoes Caponata Vegetables Fruit of the Day <b>10</b>	Baked Tilapia Brown Rice Veggies w/Coconut Fruit of the Day <b>11</b>	Baked Tilapia Chimichurri Sauce Brown Rice Capri Mix Vegetables Fruit of the Day <b>12</b>	Chicken Tinga Herb Sauce Brown Rice Pilaf Capri Mixed Vegetables Fruit of the Day <b>13</b>
Pork Chile Verde Brown Rice Capri Mixed Vegetables Fruit of the Day <b>14</b>	Enchilada Casserole Spanish Brown Rice Carrots Fruit of the Day <b>15</b>	Beef Stroganoff Whole Wheat Egg Noodles Brussel Sprouts & Carrots Fruit of the Day <b>16</b>	White Fish Cakes Tartar Sauce Brown Rice Corn Succotash Fruit of the Day <b>17</b>	Chicken Thigh Dirty Brown Rice Mushroom Ragout Fruit of the Day <b>18</b>	BBQ Glazed Roasted Chicken Thigh Beans w/Kale Garden Mixed Vegetables Fruit of the Day <b>19</b>	Beef Fajita Stew Brown Rice Carrots & Green Beans Fruit of the Day <b>20</b>
Roasted Pork Loin Mushroom-Dill Sauce Bean & Kale Ragout Fruit of the Day <b>21</b>	Baked Tilapia Sweet & Sour Sauce Vegetable Fried Rice Stir Fry Vegetables Fruit of the Day <b>22</b>	Chicken Tetrizzini Whole Wheat Macaroni Brussel Sprouts Fruit of the Day <b>23</b>	Spicy Beef Stew Sesame Brown Rice Roasted Garden Vegetables Fruit of the Day <b>24</b>	Turkey Meatballs Gravy Mashed Potatoes Braised Cabbage Fruit of the Day <b>25</b>	Turkey Bolognese Whole Wheat Rotini Carrots Fruit of the Day <b>26</b>	Roasted Chicken Thigh Bulgur Pilaf Ratatouille Fruit of the Day <b>27</b>
Baked Tilapia Salsa Verde Coconut Brown Rice Sweet Potato Hash Fruit of the Day <b>28</b>	Chicken Thigh Bell Pepper Relish Sweet Potato Grits 4 Way Mixed Veg Fruit of the Day <b>29</b>	Turkey Picadillo Brown Rice Garden Mixed Vegetables Fruit of the Day <b>30</b>			<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!