

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.

THESE SITES ARE OPEN MONDAY THROUGH FRIDAY		
Alexis Apartments Meal Time 11:00- 11:45 AM	390 Clementina St. Bus Line 8, 12 27,30, 45	415-495-9541 Site Coordinator Tracy Mak
**Castro Senior Center Meal Time 11:45 AM -12:15 PM	110 Diamond St. Bus Line 24, 33, F, K, L, M	415-863-3507 Site Coordinators Scott Schoverling, Mark Janse
**Mission YMCA Meal Time 11:40 AM -12:20 PM	4080 Mission St. Bus Line 14, 23, 49	415-452-7565 Site Coordinator Ivania Baltodano
**Potrero Hill Neighborhood House Meal Time 11:45 AM -12:30 PM	953 DeHaro St. Bus Line 10, 19, 48	415-826-8080 Site Coordinator Dolores Maghari
**Project Open Hand AWD Site only Meal Time 10:30-12:30	730 Polk St. Bus Line: 19, 31, 38, 47, 49	415-603-9387 Site Coordinator Marina Cahua, Fred Holt
**Richmond Senior Center Meal Time: 11:45 AM-12:15 PM	6221 Geary – 3 rd Fl Bus Line 1, 29, 31, 38	415-405-4673 Site Coordinator Jeanette Mendoza, Wei Meng
**Sunset Senior Center Meal Time: 11:45 AM -12:15 PM	1290 5 th Ave. Bus Line 6, 7, 43,44, N	415-759-9507 Site Coordinator Larry Jenkins
**Telegraph Hill Neighborhood Center Meal Time: 12:00 – 12:45 PM	660 Lombard St. Bus Line 8, 30, 45	421-6443 ext. 14 Site Coordinator Raymond Cheung
THESE SITES ARE OPEN 7 DAYS A WEEK AND HOLIDAYS		
**Aquatic Park (closed Saturday) Meal Time 12-12:45 PM	890 Beach St. Bus Line 19,28, 30, 47,49	415-603-0190 Site Coordinators Wendy Cohen M-F, Dennis Pash M-F, Helen Wong Sundays
Curry Senior Center Breakfast 8:30-9:30AM Lunch 1030 AM -1230 PM	333 Turk St. Bus Line 7, 9, 19,27, 31	415-292-1086 Site Coordinators Eduardo Cruz, Dave Gesek, Juan Cahua-Salazar, Andy Tse
**Downtown Senior Center 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 Site Coordinators Oscar Gonzales., Kelly Wong, Mei Wong
**Visitation Valley Meal Time: 11:30-12PM	66 Raymond Ave. Bus Line: 8, 9, 56, T	415-297-4607 Site Coordinators Jose Chavez M-F Pilar Dexter Weekend
**Swords To Plowshares- Stanford Lunch: 12-1PM	250 Kearny St 2, 3, 8, 30, 38, Montgomery Bart	415-603-9387 Site Coordinators Maqbool Khan, Ben Clyburn Mina Katimin weekend

****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 at Project Open Hand

September 2018

Food Safety Awareness Month

According to the CDC, 1 in 6 Americans get sick from eating contaminated food each year.

Anyone can get food poisoning, but certain groups are more likely to get sick and have a more serious illness. Older adults have a higher risk because as people age, their immune systems have a harder time fighting off infection.



How can you keep your food safe?

Clean by washing your hands for at least 20 seconds with hot water and soap before preparing foods, and before eating. Keep your counter tops and dishes clean after each use.

Separate raw meat and uncooked items from ready-to-eat foods, to reduce the risk of cross contamination of bacteria from something like raw chicken to cooked brown rice.

Cook your food to a high enough temperature to kill bacteria that may be present. Use a thermometer to make sure your food has reached a safe internal temperature.

Chill foods to keep bacteria from growing. Bacteria is able to grow quickly at room temperature, so keep fresh foods in the refrigerator to limit this risk.

At Project Open Hand meal sites, we take every precaution to keep food safe from contamination. Use these guidelines to help protect your food at home as well!

For more information about food safety, visit www.fightbac.org



PROJECT OPEN HAND COMMUNITY NUTRITION PROGRAM SEPTEMBER MENU 2018

Nourish & engage our community by providing meals with love to the sick and the elderly.

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				Curried Vegetable Soup Vegetarian Bean Chili w/Tofu 1 Brown Rice Brussels Sprouts Seasonal Fruit	Cilantro Cabbage Slaw Herb Roasted Pork Loin 2 Creamy Garlic Sauce Bulgur Pilaf Glazed Carrots Seasonal Fruit
Marinated Vegetable Salad BBQ Chicken Thigh 3 Mashed Potatoes Glazed Carrots Chocolate Cake Seasonal Fruit <i>Labor Day</i>	Garden Salad Ranch Dressing 4 Tandoori Chicken Drumsticks Brown Rice Corn Succotash Seasonal Fruit	Cilantro Cabbage Slaw Baked Tilapia 5 Caponata Sauce Whole Wheat Penne Mixed Vegetables Seasonal Fruit	Tortilla Soup Turkey Tetrazzini 6 Whole Wheat Pasta Mixed Vegetables Seasonal Fruit	Garden Salad Balsamic Dressing 7 Roasted Chicken Thigh Caramelized Onion Sauce Mashed Sweet Potatoes Green Beans Seasonal Fruit	Tuscan Bean Soup Roasted Pork Loin 8 Sweet & Sour Sauce Brown Rice Peas & Carrots Seasonal Fruit	Sweet Potato Salad Turkey Meatloaf 9 Marinara Sauce Whole Wheat Pasta Roasted Brussel Sprouts Seasonal Fruit
Garden Salad Italian Dressing 10 Baked Tilapia Creole Sauce Whole Wheat Penne Mixed Vegetables Seasonal Fruit	Split Pea Soup Beef Ranchero Stew 11 Brown Rice Green Beans Seasonal Fruit	Three Bean Salad Roasted Chicken Thighs 12 Cacciatore Sauce Whole Wheat Macaroni Corn Seasonal Fruit	Tomato Eggplant Soup Salisbury Steak 13 Mushroom Herb Sauce Mashed Potatoes Carrots Seasonal Fruit	Romaine Salad Balsamic Dressing 14 Pork Loin Chasseur Sauce Brown Rice Cauliflower & Broccoli Seasonal Fruit	Sweet Potato Salad Turkey Bolognese 15 Whole Wheat Penne Brussel Sprouts Seasonal Fruit	Marinated Vegetable Salad Singapore Curry 16 Chicken Stew Brown Rice Peas & Carrots Seasonal Fruit
Tomato Eggplant Soup Vegetable Curry w/ Tofu 17 Brown Rice Carrots Seasonal Fruit	Garden Salad Ranch Dressing 18 Beef Bourguignon Mashed Potatoes Mixed Vegetables Seasonal Fruit	Tuscan Bean Soup Baked Tilapia 19 Puttanesca Sauce Bulgur Pilaf Corn Succotash Seasonal Fruit	Cilantro Cabbage Slaw Turkey Fiesta Stew 20 Whole Wheat Macaroni Carrots Seasonal Fruit	Garden Salad Balsamic Dressing 21 Roasted Chicken Thigh Carrot Ginger Sauce Brown Rice Mixed Vegetables Seasonal Fruit	Corn & Potato Chowder Roasted Pork Loin 22 Mashed Sweet Potatoes Roasted Brussel Sprouts Seasonal Fruit	Golden Lentil Dahl Broccoli & Carrot Salad 23 Chicken Salad Whole Wheat Bread Seasonal Fruit
Romaine Salad Balsamic Dressing 24 Salisbury Steak Mushroom Sage Gravy Mashed Potatoes Peas & Carrots Seasonal Fruit	Tortilla Soup Chicken Fajita Stew 25 Brown Rice Glazed Carrots Seasonal Fruit	Marinated Chickpea Salad Italian Pork Loin 26 Marinara Sauce Whole Wheat Penne Mixed Vegetables Seasonal Fruit	Golden Lentil Dahl Hoisin Chicken Thigh 27 Bulgur Pilaf Roasted Brussel Sprouts Seasonal Fruit	Garden Salad Balsamic Dressing 28 Herb Roasted Tilapia Sweet & Sour Sauce Brown Rice Carrots Seasonal Fruit	Cilantro Cabbage Slaw Rosemary Chicken 29 Drumstick Marinara Sauce Creamy Herb Polenta Mixed Vegetables Seasonal Fruit	Minestrone Soup Beef Stroganoff 30 Whole Wheat Macaroni Braised Cabbage Seasonal Fruit

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
Gina Withers, CNP Sites Manager
Raymond Chong, CNP Sites Manager
Miriam Aguilar, CNP Coordinator

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.
- ✓ Voluntary, confidential donations that help keep this program running are gratefully appreciated. However, no one will be turned away for inability or unwillingness to make a donation.
- ✓ Smiles are encouraged!