

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: 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 – 3 rd 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
**Visitacion 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)

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PROJECT OPEN HAND

Breakfast Menu

Erica Chew, Dietetic Intern at Project Open Hand

December 2021

Bone Health

Why Calcium and Vitamin D

No matter who you are, you need calcium and vitamin D! Calcium and vitamin D are essential for the health of your bones. You need calcium to build strong health bones, contract muscles, and keep your heart beating. 99% of calcium in your body is stored in your bones and teeth. If you don’t have enough calcium in your diet, your body will start pulling calcium out from the bones causing them to be weak and fragile. So, calcium is important, but what about vitamin D? Vitamin D is essential for helping calcium get absorbed into your body from what you eat and supports muscle function as well.

How much is needed? The Recommended Daily Allowance (RDA) depends on your age:

If you are:	Vitamin D	If you are:	Calcium
Adults 70 and under	600 international units (IU)	Female 19-50 OR Male 19-70	1000mg
Adults over 70	800 IU	Female over 50 OR Male over 70	1200mg

Where do you get calcium and vitamin D?

A great source for calcium is in 1 cup of low-fat plain yogurt, which provides 415 mg of calcium. That’s nearly 50% of your RDA in 1 cup of yogurt. Other great options for calcium are canned sardines, cheddar cheese, milk, white beans, and broccoli. Also, some cereals and orange juice are fortified with calcium, so check the Nutrition Facts label for calcium content in packaged foods.

You can get vitamin D through your skin, diet, or supplements. When our skin is exposed to sunlight, your body can make vitamin D. Living in San Francisco you sometimes cannot rely on the sun to provide you with all the RDA for vitamin D. So, we can get vitamin D from our foods! A good option for vitamin D is in canned salmon and sardines. Some milk and orange juice are also fortified with vitamin D, so check the Nutrition Facts label for vitamin D content.

Vitamin D Foods	Amount (IU)	Calcium Foods	Amount (mg)
3 ounces salmon	390-450	1 cup milk	300
3 ounces canned tuna	200	1 cup raw leafy greens	120
2 eggs (with yolks)	80	½ cup cooked leafy greens	120
1 cup vitamin D fortified milk	120	½ cup cooked white beans	80
Vitamin D fortified foods (cereal, juice, milk products)	Check the label!	1.5 oz cheddar cheese	300

Pay attention to your food sources of these important nutrients and be sure you get enough every day!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Breakfast Enchilada Casserole Housemade Salsa 1 Whole Wheat Toast Margarine/Jelly Fruit of the Day	Potato & Cheddar Breakfast Casserole 2 English Muffin Margarine/Jelly Fruit of the Day	Baked Strawberry Apple Oatmeal 3 Breakfast Potatoes Fruit of the Day	Hard Boiled Eggs V8 Juice 4 Total Cereal w/milk Fruit of the Day	Hard Boiled Eggs V8 Juice 5 Whole Wheat Bread Peanut Butter Fruit of the Day
Cheesy Breakfast Egg & Polenta Casserole 6 Roasted Vegetables Whole Wheat Toast Margarine/Jelly Fruit of the Day	Baked Oatmeal w/ Berries & Almonds 7 Roasted Sweet Potatoes Fruit of the Day	Turkey Sausage & Spinach Hash 8 Scrambled Eggs Sweet Potato Chipotle Sauce Whole Wheat Tortilla Fruit of the Day	Breakfast Chilaquiles 9 Breakfast Succotash Whole Wheat Toast Margarine/Jelly Fruit of the Day	Scrambled Eggs 10 Sweet Potato Hash English Muffin Margarine/Jelly Fruit of the Day	Hard Boiled Eggs 11 V8 Juice Total Cereal w/milk Fruit of the Day	Hard Boiled Eggs 12 V8 Juice Whole Wheat Bread Peanut Butter Fruit of the Day
Southwest Scrambled Eggs 13 Hash Brown English Muffin Margarine/Jelly Fruit of the Day	Scrambled Eggs 14 Sweet Potato Hash Whole Wheat Toast Margarine/Jelly Fruit of the Day	Breakfast Enchilada Casserole Housemade Salsa 15 Whole Wheat Toast Margarine/Jelly Fruit of the Day	Potato & Cheddar Breakfast Casserole 16 English Muffin Margarine/Jelly Fruit of the Day	Baked Strawberry Apple Oatmeal 17 Breakfast Potatoes Fruit of the Day	Hard Boiled Eggs 18 V8 Juice Total Cereal w/milk Fruit of the Day	Hard Boiled Eggs 19 V8 Juice Whole Wheat Bread Peanut Butter Fruit of the Day
Cheesy Breakfast Egg & Polenta Casserole 20 Roasted Vegetables Whole Wheat Toast Margarine/Jelly Fruit of the Day	Baked Oatmeal w/ Berries & Almonds 21 Roasted Sweet Potatoes Fruit of the Day	Turkey Sausage & Spinach Hash 22 Scrambled Eggs Sweet Potato Chipotle Sauce Whole Wheat Tortilla Fruit of the Day	Breakfast Chilaquiles 23 Breakfast Succotash Whole Wheat Toast Margarine/Jelly Fruit of the Day	Scrambled Eggs 24 Sweet Potato Hash English Muffin Margarine/Jelly Fruit of the Day	Hard Boiled Eggs 25 V8 Juice Total Cereal w/milk Fruit of the Day	Hard Boiled Eggs 26 V8 Juice Whole Wheat Bread Peanut Butter Fruit of the Day
Southwest Scrambled Eggs 27 Hash Brown English Muffin Margarine/Jelly Fruit of the Day	Scrambled Eggs 28 Sweet Potato Hash Whole Wheat Toast Margarine/Jelly Fruit of the Day	Breakfast Enchilada Casserole Housemade Salsa 29 Whole Wheat Toast Margarine/Jelly Fruit of the Day	Potato & Cheddar Breakfast Casserole 30 English Muffin Margarine/Jelly Fruit of the Day	Baked Strawberry Apple Oatmeal 31 Breakfast Potatoes Fruit of the Day	visit us at www.openhand.org	This Menu Is Subject To Change Without Notice. Milk Is Served Every 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!