

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 Community Nutrition Program

Erica Chew, Dietetic Intern at Project Open Hand

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
		Smokey Chicken Drumstick 1 Cubana Sauce Wheat Berry Pilaf Garden Mixed Vegetables Fruit of the Day	Thai Turkey Burger 2 Sweet Potato Cream Sauce Brown Rice w/Ginger Broccoli & Cauliflower Fruit of the Day	Baked Cod 3 Green Curry Sauce Basil Garlic Bulgur Capri Mixed Vegetables Fruit of the Day	Roasted Chicken Thigh 4 Cacciatore Sauce Wild Rice Pilaf Capri Mix Vegetables Fruit of the Day	Pork-Chickpea Stew 5 Brown Rice & Beans Broccoli Fruit of the Day
Macanese Chicken 6 Pepper Citrus Couscous Broccoli Fruit of the Day	Pork Chile Verde 7 Mexican Brown Rice Winter Vegetables Fruit of the Day	Chinese Beef Stew 8 Brown Rice Spicy Stir Fry Cabbage Fruit of the Day	Balsamic Drumsticks 9 Red Pepper Sauce Bean & Kale Ragout Green Beans Fruit of the Day	Turkey Breast 10 Red Mole Sauce Mexican Brown Rice & Beans Broccoli & Cauliflower Fruit of the Day	Sage Chicken Thigh 11 Red Wine Sauce Parsnip & Sweet Potato Broccoli-Cauliflower Fruit of the Day	Turkey Bolognese 12 Whole Wheat Rotini Winter Vegetables Fruit of the Day
Chicken Jambalaya 13 Dirty Brown Rice Creole Vegetables Fruit of the Day	Rosemary Chicken Thigh 14 Creamy Tomato Sauce Whole Wheat Rotini Cabbage & Carrots Fruit of the Day	Hoisin Pork Medallion 15 Sweet & Sour Sauce Vegetable Fried Rice Stir Fry Vegetables Fruit of the Day	Moroccan Beef Stew 16 Bulgur Pilaf Broccoli & Cauliflower Fruit of the Day	Chicken Drumsticks 17 Brown Rice Pilaf Artichoke Provencal Fruit of the Day	White Fish Cakes 18 Savory Tomato Relish Baked Pasta w/Greens Garlic Herb Carrots Fruit of the Day	Chicken Thigh 19 Bean Cacciatore Herb Polenta & Ricotta Green Beans Fruit of the Day
Baked Cod 20 Turmeric Brown Rice Orange Tofu & Edamame Fruit of the Day	Chicken Thigh 21 Red Pepper Sauce Brown Rice Pilaf Cauliflower Lentil Tagine Fruit of the Day	Citrus Chicken Breast 22 Black Bean Sauce Pineapple Brown Rice Capri Mixed Vegetables Fruit of the Day	Pork Chile Verde 23 Mexican Brown Rice Garden Mixed Vegetables Fruit of the Day	Roasted Turkey Breast 24 Mashed Potatoes Turkey Gravy Green Bean Casserole Cranberry Sauce Pumpkin Pie Fruit of the Day	Roasted Turkey Breast 25 Mashed Potatoes Turkey Gravy Green Bean Casserole Cranberry Sauce Fruit of the Day	Tempeh Tuna Cake 26 Bell Pepper Relish Orzo Pilaf w/Peas Capri Mixed Vegetables Fruit of the Day
Turkey Tetrazzini 27 Whole Wheat Rotini Carrot & Green Beans Fruit of the Day	Baked Cod 28 Creamy Dill Sauce Quinoa, Feta & Chickpea Cabbage & Green Beans Fruit of the Day	Chicken Thigh 29 Sweet Potato Chipotle Sauce Quinoa Pilaf Brussel Sprouts Fruit of the Day	Chicken Tikka Masala 30 Brown Rice w/Ginger Capri Mixed Vegetables Fruit of the Day	Balsamic Pork Cutlet 31 Mushroom Ragout Herbed Polenta Carrot & Green Beans 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 and Magnesium. The Project Open Hand dietitian will provide nutrition education about how to ensure you are meeting your daily Vitamin D and Magnesium 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!