COVID-19 SERVICE UPDATE: Sites listed below are open for takeout or dine-in congregate meals with proof of vaccination. Select sites are open to distribute 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.

Clients can come to 730 Polk Street, 1st floor Monday through Friday from 1-4pm to pick up 5 frozen 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.

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.

**This site serves Adult with Disabilities ages 18-59**

**Aquatic Park**
890 Beach St.
Hot Lunch 11:30 AM - 12:30 PM Monday through Friday (Takeout or dine-in with proof of vaccination)

**Castro Senior Center**
110 Diamond St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (Takeout or dine-in with proof of vaccination)

Curry Senior Center
Hot Breakfast 8:30-9:30AM Daily
Hot Lunch 10:30 AM -12:30 PM Daily
333 Turk St.
(Takeout or dine-in with proof of vaccination)

**Downtown Senior Center**
Hot Breakfast 9:00-10:00AM Daily
Hot Lunch 11:00- 12:00 PM Daily
481 O'Farrell St.
(Takeout or dine-in with proof of vaccination)

**IT Bookman Community Center**
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (Takeout or dine-in with proof of vaccination)
446 Randolph St

**Project Open Hand**
AWD Site only
Hot Lunch 10:30:12:30 Monday through Friday
730 Polk St.
(Takeout or dine-in with proof of vaccination)

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

**Telegraph Hill Neighborhood Center**
660 Lombard St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (Takeout or dine-in with proof of vaccination)

**Visitacion Valley**
66 Raymond Ave.
7 Frozen meals distributed on Saturdays 10:30am- 12:00pm

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 DRIs* 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 serving of grain (1/2 from whole grains)
- 1 serving of low-fat milk or milk alternative
- Dessert and fat are optional.

*“Dietary Reference Intake”

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Snack Formula

**PROJECT OPEN HAND**
Lunch Menu
Janelle Maglione, SFSU Dietetic Intern at Project Open Hand

December 2022

We all know what it can be like you start feeling hungry but your next meal time is still a while away. Maybe you’re waiting for your lunch break. Maybe your dinner is still cooking in the oven. Here is an easy formula for a healthy and satisfying snack.

What is the formula?
The main food groups are vegetables, fruit, grains, protein and dairy. To build a healthy snack we combine three of the five food groups.

**Vegetables**
Non-starchy vegetables like carrots, celery, bell pepper, tomato, broccoli, or cauliflower!

**Fruits**
Apples, pears, banana, oranges, berries, pineapple, melons, mango, apricot or peaches!

**Grains**
Brown rice, corn tortillas, oatmeal, granola, whole wheat bread, whole wheat crackers or barley

**Protein**
Beans, chicken, turkey, pork, fish, beef, peanut butter, hummus, or tofu!

**Dairy**
Yogurt, cheese, milk or milk-alternatives!

**Let's try out the formula!**

#1: **Dairy + Grain + Fruit**
Combine yogurt as your dairy and top with granola and your choice of fruit for a grain and fruit!

#2: **Grain + Dairy + Protein**
Using two corn tortillas as your grain, add cheese and cooked chicken for dairy and protein and heat on a pan until warm!

#3: **Vegetables + Grain + Protein**
Chop some carrots, bell peppers, and cucumber and grab your favorite whole wheat crackers for your vegetable and grain and dip in your favorite hummus as a protein!

#4 **Fruit + Dairy + Protein**
Slice one apple as your fruit mix together Greek yogurt with peanut butter for your dairy and protein!

Remember 3 out of 5 and soon you'll be flying high!
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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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.

Please note the holiday meals on Thursday 12/24 and Friday 12/25 are high in sodium (with the addition of the pies)