

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.

**Aquatic Park Hot Lunch 11:30 AM -1230 PM Monday through Friday <i>(Takeout or dine-in with proof of vaccination)</i> meal service begins January 10th		890 Beach St.
**Castro Senior Center 5 Frozen lunch meals distributed on Thursday 10am-12:30pm, out front of building		110 Diamond St.
Curry Senior Center Hot Breakfast 8:30-9:30AM Daily Hot Lunch 10:30 AM -12:30 PM Daily		333 Turk St. <i>(Takeout or dine-in with proof of vaccination)</i>
**Downtown Senior Center Hot Breakfast 9:00-10:00AM Daily Hot Lunch 11:00- 12:00 PM Daily		481 O’Farrell St. <i>(Takeout or dine-in with proof of vaccination)</i>
**IT Bookman Community Center Hot Lunch 12:00- 12:45 PM Monday though Friday <i>(Takeout or dine-in with proof of vaccination)</i> meal service begins January 10th		446 Randolph St
**Project Open Hand	AWD Site only	730 Polk St. <i>(Takeout or dine-in with proof of vaccination)</i>
**Richmond Senior Center 5 Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm		6221 Geary – 3 rd Floor
**Telegraph Hill Neighborhood Center 5 Frozen lunch meals distributed on Mondays 10:30am -12:00pm		660 Lombard St.
**Visitacion Valley 7 Frozen meals distributed on Saturdays 9:30am -1pm		66 Raymond Ave.

****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

Kristi Friesen, Registered Dietitian at Project Open Hand

Highlight on Magnesium

What does magnesium do for me?

Most people in the United States do not consume enough magnesium on a daily basis. Magnesium is an essential mineral and has some important roles:

- Structural component of bones and teeth
- Regulates nerve transmission and muscle contraction
- Assists in hundreds of essential cell-to-cell communications.

Some foods are good sources of magnesium including green leafy vegetables, whole grains, beans, and nuts. Since magnesium is a part of chlorophyll, the green pigment in plants, green leafy vegetables are good sources of magnesium. Darker green vegetables will contain more magnesium than lighter pigments. Unrefined (whole grains) and nuts also have high magnesium content.

How much magnesium do you need?

The Recommended Daily Allowance (RDA) for men over 31 years old is 420mg, and for women over 31 years old it is 320mg. The tolerable Upper Intake Level (UL) for magnesium is 350mg/day from supplements. The UL does not apply to naturally occurring magnesium in foods. If you are considering a supplement form of magnesium, check with your doctor about a safe intake level.

Nutrient Interactions

Taking high doses of supplemental zinc may interfere with the absorption of magnesium. Check with your doctor about all high dose supplements to ensure you are keeping your nutrient intake in a good balance!

What Foods Have Magnesium?

Magnesium Food Sources

Food	Serving	Milligrams (mg) per serving
Brazil nuts	1 ounce (6 each)	107
Cereal, oat bran	½ cup dry	96
Brown rice, medium grain, cooked	1 cup	86
Cashews	1 ounce (16 each)	83
Spinach, frozen chopped, cooked	½ cup	78
Almonds	1 ounce (23 each)	77
Swiss chard, chopped, cooked	½ cup	75
Avocado	1 fruit	58
Cereal, all bran	½ cup dry	57
Milk, 1% fat	8 fl oz	39
Banana	1 medium	32

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





PROJECT OPEN HAND BREAKFAST MENU JANUARY 2022

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				Scrambled Eggs Hash Brown English Muffin Margarine/Jelly Fruit of the Day 1	Cinnamon Raisin Oatmeal Sweet Potato Hash Whole Wheat Bread Margarine/Jam Fruit of the Day 2
Cheesy Breakfast Egg & Polenta Casserole Roasted Vegetables Whole Wheat Toast Margarine/Jelly Fruit of the Day 3	Baked Oatmeal w/ Berries & Almonds Roasted Sweet Potatoes Fruit of the Day 4	Turkey Sausage & Spinach Hash Scrambled Eggs Sweet Potato Chipotle Sauce Whole Wheat Tortilla Fruit of the Day 5	Breakfast Chilaquiles Breakfast Succotash Whole Wheat Toast Margarine/Jelly Fruit of the Day 6	Scrambled Eggs Sweet Potato Hash English Muffin Margarine/Jelly Fruit of the Day 7	Cinnamon Raisin Oatmeal Scrambled Eggs White Bean & Kale Ragout Fruit of the Day 8	English Muffin Breakfast Casserole Mushroom Ragout Fruit of the Day 9
Southwest Scrambled Eggs Hash Brown English Muffin Margarine/Jelly Fruit of the Day 10	Scrambled Eggs Sweet Potato Hash Whole Wheat Toast Margarine/Jelly Fruit of the Day 11	Breakfast Enchilada Casserole Housemade Salsa Whole Wheat Toast Margarine/Jelly Fruit of the Day 12	Potato & Cheddar Breakfast Casserole English Muffin Margarine/Jelly Fruit of the Day 13	Baked Strawberry Apple Oatmeal Breakfast Potatoes Fruit of the Day 14	Scrambled Eggs Hash Brown English Muffin Margarine/Jelly Fruit of the Day 15	Cinnamon Raisin Oatmeal Sweet Potato Hash Whole Wheat Bread Margarine/Jam Fruit of the Day 16
Cheesy Breakfast Egg & Polenta Casserole Roasted Vegetables Whole Wheat Toast Margarine/Jelly Fruit of the Day 17	Baked Oatmeal w/ Berries & Almonds Roasted Sweet Potatoes Fruit of the Day 18	Turkey Sausage & Spinach Hash Scrambled Eggs Sweet Potato Chipotle Sauce Whole Wheat Tortilla Fruit of the Day 19	Breakfast Chilaquiles Breakfast Succotash Whole Wheat Toast Margarine/Jelly Fruit of the Day 20	Scrambled Eggs Sweet Potato Hash English Muffin Margarine/Jelly Fruit of the Day 21	Cinnamon Raisin Oatmeal Scrambled Eggs White Bean & Kale Ragout Fruit of the Day 22	English Muffin Breakfast Casserole Mushroom Ragout Fruit of the Day 23
Southwest Scrambled Eggs Hash Brown English Muffin Margarine/Jelly Fruit of the Day 24	Scrambled Eggs Sweet Potato Hash Whole Wheat Toast Margarine/Jelly Fruit of the Day 25	Breakfast Enchilada Casserole Housemade Salsa Whole Wheat Toast Margarine/Jelly Fruit of the Day 26	Potato & Cheddar Breakfast Casserole English Muffin Margarine/Jelly Fruit of the Day 27	Baked Strawberry Apple Oatmeal Breakfast Potatoes Fruit of the Day 28	Scrambled Eggs Hash Brown English Muffin Margarine/Jelly Fruit of the Day 29	Cinnamon Raisin Oatmeal Sweet Potato Hash Whole Wheat Bread Margarine/Jam Fruit of the Day 30
Cheesy Breakfast Egg & Polenta Casserole Roasted Vegetables Whole Wheat Toast Margarine/Jelly Fruit of the Day 31	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!