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 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 prior to adding the meat 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 -12:30 PM Monday through Friday (Takeout or dine-in with proof of vaccination)

**Castro Senior Center**

5 Frozen lunch meals distributed on Tuesday 10am-12:30pm, out from building

**Curry Senior Center**

Hot Breakfast: 8:30-9:30AM Daily
Hot Lunch: 10:30 AM -12:30 PM Daily

**Downtown Senior Center**

Hot Breakfast: 9:00-10:00 AM Daily
Hot Lunch: 11:00 - 12:00 PM Daily

**IT Bookman Community Center**

Hot Lunch: 12:00- 12:45 PM Monday though Friday (Takeout or dine-in with proof of vaccination)

**Project Open Hand**

AWD Site only
Hot Lunch: 12:30-12:30 Monday through Friday (Takeout or dine-in with proof of vaccination)

**Richmond Senior Center**

5 Frozen lunch meals distributed on Thursdays 10:30 am - 12:00pm

**Telegraph Hill Neighborhood Center**

5 Frozen lunch meals distributed on Mondays 10:30am - 12:00pm

**Visacion Valley**

7 Frozen meals distributed on Saturdays 9:30am -1pm

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

**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**

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving</th>
<th>Milligrams (mg) per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brazil nuts</td>
<td>1 ounce (6 each)</td>
<td>107</td>
</tr>
<tr>
<td>Cereal, oat bran</td>
<td>½ cup dry</td>
<td>96</td>
</tr>
<tr>
<td>Brown rice, medium grain, cooked</td>
<td>1 cup</td>
<td>86</td>
</tr>
<tr>
<td>Cashews</td>
<td>1 ounce (16 each)</td>
<td>83</td>
</tr>
<tr>
<td>Spinach, frozen chopped, cooked</td>
<td>½ cup</td>
<td>78</td>
</tr>
<tr>
<td>Almonds</td>
<td>1 ounce (23 each)</td>
<td>77</td>
</tr>
<tr>
<td>Swiss chard, chopped, cooked</td>
<td>¼ cup</td>
<td>75</td>
</tr>
<tr>
<td>Avocado</td>
<td>1 fruit</td>
<td>58</td>
</tr>
<tr>
<td>Cereal, all bran</td>
<td>½ cup dry</td>
<td>57</td>
</tr>
<tr>
<td>Milk, 1% fat</td>
<td>8 fl oz</td>
<td>39</td>
</tr>
<tr>
<td>Banana</td>
<td>1 medium</td>
<td>32</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
</table>
| **Cheesy Breakfast Egg & Polenta Casserole**  
Roasted Vegetables  
Whole Wheat Toast  
Margarine/Jelly  
Fruit of the Day | **Baked Oatmeal w/ Berries & Almonds**  
Roasted Sweet Potatoes  
Fruit of the Day | **Turkey Sausage & Spinach Hash**  
Scrambled Eggs  
Sweet Potato Chipotle Sauce  
Whole Wheat Tortilla  
Fruit of the Day | **Breakfast Chilaquiles**  
Breakfast Succotash  
Whole Wheat Toast  
Margarine/Jelly  
Fruit of the Day | **Scrambled Eggs**  
Sweet Potato Hash  
English Muffin  
Margarine/Jelly  
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Fruit of the Day | **Cinnamon Raisin Oatmeal**  
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Whole Wheat Bread  
Margarine/Jam  
Fruit of the Day |
| **Southwest Scrambled Eggs**  
Hash Brown  
English Muffin  
Margarine/Jelly  
Fruit of the Day | **Scrambled Eggs**  
Sweet Potato Hash  
Whole Wheat Toast  
Margarine/Jelly  
Fruit of the Day | **Breakfast Enchilada Casserole**  
Housemade Salsa  
Whole Wheat Toast  
Margarine/Jelly  
Fruit of the Day | **Potato & Cheddar Breakfast Casserole**  
English Muffin  
Margarine/Jelly  
Fruit of the Day | **Baked Strawberry Apple Oatmeal**  
Breakfast Potatoes  
Fruit of the Day | **Cinnamon Raisin Oatmeal**  
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The menu is subject to change without notice. Milk is served every day. Visit us at [www.openhand.org](http://www.openhand.org).

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.

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### 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 from 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!