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 pouch 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 -12:30 PM Monday through Friday (Takeout or dine-in with proof of vaccination) meal service begins January 10th

**Castro Senior Center**
5 Frozen lunch meals distributed on Thursday 10am-12:30pm, out front of building

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 Bookmark Community Center**
Hot Lunch: 12:00- 12:45 PM Monday through Friday (Takeout or dine-in with proof of vaccination) meal service begins January 10th

**Project Open Hand**
10:30 AM -12:30 PM Monday through Friday and Tuesday through Thursday (Takeout or dine-in with proof of vaccination)

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

**Telegraph Hill Neighborhood Center**
5 Frozen lunch meals distributed on Mondays 10:30am -12:00pm
660 Lombard St.

**Visitation Valley**
7 Frozen meals distributed on Saturdays 9:30am -1pm
66 Raymond Ave.

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 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?

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving</th>
<th>Milligrams (mg) per serving</th>
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</thead>
<tbody>
<tr>
<td>Brazil nuts</td>
<td>1 ounce (6 each)</td>
<td>107</td>
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<tr>
<td>Cereal, oat bran</td>
<td>½ cup dry</td>
<td>96</td>
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<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>½ 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>¼ 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>
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Pay attention to your food sources of this important nutrient and be sure you get enough every day!

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 daily each meal (25 mg)  
Vitamin A: 1/2 of DRI at least 1 times per week (250 micrograms)  
3 oz of meat or meat alternative  
1 serving of vegetables  
1 serving of fruit or fruit juice  
1 serving of grain(¾ from whole grains)  
1 serving of low-fat milk or milk alternative  
Dessert and fat are optional.  

("Dietary Reference Intake"}

Stay connected with Project Open Hand:
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instagram.com/ProjectOpenHand

Highlight on Magnesium
Kristi Friesen, Registered Dietitian at Project Open Hand

PROJECT OPEN HAND  
Community Nutrition Program
<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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</thead>
<tbody>
<tr>
<td><strong>This Menu Is Subject To Change Without Notice.</strong>&lt;br&gt;Milk Is Served Every Day</td>
<td><strong>Project Open Hand Community Nutrition Program Menu January 2022</strong>&lt;br&gt;Nourish &amp; engage our community by providing meals with love to the sick and the elderly.</td>
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<td><a href="http://www.openhand.org">Visit us at www.openhand.org</a></td>
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<td>Macaroni Salad&lt;br&gt;Garlic &amp; Herb Chicken Breast&lt;br&gt;Marinara Sauce&lt;br&gt;Herbed Polenta&lt;br&gt;Paprika Herb Carrots&lt;br&gt;Fruit of the Day</td>
<td>Black Bean Soup&lt;br&gt;Turkey Picadillo&lt;br&gt;Cuban Style Yellow Rice&lt;br&gt;Cauliflower&lt;br&gt;Fruit of the Day</td>
<td>Mixed Green Salad&lt;br&gt;The Hawaiian Salad Dressing&lt;br&gt;Salmon Fish Cakes&lt;br&gt;Veracruz Sauce&lt;br&gt;Cuban Style Yellow Rice&lt;br&gt;Succotash&lt;br&gt;Fruit of the Day</td>
<td>Mushroom Barley Soup&lt;br&gt;Chicken Thigh&lt;br&gt;Cacciatorre Sauce&lt;br&gt;Wild Rice Pilaf&lt;br&gt;Capi Mixed Vegetables&lt;br&gt;Fruit of the Day</td>
<td>Potato &amp; Egg Salad&lt;br&gt;Chicken with Spinach &amp; Lemon&lt;br&gt;Whole Wheat Rotini&lt;br&gt;Garden Mixed Vegetables&lt;br&gt;Fruit of the Day</td>
<td>Garbanzo, Tomato &amp; Cilantro Salad w/ Ranch&lt;br&gt;Pork Loin w/ Black-eyed Peas &amp; Peanut Stew&lt;br&gt;Brown Rice&lt;br&gt;Roasted Vegetables&lt;br&gt;Fruit of the Day</td>
<td>Smokey Cabbage Soup&lt;br&gt;Drumstick&lt;br&gt;Salsa Verde&lt;br&gt;Mexican Brown Rice&lt;br&gt;Green Beans &amp; Peppers&lt;br&gt;Fruit of the Day</td>
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<tr>
<td>Winter Vegetable Soup&lt;br&gt;Beef &amp; Lentil Ragout&lt;br&gt;Whole Wheat Rotini&lt;br&gt;Capi Mixed Vegetables&lt;br&gt;Fruit of the Day</td>
<td>Mixed Greens Salad&lt;br&gt;Balsamic Dressing&lt;br&gt;Chicken Drumstick&lt;br&gt;Cranberry Chutney&lt;br&gt;Quinoa Pilaf&lt;br&gt;Root Veg Chickpea Hash&lt;br&gt;Fruit of the Day</td>
<td>Tomato &amp; White Bean Soup w/Garlic&lt;br&gt;Turkey Breast&lt;br&gt;Mushroom-Dijon Sauce&lt;br&gt;Wild Rice Casserole&lt;br&gt;Brussel Sprouts&lt;br&gt;Fruit of the Day</td>
<td>Barley Salad w/ Lemon Dressing&lt;br&gt;Baked Cod&lt;br&gt;Brown Rice Pilaf&lt;br&gt;Vegetables w/Coconut Sauce&lt;br&gt;Fruit of the Day</td>
<td>Romaine Salad w/ Russian Dressing&lt;br&gt;Chicken Thigh&lt;br&gt;Mushroom Gravy&lt;br&gt;Mashed Parnsips &amp; Sweet Potatoes&lt;br&gt;Green Beans&lt;br&gt;Fruit of the Day</td>
<td>Green Bean &amp; Corn Salad&lt;br&gt;Chicken Poozele Verde&lt;br&gt;Mexican Brown Rice &amp; Beans&lt;br&gt;Braised Cabbage &amp; Carrots&lt;br&gt;Fruit of the Day</td>
<td>Corn &amp; Green Chile Chowder&lt;br&gt;Beef Fajita Stew&lt;br&gt;Brown Rice &amp; Beans&lt;br&gt;Garden Mixed Vegetables&lt;br&gt;Fruit of the Day</td>
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<td>Cream of Cauliflower Soup&lt;br&gt;Pork Loin w/Tomato&lt;br&gt;Zesty Tomato Sauce&lt;br&gt;Baked Pasta w/Greens&lt;br&gt;Garlic-Herb Carrots&lt;br&gt;Fruit of the Day</td>
<td>Roasted Sweet Potato Salad&lt;br&gt;Beef Fricasse&lt;br&gt;Whole Wheat Rotini&lt;br&gt;Garden Mixed Vegetables&lt;br&gt;Fruit of the Day</td>
<td>Garden Salad&lt;br&gt;Southwest Ranch Dressing&lt;br&gt;Chicken Drumstick&lt;br&gt;Quinoa w/Feta &amp; Chickpeas&lt;br&gt;Creole Vegetables&lt;br&gt;Fruit of the Day</td>
<td>Vegetable Barley Soup&lt;br&gt;Turkey Chili&lt;br&gt;Cheddar Grits&lt;br&gt;Capi Mixed Vegetables&lt;br&gt;Fruit of the Day</td>
<td>Quinoa Salad&lt;br&gt;Lemon Dressing&lt;br&gt;White Fish Cakes&lt;br&gt;Sesame Brown Rice&lt;br&gt;Kung Pao Tofu &amp; Veggies&lt;br&gt;Fruit of the Day</td>
<td>Fennel-Carrot Soup&lt;br&gt;Mustard Glazed Chicken Thigh&lt;br&gt;Momsroom Alfredo Sauce&lt;br&gt;Lentil w/Veggie&lt;br&gt;Capi Mixed Vegetables&lt;br&gt;Fruit of the Day</td>
<td>Curred Cabbage Soup&lt;br&gt;Jamaican Pork Stew&lt;br&gt;Brown Rice w/Okra&lt;br&gt;Capi Mixed Vegetables&lt;br&gt;Fruit of the Day</td>
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<td>Tomato Soup&lt;br&gt;Roasted Pork Loin w/ Rosemary &amp; Kale Pesto&lt;br&gt;Quinoa w/Artichokes &amp; Parmesan&lt;br&gt;Garlic-Herb Carrots&lt;br&gt;Fruit of the Day</td>
<td>Garden Salad&lt;br&gt;Lemon Dressing&lt;br&gt;Beej Biriia&lt;br&gt;Mexican Brown Rice &amp; Beans&lt;br&gt;Garden Mixed Vegetables&lt;br&gt;Fruit of the Day</td>
<td>Cauliflower &amp; Chickpea Soup&lt;br&gt;Smoked Chicken Drumstick&lt;br&gt;Cuban Sauce&lt;br&gt;Whole Berry Pilaf&lt;br&gt;Garden Mixed Vegetables&lt;br&gt;Fruit of the Day</td>
<td>Crunchy Peanut Satay Slaw&lt;br&gt;Peanut Satay Dressing&lt;br&gt;Thai Turkey Tempah Burger&lt;br&gt;Sweet Potato Cream Sauce&lt;br&gt;Brown Rice w/Ginger &amp; Veggies&lt;br&gt;Broccoli &amp; Cauliflower&lt;br&gt;Fruit of the Day</td>
<td>Garden Salad w/ Honey Mustard Dressing&lt;br&gt;Baked Cod w/Green Curry Sauce&lt;br&gt;Basil &amp; Roasted Garlic Bulgar&lt;br&gt;Capi Mixed Vegetables&lt;br&gt;Fruit of the Day</td>
<td>Tuscan Bean Soup&lt;br&gt;Sage Roasted Chicken Thigh&lt;br&gt;Red Wine Sauce&lt;br&gt;Mashed Parnsips &amp; Sweet Potatoes&lt;br&gt;Broccoli &amp; Cauliflower&lt;br&gt;Fruit of the Day</td>
<td>Romaine Salad&lt;br&gt;Ceasar Dressing&lt;br&gt;Lentil &amp; Tofu Bolognese&lt;br&gt;Whole Wheat Rotini&lt;br&gt;Winter Vegetables&lt;br&gt;Fruit of the Day</td>
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<tr>
<td>Chopped Vegetable Salad&lt;br&gt;Italian Dressing&lt;br&gt;African Macanese Chicken&lt;br&gt;Red Pepper &amp; Citrus Couscous&lt;br&gt;Broccoli&lt;br&gt;Fruit of the Day</td>
<td>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.</td>
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**Community Nutrition Program**

730 Polk St, San Francisco CA 94109<br>Office Hours: M-F 9:00am – 5:00pm<br>Phone 415 447 2300<br>Adrian Barrow, Executive Chef<br>Kristi Friesen, Registered Dietitian<br>Erika Molina, Program Director<br>Raymond Chong, CNP Sites Manager<br>Erika Wong, CNP Sites Manager<br>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!