

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, 1<sup>st</sup> 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** 890 Beach St.  
Hot Lunch 11:30 AM -1230 PM Monday through Friday (Takeout or dine-in with proof of vaccination)  
**meal service begins January 10<sup>th</sup>**

**\*\*Castro Senior Center** 110 Diamond St.  
5 Frozen lunch meals distributed on Thursday 10am-12:30pm, out front of building

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

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

**\*\*IT Bookman Community Center** 446 Randolph St  
Hot Lunch 12:00- 12:45 PM Monday though Friday (Takeout or dine-in with proof of vaccination)  
**meal service begins January 10<sup>th</sup>**

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

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

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

**\*\*Visitacion Valley** 66 Raymond Ave.  
7 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

Kristi Friesen, Registered Dietitian at Project Open Hand

# January 2022

### 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  
meals with love

# PROJECT OPEN HAND COMMUNITY NUTRITION PROGRAM 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
<b>This Menu Is Subject To Change Without Notice.</b>  <b>Milk Is Served Every Day</b>	visit us at <a href="http://www.openhand.org">www.openhand.org</a>				Beet Salad <b>1</b> Orange Dressing <b>Beef Stroganoff</b> Whole Wheat Rotini Winter Vegetables Fruit of the Day	Smokey Cabbage Soup <b>2</b> <b>Chicken Drumstick</b> <b>Salsa Verde</b> Mexican Brown Rice Green Beans & Peppers Fruit of the Day
Macaroni Salad <b>3</b> <b>Garlic &amp; Herb Chicken Breast</b> <b>Marinara Sauce</b> Herbed Polenta Paprika Herb Carrots Fruit of the Day	Black Bean Soup <b>4</b> <b>Turkey Picadillo</b> Cuban Style Yellow Rice Cauliflower Fruit of the Day	Mixed Green Salad <b>5</b> Thousand Island Dressing <b>Salmon Fish Cakes</b> <b>Veracruz Sauce</b> Cuban Style Yellow Rice Succotash Fruit of the Day	Mushroom Barley Soup <b>6</b> <b>Chicken Thigh</b> <b>Cacciatore Sauce</b> Wild Rice Pilaf Capri Mixed Vegetables Fruit of the Day	Potato & Egg Salad <b>7</b> <b>Chicken w/Spinach &amp; Lemon</b> Whole Wheat Rotini Garden Mixed Vegetables Fruit of the Day	Garbanzo, Tomato & Cucumber Salad w/ Ranch <b>8</b> <b>Pork Loin w/ Black-eyed Peas &amp; Peanut Stew</b> Brown Rice Roasted Vegetables Fruit of the Day	Corn & Green Chile Chowder <b>9</b> <b>Beef Fajita Stew</b> Brown Rice & Beans Garden Mixed Vegetables Fruit of the Day
Winter Vegetable Soup <b>10</b> <b>Beef &amp; Lentil Ragout</b> Whole Wheat Rotini Capri Mixed Vegetables Fruit of the Day	Mixed Greens Salad <b>11</b> Balsamic Dressing <b>Chicken Drumstick</b> <b>Cranberry Chutney</b> Quinoa Pilaf Root Veg Chickpea Hash Fruit of the Day	Tomato & White Bean Soup w/Garlic <b>12</b> <b>Turkey Breast</b> <b>Mushroom-Dijon Sauce</b> Wild Rice Casserole Brussel Sprouts Fruit of the Day	Barley Salad w/ Lemon Dressing <b>13</b> <b>Baked Cod</b> Brown Rice Pilaf Vegetables w/Coconut Sauce Fruit of the Day	Romaine Salad w/ Russian Dressing <b>14</b> <b>Chicken Thigh</b> <b>Mushroom Gravy</b> Mashed Parsnips & Sweet Potatoes Green Beans Fruit of the Day	Green Bean & Corn Salad <b>15</b> <b>Chicken Pozole Verde</b> Mexican Brown Rice & Beans Braised Cabbage & Carrots Fruit of the Day	Curried Cabbage Soup <b>16</b> <b>Jamaican Pork Stew</b> Brown Rice w/Okra Capri Mixed Vegetables Fruit of the Day
Cream of Cauliflower Soup <b>17</b> <b>Pork Loin w/Tomato</b> <b>Zesty Tomato Sauce</b> Baked Pasta w/Greens Garlic-Herb Carrots Fruit of the Day	Roasted Sweet Potato Salad <b>18</b> <b>Beef Fricassee</b> Whole Wheat Rotini Garden Mixed Vegetables Fruit of the Day	Garden Salad <b>19</b> Southwest Ranch Dressing <b>Chicken Drumstick</b> Quinoa w/Feta & Chickpeas Creole Vegetables Fruit of the Day	Vegetable Barley Soup <b>20</b> <b>Turkey Chili</b> Cheddar Grits Capri Mixed Vegetables Fruit of the Day	Quinoa Salad <b>21</b> Lemon Dressing <b>White Fish Cakes</b> Sesame Brown Rice Kung Pao Tofu & Veggies Fruit of the Day	Fennel-Carrot Soup <b>22</b> <b>Mustard Glazed Chicken Thigh</b> <b>Mushroom Alfredo Sauce</b> Lentil w/Veggies Capri Mixed Vegetables Fruit of the Day	Sesame-Chickpea Salad <b>23</b> <b>Chicken Pomodoro</b> Whole Wheat Rotini Spicy Green Beans Fruit of the Day
Tomato Soup <b>24</b> <b>Roasted Pork Loin</b> <b>w/Rosemary &amp; Kale Pesto</b> Quinoa w/Artichokes & Parmesan Garlic-Herb Carrots Fruit of the Day	Garden Salad <b>25</b> Lemon Dressing <b>Beef Birria</b> Mexican Brown Rice & Beans Garden Mixed Vegetables Fruit of the Day	Cauliflower & Chickpea Soup <b>26</b> <b>Smokey Chicken Drumstick</b> <b>Cubana Sauce</b> Wheat Berry Pilaf Garden Mixed Vegetables Fruit of the Day	Crunchy Peanut Satay Slaw <b>27</b> Peanut Satay Dressing <b>Thai Turkey Tempeh Burger</b> <b>Sweet Potato Cream Sauce</b> Brown Rice w/Ginger & Veggies Broccoli & Cauliflower Fruit of the Day	Garden Salad w/ Honey Mustard Dressing <b>28</b> <b>Baked Cod w/ Green Curry Sauce</b> Basil & Roasted Garlic Bulgur Capri Mixed Vegetables Fruit of the Day	Tuscan Bean Soup <b>29</b> <b>Sage Roasted Chicken Thigh</b> <b>Red Wine Sauce</b> Mashed Parsnips & Sweet Potatoes Broccoli & Cauliflower Fruit of the Day	Romaine Salad <b>30</b> Caesar Dressing <b>Lentil &amp; Tofu Bolognese</b> Whole Wheat Rotini Winter Vegetables Fruit of the Day
Chopped Vegetable Salad <b>31</b> Italian Dressing <b>African Macanese Chicken</b> Red Pepper & Citrus Couscous Broccoli Fruit of the 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!