

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.

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

<b>**Aquatic Park</b>		890 Beach St.
Hot Lunch 11:30 AM -12:30 PM Monday through Friday		(Takeout or dine-in with proof of vaccination)
<b>**Castro Senior Center</b>		110 Diamond St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday		(Takeout or dine-in with proof of vaccination)
<b>Curry Senior Center</b>		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		
<b>**Downtown Senior Center</b>		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		
<b>**IT Bookman Community Center</b>		446 Randolph St
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday		(Takeout or dine-in with proof of vaccination)
<b>**Project Open Hand</b>	<b>AWD Site only</b>	730 Polk St.
Hot Lunch 10:30-12:30 Monday through Friday		(Takeout or dine-in with proof of vaccination)
<b>**Richmond Senior Center</b>		6221 Geary – 3 <sup>rd</sup> Floor
5 Frozen lunch meals distributed on Thursdays		10:30 am – 12:00pm
<b>**Telegraph Hill Neighborhood Center</b>		660 Lombard St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday		(Takeout or dine-in with proof of vaccination)
<b>**Visitacion Valley</b>		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 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

### Lunch Menu

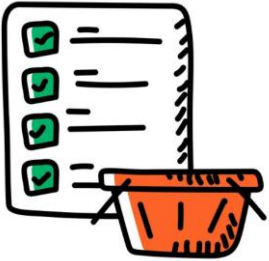
Cecilia Cruz, Registered Dietitian at Project Open Hand

January 2023

## Ways to Stretch your Food Budget

### Meal Plan & Buy in Bulk

It can reduce grocery store trips, food waste and impulse buys!  
Buying in bulk is almost always cheaper per unit.



**Tip:** Plan at least one meal around vegetables! Vegetable proteins such as tofu, beans, peas, lentils and nut butters tend to be highly nutritious and affordable. Vegetables are also high in dietary fiber, which can keep you feeling full longer.

### Eat before you go grocery shopping

This can cut drastically the number of foods you buy. When you are hungry, you are more likely to buy impulsively & spend more money.

### Buy frozen fruits & vegetables (with no added ingredients)

Frozen produce is picked & frozen at peak ripeness which is when it’s most packed with nutrients! Frozen fruits & vegetables don’t require washing, peeling or chopping so you can skip all the prep work, time is money! Having frozen produce on hand can be the difference between eating a fruit & vegetable or not. Eat your fruits & veggies!

Compare:

- 10 oz. **frozen** organic blueberries \$4.99 to 6 oz. **fresh** blueberries \$4.99
- 1 lb. **frozen** dark sweet cherries \$4.79 to 1 lb. of **fresh** cherries \$6.99



**Tip:** If you don’t have a freezer or don’t have the space, you can look for low sodium &/or no added sugar cans of fruit & vegetable which can provide all the same benefits.

### Buy produce at your local farmers market

Foods that are grown locally have traveled shorter distances and are minimally processed which cuts down on cost. You also don’t have to pay for packaging costs & you can buy as little as you need.



**Tip:** Shop towards the end of the market for a better deal.

If you have CalFresh, look for the information booth and ask about market match program. Market Match is California’s healthy food incentive program that matches customers’ CalFresh nutrition assistance benefits at farmers’ markets and other farm-direct sites.



Project Open Hand  
meals with love



# PROJECT OPEN HAND COMMUNITY NUTRITION PROGRAM MENU JANUARY 2023

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>					Potato Salad <b>1</b> <b>Baked Salmon</b> <b>Chickpea Hummus</b> Basil & Garlic Bulgur Caponata Vegetables Fruit of the Day
Garden Salad <b>2</b> Italian Dressing <b>Turkey Picadillo</b> Cuban Style Rice Cauliflower Fruit of the Day	Garden Salad <b>3</b> Lemon Dressing <b>Chicken Chili</b> Brown Rice Pilaf Garden Mixed Vegetables Fruit of the Day	Broccoli & Carrot Salad <b>4</b> <b>Pork Loin</b> <b>Sherry Mushroom Sauce</b> Whole Wheat Rotini Garlic Herb Carrots Fruit of the Day	Roasted Sweet Potato Salad <b>5</b> Blackened Salmon <b>Black-eyed Peas &amp; Peanut Stew</b> Bulgur Pilaf Garden Mixed Vegetables Fruit of the Day	Garden Salad <b>6</b> Roasted Garlic Dressing <b>Chicken &amp; Mushroom Adobo</b> Brown Rice w/ Okra Roasted Brussel Sprouts & Carrots Fruit of the Day	Garden Salad <b>7</b> Lemon Dressing <b>Beef &amp; Lentil Ragout</b> Marinara Sauce Whole Wheat Rotini Green Beans & Peppers Fruit of the Day	Barley Salad <b>8</b> <b>Mediterranean Turkey Burger</b> <b>Zesty Tomato Sauce</b> Piquillo Peppers & Tomato Grits Capri Mixed Veg Fruit of the Day
Garden Salad <b>9</b> Lemon Dressing <b>Hoisin Chicken</b> <b>Ginger Garlic Sauce</b> Fried Brown Rice Carrots & Green Beans Fruit of the Day	Garden Salad <b>10</b> Avocado Herb Dressing <b>Turkey Beef Bolognese</b> Whole Wheat Rotini Garlic Herb Carrots Fruit of the Day	Garden Salad <b>11</b> Russian Dressing <b>Mustard Glazed Chicken Thigh</b> Wheat Berry Pilaf Garbanzo & Veg Stew Fruit of the Day	Garbanzo Bean & Kale Salad <b>12</b> <b>Baked Salmon</b> <b>Red Pepper Sauce</b> Wild Rice Tofu Sweet Potato Creole Hash Fruit of the Day	Potato & Egg Salad <b>13</b> <b>Beef Bourguignon</b> Whole Wheat Rotini Brussel Sprouts & Carrots Fruit of the Day	Garden Salad <b>14</b> Southwest Ranch Dressing <b>Curried Pork Loin</b> Pumpkin Puree w/ Veg Whole Wheat Rotini Garden Mixed Vegetables Fruit of the Day	Garden Salad <b>15</b> Feta & Herb Dressing <b>Smokey Chicken Drumstick</b> Brown Rice Vegetarian Ranchero Stew Fruit of the Day
Garden Salad <b>16</b> Feta & Herb Dressing <b>Baharat Spiced Baked Chicken</b> Quinoa Moroccan Tagine Fruit of the Day	Barley Salad <b>17</b> <b>Beef Fricassee</b> Whole Wheat Rotini Garden Mixed Vegetables Fruit of the Day	Garden Salad <b>18</b> Balsamic Dressing <b>Chicken &amp; Rice Stew</b> Mashed Potatoes Sliced Carrots Fruit of the Day	Coleslaw <b>19</b> Peanut Satay Dressing <b>Chicken Thigh</b> Turmeric Brown Rice Brussel Sprouts & Carrots Fruit of the Day	Garden Salad <b>20</b> Balsamic Dressing <b>Baked Salmon</b> <b>Creamy Dill Sauce</b> Brown Rice & Orzo Pilaf Brussel Sprouts & Carrots Fruit of the Day	Potato & Egg Salad <b>21</b> <b>Pork &amp; Chickpea Stew</b> Tomatillo Cream Sauce Whole Wheat Rotini Garden Mixed Vegetables Fruit of the Day	Garden Salad <b>22</b> Honey Mustard Dressing <b>Thai Turkey Tempeh Burger</b> <b>Thai Green Curry Veg Sauce</b> Quinoa Carrots & Green Beans Fruit of the Day
Garden Salad <b>23</b> Balsamic Dressing <b>Pork Loin w/ Artichoke &amp; Spinach Cream Sauce</b> Wild Rice & Quinoa Pilaf Garden Mixed Vegetables Fruit of the Day	Barley Salad <b>24</b> <b>Beef Stroganoff</b> Whole Wheat Rotini Brussel Sprouts & Carrots Fruit of the Day	Garden Salad <b>25</b> Ranch Dressing <b>Turkey Jambalaya</b> Brown Rice Garlic Herb Carrots Fruit of the Day	Garden Salad <b>26</b> Southwest Ranch Dressing <b>BBQ Chicken Drumstick</b> Quinoa Veggie Mix Fruit of the Day	Garden Salad <b>27</b> Balsamic Dressing <b>Baked Salmon</b> <b>Lentil &amp; Tomato Ragout</b> Quinoa Carrots Fruit of the Day	Garden Salad <b>28</b> French Dressing <b>Beef &amp; Turkey Meatballs</b> Creamy Tomato Sauce Whole Wheat Rotini Garden Mixed Vegetables Fruit of the Day	Garden Salad <b>29</b> Russian Dressing <b>Chicken &amp; Vegetable Casserole</b> Red Pepper Sauce Whole Wheat Rotini Fruit of the Day
Garden Salad <b>30</b> Italian Dressing <b>Chicken Breast</b> <b>Sweet Potato Chipotle Sauce</b> Brown Rice Corn w/Mushrooms & Greens Fruit of the Day	Garden Salad <b>31</b> Honey Mustard Dressing <b>Chicken Gumbo</b> Cheddar Grits Baby Carrots & Pearl Onions Fruit of the Day	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.				

## 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**  
**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!*