

COVID-19 SERVICE UPDATE: Sites listed below are open for takeout or dine-in congregate meals. Select sites are open to distribute frozen meals once a week to encourage shelter in place.

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 415-447-2379 during the 1-4pm pick up window.

Site information below is subject to change.

****This site only serves participants age 60+. All other sites serve Adults with Disabilities age 18 to 59, and participants 60+.**

Aquatic Park	890 Beach St.
Hot Lunch 11:30 AM -12:30 PM Monday through Friday (<i>Takeout or dine-in</i>)	
Castro Senior Center	110 Diamond St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (<i>Takeout or dine-in</i>)	
**Curry Senior Center	333 Turk St.
Hot Breakfast 8:30-9:30AM Daily Hot Lunch 10:30 AM -12:30 PM Daily (<i>dine-in only</i>)	
Downtown Senior Center	481 O’Farrell St.
Hot Breakfast 9:00-10:00AM Daily	
Hot Lunch 11:00- 12:00 PM Daily (<i>Takeout or dine-in</i>)	
IT Bookman Community Center	446 Randolph St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (<i>Takeout or dine-in</i>). <i>This site is closed on the 4th Friday of every month.</i>	
Richmond Senior Center	6221 Geary – 3 rd Floor
Hot Lunch 11:30am – 12:30pm Monday through Friday (<i>dine-in only</i>)	
Ruth Brinker Meal Site	730 Polk St.
Hot Lunch 10:30-12:30 Monday through Friday (<i>Takeout or dine-in</i>)	
Swords To Plowshares- Stanford	250 Kearny St
Hot Lunch: 11:30 AM-12:30 PM Daily (<i>Takeout or dine-in</i>)	
Telegraph Hill Neighborhood Center	660 Lombard St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (<i>Takeout or dine-in</i>)	
Visitacion Valley	66 Raymond Ave.
Hot Lunch 11:30 AM – 12:30 PM Daily (<i>Takeout or dine-in</i>)	

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

Fernanda Nunes, RD at Project Open Hand

January 2024

All about Fats

Our food is made up of three macronutrients: carbohydrates, proteins and fats. Fats play critical roles in our health. It is recommended to have 25-35% of one’s daily calories come from fat, based on your own needs. Fats are needed for the absorption and transport of fat-soluble vitamins (vitamins A, D, E and K), to build hormones, to regulate body temperature, and other important functions. However, not all fat is the same.

Foods high in **saturated fats** include butter, beef, pork, bacon, poultry skin, full fat dairy (milk, yogurt, and cheese), coconuts, and palm oil. Saturated fats should be limited because, when consumed in excess, they can elevate "bad" cholesterol. It is recommended that one’s daily intake of saturated fat remains below 10% of daily caloric intake.

Regular consumption of **unsaturated fats** can decrease “bad” cholesterol and increase “good” cholesterol, decreasing risk of heart attack and stroke. Because of this, aim to get most of your fat from unsaturated types.

Unsaturated fats can be broken down into two different types: **monounsaturated** and **polyunsaturated**. Foods that are high in **monounsaturated** fats include oils such as olive, canola and sesame, and foods such as avocados, peanuts, almonds, pumpkin seeds and sesame seeds. **Polyunsaturated** fats can be found in sunflower, corn, soybean, canola and flaxseed oils, walnuts, flax seeds, sunflower seeds, fatty fish, and tofu.

Two main types of **polyunsaturated** fats are omega-3 and omega-6 fatty acids. Omega-3 are found in flaxseed, walnuts, chia seeds, soybean oil, algae and fatty fish. Omega-6 are found in safflower oil, sunflower oil, sesame oil, corn oils, canola oil, walnuts, sunflower seeds, tofu, and eggs.

Omega-3 and omega-6 are considered ‘essential fatty acids’ because they can’t be produced by the body, you must get them from food. They are both important for heart health, cell structure and cell growth. They are also involved with the body’s inflammatory response. Additionally, omega-3 is important for optimal brain function.

Lastly, **trans fats** are the type of fat that we want to avoid. These do not occur naturally, but instead are made industrially. Their intake is associated with raising cholesterol and increasing one’s risk of heart disease and stroke. These can be found in processed foods (such as cakes, cookies, and shortening) that list partially hydrogenated oils in the ingredients. The good news is that California has banned trans fats from distribution and use, and they are much less common in our food supply now.

Want to learn more? Head to <https://www.openhand.org/blog> to read a more detailed post All About Fats!



MONDAY	TUESDAY	WEDESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Scrambled Eggs 1 Housemade Salsa Hash Brown English Muffin Fruit of the Day	Broccoli & Cheddar 2 Breakfast Casserole Whole Wheat English Muffin Margarine & Jelly Fruit of the Day	Scrambled Eggs 3 Turkey Potato Hash Whole Wheat Bread Margarine & Jelly Fruit of the Day	English Pea Frittata 4 Sweet Potato Hash English Muffin Margarine & Jelly Fruit of the Day	Scrambled Eggs 5 Breakfast Potatoes Whole Wheat Bread Margarine & Jelly Fruit of the Day	Scrambled Eggs 6 Hash Brown English Muffin Margarine & Jelly Fruit of the Day	Enchilada Casserole 7 Breakfast Succotash English Muffin Margarine & Jelly Fruit of the Day
Scrambled Eggs 8 Breakfast Hash English Muffin Margarine & Jelly Fruit of the Day	Almond Berry Oatmeal Bake 9 Sweet Potato Hash Turkey Sausage Fruit of the Day	Greek Scrambled Eggs 10 Breakfast Potatoes Whole Wheat Bread Fruit of the Day	Turkey & Veggie English 11 Muffin Casserole Scrambled Eggs Fruit of the Day	Scrambled Eggs 12 Sweet Potato Hash English Muffin Margarine & Jelly Fruit of the Day	Turkey Sausage Casserole 13 Avocado Salsa English Muffin Fruit of the Day	Oatmeal with Blueberries 14 Turkey Sausage Breakfast Hash Fruit of the Day
Scrambled Eggs 15 Housemade Salsa Hash Brown English Muffin Fruit of the Day	Broccoli & Cheddar 16 Breakfast Casserole Whole Wheat English Muffin Margarine & Jelly Fruit of the Day	Scrambled Eggs 17 Turkey Potato Hash Whole Wheat Bread Margarine & Jelly Fruit of the Day	English Pea Frittata 18 Sweet Potato Hash English Muffin Margarine & Jelly Fruit of the Day	Scrambled Eggs 19 Breakfast Potatoes Whole Wheat Bread Margarine & Jelly Fruit of the Day	Scrambled Eggs 20 Hash Brown English Muffin Margarine & Jelly Fruit of the Day	Enchilada Casserole 21 Breakfast Succotash English Muffin Margarine & Jelly Fruit of the Day
Scrambled Eggs 22 Breakfast Hash English Muffin Margarine & Jelly Fruit of the Day	Almond Berry Oatmeal Bake 23 Sweet Potato Hash Turkey Sausage Fruit of the Day	Greek Scrambled Eggs 24 Breakfast Potatoes Whole Wheat Bread Fruit of the Day	Turkey & Veggie English 25 Muffin Casserole Scrambled Eggs Fruit of the Day	Scrambled Eggs 26 Sweet Potato Hash English Muffin Margarine & Jelly Fruit of the Day	Turkey Sausage Casserole 27 Avocado Salsa English Muffin Fruit of the Day	Oatmeal with Blueberries 28 Turkey Sausage Breakfast Hash Fruit of the Day
Scrambled Eggs 29 Housemade Salsa Hash Brown English Muffin Fruit of the Day	Broccoli & Cheddar 30 Breakfast Casserole Whole Wheat English Muffin Margarine & Jelly Fruit of the Day	Scrambled Eggs 31 Turkey Potato Hash Whole Wheat Bread Margarine & Jelly Fruit of the Day			This Menu Is Subject To Change Without Notice. Milk Is Served Every Day	 visit us at 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.

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 Wong, CNP Associate Director
Raymond Chong, CNP Manager
Erica Corte, CNP Manager
Miriam Aguilar, Manager, CNP Data & AWD HDM

The Community nutrition program is funded by: City of San Francisco’s Department of Disability and Aging Services, 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!