Whole Fruit or Fruit Juice?

100% fruit juice is natural, but is it just as good as eating the fresh fruit?

Should a glass of juice be thought of as an equivalent to a piece of fruit? Just eight ounces of regular orange juice contains over 110 calories— that’s equal to almost 2 whole oranges.

The big kicker is that you won’t feel as full drinking the juice, because the juice doesn’t contain any of the wholesome fiber! Juice will turn into glucose (sugar) in your blood very quickly, while whole fruit will process slower. This is because of the fiber content in the whole fruit.

Water is always the best choice for meeting your hydration needs, for the majority of your daily beverages. At Project Open Hand meal sites, we serve fresh fruit with our daily meals as a way to provide good nutrients, and a sweet treat without added sugar!

The nutrition requirements for meal 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:

- 1 serving of fruit
- 1 serving of vegetable
- 2 servings of starch
- 1/2 serving of fat or oil
- 1 serving of soy
- 1 serving of dairy (2 cups)

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

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**Aquatic Park**
890 Beach St.

Hot Lunch: 11:30 AM - 12:30 PM Monday through Friday (Takeout or dine-in)

**Castro Senior Center**
110 Diamond St.

Hot Lunch: 11:30 AM – 12:30 PM Monday through Friday (Takeout or dine-in)

Curry Senior Center
333 Turk St.

Hot Breakfast: 8:30-9:30 AM Daily (Takeout or dine-in)
Hot Lunch: 10:30 AM – 12:30 PM Daily (Takeout or dine-in)

**Downtown Senior Center**
481 O’Farrell St.

Hot Breakfast: 9:00-10:00 AM Daily (Takeout or dine-in)
Hot Lunch: 11:00 – 12:00 PM Daily (Takeout or dine-in)

**IT Bookman Community Center**
446 Randolph St.

Hot Lunch: 11:30 AM – 12:30 PM Monday through Friday (Takeout or dine-in). This site is closed on the 4th Friday of every month.

**Project Open Hand**
AWD Site only
730 Polk St.

Hot Lunch: 10:30-12:30 Monday through Friday (Takeout or dine-in)

**Richmond Senior Center**
6221 Geary – 3rd Floor

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

**Swords To Plowshares- Stanford**
250 Kearny St

Hot Lunch: 11:30 AM-12:30 PM Daily (Takeout or dine-in)

**Telegraph Hill Neighborhood Center**
660 Lombard St.

Hot Lunch: 11:30 AM – 12:30 PM Monday through Friday (Takeout or dine-in)

**Visitacion Valley**
66 Raymond Ave.

Hot Lunch: 11:30 AM – 12:30 PM Daily (Takeout or dine-in)

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**Vitamin A**: 1/3 of DRI at least 3 times per week (250 micrograms)

**Vitamin C**: 1/3 DRI (25 mg)

**Dietary Reference Intake**

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## PROJECT OPEN HAND BREAKFAST MENU JULY 2023

Nourish & engage our community by providing meals with love to the sick and the elderly.

<table>
<thead>
<tr>
<th>DAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
</table>

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

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!