

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> Hot Lunch 11:30 AM -12:30 PM Monday through Friday ( <i>Takeout or dine-in with proof of vaccination</i> )	890 Beach St.
<b>**Booker T. Washington</b> 5 Frozen lunch meals distributed on Wednesdays 10:30 am – 12:00pm	800 Presidio Ave
<b>**Castro Senior Center</b> Hot Lunch 11:30 AM – 12:30 PM Monday through Friday ( <i>Takeout or dine-in with proof of vaccination</i> )	110 Diamond St.
<b>Curry Senior Center</b> Hot Breakfast 8:30-9:30AM Daily Hot Lunch 10:30 AM -12:30 PM Daily	333 Turk St. ( <i>Takeout or dine-in with proof of vaccination</i> )
<b>**Downtown Senior Center</b> Hot Breakfast 9:00-10:00AM Daily Hot Lunch 11:00- 12:00 PM Daily	481 O’Farrell St. ( <i>Takeout or dine-in with proof of vaccination</i> )
<b>**IT Bookman Community Center</b> Hot Lunch 11:30 AM – 12:30 PM Monday through Friday ( <i>Takeout or dine-in with proof of vaccination</i> )	446 Randolph St
<b>**Project Open Hand AWD Site only</b> Hot Lunch 10:30-12:30 Monday through Friday	730 Polk St. ( <i>Takeout or dine-in with proof of vaccination</i> )
<b>**Richmond Senior Center</b> 5 Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm	6221 Geary – 3 <sup>rd</sup> Floor
<b>**Telegraph Hill Neighborhood Center</b> 5 Frozen lunch meals distributed on Mondays 10:30am -12:00pm	660 Lombard St.
<b>**Visitacion Valley</b> 7 Frozen meals distributed on Saturdays 10:30am- 12:00pm	66 Raymond Ave.

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

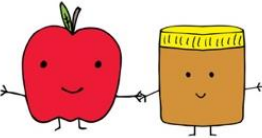



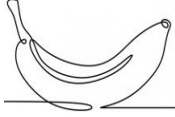
Julie Hibarger, Dietetic Intern at Project Open Hand

June 2022

Healthy Snacks when Hunger Attacks

We’ve all been there: Your stomach starts rumbling and the next mealtime is hours away! When we need a snack, it’s easy to reach for whatever is convenient. But remember, hunger is your body telling you that it needs energy and nutrition. So, try to feed your snack-time hunger with nutritious food that provide long-lasting energy. When snack hunger hits, follow these three tips to get the most out of your mini-meals.

- 1.Stay full longer by including 2 of these 3 filling nutrients: Fiber, protein, and healthy fat.
- 2.Produce Please: Fresh fruits and vegetables pack a healthy punch of vitamins and minerals. Add variety to snacks with the addition of fruits and vegetables.
- 3.A WHOLE lot better: packaged foods can be a convenient, shelf-shelf stable part of your snack-time toolbox. Pick packaged foods that are most like their whole form. For example: wholegrain bread instead of white, refined grain bread; or peanut butter without added sugar or oil.

Healthy Snacks	What makes it a Super Snack?
An apple with peanut butter 	•Fiber: lowers cholesterol & keeps you full and satisfied •Healthy fat keeps you full and satisfied longer •No refrigeration required •Includes 1 of you 5 fruits & vegetables for the day
Plain yogurt with fresh (or frozen) berries & a drizzle of honey 	•Protein for long lasting energy and strong muscles •Calcium for strong bones and teeth •Vitamin C •Fiber
Celery and carrot sticks with hummus 	• Plant based protein with unsaturated fat keeps you full longer • A great source of fiber, magnesium and selenium • Vitamin C for your immune system • Vitamin A for eye health
Whole grain toast with tuna salad and sliced tomato 	• B Vitamins for energy production • Magnesium for energy production and muscle health • Selenium for brain, skin and hair health • A great source of protein and fiber • Calcium and phosphorus for strong bones
Whole grain crackers with peanut butter and sliced banana 	• Potassium for heart and muscle health • A good source of B vitamins, magnesium, and selenium • A good source of fiber and protein

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>	<b>Breakfast Enchilada Casserole</b> <b>1</b> <b>Housemade Salsa</b> Whole Wheat Toast Margarine/Jelly Fruit of the Day	<b>Potato &amp; Cheddar Breakfast Casserole</b> <b>2</b> English Muffin Margarine/Jelly Fruit of the Day	<b>Baked Strawberry Apple Oatmeal</b> <b>3</b> Breakfast Potatoes Fruit of the Day	<b>Scrambled Eggs</b> <b>4</b> Hash Brown English Muffin Margarine/Jelly Fruit of the Day	<b>Jalapeno Popper Frittata</b> <b>5</b> Sweet Potato Hash Whole Wheat Bread Margarine/Jam Fruit of the Day
<b>Cheesy Breakfast Egg &amp; Polenta Casserole</b> <b>6</b> Roasted Vegetables Whole Wheat Toast Margarine/Jelly Fruit of the Day	<b>Baked Oatmeal w/ Berries &amp; Almonds</b> <b>7</b> Roasted Sweet Potatoes Fruit of the Day	<b>Turkey Sausage &amp; Spinach Hash</b> <b>8</b> Scrambled Eggs Sweet Potato Chipotle Sauce Whole Wheat Tortilla Fruit of the Day	<b>Breakfast Chilaquiles</b> <b>9</b> Breakfast Succotash Whole Wheat Toast Margarine/Jelly Fruit of the Day	<b>Scrambled Eggs</b> <b>10</b> Sweet Potato Hash English Muffin Margarine/Jelly Fruit of the Day	<b>Cinnamon Raisin Oatmeal</b> <b>11</b> Scrambled Eggs White Bean & Kale Ragout Fruit of the Day	<b>English Muffin Breakfast Casserole</b> <b>12</b> Mushroom Ragout Fruit of the Day
<b>Southwest Scrambled Eggs</b> <b>13</b> Hash Brown English Muffin Margarine/Jelly Fruit of the Day	<b>Scrambled Eggs</b> <b>14</b> Sweet Potato Hash Whole Wheat Toast Margarine/Jelly Fruit of the Day	<b>Breakfast Enchilada Casserole</b> <b>15</b> <b>Housemade Salsa</b> Whole Wheat Toast Margarine/Jelly Fruit of the Day	<b>Potato &amp; Cheddar Breakfast Casserole</b> <b>16</b> English Muffin Margarine/Jelly Fruit of the Day	<b>Baked Strawberry Apple Oatmeal</b> <b>17</b> Breakfast Potatoes Fruit of the Day	<b>Scrambled Eggs</b> <b>18</b> Hash Brown English Muffin Margarine/Jelly Fruit of the Day	<b>Jalapeno Popper Frittata</b> <b>19</b> Sweet Potato Hash Whole Wheat Bread Margarine/Jam Fruit of the Day
<b>Cheesy Breakfast Egg &amp; Polenta Casserole</b> <b>20</b> Roasted Vegetables Whole Wheat Toast Margarine/Jelly Fruit of the Day	<b>Baked Oatmeal w/ Berries &amp; Almonds</b> <b>21</b> Roasted Sweet Potatoes Fruit of the Day	<b>Turkey Sausage &amp; Spinach Hash</b> <b>22</b> Scrambled Eggs Sweet Potato Chipotle Sauce Whole Wheat Tortilla Fruit of the Day	<b>Breakfast Chilaquiles</b> <b>23</b> Breakfast Succotash Whole Wheat Toast Margarine/Jelly Fruit of the Day	<b>Scrambled Eggs</b> <b>24</b> Sweet Potato Hash English Muffin Margarine/Jelly Fruit of the Day	<b>Cinnamon Raisin Oatmeal</b> <b>25</b> Scrambled Eggs White Bean & Kale Ragout Fruit of the Day	<b>English Muffin Breakfast Casserole</b> <b>26</b> Mushroom Ragout Fruit of the Day
<b>Southwest Scrambled Eggs</b> <b>27</b> Hash Brown English Muffin Margarine/Jelly Fruit of the Day	<b>Scrambled Eggs</b> <b>28</b> Sweet Potato Hash Whole Wheat Toast Margarine/Jelly Fruit of the Day	<b>Breakfast Enchilada Casserole</b> <b>29</b> <b>Housemade Salsa</b> Whole Wheat Toast Margarine/Jelly Fruit of the Day	<b>Baked Eggs &amp; Vegetables</b> <b>30</b> English Muffin Margarine/Jelly 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!