

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. 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.

**\*\*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 <i>(Takeout or dine-in)</i>		
<b>**Castro Senior Center</b>		110 Diamond St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>		
<b>Curry Senior Center</b>		333 Turk St.
Hot Breakfast 8:30-9:30AM Daily		<i>(Takeout or dine-in)</i>
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		<i>(Takeout or dine-in)</i>
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 <i>(Takeout or dine-in)</i>		
<b>**Project Open Hand</b>	<b>AWD Site only</b>	730 Polk St.
Hot Lunch 10:30-12:30 Monday through Friday		<i>(Takeout or dine-in)</i>
<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>**Swords To Plowshares- Stanford</b>		250 Kearny St
Hot Lunch: 11:30 AM-12:30 PM Daily <i>(Takeout or dine-in)</i>		
<b>**Telegraph Hill Neighborhood Center</b>		660 Lombard St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>		
<b>**Visitacion Valley</b>		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

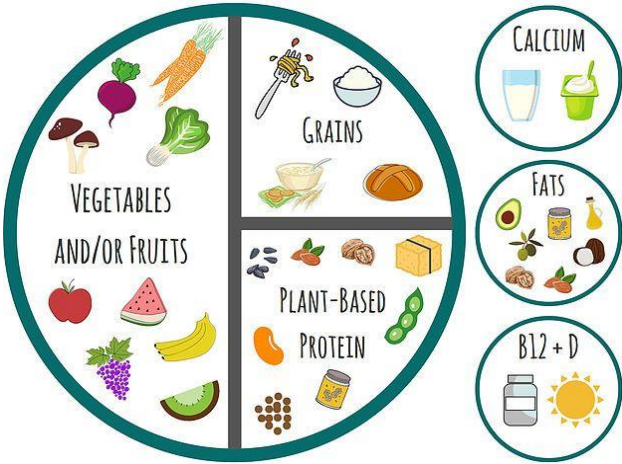
Fernanda Nunes, Registered Dietitian at Project Open Hand

June 2023

Benefits of a Plant- Based Diet

What is a Plant-Based Diet?

The term ‘plant-based diet’ refers to an eating pattern that is predominantly composed of minimally processed plant foods. This includes fruits, vegetables, nuts, seeds, whole grains, legumes, and beans. Eating a plant-based diet does not mean that you never eat meat, eggs, dairy or processed plant-foods. Rather, these options are included in moderation, while most of your food comes from whole plant sources. A plant-based diet may bring many health benefits, such as lower blood pressure, improved heart health, reduced blood cholesterol levels, prevention of type 2 diabetes, healthy weight maintenance, decreased the risk of certain cancers and overall longevity. Additionally, plant-based diets generally emit fewer greenhouse gases, and require significantly less energy, land and water use than eating patterns that include more animal products and processed foods. Thus, shifting towards plant-based eating mitigates one’s environmental footprint.



Frequently Asked Questions about a Plant-Based Diet:

What about Protein?

Tofu, tempeh, beans, nuts and seeds are all good sources. By including a variety of these foods, one can confidently meet their protein needs on a plant-based diet.

What about Iron?

Iron is important for healthy blood & optimal energy levels. Lentils, chickpeas, beans, tofu, tempeh, cashews, chia seeds, pumpkin seeds, figs, and raisins are all sources of plant iron. The iron in plants is better absorbed when combined with Vitamin C; consider adding lemon juice to your meals, or eating a fruit with your nuts and seeds for snacks!

What about Omega 3’s?

Omega 3’s promote brain and heart health. Walnuts, flaxseeds, chia seeds, hemp seeds, edamame, seaweed, and algae are all sources of plant-based Omega 3’s. If one continues to eat 1 – 2 servings of fatty fish per week, they will meet the recommended intake of Omega-3. If one does not eat fish or the plant sources, it may be beneficial to take a daily omega-3 supplement.

What about Vitamin B12?

Vitamin B12 is an essential nutrient for healthy nerves and blood. The only plant foods that contain this vitamin are fortified foods, such as breakfast cereals, plant milks, and nutritional yeast. All animal products contain Vitamin B12. If one choses to eat a strictly plant-based diet, taking a regular supplement is a safe way to prevent a deficiency.



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>		Scrambled Eggs <b>1</b> Butternut Squash & Kale Whole Wheat Bread Margarine & Jelly Fruit of the Day	Scrambled Eggs <b>2</b> Sweet Potato Hash English Muffin Margarine & Jelly Fruit of the Day	Turkey Sausage Casserole <b>3</b> Avocado Salsa Whole Wheat Bread Fruit of the Day	Turkey Sausage <b>4</b> Breakfast Hash Oatmeal with Blueberries Fruit of the Day
Southwest Scrambled Eggs <b>5</b> Hash Brown Cinnamon Raisin Oatmeal Fruit of the Day	Scrambled Eggs <b>6</b> Breakfast Potatoes English Muffin Margarine & Jelly Fruit of the Day	Scrambled Eggs <b>7</b> Turkey Potato Hash Housemade Salsa Whole Wheat Bread Fruit of the Day	Broccoli Cheddar Casserole <b>8</b> Red Pepper Sauce English Muffin Margarine & Jelly Fruit of the Day	Scrambled Eggs <b>9</b> Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Fruit of the Day	Breakfast Enchilada <b>10</b> Casserole Sweet Potato Hash Whole Wheat Bread Fruit of the Day	Scrambled Eggs <b>11</b> Breakfast Potatoes Salsa Verde Whole Wheat Bread Margarine & Jelly Fruit of the Day
Scrambled Eggs <b>12</b> Breakfast Hash English Muffin Margarine & Jelly Fruit of the Day	Turkey Potato Hash <b>13</b> Almond Berry Oatmeal Bake Fruit of the Day	Spinach & Tomato <b>14</b> Frittata Sausage & Black Bean Hash Whole Wheat Bread Fruit of the Day	Scrambled Eggs <b>15</b> Butternut Squash & Kale Whole Wheat Bread Margarine & Jelly Fruit of the Day	Scrambled Eggs <b>16</b> Sweet Potato Hash English Muffin Margarine & Jelly Fruit of the Day	Turkey Sausage Casserole <b>17</b> Avocado Salsa Whole Wheat Bread Fruit of the Day	Turkey Sausage <b>18</b> Breakfast Hash Oatmeal with Blueberries Fruit of the Day
Southwest Scrambled Eggs <b>19</b> Hash Brown Cinnamon Raisin Oatmeal Fruit of the Day	Scrambled Eggs <b>20</b> Breakfast Potatoes English Muffin Margarine & Jelly Fruit of the Day	Scrambled Eggs <b>21</b> Turkey Potato Hash Housemade Salsa Whole Wheat Bread Fruit of the Day	Broccoli Cheddar Casserole <b>22</b> Red Pepper Sauce English Muffin Margarine & Jelly Fruit of the Day	Scrambled Eggs <b>23</b> Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Fruit of the Day	Breakfast Enchilada <b>24</b> Casserole Sweet Potato Hash Whole Wheat Bread Fruit of the Day	Scrambled Eggs <b>25</b> Breakfast Potatoes Salsa Verde Whole Wheat Bread Margarine & Jelly Fruit of the Day
Scrambled Eggs <b>26</b> Breakfast Hash English Muffin Margarine & Jelly Fruit of the Day	Turkey Potato Hash <b>27</b> Almond Berry Oatmeal Bake Fruit of the Day	Spinach & Tomato <b>28</b> Frittata Sausage & Black Bean Hash Whole Wheat Bread Fruit of the Day	Scrambled Eggs <b>29</b> Butternut Squash & Kale Whole Wheat Bread Margarine & Jelly Fruit of the Day	Scrambled Eggs <b>30</b> Sweet Potato Hash English Muffin Margarine & Jelly 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**

**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!*