

Select sites are open for takeout or dine-in congregate meals.
Site information below is subject to change.

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>(Takeout or dine-in)</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>	
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>	
Ruth Brinker Takeout Center	730 Polk St.
Weekly Meal Pickup (5 frozen meals including milk & fruit) 1:00 – 4:00pm, Monday through Friday <i>(An individual can pickup meals once per week)</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>	
Visitation Valley	66 Raymond Ave.
Hot Lunch 11:30 AM – 12:30 PM Daily <i>(Takeout or dine-in)</i>	

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

The nutrition requirements for menu planning for the Community Nutrition Program are designed to meet the dietary guidelines for Americans 2020.

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)

Stay connected with Project Open Hand:



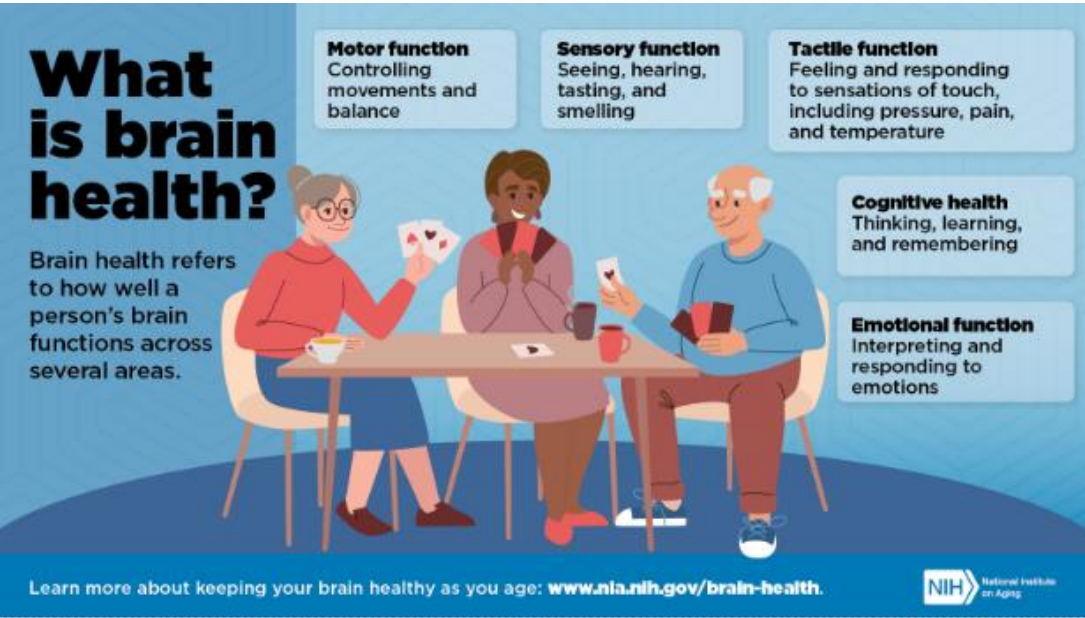
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PROJECT OPEN HAND Breakfast Menu

Angela Y. Slagle, Nutrition Assistant at Project Open Hand

JUNE 2025

Brain Health Awareness Month



As a person gets older, change occurs in all parts of the body, including the brain. Brain aging affects everyone, or every brain, differently.

What is brain health? The World Health Organization recently defined brain health as “the state of brain functioning across cognitive, sensory, social-emotional, behavioral, and motor domains, allowing a person to realize their full potential over their life course.”

Why does it matter? Our brains control everything we do - every breath we take, every emotion we feel, what we remember. Protecting brain health is important for us as individuals and society at large.

What can we do for brain health? It is well known that nutrition and physical activity are shown to prevent chronic disease. The combination of good nutrition, physical activity and mental and social engagement may provide benefit in promoting brain health.

- Additional suggestions:**
- Quit smoking, limit alcohol, manage blood pressure, socialize, learn a new skill, get enough quality sleep

According to the American Heart Association, what is good for the heart is also good for the brain. Make every bite count! In general, older adults have a lower calorie need but similar or increased nutrient needs compared to younger adults. A healthy, balanced diet consists of fruits and vegetables, whole grains, lean meats, fish & poultry, and low-fat or non-fat dairy products. Limit solid fats, sugar and salt. Be sure to drink enough water and other hydrating fluids.

Physical activity is an important part of healthy aging. The National Institute on Aging recommends at least 150 minutes per week of moderate- to vigorous-intensity physical activity.

Brain health is a very important component of overall wellness and aging. Small changes can add up - making them part of our routine can support brain function now and in the future.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>This Menu Is Subject To Change Without Notice. Milk Is Served Every Day</div> <div>visit us at www.openhand.org</div>						Breakfast Enchiladas Avocado Crema Sweet Potato Hash Fruit Cup <div>1</div>
Egg White Patty Turkey Sausage Hash Brown Whole Wheat English Muffin Margarine & Jelly Orange <div>2</div>	Oatmeal w/ Berries Sweet Potato Hash Turkey Sausage Orange <div>3</div>	Scallion Scrambled Eggs Breakfast Succotash Brown Rice Raisins <div>4</div>	Chicken Congee Hash Brown Whole Wheat Dinner Roll Margarine & Jelly Orange <div>5</div>	Breakfast Fried Brown Rice Sweet Potato Hash Apple <div>6</div>	Cinnamon Raisin Oatmeal Turkey Sausage Breakfast Potatoes Raisins <div>7</div>	Turkey Sausage & Egg Casserole Breakfast Hash Whole Wheat Toast Margarine & Jelly Raisins <div>8</div>
Tomato Egg Stir Fry Roasted Root Vegetables Brown Rice Orange <div>9</div>	Oatmeal w/ Berries Turkey Sausage Roasted Sweet Potatoes Raisins <div>10</div>	Scrambled Eggs Sweet Potato Hash Whole Wheat Toast Margarine & Jelly Pineapple <div>11</div>	Tofu Sesame Egg Bake Hash Brown Whole Wheat Toast Margarine & Jelly Orange <div>12</div>	Cinnamon Raisin Oatmeal Turkey & Potato Hash Whole Wheat Bread Margarine & Jelly Apple <div>13</div>	Scrambled Eggs Roasted Potatoes w/ Veg Whole Wheat English Muffin Margarine & Jelly Raisins <div>14</div>	Breakfast Enchiladas Avocado Crema Sweet Potato Hash Fruit Cup <div>15</div>
Egg White Patty Turkey Sausage Hash Brown Whole Wheat English Muffin Margarine & Jelly Orange <div>16</div>	Oatmeal w/ Berries Sweet Potato Hash Turkey Sausage Orange <div>17</div>	Scallion Scrambled Eggs Breakfast Succotash Brown Rice Raisins <div>18</div>	Chicken Congee Hash Brown Whole Wheat Dinner Roll Margarine & Jelly Orange <div>19</div>	Breakfast Fried Brown Rice Sweet Potato Hash Apple <div>20</div>	Cinnamon Raisin Oatmeal Turkey Sausage Breakfast Potatoes Raisins <div>21</div>	Turkey Sausage & Egg Casserole Breakfast Hash Whole Wheat Toast Margarine & Jelly Raisins <div>22</div>
Tomato Egg Stir Fry Roasted Root Vegetables Brown Rice Orange <div>23</div>	Oatmeal w/ Berries Turkey Sausage Roasted Sweet Potatoes Raisins <div>24</div>	Scrambled Eggs Sweet Potato Hash Whole Wheat Toast Margarine & Jelly Pineapple <div>25</div>	Tofu Sesame Egg Bake Hash Brown Whole Wheat Toast Margarine & Jelly Orange <div>26</div>	Cinnamon Raisin Oatmeal Turkey & Potato Hash Whole Wheat Bread Margarine & Jelly Apple <div>27</div>	Scrambled Eggs Roasted Potatoes w/ Veg Whole Wheat English Muffin Margarine & Jelly Raisins <div>28</div>	Breakfast Enchiladas Avocado Crema Sweet Potato Hash Fruit Cup <div>29</div>
Egg White Patty Turkey Sausage Hash Brown Whole Wheat English Muffin Margarine & Jelly Orange <div>30</div>	<div>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.</div> <div><div>Community Nutrition Program</div><div>730 Polk St. San Francisco CA 94109 Office Hours: M-F 9:00am – 5:00pm Phone: 415.447.2300 Adrian Barrow, Executive Chef Madeline Timm, Registered Dietitian Erika Wong, CNP Director Raymond Chong, CNP Manager Erica Corte, CNP Manager Miriam Aguilar, Manager, CNP Data & AWD HDM</div></div> <div><div>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.</div><div>In the rare instance a menu has more than 1000 milligrams of sodium, it will be labeled a high sodium meal.</div><div>Comments, Suggestions, Feedback?</div><div>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.</div></div> <div><div>✓ You need to be 60 years of age or older to be eligible for our senior lunch program</div><div>✓ You need to be 18-59 to be eligible for the adults with disabilities program</div><div>✓ Bring picture ID for proof of age.</div><div>✓ 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.</div><div>✓ 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.</div><div>✓ Smiles are encouraged!</div></div>					