

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, 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 415-447-2310 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**

**Aquatic Park Hot Lunch 11:30 AM -12:30 PM Monday through Friday (<i>Takeout or dine-in with proof of vaccination</i>)		890 Beach St.
**Castro Senior Center Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (<i>Takeout or dine-in with proof of vaccination</i>)		110 Diamond St.
Curry Senior Center 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>)
**Downtown Senior Center 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>)
**IT Bookman Community Center 5 Frozen meals distributed on Mondays 10:30am- 12:00pm		446 Randolph St
**Project Open Hand AWD Site only Hot Lunch 10:30-12:30 Monday through Friday		730 Polk St. (<i>Takeout or dine-in with proof of vaccination</i>)
**Richmond Senior Center 5 Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm		6221 Geary – 3 rd Floor
**Swords To Plowshares- Stanford Hot Lunch: 11:30 AM-12:30 PM Daily (<i>Takeout or dine-in with proof of vaccination</i>)		250 Kearny St
**Telegraph Hill Neighborhood Center Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (<i>Takeout or dine-in with proof of vaccination</i>)		660 Lombard St.
**Visitation Valley 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)

Stay connected with Project Open Hand:



facebook.com/ProjectOpenHand
twitter.com/ProjectOpenHand
instagram.com/ProjectOpenHand

PROJECT OPEN HAND

Breakfast Menu

Kristi Friesen, Registered Dietitian at Project Open Hand

March 2023

National Nutrition Month

March is National Nutrition Month®! The theme this year is focused on Fuel for the Future. Small goals and changes can have a big impact on your health, and every little bit is a step in the right direction.

- **Eat with the environment in mind.**
 - Enjoy more Plant Based meals and snacks. Think about plant based foods you already enjoy like black bean soup, or peanut butter on wheat toast.
 - Choose foods in season and shop locally when possible. Try visiting a Farmers’ Market and talk directly to farmers to learn more.
 - Purchase foods with minimal packaging. Try shopping for a few items in bulk and bring a reusable container with you. And don’t forget your reusable shopping bags!
- **Stay nourished and save money.**
 - Plan your meals and snacks ahead of time. Plan at least one meal a few times a week to start.
 - Make a shopping list before you leave for the store, and see what food you have on hand and plan to use early in your week to reduce food waste.
 - Learn about community resources that may help with nutrition security like CalFresh, congregate meal programs, community gardens, and local food banks.
- **Make tasty and nutritious foods at home.**
 - Try a new cooking technique or recipe idea
 - Try new flavors and ingredients from around the world
 - Find creative ways to use leftovers rather than tossing them.



Visit eatright.org for more tips and ideas!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
This Menu Is Subject To Change Without Notice. Milk Is Served Every Day	visit us at www.openhand.org	Scrambled Eggs Turkey Potato Hash Housemade Salsa Whole Wheat Bread Fruit of the Day 1	Broccoli Cheddar Casserole Red Pepper Sauce English Muffin Margarine & Jelly Fruit of the Day 2	Scrambled Eggs Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Fruit of the Day 3	Breakfast Enchilada Casserole Sweet Potato Hash Whole Wheat Bread Fruit of the Day 4	Scrambled Eggs Breakfast Potatoes Salsa Verde Whole Wheat Bread Margarine & Jelly Fruit of the Day 5
Scrambled Eggs Breakfast Hash English Muffin Margarine & Jelly Fruit of the Day 6	Turkey Potato Hash Almond Berry Oatmeal Bake Fruit of the Day 7	Spinach & Tomato Frittata Sausage & Black Bean Hash Whole Wheat Bread Fruit of the Day 8	Scrambled Eggs Butternut Squash & Kale Whole Wheat Bread Margarine & Jelly Fruit of the Day 9	Scrambled Eggs Sweet Potato Hash English Muffin Margarine & Jelly Fruit of the Day 10	Turkey Sausage Casserole Avocado Salsa Whole Wheat Bread Fruit of the Day 11	Turkey Sausage Breakfast Hash Oatmeal with Blueberries Fruit of the Day 12
Southwest Scrambled Eggs Hash Brown Cinnamon Raisin Oatmeal Fruit of the Day 13	Scrambled Eggs Breakfast Potatoes English Muffin Margarine & Jelly Fruit of the Day 14	Scrambled Eggs Turkey Potato Hash Housemade Salsa Whole Wheat Bread Fruit of the Day 15	Broccoli Cheddar Casserole Red Pepper Sauce English Muffin Margarine & Jelly Fruit of the Day 16	Scrambled Eggs Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Fruit of the Day 17	Breakfast Enchilada Casserole Sweet Potato Hash Whole Wheat Bread Fruit of the Day 18	Scrambled Eggs Breakfast Potatoes Salsa Verde Whole Wheat Bread Margarine & Jelly Fruit of the Day 19
Scrambled Eggs Breakfast Hash English Muffin Margarine & Jelly Fruit of the Day 20	Turkey Potato Hash Almond Berry Oatmeal Bake Fruit of the Day 21	Spinach & Tomato Frittata Sausage & Black Bean Hash Whole Wheat Bread Fruit of the Day 22	Scrambled Eggs Butternut Squash & Kale Whole Wheat Bread Margarine & Jelly Fruit of the Day 23	Scrambled Eggs Sweet Potato Hash English Muffin Margarine & Jelly Fruit of the Day 24	Turkey Sausage Casserole Avocado Salsa Whole Wheat Bread Fruit of the Day 25	Turkey Sausage Breakfast Hash Oatmeal with Blueberries Fruit of the Day 26
Southwest Scrambled Eggs Hash Brown Cinnamon Raisin Oatmeal Fruit of the Day 27	Scrambled Eggs Breakfast Potatoes English Muffin Margarine & Jelly Fruit of the Day 28	Scrambled Eggs Turkey Potato Hash Housemade Salsa Whole Wheat Bread Fruit of the Day 29	Broccoli Cheddar Casserole Red Pepper Sauce English Muffin Margarine & Jelly Fruit of the Day 30	Scrambled Eggs Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Fruit of the Day 31		

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!*