

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.

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 415-447-2379 during the 1-4pm pick up window.

Site information below is subject to change.

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

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>dine-in only</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>)	
IT Bookman Community Center	446 Randolph St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (<i>Takeout or dine-in</i>). <i>This site is closed on the 4th Friday of every month.</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>)	
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>)	
Visitacion Valley	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

Lunch Menu

Kristi Friesen, RDN at Project Open Hand

March 2024

March is National Nutrition Month

This year’s theme for National Nutrition Month inspires us to look *Beyond the Table* when thinking about our health and the environment. Choices we make daily, including what we’re going to eat and drink, can make a big difference – both now and in the future.



Beyond the Table

Healthy choices go beyond the foods and drinks we enjoy while sitting at the lunch or dinner table. They include our snacks, breakfast on the go, eating out with friends, and even where foods are grown and how they’re prepared. Our food choices also can affect the health of our planet. Have you ever thought about the work that goes into producing the foods we eat? This includes how food is grown or raised, where and how it is made, as well as its safety. It’s important to think about the foods we eat and the nutrition they provide, but is there more we could be doing to improve our health and the environment?

Here’s a few tips to help you reach Beyond the Table:

Focus on a healthy eating routine. Making healthy food choices may seem difficult at times, especially when eating away from home, but it doesn’t have to be. Many eating places provide nutrition information right on the menu or online to help you choose healthier options. When purchasing food from a store, use a grocery list and pay attention to sales. You can also learn about resources in your community that offer access to healthy foods, such as food banks.

Seek the help of a Registered Dietitian Nutritionist (RDN). Registered dietitian nutritionists, also known as RDNs, are food and nutrition experts who help people live healthier lives. RDNs can help you explore ways *Beyond the Table* to reach your health goals. Make an appointment with an RDN who specializes in your specific needs to jumpstart your plan for personal wellness.

Learn what’s involved in growing your food. There are many ways you can learn about how your food is produced. Visit a local farm or farmers market and talk with the people who are growing and harvesting your food. Many farmers and food producers will be happy to answer your questions, let you sample products, or provide recipes for foods that are new to you. Some local farms even have tours, so people can see how they operate. You can also grow your own fruits and vegetables at home. Want to try gardening but have limited space? Grow herbs or lettuce indoors. Tomatoes, peppers, or strawberries may work too, if you have a patio or area with enough sunlight. Look for community gardens in your area where you can participate in the growing process and share in the harvest.

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.





PROJECT OPEN HAND COMMUNITY NUTRITION PROGRAM MENU MARCH 2024

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

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			Garbanzo, Tomato, & Cucumber Salad Mustard Glazed Chicken Thigh Veggie Ragout Brown Rice Fruit of the Day	Garden Salad - Thousand Island Pork & Artichoke Stew Butternut Squash Brown Rice Fruit of the Day	Garden Salad - Feta Herb Garlic & Herb Chicken Breast Tomatillo Cream Sauce Carrots Multi Grain Orzo Blend Fruit of the Day
Garbanzo Bean & Kale Salad Turkey Meatloaf Florentine Creamy Tomato Sauce Broccoli & Carrots Whole Wheat Rotini Fruit of the Day	Garden Salad - Southwest Ranch Pork Mole Carrots Brown Rice Fruit of the Day	Roasted Sweet Potato Salad Balsamic Chicken Thigh Ratatouille Quinoa Brown Rice Fruit of the Day	Garden Salad - Ranch Turkey Tetrazzini Brussel Sprouts & Carrots Whole Wheat Rotini Fruit of the Day	Garden Salad – Ranch Dressing Garlic Herb Salmon Sweet & Sour Sauce Barley & Vegetables Fruit of the Day	Garbanzo Bean & Kale Salad Beef Bolognese Broccoli Whole Wheat Rotini Fruit of the Day	Quinoa Salad Rosemary Chicken Thigh Mushroom Alfredo Sauce Brussel Sprouts & Carrots Whole Wheat Rotini Fruit of the Day
Taco Salad Chicken Chili Cauliflower Brown Rice Fruit of the Day	Garden Salad - French Beef & Turkey Meatloaf Marinara Sauce Cauliflower & Carrots Whole Wheat Rotini Fruit of the Day	Roasted Sweet Potato Pork & Chickpea Stew Garden Mixed Vegetables Brown Rice Fruit of the Day	Garden Salad - Avocado Herb Dressing Garlic & Herb Chicken Breast Smokey Eggplant Mushroom Sauce Garden Mixed Vegetables Whole Wheat Rotini Fruit of the Day	Tabbouleh Salad Baked Cod Dijon Sauce Lentil & Tomato Ragout Fruit of the Day	Garden Salad - Balsamic Chicken, Broccoli & Cheddar Casserole Root Vegetables Whole Wheat Rotini Fruit of the Day	Taco Salad Beef Fajita Stew Carrots Brown Rice Fruit of the Day
Corn & Tomato Salad Singapore Pork Curry Broccoli Sesame Brown Rice Fruit of the Day	Quinoa Salad Garlic & Herb Chicken Breast Marsala Sauce Broccoli & Carrots Mashed Potatoes Fruit of the Day	Broccoli & Carrot Salad Beef & Barley Stew Peas & Carrots Fruit of the Day	Garden Salad - French Cajun Turkey Meatball Zesty Tomato Sauce Carrots Cheddar Grits Fruit of the Day	Garden Salad Red Wine Vinaigrette Baked Cod Green Curry Sauce Root Vegetables Brown Rice Fruit of the Day	Potato & Egg Salad African Macanese Chicken Curry Green Beans & Peppers Herbed Bulgur Fruit of the Day	Garden Salad- Ranch Mustard Glazed Chicken Thigh Artichoke Spinach Ragout Multi Grain Orzo Blend Fruit of the Day
Garden Salad-Caesar Balsamic Chicken Breast Creole Vegetables Couscous & Quinoa Blend Fruit of the Day	Macaroni Salad Beef Stew Roasted Potatoes Fruit of the Day	Potato & Egg Salad Mexican Spiced Chicken Salsa Verde Succotash Ancient Grains & Kale Blend Fruit of the Day	Garden Salad- Avocado Herb BBQ Pork Stew Broccoli Quinoa, Edamame & Greens Fruit of the Day	Quinoa Salad Turkey Meatloaf Sage Gravy Mashed Parsnips & Potatoes Garden Mixed Vegetables Fruit of the Day	Three Bean Salad Baked Salmon Artichoke Provencal Brown Rice Fruit of the Day	Garden Salad - Balsamic Smokey Chicken Stew Brussel Sprouts Whole Wheat Rotini 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 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!*