

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.

**Aquatic Park	890 Beach St.
Hot Lunch 11:30 AM -12:30 PM Monday through Friday (Takeout or dine-in with proof of vaccination)	
**Booker T. Washington	800 Presidio Ave
5 Frozen lunch meals distributed on Wednesdays 10:30 am – 12:00pm	
**Castro Senior Center	110 Diamond St.
Hot Lunch 11:45 AM – 12:45 PM Monday through Friday (Takeout or dine-in with proof of vaccination) <i>meal service begins April 4th</i>	
Curry Senior Center	333 Turk St.
Hot Breakfast 8:30-9:30AM Daily (Takeout or dine-in with proof of vaccination) Hot Lunch 10:30 AM -12:30 PM Daily	
**Downtown Senior Center	481 O'Farrell St.
Hot Breakfast 9:00-10:00AM Daily (Takeout or dine-in with proof of vaccination) Hot Lunch 11:00- 12:00 PM Daily	
**IT Bookman Community Center	446 Randolph St
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (Takeout or dine-in with proof of vaccination) <i>meal service begins April 4th</i>	
**Project Open Hand AWD Site only	730 Polk St.
Hot Lunch 10:30-12:30 Monday through Friday (Takeout or dine-in with proof of vaccination)	
**Richmond Senior Center	6221 Geary – 3 rd Floor
5 Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm	
**Telegraph Hill Neighborhood Center	660 Lombard St.
5 Frozen lunch meals distributed on Mondays 10:30am -12:00pm	
**Visitacion Valley	66 Raymond Ave.
7 Frozen meals distributed on Saturdays 10:30am- 12:00pm	

****This site serves Adult with Disabilities ages 18-59**

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

Erika Tribett, ACL Grant Nutritionist

May 2022

Celebrate Healthy Aging – My Way!

Older adults are a critical part of strong and resilient communities. Their experience and talents enrich other's lives.

This May, we celebrate **Older Americans Month** by expressing gratitude for the deep value of our older friends and also recognizing the things that help us thrive as we age. This year's theme is **"Age My Way"**. Part of what this means is that, at any age, there are many ways we can nurture our physical, mental and emotional wellbeing.



So, what does "aging your way" mean to you? What do you need to meet your goals as you age?

At Project Open Hand, we believe that healthy eating is one of the most important things you can do for healthy aging. Balanced meals with a variety of nutrients and plenty of hydration can help prevent and manage certain chronic conditions while also boosting energy levels and improving mood. Connecting with others is another critical part of aging healthfully. Older people who have close connections and relationships live longer, cope better with health conditions and experience better quality of life.

Two programs at Project Open Hand bring nutritious meals and social connection together to promote healthy aging for older adults in San Francisco:

- Group meals at our Community Nutrition Program** – We continue to offer meals for pick-up every day but are excited that community sites across the city are reopening for in-person dining. As of April 2022, the sites below offer daily hot meals in a social setting. Some also offer activities such as games, arts and crafts activities, exercise, and nutrition classes!
 - Aquatic Park Senior Center (890 Beach Street)
 - Castro Senior Center (110 Diamond St @ 18th)
 - Curry Senior Center (333 Turk @ Hyde and Leavenworth)
 - Downtown Senior Center (481 O'Farrell St @ Jones and Taylor)
 - IT Bookman Senior Center (446 Randolph St @ Arch St)

Flip to the other side of this menu for meal times. Proof of vaccination is required for in-person dining.

- Project Age Well** – Nutritious meals and social connection in the comfort of your home! This 16-week program for older adults offers weekly interactive, remote nutrition and wellness classes with small peer groups over Zoom or by telephone. Participants also receive food delivered weekly and the opportunity to meet 1:1 with our Nutritionist and Care Coordinator for personalized consultation on individual needs. Contact 415-447-2448 or visit www.openhand.org/agewell for more information.

Take some time to think about what it means to "Age Your Way" – If you or an older adult you know would benefit from the nutrition and social programming with Project Open Hand, contact us today!



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					English Muffin Breakfast 1 Casserole Mushroom Ragout Fruit of the Day
Southwest Scrambled Eggs 2 Hash Brown English Muffin Margarine/Jelly Fruit of the Day	Scrambled Eggs 3 Sweet Potato Hash Whole Wheat Toast Margarine/Jelly Fruit of the Day	Breakfast Enchilada Casserole 4 Housemade Salsa Whole Wheat Toast Margarine/Jelly Fruit of the Day	Potato & Cheddar Breakfast Casserole 5 English Muffin Margarine/Jelly Fruit of the Day	Baked Strawberry Apple Oatmeal 6 Breakfast Potatoes Fruit of the Day	Scrambled Eggs 7 Hash Brown English Muffin Margarine/Jelly Fruit of the Day	Jalapeno Popper Frittata 8 Sweet Potato Hash Whole Wheat Bread Margarine/Jam Fruit of the Day
Cheesy Breakfast Egg & Polenta Casserole 9 Roasted Vegetables Whole Wheat Toast Margarine/Jelly Fruit of the Day	Baked Oatmeal w/ Berries & Almonds 10 Roasted Sweet Potatoes Fruit of the Day	Turkey Sausage & Spinach Hash 11 Scrambled Eggs Sweet Potato Chipotle Sauce Whole Wheat Tortilla Fruit of the Day	Breakfast Chilaquiles 12 Breakfast Succotash Whole Wheat Toast Margarine/Jelly Fruit of the Day	Scrambled Eggs 13 Sweet Potato Hash English Muffin Margarine/Jelly Fruit of the Day	Cinnamon Raisin Oatmeal 14 Scrambled Eggs White Bean & Kale Ragout Fruit of the Day	English Muffin Breakfast Casserole 15 Mushroom Ragout Fruit of the Day
Southwest Scrambled Eggs 16 Hash Brown English Muffin Margarine/Jelly Fruit of the Day	Scrambled Eggs 17 Sweet Potato Hash Whole Wheat Toast Margarine/Jelly Fruit of the Day	Breakfast Enchilada Casserole 18 Housemade Salsa Whole Wheat Toast Margarine/Jelly Fruit of the Day	Potato & Cheddar Breakfast Casserole 19 English Muffin Margarine/Jelly Fruit of the Day	Baked Strawberry Apple Oatmeal 20 Breakfast Potatoes Fruit of the Day	Scrambled Eggs 21 Hash Brown English Muffin Margarine/Jelly Fruit of the Day	Jalapeno Popper Frittata 22 Sweet Potato Hash Whole Wheat Bread Margarine/Jam Fruit of the Day
Cheesy Breakfast Egg & Polenta Casserole 23 Roasted Vegetables Whole Wheat Toast Margarine/Jelly Fruit of the Day	Baked Oatmeal w/ Berries & Almonds 24 Roasted Sweet Potatoes Fruit of the Day	Turkey Sausage & Spinach Hash 25 Scrambled Eggs Sweet Potato Chipotle Sauce Whole Wheat Tortilla Fruit of the Day	Breakfast Chilaquiles 26 Breakfast Succotash Whole Wheat Toast Margarine/Jelly Fruit of the Day	Scrambled Eggs 27 Sweet Potato Hash English Muffin Margarine/Jelly Fruit of the Day	Cinnamon Raisin Oatmeal 28 Scrambled Eggs White Bean & Kale Ragout Fruit of the Day	English Muffin Breakfast Casserole 29 Mushroom Ragout Fruit of the Day
Southwest Scrambled Eggs 30 Hash Brown English Muffin Margarine/Jelly Fruit of the Day	Scrambled Eggs 31 Sweet Potato Hash Whole Wheat Toast 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!