

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, 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.

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**

<b>**Aquatic Park</b> Hot Lunch 11:30 AM -12:30 PM Monday through Friday ( <i>Takeout or dine-in with proof of vaccination</i> )	890 Beach St.
<b>**Booker T. Washington</b> 5 Frozen lunch meals distributed on Wednesdays 10:30 am – 12:00pm	800 Presidio Ave
<b>**Castro Senior Center</b> Hot Lunch 11:45 AM – 12:45 PM Monday through Friday ( <i>Takeout or dine-in with proof of vaccination</i> ) <i>meal service begins April 4<sup>th</sup></i>	110 Diamond St.
<b>Curry Senior Center</b> 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> )
<b>**Downtown Senior Center</b> 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> )
<b>**IT Bookman Community Center</b> Hot Lunch 11:30 AM – 12:30 PM Monday through Friday ( <i>Takeout or dine-in with proof of vaccination</i> ) <i>meal service begins April 4<sup>th</sup></i>	446 Randolph St
<b>**Project Open Hand AWD Site only</b> Hot Lunch 10:30-12:30 Monday through Friday	730 Polk St. ( <i>Takeout or dine-in with proof of vaccination</i> )
<b>**Richmond Senior Center</b> 5 Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm	6221 Geary – 3 <sup>rd</sup> Floor
<b>**Telegraph Hill Neighborhood Center</b> 5 Frozen lunch meals distributed on Mondays 10:30am -12:00pm	660 Lombard St.
<b>**Visitation Valley</b> 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)

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## PROJECT OPEN HAND

### Lunch 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 @ 18<sup>th</sup>)
  - 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](http://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
<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>					Garden Salad <b>1</b> Lemon Dressing <b>Beef Fajita Stew</b> Brown Rice & Beans Garden Mixed Vegetables Fruit of the Day
Garden Salad <b>2</b> Italian Dressing <b>Beef &amp; Lentil Ragout</b> Whole Wheat Rotini Capri Mixed Vegetables Fruit of the Day	Mixed Greens Salad <b>3</b> Balsamic Dressing <b>Chicken Drumstick</b> <b>Cranberry Chutney</b> Quinoa Pilaf Root Veg Chickpea Hash Fruit of the Day	Garden Salad <b>4</b> Feta & Herb Dressing <b>Turkey Breast</b> <b>Mushroom-Dijon Sauce</b> Wild Rice Casserole Brussel Sprouts Fruit of the Day	Barley Salad <b>5</b> Lemon Dressing <b>Baked Cod</b> Brown Rice Pilaf Vegetables w/Coconut Sauce Fruit of the Day	Romaine Salad w/ Russian Dressing <b>6</b> <b>Chicken Thigh</b> <b>Mushroom Gravy</b> Mashed Parsnips & Sweet Potatoes Green Beans Fruit of the Day	Green Bean & Corn Salad <b>7</b> <b>Chicken Pozole Verde</b> Mexican Brown Rice & Beans Braised Cabbage & Carrots Fruit of the Day	Garden Salad <b>8</b> Lemon Dressing <b>Jamaican Pork Stew</b> Brown Rice w/Okra Capri Mixed Vegetables Fruit of the Day
Garden Salad <b>9</b> Balsamic Dressing <b>Pork Loin w/Tomato Zesty Tomato Sauce</b> Baked Pasta w/Greens Garlic-Herb Carrots Fruit of the Day	Roasted Sweet Potato Salad <b>10</b> <b>Beef Fricassee</b> Whole Wheat Rotini Garden Mixed Vegetables Fruit of the Day	Garden Salad <b>11</b> Southwest Ranch Dressing <b>Chicken Drumstick</b> Quinoa w/Feta & Chickpeas Creole Vegetables Fruit of the Day	Garden Salad <b>12</b> Ranch Dressing <b>Turkey Chili</b> Cheddar Grits Capri Mixed Vegetables Fruit of the Day	Quinoa Salad <b>13</b> Lemon Dressing <b>White Fish Cakes</b> Sesame Brown Rice Kung Pao Tofu & Veggies Fruit of the Day	Garden Salad <b>14</b> Italian Dressing <b>Mustard Glazed Chicken Thigh</b> <b>Mushroom Alfredo Sauce</b> Lentil w/Veggies Capri Mixed Vegetables Fruit of the Day	Sesame Chickpea Salad <b>15</b> <b>Chicken Pomodoro</b> Whole Wheat Rotini Spicy Green Beans Fruit of the Day
Garden Salad <b>16</b> Italian Dressing <b>Roasted Pork Loin w/Rosemary &amp; Kale Pesto</b> Quinoa w/Artichokes & Parmesan Garlic-Herb Carrots Fruit of the Day	Garden Salad <b>17</b> Lemon Dressing <b>Beef Birria</b> Mexican Brown Rice & Beans Garden Mixed Vegetables Fruit of the Day	Garden Salad <b>18</b> Balsamic Dressing <b>Smokey Chicken Drumstick</b> <b>Cubana Sauce</b> Wheat Berry Pilaf Garden Mixed Vegetables Fruit of the Day	Crunchy Peanut Satay Slaw <b>19</b> Peanut Satay Dressing <b>Thai Turkey Tempeh Burger</b> <b>Sweet Potato Cream Sauce</b> Brown Rice w/Ginger & Veggies Broccoli & Cauliflower Fruit of the Day	Garden Salad w/ Honey Mustard Dressing <b>20</b> <b>Baked Cod w/ Green Curry Sauce</b> Basil & Roasted Garlic Bulgur Capri Mixed Vegetables Fruit of the Day	Garden Salad <b>21</b> Feta & Herb Dressing <b>Sage Roasted Chicken Thigh</b> <b>Red Wine Sauce</b> Mashed Parsnips & Sweet Potatoes Broccoli & Cauliflower Fruit of the Day	Romaine Salad <b>22</b> Caesar Dressing <b>Lentil &amp; Tofu Bolognese</b> Whole Wheat Rotini Winter Vegetables Fruit of the Day
Chopped Vegetable Salad <b>23</b> Italian Dressing <b>African Macanese Chicken</b> Red Pepper & Citrus Couscous Broccoli Fruit of the Day	Black Bean & Corn Salad <b>24</b> Southwest Ranch Dressing <b>Hearty Pork Stew</b> Wild Rice Pilaf Winter Vegetables Fruit of the Day	Garden Salad <b>25</b> Orange Dressing <b>Chinese Beef Stew</b> Brown Rice Spicy Stir Fry Cabbage Fruit of the Day	Garden Salad <b>26</b> Red Wine Vinaigrette <b>Balsamic Chicken Drumstick</b> Red Pepper Sauce White Bean & Kale Ragout Green Beans Fruit of the Day	Romaine Salad <b>27</b> Roasted Garlic Dressing <b>Turkey Breast</b> <b>Red Mole Sauce</b> Mexican Brown Rice & Beans Broccoli & Cauliflower Fruit of the Day	Broccoli & Carrot Salad <b>28</b> Avocado Herb Dressing <b>White Fish Cakes</b> <b>Savory Tomato Relish</b> Baked Pasta w/ Greens Garlic Herb Carrots Fruit of the Day	Garden Salad <b>29</b> Ranch Dressing <b>Chicken Thigh</b> <b>Cannellini Bean Cacciatore</b> Herbed Polenta & Ricotta Green Beans Fruit of the Day
Garden Salad <b>30</b> Lemon Dressing <b>Chicken Jambalaya</b> Dirty Brown Rice Creole Vegetables Fruit of the Day	Garden Salad <b>31</b> Feta & Herb Dressing <b>Rosemary Chicken Thigh</b> <b>Creamy Tomato Sauce</b> Whole Wheat Rotini Braised Cabbage & Carrots 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!*