

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, 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 415-447-2379 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+.**

<b>Aquatic Park</b>	890 Beach St.
Hot Lunch 11:30 AM -12:30 PM Monday through Friday ( <i>Takeout or dine-in</i> )	
<b>Castro Senior Center</b>	110 Diamond St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday ( <i>Takeout or dine-in</i> )	
<b>**Curry Senior Center</b>	333 Turk St.
Hot Breakfast 8:30-9:30AM Daily Hot Lunch 10:30 AM -12:30 PM Daily ( <i>dine-in only</i> )	
<b>Downtown Senior Center</b>	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> )	
<b>IT Bookman Community Center</b>	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 4<sup>th</sup> Friday of every month.</i>	
<b>Richmond Senior Center</b>	6221 Geary – 3 <sup>rd</sup> Floor
Hot Lunch 11:30am – 12:30pm (Monday through Friday ( <i>dine-in only</i> ))	
<b>Ruth Brinker Meal Site</b>	730 Polk St.
Hot Lunch 10:30-12:30 Monday through Friday ( <i>Takeout or dine-in</i> )	
<b>Swords To Plowshares- Stanford</b>	250 Kearny St
Hot Lunch: 11:30 AM-12:30 PM Daily ( <i>Takeout or dine-in</i> )	
<b>Telegraph Hill Neighborhood Center</b>	660 Lombard St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday ( <i>Takeout or dine-in</i> )	
<b>Visitacion Valley</b>	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.

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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In order to meet these guidelines each meal must contain the following:

## PROJECT OPEN HAND

### Lunch Menu

Yessica Arias, Nutrition Assistant at Project Open Hand

# May 2024

## Decoding Food Product Dates

### Are Dates for Food Safety or Food Quality?

Dates may be stamped on a package to help a retail grocery store determine how long to display a product for sale. These food labels are not mandated by law, *except for infant formula which is legally required*. Misunderstanding the significance of dates on food products may lead consumers to dispose of perfectly good and safe food. To combat food waste, it's crucial for consumers to recognize that these dates primarily indicate quality, not safety.

Keep in mind that many factors can determine food safety- always store your food at the proper temperature. For example, dry goods like cereals are fine at room temperature, while milk and cheese need to be stored in the refrigerator under 41 degrees Fahrenheit.

### What do the date labels signify?

In the United States, there is no standardized language used on food labels. Because of these, various phrases are employed to convey quality dates.

**"Best if Used By/Before"** and **"Use-By"** date shows when a product is at its peak flavor or quality, not for purchase or safety.

A **"Sell-By"** date advises the store on how long to display the product for inventory management, not for safety purposes.

A **"Freeze-By"** date advises when to freeze the product for optimal quality, not for purchase or safety.

Canned Foods Shelf Life	After Code Date
Beans	3 years
High acid foods (fruit, tomato-based)	1-2 years
Low acid foods (vegetables, most soups)	2-3 years
Meat and fish	2-3 years
Condiments Shelf Life	After Use-By Date
Ketchup, cocktail, or chili sauce	18 months
Mayonnaisse	3-6 months
Mustard	2 years
Olives, pickles	2 years
Salad dressing	1 year
Salsa	12-18 months
Spaghetti sauce	18 months
Vinegar	2 years
Shelf-Stable Beverages Shelf Life	After Use-By Date
Soy or rice milk	6 months
Nutritional aids like Ensure	1 year
Juice	9 months
Milk evaporated, dry	1 year

Dry Goods Shelf Life	After Use-By Date
Dried beans	1 year
Bread	3-5 days, 3 mo. frozen
Cereal and oatmeal	1 year
Crackers	8 months
White flour	1 year
Whole wheat flour	6 months
Dried fruit	6 months
Mac and cheese	9-12 months
Pasta	2-3 years
Peanut butter	18 months
Popcorn	2 years
Brown rice	1 year
White rice	2 years
Dairy Shelf Life	After Sell-By Date
Butter	3 months, 1 yr. frozen
Hard cheese	6 months
Soft cheese	1-2 weeks
Yogurt	2 weeks
Milk	1 week

This chart from Leah's Pantry has suggested time frame for using foods past their dates. *These dates refer to unopened food, and once opened food should be used in about a week, depending on the food product.*

**Important note:** Baby formula, vitamins and medicines should not be consumed after the expiration date on the label. If you want to learn more, visit the USDA website to learn more about food product dating.





# PROJECT OPEN HAND COMMUNITY NUTRITION PROGRAM MENU MAY 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Garden Salad <b>1</b> Caesar Dressing <b>Pork Chili</b> Quinoa & Brown Rice Root Vegetables Banana	Garbanzo & Sweet Potato Salad <b>2</b> Salad <b>Baked Salmon</b> <b>Paprikash Sauce</b> Whole Wheat Rotini Broccoli	Garden Salad <b>3</b> Italian Dressing <b>Turkey Meatloaf</b> <b>Eggplant Mushroom Sauce</b> Herbed Bulgur Banana	Greek Pasta Salad <b>4</b> <b>Chicken Pomodoro Stew</b> Polenta Garden Vegetables Orange	Garden Salad <b>5</b> Ranch Dressing <b>Garlic &amp; Herb Chicken Breast</b> <b>Creamy Basil Sauce</b> Barley & Mushroom Capri Vegetables Fruit Cup
Garden Salad <b>6</b> Honey Mustard Dressing <b>Beef Stroganoff</b> Whole Wheat Rotini Broccoli Orange	Garden Salad <b>7</b> Caesar Dressing <b>Baked Chicken Thigh</b> Brown Rice White Bean Spinach Applesauce	Sweet Potato Salad <b>8</b> <b>Pork &amp; Black Bean Mole</b> Quinoa Broccoli Banana	Garden Salad <b>9</b> Avocado Herb Dressing <b>Baked Salmon</b> Couscous & Quinoa Ratatouille Orange	Macaroni Salad <b>10</b> <b>Turkey Chili</b> Brown Rice Broccoli Banana	Garden Salad <b>11</b> Feta & Herb Dressing <b>Chicken &amp; Mushroom Stew</b> Polenta Butternut Squash Orange	Garbanzo & Kale Salad <b>12</b> <b>Garlic &amp; Herb Chicken Breast</b> <b>Creamy Tomato Sauce</b> Quinoa & Brown Rice Carrots Fruit Cup
Broccoli Carrot Salad <b>13</b> <b>Beef &amp; Barley Stew</b> Sweet Potatoes Orange	Mixed Greens Salad <b>14</b> Ranch Dressing <b>Mustard Chicken Thigh</b> Brown Rice Veggies Ragout Applesauce	Three Bean Salad <b>15</b> <b>Chicken, Broccoli, &amp; Cheddar Stew</b> Whole Wheat Rotini Banana	Garden Salad <b>16</b> 1000 island Dressing <b>Baked Cod</b> Macanese Curry Herbed Bulgur Orange	Potato Egg Salad <b>17</b> <b>Chipotle Beef &amp; Turkey Meatloaf</b> <b>Red Mole Sauce</b> Quinoa & Brown Rice Garden Mixed Vegetables Banana	Garden Salad <b>18</b> Southwest Ranch Dressing <b>Pork &amp; Barley Stew</b> Carrots Orange	Broccoli Carrot Salad <b>19</b> <b>Balsamic Chicken Breast</b> <b>Alfredo Sauce</b> Whole Wheat Rotini Root Vegetables Fruit Cup
Garden Salad <b>20</b> Avocado Herb Dressing <b>Beef Birria</b> Brown Rice Carrots Orange	Quinoa Salad w/ Chickpeas <b>21</b> <b>Chicken Thigh</b> <b>Marinara Sauce</b> Whole Wheat Rotini Garden Vegetables Applesauce	Garden Salad <b>22</b> Caesar Dressing <b>Pork &amp; Chickpea Stew</b> Quinoa & Brown Rice Cauliflower Banana	Garden Salad <b>23</b> Lemon Dressing <b>Garlic Herb Salmon</b> Whole Wheat Rotini Artichoke & Spinach Ragout Orange	Corn & Tomato Salad <b>24</b> <b>Turkey Patty</b> <b>Green Curry Sauce</b> Quinoa & Brown Rice Root Vegetables Banana	Taco Salad <b>25</b> <b>Chicken Tinga</b> Brown Rice Garden Vegetables Orange	Garden Salad <b>26</b> Ranch Dressing <b>Garlic &amp; Herb Chicken Breast</b> Cacciatore Sauce Barley & Vegetables Fruit Cup
Macaroni Salad <b>27</b> <b>Hamburger on Whole Wheat Bun</b> Roasted Sweet Potatoes Cantaloupe  <i>Happy Memorial Day!</i>	Garden Salad <b>28</b> Honey Mustard Dressing <b>Cumin Spiced Chicken Thigh</b> Tikka Masala Quinoa & Brown Rice Carrots Applesauce	Barley Salad <b>29</b> <b>Smokey Chicken &amp; Lentil Stew</b> Mashed Parsnips & Sweet Potatoes Garden Vegetables Banana	Garden Salad <b>30</b> Avocado Herb Dressing <b>Baked Cod</b> <b>Dijon Sauce</b> Brown Rice Lentil Tomato Ragout Orange	Sweet Potato Salad <b>31</b> <b>Turkey Goulash</b> Polenta Broccoli Banana	visit us at <a href="http://www.openhand.org">www.openhand.org</a>	<b>This Menu Is Subject To Change Without Notice.</b> <b>Milk Is Served Every Day</b>

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!