

COVID-19 SERVICE UPDATE: No sites are open for congregate meals at this time. Select sites are open for hot meal TO GO meal, or to distribute 7 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 during this time.

Clients can come to 730 Polk Street, 1st floor Monday through Friday from 1-4pm to pick up 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.

These sites are closed temporarily: Aquatic Park, Swords to Plowshares Stanford.

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.

**Castro Senior Center	110 Diamond St.
Frozen lunch meals distributed on Thursday 10am-12:30pm, out front of building	
**Downtown Senior Center	481 O'Farrell St.
Breakfast 9:00-10:00AM Monday through Friday Frozen lunch meals distributed on Fridays from 9:00-10:00am & 10:30am -12:00pm	
**IT Bookman Community Center	446 Randolph St
Frozen lunch meals on distributed on Thursdays 10:15am-12pm	
**Project Open Hand AWD Site only	730 Polk St.
Meal Time 10:30-12:30 Monday though Friday	
**Richmond Senior Center	6221 Geary – 3 rd Fl
Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm	
**Telegraph Hill Neighborhood Center	660 Lombard St.
Frozen lunch meals distributed on Mondays 10:30am -12:00pm	
Curry Senior Center	333 Turk St.
Breakfast 8:30-9:30AM Daily Lunch 1030 AM -1230 PM Daily	
**Visitacion Valley	66 Raymond Ave.
Frozen meals distributed on Saturdays 9:30am -1pm	

****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.

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:

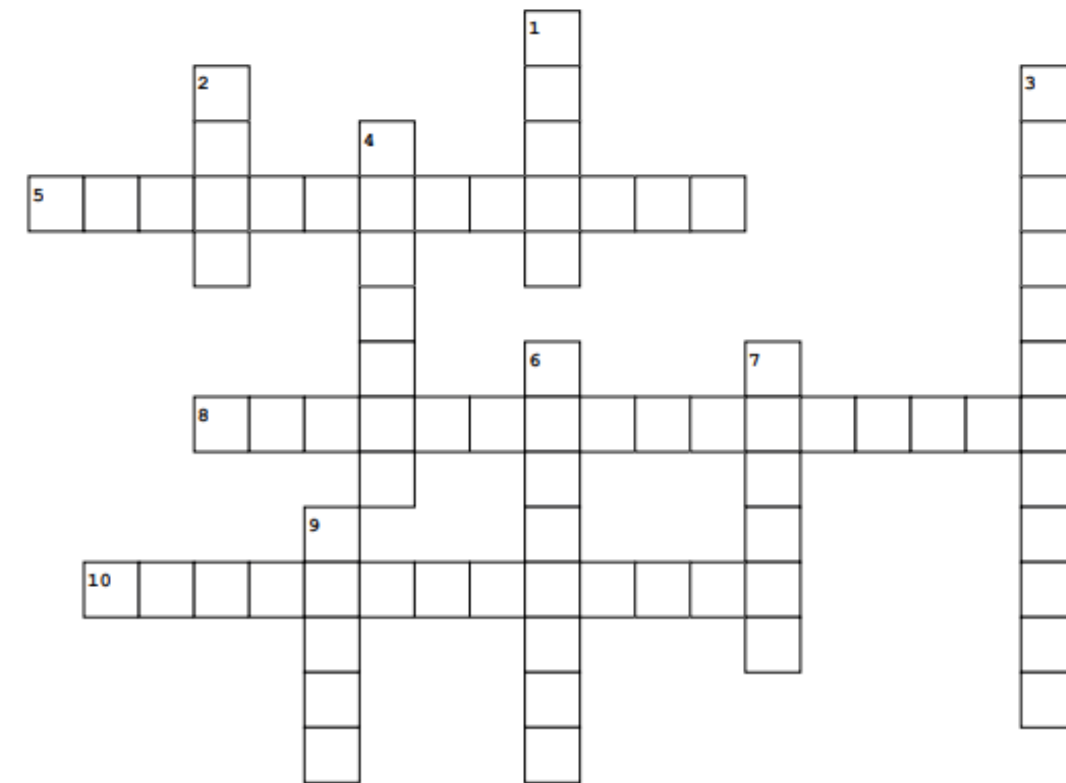
PROJECT OPEN HAND

Breakfast Menu

Cecilia Cruz, Registered Dietitian at Project Open Hand

November 2021

November is Diabetes Awareness Month



Across

5. High blood sugar. It occurs when the body does not have enough insulin or cannot use the insulin it does have to turn sugar into energy. Signs of this include excessive thirst, dry mouth and need to urinate often.
8. Promotes weight loss and improves insulin resistance.
10. Foods that have ___ have a big impact on blood sugar. The three main types are starches, sugar and fiber.

Down

1. Can slow the absorption of sugar and help improve blood sugar levels and normalize bowel movements.
2. Nerve damage can cause you to lose feeling in your ___. Take off your socks and shoes and examine them daily!
3. Low blood sugar. This occurs when a person with diabetes has injected too much insulin, eaten too little food, or has exercised without extra food. Symptoms may include feeling nervous, shaky, weak, or sweaty, and have a headache, blurred vision and hunger.
4. A simple sugar.
6. An organ of the body that produces insulin
7. Being sick, injured or under ___ can increase blood sugar levels.
9. High blood sugar slows ___ healing which may lead to infection and even amputation.

Did you know...

Diabetes

34.2 million People have diabetes. That's about 1 in every 10 people
1 in 5 don't know they have diabetes

Prediabetes

88 million adults – more than 1 in 3 – have prediabetes
More than 8 in 10 adults don't know they have prediabetes

If you have prediabetes, losing weight by eating healthy and being more active can cut your risk of getting type 2 diabetes in half.



Project Open Hand
meals with love

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Scrambled Eggs Mushroom & Kale Sauté Whole Wheat Bread Margarine/Jelly Banana 1	Scrambled Eggs Roasted Vegetables Whole Wheat Bread Margarine/Jelly Orange 2	Tomato, Spinach & Mozzarella Frittata Hash Brown English Muffin Margarine/Jelly Applesauce 3	Scrambled Eggs Baked Beans w/Kale Salsa Verde Whole Wheat Tortilla Orange 4	Turkey Sausage Sweet Potato Hash Whole Wheat Bread Margarine/Jelly Banana 5	Hard Boiled Eggs V8 Juice Total Cereal w/milk Banana 6	Hard Boiled Eggs V8 Juice Whole Wheat Bread Peanut Butter Banana 7
English Pea Frittata Whole Wheat Bread Margarine/Jelly Applesauce 8	Greek Scrambled Eggs Hash Brown Whole Wheat Bread Margarine/Jelly Applesauce 9	Scrambled Eggs Sweet Potato Hash English Muffin Margarine/Jelly Orange 10	Scrambled Eggs Breakfast Succotash House made Salsa Whole Wheat Tortilla Banana 11	Scrambled Eggs Baked Beans w/Kale English Muffin Margarine/Jelly Orange 12	Hard Boiled Eggs V8 Juice Total Cereal w/milk Banana 13	Hard Boiled Eggs V8 Juice Whole Wheat Bread Peanut Butter Applesauce 14
Scrambled Eggs Mushroom & Kale Sauté Whole Wheat Bread Margarine/Jelly Banana 15	Scrambled Eggs Roasted Vegetables Whole Wheat Bread Margarine/Jelly Orange 16	Tomato, Spinach & Mozzarella Frittata Hash Brown English Muffin Margarine/Jelly Applesauce 17	Scrambled Eggs Baked Beans w/Kale Salsa Verde Whole Wheat Tortilla Orange 18	Turkey Sausage Sweet Potato Hash Whole Wheat Bread Margarine/Jelly Banana 19	Hard Boiled Eggs V8 Juice Total Cereal w/milk Banana 20	Hard Boiled Eggs V8 Juice Whole Wheat Bread Peanut Butter Banana 21
English Pea Frittata Whole Wheat Bread Margarine/Jelly Applesauce 22	Greek Scrambled Eggs Hash Brown Whole Wheat Bread Margarine/Jelly Applesauce 23	Scrambled Eggs Sweet Potato Hash English Muffin Margarine/Jelly Orange 24	Scrambled Eggs Breakfast Succotash House made Salsa Whole Wheat Tortilla Banana 25	Scrambled Eggs Baked Beans w/Kale English Muffin Margarine/Jelly Orange 26	Hard Boiled Eggs V8 Juice Total Cereal w/milk Banana 27	Hard Boiled Eggs V8 Juice Whole Wheat Bread Peanut Butter Applesauce 28
English Pea Frittata Whole Wheat Bread Margarine/Jelly Applesauce 29	Greek Scrambled Eggs Hash Brown Whole Wheat Bread Margarine/Jelly Applesauce 30				visit us at www.openhand.org	This Menu Is Subject To Change Without Notice. Milk Is Served Every Day

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 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!