

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 – 3rd 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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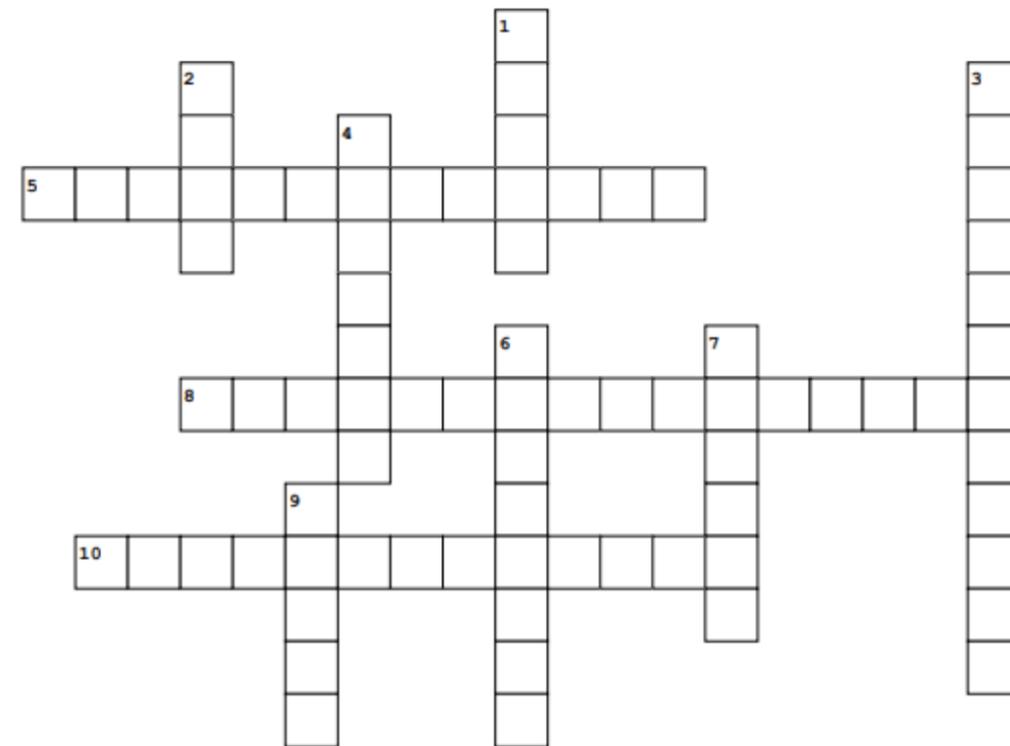
In order to meet these guidelines each meal must contain the following:

PROJECT OPEN HAND

Community Nutrition Program November 2021

Cecilia Cruz, Registered Dietitian at Project Open Hand

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
Baked Cod Turkish Split Pea Sauce Turmeric Brown Rice Capri Mixed Veg Fruit of the Day 1	Chicken Drumsticks Red Pepper Sauce Brown Rice Pilaf Carrots Fruit of the Day 2	Beef Bourguignon Mashed Potatoes Carrots & Green Beans Fruit of the Day 3	Chicken Thigh Mashed Sweet Potatoes Bean & Kale Ragout Fruit of the Day 4	Pork Chile Verde Brown Rice Capri Mixed Veg Fruit of the Day 5	Beef Fajita Stew Brown Rice & Beans Carrots & Green Beans Fruit of the Day 6	Roasted Chicken Thigh Paprikash Sauce Whole Wheat Rotini Brussel Sprouts Fruit of the Day 7
Chicken Thigh Herbed Polenta Creole Veg Fruit of the Day 8	Salmon Fish Cakes Mushroom Ragout Brown Rice Capri Mixed Veg Fruit of the Day 9	Braised Pork Loin Zesty Tomato Sauce Pasta w/Greens Carrots Fruit of the Day 10	Chicken Drumsticks Turkey Gravy Whole Wheat Rotini Braised Cabbage Fruit of the Day 11	Spicy Beef Stew Sesame Garlic Brown Rice 12 Carrots & Green Beans Fruit of the Day	Soy Garlic Chicken Sesame Garlic Brown Rice 13 Broccoli & Cauliflower Fruit of the Day	Roasted Chicken Thigh Creamy Basil Sauce Quinoa with Feta Garlic Herb Carrots Fruit of the Day 14
Chicken Drumsticks Ginger BBQ Sauce Mashed Sweet Potatoes Cauliflower Lentil Tagine Fruit of the Day 15	Beef Birria Brown Rice & Beans Carrots & Green Beans Fruit of the Day 16	Pork Mole Brown Rice Carrots & Broccoli Fruit of the Day 17	Chicken Breast Brown Rice Veggies w/Coconut Fruit of the Day 18	Baked Cod Dijon Sauce Quinoa Pilaf Cabbage & Kale Saute Fruit of the Day 19	Roasted Turkey Breast 20 Mushroom-Dijon Sauce Brown Rice Pilaf Brussel Sprouts Fruit of the Day	Chicken Tikka Masala 21 Brown Rice w/Ginger Carrots Fruit of the Day
Roasted Chicken Breast Mushroom Alfredo Sauce 22 Whole Wheat Rotini Broccoli & Carrots Fruit of the Day	Chicken Chilaquiles 23 Brown Rice Garden Mixed Vegetables Fruit of the Day	Beef & Lentil Stew 24 Mashed Sweet Potatoes Green Beans Fruit of the Day	Roasted Turkey Breast 25 Mashed Potatoes Turkey Gravy Green Bean Casserole Cranberry Sauce Pumpkin Pie Fruit of the Day	Roasted Turkey Breast 26 Mashed Potatoes Turkey Gravy Green Bean Casserole Cranberry Sauce Pumpkin Pie Fruit of the Day	Chicken Tinga 27 Brown Rice Garden Mixed Vegetables Fruit of the Day	Turkey Meatloaf 28 Whole Wheat Rotini Caponata Vegetables Fruit of the Day
Roasted Pork Loin w/ Rosemary & Onion 29 Kale Pesto Quinoa w/ Artichokes & Parmesan Garlic Herb Carrots Fruit of the Day	Beef Birra 30 Mexican Brown Rice & Beans Garden Mixed Vegetables Fruit of the Day				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!