

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>**Castro Senior Center</b> Hot Lunch 11:30 AM – 12:30 PM Monday through Friday ( <i>Takeout or dine-in with proof of vaccination</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> )		446 Randolph St
<b>**Project Open Hand</b>	<b>AWD Site only</b>	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> Hot Lunch 11:30 AM – 12:30 PM Monday through Friday ( <i>Takeout or dine-in with proof of vaccination</i> )		660 Lombard St.
<b>**Visitacion 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)

Stay connected with Project Open Hand:



facebook.com/ProjectOpenHand  
twitter.com/ProjectOpenHand  
instagram.com/ProjectOpenHand

PROJECT OPEN HAND

Breakfast Menu

Kevin Liu, Registered Dietitian at Project Open Hand

November 2022

Are artificial sweeteners good for diabetes?

When thinking of **artificial sweeteners**, you may think of those packets of Splenda, Sweet’N Low, or Equal at an American diner. Or you may go for diet soda because it does not have sugar or calories, but you may wonder about the artificial sweeteners in it. No matter your relationship to artificial sweeteners, it can be helpful to know the types of artificial sweeteners and their merits!

The following artificial sweeteners contain few to no calories but taste sweeter than natural sweeteners like table sugar, fruit juice concentrates, and corn syrups.

Artificial Sweetener	Brand Names
Acesulfame-K	Sunett®, Sweet One®
Advantame	No brand names
Aspartame	Equal®, NutraSweet®, Sugar Twin®
Monk Fruit	No brand names
Neotame	Newtame®
Saccharin	Sweet’N Low®, Sweet Twin®, Necta Sweet®
Steviol Glycosides	Truvia®, PureVia®
Sucralose	Splenda®

The aforementioned sweeteners will not raise your blood sugar. You may have come across another type of sweetener known as **sugar alcohols**. Although they technically are not artificial sweeteners, compared to table sugar, they are slightly lower in calories and on average taste less sweet. *They do not raise your blood sugar substantially* and are found in sugar-free candies, cookies, ice cream, beverages, and chewing gums. Sugar alcohols include sorbitol, xylitol, lactitol, mannitol, erythritol, and maltitol. Do be aware that besides erythritol, sugar alcohols can promote loose stools or diarrhea.

As a rule of thumb, intake of artificial sweeteners alone will not suddenly raise blood sugar. However, if you end up eating other calorie-dense foods instead, this may still raise your blood sugar. There is also some concern that artificial sweeteners can increase appetite and hunger, and because they taste so sweet, can cause you to have even more of “sweet-tooth.”

Taking everything into consideration, if you regularly consume sugar-sweetened beverages, diet or artificially-sweetened beverages may be helpful in the *short-term* to help with blood sugar control.





# PROJECT OPEN HAND BREAKFAST MENU NOVEMBER 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Scrambled Eggs Sweet Potato Hash Whole Wheat Bread Margarine/Jelly Fruit of the Day <b>1</b>	Breakfast Enchilada Casserole Salsa Housemade Whole Wheat Bread Margarine/Jelly Fruit of the Day <b>2</b>	Baked Eggs & Vegetables English Muffin Margarine/Jelly Fruit of the Day <b>3</b>	Strawberry Oatmeal Bake Turkey Sausage Sweet Potato Hash Fruit of the Day <b>4</b>	Tomato & Spinach Scramble Hash Brown English Muffin Margarine/Jelly Fruit of the Day <b>5</b>	Potato & Cheddar Breakfast Casserole Sweet Potato Hash Whole Wheat Bread Margarine/Jelly Fruit of the Day <b>6</b>
Scrambled Eggs Breakfast Hash English Muffin Margarine/Jelly Fruit of the Day <b>7</b>	Almond Oatmeal Bake Roasted Sweet Potatoes Fruit of the Day <b>8</b>	Sausage & Black Bean Hash Scrambled Eggs Avocado Cream Whole Wheat Tortilla Fruit of the Day <b>9</b>	Breakfast Chilaquiles Breakfast Hash Whole Wheat Bread Margarine/Jelly Fruit of the Day <b>10</b>	Scrambled Eggs Sweet Potato Hash English Muffin Margarine/Jelly Fruit of the Day <b>11</b>	Black Bean Corn Casserole Avocado Salsa Whole Wheat Tortilla Fruit of the Day <b>12</b>	English Muffin Breakfast Casserole Breakfast Hash Fruit of the Day <b>13</b>
Southwest Scrambled Eggs Hash Brown English Muffin Margarine/Jelly Fruit of the Day <b>14</b>	Scrambled Eggs Sweet Potato Hash Whole Wheat Bread Margarine/Jelly Fruit of the Day <b>15</b>	Breakfast Enchilada Casserole Salsa Housemade Whole Wheat Bread Margarine/Jelly Fruit of the Day <b>16</b>	Baked Eggs & Vegetables English Muffin Margarine/Jelly Fruit of the Day <b>17</b>	Strawberry Oatmeal Bake Turkey Sausage Sweet Potato Hash Fruit of the Day <b>18</b>	Tomato & Spinach Scramble Hash Brown English Muffin Margarine/Jelly Fruit of the Day <b>19</b>	Potato & Cheddar Breakfast Casserole Sweet Potato Hash Whole Wheat Bread Margarine/Jelly Fruit of the Day <b>20</b>
Scrambled Eggs Breakfast Hash English Muffin Margarine/Jelly Fruit of the Day <b>21</b>	Almond Oatmeal Bake Roasted Sweet Potatoes Fruit of the Day <b>22</b>	Sausage & Black Bean Hash Scrambled Eggs Avocado Cream Whole Wheat Tortilla Fruit of the Day <b>23</b>	Breakfast Chilaquiles Breakfast Hash Whole Wheat Bread Margarine/Jelly Fruit of the Day <b>24</b>	Scrambled Eggs Sweet Potato Hash English Muffin Margarine/Jelly Fruit of the Day <b>25</b>	Black Bean Corn Casserole Avocado Salsa Whole Wheat Tortilla Fruit of the Day <b>26</b>	English Muffin Breakfast Casserole Breakfast Hash Fruit of the Day <b>27</b>
Southwest Scrambled Eggs Hash Brown English Muffin Margarine/Jelly Fruit of the Day <b>28</b>	Scrambled Eggs Sweet Potato Hash Whole Wheat Bread Margarine/Jelly Fruit of the Day <b>29</b>	Breakfast Enchilada Casserole Salsa Housemade Whole Wheat Bread Margarine/Jelly Fruit of the Day <b>30</b>			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.

Please note the holiday meals on Thursday 11/24 and Friday 11/25 are high in sodium (with the addition of the pies)

## 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**

**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!*