

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, 1st 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+.**

Aquatic Park	890 Beach St.
Hot Lunch 11:30 AM -12:30 PM Monday through Friday (<i>Takeout or dine-in</i>)	
Castro Senior Center	110 Diamond St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (<i>Takeout or dine-in</i>)	
**Curry Senior Center	333 Turk St.
Hot Breakfast 8:30-9:30AM Daily Hot Lunch 10:30 AM -12:30 PM Daily (<i>Takeout or dine-in</i>)	
Downtown Senior Center	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>)	
IT Bookman Community Center	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 4th Friday of every month.</i>	
Richmond Senior Center	6221 Geary – 3 rd Floor
Hot lunch service 11:30am – 12:30pm (Monday through Friday) Frozen meal packs 2:00pm – 3:00pm (Thursdays only)	
Ruth Brinker Meal Site	730 Polk St.
Hot Lunch 10:30-12:30 Monday through Friday (<i>Takeout or dine-in</i>)	
Swords To Plowshares- Stanford	250 Kearny St
Hot Lunch: 11:30 AM-12:30 PM Daily (<i>Takeout or dine-in</i>)	
Telegraph Hill Neighborhood Center	660 Lombard St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (<i>Takeout or dine-in</i>)	
Visitacion Valley	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.

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

Breakfast Menu

Cecilia Cruz, Registered Dietitian at Project Open Hand

November 2023

Let's talk about prediabetes.

November is Diabetes Awareness Month, and with 8.5 million people underdiagnosed, it's important to discuss ways in which we can prevent or delay type 2 diabetes. According to the CDC, 1 in 3 American adults has prediabetes, and around 80% of them don't know they have it.

Do you know what prediabetes is?

It's when your blood sugar levels are higher than normal but not yet high enough to be called diabetes. It's like a warning sign that your body is saying, "Hey, we need to make some changes!"

In prediabetes, the body struggles to process sugar the right way, and this can cause sugar to build up in the bloodstream. If nothing changes, many people with prediabetes could end up with type 2 diabetes.



Who is at risk?

Anyone can have prediabetes, but some people are at a higher risk. If you're overweight, not very active, or over 45 years old, you might want to pay extra attention. Also, if someone in your family has diabetes, it could increase your chances.

Simple Steps for Prevention

The good news is you can do something about it! Here are a few simple steps to help prevent prediabetes from turning into diabetes:

Eat Healthy: Aim for 1.5 - 2 cups of vibrant fruits and 2 - 3 cups of different veggies every day! Choose whole grains often and cut down on sweet snacks and drinks by selecting items with less than 5% added sugar on the label.

Move More: Take a walk, dance, or do anything that gets your body moving. If you have limited mobility, try seated exercises such as seated marching or leg lifts, chair squats, arm circles, or gentle stretching!

Watch Your Weight: Losing even a small amount of extra weight can have a significant impact. **Regular Check-ups:** Visit your doctor regularly. They can catch prediabetes early and help you make healthy choices.

Keep in mind, even little changes can make a big difference in preventing diabetes. Your small efforts today are like building blocks for a healthier tomorrow!



Project Open Hand
meals with love



PROJECT OPEN HAND BREAKFAST MENU NOVEMBER 2023

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

MONDAY	TUESDAY	WEDESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
This Menu Is Subject To Change Without Notice. Milk Is Served Every Day	visit us at www.openhand.org	Greek Scrambled Eggs 1 Breakfast Potatoes Whole Wheat Bread Fruit of the Day	Turkey & Veggie English Muffin Casserole 2 Scrambled Eggs Fruit of the Day	Scrambled Eggs 3 Sweet Potato Hash English Muffin Margarine & Jelly Fruit of the Day	Turkey Sausage Casserole 4 Avocado Salsa English Muffin Fruit of the Day	Oatmeal with Blueberries 5 Turkey Sausage Breakfast Hash Fruit of the Day
Scrambled Eggs 6 Housemade Salsa Hash Brown English Muffin Fruit of the Day	Broccoli & Cheddar Breakfast Casserole 7 Whole Wheat English Muffin Margarine & Jelly Fruit of the Day	Scrambled Eggs 8 Turkey Potato Hash Whole Wheat Bread Margarine & Jelly Fruit of the Day	English Pea Frittata 9 Sweet Potato Hash English Muffin Margarine & Jelly Fruit of the Day	Scrambled Eggs 10 Breakfast Potatoes Whole Wheat Bread Margarine & Jelly Fruit of the Day	Scrambled Eggs 11 Hash Brown English Muffin Margarine & Jelly Fruit of the Day	Enchilada Casserole 12 Breakfast Succotash English Muffin Margarine & Jelly Fruit of the Day
Scrambled Eggs 13 Breakfast Hash English Muffin Margarine & Jelly Fruit of the Day	Almond Berry Oatmeal Bake 14 Sweet Potato Hash Turkey Sausage Fruit of the Day	Greek Scrambled Eggs 15 Breakfast Potatoes Whole Wheat Bread Fruit of the Day	Turkey & Veggie English Muffin Casserole 16 Scrambled Eggs Fruit of the Day	Scrambled Eggs 17 Sweet Potato Hash English Muffin Margarine & Jelly Fruit of the Day	Turkey Sausage Casserole 18 Avocado Salsa English Muffin Fruit of the Day	Oatmeal with Blueberries 19 Turkey Sausage Breakfast Hash Fruit of the Day
Scrambled Eggs 20 Housemade Salsa Hash Brown English Muffin Fruit of the Day	Broccoli & Cheddar Breakfast Casserole 21 Whole Wheat English Muffin Margarine & Jelly Fruit of the Day	Scrambled Eggs 22 Turkey Potato Hash Whole Wheat Bread Margarine & Jelly Fruit of the Day	English Pea Frittata 23 Sweet Potato Hash English Muffin Margarine & Jelly Fruit of the Day	Scrambled Eggs 24 Breakfast Potatoes Whole Wheat Bread Margarine & Jelly Fruit of the Day	Scrambled Eggs 25 Hash Brown English Muffin Margarine & Jelly Fruit of the Day	Enchilada Casserole 26 Breakfast Succotash English Muffin Margarine & Jelly Fruit of the Day
Scrambled Eggs 27 Breakfast Hash English Muffin Margarine & Jelly Fruit of the Day	Almond Berry Oatmeal Bake 28 Sweet Potato Hash Turkey Sausage Fruit of the Day	Greek Scrambled Eggs 29 Breakfast Potatoes Whole Wheat Bread Fruit of the Day	Turkey & Veggie English Muffin Casserole 30 Scrambled Eggs 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 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!