

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>(Takeout or dine-in)</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 service 11:30am – 12:30pm (Monday through Friday) Frozen meal packs 2:00pm – 3:00pm (Thursdays only)	
<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.

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

Lunch 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.



GLUCOSE LEVELS CHART

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

MONDAY	TUESDAY	WEDESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>This Menu Is Subject To Change Without Notice.</b>  <b>Milk Is Served Every Day</b>	visit us at <a href="http://www.openhand.org">www.openhand.org</a>	Broccoli & Carrot Salad <b>1</b> <b>Beef &amp; Barley Stew</b> Peas & Carrots Fruit of the Day	Garden Salad - French <b>2</b> <b>Cajun Turkey Meatball</b> <b>Zesty Tomato Sauce</b> Carrots Cheddar Grits Fruit of the Day	Garden Salad <b>3</b> Red Wine Vinaigrette <b>Baked Cod</b> <b>Green Curry Sauce</b> Root Vegetables Brown Rice Fruit of the Day	Potato & Egg Salad <b>4</b> <b>African Macanese Chicken Curry</b> Green Beans & Peppers Herbed Bulgur Fruit of the Day	Garden Salad- Ranch <b>5</b> <b>Mustard Glazed Chicken Thigh</b> Artichoke Spinach Ragout Multi Grain Orzo Blend Fruit of the Day
Garden Salad-Caesar <b>Balsamic Chicken Breast 6</b> Creole Vegetables Couscous & Quinoa Blend Fruit of the Day	Macaroni Salad <b>7</b> <b>Beef Stew</b> Roasted Potatoes Fruit of the Day	Potato & Egg Salad <b>Mexican Spiced Chicken 8</b> <b>Salsa Verde</b> Succotash Ancient Grains & Kale Blend Fruit of the Day	Garden Salad- Avocado Herb <b>9</b> <b>BBQ Pork Stew</b> Broccoli Quinoa, Edamame & Greens Fruit of the Day	Quinoa Salad <b>10</b> <b>Turkey Meatloaf</b> <b>Sage Gravy</b> Mashed Parsnips & Potatoes Garden Mixed Vegetables Fruit of the Day	Three Bean Salad <b>11</b> <b>Baked Salmon</b> Artichoke Provencal Brown Rice Fruit of the Day	Garden Salad - Balsamic <b>12</b> <b>Smokey Chicken Stew</b> Brussel Sprouts Whole Wheat Rotini Fruit of the Day
Black Bean & Corn Salad <b>13</b> <b>Chicken Thigh</b> <b>House Enchilada Sauce</b> Cauliflower & Carrots Couscous & Quinoa Blend Fruit of the Day	Broccoli & Carrot Salad <b>14</b> <b>Beef Stroganoff</b> Carrots Multi Grain Orzo Blend Fruit of the Day	Roasted Sweet Potato Salad <b>15</b> <b>Baked Salmon</b> <b>Mushroom &amp; Herb Sauce</b> Broccoli Brown Rice Fruit of the Day	Garden Salad- Southwest Ranch <b>16</b> <b>Turkey Chili</b> Roasted Sweet Potatoes Brown Rice Fruit of the Day	Garbanzo, Tomato, & Cucumber Salad <b>17</b> <b>Mustard Glazed Chicken Thigh</b> Veggie Ragout Multi Grain Orzo Blend Fruit of the Day	Garden Salad - Thousand Island <b>18</b> <b>Pork &amp; Artichoke Stew</b> Butternut Squash Brown Rice Fruit of the Day	Garden Salad - Feta Herb <b>19</b> <b>Garlic &amp; Herb Chicken Breast</b> <b>Tomatillo Cream Sauce</b> Carrots Multi Grain Orzo Blend Fruit of the Day
Garbanzo Bean & Kale Salad <b>20</b> <b>Turkey Meatloaf Florentine</b> <b>Creamy Tomato Sauce</b> Broccoli & Carrots Whole Wheat Rotini Fruit of the Day	Garden Salad - Southwest Ranch <b>21</b> <b>Pork Mole</b> Carrots Brown Rice Fruit of the Day	Roasted Sweet Potato Salad <b>22</b> <b>Balsamic Chicken Thigh</b> Ratatouille Quinoa Brown Rice Fruit of the Day	Broccoli & Carrot Salad <b>23</b> <b>Roast Turkey Breast</b> Mashed Potatoes Turkey Gravy Cranberry Sauce Roasted Sweet Potatoes Whole Wheat Dinner Roll Fruit of the Day	Pesto Pasta Salad <b>24</b> <b>Honey Roasted Salmon</b> <b>Tuscan Spinach &amp; Lemon Sauce</b> Roasted Potatoes w/ Spices Green Bean & Artichoke Casserole Fruit of the Day	Garbanzo Bean & Kale Salad <b>25</b> <b>Beef Bolognese</b> Broccoli Whole Wheat Rotini Fruit of the Day	Quinoa Salad <b>26</b> <b>Rosemary Chicken Thigh</b> <b>Mushroom Alfredo Sauce</b> Brussel Sprouts & Carrots Whole Wheat Rotini Fruit of the Day
Taco Salad <b>27</b> <b>Chicken Chili</b> Cauliflower Brown Rice Fruit of the Day	Garden Salad - French <b>28</b> <b>Beef &amp; Turkey Meatloaf</b> <b>Marinara Sauce</b> Cauliflower & Carrots Whole Wheat Rotini Fruit of the Day	Roasted Sweet Potato <b>29</b> <b>Pork &amp; Chickpea Stew</b> Garden Mixed Vegetables Brown Rice Fruit of the Day	Garden Salad - Avocado Herb Dressing <b>30</b> <b>Garlic &amp; Herb Chicken Breast</b> <b>Smokey Eggplant Mushroom Sauce</b> Garden Mixed Vegetables Whole Wheat Rotini 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!*