

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, 1<sup>st</sup> 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.

<b>**Castro Senior Center</b>		110 Diamond St.
Frozen lunch meals distributed on Thursday 10am-12:30pm, out front of building		
<b>**Downtown Senior Center</b>		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		
<b>**IT Bookman Community Center</b>		446 Randolph St
Frozen lunch meals on distributed on Thursdays 10:15am-12pm		
<b>**Project Open Hand</b>	<b>AWD Site only</b>	730 Polk St.
Meal Time 10:30-12:30 Monday though Friday		
<b>**Richmond Senior Center</b>		6221 Geary – 3 <sup>rd</sup> Fl
Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm		
<b>**Telegraph Hill Neighborhood Center</b>		660 Lombard St.
Frozen lunch meals distributed on Mondays 10:30am -12:00pm		
<b>Curry Senior Center</b>		333 Turk St.
Breakfast 8:30-9:30AM Daily		
Lunch 1030 AM -1230 PM Daily		
<b>**Visitation Valley</b>		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.

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

### Community Nutrition Program

Erika Tribett, Nutritionist at Project Open Hand

# October 2021

#### Feel Good Food



Life can be hectic. It can be stressful. The environment around us can have a big impact on how we think and feel each day.

Our diet is one thing we can use to help our bodies manage this stress and maintain a balanced mood. While there is no single nutrient connected to mood and brain health, we do know that certain foods give our brains the best fuel to stay sharp, think clearly and feel good.

#### So, which foods are we talking about?

Studies tell us that colorful vegetables, whole grains, legumes, moderate amounts of fish and lean (low-fat) meat, and healthy (unsaturated) fats are our allies for brain and mental health! Eating a balanced diet of these foods may lower our risk of cognitive decline as we age and reduce our risk of depression.

Foods that support a good mood do so because they

- Keep our blood sugar level stable,
- Help reduce inflammation, and
- Feed our gut, where 90% of receptors for serotonin, a mood-boosting hormone, are found!

#### What can you do to give yourself a mind and mood-boosting meal?

- ☐ Add 1-2 more servings of colorful vegetables to your day – Dark leafy greens are winners for brain health! Try 2 cups of spinach or romaine in a salad, a ½ cup of broccoli with garlic or sautéed kale or collard greens as a side.
- ☐ Try ½ cup of berries at breakfast or snack – Antioxidants in berries and other bright-colored fruit and vegetables help protect cells (like brain cells!) from damage.
- ☐ Keep sources of omega-3 fatty acids on hand – Walnuts, flaxseed, salmon and sardines are great sources of this healthy fat that preserve brain health. The American Heart Association recommends 2, 3.5-ounce servings of fish or ¾ c of flaked fish per week.
- ☐ Make as many of your grains as possible whole – Whole grains such as oats, brown rice and whole wheat bread include fiber that helps keep blood sugar levels stable.
- ☐ Try to limit sugar-filled beverages and snacks – Added sugars cause spikes in blood sugar that lead to later fatigue and changes in mood or concentration. Water or unsweetened tea are good ways to reduce sugar and hydrate our brain.

In addition to the foods we eat, physical activity can help stabilize blood sugar and reduce stress, too!

World Mental Health Day is on October 10. Take a moment to check in with yourself and take care of yourself. Perhaps with a meal made with love.



MONDAY	TUESDAY	WEDNESDAY	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>			<b>Turkey Picadillo 1</b> Brown Rice Broccoli Fruit of the Day	<b>Turkey Bolognese 2</b> Whole Wheat Rotini Brussel Sprouts Fruit of the Day	<b>Cumin Spiced Chicken Thigh 3</b> <b>Golden Lentil Dahl</b> Brown Rice w/ Ginger & Veggies Capri Mixed Vegetables Fruit of the Day
<b>Chicken Thigh Rosemary-Onion Sauce 4</b> Brown Rice Garden Mixed Vegetables Fruit of the Day	<b>Roasted Pork Loin Zesty Tomato Sauce 5</b> Whole Wheat Rotini Cabbage & Onions Fruit of the Day	<b>Chicken Caciatore 6</b> Whole Wheat Rotini Garlic-Herb Carrots Fruit of the Day	<b>Baked Cod Parsley Sauce 7</b> Brown Rice Artichoke Provencal Fruit of the Day	<b>Beef Curry 8</b> Sesame Brown Rice Broccoli Carrots Fruit of the Day	<b>Chicken Thigh Cacciatore Sauce 9</b> Wild Rice Pilaf Capri Mixed Vegetables Fruit of the Day	<b>Pork &amp; Chickpea Stew 10</b> <b>Brown Rice Broccoli</b> Fruit of the Day
<b>Braised Pork Loin 11</b> Turmeric Brown Rice Green Beans Fruit of the Day	<b>Beef Stroganoff 12</b> Whole Wheat Rotini Brussel Sprouts & Carrots Fruit of the Day	<b>Turkey Meatloaf Marsala Sauce 13</b> Whole Wheat Rotini Broccoli Cauliflower Fruit of the Day	<b>Chicken Lentil Stew 14</b> Quinoa Pilaf Brussel Sprouts Fruit of the Day	<b>Baked Cod 15</b> Brown Rice w/Beans Peppers & Onions Fruit of the Day	<b>Roasted Turkey Breast Marsala Sauce 16</b> Quinoa Pilaf Carrots & Green Beans Fruit of the Day	<b>Chicken Pomodoro Stew 17</b> Whole Wheat Rotini Capri Mixed Vegetables Fruit of the Day
<b>Baked Tilapia Mushroom Ragout 18</b> Dirty Brown Rice Garden Mixed Veg Fruit of the Day	<b>Chicken Drumsticks 19</b> Baked Beans w/Kale Garden Mixed Veg Fruit of the Day	<b>BBQ Pork w/Pineapple 20</b> Brown Rice Cabbage & Carrots Fruit of the Day	<b>White Fish Cakes Bell Pepper Relish 21</b> Quinoa Pilaf Carrots Fruit of the Day	<b>Roasted Turkey Breast Red Mole Sauce 22</b> Brown Rice & Beans Broccoli Fruit of the Day	<b>Beef &amp; Turkey Meatballs Mushroom Herb Sauce 23</b> Whole Wheat Rotini Garlic Herb Carrots Fruit of the Day	<b>Mexican Spiced Chicken Thigh 24</b> <b>Salsa Verde</b> Quinoa Pilaf Garden Mixed Vegetables Fruit of the Day
<b>Roasted Pork Loin Red Wine Sauce 25</b> Mashed Parsnips Carrots Fruit of the Day	<b>Baked Cod Sweet &amp; Sour Sauce 26</b> Brown Rice Pilaf Stir Fry Vegetables Fruit of the Day	<b>Chicken Jambalaya 27</b> Brown Rice Spicy Green Beans Fruit of the Day	<b>Turkey Meatloaf Chasseur Sauce 28</b> Mashed Potatoes Winter Vegetables Fruit of the Day	<b>Moroccan Beef Stew 29</b> Brown Rice Pilaf Broccoli Fruit of the Day	<b>Beef Fajita Stew 30</b> Brow Rice & Beans Carrots & Green Beans Fruit of the Day	<b>Roasted Chicken Thigh Paprikash Sauce 31</b> Whole Wheat Rotini Brussel Sprouts Fruit of the 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!