

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 – 3 rd 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:

Did you know?

- You cannot see, smell, or taste harmful bacteria that may cause foodborne illness, also known as food poisoning.
- Certain people have an increased risk for foodborne illness. These groups are adults aged 65 and older, children younger than five, people with weakened immune systems, chronic illness, and pregnant women.

Minimize your risk of foodborne illness by following these easy steps:

Shopping



- Shop for all your nonperishable items first and all frozen or refrigerated items last!
- Make sure not to pick up meat or poultry packaging that is leaking or has torn packaging. Raw meat may contain salmonella, E.coli and other bacteria that can make you sick!

Storage



- Refrigerate perishable foods 2 hours after purchased.
- Cook or freeze fresh poultry, fish, grounds meats within 2 days and beef veal, lamb, or pork, within 3 to 5 days of purchase.
- Prevent meat juices from getting onto other food by securely wrapping and placing at the bottom shelf of the refrigerator.
- Discard cans that are dented, leaking, bulging, or rusted.

Thawing



- If thawing in the refrigerator, make sure raw meats do not leak onto other foods.
- If thawing in cold water, change the water every 30 minutes and cook immediately after thawing.
- Cook meat and poultry immediately after microwave thawing.

Preparing



- Always wash hands with soap and warm water for 20 seconds before and after handling food.
- Keep raw meat, poultry, fish, and their juices away from other foods! After cutting raw meats, wash cutting board, knife, and counter tops with hot, soapy water.
- Marinate meat and poultry in a covered dish in the refrigerator.

Leftovers



- Throw away any food left out at room temperature for more than 2 hours! Bacteria grows best at room temperature.
- Use most cooked leftovers within 3 to 4 days.
- Reheat leftovers to 165 °F.

For more info visit: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/steps-keep-food-safe>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
This Menu Is Subject To Change Without Notice. Milk Is Served Every Day	visit us at www.openhand.org	Chicken Jambalaya Brown Rice & Beans Spicy Green Beans Fruit of the Day 1	Turkey Meatloaf Chasseur Sauce Mashed Potatoes Winter Vegetables Fruit of the Day 2	Moroccan Beef Stew Brown Rice Pilaf Broccoli Fruit of the Day 3	Chicken Chilaquiles Brown Rice Garden Mixed Vegetables Fruit of the Day 4	Beef & Lentil Stew Brown Rice Green Beans Fruit of the Day 5
Baked Cod Turkish Split Pea Sauce 6 Turmeric Brown Rice Capri Mixed Vegetables Fruit of the Day	Chicken Drumsticks Red Pepper Sauce 7 Brown Rice Pilaf Carrots Fruit of the Day	Beef Bourguignon Mashed Potatoes Carrots & Green Beans Fruit of the Day 8	Chicken Thigh Mashed Sweet Potatoes Bean & Kale Ragout Fruit of the Day 9	Pork Chile Verde Brown Rice Capri Mixed Vegetables Fruit of the Day 10	Cumin Spiced Chicken Thigh Golden Lentil Dahl 11 Brown Rice w/ Ginger Capri Mixed Vegetables Fruit of the Day	Roasted Chicken Thigh Creamy Basil Sauce 12 Quinoa w/ Feta Garlic Herb Carrots Fruit of the Day
Chicken Thigh 13 Herbed Polenta Creole Vegetables Fruit of the Day	Salmon Fish Cakes Mushroom Ragout 14 Brown Rice Capri Mixed Vegetables Fruit of the Day	Braised Pork Loin Zesty Tomato Sauce 15 Pasta w/Greens Carrots Fruit of the Day	Chicken Drumsticks Turkey Gravy 16 Whole Wheat Rotini Braised Cabbage Fruit of the Day	Spicy Beef Stew Sesame Garlic Rice 17 Carrots & Green Beans Fruit of the Day	Roasted Turkey Breast Mushroom Dijon Sauce 18 Brown Rice Pilaf Brussel Sprouts Fruit of the Day	Chicken Tikka Masala 19 Brown Rice w/Ginger Carrots Fruit of the Day
Chicken Drumsticks Ginger BBQ Sauce 20 Mashed Sweet Potatoes Cauliflower Lentil Tagine Fruit of the Day	Beef Birria Brown Rice & Beans 21 Carrots & Green Beans Fruit of the Day	Pork Mole Brown Rice 22 Carrots & Broccoli Fruit of the Day	Chicken Breast Brown Rice 23 Veggies with Coconut Fruit of the Day	Baked Cod Dijon Sauce 24 Quinoa Pilaf Cabbage & Kale Sauté Fruit of the Day	Chicken Tinga Brown Rice 25 Garden Mixed Vegetables Fruit of the Day	Meatloaf Florentine 26 Whole Wheat Rotini Caponata Sauce Green Beans Fruit of the Day
Chicken Breast Mushroom Alfredo 27 Whole Wheat Rotini Broccoli & Carrots Fruit of the Day	Chicken Chilaquiles 28 Brown Rice Garden Mixed Vegetables Fruit of the Day	Beef & Lentil Stew 29 Mashed Sweet Potatoes Green Beans Fruit of the Day	Baked Cod 30 Orzo Pilaf with Peas Garden Mixed Vegetables 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!