**PROJECT OPEN HAND**

**Breakfast Menu**

**Kevin Liu, Registered Dietitian**

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**Food Safety Awareness Month**

Food safety can be a loaded topic, so let us go over some context before delving into safe at-home food preparation. In general, the severe food-borne illnesses are more likely to arise from the contamination of foods before we obtain and cook them ourselves. These include items like ground beef, spinach, and romaine lettuce from our modern complicated supply chain that may undergo food recalls you hear about in the news. We should be more scared of complicated and untraceable supply chains and less scared of food we cooked that we may let sit overnight. Having said that, here are some steps we can take at home to stay safe, especially if we are older or living with chronic diseases.

Here are **eight recommendations** for safe at-home food preparation:

1. Store items in the fridge or freezer, as appropriate, upon returning from the grocery store.
2. In general, give produce items a rinse before cooking or eating.
3. Take care not to thaw raw meat at room temperature for over two hours to prevent the growth of food-borne bacteria; opt to thaw in the fridge or microwave for optimal safety.
4. Use one set of utensils and plates for raw meat or eggs and a separate set of utensils and plates for their cooked counterparts.
5. Fully reheat leftover food to 165 degrees Fahrenheit or higher before eating.
6. Be cautious of cooked food left out at room temperature for over 2 hours.
7. Do not simply throw away food past its “best by” date, as this date gives storage time for best quality not safety.
8. If unsure if food has spoiled, trust your senses and palates (or find someone you trust who does) and smell or taste a little bit of the food to inform you about whether it is edible or not.

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**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+.**

<table>
<thead>
<tr>
<th>Site</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquatic Park</td>
<td>890 Beach St.</td>
</tr>
<tr>
<td>Hot Lunch: 11:30 AM – 12:30 PM Monday</td>
<td>(Takeout or dine-in)</td>
</tr>
<tr>
<td>Castro Senior Center</td>
<td>110 Diamond St.</td>
</tr>
<tr>
<td>Hot Lunch: 11:30 AM – 12:30 PM Monday</td>
<td>(Takeout or dine-in)</td>
</tr>
<tr>
<td><strong>Curry Senior Center</strong></td>
<td>333 Turk St.</td>
</tr>
<tr>
<td>Hot Breakfast 8:30-9:30AM Daily</td>
<td></td>
</tr>
<tr>
<td>Hot Lunch: 10:30 AM – 12:30 PM Daily</td>
<td>(Takeout or dine-in)</td>
</tr>
<tr>
<td>Downtown Senior Center</td>
<td>481 O’Farrell St.</td>
</tr>
<tr>
<td>Hot Breakfast 9:00-10:00AM Daily</td>
<td></td>
</tr>
<tr>
<td>Hot Lunch: 11:00- 12:00 PM Daily</td>
<td>(Takeout or dine-in)</td>
</tr>
<tr>
<td>IT Bookman Community Center</td>
<td>446 Randolph St.</td>
</tr>
<tr>
<td>Hot Lunch: 11:30 AM – 12:30 PM Monday</td>
<td>(Takeout or dine-in)</td>
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<tr>
<td>This site is closed on the 4th of Every</td>
<td></td>
</tr>
<tr>
<td>month.</td>
<td></td>
</tr>
<tr>
<td>Richmond Senior Center</td>
<td>6221 Geary – 3rd Floor</td>
</tr>
<tr>
<td>5 Frozen lunch meals distributed on Tuesdays 10:30 am – 12:00pm</td>
<td></td>
</tr>
<tr>
<td>Ruth Brinker Meal Site</td>
<td>730 Polk St.</td>
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<tr>
<td>Hot Lunch: 10:30-12:30 Monday through</td>
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<tr>
<td>Friday (Takeout or dine-in)</td>
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<tr>
<td>Swords To Plowshares – Stanford</td>
<td>250 Kearny St.</td>
</tr>
<tr>
<td>Hot Lunch: 11:30 AM-12:30 PM Daily</td>
<td>(Takeout or dine-in)</td>
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<tr>
<td>Telegraph Hill Neighborhood Center</td>
<td>660 Lombard St.</td>
</tr>
<tr>
<td>Hot Lunch: 11:30 AM – 12:30 PM Monday</td>
<td>(Takeout or dine-in)</td>
</tr>
<tr>
<td>Visitacion Valley</td>
<td>66 Raymond Ave.</td>
</tr>
<tr>
<td>Hot Lunch: 11:30 AM – 12:30 PM Daily</td>
<td>(Takeout or dine-in)</td>
</tr>
</tbody>
</table>

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 micromgrams)
- 3 oz meat or meat alternative
- 2 servings of **Vegetables**
- 1 serving of fruit or fruit juice
- 2 servings of **grain** (% from whole grains)
- 1 serving of low-fat milk or milk alternative

Dessert and fat are optional.

* (Dietary Reference Intake)

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**September 2023**

*Use separate plates for raw meat and cooked meat. The same advice applies to poultry and seafood.*

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**Project Open Hand**

meals with love
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scrambled Eggs</td>
<td>Scrambled Eggs</td>
<td>Almond Berry Oatmeal Bake</td>
<td>Greek Scrambled Eggs</td>
<td>Turkey &amp; Veggie English Muffin Casserole</td>
<td>Scrambled Eggs</td>
<td>Enchilada Casserole</td>
</tr>
<tr>
<td>Breakfast Hash</td>
<td>Turkey Sausage Hash</td>
<td>Sweet Potato Hash</td>
<td>Breakfast Potatoes</td>
<td>Whole Wheat Bread</td>
<td>Hash Brown</td>
<td>Breakfast Succotash</td>
</tr>
<tr>
<td>English Muffin</td>
<td>Fruit of the Day</td>
<td>Greek Scrambled Eggs</td>
<td>English Muffin</td>
<td>Scrambled Eggs</td>
<td>English Muffin</td>
<td>English Muffin</td>
</tr>
<tr>
<td>Margarine &amp; Jelly</td>
<td>Fruit of the Day</td>
<td>Turkey Sausage Casserole</td>
<td>Casserole</td>
<td>Sweet Potato Hash</td>
<td>Margarine &amp; Jelly</td>
<td>Margarine &amp; Jelly</td>
</tr>
<tr>
<td>Fruit of the Day</td>
<td></td>
<td>Avocado Salsa</td>
<td>Hash Brown</td>
<td>Scrambled Eggs</td>
<td>Fruit of the Day</td>
<td>Fruit of the Day</td>
</tr>
</tbody>
</table>

Scrambled Eggs: Breakfast Hash, English Muffin, Margarine & Jelly, Fruit of the Day

### Community Nutrition Program

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!

**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 Friessen, Registered Dietitian
Erika Wong, CNP Associate Director
Raymond Chong, CNP Manager
Erica Corte, CNP Manager
Miriam Aguilar, Manager, CNP Data & AWD HDM