THANK YOU FOR DONATING TO THE Matching Gift Challenge

762 generous donors like you helped Project Open Hand raise $75,545 in June during a matching gift challenge. Donations made during the 30-day challenge were doubled thanks to the generous gift of an anonymous supporter.

By responding to our call, your gift made twice the impact. Thank you!

 Interested in learning about the most impactful way to give to Project Open Hand? Join our monthly giving program, The Supper Club, by visiting: www.openhand.org/give/supper-club

William’s Story: Lessons Learned

Three-hundred people filled the rotunda at San Francisco city hall in May of 2016 for Project Open Hand’s gala, then called, Taste of the City. Amongst us were San Francisco corporate leaders, and notorious drag queens, fundraisers, as well as clients—all gathered for one thing only: to strengthen the bonds of community and human connection that are at the heart of what Project Open Hand does.

Speaking on stage that day was William Dean, a Project Open Hand diabetics client of ten years. William looked out into the crowd from a stage overlooking beautifully dispersed white sofas topped with colorful pillows, a full bar with smiling guests holding big paddles, and immaculate hors d’oeuvres. With one deep breath in, he began his speech.

“Being part of a community is important to me, and it is a Project Open Hand event.

Thank you for donating to the Matching Gift Challenge.

William has been receiving Project Open Hand’s food since 2006.

From Our Kitchen to Yours
Ratatouille

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 tbsp. olive oil</td>
<td>1 large eggplant, 1/2&quot; cubes</td>
</tr>
<tr>
<td>3 garlic cloves, minced</td>
<td>3 zucchini or yellow summer squash, 1/2&quot; sliced</td>
</tr>
<tr>
<td>2 tsp. kosher salt</td>
<td>2-3 tomatoes, 1/2&quot; sliced</td>
</tr>
<tr>
<td>1 tsp. paprika</td>
<td>1 large onion, 1/4&quot; sliced</td>
</tr>
<tr>
<td>2 c. parmesan cheese</td>
<td>1 c. fresh-basil, chopped</td>
</tr>
<tr>
<td></td>
<td>2 c. breadcrumbs, homemade or store bought</td>
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</tbody>
</table>

Instructions

1. Heat oven to 325 degrees.
2. Grease a baking dish with 1 tbsp. olive oil or cooking spray; mix bread crumbs with 1/2 c. parmesan cheese, basil and 1 tbsp. olive oil; set aside.
3. Heat a sautee pan on medium-high, adding 2 tbsp. olive oil; add garlic, eggplant, and dried spices to pan and cook until tender.
4. Place eggplant mixture on the bottom of the baking dish; place the zucchini in a single layer and sprinkle a quarter of the parmesan cheese, repeat with onions and tomatoes.
5. Sprinkle breadcrumb mixture over top and drizzle with olive oil.

“'The food I eat can be either the safest and most powerful form of medicine or the slowest form of poison.'”

—WILLIAM
Type 2 Diabetes meets the Project Open Hand Model

Type 2 diabetes develops when the body becomes resistant to insulin or when the pancreas stops producing enough insulin. The exact cause is unclear, although genetics and environmental factors, such as poor nutrition seem to be contributing factors. I guess it shouldn’t come as a surprise that type 2 diabetes disproportionately affects individuals with limited access to healthy nutritious food due to poverty and circumstance. This is only exacerbated by complications from other physical or mental health problems. In San Francisco and Oakland, our type 2 diabetes clients are more often African-American, Latinx, and sometimes poor. And some of the cheapest foods available in these communities are boxes of cookies and soda – items that fill us up with deadly amounts of sugar and carbohydrates. In California alone, the state spends $37 billion treating diabetes in the Medi-Cal population. But based on a study conducted with UCSF, Project Open Hand has proven our model has been working for more than three decades, addressing acute systems, stabilizing health and improving quality of life for thousands.

For the cost of just one night in the hospital or emergency room, Project Open Hand can provide life-saving nutrition for SIX months! While this may surprise you, I am certain you understand the value of our work and I hope now you can see the broader impact, not only to individuals who deserve full access to life-saving nutrition, but to our healthcare system and community. Thank you for your continued support.

Mark Ryle, LCSW
Chief Executive Officer

Pilot Study that showed a 50% decrease in hospitalizations and 36% decrease in emergency department visits for diabetic clients. The study provided William with three carefully crafted diabetic meals per day.

"At the beginning of the study, my A1C test was 7.6, much higher than the 6.5 it is at today. I came away from the study realizing the food I eat can be either the safest and most powerful form of medicine or the slowest form of poison."

Last month, Project Open Hand was awarded a $50,000 grant from Anthem Foundation to help fund medically tailored meals, healthy grocery, and nutrition education tailored to diagnosis for clients battling diabetes in the Oakland area - clients just like William.

Tran Blixt, Marketing Communications Officer

Walters poses outside of Project Open Hand’s loading dock where approximately 400,000 meals are prepared and distributed annually to non-profit partners across the Bay Area.

Gary says, "By doing this, I hope to be one of the stories many who have contributed to the wellbeing of Project Open Hand."

Order your 2019 calendar today! Visit: www.openhand.org

From the Archives

Project Open Hand has been volunteering with San Francisco General Hospital for over 20 years to produce our annual calendar, compile with recipes, client highlights, accomplishments, and more.

Q&A With Cynthia

Cynthia (pictured left) has been volunteering in the Project Open Hand kitchen for one year and has proven herself a valuable team member.

When asked about her favorite part of volunteering, Cynthia says, “You are always appreciated at Project Open Hand. Staff recognizes and finds tasks to match strengths. I love the atmosphere here, too. I feel more connected to this city now.”

Thank you to Cynthia, and to the 5,300 volunteers that have come through Project Open Hand’s doors over the past year to prepare and distribute meals with love.

Q: What does meals with love mean to you?

A: Food is what connects people and is a fundamental part of being. That is what you feel here; you feel love, and that is because of food. Cynthia is just one of 125 daily Project Open Hand volunteers lending a hand to produce and distribute 2,500 meals every single day. Find out how you can help by visiting: www.openhand.org/volunteer