



From Our Kitchen to Yours

Ratatouille

Ingredients

Serves 6

- | | |
|-------------------------|---|
| 4 tbsp. olive oil | 1 large eggplant, 1/2" cubes |
| 3 garlic cloves, minced | 3 zucchini or yellow summer squash, 1/2" sliced |
| 2 tsp. kosher salt | 2-3 tomatoes, 1/2" sliced |
| 1 tsp. dried oregano | 1 large onion, 1/4" sliced |
| 1 tsp. paprika | 1 c. fresh basil, chopped |
| 2 c. parmesan cheese | 2 c. breadcrumbs, homemade or store bought |

Instructions

1. Heat oven to 325 degrees
2. Grease a baking dish with 1 tbsp. olive oil or cooking spray; mix breadcrumbs with 1/2 c. parmesan cheese, basil and 1 tbsp. olive oil; set aside
3. Heat a sauté 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
6. Bake for 25-30 minutes

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 the generous gift of an anonymous supporter.

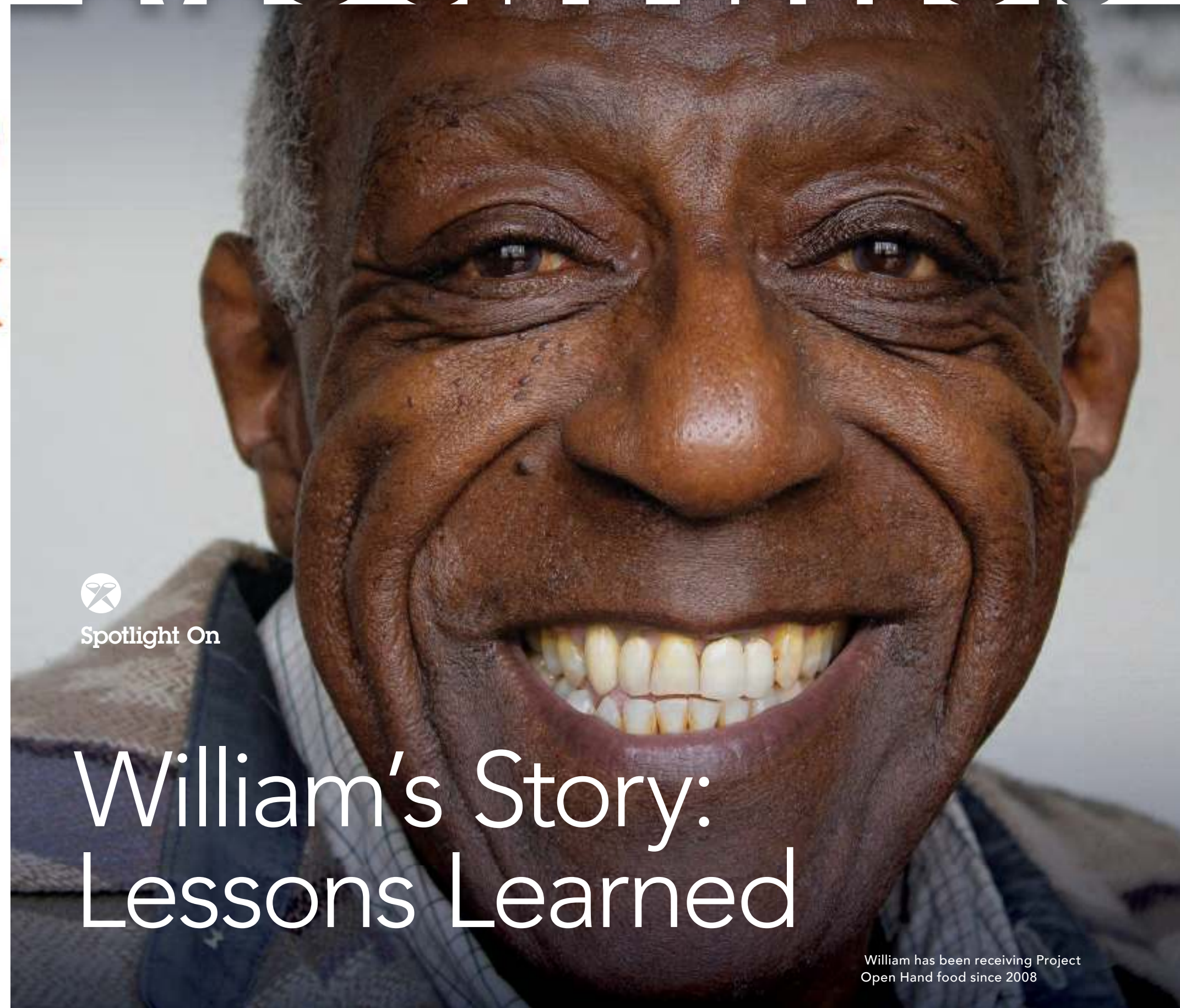
By responding to our call, your gift made twice the impact. Thank you!



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

MealTimes



Spotlight On

William's Story: Lessons Learned

William has been receiving Project Open Hand food since 2008

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 diabetic 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 bid 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 Project

treatment, check in, love, and nourishing food."

Originally from New Jersey, William moved to San Francisco in 1985 and spent 30 years as a high

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

—WILLIAM

Open Hand's community engagement that mirrors my adolescence. In a way, visiting Project Open Hand weekly is like going to my grandmother's house with friends; I get that same

school English literature teacher. Retired, he often spends his time volunteering at five of the community nutrition program sites where Project Open Hand serves meals every single day of the year.

William teaches basic computer and tablet skills to seniors and adults with disabilities at the meal sites each week.

Things took a dark turn for William in 2001, when he was gleefully exploring New Orleans. He began to feel sick and weak, and was unable to quench his thirst no matter how much he drank. He immediately went to the doctor to discover his glucose level was at an alarming 698.

"I was upset, but I eventually stopped blaming other people and educated myself on the diagnosis. I attended diabetes classes that taught me that I was in control."

In 2013, William participated in the Project Open Hand and UCSF

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Quarterly News from Project Open Hand

Summer 2018 | Issue No. 114 | Published Since 1989

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MealTimes

William's Story:
Lessons Learned

Cover Story

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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 count 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 groceries and nutrition education tailored to diagnosis for clients battling diabetes in the Oakland area - clients just like William.

Tara Blake, Marketing Communications Officer



Mark's Letter

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 unknown, 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 and Latino, 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 \$27 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 that may surprise you, I'm 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



William poses outside of Project Open Hand's loading dock where approximately 400,000 meals are prepared and distributed annually to Community Nutrition sites and for home-delivery to clients



From the Archives

Project Open Hand has been collaborating with San Francisco artist Gary Bukovnik for over 20 years to produce our annual calendar, complete with recipes, client highlights, accomplishments, and more!



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

Order your 2019 calendar today! Visit:

www.openhand.org



Volunteer Spotlight: Meet 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 produce and distribute meals with love.

Q&A With Cynthia

Q: How has Project Open Hand impacted you personally?

A: I met one of my really good friends here, Sasha. We began volunteering together in the kitchen and became really good friends.

Whenever anyone sees one of us here without the other, they always ask, "where's your other half?"

Q: What is on your bucket list?

A: I want to complete a long-distance multiple day hike. I want to challenge my mind and my body. That's something that is really important to me.

Q: What might someone be surprised to learn about you?

A: I don't have everything under control all the time. Sometimes, I have no idea what I'm doing! Most of the time I give the impression that I have everything under control, but I feel stress and anxiety just like everyone else.

Q: What does meals with love mean to you?

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 2500 meals every single day. Find out how you can help by visiting:

www.openhand.org/volunteer



Rossie (above), a diabetic client at Project Open Hand, and a participant in the Food = Medicine Pilot Study in partnership with UCSF. Her A1C count had been as high as 12% in the past, and it lowered to 8% after the study intervention. A total of 13% of Project Open Hand clients are diabetic.

Project Open Hand Plate Clubs

Your gift makes a difference. In each issue of MealTimes, we give special acknowledgment to our supporters who have made gifts to Project Open Hand during the previous quarter (April 1, 2018, through June 30, 2018) and whose giving totals \$1,000 or more since July 1, 2017. Your generosity enables us to provide nourishing food to so many of our neighbors. If you have questions about this list, please contact info@openhand.org or 415-447-2300.

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Project Open Hand
openhand.org

Project Open Hand's mission is to improve health outcomes and quality of life by providing nutritious meals to the sick and vulnerable, caring for and educating our community.

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