











## Open Weekdays

| Site   | Meal Times  | Address                     | Transportation         |
|--|---|-----------------------------|------------------------|
| Aquatic Park Senior Center (18+)   | 11:30am-12:30pm (M-F)                                 | 890 Beach St                | MUNI 19,28,30,49       |
| Ruth Brinker Meal Site (18+)<br>Takeout Center (18+)                         | 10:30am - 12:30pm (M-F) <br>1pm-4pm (M-F) ❄️ (5-Pack) | 730 Polk St                 | MUNI 19,31,38,38R,49   |
| Castro Senior Center (18+)   | 11:30am - 12:30pm (M-F)                               | 110 Diamond St              | MUNI 24,33,35,F,KT,L,M |
| Pomeroy Recreation & Rehabilitation Center<br>(Open to Pomeroy clients only) | 11:30am - 12:30pm (M-F)                               | 207 Skyline Blvd            | MUNI 18,58             |
| Richmond Senior Center (18+)   | 11:30am - 12:30pm (M-F)                               | 6221 Geary Blvd (3rd Floor) | MUNI 1,29,31,38,38R    |
| Telegraph Hill Neighborhood Center (18+)                                     | 11:30am- 12:30pm (M-F)                                | 660 Lombard St              | MUNI 8,30,39,PM        |

## Open Weekdays and Weekends

| Site   | Meal Times  | Address                       | Transportation        |
|--|---|-------------------------------|-----------------------|
| Curry Senior Center<br>(60+ Older Adults Only) | 8:30am - 9:30am (Breakfast, Daily) <br>10:30am - 12:30pm (Lunch, Daily) | 333 Turk St (2nd Floor)       | MUNI 5,5R,9,19,27,31  |
| Downtown Senior Center (18+)                   | 9am - 10am (Breakfast, Daily) <br>11am-12pm (Lunch, Daily)              | 481 O'Farrell St              | MUNI 27,31,38,38R     |
| Stanford Hotel (18+)                           | 11:30am - 12:30pm (Lunch, Daily)                                        | 250 Kearny Street (2nd Floor) | MUNI 2, 8, 30, 45, CA |
| Visitation Valley Community Center (18+)       | 11:30am-12:30pm (Lunch, Daily)    | 66 Raymond Ave                | MUNI 8,9,9R,56,KT     |

Meals are provided on a first come, first serve basis.

|   |  |   |   |
|---|--|---|---|
|  |  |  |  |
| Frozen Meals  | Hot Food   | Dine-In   | To-Go   |

# COMMUNITY NUTRITION PROGRAM SITES

## Join us for Meals with Love!



(See Reverse Side For Hours)


- Weekdays and Weekends
- ▲ Weekdays Only

**FOR MORE INFORMATION**  
[openhand.org/cnp](http://openhand.org/cnp)  
415-447-2379  
[cnp@openhand.org](mailto:cnp@openhand.org)







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meals with love

## 工作日開放

| 膳食站   | 膳食時間  | 地址                       | 公共交通巴士                 |
|---|---|--------------------------|------------------------|
| Aquatic Park Senior Center (18+)                              | 11:30am-12:30pm (星期一至星期五)                                    | 890 Beach St             | MUNI 19,28,30,49       |
| Ruth Brinker Meal Site (18+)<br>Takeout Center (18+)          | 10:30am - 12:30pm (星期一至星期五) <br>1pm-4pm (星期一至星期五) ❄️ (五份冰凍餐) | 730 Polk St              | MUNI 19,31,38,38R,49   |
| Castro Senior Center (18+)                                    | 11:30am - 12:30pm (星期一至星期五)                                  | 110 Diamond St           | MUNI 24,33,35,F,KT,L,M |
| Pomeroy Recreation & Rehabilitation Center<br>(只開放給Pomeroy客戶) | 11:30am - 12:30pm (星期一至星期五)                                  | 207 Skyline Blvd         | MUNI 18,58             |
| Richmond Senior Center (18+)                                  | 11:30am - 12:30pm (星期一至星期五)                                  | 6221 Geary Blvd (3rd 字樓) | MUNI 1,29,31,38,38R    |
| Telegraph Hill Neighborhood Center (18+)                      | 11:30am- 12:30pm (星期一至星期五)                                   | 660 Lombard St           | MUNI 8,30,39,PM        |

## 工作日和週末開放

| 膳食站                                      | 膳食時間  | 地址                         | 公共交通巴士                |
|--|---|----------------------------|-----------------------|
| Curry Senior Center<br>(僅限60+以上成年人)      | 8:30am - 9:30am (早餐 · 每日) <br>10:30am - 12:30pm (午餐 · 每日) | 333 Turk St (2nd 字樓)       | MUNI 5,5R,9,19,27,31  |
| Downtown Senior Center (18+)             | 9am - 10am (早餐 · 每日) <br>11am-12pm (午餐 · 每日)              | 481 O'Farrell St           | MUNI 27,31,38,38R     |
| Stanford Hotel (18+)                     | 11:30am - 12:30pm (午餐 · 每日)                               | 250 Kearny Street (2nd 字樓) | MUNI 2, 8, 30, 45, CA |
| Visitacion Valley Community Center (18+) | 11:30am-12:30pm (午餐 · 每日)                                 | 66 Raymond Ave             | MUNI 8,9,9R,56,KT     |

食物以先到先得方式供應。



冰凍餐



熱食物



堂食



外賣

# 社區營養 計劃膳食站

## 來和我們一起享用 愛心的膳食!




















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了解更多信息  
網站：[openhand.org/cnp](http://openhand.org/cnp)  
電話：415-447-2379  
電郵：[cnp@openhand.org](mailto:cnp@openhand.org)

Updated 6/2024

## Abierto entre Semana

| Centros  | Horarios de Comidas  | Dirección                  | Transportación         |
|--|--|----------------------------|------------------------|
| Aquatic Park Senior Center (18+)   | 11:30am-12:30pm (Lunes-Viernes)     | 890 Beach St               | MUNI 19,28,30,49       |
| Ruth Brinker Meal Site (18+)<br>Takeout Center (18+)                               | 10:30am - 12:30pm (Lunes-Viernes)   <br>1pm-4pm (Lunes-Viernes) ❄️ (Paquete de 5) | 730 Polk St                | MUNI 19,31,38,38R,49   |
| Castro Senior Center (18+)   | 11:30am - 12:30pm (Lunes-Viernes)     | 110 Diamond St             | MUNI 24,33,35,F,KT,L,M |
| Pomeroy Recreation & Rehabilitation Center<br>(Abierta solo a Clientes de Pomeroy) | 11:30am - 12:30pm (Lunes-Viernes)     | 207 Skyline Blvd           | MUNI 18,58             |
| Richmond Senior Center (18+)   | 11:30am - 12:30pm (Lunes-Viernes)    | 6221 Geary Blvd (3er piso) | MUNI 1,29,31,38,38R    |
| Telegraph Hill Neighborhood Center (18+)   | 11:30am - 12:30pm (Lunes-Viernes)     | 660 Lombard St             | MUNI 8,30,39,PM        |

## Abierto entre Semana y Fines de Semana

| Centros   | Horarios de Comidas  | Dirección                    | Transportación        |
|---|--|------------------------------|-----------------------|
| Curry Senior Center<br>(Solo para adultos mayores de 60 años) | 8:30am - 9:30am (Desayuno, Diario)   <br>10:30am - 12:30pm (Almuerzo, Diario) | 333 Turk St (2do piso)       | MUNI 5,5R,9,19,27,31  |
| Downtown Senior Center (18+)                                  | 9am - 10am (Desayuno, Diario)   <br>11am-12pm (Almuerzo, Diario)                | 481 O'Farrell St             | MUNI 27,31,38,38R     |
| Stanford Hotel (18+)  | 11:30am - 12:30pm (Almuerzo, Diario)                                        | 250 Kearny Street (2do piso) | MUNI 2, 8, 30, 45, CA |
| Visitacion Valley Community Center (18+)                      | 11:30am - 12:30pm (Almuerzo, Diario)                                        | 66 Raymond Ave               | MUNI 8,9,9R,56,KT     |

Las comidas se dan por orden de llegada.



Comida Congelada



Comida Caliente



Comer adentro



Para Llevar

## CENTROS DE NUTRICIÓN COMUNITARIA

# Únete a Nosotros para Comidas con Amor!



*(Vea el reverso para las horas de servicio)*

- Días de Semana y Fines de Semana
- ▲ Solo entre Semana

**PARA MÁS INFORMACIÓN**  
[openhand.org/cnp](http://openhand.org/cnp)  
415-447-2379  
[cnp@openhand.org](mailto:cnp@openhand.org)



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