

Select sites are open for takeout or dine-in congregate meals.  
 Site information below is subject to change.

<b>Aquatic Park</b>	890 Beach St.
Hot Lunch 11:30 AM -12:30 PM Monday through Friday ( <i>Takeout or dine-in</i> )	
<b>Castro Senior Center</b>	110 Diamond St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday ( <i>Takeout or dine-in</i> )	
<b>**Curry Senior Center</b>	333 Turk St.
Hot Breakfast 8:30-9:30AM Daily Hot Lunch 10:30 AM -12:30 PM Daily ( <i>Takeout or dine-in</i> )	
<b>Downtown Senior Center</b>	481 O'Farrell St.
Hot Breakfast 9:00-10:00AM Daily  Hot Lunch 11:00- 12:00 PM Daily ( <i>Takeout or dine-in</i> )	
<b>Richmond Senior Center</b>	6221 Geary – 3 <sup>rd</sup> Floor
Hot Lunch 11:30am – 12:30pm (Monday through Friday ( <i>dine-in only</i> ))	
<b>Ruth Brinker Meal Site</b>	730 Polk St.
Hot Lunch 10:30-12:30 Monday through Friday ( <i>Takeout or dine-in</i> )	
<b>Ruth Brinker Takeout Center</b>	730 Polk St.
Takeout meals 1:00 – 4:00pm, Monday through Friday ( <i>5 frozen meals including milk &amp; fruit</i> )	
<b>Swords To Plowshares- Stanford</b>	250 Kearny St
Hot Lunch: 11:30 AM-12:30 PM Daily ( <i>Takeout or dine-in</i> )	
<b>Telegraph Hill Neighborhood Center</b>	660 Lombard St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday ( <i>Takeout or dine-in</i> )	
<b>Visitacion Valley</b>	66 Raymond Ave.
Hot Lunch 11:30 AM – 12:30 PM Daily ( <i>Takeout or dine-in</i> )	

**\*\*This site only serves participants age 60+. All other sites serve Adults with Disabilities age 18 to 59, and participants 60+.**

The nutrition requirements for menu planning for the Community Nutrition Program are designed to meet the dietary guidelines for Americans 2020.

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 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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## PROJECT OPEN HAND

### Breakfast Menu

Angela Y. Slagle, Nutrition Assistant at Project Open Hand

# January 2025

## Water: Essential to life

You lose water everyday through urine, bowel movement, sweat and breath. Water loss can increase from little fluid consumption, fever, vomiting, diarrhea, and certain medications.

You must continually replace your body's water supply. Your body tells you to drink by making your mouth dry and feel thirsty. Sometimes your signals get mixed up - you think you are hungry when you are actually thirsty. As you age, you may forget to drink water throughout the day, and you don't feel thirsty – your sense of thirst decreases. When water loss is greater than your intake, your body becomes dehydrated.

Dehydration can affect your whole body. It can make you feel headache, tired, weak, dizzy, irritable, confused, and cause digestive issues. It can also result in constipation, kidney stones, and urinary tract infections.

How much water should you drink every day? It's a simple question but not any easy answer. The generally accepted belief is eight - 8 oz glasses of water a day. This may be suitable for some but is not a one-size-fits-all recommendation. Recommendations for water intake in adults will depend on gender, age, and activity level. Per the Academy of Nutrition and Dietetics, a good goal is 13 cups for men and 9 cups for women. Food also contributes to your water intake. Eating a diet high in vegetables and fruit can account for 20% of your fluid requirements.

#### Tips to drink more water daily:

- Start your day by drinking a cup of water as soon as you wake up – before your coffee or tea.
- Bring a refillable water bottle wherever you go.
- Set goals for yourself – track your progress.
- Plain water can be a little boring. Add lemon, lime or other fruit to flavor water.
- Replace sugary drinks with water to avoid empty calories.



*Please note: Some medical conditions may require you to follow a fluid restriction. If you are not sure whether you should be following a restriction, please talk to your medical provider.*



Project Open Hand  
 meals with love



SAN FRANCISCO HUMAN SERVICES AGENCY  
**Department of Disability  
 and Aging Services**

# PROJECT OPEN HAND BREAKFAST MENU JANUARY 2025

*Nourish & engage our community by providing meals with love to the sick and the elderly.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
<b>This Menu Is Subject To Change Without Notice. Milk Is Served Every Day</b>	visit us at <a href="http://www.openhand.org">www.openhand.org</a>	<b>Scrambled Eggs 1</b> Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Raisins	<b>Tofu Sesame Eggs 2</b> Hash Brown Whole Wheat Bread Margarine & Jelly Pineapple	<b>Cinnamon Raisin Oatmeal Turkey &amp; Potato Hash 3</b> Whole Wheat Bread Margarine & Jelly Apple	<b>Scrambled Eggs 4</b> Roasted Potatoes w/ veg Whole Wheat English Muffin Margarine & Jelly Raisins	<b>Basil Frittata 5</b> Hash Brown Whole Wheat Bread Margarine & Jelly Orange		
		<b>Egg White Patty Turkey Sausage 6</b> Hash Brown Whole Wheat English Muffin Margarine & Jelly Orange	<b>Turkey Sausage 7</b> Sweet Potato Hash Oatmeal w/ Berries Orange	<b>Scallion Scrambled Eggs 8</b> Breakfast Succotash Brown Rice Raisins	<b>Cinnamon Raisin Oatmeal Scrambled Eggs 9</b> Hash Brown Pineapple	<b>Breakfast Fried Brown Rice 10</b> Sweet Potato Hash Apple	<b>Cinnamon Raisin Oatmeal Turkey Sausage 11</b> Breakfast Potatoes Raisins	<b>Turkey Sausage &amp; Egg Casserole 12</b> Breakfast Hash Whole Wheat Bread Margarine & Jelly Raisins
		<b>Tomato Egg Stir Fry 13</b> Roasted Sweet Potato Brown Rice Orange	<b>Turkey Sausage 14</b> Hash Brown Oatmeal w/ Berries Orange	<b>Scrambled Eggs 15</b> Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Raisins	<b>Tofu Sesame Eggs 16</b> Hash Brown Whole Wheat Bread Margarine & Jelly Pineapple	<b>Cinnamon Raisin Oatmeal Turkey &amp; Potato Hash 17</b> Whole Wheat Bread Margarine & Jelly Apple	<b>Scrambled Eggs 18</b> Roasted Potatoes w/ veg Whole Wheat English Muffin Margarine & Jelly Raisins	<b>Basil Frittata 19</b> Hash Brown Whole Wheat Bread Margarine & Jelly Orange
		<b>Egg White Patty Turkey Sausage 20</b> Hash Brown Whole Wheat English Muffin Margarine & Jelly Orange	<b>Turkey Sausage 21</b> Sweet Potato Hash Oatmeal w/ Berries Orange	<b>Scallion Scrambled Eggs 22</b> Breakfast Succotash Brown Rice Raisins	<b>Cinnamon Raisin Oatmeal Scrambled Eggs 23</b> Hash Brown Pineapple	<b>Breakfast Fried Brown Rice 24</b> Sweet Potato Hash Apple	<b>Cinnamon Raisin Oatmeal Turkey Sausage 25</b> Breakfast Potatoes Raisins	<b>Turkey Sausage &amp; Egg Casserole 26</b> Breakfast Hash Whole Wheat Bread Margarine & Jelly Raisins
		<b>Tomato Egg Stir Fry 27</b> Roasted Sweet Potato Brown Rice Orange	<b>Turkey Sausage 28</b> Hash Brown Oatmeal w/ Berries Orange	<b>Scrambled Eggs 29</b> Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Raisins	<b>Tofu Sesame Eggs 30</b> Hash Brown Whole Wheat Bread Margarine & Jelly Pineapple	<b>Cinnamon Raisin Oatmeal Turkey &amp; Potato Hash 31</b> Whole Wheat Bread Margarine & Jelly Apple		

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 Wong, CNP Director**  
**Raymond Chong, CNP Manager**  
**Erica Corte, CNP Manager**  
**Miriam Aguilar, Manager, CNP Data & AWD HDM**

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!