

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

Aquatic Park	890 Beach St.
Hot Lunch 11:30 AM -12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
Castro Senior Center	110 Diamond St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
**Curry Senior Center	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>	
Downtown Senior Center	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>	
Richmond Senior Center	6221 Geary – 3 rd Floor
Hot Lunch 11:30am – 12:30pm (Monday through Friday <i>dine-in only</i>)	
Ruth Brinker Meal Site	730 Polk St.
Hot Lunch 10:30-12:30 Monday through Friday <i>(Takeout or dine-in)</i>	
Ruth Brinker Takeout Center	730 Polk St.
Takeout meals 1:00 – 4:00pm, Monday through Friday <i>(5 frozen meals including milk & fruit)</i>	
Swords To Plowshares- Stanford	250 Kearny St
Hot Lunch: 11:30 AM-12:30 PM Daily <i>(Takeout or dine-in)</i>	
Telegraph Hill Neighborhood Center	660 Lombard St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
Visitacion Valley	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 2015.

- 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)

In order to meet these guidelines each meal must contain the following:

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PROJECT OPEN HAND Breakfast Menu

Kayla Kamen, Registered Dietitian at Project Open Hand

November 2024

Diabetes Awareness Month



Managing diabetes is akin to juggling while riding a unicycle, over a tight rope. While it may sound impossible to do it all, it can be done with practice, access to resources, and support. It also requires constant communication with your healthcare team to assure that lab values are within normal limits, and further complications are avoided.

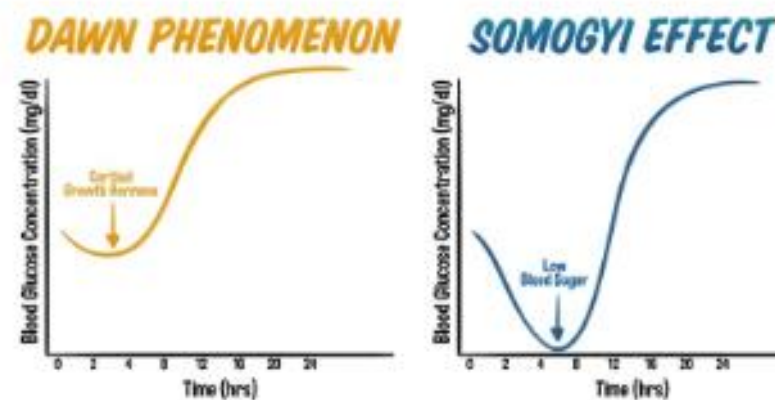
The key to managing diabetes is maintaining control over blood glucose. In addition to medication interventions, individuals with diabetes can manage their glucose through diet and lifestyle.

Start with these tips:

- Limiting sugary, concentrated sweets (juice, cakes, cookies, etc.)
- Pairing fruits and sweetened foods with fiber, fat, or protein to slow digestion and glucose uptake (ie fruit + nuts)
- Opting for whole grains instead of white (whole wheat bread, brown rice)
- Eat every couple hours to keep sugar levels consistent
- Daily regular exercise

The Dawn Phenomenon is the name for an episode of high blood sugar in the early hours of the morning. To help reduce instances of the Dawn Phenomenon, try limiting carb heavy food before bed. Instead eat protein rich foods and engage in light exercise after dinner, like a neighborhood walk.

Similarly, the Somogyi Effect is the occurrence of low blood sugar in the evenings. It is often followed by an episode of high sugar in the mornings. The idea is that there is a spike in blood sugar in response to hormones released during low blood sugar. To help manage this, it is recommended to reduce carbs before bed.



Want to learn more about managing your diabetes? Visit <https://diabetes.org/>





PROJECT OPEN HAND BREAKFAST MENU NOVEMBER 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
visit us at www.openhand.org	This Menu Is Subject To Change Without Notice. Milk Is Served Every Day			Scrambled Eggs 1 Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana	Cinnamon Raisin Oatmeal 2 Turkey Sausage Breakfast Potatoes Orange	Turkey Sausage & Egg Casserole 3 Breakfast Hash Whole Wheat Bread Margarine & Jelly Fruit Cup
Southwest Scrambled Eggs Housemade Salsa 4 Hash Brown Whole Wheat Bread Margarine & Jelly Orange	Breakfast Frittata 5 Hash Brown Whole Wheat Bread Margarine & Jelly Applesauce	Scrambled Eggs 6 Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana	Basil Frittata 7 Hash Brown Whole Wheat Bread Margarine & Jelly Orange	Cinnamon Raisin Oatmeal Turkey & Potato Hash 8 Whole Wheat Bread Margarine & Jelly Banana	Scrambled Eggs 9 Breakfast Potatoes Whole Wheat Bread Margarine & Jelly Orange	Enchilada Casserole 10 Breakfast Succotash Whole Wheat Bread Margarine & Jelly Fruit Cup
Scrambled Eggs 11 Breakfast Hash Whole Wheat Bread Margarine & Jelly Orange	Banana Baked Oats Turkey Sausage 12 Sweet Potato Hash Applesauce	Scrambled Eggs 13 Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana	Blueberry Baked Oats 14 Breakfast Hash Orange	Scrambled Eggs 15 Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana	Cinnamon Raisin Oatmeal Turkey Sausage 16 Breakfast Potatoes Orange	Turkey Sausage & Egg Casserole 17 Breakfast Hash Whole Wheat Bread Margarine & Jelly Fruit Cup
Southwest Scrambled Eggs Housemade Salsa 18 Hash Brown Whole Wheat Bread Margarine & Jelly Orange	Breakfast Frittata 19 Hash Brown Whole Wheat Bread Margarine & Jelly Applesauce	Scrambled Eggs 20 Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana	Basil Frittata 21 Hash Brown Whole Wheat Bread Margarine & Jelly Orange	Cinnamon Raisin Oatmeal Turkey & Potato Hash 22 Whole Wheat Bread Margarine & Jelly Banana	Scrambled Eggs 23 Breakfast Potatoes Whole Wheat Bread Margarine & Jelly Orange	Enchilada Casserole 24 Breakfast Succotash Whole Wheat Bread Margarine & Jelly Fruit Cup
Scrambled Eggs 25 Breakfast Hash Whole Wheat Bread Margarine & Jelly Orange	Banana Baked Oats Turkey Sausage 26 Sweet Potato Hash Applesauce	Scrambled Eggs 27 Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana	Blueberry Baked Oats 28 Breakfast Hash Orange	Scrambled Eggs 29 Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana	Cinnamon Raisin Oatmeal Turkey Sausage 30 Breakfast Potatoes Orange	

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!