

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 2015.

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

### Lunch 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.

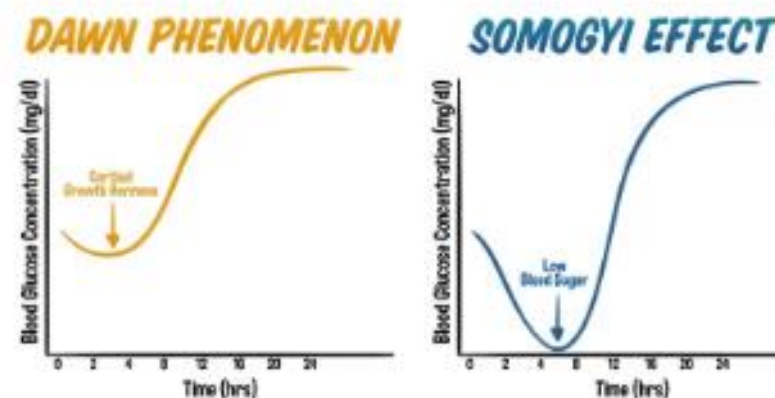
The key to managing diabetes is maintaining control over blood glucose. In addition to medication interventions, individuals with diabetes can manage their glucose through diet and lifestyle.

#### 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/>





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

# PROJECT OPEN HAND COMMUNITY NUTRITION PROGRAM 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
<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>						
Broccoli Carrot Salad <b>4</b> <b>Beef &amp; Barley Stew</b> Sweet Potatoes Orange	Mixed Greens Salad <b>5</b> Ranch Dressing <b>Mustard Chicken Thigh</b> Brown Rice Veggies Ragout Applesauce	Three Bean Salad <b>6</b> <b>Chicken, Broccoli, &amp; Cheddar Stew</b> Whole Wheat Rotini Banana	Garden Salad <b>7</b> 1000 island Dressing <b>Baked Cod</b> Macanese Curry Herbed Bulgur Orange	Macaroni Salad <b>1</b> <b>Turkey Chili</b> Brown Rice Broccoli Banana	Garden Salad <b>2</b> Feta & Herb Dressing <b>Chicken &amp; Mushroom Stew</b> Polenta Butternut Squash Orange	Garbanzo & Kale Salad <b>3</b> <b>Garlic &amp; Herb Chicken Breast</b> <b>Creamy Tomato Sauce</b> Quinoa & Brown Rice Carrots Fruit Cup
Garden Salad <b>11</b> Avocado Herb Dressing <b>Beef Birria</b> Brown Rice Carrots Orange	Quinoa Salad w/ Chickpeas <b>12</b> <b>Chicken Thigh</b> <b>Marinara Sauce</b> Whole Wheat Rotini Garden Vegetables Applesauce	Garden Salad <b>13</b> Caesar Dressing <b>Pork &amp; Chickpea Stew</b> Quinoa & Brown Rice Cauliflower Banana	Garden Salad <b>14</b> Lemon Dressing <b>Garlic Herb Salmon</b> Whole Wheat Rotini Artichoke & Spinach Ragout Orange	Corn & Tomato Salad <b>15</b> <b>Turkey Patty</b> <b>Green Curry Sauce</b> Quinoa & Brown Rice Root Vegetables Banana	Taco Salad <b>16</b> <b>Chicken Tinga</b> Brown Rice Garden Vegetables Orange	Broccoli Carrot Salad <b>10</b> <b>Balsamic Chicken Breast</b> <b>Alfredo Sauce</b> Whole Wheat Rotini Root Vegetables Fruit Cup
Macaroni Salad <b>18</b> <b>Beef Stew</b> Brown Rice Broccoli Orange	Garden Salad <b>19</b> Honey Mustard Dressing <b>Cumin Spiced Chicken Thigh</b> Tikka Masala Quinoa & Brown Rice Carrots Applesauce	Barley Salad <b>20</b> <b>Smokey Chicken &amp; Lentil Stew</b> Mashed Parsnips & Sweet Potatoes Garden Vegetables Banana	Garden Salad <b>21</b> Avocado Herb Dressing <b>Baked Cod</b> <b>Dijon Sauce</b> Brown Rice Tomato & Lentil Ragout Orange	Sweet Potato Salad <b>22</b> <b>Turkey Goulash</b> Polenta Broccoli Banana	Garden Salad <b>23</b> Russian Dressing <b>Pork, White Bean &amp; Artichoke Stew</b> Brown Rice Carrots Orange	Quinoa Salad w/ Feta & Chickpeas <b>24</b> <b>Garlic &amp; Herb Chicken Breast</b> Mushroom Sage Gravy Mashed Parsnips & Sweet Potatoes Fruit Cup
Garden Salad <b>25</b> Balsamic Dressing <b>Beef &amp; Lentil Ragout</b> Whole Wheat Rotini Garden Vegetables Orange	Taco Salad <b>26</b> <b>Chicken Thigh</b> <b>Salsa Verde</b> Brown Rice Sweet potatoes Applesauce	Pesto Pasta Salad <b>27</b> <b>Honey &amp; Roasted Garlic Glazed Salmon</b> <b>Tuscan Spinach &amp; Lemon Sauce</b> Roasted Potatoes Green Bean & Artichoke Casserole Banana Apple Pie <i>Happy Thanksgiving!</i>	Broccoli Carrot Salad <b>28</b> <b>Roasted Turkey Breast w/ Turkey Gravy</b> Whole Wheat Roll Mashed Potatoes Mashed Sweet Potatoes Orange Pumpkin Pie <i>Happy Thanksgiving!</i>	Garden Salad <b>29</b> Italian Dressing <b>Turkey Meatloaf</b> <b>Eggplant Mushroom Sauce</b> Herbed Bulgur Peas & Carrots Banana	Greek Pasta Salad <b>30</b> <b>Chicken Pomodoro Stew</b> Polenta Garden Vegetables 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!