

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.

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

Ryan Farquhar, Registered Dietitian at Project Open Hand

# October 2024

## Using all Pieces of Produce: Save Money, Stop Waste

One of the most pressing issues in the kitchen is food waste as about 120 billion pounds of food is wasted a year. For this month, the Nutrition Team at Project Open Hand wants to share some tips to reduce food waste and save grocery money!

### Economic Benefits

Using all parts of produce can lead to cost savings as using every part reduces the need to buy additional ingredients. For instance, beet greens, often discarded, can be sautéed or added to soups and salads. Similarly, carrot tops can be used as a base to make pesto sauce for pasta. By making the most out of every part of your produce, you can stretch your grocery budget further.

### Culinary Creativity

By using all parts of produce, you can experiment with new recipes. For example, potato peels can be transformed into crispy chips, and overripe fruits can be baked into delicious breads or muffins. This practice not only helps in reducing waste but also allows you to try new things with items you may have once thrown away. Exploring recipes that incorporate less commonly used parts of vegetables can be a fun and rewarding experience.

### Nutritional Value

Some of the produce parts we discard are also rich in nutrients. Beet greens are packed with vitamins A, C, and K, as well as minerals like calcium and iron. Similarly, cauliflower leaves are high in fiber and antioxidants. By adding these parts into our diets, we can enhance our nutrition and make the most of the food we buy.

### Practical Tips for Reducing Waste

- **Plan Meals:** Create weekly meal plans that utilize various parts of the product. For example, plan to use green onion leaves to add on top of noodles for a mild onion flavor while adding the green onion bulbs to another dish like stir fry that needs a stronger flavor.
- **Storage Solutions:** Make sure to store items in the fridge or on the counter appropriately to prevent over ripening. Items that are getting overly ripe can be frozen to preserve the food. You can also store vegetable or meat scraps in the freezer until you have enough to make a broth or soup.
- **Recipe Exploration:** Look for recipes designed to use veggie scraps or less common parts of produce. For example, you can also use overripe banana peels in your banana bread if you want a stronger banana flavor.
- **Composting:** If you cannot use all parts of your produce, consider adding the items to a composting bin so the food will be used to make better soil for growing more food.

By adopting these practices, you can make a big impact on reducing food waste!



If you are carving pumpkins this Halloween, try cooking with the pumpkin seeds!



Project Open Hand  
 meals with love



# PROJECT OPEN HAND BREAKFAST MENU OCTOBER 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Banana Baked Oats</b> <b>1</b> <b>Turkey Sausage</b> Sweet Potato Hash Applesauce	<b>Scrambled Eggs</b> <b>2</b> Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana	<b>Blueberry Baked Oats</b> <b>3</b> Breakfast Hash Orange	<b>Scrambled Eggs</b> <b>4</b> Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana	<b>Cinnamon Raisin Oatmeal</b> <b>5</b> <b>Turkey Sausage</b> Breakfast Potatoes Orange	<b>Turkey Sausage &amp; Egg</b> <b>6</b> <b>Casserole</b> Breakfast Hash Whole Wheat Bread Margarine & Jelly Fruit Cup
<b>Southwest</b> <b>7</b> <b>Scrambled Eggs</b> <b>Housemade Salsa</b> Hash Brown Whole Wheat Bread Margarine & Jelly Orange	<b>Breakfast Frittata</b> <b>8</b> Hash Brown Whole Wheat Bread Margarine & Jelly Applesauce	<b>Scrambled Eggs</b> <b>9</b> Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana	<b>Basil Frittata</b> <b>10</b> Hash Brown Whole Wheat Bread Margarine & Jelly Orange	<b>Cinnamon Raisin Oatmeal</b> <b>11</b> <b>Turkey &amp; Potato Hash</b> Whole Wheat Bread Margarine & Jelly Banana	<b>Scrambled Eggs</b> <b>12</b> Breakfast Potatoes Whole Wheat Bread Margarine & Jelly Orange	<b>Enchilada Casserole</b> <b>13</b> Breakfast Succotash Whole Wheat Bread Margarine & Jelly Fruit Cup
<b>Scrambled Eggs</b> <b>14</b> Breakfast Hash Whole Wheat Bread Margarine & Jelly Orange	<b>Banana Baked Oats</b> <b>15</b> <b>Turkey Sausage</b> Sweet Potato Hash Applesauce	<b>Scrambled Eggs</b> <b>16</b> Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana	<b>Blueberry Baked Oats</b> <b>17</b> Breakfast Hash Orange	<b>Scrambled Eggs</b> <b>18</b> Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana	<b>Cinnamon Raisin Oatmeal</b> <b>19</b> <b>Turkey Sausage</b> Breakfast Potatoes Orange	<b>Turkey Sausage &amp; Egg</b> <b>20</b> <b>Casserole</b> Breakfast Hash Whole Wheat Bread Margarine & Jelly Fruit Cup
<b>Southwest</b> <b>21</b> <b>Scrambled Eggs</b> <b>Housemade Salsa</b> Hash Brown Whole Wheat Bread Margarine & Jelly Orange	<b>Breakfast Frittata</b> <b>22</b> Hash Brown Whole Wheat Bread Margarine & Jelly Applesauce	<b>Scrambled Eggs</b> <b>23</b> Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana	<b>Basil Frittata</b> <b>24</b> Hash Brown Whole Wheat Bread Margarine & Jelly Orange	<b>Cinnamon Raisin Oatmeal</b> <b>25</b> <b>Turkey &amp; Potato Hash</b> Whole Wheat Bread Margarine & Jelly Banana	<b>Scrambled Eggs</b> <b>26</b> Breakfast Potatoes Whole Wheat Bread Margarine & Jelly Orange	<b>Enchilada Casserole</b> <b>27</b> Breakfast Succotash Whole Wheat Bread Margarine & Jelly Fruit Cup
<b>Scrambled Eggs</b> <b>28</b> Breakfast Hash Whole Wheat Bread Margarine & Jelly Orange	<b>Banana Baked Oats</b> <b>29</b> <b>Turkey Sausage</b> Sweet Potato Hash Applesauce	<b>Scrambled Eggs</b> <b>30</b> Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana	<b>Blueberry Baked Oats</b> <b>31</b> Breakfast Hash Orange		visit us at <a href="http://www.openhand.org">www.openhand.org</a>	<b>This Menu Is Subject To Change Without Notice.</b> <b>Milk Is Served Every Day</b>

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!