

COVID-19 SERVICE UPDATE: Sites listed below are open for takeout or dine-in congregate meals. Select sites are open to distribute frozen meals once a week to encourage shelter in place.

Clients can come to 730 Polk Street, 1st floor Monday through Friday from 1-4pm to pick up 5 frozen meals for the week. Meals also include milk and fruit. For any questions regarding pick up meals, please call 415-447-2379 during the 1-4pm pick up window.

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>)	
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.

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

Kristi Friesen, Registered Dietitian at Project Open Hand

September 2024

Food Safety Awareness Month

According to the CDC, 1 in 6 Americans get sick from eating contaminated food each year.



Anyone can get food poisoning, but certain groups are more likely to get sick and have a more serious illness. Older adults have a higher risk because as people age, their immune systems have a harder time fighting off infection.

How can you keep your food safe?

Clean by washing your hands for at least 20 seconds with hot water and soap before preparing foods, and before eating. Keep your counter tops and dishes clean after each use.

Separate raw meat and uncooked items from ready-to-eat foods, to reduce the risk of cross contamination of bacteria from something like raw chicken to cooked brown rice.

Cook your food to a high enough temperature to kill bacteria that may be present. Use a thermometer to make sure your food has reached a safe internal temperature.

Chill foods to keep bacteria from growing. Bacteria is able to grow quickly at room temperature, so keep fresh foods in the refrigerator to limit this risk.

At Project Open Hand meal sites, we take every precaution to keep food safe from contamination. Use these guidelines to help protect your food at home as well!

To learn more about food safety, visit www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling



Project Open Hand
meals with love



PROJECT OPEN HAND BREAKFAST MENU SEPTEMBER 2024

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

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