

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, 1<sup>st</sup> 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.*

<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>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

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](http://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling)





SAN FRANCISCO HUMAN SERVICES AGENCY  
 Department of Disability  
 and Aging Services

# PROJECT OPEN HAND COMMUNITY NUTRITION PROGRAM 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
<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>1</b> <b>Balsamic Chicken Breast</b> <b>Alfredo Sauce</b> Whole Wheat Rotini Root Vegetables Fruit Cup
Cilantro Cabbage Slaw <b>2</b> <b>Sichuan Beef with Broccoli</b> Veggie Fried Brown Rice Fruit Salad  <i>Happy Labor Day!</i>	Quinoa Salad w/ Chickpeas <b>3</b> <b>Chicken Thigh</b> <b>Marinara Sauce</b> Whole Wheat Rotini Garden Vegetables Applesauce	Garden Salad <b>4</b> Caesar Dressing <b>Pork &amp; Chickpea Stew</b> Quinoa & Brown Rice Cauliflower Banana	Garden Salad <b>5</b> Lemon Dressing <b>Garlic Herb Salmon</b> Whole Wheat Rotini Artichoke & Spinach Ragout Orange	Corn & Tomato Salad <b>6</b> <b>Turkey Patty</b> <b>Green Curry Sauce</b> Quinoa & Brown Rice Root Vegetables Banana	Taco Salad <b>7</b> <b>Chicken Tinga</b> Brown Rice Garden Vegetables Orange	Garden Salad <b>8</b> Ranch Dressing <b>Garlic &amp; Herb Chicken Breast</b> Cacciatore Sauce Barley & Vegetables Fruit Cup
Macaroni Salad <b>9</b> <b>Beef Stew</b> Brown Rice Broccoli Orange	Garden Salad <b>10</b> Honey Mustard Dressing <b>Cumin Spiced Chicken Thigh</b> Tikka Masala Quinoa & Brown Rice Carrots Applesauce	Barley Salad <b>11</b> <b>Smokey Chicken &amp; Lentil Stew</b> Mashed Parsnips & Sweet Potatoes Garden Vegetables Banana	Garden Salad <b>12</b> Avocado Herb Dressing <b>Baked Cod</b> <b>Dijon Sauce</b> Brown Rice Tomato & Lentil Ragout Orange	Sweet Potato Salad <b>13</b> <b>Turkey Goulash</b> Polenta Broccoli Banana	Garden Salad <b>14</b> Russian Dressing <b>Pork, White Bean &amp; Artichoke Stew</b> Brown Rice Carrots Orange	Quinoa Salad w/ Feta & Chickpeas <b>15</b> <b>Garlic &amp; Herb Chicken Breast</b> Mushroom Sage Gravy Mashed Parsnips & Sweet Potatoes Fruit Cup
Garden Salad <b>16</b> Balsamic Dressing <b>Beef &amp; Lentil Ragout</b> Whole Wheat Rotini Garden Vegetables Orange	Taco Salad <b>17</b> <b>Chicken Thigh</b> <b>Salsa Verde</b> Brown Rice Sweet potatoes Applesauce	Garden Salad <b>18</b> Caesar Dressing <b>Pork Chili</b> Quinoa & Brown Rice Root Vegetables Banana	Garbanzo & Sweet Potato Salad <b>19</b> <b>Baked Salmon</b> <b>Paprikash Sauce</b> Whole Wheat Rotini Broccoli Orange	Garden Salad <b>20</b> Italian Dressing <b>Turkey Meatloaf</b> <b>Eggplant Mushroom Sauce</b> Herbed Bulgur Peas & Carrots Banana	Greek Pasta Salad <b>21</b> <b>Chicken Pomodoro Stew</b> Polenta Garden Vegetables Orange	Garden Salad <b>22</b> Ranch Dressing <b>Garlic &amp; Herb Chicken Breast</b> <b>Creamy Basil Sauce</b> Barley & Mushroom Capri Vegetables Fruit Cup
Garden Salad <b>23</b> Honey Mustard Dressing <b>Beef Stroganoff</b> Whole Wheat Rotini Broccoli Orange	Garden Salad <b>24</b> Caesar Dressing <b>Baked Chicken Thigh</b> Brown Rice White Bean Spinach Applesauce	Sweet Potato Salad <b>25</b> <b>Pork &amp; Black Bean Mole</b> Quinoa Broccoli Banana	Garden Salad <b>26</b> Avocado Herb Dressing <b>Baked Salmon</b> Couscous & Quinoa Ratatouille Orange	Macaroni Salad <b>27</b> <b>Turkey Chili</b> Brown Rice Broccoli Banana	Garden Salad <b>28</b> Feta & Herb Dressing <b>Chicken &amp; Mushroom Stew</b> Polenta Butternut Squash Orange	Garbanzo & Kale Salad <b>29</b> <b>Garlic &amp; Herb Chicken Breast</b> <b>Creamy Tomato Sauce</b> Quinoa & Brown Rice Carrots Fruit Cup
Broccoli Carrot Salad <b>30</b> <b>Beef &amp; Barley Stew</b> Sweet 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 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!