

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. We require all participants to wear a mask and follow social distancing protocols for the safety of our staff and volunteers.

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 415-447-2310 during the 1-4pm pick up window.

Site information below is subject to change.

****This site serves Adult with Disabilities ages 18-59**

**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 <i>(Takeout or dine-in)</i> Hot Lunch 10:30 AM -12:30 PM Daily	
**Downtown Senior Center	481 O'Farrell St.
Hot Breakfast 9:00-10:00AM Daily <i>(Takeout or dine-in)</i> Hot Lunch 11:00- 12:00 PM Daily	
**IT Bookman Community Center	446 Randolph St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
**Project Open Hand AWD Site only	730 Polk St.
Hot Lunch 10:30-12:30 Monday through Friday <i>(Takeout or dine-in)</i>	
**Richmond Senior Center	6221 Geary – 3 rd Floor
5 Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm	
**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>	

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

Erika Tribett, Nutritionist at Project Open Hand

May 2023

Reduce inflammation to protect brain power!

Inflammation is the body's tool for healing when we experience an injury or illness. However, our bodies can also become inflamed when we experience stress, poor sleep or eat certain foods in excess. Inflammation for long periods of time can cause damage to tissues in the body. The good news: Eating foods that prevent or reduce inflammation in the body can help protect us from chronic inflammation and preserve our memory and ability to think clearly. In fact, foods that reduce inflammation in the body can have a profoundly positive impact on not only our brains, but our hearts, pancreas, liver and joints, too!

So, what can you do to reduce inflammation and keep your brain sharp?



Add 1-2 servings of green, leafy vegetables to your day – Bok choy, broccoli, collard greens and spinach contain anti-inflammatory nutrients such as vitamin K, beta-carotene and folate! Try spinach in a salad, stir fried broccoli or Bok choy with garlic, or add greens to a favorite soup.

Try berries for breakfast or snack – Antioxidants in strawberries, blueberries and other bright-colored fruit vegetables help protect cells (like brain cells!) from damage and may improve memory. These are in season during the summer, which also means they are more affordable.



Stock your pantry with sources of omega-3 fatty acids – Salmon, cod and sardines are great sources of this healthy fat that preserves brain health. The American Heart Association recommends 2, 3.5-ounce servings of fish or ¾ c of flaked fish per week. Chia seeds are a good plant-based source of these fats, and they make a tasty pudding with soy milk and fruit!

Try to limit added sugars and refined grains – Added sugars are found in many processed foods including sodas, some juices, pastries and some sauces. Refined grains include white rice, white bread, and other flour-based foods such as crackers and pastries. Smaller portions of these foods or eating them less frequently can help maintain stable blood sugar, reduce inflammation and reduce risk of diabetes and possibly dementia.

In addition to the foods we eat, **physical activity** can reduce inflammation and support brain health, too! Each week, aim for two and a half hours of activity such as brisk walking, dancing, housework or water sports.

Social time with friends, family and people you see at your Project Open Hand meal site also protects our brain function. *Join us often for brain boosting meals and conversation at your local CNP location!*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Scrambled Eggs 1 Breakfast Hash English Muffin Margarine & Jelly Fruit of the Day	Turkey Potato Hash 2 Almond Berry Oatmeal Bake Fruit of the Day	Spinach & Tomato 3 Frittata Sausage & Black Bean Hash Whole Wheat Bread Fruit of the Day	Scrambled Eggs 4 Butternut Squash & Kale Whole Wheat Bread Margarine & Jelly Fruit of the Day	Scrambled Eggs 5 Sweet Potato Hash English Muffin Margarine & Jelly Fruit of the Day	Turkey Sausage Casserole 6 Avocado Salsa Whole Wheat Bread Fruit of the Day	Turkey Sausage 7 Breakfast Hash Oatmeal with Blueberries Fruit of the Day
Southwest Scrambled Eggs 8 Hash Brown Cinnamon Raisin Oatmeal Fruit of the Day	Scrambled Eggs 9 Breakfast Potatoes English Muffin Margarine & Jelly Fruit of the Day	Scrambled Eggs 10 Turkey Potato Hash Housemade Salsa Whole Wheat Bread Fruit of the Day	Broccoli Cheddar Casserole 11 Red Pepper Sauce English Muffin Margarine & Jelly Fruit of the Day	Scrambled Eggs 12 Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Fruit of the Day	Breakfast Enchilada 13 Casserole Sweet Potato Hash Whole Wheat Bread Fruit of the Day	Scrambled Eggs 14 Breakfast Potatoes Salsa Verde Whole Wheat Bread Margarine & Jelly Fruit of the Day
Scrambled Eggs 15 Breakfast Hash English Muffin Margarine & Jelly Fruit of the Day	Turkey Potato Hash 16 Almond Berry Oatmeal Bake Fruit of the Day	Spinach & Tomato 17 Frittata Sausage & Black Bean Hash Whole Wheat Bread Fruit of the Day	Scrambled Eggs 18 Butternut Squash & Kale Whole Wheat Bread Margarine & Jelly Fruit of the Day	Scrambled Eggs 19 Sweet Potato Hash English Muffin Margarine & Jelly Fruit of the Day	Turkey Sausage Casserole 20 Avocado Salsa Whole Wheat Bread Fruit of the Day	Turkey Sausage 21 Breakfast Hash Oatmeal with Blueberries Fruit of the Day
Southwest Scrambled Eggs 22 Hash Brown Cinnamon Raisin Oatmeal Fruit of the Day	Scrambled Eggs 23 Breakfast Potatoes English Muffin Margarine & Jelly Fruit of the Day	Scrambled Eggs 24 Turkey Potato Hash Housemade Salsa Whole Wheat Bread Fruit of the Day	Broccoli Cheddar Casserole 25 Red Pepper Sauce English Muffin Margarine & Jelly Fruit of the Day	Scrambled Eggs 26 Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Fruit of the Day	Breakfast Enchilada 27 Casserole Sweet Potato Hash Whole Wheat Bread Fruit of the Day	Scrambled Eggs 28 Breakfast Potatoes Salsa Verde Whole Wheat Bread Margarine & Jelly Fruit of the Day
Scrambled Eggs 29 Breakfast Hash English Muffin Margarine & Jelly Fruit of the Day	Turkey Potato Hash 30 Almond Berry Oatmeal Bake Fruit of the Day	Spinach & Tomato 31 Frittata Sausage & Black Bean Hash Whole Wheat Bread Fruit of the Day			visit us at www.openhand.org	This Menu Is Subject To Change Without Notice. Milk Is Served Every Day

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!