

Meals are served on a first come, first served basis. Site information is subject to change.

Project Open Hand LUNCH MENU

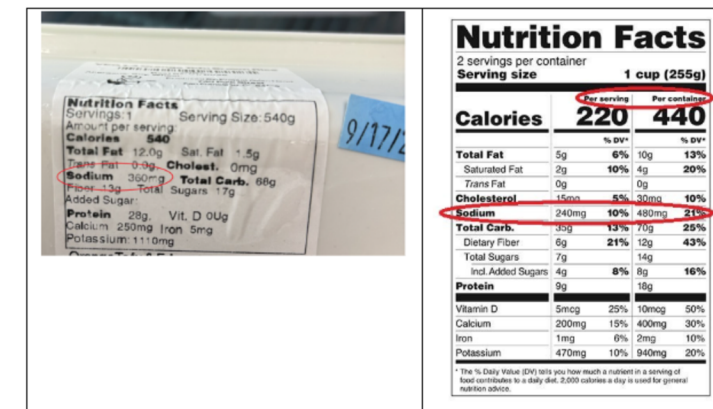
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By Anna DiStefano, Registered Dietitian at Project Open Hand

LOCATION	LUNCH <i>Mon-Fri only</i>	BREAKFAST
Aquatic Park 890 Beach Street	11:30 AM – 12:30 PM Dine-in only	—
Castro Senior Center 110 Diamond Street	11:30 AM – 12:30 PM Dine-in only	—
Curry Senior Center 333 Turk Street - 2 nd Floor	11:00 AM – 12:30 PM Dine-in and ages 60+ only	8:30 AM – 9:30 AM Dine-in or takeout Daily
Downtown Senior Center 481 O'Farrell Street	11:00 AM – 12:00 PM	9:00 AM – 10:00 AM Dine-in or takeout Monday - Friday
Excelsior Community Center 4468 Mission Street	11:30 AM – 12:30 PM Dine-in only	—
Richmond Senior Center 6221 Geary Street – 3 rd Floor	11:30 AM – 12:30 PM Dine-in only	—
Ruth Brinker Meal Site 771 Ellis Street	10:30 AM – 12:30 PM Dine-in only	—
Swords To Plowshares – Stanford 250 Kearny Street	11:30 AM – 12:30 PM Dine-in only	—
Telegraph Hill Neighborhood Center 660 Lombard Street	11:30 AM – 12:30 PM	—
Visitacion Valley 66 Raymond Avenue	11:30 AM – 12:30 PM	—

Managing Sodium and High Blood Pressure

Managing your sodium intake is important for those with high blood pressure. A general guideline for high blood pressure is less than 2,300 mg of sodium per day. Examples of a POH label (left) and a commercial label (right) are below, with the sodium content circled.



All Project Open Hand meals are tailored to help you manage your blood pressure and keep your heart healthy. Other than our meals, you should limit processed or prepackaged foods. If you are having 3 meals a day, each meal should have less than **700 mg of sodium** to stay under the daily recommendation.

The best way to lower your sodium intake is to get comfortable with other flavors! Below are a couple short lists of ideas:

Dry, savory spices	Heat / spicy	Fresh herbs	Aromatics	Acids
Paprika	Dried chilies	Basil	Onions	White wine vinegar
Cumin	Fresh chilies	Dill	Garlic	Red wine vinegar
Sage	Peppercorns	Cilantro	Ginger	Balsamic vinegar
Curry	Cayenne powder	Parsley	Shallots	Rice vinegar
Clove	Wasabi	Mint	Chives	Lemon juice
Nutmeg	Horseradish	Rosemary	Fennel	Lime juice
Star anise	Red pepper flakes	Tarragon	Lemongrass	Orange juice

Recipes will often have you begin with AROMATICS or DRY SPICES, add HEAT / SPICY to taste, and finish dishes with FRESH HERBS and/or ACIDS. However, you can use all of these throughout the cooking process! For example, orange juice can be a great marinate for meat, and chives can be added as a topping to a finished dish. When cooking, avoid using salt at the beginning of a dish. Add a small sprinkle at the very end – that way, you can still taste the salt, but there's less in your food.

Give it time! It takes two weeks for your taste buds to regenerate – you might like a dish better after your taste buds have adjusted from a high-sodium diet.

Comments, Suggestions, Feedback?

We would love to hear from you! Please fill out a comment card when you dine with us and drop it into the collection box.

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