

Appendix F		ANNUAL SITE CHART - HOME-DELIVERED MEALS						OFFICE OF C
AGENCY:	Self-Help for the Elderly							
MAILING ADDRESS:	731 Sansome Street, Suite 100, San Francisco, CA 94111							
DIRECTOR:	Karen Lam				EMAIL:	karenl@selfhelpelderly.org		
PROGRAM MANAGER:	Stephen Ngan				EMAIL:	stephenn@selfhelpelderly.org		
HDM Program Type (ENP or AWD)	ENP	ENP	ENP	ENP	ENP	ENP	ENP	
Name of Delivery Route (e.g. Route 1, Route B, Excelsior Route, etc.)	H1, J2	J5, J7	J1, J3	J6	H1, H2	B1, C1	A3, B2, C2	
Address and Zip (where meals are produced and/or packed)	1555 Burke Ave, Unit D SF, CA 94124	1555 Burke Ave, Unit D SF, CA 94124	1555 Burke Ave, Unit D SF, CA 94124	1555 Burke Ave, Unit D SF, CA 94124	1555 Burke Ave, Unit D SF, CA 94124	1555 Burke Ave, Unit D SF, CA 94124	1555 Burke Ave, Unit D SF, CA 94124	
Phone Number	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	
Alternate Phone Number	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	
Neighborhood/ Geographic Delivery Service Area	Richmond, Seacliff	Richmond, Seacliff	Richmond, Seacliff, Cole Valley	Richmond, Seacliff	Marina	Chinatown, North Beach, Nob Hill, Russian Hill	Chinatown, North Beach, Nob Hill, Russian Hill	
Supervisory District #	1	1	1	1	2	3	3	
Zip Codes Served	94118, 94121	94118, 94121	94117, 94118, 94121	94118, 94121	94109, 94129, 94123	94102, 94103, 94108, 94109, 94111, 94133	94102, 94103, 94108, 94109, 94111, 94133	
Meal Delivery Days	x Mon Tues Wed x Thurs Fri Sat Sun	x Mon Tues Wed x Thurs Fri Sat Sun	Mon x Tues Wed Thurs x Fri Sat Sun	Mon x Tues Wed Thurs x Fri Sat Sun	x Mon x Tues x Wed x Thurs x Fri Sat Sun	x Mon Tues Wed x Thurs Fri Sat Sun	Mon x Tues Wed Thurs x Fri Sat Sun	
Office Hours	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	
Type of Meal (hot, chill or frozen)	Hot	Frozen	Hot	Frozen	Hot	Hot	Hot	
DIET Type (Regular, Vegetarian, Modified-specific, e.g. Diabetic)	Regular	Regular	Regular	Regular	Regular	Regular	Regular	
Cuisine Type (Select from list)	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	
# Unduplicated Consumers	55	60	63	22	22	45	45	
Maximum # of consumers served on route/delivery day	51	59	61	21	21	43	43	
Number of Meals on Route	12,300	13,516	14,010	5,000	5,000	10,000	10,000	
Annual # Comprehensive Assessment Units								
Annual # Nutrition Counseling HOURS								
Annual # Nutrition Counseling SESSIONS								
Annual # Unduplicated Nutrition Counseling Consumers								
# Service Days (7/1/2024-6/30/2025)	249	249	249	249	249	249	249	
Average # meals per day	48	56	59	19	19	41	41	
Holidays (list holidays - no delivery between 7/1/2025-6/30/2026)	New Year's Day, Martin Luther King, Jr. Day, Chinese New Year, Presidents' Day, Memorial Day, Independence Day, Labor Day, Indigenous Peoples Day, Veterans Day, Thanksgiving							

Nutrition Education	
Annual # Nutrition Education Sessions (if nutrition partner has both AWD & ENP congregate programs, the # of nutrition education sessions are combined)	4
Annual # of Participants (Average # of UDC x # of nutrition education sessions)	2960

Note: To unprotect the document to add more pages, etc., go to Tools, and select "Protection", "unprotect". No password needed.

COMMUNITY PARTNERSHIPS

PHONE NO.: (415) 677-7503

PHONE NO.: (415) 677-7580

ENP	ENP	ENP	ENP	ENP	ENP	ENP	ENP	ENP	ENP
S1, S3, S9	S5, S7	S2, S4, S10	S6, S8	A1, A3, C6	H2	A1	A2	A4	K2, S1
1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D
SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124
(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580
(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615
Sunset	Sunset	Sunset	Sunset	Tenderloin, Western Addition, Japantown, Haight Ashbury	Tenderloin, Western Addition, Japantown, Haight Ashbury	South of Market, Mission Bay	South of Market, Mission Bay	South of Market, Mission Bay	Inner Sunset, Ingleside, Stonetown
4	4	4	4	5	5	6	6	6	7
94116, 94122	94116, 94122	94116, 94122	94116, 94122	94102, 94109, 94115	94102, 94109, 94115	94103, 94107	94107, 94158	94107, 94158	94122, 94116, 94112, 94132
x Mon Tues	x Mon Tues	Mon x Tues	Mon x Tues	Mon x Tues	x Mon Tues	Mon x Tues	x Mon Tues	Mon x Tues	x Mon Tues
Wed x Thurs	Wed x Thurs	Wed Thurs	Wed Thurs	Wed Thurs	Wed x Thurs	Wed Thurs	Wed x Thurs	Wed Thurs	Wed x Thurs
Fri Sat	Fri Sat	x Fri Sat	x Fri Sat	x Fri Sat	Fri Sat	x Fri Sat	Fri Sat	x Fri Sat	Fri Sat
Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun
9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm
Hot	Frozen	Hot	Frozen	Hot	Hot	Hot	Hot	Frozen	Hot
Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular
Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese
78	36	100	45	50	10	10	23	13	31
74	31	92	41	46	9	9	21	11	26
18,000	8,100	22,500	10,000	11,500	2,300	2,300	5,100	3,000	7,000
249	249	249	249	249	249	249	249	249	249
60	28	88	38	44	8	8	19	9	24

ing Day, Day after Thanksgiving, Christmas Day

ENP	ENP	ENP	ENP	ENP	ENP	ENP	ENP	ENP
K5, S7	K1, S2	D	D	K5	L1	D, K6	L1	K6
1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D
SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124
(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580
(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615
Inner Sunset, Ingleside, Stonetown	Inner Sunset, Ingleside, Stonetown	Inner Sunset, Ingleside, Stonetown	Noe Valley	Noe Valley	Portola	Portola	Bayview	Bayview
7	7	7	8	8	9	9	10	10
94122, 94116, 94112	94122, 94116, 94112, 94132	94122, 94116, 94112	94116, 94122	94116, 94122	94134	94110, 94134	94124, 94134	94124, 94134
x Mon Tues	Mon x Tues	Mon x Tues	Mon x Tues	x Mon Tues	x Mon Tues	Mon x Tues	x Mon Tues	Mon x Tues
Wed x Thurs	Wed Thurs	Wed Thurs	Wed Thurs	Wed x Thurs	Wed x Thurs	Wed Thurs	Wed x Thurs	Wed Thurs
Fri Sat	x Fri Sat	x Fri Sat	x Fri Sat	Fri Sat	Fri Sat	x Fri Sat	Fri Sat	x Fri Sat
Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun
9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm
Frozen	Hot	Frozen	Frozen	Frozen	Hot	Frozen	Hot	Frozen
Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular
Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese
10	10	5	5	5	14	14	10	10
9	9	5	5	5	13	13	9	9
2,300	2,300	1,200	1,200	1,200	3,150	3,150	2,200	2,200
249	249	249	249	249	249	249	249	249
8	8	5	5	5	11	11	9	9

ENP	ENP	ENP	Total # of Delivery Routes
K2, L	K5	K1	33
1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	
SF, CA 94124	SF, CA 94124	SF, CA 94124	
(415) 677-7580	(415) 677-7580	(415) 677-7580	
(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	
Excelsior	Excelsior	Excelsior	
11	11	11	
94112, 94132	94112, 94132	94112, 94132	
x Mon Tues	x Mon Tues	Mon x Tues	
Wed x Thurs	Wed x Thurs	Wed Thurs	
Fri Sat	Fri Sat	x Fri Sat	
Sun	Sun	Sun	
9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	
Hot	Frozen	Hot	
Regular	Regular	Regular	
Chinese	Chinese	Chinese	
23	23	23	860
21	21	21	799
5,200	5,200	5,200	194,126
			0
			0
			0
			0
249	249	249	249
20	20	20	740

ANNUAL SITE CHART - HOME-DELIVERED MEALS

OFFICE OF C

ANNUAL SITE CHART - HOME-DELIVERED MEALS							
OFFICE OF C							
AGENCY:	Self-Help for the Elderly						
MAILING ADDRESS:	731 Sansome Street, Suite 100, San Francisco, CA 94111						
DIRECTOR:	Karen Lam			EMAIL:	karenl@selfhelpelderly.org		
PROGRAM MANAGER:	Stephen Ngan			EMAIL:	stephenn@selfhelpelderly.org		
HDM Program Type (ENP or AWD)	ENP	ENP	ENP	ENP	ENP	ENP	ENP
Name of Delivery Route (e.g. Route 1, Route B, Excelsior Route, etc.)	H1, J2	J5, J7	J1, J3	J6	H1, H2	B1, C1	A3, B2, C2
Address and Zip (where meals are produced and/or packed)	1555 Burke Ave, Unit D SF, CA 94124	1555 Burke Ave, Unit D SF, CA 94124	1555 Burke Ave, Unit D SF, CA 94124	1555 Burke Ave, Unit D SF, CA 94124	1555 Burke Ave, Unit D SF, CA 94124	1555 Burke Ave, Unit D SF, CA 94124	1555 Burke Ave, Unit D SF, CA 94124
Phone Number	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580
Alternate Phone Number	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615
Neighborhood/ Geographic Delivery Service Area	Richmond, Seacliff	Richmond, Seacliff	Richmond, Seacliff, Cole Valley	Richmond, Seacliff	Marina	Chinatown, North Beach, Nob Hill, Russian Hill	Chinatown, North Beach, Nob Hill, Russian Hill
Supervisory District #	1	1	1	1	2	3	3
Zip Codes Served	94118, 94121	94118, 94121	94117, 94118, 94121	94118, 94121	94109, 94129, 94123	94102, 94103, 94108, 94109, 94111, 94133	94102, 94103, 94108, 94109, 94111, 94133
Meal Delivery Days	x Mon Tues Wed x Thurs Fri Sat Sun	x Mon Tues Wed x Thurs Fri Sat Sun	Mon x Tues Wed Thurs x Fri Sat Sun	Mon x Tues Wed Thurs x Fri Sat Sun	x Mon x Tues x Wed x Thurs x Fri Sat Sun	x Mon Tues Wed x Thurs Fri Sat Sun	Mon x Tues Wed Thurs x Fri Sat Sun
Office Hours	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm
Type of Meal (hot, chill or frozen)	Hot	Frozen	Hot	Frozen	Hot	Hot	Hot
DIET Type (Regular, Vegetarian, Modified-specific, e.g. Diabetic)	Regular	Regular	Regular	Regular	Regular	Regular	Regular
Cuisine Type (Select from list)	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese
# Unduplicated Consumers	55	60	63	22	22	45	45
Maximum # of consumers served on route/delivery day	51	59	61	21	21	43	43
Number of Meals on Route	12,300	13,516	14,010	5,000	5,000	10,000	10,000
Annual # Comprehensive Assessment Units							
Annual # Nutrition Counseling HOURS							
Annual # Nutrition Counseling SESSIONS							
Annual # Unduplicated Nutrition Counseling Consumers							
# Service Days (7/1/2024-6/30/2025)	249	249	249	249	249	249	249
Average # meals per day	48	56	59	19	19	41	41
Holidays (list holidays - no delivery between 7/1/2026-6/30/2027)	New Year's Day, Martin Luther King, Jr. Day, Chinese New Year, Presidents' Day, Memorial Day, Independence Day, Labor Day, Indigenous Peoples Day, Veterans Day, Thanksgiving						

Nutrition Education	
Annual # Nutrition Education Sessions (if nutrition partner has both AWD & ENP congregate programs, the # of nutrition education sessions are combined)	4
Annual # of Participants (# of UDC x # of nutrition education sessions)	3440

Note: To unprotect the document to add more pages, etc., go to Tools, and select "Protection", "unprotect". No password needed.

COMMUNITY PARTNERSHIPS

PHONE NO.: (415) 677-7503

PHONE NO.: (415) 677-7580

ENP	ENP	ENP	ENP	ENP	ENP	ENP	ENP	ENP	ENP
S1, S3, S9	S5, S7	S2, S4, S10	S6, S8	A1, A3, C6	H2	A1	A2	A4	K2, S1
1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D
SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124
(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580
(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615
Sunset	Sunset	Sunset	Sunset	Tenderloin, Western Addition, Japantown, Haight Ashbury	Tenderloin, Western Addition, Japantown, Haight Ashbury	South of Market, Mission Bay	South of Market, Mission Bay	South of Market, Mission Bay	Inner Sunset, Ingleside, Stonetown
4	4	4	4	5	5	6	6	6	7
94116, 94122	94116, 94122	94116, 94122	94116, 94122	94102, 94109, 94115	94102, 94109, 94115	94103, 94107	94107, 94158	94107, 94158	94122, 94116, 94112, 94132
x Mon Tues	x Mon Tues	Mon x Tues	Mon x Tues	Mon x Tues	x Mon Tues	Mon x Tues	x Mon Tues	Mon x Tues	x Mon Tues
Wed x Thurs	Wed x Thurs	Wed Thurs	Wed Thurs	Wed Thurs	Wed x Thurs	Wed Thurs	Wed x Thurs	Wed Thurs	Wed x Thurs
Fri Sat	Fri Sat	x Fri Sat	x Fri Sat	x Fri Sat	Fri Sat	x Fri Sat	Fri Sat	x Fri Sat	Fri Sat
Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun
9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm
Hot	Frozen	Hot	Frozen	Hot	Hot	Hot	Hot	Frozen	Hot
Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular
Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese
78	36	100	45	50	10	10	23	13	31
74	31	92	41	46	9	9	21	11	26
18,000	8,100	22,500	10,000	11,500	2,300	2,300	5,100	3,000	7,000
249	249	249	249	249	249	249	249	249	249
60	28	88	38	44	8	8	19	9	24

ing Day, Day after Thanksgiving, Christmas Day

ENP	ENP	ENP	ENP	ENP	ENP	ENP	ENP	ENP
K5, S7	K1, S2	D	D	K5	L1	D, K6	L1	K6
1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D
SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124
(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580
(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615
Inner Sunset, Ingleside, Stonetown	Inner Sunset, Ingleside, Stonetown	Inner Sunset, Ingleside, Stonetown	Noe Valley	Noe Valley	Portola	Portola	Bayview	Bayview
7	7	7	8	8	9	9	10	10
94122, 94116, 94112	94122, 94116, 94112, 94132	94122, 94116, 94112	94116, 94122	94116, 94122	94134	94110, 94134	94124, 94134	94124, 94134
x Mon Tues	Mon x Tues	Mon x Tues	Mon x Tues	x Mon Tues	x Mon Tues	Mon x Tues	x Mon Tues	Mon x Tues
Wed x Thurs	Wed Thurs	Wed Thurs	Wed Thurs	Wed x Thurs	Wed x Thurs	Wed Thurs	Wed x Thurs	Wed Thurs
Fri Sat	x Fri Sat	x Fri Sat	x Fri Sat	Fri Sat	Fri Sat	x Fri Sat	Fri Sat	x Fri Sat
Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun
9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm
Frozen	Hot	Frozen	Frozen	Frozen	Hot	Frozen	Hot	Frozen
Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular
Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese
10	10	5	5	5	14	14	10	10
9	9	5	5	5	13	13	9	9
2,300	2,300	1,200	1,200	1,200	3,150	3,150	2,200	2,200
249	249	249	249	249	249	249	249	249
8	8	5	5	5	11	11	9	9

ENP	ENP	ENP	Total # of Delivery Routes
K2, L	K5	K1	33
1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	
SF, CA 94124	SF, CA 94124	SF, CA 94124	
(415) 677-7580	(415) 677-7580	(415) 677-7580	
(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	
Excelsior	Excelsior	Excelsior	
11	11	11	
94112, 94132	94112, 94132	94112, 94132	
x Mon Tues	x Mon Tues	Mon x Tues	
Wed x Thurs	Wed x Thurs	Wed Thurs	
Fri Sat	Fri Sat	x Fri Sat	
Sun	Sun	Sun	
9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	
Hot	Frozen	Hot	
Regular	Regular	Regular	
Chinese	Chinese	Chinese	
23	23	23	860
21	21	21	799
5,200	5,200	5,200	194,126
			0
			0
			0
			0
249	249	249	249
20	20	20	740

ANNUAL SITE CHART - HOME-DELIVERED MEALS						OFFICE OF COMMUNITY PARTNERSHIPS					
AGENCY:	Self-Help for the Elderly										
MAILING ADDRESS:	731 Sansome Street, Suite 100, San Francisco, CA 94111										
DIRECTOR:	Karen Lam				EMAIL:	karenl@selfhelpelderly.org			PHONE NO.:	(415) 677-7503	
PROGRAM MANAGER:	Stephen Ngan				EMAIL:	stephenn@selfhelpelderly.org			PHONE NO.:	(415) 677-7580	
HDM Program Type (ENP or AWD)	ENP	ENP	ENP	ENP	ENP	ENP	ENP	ENP	ENP	ENP	ENP
Name of Delivery Route (e.g. Route 1, Route B, Excelsior Route, etc.)	H1, J2	J5, J7	J1, J3	J6	H1, H2	B1, C1	A3, B2, C2	S1, S3, S9	S5, S7	S2, S4, S10	S6, S8
Address and Zip (where meals are produced and/or packed)	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D
	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124
Phone Number	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580
Alternate Phone Number	(415) 677-7578	(415) 677-7578	(415) 677-7578	(415) 677-7578	(415) 677-7578	(415) 677-7578	(415) 677-7578	(415) 677-7578	(415) 677-7578	(415) 677-7578	(415) 677-7578
	(415) 677-7582	(415) 677-7582	(415) 677-7582	(415) 677-7582	(415) 677-7582	(415) 677-7582	(415) 677-7582	(415) 677-7582	(415) 677-7582	(415) 677-7582	(415) 677-7582
	(415) 677-7615	(415) 677-7615	(415) 677-7615	(415) 677-7615	(415) 677-7615	(415) 677-7615	(415) 677-7615	(415) 677-7615	(415) 677-7615	(415) 677-7615	(415) 677-7615
Neighborhood/ Geographic Delivery Service Area	Richmond, Seacliff	Richmond, Seacliff	Richmond, Seacliff, Cole Valley	Richmond, Seacliff	Marina	Chinatown, North Beach, Nob Hill, Russian Hill	Chinatown, North Beach, Nob Hill, Russian Hill	Sunset	Sunset	Sunset	Sunset
Supervisory District #	1	1	1	1	2	3	3	4	4	4	4
Zip Codes Served	94118, 94121	94118, 94121	94117, 94118, 94121	94118, 94121	94109, 94129, 94123	94102, 94103, 94108, 94109, 94111, 94133	94102, 94103, 94108, 94109, 94111, 94133	94116, 94122	94116, 94122	94116, 94122	94116, 94122
Meal Delivery Days	x Mon Tues	x Mon Tues	Mon x Tues	Mon x Tues	x Mon x Tues	x Mon Tues	Mon x Tues	x Mon Tues	x Mon Tues	Mon x Tues	Mon x Tues
	Wed x Thurs	Wed x Thurs	Wed Thurs	Wed Thurs	x Wed x Thurs	Wed x Thurs	Wed Thurs	Wed x Thurs	Wed x Thurs	Wed Thurs	Wed Thurs
	Fri Sat	Fri Sat	x Fri Sat	x Fri Sat	x Fri Sat	Fri Sat	x Fri Sat	Fri Sat	Fri Sat	x Fri Sat	x Fri Sat
	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun
Office Hours	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm
Type of Meal (hot, chill or frozen)	Hot	Frozen	Hot	Frozen	Hot	Hot	Hot	Hot	Frozen	Hot	Frozen
DIET Type (Regular, Vegetarian, Modified-specify, e.g. Diabetic)	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular
Cuisine Type (Select from list)	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese	Chinese
# Unduplicated Consumers	55	60	63	22	22	45	45	78	36	100	45
Maximum # of consumers served on route/delivery day	51	59	61	21	21	43	43	74	31	92	41
Number of Meals on Route	12,300	13,516	14,010	5,000	5,000	10,000	10,000	18,000	8,100	22,500	10,000
Annual # Comprehensive Assessment Units											
Annual # Nutrition Counseling HOURS											
Annual # Nutrition Counseling SESSIONS											
Annual # Unduplicated Nutrition Counseling Consumers											
# Service Days (7/1/2024-6/30/2025)	249	249	249	249	249	249	249	249	249	249	249
Average # meals per day	48	56	59	19	19	41	41	60	28	88	38
Holidays (list holidays - no delivery between 7/1/2027-6/30/2028)	New Year's Day, Martin Luther King, Jr. Day, Chinese New Year, Presidents' Day, Memorial Day, Independence Day, Labor Day, Indigenous Peoples Day, Veterans Day, Thanksgiving Day, Day after Thanksgiving, Christmas Day										

Nutrition Education	
Annual # Nutrition Education Sessions (if nutrition partner has both AWD & ENP congregate programs, the # of nutrition education sessions are combined)	4
Annual # of Participants (# of UDC x # of nutrition education sessions)	2960

Note: To unprotect the document to add more pages, etc., go to Tools, and select "Protection", "unprotect". No password needed.

					Total # of Delivery Routes
ENP	ENP	ENP	ENP	ENP	
L1	K6	K2, L	K5	K1	33
1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	
SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	
(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	
(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	
Bayview	Bayview	Excelsior	Excelsior	Excelsior	
10	10	11	11	11	
94124, 94134	94124, 94134	94112, 94132	94112, 94132	94112, 94132	
x Mon Tues	Mon x Tues	x Mon Tues	x Mon Tues	Mon x Tues	
Wed x Thurs	Wed Thurs	Wed x Thurs	Wed x Thurs	Wed Thurs	
Fri Sat	x Fri Sat	Fri Sat	Fri Sat	x Fri Sat	
Sun	Sun	Sun	Sun	Sun	
9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	
Hot	Frozen	Hot	Frozen	Hot	
Regular	Regular	Regular	Regular	Regular	
Chinese	Chinese	Chinese	Chinese	Chinese	
10	10	23	23	23	860
9	9	21	21	21	799
2,200	2,200	5,200	5,200	5,200	194,126
					0
					0
					0
					0
249	249	249	249	249	249
9	9	20	20	20	740

ANNUAL SITE C			
AGENCY:	Self-Help for the Elderly		
MAILING ADDRESS:	731 Sansome Street, Suite 100, San Francisco, CA 94111		
DIRECTOR:	Karen Lam		
PROGRAM MANAGER:	Stephen Ngan		
HDM Program Type (ENP or AWD)	ENP	ENP	ENP
Name of Delivery Route (e.g. Route 1, Route B, Excelsior Route, etc.)	H1, J2	J5, J7	J1, J3
Address and Zip (where meals are produced and/or packed)	1555 Burke Ave, Unit D SF, CA 94124	1555 Burke Ave, Unit D SF, CA 94124	1555 Burke Ave, Unit D SF, CA 94124
Phone Number	(415) 677-7580	(415) 677-7580	(415) 677-7580
Alternate Phone Number	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615
Neighborhood/ Geographic Delivery Service Area	Richmond, Seacliff	Richmond, Seacliff	Richmond, Seacliff, Cole Valley
Supervisory District #	1	1	1
Zip Codes Served	94118, 94121	94118, 94121	94117, 94118, 94121
Meal Delivery Days	x Mon Tues Wed x Thurs Fri Sat Sun	x Mon Tues Wed x Thurs Fri Sat Sun	Mon x Tues Wed Thurs x Fri Sat Sun
Office Hours	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm
Type of Meal (hot, chill or frozen)	Hot	Frozen	Hot
DIET Type (Regular, Vegetarian, Modified-specific, e.g. Diabetic)	Regular	Regular	Regular
Cuisine Type (Select from list)	Chinese	Chinese	Chinese
# Unduplicated Consumers	55	60	63
Maximum # of consumers served on route/delivery day	51	59	61
Number of Meals on Route	12,300	13,516	14,010
Annual # Comprehensive Assessment Units			
Annual # Nutrition Counseling HOURS			
Annual # Nutrition Counseling SESSIONS			
Annual # Unduplicated Nutrition Counseling Consumers			
# Service Days (7/1/2024-6/30/2025)	249	249	249
Average # meals per day	48	56	59
Holidays (list holidays - no delivery between 7/1/2028-6/30/2029)	New Year's Day, Martin Luther King, Jr. Day, Chinese New Year, Presidents		

Nutrition Education	
Annual # Nutrition Education Sessions (if nutrition partner has both AWD & ENP congregate programs, the # of nutrition education sessions are combined)	4
Annual # of Participants (# of UDC x # of nutrition education sessions)	2960

Note: To unprotect the document to add more pages, etc., go to Tools, and select "Protection", "unprotect". No password

CHART - HOME-DELIVERED MEALS

OFFICE OF COMMUNITY PART

EMAIL: karenl@selfhelpelderly.org		PHONE NO.:		
EMAIL: stephenn@selfhelpelderly.org		PHONE NO.:		
ENP	ENP	ENP	ENP	ENP
J6	H1, H2	B1, C1	A3, B2, C2	S1, S3, S9
1555 Burke Ave, Unit D SF, CA 94124 (415) 677-7580	1555 Burke Ave, Unit D SF, CA 94124 (415) 677-7580	1555 Burke Ave, Unit D SF, CA 94124 (415) 677-7580	1555 Burke Ave, Unit D SF, CA 94124 (415) 677-7580	1555 Burke Ave, Unit D SF, CA 94124 (415) 677-7580
(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615
Richmond, Seacliff	Marina	Chinatown, North Beach, Nob Hill, Russian Hill	Chinatown, North Beach, Nob Hill, Russian Hill	Sunset
1	2	3	3	4
94118, 94121	94109, 94129, 94123	94102, 94103, 94108, 94109, 94111, 94133	94102, 94103, 94108, 94109, 94111, 94133	94116, 94122
Mon x Tues	x Mon x Tues	x Mon Tues	Mon x Tues	x Mon Tues
Wed Thurs	x Wed x Thurs	Wed x Thurs	Wed Thurs	Wed x Thurs
x Fri Sat	x Fri Sat	Fri Sat	x Fri Sat	Fri Sat
Sun	Sun	Sun	Sun	Sun
9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm
Frozen	Hot	Hot	Hot	Hot
Regular	Regular	Regular	Regular	Regular
Chinese	Chinese	Chinese	Chinese	Chinese
22	22	45	45	78
21	21	43	43	74
5,000	5,000	10,000	10,000	18,000
249	249	249	249	249
19	19	41	41	60

' Day, Memorial Day, Independence Day, Labor Day, Indigenous Peoples Day, Veterans Day, Thanksgiving Day, Day after Tha

d needed.

FRANCHISES

(415) 677-7503

(415) 677-7580

ENP	ENP	ENP	ENP	ENP
S5, S7	S2, S4, S10	S6, S8	A1, A3, C6	H2
1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D
SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124
(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580
(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615
Sunset	Sunset	Sunset	Tenderloin, Western Addition, Japantown, Haight Ashbury	Tenderloin, Western Addition, Japantown, Haight Ashbury
4	4	4	5	5
94116, 94122	94116, 94122	94116, 94122	94102, 94109, 94115	94102, 94109, 94115
x Mon Tues	Mon x Tues	Mon x Tues	Mon x Tues	x Mon Tues
Wed x Thurs	Wed Thurs	Wed Thurs	Wed Thurs	Wed x Thurs
Fri Sat	x Fri Sat	x Fri Sat	x Fri Sat	Fri Sat
Sun	Sun	Sun	Sun	Sun
9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm
Frozen	Hot	Frozen	Hot	Hot
Regular	Regular	Regular	Regular	Regular
Chinese	Chinese	Chinese	Chinese	Chinese
36	100	45	50	10
31	92	41	46	9
8,100	22,500	10,000	11,500	2,300
249	249	249	249	249
28	88	38	44	8

Thanksgiving, Christmas Day

ENP	ENP	ENP	ENP	ENP
A1	A2	A4	K2, S1	K5, S7
1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D	1555 Burke Ave, Unit D
SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124	SF, CA 94124
(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580	(415) 677-7580
(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615
South of Market, Mission Bay	South of Market, Mission Bay	South of Market, Mission Bay	Inner Sunset, Ingleside, Stonetown	Inner Sunset, Ingleside, Stonetown
6	6	6	7	7
94103, 94107	94107, 94158	94107, 94158	94122, 94116, 94112, 94132	94122, 94116, 94112
Mon x Tues	x Mon Tues	Mon x Tues	x Mon Tues	x Mon Tues
Wed Thurs	Wed x Thurs	Wed Thurs	Wed x Thurs	Wed x Thurs
x Fri Sat	Fri Sat	x Fri Sat	Fri Sat	Fri Sat
Sun	Sun	Sun	Sun	Sun
9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm
Hot	Hot	Frozen	Hot	Frozen
Regular	Regular	Regular	Regular	Regular
Chinese	Chinese	Chinese	Chinese	Chinese
10	23	13	31	10
9	21	11	26	9
2,300	5,100	3,000	7,000	2,300
249	249	249	249	249
8	19	9	24	8

ENP	ENP	ENP	ENP	ENP
K1, S2	D	D	K5	L1
1555 Burke Ave, Unit D SF, CA 94124 (415) 677-7580	1555 Burke Ave, Unit D SF, CA 94124 (415) 677-7580	1555 Burke Ave, Unit D SF, CA 94124 (415) 677-7580	1555 Burke Ave, Unit D SF, CA 94124 (415) 677-7580	1555 Burke Ave, Unit D SF, CA 94124 (415) 677-7580
(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615
Inner Sunset, Ingleside, Stonetown	Inner Sunset, Ingleside, Stonetown	Noe Valley	Noe Valley	Portola
7	7	8	8	9
94122, 94116, 94112, 94132	94122, 94116, 94112	94116, 94122	94116, 94122	94134
Mon x Tues	Mon x Tues	Mon x Tues	x Mon Tues	x Mon Tues
Wed Thurs	Wed Thurs	Wed Thurs	Wed x Thurs	Wed x Thurs
x Fri Sat	x Fri Sat	x Fri Sat	Fri Sat	Fri Sat
Sun	Sun	Sun	Sun	Sun
9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm
Hot	Frozen	Frozen	Frozen	Hot
Regular	Regular	Regular	Regular	Regular
Chinese	Chinese	Chinese	Chinese	Chinese
10	5	5	5	14
9	5	5	5	13
2,300	1,200	1,200	1,200	3,150
249	249	249	249	249
8	5	5	5	11

ENP	ENP	ENP	ENP
D, K6	L1	K6	K2, L
1555 Burke Ave, Unit D SF, CA 94124 (415) 677-7580	1555 Burke Ave, Unit D SF, CA 94124 (415) 677-7580	1555 Burke Ave, Unit D SF, CA 94124 (415) 677-7580	1555 Burke Ave, Unit D SF, CA 94124 (415) 677-7580
(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615
Portola	Bayview	Bayview	Excelsior
9	10	10	11
94110, 94134	94124, 94134	94124, 94134	94112, 94132
Mon x Tues	x Mon Tues	Mon x Tues	x Mon Tues
Wed Thurs	Wed x Thurs	Wed Thurs	Wed x Thurs
x Fri Sat	Fri Sat	x Fri Sat	Fri Sat
Sun	Sun	Sun	Sun
9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm
Frozen	Hot	Frozen	Hot
Regular	Regular	Regular	Regular
Chinese	Chinese	Chinese	Chinese
14	10	10	23
13	9	9	21
3,150	2,200	2,200	5,200
249	249	249	249
11	9	9	20

ENP	ENP	Total # of Delivery Routes
K5	K1	33
1555 Burke Ave, Unit D SF, CA 94124 (415) 677-7580	1555 Burke Ave, Unit D SF, CA 94124 (415) 677-7580	
(415) 677-7578 (415) 677-7582 (415) 677-7615	(415) 677-7578 (415) 677-7582 (415) 677-7615	
Excelsior	Excelsior	
11	11	
94112, 94132	94112, 94132	
x Mon Tues	Mon x Tues	
Wed x Thurs	Wed Thurs	
Fri Sat	x Fri Sat	
Sun	Sun	
9:00 am - 5:00 pm	9:00 am - 5:00 pm	
Frozen	Hot	
Regular	Regular	
Chinese	Chinese	
23	23	860
21	21	799
5,200	5,200	194,126
		0
		0
		0
		0
249	249	249
20	20	740