



free demos & classes

with your Hannaford Dietitian

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In-Store Healthy Demos

Stop by my table for nutritious samples, recipe ideas, coupons and nutrition tips. No need to register.

Eating Healthy on a Budget

Wednesday, February 7 11:00 a.m. - 2:00 p.m.

Lose the Sodium but None of the Flavor

Wednesday, February 14 11:00 a.m. - 2:00 p.m.

Wholesome at Heart

Friday, February 23 10:00 a.m. - 1:00 p.m.

Winter Hydration

Wednesday, February 28 11:00 a.m. - 2:00 p.m.

Healthy Classes & Store Tours

Register for a fun, free and interactive class or store tour. Please email me, call the store, or sign up at the customer service desk.

Love YOURSELF this Valentine's Day at the RD's Free Heart Healthy Store Tour!

Friday, February 9 10:30 a.m. - 11:30 a.m.

Free Private Sessions with our In-Store Registered Dietitian! Sign Up Today!

Friday, February 16 10:30 a.m. - 1:30 p.m.

Wednesday, February 21 12:00 p.m. - 2:00 p.m.

Free Supermarket Tour - Low Sodium Shopping Made Easy!

Wednesday, February 21 10:30 a.m. - 11:30 a.m.

Mini Supermarket Tours - Granola Bar Breakdown!

Friday, March 2 10:30 a.m. - 11:00 a.m.

Friday, March 2 12:00 p.m. - 12:30 p.m.

Thank you to our sponsors for partnering with Hannaford to offer free dietitian services.
For more information on our demos & classes, visit hannaford.com/dietitians.

