



free demos & classes

with your Hannaford Dietitian



Chelmsford > >

Marlborough > >

Dracut > >

Middleboro > >

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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.





free nutrition education & advice

from your Hannaford Dietitian

66-2 Drum Hill Shopping Center, Chelmsford, MA 01824

978-459-9304 or diana.savani@hannaford.com

Diana Savani, RD, LDN

In-Store Healthy Demos

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

Good Habits for Gut Health

Wednesday, May 1 11:30 a.m. - 2:30 p.m.

Balanced Breakfasts for Busy Days

Wednesday, May 8 11:30 a.m. - 2:30 p.m.

Mindful Eating for Mental Health

Wednesday, May 15 11:30 a.m. - 2:30 p.m.

On-the-go Snack Solutions

Wednesday, May 22 11:30 a.m. - 2:30 p.m.

Other Activities & Events

Ask me about scheduling a fun, free interactive virtual class or personalized store tour. Please email me or call the store for more information.

Visit hannafordnutrition.eventbrite.com to learn about our free online classes!

Interested in receiving healthy recipes and nutrition handouts electronically? Email me to learn more.

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free nutrition education & advice

from your Hannaford Dietitian

301 Pleasant Street, Dracut, MA 01826

978-459-0059 or diana.savani@hannaford.com

Diana Savani, RD, LDN

In-Store Healthy Demos

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

Good Habits for Gut Health

Thursday, May 2 11:30 a.m. - 2:30 p.m.

Balanced Breakfasts for Busy Days

Thursday, May 9 11:30 a.m. - 2:30 p.m.

Mindful Eating for Mental Health

Thursday, May 16 11:30 a.m. - 2:30 p.m.

On-the-go Snack Solutions

Thursday, May 23 11:30 a.m. - 2:30 p.m.

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free nutrition education & advice

from your Hannaford Dietitian

927 Merriam Avenue, Leominster, MA 01453

978-534-9323 or patricia.hunter@hannaford.com

Pat Hunter MA, RD, LDN, CDCES

In-Store Healthy Demos

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

Good Habits for Gut Health

Friday, May 3 12:00 p.m. - 3:00 p.m.

Balanced Breakfasts for Busy Days

Thursday, May 9 11:30 a.m. - 2:30 p.m.

Mindful Eating for Mental Health

Thursday, May 16 11:30 a.m. - 2:30 p.m.

On-the-go Snack Solutions

Thursday, May 23 11:30 a.m. - 2:30 p.m.

Pack a Budget-Friendly Picnic

Thursday, May 30 11:30 a.m. - 2:30 p.m.

Other Activities & Events

Ask me about scheduling a fun, free interactive virtual class or personalized store tour. Please email me or call the store for more information.

Meet 1:1 with Pat, Our Dietitian Sign up at Customer Service

Thursday, May 9 3:00 p.m. - 3:30 p.m.

Bone Building: Dairy & Beyond Class and Store Tour

Thursday, May 16 3:00 p.m. - 3:45 p.m.

May Eventbrite Classes Below Signup hannafordnutrition.eventbrite.com

Heart Health Class

Signup hannafordnutrition.eventbrite.com

Friday, May 3 9:00 a.m. - 9:30 a.m.

Interested in receiving healthy recipes and nutrition handouts electronically? Email me to learn more.

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free nutrition education & advice

from your Hannaford Dietitian

777 Rogers Street, Lowell, MA 01852

978-446-7862 or diana.savani@hannaford.com

Diana Savani, RD, LDN

In-Store Healthy Demos

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

Good Habits for Gut Health

Monday, April 29 11:30 a.m. - 2:30 p.m.

Balanced Breakfasts for Busy Days

Monday, May 6 11:30 a.m. - 2:30 p.m.

Mindful Eating for Mental Health

Monday, May 13 11:30 a.m. - 2:30 p.m.

On-the-go Snack Solutions

Monday, May 20 11:30 a.m. - 2:30 p.m.

Other Activities & Events

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Learn more at:
hannafordnutrition.eventbrite.com

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free nutrition education & advice

from your Hannaford Dietitian

333 Mass Avenue, Lunenburg, MA 01462

978-582-0215 or brittany.wujek@hannaford.com

Brittany Wujek, RD LD

In-Store Healthy Demos

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

Good Habits for Gut Health

Monday, April 29 2:00 p.m. - 5:00 p.m.

Balanced Breakfasts for Busy Days

Thursday, May 9 11:00 a.m. - 2:00 p.m.

Mindful Eating for Mental Health

Thursday, May 16 11:00 a.m. - 2:00 p.m.

On-the-go Snack Solutions

Thursday, May 23 11:00 a.m. - 2:00 p.m.

Pack a Budget-Friendly Picnic

Thursday, May 30 11:00 a.m. - 2:00 p.m.

Other Activities & Events

Ask me about scheduling a fun, free interactive virtual class or personalized store tour. Please email me or call the store for more information.

Schedule your 1:1 session today!

Email Brittany.wujek@hannaford.com

Join a FREE Hannaford class online!

hannafordnutrition.eventbrite.com

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free nutrition education & advice

from your Hannaford Dietitian

193 Boston Post Road West, Marlborough, MA 01752

508-480-9670 or heidi.mcindoo@hannaford.com

Heidi McIndoo, MS, RD, LDN

In-Store Healthy Demos

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

Good Habits for Gut Health

Monday, April 29 10:00 a.m. - 11:30 a.m.

Thursday, May 2 10:30 a.m. - 12:30 p.m.

Balanced Breakfasts for Busy Days

Monday, May 6 10:00 a.m. - 11:30 a.m.

Thursday, May 9 10:30 a.m. - 12:30 p.m.

Mindful Eating for Mental Health

Monday, May 13 10:00 a.m. - 11:30 a.m.

Thursday, May 16 10:30 a.m. - 12:30 p.m.

On-the-go Snack Solutions

Monday, May 20 10:00 a.m. - 11:30 a.m.

Thursday, May 23 10:30 a.m. - 12:30 p.m.

Pack a Budget-Friendly Picnic

Wednesday, May 29 10:30 a.m. - 12:30 p.m.

Thursday, May 30 10:00 a.m. - 11:30 a.m.

Other Activities & Events

Ask me about scheduling a fun, free interactive virtual class or personalized store tour. Please email me or call the store for more information.

Check Eventbrite for classes by me and other Hannaford RDs: hannafordnutrition.eventbrite.com

Interested in receiving healthy recipes and nutrition handouts electronically? Email me to learn more.

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For more information on our demos & classes, visit hannaford.com/dietitians.





free nutrition education & advice

from your Hannaford Dietitian

8 Merchants Way, Middleboro, MA 02346

508-947-4787 or mmix@hannaford.com

Michelle Mix, MS, RD, LDN

In-Store Healthy Demos

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

Good Habits for Gut Health

Monday, April 29 2:30 p.m. - 5:30 p.m.

Balanced Breakfasts for Busy Days

Monday, May 6 2:30 p.m. - 5:30 p.m.

Mindful Eating for Mental Health

Monday, May 13 2:30 p.m. - 5:30 p.m.

On-the-go Snack Solutions

Monday, May 20 2:30 p.m. - 5:30 p.m.

Pack a Budget-Friendly Picnic

Monday, May 27 2:30 p.m. - 5:30 p.m.

Other Activities & Events

Ask me about scheduling a fun, free interactive virtual class or personalized store tour. Please email me or call the store for more information.

Interested in a personal store tour?

Contact Michelle! mmix@hannaford.com

Now offering FREE group tours!

Scouts earn a BADGE!

Or take a FREE nutrition class online!

hannafordnutrition.eventbrite.com

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free nutrition education & advice

from your Hannaford Dietitian

255 Joseph A Warner Blvd, Taunton, MA 02780

508-828-3940 or mmix@hannaford.com

Michelle Mix, MS, RD, LDN

In-Store Healthy Demos

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

Good Habits for Gut Health

Friday, May 3 10:30 a.m. - 1:30 p.m.

Balanced Breakfasts for Busy Days

Tuesday, May 7 10:30 a.m. - 1:30 p.m.

Mindful Eating for Mental Health

Wednesday, May 15 10:30 a.m. - 1:30 p.m.

Friday, May 17 10:30 a.m. - 1:30 p.m.

On-the-go Snack Solutions

Tuesday, May 21 10:30 a.m. - 1:30 p.m.

Pack a Budget-Friendly Picnic

Wednesday, May 29 10:30 a.m. - 1:30 p.m.

Other Activities & Events

Ask me about scheduling a fun, free interactive virtual class or personalized store tour. Please email me or call the store for more information.

Get Ready for a Snack Attack!

Join Me for a Lunch Break Store Tour

Tuesday, May 21 12:00 p.m. - 1:00 p.m.

Have Questions?

Schedule Your Personal Session Today!

Interested in a Group Class or Tour?

Contact Michelle for All Events!

Michelle Mix, Registered Dietitian

mmix@hannaford.com

Interested in receiving healthy recipes and nutrition handouts electronically? Email me to learn more.

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free nutrition education & advice

from your Hannaford Dietitian

158 No. Main Street, Uxbridge, MA 01569

508-278-2487 or mmix@hannaford.com

Michelle Mix, MS, RD, LDN

In-Store Healthy Demos

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

Good Habits for Gut Health

Tuesday, April 30 10:30 p.m. - 1:30 p.m.

Thursday, May 2 10:30 a.m. - 1:30 p.m.

Balanced Breakfasts for Busy Days

Thursday, May 9 10:30 a.m. - 1:30 p.m.

Friday, May 10 10:30 a.m. - 1:30 p.m.

Mindful Eating for Mental Health

Tuesday, May 14 10:30 a.m. - 1:30 p.m.

On-the-go Snack Solutions

Wednesday, May 22 10:30 a.m. - 1:30 p.m.

Pack a Budget-Friendly Picnic

Tuesday, May 28 10:30 a.m. - 1:30 p.m.

Other Activities & Events

Ask me about scheduling a fun, free interactive virtual class or personalized store tour. Please email me or call the store for more information.

Take a FREE nutrition class online!
hannafordnutrition.eventbrite.com

Need 1:1 help?

Schedule your free session today

Ask the RD!

Mini Counseling at the Pharmacy

Wednesday, May 22 1:30 p.m. - 2:30 p.m.

Interested in a store tour or class for your group? Email Michelle!

Interested in receiving healthy recipes and nutrition handouts electronically? Email me to learn more.

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