



free demos & classes

with your Hannaford Dietitian

Bedford > >

Keene > >

Concord > >

Dover > >

Manchester > >
(Hanover St)

Exeter > >

Manchester > >
(John E Devine Dr)

Franklin > >

Nashua > >

Goffstown > >

North Conway > >

Hooksett > >

Portsmouth > >

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

7 Kilton Road, Bedford, NH 03110

603-625-5431 or Heidi.Tissot@hannaford.com

Heidi Tissot 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

Saturday, May 4 11:00 a.m. - 2:00 p.m.

Balanced Breakfasts for Busy Days

Saturday, May 11 12:00 p.m. - 3:00 p.m.

Mindful Eating for Mental Health

Saturday, May 18 1:00 p.m. - 3:00 p.m.

On-the-go Snack Solutions

Saturday, May 25 10:00 a.m. - 1:00 p.m.

Pack a Budget-Friendly Picnic

Saturday, June 1 10:00 a.m. - 1:00 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.

Check Out Virtual Classes!

hannafordnutrition.eventbrite.com

Interested in a 1:1 Store Tour?

Email Heidi.tissot@hannaford.com

Homeschool Groups- Ask About Tours!

Heidi.tissot@hannaford.com

Senior Health and Nutrition Talk

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

73 Fort Eddy Road, Concord, NH 03301

603-228-2060 or katy.magoon-fredette@hannaford.com

Katy Magoon-Fredette, RDN, 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

Wednesday, May 1 1:30 a.m. - 4:00 p.m.

Balanced Breakfasts for Busy Days

Tuesday, May 7 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.

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.

Concord High School Career Fair

Friday, May 3 8:30 a.m. - 1:30 p.m.

International Foods-All About Avocados Bow High School

Wednesday, May 8 8:30 a.m. - 9:40 a.m.

Wednesday, May 8 1:30 p.m. - 2:40 p.m.

International Foods-Mediterranean Bow High School

Wednesday, May 8 11:20 a.m. - 12:40 p.m.

Exploring The MIND Diet Connect 55+

Thursday, May 9 2:00 p.m. - 3:00 p.m.

Shop Smart For A Healthy Heart! Open to DHMC & CH Patients!

Tuesday, May 21 10:00 a.m. - 11:15 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

833 Central Avenue, Dover, NH 03820

603-749-9232 or diana.robinson@hannaford.com

Diana Robinson, 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 9:30 a.m. - 12:30 p.m.

Balanced Breakfasts for Busy Days

Monday, May 6 9:30 a.m. - 12:30 p.m.

Mindful Eating for Mental Health

Monday, May 13 9:30 a.m. - 12:30 p.m.

On-the-go Snack Solutions

Monday, May 20 9:30 a.m. - 12:30 p.m.

Pack a Budget-Friendly Picnic

Friday, May 31 9:30 a.m. - 12:30 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.

Good Food, Good Mood Virtual Class

Signup: hannafordnutrition.eventbrite.com

Sunday, May 5 10:00 a.m. - 10:30 a.m.

Sunday, May 19 10:00 a.m. - 10:30 a.m.

Shop the Aisles with the Dietitian!

Email: Diana.Robinson@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

141 Portsmouth Ave, Exeter, NH 03833

603-772-1783 or Diana.Robinson@hannaford.com

Diana Robinson, 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

Tuesday, April 30 9:30 a.m. - 12:30 p.m.

Balanced Breakfasts for Busy Days

Tuesday, May 7 9:30 a.m. - 12:30 p.m.

Mindful Eating for Mental Health

Thursday, May 16 9:30 a.m. - 12:30 p.m.

On-the-go Snack Solutions

Tuesday, May 21 9:30 a.m. - 12:30 p.m.

Pack a Budget-Friendly Picnic

Tuesday, May 28 9:30 a.m. - 12:30 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.

Good Food, Good Mood Virtual Class

Signup: hannafordnutrition.eventbrite.com

Sunday, May 5 10:00 a.m. - 10:30 a.m.

Sunday, May 19 10:00 a.m. - 10:30 a.m.

Stratham Senior Center - Diabetes Class Off-site event

Tuesday, May 21 11:00 a.m. - 12:00 p.m.

Shop the Aisles with the Dietitian!

Email: Diana.Robinson@Hannaford.com

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free nutrition education & advice

from your Hannaford Dietitian

952 Central Street, Franklin, NH 03235

603-934-2515 or katy.magoon-fredette@hannaford.com

Katy Magoon-Fredette, RDN, 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 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

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

Snacking Smart On A Budget Newfound MS Wellness Classes

Friday, May 10 8:15 a.m. - 2:00 p.m.

Shopping On A Budget Tilton Senior Center

Tuesday, May 14 11:00 a.m. - 11:30 a.m.

Good Food, Good Mood Virtual Class-Email Katy To Register!

Thursday, May 30 12:00 p.m. - 12:30 p.m.

Understanding Diabetes: Reducing Risk Virtual Class-Email Katy To Register!

Thursday, May 30 1:00 p.m. - 1:30 p.m.

RD Hours Subject To Change 5/27-6/24 Email Katy With Questions!

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

605 Mast Road, Goffstown, NH 03045

603-626-4488 or mmills@hannaford.com

Marilyn Mills, MS,RD,LD,CDE

In-Store Healthy Demos

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

Balanced Breakfasts for Busy Days

Tuesday, May 7 2:30 p.m. - 5:30 p.m.

Mindful Eating for Mental Health

Sunday, May 12 11:30 a.m. - 2:30 p.m.

On-the-go Snack Solutions

Sunday, May 19 12:30 p.m. - 3:30 p.m.

Pack a Budget-Friendly Picnic

Tuesday, May 28 3:00 p.m. - 6:00 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.

LIVE Zoom Class- Meal Planning Made Easy Signup [Hannafordnutrition.eventbrite.com](https://www.eventbrite.com)

Tuesday, May 7 6:00 p.m. - 6:30 p.m.

1:1 Healthy Tours Sundays or Tuesdays Email Marilyn or Call 663-2106

Sunday, May 19

Tuesday, May 28

LIVE Zoom Class- Cooking for One or Two Signup [Hannafordnutrition.eventbrite.com](https://www.eventbrite.com)

Sunday, May 19 11:00 a.m. - 11:35 a.m.

Scout Groups, Community or Business Talks Email Marilyn with your Request

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

481 West Street, Keene, NH 03431

603-357-2832 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

Tuesday, April 30 11:00 a.m. - 2:00 p.m.

Balanced Breakfasts for Busy Days

Tuesday, May 7 11:00 a.m. - 2:00 p.m.

Mindful Eating for Mental Health

Wednesday, May 15 1:00 p.m. - 4:00 p.m.

On-the-go Snack Solutions

Tuesday, May 21 11:00 a.m. - 2:00 p.m.

Pack a Budget-Friendly Picnic

Tuesday, May 28 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

Behind the Scenes Store Tour

Monadnock Homeschool Adventures

Wednesday, May 15 10:00 a.m. - 11:00 a.m.

Wednesday, May 15 12:00 p.m. - 1:00 p.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

79 Bicentennial Drive, Manchester, NH 03104

603-644-2106 or mmills@hannaford.com

Marilyn Mills, MS,LD,RD,CDE,

In-Store Healthy Demos

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

Balanced Breakfasts for Busy Days

Monday, May 6 11:30 a.m. - 12:30 p.m.

2:30 p.m. - 4:30 p.m.

Mindful Eating for Mental Health

Monday, May 13 12:30 p.m. - 1:30 p.m.

2:30 p.m. - 5:00 p.m.

On-the-go Snack Solutions

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

2:00 p.m. - 4:30 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.

1:1 Healthy Tour with Dietitian Mondays Call 603-663-2106 or email Marilyn

Monday, May 6

Monday, May 13

Hannaford Dietitian INFO TABLE SNHS Head Start Family Resource Fair

Saturday, May 18 10:00 a.m. - 1:00 p.m.

Nutritious Budget Meals Live Zoom Class Signup [Hannafordnutrition.eventbrite.com](https://www.eventbrite.com)

Monday, May 20 12:00 p.m. - 12:45 p.m.

Want A FREE Nutrition Talk? Community, Scouts, Business Many Topics: Email Me

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

859 Hanover Street, Manchester, NH 03104

603-624-4442 or mmills@hannaford.com

Marilyn Mills, MS,RD,LD, CDE

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 11:30 a.m. - 12:30 p.m.
2:30 p.m. - 4:30 p.m.

Balanced Breakfasts for Busy Days

Friday, May 10 11:30 a.m. - 12:30 p.m.
2:30 p.m. - 4:30 p.m.

Mindful Eating for Mental Health

Friday, May 17 1:30 p.m. - 4:30 p.m.

On-the-go Snack Solutions

Friday, May 24 11:30 a.m. - 12:30 p.m.
2:30 p.m. - 4:30 p.m.

Pack a Budget-Friendly Picnic

Friday, May 31 11:00 a.m. - 11:30 a.m.
2:30 p.m. - 4:30 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.

Good Food, Good Mood LIVE ZOOM CLASS Signup hannafordnutrition.eventbrite.com

Friday, May 3 10:00 a.m. - 10:35 a.m.

1:1 Dietitian tours - Fridays w/Marilyn Email Marilyn or Call 603-663-2106

Friday, May 10
Friday, May 24

NH Private Health Providers Group Good Food, Good Mood

Friday, May 17 10:30 a.m. - 12:30 p.m.

Stop by Dietitian Table for Snack Gift

Friday, May 24 12:00 p.m. - 1:00 p.m.
Friday, May 24 3:00 p.m. - 4:00 p.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

201 John Devine Drive, Manchester, NH 03103

603-626-4567 or mmills@hannaford.com

Marilyn Mills, MS, RD, CDE, 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

Thursday, May 2 2:00 p.m. - 5:00 p.m.

Balanced Breakfasts for Busy Days

Thursday, May 9 11:30 a.m. - 12:00 p.m.
2:30 p.m. - 5:00 p.m.

Mindful Eating for Mental Health

Thursday, May 16 12:00 p.m. - 12:30 p.m.
2:30 p.m. - 5:00 p.m.

On-the-go Snack Solutions

Thursday, May 23 11:30 a.m. - 12:30 p.m.
2:30 p.m. - 5:00 p.m.

Pack a Budget-Friendly Picnic

Thursday, May 30 11:30 a.m. - 12:30 p.m.
2:30 p.m. - 5:00 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.

Zoom Class Good Food, Good Mood

Signup hannafordnutrition.eventbrite.com

Thursday, May 2 12:00 p.m. - 12:45 p.m.

Understanding Diabetes- Live Zoom Class

Signup hannafordnutrition.eventbrite.com

Thursday, May 9 6:00 p.m. - 6:35 p.m.

Heart Healthy Eating - Live Zoom Class

Signup hannafordnutrition.eventbrite.com

Thursday, May 23 6:00 p.m. - 6:35 p.m.

Take a 1:1 Healthy Tour with Dietitian

Thursdays: Call 663-2106 or Email Marilyn

Thursday, May 23

Thursday, May 30

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

175 Coliseum Avenue, Nashua, NH 03063

603-889-3700 or alyssa.hickey@hannaford.com

Alyssa Hickey, 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

Wednesday, May 1 10:00 a.m. - 1:00 p.m.

Balanced Breakfasts for Busy Days

Wednesday, May 8 10:00 a.m. - 1:00 p.m.

Mindful Eating for Mental Health

Wednesday, May 15 10:00 a.m. - 1:00 p.m.

On-the-go Snack Solutions

Wednesday, May 22 10:00 a.m. - 1:00 p.m.

Pack a Budget-Friendly Picnic

Tuesday, May 28 10:00 a.m. - 1:00 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.

Check out our fun, free & interactive online classes at Eventbrite!

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

Mountain Valley Mall, North Conway, NH 03860

603-356-6341 or leah.tarleton@hannaford.com

Leah Tarleton

In-Store Healthy Demos

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

Balanced Breakfasts for Busy Days

Friday, May 10 2:00 p.m. - 5:00 p.m.

Mindful Eating for Mental Health

Friday, May 17 2:00 p.m. - 5:00 p.m.

On-the-go Snack Solutions

Friday, May 24 2:00 p.m. - 5:00 p.m.

Pack a Budget-Friendly Picnic

Friday, May 31 2:00 p.m. - 5:00 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.

Meal Planning Made Easy

signup>hannafordnutrition.eventbrite.com

Wednesday, May 1 11:00 a.m. - 11:30 a.m.

Wednesday, May 8 11:00 a.m. - 11:30 a.m.

Nutritious Meals on a Budget

signup>hannafordnutrition.eventbrite.com

Friday, May 3 11:00 a.m. - 11:30 a.m.

Good Food, Good Mood

signup>hannafordnutrition.eventbrite.com

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

Friday, May 17 11:00 a.m. - 11:30 a.m.

Cooking for 1 or 2

signup>hannafordnutrition.eventbrite.com

Wednesday, May 15 11:00 a.m. - 11:30 a.m.

Friday, May 31 11:00 a.m. - 11:30 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

800 Islington Street, Portsmouth, NH 03801
603-436-6669 or diana.robinson@hannaford.com

Diana Robinson, RD, LD

In-Store Healthy Demos

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

Balanced Breakfasts for Busy Days

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

Mindful Eating for Mental Health

Tuesday, May 14 9:30 a.m. - 12:30 p.m.

On-the-go Snack Solutions

Thursday, May 23 9:30 a.m. - 12:30 p.m.

Pack a Budget-Friendly Picnic

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

Good Food, Good Mood Virtual Class

Visit: [Hannafordnutrition.eventbrite.com](https://www.hannafordnutrition.com)

Sunday, May 5 10:00 a.m. - 10:30 a.m.

Sunday, May 19 10:00 a.m. - 10:30 a.m.

Maude H. Trefethen School Class Offsite Event

Tuesday, May 14

Shop the Aisles with the Dietitian!

Email: Diana.Robinson@Hannaford.com

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

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