



# free demos & classes

with your Hannaford Dietitian

Albany > >

Guilderland > >

Cairo > >

Latham > >

Colonie > >

Malta > >

Delmar > >

Niskayuna > >

East Greenbush > >

Pawling > >

Utica > >

Wappinger Falls > >

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](http://hannaford.com/dietitians).





# free nutrition education & advice

from your Hannaford Dietitian

900 Central Avenue, Albany, NY 12206

518-438-7296 or frances.weiss@hannaford.com

**Fran Weiss, MS RDN CDN**

## 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

### Balanced Breakfasts for Busy Days

### Mindful Eating for Mental Health

### On-the-go Snack Solutions

### Pack a Budget-Friendly Picnic

## 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.

**For store hours and demo materials  
email frances.weiss@hannaford.com**

### Acid Reflux - Soothing Solutions (Zoom) email Fran for the free Zoom link

Sunday, April 28 3:30 p.m. - 4:15 p.m.

### Heart-Healthy Eating (on Zoom) hannafordnutrition.eventbrite.com

Wednesday, May 8 9:00 a.m. - 9:30 a.m.

Tuesday, May 21 9:00 a.m. - 9:30 a.m.

### Understanding Diabetes: Reducing Risk hannafordnutrition.eventbrite.com

Thursday, May 16 9:00 a.m. - 9:30 a.m.

**Be sure to visit Fran's Nutrition Nook!  
Recipes and more every day near pharmacy**

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

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](http://hannaford.com/dietitians).





# free nutrition education & advice

from your Hannaford Dietitian

**Patty Wukitsch MS, RD, CDN**

223 Main Street, Cairo, NY 12413

518-622-8130 or [pwukitsch@hannaford.com](mailto:pwukitsch@hannaford.com)

## 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

Tuesday, May 14 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.

### Eventbrite Remote Class: Understanding Diabetes-Reducing the Risk

Thursday, May 2 4:00 p.m. - 4:30 p.m.

Tuesday, May 7 4:00 p.m. - 4:30 p.m.

### Eventbrite Remote Class: Heart Health

Monday, May 6 3:00 p.m. - 3:30 p.m.

### Eventbrite Remote Class: Meal Planning Made Easy

Thursday, May 9 4:00 p.m. - 4:30 p.m.

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

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](http://hannaford.com/dietitians).





# free nutrition education & advice

from your Hannaford Dietitian

96 Wolf Road, Colonie, NY 12205

518-482-1085 or frances.weiss@hannaford.com

**Fran Weiss, MS RDN CDN**

## 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

### Balanced Breakfasts for Busy Days

### Mindful Eating for Mental Health

### On-the-go Snack Solutions

### Pack a Budget-Friendly Picnic

## 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.

### Acid Reflux - Soothing Solutions (Zoom) email Fran for the free Zoom link

Sunday, April 28 3:30 p.m. - 4:15 p.m.

### Heart-Healthy Eating (on Zoom) visit [hannafordnutrition.eventbrite.com](https://hannafordnutrition.eventbrite.com)

Thursday, May 9 9:00 a.m. - 9:30 a.m.

Tuesday, May 21 9:00 a.m. - 9:30 a.m.

### Understanding Diabetes: Reducing Risk visit [hannafordnutrition.eventbrite.com](https://hannafordnutrition.eventbrite.com)

Thursday, May 16 9:00 a.m. - 9:30 a.m.

### Questions, store hours & demo materials email [frances.weiss@hannaford.com](mailto:frances.weiss@hannaford.com)

### Be sure to visit Fran's Nutrition Nook! Recipes and more in the store every day!

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

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](https://hannaford.com/dietitians).





# free nutrition education & advice

from your Hannaford Dietitian

180 Delaware Ave., Delmar, NY 12054

518-439-7657 or pwukitsch@hannaford.com

**Patty Wukitsch MS, RD, CDN**

## 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

Monday, June 3 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.

### Eventbrite Remote Class: Understanding Diabetes- Reducing the Risk

Thursday, May 2 4:00 p.m. - 4:30 p.m.

Tuesday, May 7 4:00 p.m. - 4:30 p.m.

### Eventbrite Remote Class: Heart Health

Monday, May 6 3:00 p.m. - 3:30 p.m.

### Eventbrite Remote Class: Meal Planning Made Easy

Thursday, May 9 4:00 p.m. - 4:30 p.m.

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

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](http://hannaford.com/dietitians).





# free nutrition education & advice

from your Hannaford Dietitian

596 Columbia Turnpike, Ste 17, East Greenbush, NY 12061

518-477-6483 or [stephanie.mcnear@hannaford.com](mailto:stephanie.mcnear@hannaford.com)

**Stephanie McNear, MS, RDN, CDN**

## 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 1:00 p.m. - 4:00 p.m.

### Balanced Breakfasts for Busy Days

Saturday, May 11 1:00 p.m. - 4:00 p.m.

### Mindful Eating for Mental Health

Saturday, May 18 1:00 p.m. - 4:00 p.m.

### On-the-go Snack Solutions

Saturday, May 25 1:00 p.m. - 4:00 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.

### Interested in a 1 on 1?

Email [stephanie.mcnear@hannaford.com](mailto:stephanie.mcnear@hannaford.com)

**Check us out on Eventbrite  
Hannaford Dietitians**

**Want me to come to your business?  
I teach all ages healthy eating!**

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

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](http://hannaford.com/dietitians).





# free nutrition education & advice

from your Hannaford Dietitian

5239 Western Turnpike, Guilderland, NY 12009

518-355-5814 or [pwukitsch@hannaford.com](mailto:pwukitsch@hannaford.com)

**Patty Wukitsch MS, RD, CDN**

## 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 9:30 a.m. - 12:30 p.m.

### Balanced Breakfasts for Busy Days

Thursday, May 9 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

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

### Pack a Budget-Friendly Picnic

Wednesday, May 29 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.

### Eventbrite Remote Class: Understanding Diabetes-Reduce the Risk

Thursday, May 2 3:00 p.m. - 3:30 p.m.

Tuesday, May 7 4:00 p.m. - 4:30 p.m.

### Eventbrite Remote Class: Heart Health

Monday, May 6 3:00 p.m. - 3:30 p.m.

### Eventbrite Remote Class: Meal Planning Made Easy

Thursday, May 9 4:00 p.m. - 4:30 p.m.

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

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](http://hannaford.com/dietitians).





# free nutrition education & advice

from your Hannaford Dietitian

579 Troy-Schenectady Road, Latham, NY 12110

518-782-1750 or [kathy.sirianni-blood@hannaford.com](mailto:kathy.sirianni-blood@hannaford.com)

**Kathy Sirianni-Blood, RDN, CDN**

## 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 12:00 p.m. - 3:00 p.m.

### Mindful Eating for Mental Health

Wednesday, May 15 12:00 p.m. - 3:00 p.m.

### On-the-go Snack Solutions

Wednesday, May 22 12:00 p.m. - 3:00 p.m.

### Pack a Budget-Friendly Picnic

Thursday, May 30 12:00 p.m. - 3:00 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.

### Virtual Class: Meal Planning Made Easy Reg@ [Hannafordnutrition.eventbrite.com](https://hannafordnutrition.eventbrite.com)

Thursday, May 9 9:00 a.m. - 9:30 a.m.

Thursday, May 30 9:00 a.m. - 9:30 a.m.

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

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](https://hannaford.com/dietitians).







# free nutrition education & advice

from your Hannaford Dietitian

43 Round Lake Road, Ballston Lake, NY 12019

518-899-2392 or [kathy.sirianni-blood@hannaford.com](mailto:kathy.sirianni-blood@hannaford.com)

**Kathy Sirianni-Blood, RDN, CDN**

## 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

Tuesday, May 7 12:00 p.m. - 3:00 p.m.

### Mindful Eating for Mental Health

Tuesday, May 14 12:00 p.m. - 3:00 p.m.

### On-the-go Snack Solutions

Tuesday, May 21 12:00 p.m. - 3:00 p.m.

### Pack a Budget-Friendly Picnic

Tuesday, May 28 12:00 p.m. - 3:00 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.

### Virtual Class: Meal Planning Make Easy Reg@ [Hannafordnutrition.eventbrite.com](https://hannafordnutrition.eventbrite.com)

Thursday, May 9 9:00 a.m. - 9:30 a.m.

Thursday, May 30 9:00 a.m. - 9:30 a.m.

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

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](https://hannaford.com/dietitians).





# free nutrition education & advice

from your Hannaford Dietitian

3333 Consaul Road, Niskayuna, NY 12309

518-395-9497 or [jbottillo-faulisi@hannaford.com](mailto:jbottillo-faulisi@hannaford.com)

**Jean Bottillo-Faulisi, MS, RD**

## 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 9:00 a.m. - 11:00 a.m.

### Balanced Breakfasts for Busy Days

Saturday, May 11 1:00 p.m. - 3:00 p.m.

### Mindful Eating for Mental Health

Friday, May 17 4:00 p.m. - 6:00 p.m.

### Pack a Budget-Friendly Picnic

Monday, May 27 10:00 a.m. - 12:00 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.

**Sign up for a virtual class at [Hannaford.nutrition.eventbrite.com](https://hannaford.nutrition.eventbrite.com)**

### Good Food, Good Mood

Saturday, May 11 10:00 a.m. - 10:45 a.m.

### Cooking For 1 or 2

Saturday, May 11 11:00 a.m. - 11:45 a.m.

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

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](https://hannaford.com/dietitians).





# free nutrition education & advice

from your Hannaford Dietitian

**Allison J Stowell MS, RD, CDN**

162 Route 22, Pawling, NY 12564

845-855-0553 or [astowell@hannaford.com](mailto:astowell@hannaford.com)

## 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 9:00 a.m. - 12:00 p.m.

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

### Balanced Breakfasts for Busy Days

Monday, May 6 9:00 a.m. - 12:00 p.m.

Thursday, May 9 9:00 a.m. - 12:00 p.m.

### Mindful Eating for Mental Health

Monday, May 13 9:00 a.m. - 12:00 p.m.

Thursday, May 16 9:00 a.m. - 12:00 p.m.

### On-the-go Snack Solutions

Monday, May 20 9:00 a.m. - 12:00 p.m.

Thursday, May 23 9:00 a.m. - 12:00 p.m.

### Pack a Budget-Friendly Picnic

Monday, May 27 9:00 a.m. - 12:00 p.m.

Thursday, May 30 9:00 a.m. - 12:00 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.

### Eventbrite Class- The Diabetic Diet

[hannafordnutrition.eventbrite.com](https://hannafordnutrition.eventbrite.com)

Wednesday, May 1 10:00 a.m. - 10:30 a.m.

Wednesday, May 8 10:00 a.m. - 10:30 a.m.

### Eventbrite Class- Meal Planning

[hannafordnutrition.eventbrite.com](https://hannafordnutrition.eventbrite.com)

Friday, May 3 12:00 p.m. - 12:30 p.m.

### Eventbrite Class- Heart Healthy Diet

[hannafordnutrition.eventbrite.com](https://hannafordnutrition.eventbrite.com)

Friday, May 10 12:00 p.m. - 12:30 p.m.

Wednesday, May 15 10:00 a.m. - 10:30 a.m.

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

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](https://hannaford.com/dietitians).





# free nutrition education & advice

from your Hannaford Dietitian

4593 Commercial Drive, New Hartford, NY 13413

315-768-1851 or [laurie.zirilli@hannaford.com](mailto:laurie.zirilli@hannaford.com)

**Laurie Zirilli MA RD CDN**

## 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 11:00 a.m. - 2:00 p.m.

### Balanced Breakfasts for Busy Days

Monday, May 6 11:00 a.m. - 2:00 p.m.

### Mindful Eating for Mental Health

Monday, May 13 11:00 a.m. - 2:00 p.m.

### On-the-go Snack Solutions

Monday, May 20 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.

### Go To: [hannafordnutrition.eventbrite.com](http://hannafordnutrition.eventbrite.com)

### Cooking for One or Two

Monday, May 13 9:00 a.m. - 9:30 a.m.

### Heart Healthy

Monday, May 20 9:00 a.m. - 9:30 a.m.

### Heart Health

Wednesday, June 19 9:00 a.m. - 9:30 a.m.

**Available: In-Person & Virtual Programs, Classes, Cooking Demos and Scout Patches**

### Contact: Laurie Zirilli, MA, RD, CDN

[Laurie.zirilli@hannaford.com](mailto:Laurie.zirilli@hannaford.com)

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

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](http://hannaford.com/dietitians).





# free nutrition education & advice

from your Hannaford Dietitian

1490 Route 9, Wappingers Falls, NY 12590

845-297-8254 or [joy.decaro@hannaford.com](mailto:joy.decaro@hannaford.com)

**Joy DeCaro, MS RD CDN**

## 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 11:00 a.m. - 2:00 p.m.

### Balanced Breakfasts for Busy Days

Wednesday, May 8 11:00 a.m. - 2:00 p.m.

### Mindful Eating for Mental Health

Wednesday, May 15 11:00 a.m. - 2:00 p.m.

### On-the-go Snack Solutions

Wednesday, May 22 11:00 a.m. - 2:00 p.m.

### Pack a Budget-Friendly Picnic

Wednesday, May 29 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.

### Gut Health

Friday, May 3 2:00 p.m. - 3:00 p.m.

Friday, May 10 1:00 p.m. - 2:00 p.m.

### On the go Healthy!

Friday, May 17 1:00 p.m. - 2:00 p.m.

Friday, May 24 1:00 p.m. - 2:00 p.m.

### Diabetes Tour

Friday, May 31 1:00 p.m. - 2:00 p.m.

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

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](http://hannaford.com/dietitians).

