



free demos & classes

with your Hannaford Dietitian



Middlebury >>

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

260 Court Street, Unit 6, Middlebury, VT 05753

802-388-1017 or kathleen.vandeweert@hannaford.com

Kathleen Van De Weert, MS, RD, CD

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 10:00 a.m. - 1:00 p.m.

Balanced Breakfasts for Busy Days

Tuesday, May 7 10:00 a.m. - 1:00 p.m.

Mindful Eating for Mental Health

Tuesday, May 14 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.

Understanding Diabetes Online Class

hannafordnutrition.eventbrite.com **FREE**

Monday, May 6 8:00 p.m. - 8:30 p.m.

Monday, May 20 8:00 p.m. - 8:30 p.m.

Heart-Healthy Eating Online Class

hannafordnutrition.eventbrite.com **FREE**

Monday, May 13 8:00 p.m. - 8:30 p.m.

Thursday, May 30 8:00 p.m. - 8:30 p.m.

Boys & Girls Club of Greater Vergennes Healthy Eating and Meal Planning

Friday, May 31 4:00 p.m. - 5:00 p.m.

**Contact Kathleen (email above)
for Individual or Group Tours/Education**

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

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