



free demos & classes

with your Hannaford Dietitian



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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 demos & classes

with 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 samples, recipe ideas, coupons and nutrition tips. No need to register.

Celebrate Produce

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

Refreshing Treats

Wednesday, August 14 12:30 p.m. - 3:30 p.m.

Flavors of the World

Tuesday, August 20 1:00 p.m. - 4:00 p.m.

Back to School

Wednesday, August 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.

Healthy Back to School Shopping Tour!

Sign Up by 8/26

Wednesday, August 28 2:30 p.m. - 3:30 p.m.

Sign Up for Tours in Advance via E-mail or at Register 1

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free demos & classes

with 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 samples, recipe ideas, coupons and nutrition tips. No need to register.

Celebrate Produce

Thursday, August 8 11:00 a.m. - 2:00 p.m.

Refreshing Treats

Tuesday, August 13 11:00 a.m. - 2:00 p.m.

Flavors of the World

Thursday, August 22 11:00 a.m. - 2:00 p.m.

Back to School

Tuesday, August 27 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.

Healthy Eating for College Students

FREE Tour - Sign up by 8/19

Wednesday, August 21 1:00 p.m. - 2:00 p.m.

Sign Up in Advance for Tours & Classes

@ **Service Desk or via E-mail**

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free demos & classes

with your Hannaford Dietitian

118 Lancaster Street, Leominster, MA 01453

978-537-1327 or Heidi.McIndoo-vendor@hannaford.com

Heidi McIndoo, MS, RD, LDN

In-Store Healthy Demos

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

Flavors of the World

Tuesday, August 20 10:30 a.m. - 1:30 p.m.

Back to School

Thursday, August 29 10:30 a.m. - 1:30 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.

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free demos & classes

with 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 samples, recipe ideas, coupons and nutrition tips. No need to register.

Celebrate Produce

Monday, August 5 1:00 p.m. - 4:00 p.m.

Refreshing Treats

Monday, August 12 1:00 p.m. - 4:00 p.m.

Flavors of the World

Monday, August 19 1:00 p.m. - 4:00 p.m.

Back to School

Monday, August 26 1:00 p.m. - 4:00 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.

Healthy 'Back to School' Shopping Tour!

Sign up by 8/25 by e-mailing Diana ^

Monday, August 26 4:30 p.m. - 5:30 p.m.

Sign Up for Tour by 7/19 via E-mail to

Diana.Savani@Hannaford.com

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free demos & classes

with your Hannaford Dietitian

333 Mass Avenue, Lunenburg, MA 01462 or
minna.scholten@hannaford.com

Minna Scholten, MS, RDN, LDN

In-Store Healthy Demos

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

Refreshing Treats

Tuesday, August 13 11:00 a.m. - 2:00 p.m.

Back to School

Tuesday, August 27 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.

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free demos & classes

with your Hannaford Dietitian

193 Boston Post Road West, Marlborough, MA 01752

508-480-9670 or minna.scholten@hannaford.com

Minna Scholten, MS, RDN, LDN

In-Store Healthy Demos

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

Plant-Powered Foods

Thursday, August 1 11:00 a.m. - 2:00 p.m.

Celebrate Produce

Thursday, August 8 2:00 p.m. - 5:00 p.m.

Saturday, August 10 1:00 p.m. - 3:00 p.m.

Refreshing Treats

Monday, August 12 1:00 p.m. - 4:00 p.m.

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

Flavors of the World

Monday, August 19 11:00 a.m. - 2:00 p.m.

Wednesday, August 21 3:30 p.m. - 6:30 p.m.

Back to School

Monday, August 26 11:00 a.m. - 2:00 p.m.

Friday, August 30 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.

Unique Benefits of Herbs and Spices

At the Table - No Sign Up Required

Friday, August 9 2:00 p.m. - 5:00 p.m.

Halfway Homemade for Quicker Meals

At the Table - No Sign Up Required

Friday, August 16 1:30 p.m. - 4:30 p.m.

3-Ingredient Pancakes

At the Table- No Sign Up Required

Thursday, August 22 11:00 a.m. - 3:00 p.m.

Taste It: Vegetarian Protein Sampler

At the Table - No Sign Up Required

Wednesday, August 28 3:00 p.m. - 6:00 p.m.

Email Minna to ask about free consults, 1:1 or group tours, and classes!

[email minna.scholten@hannaford.com](mailto:minna.scholten@hannaford.com)

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free demos & classes

with 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 samples, recipe ideas, coupons and nutrition tips. No need to register.

Refreshing Treats

Friday, August 16 12:30 p.m. - 3:30 p.m.

Flavors of the World

Monday, August 19 2:30 p.m. - 5:00 p.m.

Back to School

Friday, August 30 12:30 p.m. - 3:30 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.

Pack a Powerful Punch!

Box a lunch with an RD

Friday, August 30 11:00 a.m. - 12:00 p.m.

Join me in September for fall favorites and new flavors!

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free demos & classes

with 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 samples, recipe ideas, coupons and nutrition tips. No need to register.

Refreshing Treats

Tuesday, August 13 10:30 a.m. - 1:30 p.m.

Thursday, August 15 10:30 a.m. - 1:30 p.m.

Flavors of the World

Tuesday, August 20 10:30 a.m. - 1:30 p.m.

Back to School

Tuesday, August 27 10:30 a.m. - 1:30 p.m.

Thursday, August 29 10:30 a.m. - 1:30 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.

Pack a powerful punch!

Box a lunch with an RD!

Tuesday, August 27 2:00 p.m. - 3:00 p.m.

Join me in September for fall favorites and new flavors!

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





free demos & classes

with your Hannaford Dietitian

927 Merriam Avenue, Leominster, MA 01453

978-534-9323 or phunter@hannaford.com

Pat Hunter MA, RD, LDN, CDE

In-Store Healthy Demos

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

Celebrate Produce

Monday, August 5 11:00 a.m. - 1:00 p.m.

Monday, August 5 2:00 p.m. - 3:00 p.m.

Refreshing Treats

Monday, August 12 11:00 a.m. - 1:00 p.m.

Monday, August 12 1:30 p.m. - 3:00 p.m.

Flavors of the World

Monday, August 19 11:00 a.m. - 1:00 p.m.

Monday, August 19 1:30 p.m. - 3:00 p.m.

Back to School

Monday, August 26 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.

Exotic Produce Tasting Tour

Learn About Exotic Produce In Your Store

Monday, August 5 9:30 a.m. - 10:15 a.m.

Use Spice in Your Foods for Flavor

Cut the Sodium: Class and Mini Tour

Monday, August 19 9:30 a.m. - 10:15 a.m.

Sign up at Customer Service Desk

Homemade Lunchable Ideas in Mason Jars

Drop In/ Sample New Products/Giveaways

Monday, August 26 2:30 p.m. - 3:30 p.m.

Attention Scout Leaders!! Contact Pat

Scouts Can Earn a Healthy Shopper Patch

Request an RD for Your Community Event

www.Hannaford.com/rdevents

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free demos & classes

with your Hannaford Dietitian

55 Russell Street, Waltham, MA 02453

781-893-6776 or mmix@hannaford.com

Michelle Mix, MS, RD, LDN

In-Store Healthy Demos

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

Refreshing Treats

Monday, August 12 2:30 p.m. - 5:30 p.m.

Wednesday, August 14 10:30 a.m. - 1:30 p.m.

Flavors of the World

Wednesday, August 21 10:30 a.m. - 1:30 p.m.

Back to School

Monday, August 26 2:30 p.m. - 5:30 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.

It's back to school!

Pack a Powerful Punch in your lunch!

Monday, August 26 6:00 p.m. - 7:00 p.m.

Join me in September for fall favorites and new flavors!

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