



# free demos & classes

with your Hannaford Dietitian

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For more information on our demos & classes, visit [hannaford.com/dietitians](http://hannaford.com/dietitians).





# free demos & classes

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

### Plant-Powered Foods

Thursday, August 1 1:30 p.m. - 6:30 p.m.

### Celebrate Produce

Tuesday, August 6 3:30 p.m. - 6:30 p.m.

### Refreshing Treats

Thursday, August 15 3:30 p.m. - 6:30 p.m.

### Flavors of the World

Wednesday, August 21 12:30 p.m. - 3:30 p.m.

### Back to School

## 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.

### August is National Peach & Picnic Month Eat for the health of it! :)

### Let Food Be Thy Medicine

**Free refreshments and prizes!**

Wednesday, July 31 1:30 p.m. - 3:00 p.m.

### High Blood Pressure Facts and Foods

Thursday, August 15 1:00 p.m. - 2:00 p.m.

### Santa Claus in August?

**Discover Santa Claus Melon**

Thursday, August 29 4:30 p.m. - 5:30 p.m.

### Free Individual and Group Programs Plan with Fran

Wednesday, July 31 1:30 p.m. - 3:00 p.m.

**Messages: frances.weiss@hannaford.com  
or Fran's customer service desk notebook**

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For more information on our demos & classes, visit [hannaford.com/dietitians](http://hannaford.com/dietitians).





# free demos & classes

with your Hannaford Dietitian

223 Main Street, Cairo, NY 12413

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

**Patty Wukitsch MS, RD, CDN**

## In-Store Healthy Demos

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

### Celebrate Produce

Tuesday, August 6 9:30 a.m. - 1:30 p.m.

### Refreshing Treats

Tuesday, August 13 9:30 a.m. - 1:30 p.m.

### Flavors of the World

Tuesday, August 20 9:30 a.m. - 1:00 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.

### Make a Trail Mix Class!

Tuesday, August 20 1:30 p.m. - 2:30 p.m.

### Patty Does Store Tours/Classes for Scouts, Seniors and Special Needs Folks

**Email Patty at [pwukitsch@hannaford.com](mailto:pwukitsch@hannaford.com)**

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For more information on our demos & classes, visit [hannaford.com/dietitians](http://hannaford.com/dietitians).





# free demos & classes

with your Hannaford Dietitian

19 Clifton County Road, Clifton Park, NY 12065

518-383-4136 or [marissa.prignon@hannaford.com](mailto:marissa.prignon@hannaford.com)

**Marissa Prignon RD, CDN**

## In-Store Healthy Demos

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

### Celebrate Produce

Sunday, August 4 10:30 a.m. - 1:30 p.m.

Monday, August 5 4:00 p.m. - 7:00 p.m.

### Refreshing Treats

Wednesday, August 14 4:00 p.m. - 7:00 p.m.

Thursday, August 15 4:00 p.m. - 7:00 p.m.

### Flavors of the World

Tuesday, August 20 4:00 p.m. - 7:00 p.m.

Wednesday, August 21 4:00 p.m. - 7:00 p.m.

### Back to School

Sunday, August 25 10:30 a.m. - 1:30 p.m.

Monday, August 26 4:00 p.m. - 7:00 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.

### Meet Your RD!

### Ask Questions - Get Coupons!

Sunday, August 4 9:00 a.m. - 10:00 a.m.

### Healthy Snacks Tour

Sunday, August 25 9:00 a.m. - 9:45 a.m.

**Email Marissa to set up a class or tour for your group!**

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# free demos & classes

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

### Healthy Hydration

Friday, July 26 3:00 p.m. - 6:00 p.m.

### Plant-Powered Foods

Friday, August 2 3:00 p.m. - 6:00 p.m.

### Celebrate Produce

Monday, August 5 3:30 p.m. - 6:30 p.m.

### Refreshing Treats

Friday, August 16 4:00 p.m. - 7:00 p.m.

### Back to School

## 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.

### August is National Peach & Picnic Month Eat for the health of it! :)

### Diabetes/Prediabetes from A1C to Zinc Q and A's

Monday, August 5 2:30 p.m. - 3:30 p.m.

### Santa in August? Discover Santa Claus melon

Friday, August 16 5:00 p.m. - 6:00 p.m.

### Just Peachy ! Ice cream shakes

Friday, August 30 3:00 p.m. - 4:00 p.m.

### Complimentary individual & group programs Plan with Fran :)

**Messages: frances.weiss@hannaford.com  
or dietitian's notebook-customer service**

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# free demos & classes

with your Hannaford Dietitian

180 Delaware Ave., Delmar, NY 12054

518-439-7657 or [pwukitsch@hannaford.com](mailto:pwukitsch@hannaford.com)

**Patty Wukitsch MS, RD, CDN**

## 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 9:30 a.m. - 1:30 p.m.

### Refreshing Treats

Monday, August 12 9:30 a.m. - 1:30 p.m.

### Flavors of the World

Monday, August 19 9:30 a.m. - 1:00 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.

### Making Trail Mix Class!

Monday, August 19 1:30 p.m. - 2:30 p.m.

### Patty Does Store Tours for Scouts, Seniors and Special Needs Folks!

**Email Patty at [pwukitsch@hannaford.com](mailto:pwukitsch@hannaford.com) to Schedule Your Store Tour!**

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# free demos & classes

with your Hannaford Dietitian

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

518-477-6483 or [patty.schardt@hannaford.com](mailto:patty.schardt@hannaford.com)

**Patty Delmonico Schardt MS,RD**

## 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 10:00 a.m. - 2:00 p.m.

### Refreshing Treats

Monday, August 12 10:00 a.m. - 2:00 p.m.

### Flavors of the World

Monday, August 19 10:00 a.m. - 2:00 p.m.

### Back to School

Monday, August 26 10:00 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.

### Stop by Demo Table :

### Sample Exotic Fruits and Vegetables.

Monday, August 5 1:00 p.m. - 2:00 p.m.

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# free demos & classes

with your Hannaford Dietitian

175 Broad Street, Glens Falls, NY 12801

518-793-0028 or amy.dergurahian@hannaford.com

**Amy Wahl MS,RD**

## In-Store Healthy Demos

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

### Celebrate Produce

Sunday, August 4 12:30 p.m. - 3:30 p.m.

### Refreshing Treats

Sunday, August 11 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.

**Available for Private Store Tours  
Book Yours Today!**

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For more information on our demos & classes, visit [hannaford.com/dietitians](http://hannaford.com/dietitians).







# free demos & classes

with your Hannaford Dietitian

262 Saratoga Road, Glenville, NY 12302

518-384-0156 or [patty.schardt@hannaford.com](mailto:patty.schardt@hannaford.com)

**Patty Delmonico Schardt MS, RD**

## 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 10:00 a.m. - 2:00 p.m.

### Refreshing Treats

Wednesday, August 14 10:00 a.m. - 2:00 p.m.

### Flavors of the World

Wednesday, August 21 10:00 a.m. - 2:00 p.m.

### Back to School

Wednesday, August 28 10:00 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.

### Stop by Demo Table to Sample Exotic Fruits and Vegetables.

Wednesday, August 14 1:00 p.m. - 2:00 p.m.

**Email Patty for : store tours, scouts, class field trips, consults.**

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# free demos & classes

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

### Celebrate Produce

Thursday, August 8 9:30 a.m. - 1:30 p.m.

### Refreshing Treats

Thursday, August 15 9:30 a.m. - 1:30 p.m.

### Flavors of the World

Thursday, August 22 9:30 a.m. - 1:00 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.

### Make a Trail Mix Class!

Thursday, August 22 1:30 p.m. - 2:30 p.m.

### Patty Does Store Tours for Scouts, Special Needs and Seniors

Email Patty at [pwukitsch@hannaford.com](mailto:pwukitsch@hannaford.com)

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# free demos & classes

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

### Refreshing Treats

Thursday, August 15 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

Thursday, August 29 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.

### Packing Healthy Lunches

Thursday, August 29 2:15 p.m. - 3:15 p.m.

### Pre-register at the service desk

**[Kathy.sirianni-blood@hannaford.com](mailto:kathy.sirianni-blood@hannaford.com)**

**taste a fruit or veggie during a demo  
the first customer at noon chooses!**

**MESSAGES: email (above address) or  
Kathy's customer service desk notebook**

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# free demos & classes

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

### Plant-Powered Foods

Wednesday, July 31 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

Tuesday, August 20 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.

### International Cuisines II

#### Cooking Class at Innovations Showroom

Wednesday, August 21 4:00 p.m. - 5:30 p.m.

**Register @ customer service,  
[Kathy.sirianni-blood@hannaford.com](mailto:kathy.sirianni-blood@hannaford.com)**

**Taste a fruit or veggie during a demo.  
The first customer chooses!**

**MESSAGES: email (above address) or  
Kathy's customer service desk notebook**

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# free demos & classes

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

### Plant-Powered Foods

Friday, August 2 10:30 a.m. - 12:00 p.m.

Friday, August 2 1:30 p.m. - 3:00 p.m.

### Celebrate Produce

Friday, August 9 10:30 a.m. - 12:00 p.m.

Friday, August 9 1:30 p.m. - 3:00 p.m.

### Flavors of the World

Monday, August 19 10:30 a.m. - 12:00 p.m.

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

### Back to School

Friday, August 30 10:30 a.m. - 12:00 p.m.

Friday, August 30 1:30 p.m. - 3:00 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

162 Route 22, Pawling, NY 12564

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

**Allison J Stowell MS, RD**

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

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

### Back to School

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

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.

### Meet Your Hannaford Dietitian

#### Stop by to chat with Alli

Tuesday, August 20 12:00 p.m. - 1:00 p.m.

Tuesday, August 27 12:00 p.m. - 1:00 p.m.

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# free demos & classes

with your Hannaford Dietitian

190 Quaker Road, Queensbury, NY 12804

518-798-8676 or amy.dergurahian@hannaford.com

**Amy Wahl MS, RD**

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

### Refreshing Treats

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

### Flavors of the World

Sunday, August 18 12:30 p.m. - 3:30 p.m.

### Back to School

Friday, July 26 2:00 p.m. - 4:30 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.

### Back to School Tour

### Build a Healthy Lunch Box

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

### Available for Private Store Tours

**Email to Book Today!**

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# free demos & classes

with your Hannaford Dietitian

95 Weibel Ave, Saratoga Spring, NY 12866

518-587-0360 or amy.dergurahian@hannaford.com

**Amy Wahl MS,RD**

## 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 12:30 p.m. - 4:30 p.m.

### Refreshing Treats

Wednesday, August 14 2:00 p.m. - 5:00 p.m.

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

### Flavors of the World

Wednesday, August 21 2:00 p.m. - 5:00 p.m.

Friday, August 23 1:30 p.m. - 4:30 p.m.

### Back to School

Sunday, August 25 12:30 p.m. - 3:30 p.m.

Wednesday, August 28 1:30 p.m. - 4:30 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.

### Back to School Tour

### Build a Healthy Lunch Box

Wednesday, August 28 4:30 p.m. - 5:30 p.m.

### Available for Private Store Tours

### Book Yours Today!!

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# free demos & classes

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

### Plant-Powered Foods

Friday, August 2 11:00 a.m. - 2:00 p.m.

### Refreshing Treats

Monday, August 12 11:00 a.m. - 2:00 p.m.

### Flavors of the World

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

**I am available to provide a variety of programs:**

- Scout Troops, Cabot Nutrition Patch
- Store tours, classes, programs

**Contact Laurie Zirilli MA RD CDN**  
[Laurie.zirilli@hannaford.com](mailto:Laurie.zirilli@hannaford.com)

**Party Starters- Platter Up!!!**  
**Fruit, Cheese & Hummus etc put together!**

Monday, August 12 2:00 p.m. - 3:00 p.m.

**Compound Butters! What are they?**  
**How to make? How to use?**

Monday, August 19 2:00 p.m. - 3:00 p.m.

Thank you to our sponsors for partnering with Hannaford to offer free dietitian services.  
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# free demos & classes

with your Hannaford Dietitian

1490 Route 9, Wappingers Falls, NY 12590

845-297-8254 or joy.decaro@hannaford.com

**Joy DeCaro, MS RD CDN**

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

### Flavors of the World

Wednesday, August 21 11:00 a.m. - 2:00 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 Veggie Meals

Friday, August 9 1:00 p.m. - 2:00 p.m.

### Cool Nutritious Treats

Friday, August 16 1:00 p.m. - 2:30 p.m.

### Diabetes Tour

Friday, August 30 1:00 p.m. - 2:00 p.m.

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