



free demos & classes

with your Hannaford Dietitian



Essex Junction >>

South Burlington >>
(217 Dorset Street)

South Burlington >>
(218 Hannaford Drive)

Williston >>

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

21A Essex Way, Essex Junction, VT 05452

802-878-0274 or jheidkamp@hannaford.com

Joanne Heidkamp, MS, RDN

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

Refreshing Treats

Thursday, August 15 10:00 a.m. - 1:00 p.m.

Flavors of the World

Thursday, August 22 10:00 a.m. - 1:00 p.m.

Back to School

Thursday, August 29 10:00 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.

Scout troops can earn health & nutrition badges @ Hannaford. Contact Joanne

Schedule a FREE nutrition class for your group or team. Contact Joanne

Questions about Healthy Eating? Stop by Joanne's table on Wednesdays

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free demos & classes

with your Hannaford Dietitian

217 Dorset Street, So. Burlington, VT 05403

802-863-6311 or bharton@hannaford.com

Brigitte Harton, RD, CD

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.

Celebrate Produce

Friday, August 9 11:00 a.m. - 2:00 p.m.

Refreshing Treats

Friday, August 16 11:00 a.m. - 2:00 p.m.

Flavors of the World

Friday, August 23 11:00 a.m. - 2:00 p.m.

Back to School

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.

**You can schedule a class or tour!
Contact Brigitte for details!**

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free demos & classes

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218 Hannaford Drive, So. Burlington, VT 05403

802-864-0105 or jheidkamp@hannaford.com

Joanne Heidkamp, MS, RDN

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. - 1:00 p.m.

Refreshing Treats

Wednesday, August 14 10:00 a.m. - 1:00 p.m.

Flavors of the World

Wednesday, August 21 10:00 a.m. - 1:00 p.m.

Back to School

Wednesday, August 28 10:00 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.

Schedule a FREE nutrition class for your group or team. Contact Joanne

Questions about Healthy Eating? Stop by Joanne's table on Wednesdays

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free demos & classes

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78 Marshall Avenue, Williston, VT 05495

802-878-0032 or jheidkamp@hannaford.com

Joanne Heidkamp, MS, RDN

In-Store Healthy Demos

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

Celebrate Produce

Friday, August 9 10:00 a.m. - 1:00 p.m.

Refreshing Treats

Friday, August 16 10:00 a.m. - 1:00 p.m.

Flavors of the World

Friday, August 23 10:00 a.m. - 1:00 p.m.

Back to School

Friday, August 30 10:00 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.

Planning events for a group? Arrange a FREE nutrition tour & taste with Joanne

Questions about healthy eating? Stop by the Dietitian demo table on Fridays

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