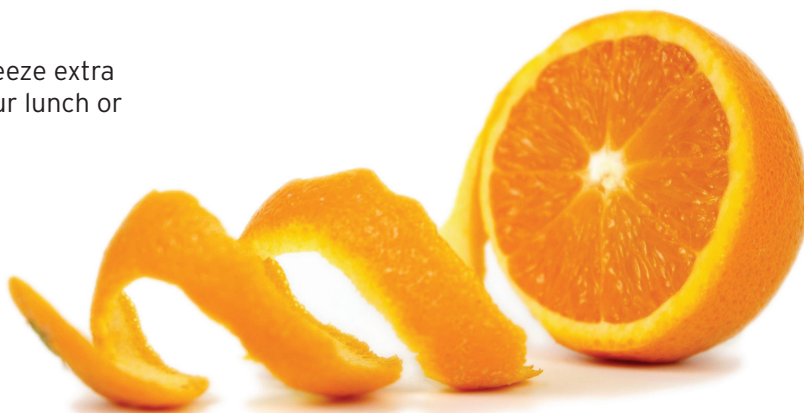




Healthy Living at Hannaford

21 Ways to Save Food Dollars

1. Plan your meals for the week by making a list before shopping.
2. Try planning several meals that use dried beans instead of meat.
3. Use the Hannaford weekly flyer to identify specials on fresh produce, grocery items, meat, poultry and seafood.
4. Use coupons for items you need each week.
5. Buy larger items when they are less expensive per unit.
6. Buy slow-cooking cereal, rice and beans. (Instant versions can cost twice as much.)
7. To save money buy whole chicken, remove skin, cook and debone yourself.
8. Purchase lettuce by the head instead of ready-to-use bags.
9. Select the largest container of milk you will use.
10. Put off grocery shopping for a day and use what you already have on hand.
11. Try making your own salad dressings, using or olive oil and vinegar.
12. Make your own soups and entrees then freeze extra leftovers in single-serving portions for your lunch or your own version of a frozen meal.
13. Cut down on refined foods. Bagels, crackers, candy, soda and chips . . . all increase the amount of money you spend. Replace them with fresh produce and homemade items.
14. Buy plain vegetables and pasta and add your own sauces and seasonings.
15. Clean and organize pantry and freezer, then try to use the items you have on hand before going shopping.
16. Keep your refrigerator clean and at the proper temperature to avoid spoilage as well as save on your electric bill.
17. Making eating out a special treat that you only do once or twice a month.
18. Take water and snacks with you so you will not be tempted to buy convenience items.
19. Bring your own lunch to work each day.
20. Visit hannaford.com/healthy for budget-friendly recipes and money-saving coupons.
21. Buy Hannaford brand products when available.



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Healthy Living at Hannaford

Eating Well on a Budget

Need ideas to save money on your food bill while still eating healthy? You can enjoy greater variety, avoid deprivation, and gain a shopping strategy that is easy on both your waistline and your wallet.

Money-saving fundamentals:

- Shop after a meal or light snack to resist temptation.
- Choose large bags of fruit instead of the single, large fruits priced per unit or pound.
- Eat vegetarian twice a week.
- Make eating out a special treat saved for once or twice a month.
- Plan your menu, write a list of what you need, and stick to it.
- Shop once a week.
- Buy Hannaford brand when it is available (for both food and household items).
- Use the online flyer at hannaford.com before you go shopping to identify produce that is on special that week.
- Buy chicken whole or on the bone. After cooking, debone and take the skin off. Cooked chicken can be used quickly and easily!

Think your drink:

- Avoid buying soda. Drink water, milk and 100% juice for maximum nutrients per calorie.
- Skip bottled water and drink water from the tap.

Choose your snacks wisely:

- Make your own healthy trail mix with Kashi cereal, Craisins and Hannaford brand nuts.
- Eat fruit for snacks (bananas are always affordable).
- Buy snack-size resealable plastic bags and make single-serving packets.
- Buy bar cheese and grate or slice it as needed.
(Cabot makes a great tasting reduced-fat version.)

Go frozen:

- In the winter look for frozen veggies and fruit to save money.
- Freeze berries during the summer, when prices are low.

Buy sale items:

- Buy in bulk when you know you will use the food.
- Buy your meat when it goes on sale and freeze it when you get home.

Adapted from Madelyn Fernstrom, PhD, CNS, TODAY nutrition and diet editor



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Healthy Living at Hannaford

Eat from the Rainbow!

5 - 9 servings of fruits and vegetables a day to include all the colors of the rainbow!

Phytochemicals

Plant chemicals provide a variety of health benefits. These are considered nutrients beyond the vitamin and mineral content. In nature, the color of a plant protects it from damage by sun or bacteria. In our bodies, these foods have protective qualities, also.

Antioxidants

Plant substances that protect the body by neutralizing free radicals or unstable oxygen molecules that damage cells and contribute to disease.



RED

Lycopene, found in tomatoes, is associated with decreased risk of lung and prostate cancers. Cooked tomatoes have a higher content of lycopene. Anthocyanin is found in cranberries and is associated with urinary tract health. New research is being done in the area of improving memory.



WHITE/TAN/BROWN

These may promote heart health by maintaining healthy cholesterol levels. Allicin is found in the onion and garlic family. Indoles are found in mushrooms, and one type in particular may be a cancer inhibitor.



YELLOW/ORANGE

These contain vitamin C as well as antioxidants. Carotenoids are found in carrots, sweet potatoes, mangos and apricots. Benefits include healthy vision and immune system and decreased cancer risk.



BLUE/PURPLE

The most powerful antioxidant group helps relieve the body from oxidative stress. Anthocyanins are found in blueberries. Associated with memory, urinary tract health and night vision.



GREEN

The color of life for plants, green is a source of antioxidants and helps promote healthy vision, bones and teeth. Lutein, found in spinach, broccoli, kale and Brussels sprouts, may protect against cancer.



Prepared by Ellen Kinney, R.D., L.D., Nutrition Coordinator, Hannaford Supermarkets



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Healthy Living at Hannaford

How to read a Label for a PEANUT-FREE Diet

All FDA-regulated manufactured food products that contain peanut as an ingredient are required by U.S. law to list the word "peanut" on the product label.

Avoid foods that contain peanuts or any of these ingredients:

artificial nuts
beer nuts
cold-pressed, expeller-pressed, or extruded peanut oil
goobers
ground nuts
mixed nuts
monkey nuts
nut pieces
nutmeat
peanut butter
peanut flour
peanut protein hydrolysate

Peanut is sometimes found in the following:

African, Asian (especially Chinese, Indian, Indonesian, Thai, and Vietnamese), and Mexican dishes
baked goods (e.g., pastries, cookies)
candy (including chocolate candy)
chili

Keep in mind:

- Mandelonas are peanuts soaked in almond flavoring.
- The FDA exempts highly refined peanut oil from being labeled as an allergen. Studies show most allergic individuals can safely eat peanut oil that has been highly refined (not cold-pressed, expeller-pressed, or extruded peanut oil). Follow your doctor's advice.
- A study showed that, unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine.
- Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.



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Healthy Living at Hannaford

How to read a Label for a MILK-FREE or EGG-FREE Diet

All FDA-regulated manufactured food products that contain milk or egg as ingredient are required by U.S. law to list the word "milk" or "egg" on the product label.

MILK

Avoid foods that contain milk or any of these ingredients:

butter, butterfat, butter oil, butter acid, butter ester(s)
buttermilk
casein
casein hydrolysate
caseinates (in all forms)
cheese
cottage cheese
cream
curds
custard
diacetyl
ghee
half-and-half

- lactalbumin, lactalbumin phosphate
- lactoferrin
- lactose
- lactulose
- milk (in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk form other animals, low-fat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole)
- milk protein hydrolysate
- pudding
- Recaldent™
- rennet casein
- sour cream, sour cream solids
- sour milk solids
- tagatose
- whey (in all forms)
- why protein hydrolysate
- yogurt

Milk is sometimes found in the following:

- artificial butter flavor
- baked goods
- caramel candies
- chocolate
- lactic acid starter culture and other bacterial cultures
- luncheon meat, hot dogs, sausages
- margarine
- nisin
- nondairy products
- nougat

EGG

Avoid foods that contain egg or any of these ingredients:

albumin (also spelled albumen)
egg (dried, powdered, solids, white, yolk)
eggnog
lysozyme
mayonnaise
meringue (meringue powder)
ovalbumin
surimi

Egg is sometimes found in the following:

- baked goods
- egg substitutes
- lecithin
- macaroni
- marzipan
- marshmallows
- nougat
- pasta
- caesar dressing

Keep in mind:

Individuals with egg allergy should also avoid eggs from duck, turkey, goose, quail, etc.. as these are known to be cross-reactive with chicken egg.

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Healthy Living at Hannaford

How to read a Label for a TREE-NUT FREE or SOY-FREE Diet

All FDA-regulated manufactured food products that contain tree-nut as an ingredient are required by U.S. law to list the specific tree nut on the product label. All FDA-regulated manufactured food products that contain soy as ingredient are required by U.S. law to list the word "soy" on the product label.

TREE-NUT Avoid foods that contain nuts or any of these ingredients:

- almonds
- artificial nuts
- beechnut
- Brazil nuts
- butternut
- cashews
- chestnuts
- chinquapin
- coconuts
- filberts/hazelnuts
- gianduja (a chocolate-nut mixture)
- ginkgo nut
- hickory nuts
- litchi/lychee/lychee nut
- macadamia nuts

- marzipan/almond paste
- Nangai nuts
- natural nut extract (e.g., almond, walnut)
- nut butters (e.g., cashew butter)
- nut meal
- nut paste (e.g., almond paste)
- nut pieces
- nutmeat
- pecans
- pesto
- pili nut
- pinenuts (also referred to as Indian, pignoli, pigñolia, pignon, piñon, and pinyon nuts)
- pistachios
- praline
- shea nut
- walnuts

Tree nuts are sometimes found in the following:

- black walnut hull extract (flavoring)
- natural nut extract
- nut distillates/alcoholic extracts
- nut oils (e.g., walnut oil, almond oil)
- walnut hull extract (flavoring)

Keep in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.

SOY Avoid foods that contain soy or any of these ingredients:

- edamame
- miso
- natto
- shoyu
- soy (soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt)
- soya
- soybean (curd, granules)
- soy protein (concentrate, hydrolyzed, isolate)

- soy sauce
- tamari
- tempeh
- textured vegetable protein (TVP)
- tofu

Soy is sometimes found in the following:

- Asian cuisine
- vegetable broth
- vegetable gum
- vegetable starch

Keep in mind:

- The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show most allergic individuals can safely eat soy oil that has been highly refined (not cold-pressed, expeller-pressed, or extruded soybean oil).
- Most individuals allergic to soy can safely eat soy lecithin.
- Follow your doctor's advice regarding these ingredients.

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Healthy Living at Hannaford

How to read a Label for a SHELLFISH-FREE or WHEAT-FREE Diet

All FDA-regulated manufactured food products that contain shellfish or wheat as an ingredient are required by U.S. law to list the word "shellfish" or "wheat" on the product label.

SHELLFISH

Avoid foods that contain shellfish or any of these ingredients:

- crab
- crawfish (crayfish, ecrevisse)
- lobster (langouste, langoustine, scampo, coral, tomalley)
- prawn
- shrimp (crevette)

Mollusks are not considered major allergens under food labeling laws and may not be fully disclosed on a product label.

Your doctor may advise you to avoid mollusks or these ingredients:

- abalone
- clams (cherrystone, littleneck, pismo, quahog)
- cockle (periwinkle, sea urchin)
- mussels
- octopus
- oysters
- snails (escargot)
- squid (calamari)

Shellfish are sometimes found in the following:

- bouillabaisse
- cuttlefish ink
- fish stock

seafood flavoring (e.g., crab or clam extract)

Keep in mind:

- Any food served in a seafood restaurant may contain shellfish protein due to cross-contact.
- For some individuals, a reaction may occur from inhaling cooking vapors or from handling fish or shellfish.

WHEAT

Avoid foods that contain wheat or any of these ingredients:

- bread crumbs
- bulgur
- cereal extract
- club wheat
- couscous
- cracker meal
- durum
- einkorn
- farina
- flour (all purpose, bread, cake, durum, enriched graham, high gluten, high protein, instant, pastry, self-rising,

- soft wheat, steel ground, stone ground, whole wheat)
- hydrolyzed wheat protein
- Kamut®
- matzoh, matzoh meal (also spelled as matzo, matzah, or matza)
- pasta
- seitan
- semolina
- spelt
- sprouted wheat
- triticale
- vital wheat gluten
- wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch)

- wheat bran hydrolysate
- wheat germ oil
- wheat grass
- wheat protein isolate
- whole wheat berries

Wheat is sometimes found in the following:

- glucose syrup
- soy sauce
- starch (gelatinized starch, modified starch, modified food starch, vegetable starch)
- surimi

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