



Healthy Living at Hannaford

Reasons for Eating at Home

1. This is quality time for the whole family.
2. Family meals encourage communication skills, like how to listen patiently and express opinions respectfully.
3. It is an opportunity to teach kids how to cook healthy meals. Children are more likely to eat a variety of foods if they help make them.
4. Studies have shown that adolescents and teens who regularly sit down to family meals have better grades, less depression, and are less likely to drink alcohol, smoke or use marijuana than kids who eat with their families less than twice a week.
5. It is more economical to prepare and eat meals at home.
6. It gives parents better control over the quality and quantity of food.
7. Sensible portion sizes need to be taught at home so kids don't grow up thinking supersized is normal. Skip the instinct to have kids clean their plate. You control WHAT your kids eat – let the kids decide how much.



Hannaford can help:

Look for the Guiding Stars® for healthy food choices.

Find healthy recipes that earn Guiding Stars® by visiting hannaford.com

Stop by our Dietitian's demo tables to find and sample recipes that are inexpensive, easy to make, healthy and delicious!



Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.





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Tips for Easy Meals

- First, check everyone's schedules and determine how many meals per week you can eat together.
- Keep things simple. Family meals do not have to be fancy or elaborate. They should be healthy and balanced.
- Get the family involved in preparing meals and setting the table. Even small children can handle some kitchen chores. Learning basic kitchen skills will be helpful for when they go off on their own.
- Cook a big pot of something delicious (soup, a casserole) during the weekend for easy meal prep on busy nights.
- Try crock-pot dishes that can be put together the evening before and then cooked while you are at work. It is so wonderful to come home to the smells of a hot, delicious meal all ready to eat.
- Cook extras of some foods to be used later in the week. For example, if you are grilling or baking chicken, bake or grill extra and use in salads, wraps, casseroles, etc. Make extra brown rice or pasta that can be used in another dish later.
- If your food budget allows, buy prepackaged, prewashed, ready-to-eat vegetables to shorten prep time on busy nights.
- Use frozen vegetables to make a stir-fry with chicken or pork. Serve on top of quick brown rice or whole-wheat pasta.
- Keep low-fat yogurt on hand to use as a base for smoothies. Just add canned or frozen fruits, fruit juice and granola (or your favorite cereal) for a quick breakfast.
- Cook potatoes or vegetables in the microwave to save time.
- Try having breakfast for dinner once a week. Veggie and cheese omelets served with whole-grain toast or English muffins, and milk or yogurt is easy to do. Or try pancakes or waffles with fruit topping served with milk or yogurt. Waffle or pancake mix can be made ahead and refrigerated so it is ready to go when you get home.



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Fast & Lean Meal Ideas

By planning ahead, you can avoid eating poor nutrition meals loaded with fat and calories. Try including lean protein, complex carbohydrates, and healthy fats at every meal to keep you full longer and energized throughout the day. If you do not have much time to cook, skip the drive-thru, anyway, and try some of these quick, healthy meal ideas:

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No Time, No Problem Breakfast Ideas:

Breakfast is the most important meal of the day, it's one meal many of us skip because we are too rushed or busy. With these fast morning meals, you can prepare, grab and go without going hungry or ruining your diet.

- Apple and a handful of walnuts (30 seconds)
- Kashi® oatmeal with 1/2 cup skim milk and ¼ cup raisins (2 minutes, 45 seconds)
- 100% whole-grain toast with 2 Tbsp. of peanut butter and a banana (4 minutes, 30 seconds)
- Dannon® Greek yogurt mixed with ground flaxseed and fresh berries – or you can mix ingredients in a blender for a yummy smoothie (5 minutes, 15 seconds)
- 2 scrambled eggs with Cabot® 50% Reduced Fat Cheddar Cheese with whole-wheat English muffin and a 6 oz. glass of orange juice (8 minutes, 45 seconds)

Lean Lunches:

Try packing your lunch the night before to keep your mornings less hectic.

- Tuna salad made with Hellmann's® Canola Mayonnaise, served on 100% whole-wheat bread with lettuce and tomato
- Baked sweet potato topped with fat-free sour cream and chives
- Green salad with skinless chicken breast, drizzled with olive oil-based dressing and topped with sliced almonds
- Cut-up veggies, such as carrots, cucumbers, bell peppers, celery and grape tomatoes, with hummus spread for dipping
- Steamed veggies sprinkled with 2 Tbsp. shredded Cabot cheese (look for steam-in-bag versions in fresh produce and frozen sections of the store)
- 1 cup of broth-based soup or bean chili with 6 Kashi crackers – use the Hannaford Guiding Stars® to help find soups with lower sodium levels

Lite Dinners:

Remember to practice portion control to keep calories in a healthy range: 3 oz. of meat is the size of a deck of cards, 1/2 cup brown rice equals half a baseball, and 3 oz. fish is equivalent to a checkbook.

- Whole-grain pasta served with Ragú pasta sauce and lean ground beef
- Sushi with low-sodium soy sauce and side of brown rice
- Baked, grilled or poached fish with sautéed veggies
- Stir-fry using canola oil and sautéed fresh ginger, shrimp, broccoli, carrots, onion, and bell peppers
- Roasted chicken with side salad and corn
- Mexican ground-turkey taco on lettuce wraps with diced tomatoes and guacamole



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