



free demos & classes

with your Hannaford Dietitian

Augusta >>
(Cony Street)

Augusta >>
(Whitten Road)

Bangor >>
(Broadway Street)

Bangor >>
(Airport Mall)

Biddeford >>

Brunswick >>

Ellsworth >>

Gorham >>

Kennebunk >>

Lewiston >>

Old Town >>

Oxford >>

Portland >>

Scarborough >>

Topsham >>

Waterville >>
(Elm Plaza)

Waterville >>
(JFK Plaza)

Wells >>

Westbrook >>

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

118 Cony Street, Augusta, ME 04330

207-621-2570 or alexandria.wilson@hannaford.com

Alex Wilson MS, RD, LD

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 9:00 a.m. - 1:00 p.m.

Refreshing Treats

Friday, August 16 3:00 p.m. - 5:30 p.m.

Flavors of the World

Friday, August 23 8:30 a.m. - 12:00 p.m.

Back to School

Wednesday, August 28 9:00 a.m. - 12:00 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.

To schedule a nutrition class or tour

Email: Alexandria.Wilson@hannaford.com

Offsite Event: Employee Wellness Fair

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

Lunchbox Grub!

Located at demo table

Wednesday, August 28 12:00 p.m. - 2:00 p.m.

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





free demos & classes

with your Hannaford Dietitian

29 Whitten Road, Augusta, ME 04330

207-622-3137 or alexandria.wilson@hannaford.com

Alex Wilson MS, RD, LD

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 9:00 a.m. - 2:00 p.m.

Refreshing Treats

Wednesday, August 14 9:00 a.m. - 12:00 p.m.

Flavors of the World

Monday, August 19 9:00 a.m. - 2:00 p.m.

Back to School

Monday, August 26 9:00 a.m. - 12:00 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.

To schedule a nutrition class or tour

Email: Alexandria.Wilson@hannaford.com

Offsite Event: Employee Wellness Fair

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

Lunchbox Grub!

Located at demo cart near seafood dept.

Monday, August 26 12:00 p.m. - 2:00 p.m.

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free demos & classes

with your Hannaford Dietitian

653 Broadway Street, Bangor, ME 04401

207-947-8338 or caitlin.ratten@hannaford.com

Caitlin Ratten, MS, RD, LD

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

Saturday, August 10 1:00 p.m. - 4:00 p.m.

Flavors of the World

Tuesday, August 20 12:00 p.m. - 3:00 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.

Associate Fruit/Veggie Monday Snack in the break room

Monday, August 5

Celebrate Local!

At the demo table, no sign up needed.

Saturday, August 10 10:00 a.m. - 11:30 a.m.

Celebrate Wellness!

At the demo table, no sign up needed.

Saturday, August 17 10:00 a.m. - 2:00 p.m.

Sunday, August 18 10:00 a.m. - 2:00 p.m.

Kids Cooking Class. Ages 4+ with adult.

Contact Caitlin to sign up!

Monday, August 26 10:00 a.m. - 11:00 a.m.

Contact Caitlin for a private or group class or tour!

www.hannaford.com/rdevents

Request an RD for your community event!

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

1133 Union Street, Bangor, ME 04401

207-942-0100 or caitlin.ratten@hannaford.com

Caitlin Ratten, MS, RD, LD

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 1:00 p.m. - 4:00 p.m.

Refreshing Treats

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

Flavors of the World

Friday, August 23 12:00 p.m. - 3:00 p.m.

Back to School

Friday, August 30 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.

Associate Fruit/Veggie Friday Snack in the break room!

Friday, August 9

Kids Cooking Class. Ages 4+ with adult. Contact Caitlin to sign up!

Friday, August 30 10:00 a.m. - 11:00 a.m.

Contact Caitlin for a private or group class or tour!

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free demos & classes

with your Hannaford Dietitian

299 Elm Street, Biddeford, ME 04005

207-284-8677 or diana.robinson@hannaford.com

Diana Robinson, 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 11:00 a.m. - 2:00 p.m.

Refreshing Treats

Wednesday, August 14 12:00 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.

Lose Salt Not Flavor!

Drop In Class!

Wednesday, August 14 11:00 a.m. - 12:00 p.m.

Need Nutrition Advice or Recipes?

Email: Diana.robinson@hannaford.com

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





free demos & classes

with your Hannaford Dietitian

35 Elm Street, Brunswick, ME 04011

207-725-8701 or hillary.pride@hannaford.com

Hillary Pride RD, LD

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

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

Flavors of the World

Monday, August 19 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.

Contact Your Hannaford Dietitian For More Information on Classes and Store Tours!

Hannaford Dietitian & SNAP Ed Healthy Shopping Store Tour

Thursday, August 29 2:00 p.m. - 3:00 p.m.

Brunswick Customer Appreciation Day Dietitian Wellness Table!

Saturday, August 31 10:00 a.m. - 2:00 p.m.

Discover What's New & Healthy In the Brunswick Store!

Saturday, August 31 2:00 p.m. - 3:00 p.m.

**Classes & Tours Require Advance Sign Ups
Contact Hillary.Pride@Hannaford.com**

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

225 High Street, Ellsworth, ME 04605

Amy Henderson, MS, RD, LD

207-667-5300 or amy.henderson-vendor@hannaford.com

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. - 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.

Healthy Lunch at Hannaford

3:00 p.m. - 4:00 p.m.

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free demos & classes

with your Hannaford Dietitian

99 Main Street, Gorham, ME 04038

207-839-6553 or kristine.taylor@hannaford.com

Kristine Taylor, MS, RD, LD

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

Flavors of the World

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

Back to School

Monday, August 26 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.

Mediterranean Diet Shopping Tour

to join: kristine.taylor@hannaford.com

Thursday, August 8 5:00 p.m. - 6:00 p.m.

Thursday, August 15 5:00 p.m. - 6:00 p.m.

Kids Cooking Class

To join: kristine.taylor@hannaford.com

Thursday, August 22 11:30 a.m. - 1:00 p.m.

For individual or group tours & classes

Email kristine.taylor@hannaford.com

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free demos & classes

with your Hannaford Dietitian

65 Portland Road, Suite 9, Kennebunk, ME 04043

207-985-9135 or megan.patten@hannaford.com

Megan Patten MS, RD, LD

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. - 2:00 p.m.

Refreshing Treats

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

Flavors of the World

Tuesday, August 20 10:00 a.m. - 1:00 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.

Eat the Mediterranean Way: Class and Tour Contact Megan to sign up!

Monday, August 12 4:00 p.m. - 5:00 p.m.

Kids Eat Healthy This School Year! Nutritious Lunch/Snack Ideas-Demo Table

Monday, August 26 2:00 p.m. - 3:00 p.m.

FREE 1 on 1 Healthy Eating Tour Email Megan or call to Schedule

Diabetes, Hypertension, Food Allergies, Picky Eaters at Home? Megan Can Help!

Associate Fresh Fruit/Vegetable Snack in Breakroom

Tuesday, August 20

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

692 Sabattus Street, Lewiston, ME 04240

Zakkary Castonguay, MS, RD, LD

207-784-0721 or zakkary.castonguay-vendor@hannaford.com

In-Store Healthy Demos

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

Plant-Powered Foods

Sunday, July 28 8:00 a.m. - 12:00 p.m.

Celebrate Produce

Sunday, August 4 8:00 a.m. - 12:00 p.m.

Refreshing Treats

Sunday, August 11 8:00 a.m. - 12:00 p.m.

Flavors of the World

Friday, August 23 4:00 p.m. - 7:00 p.m.

Back to School

Sunday, August 25 8:00 a.m. - 12:00 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 nutrition class or tour

Zakkary.Castonguay-vendor@hannaford.com

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free demos & classes

with your Hannaford Dietitian

500 Stillwater Avenue, Old Town, ME 04468

Jessica Smallwood, MS, RD, LD

207-827-2700 or jessica.smallwood-vendor@hannaford.com

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 2:30 p.m. - 5:30 p.m.

Refreshing Treats

Sunday, August 11 1:00 p.m. - 4:00 p.m.

Flavors of the World

Sunday, August 18 1:00 p.m. - 4:00 p.m.

Back to School

Sunday, August 25 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.

"mini-class" Quick and easy recipes to help you celebrate Family Meals Month

Sunday, August 4 12:00 p.m. - 1:30 p.m.

Associate fresh fruit/vegetable snack in break room

Sunday, August 11

Healthy snack for associates in break room

Sunday, August 25

Email to sign up for a tour/class @ jessica.smallwood-vendor@hannaford.com

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free demos & classes

with your Hannaford Dietitian

1603 Main Street, Oxford, ME 04270

207-743-2522 or nicole.castonguay@hannaford.com

Nicole Castonguay, RD, LD

In-Store Healthy Demos

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

Celebrate Produce

Saturday, August 10 9:00 a.m. - 2:00 p.m.

Refreshing Treats

Saturday, August 17 9:00 a.m. - 2:00 p.m.

Flavors of the World

Saturday, August 24 9:00 a.m. - 2:00 p.m.

Back to School

Sunday, August 25 9:00 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.

**Contact Nicole for a class or store tour
Call the store or email to register!**

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





free demos & classes

with your Hannaford Dietitian

295 Forest Avenue, Portland, ME 04101

207-761-5965 or andrea.paul@hannaford.com

Andrea Paul, RD, LD

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

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

Celebrate Produce

Saturday, August 17 10:00 a.m. - 1:00 p.m.

Flavors of the World

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

Friday, August 23 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.

Kids in the Kitchen Cooking Class

To sign up: andrea.paul@hannaford.com

Monday, August 19 11:00 a.m. - 12:30 p.m.

Back 2 School Scavenger Hunt @ Hannaford

To sign up: andrea.paul@hannaford.com

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

For private or group tours and classes

Email andrea.paul@hannaford.com

Hannaford Dietitians can support community events! Hannaford.com/RDevents

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





free demos & classes

with your Hannaford Dietitian

31 Hannaford Drive, Rt 1, Scarborough, ME 04074

207-883-7670 or hillary.pride@hannaford.com

Hillary Pride RD, LD

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

Friday, August 16 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

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.

Private & Group Store Tours Available!

Contact Hillary.Pride@Hannaford.com

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free demos & classes

with your Hannaford Dietitian

49 Topsham Fair Mall Road, Topsham, ME 04086

207-729-5124 or april.byron-vendor@hannaford.com

April Byron, MS, RDN

In-Store Healthy Demos

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

Plant-Powered Foods

Tuesday, July 30 11:00 a.m. - 2:00 p.m.

Celebrate Produce

Tuesday, August 6 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.

Plant Protein Taste Test

At the Demo Table - No Sign Up Needed

Thursday, August 1 12:00 p.m. - 1:00 p.m.

Melon Taste Test

At the Demo Table - No Sign Up Needed

Monday, August 5 12:00 p.m. - 1:00 p.m.

Back to School Store Tour

Email Me for More Info or to Sign Up

Monday, August 19 12:00 p.m. - 1:00 p.m.

Interested in a Private Tour or Class?

Email: April.Byron-vendor@hannaford.com

Request an RD for your community event!

www.hannaford.com/rdevents

Attention Scout Leaders!

Email Me for a FREE Tour and Patch

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free demos & classes

with your Hannaford Dietitian

140 Elm Plaza, Waterville, ME 04901

207-877-0700 or marylavanway@gmail.com

Mary LaVanway RDN,LD,CEDRD

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

Celebrate Produce

Monday, August 5 3:00 p.m. - 6:00 p.m.

Flavors of the World

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

Refreshing Treats

Tuesday, August 20 2:00 p.m. - 6:00 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.

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free demos & classes

with your Hannaford Dietitian

190 JFK Plaza, Waterville, ME 04901

207-873-0788 or marylavanway@gmail.com

Mary Lavanway RDN,LD,CEDRD

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 2:30 p.m. - 6:00 p.m.

Celebrate Produce

Monday, August 5 10:00 a.m. - 2:00 p.m.

Refreshing Treats

Thursday, August 15 2:30 p.m. - 6:30 p.m.

Flavors of the World

Monday, August 19 3:00 p.m. - 6:00 p.m.

Back to School

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

107 Wells Plaza, Wells, ME 04090

207-646-4111 or megan.patten@hannaford.com

Megan Patten MS, RD, LD

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.

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.

FREE 1:1 Healthy Eating Shopping Tour! Contact Megan to Schedule

Associate Fresh Fruit/Vegetable Snack in Breakroom

Thursday, August 8

Diabetes, Hypertension, Food Allergies, Picking eaters at home? Megan can help!

Email Megan to Schedule a Class or Tour
Contact megan.patten@hannaford.com

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free demos & classes

with your Hannaford Dietitian

7 Hannaford Drive, Westbrook, ME 04092

207-854-4631 or april.byron-vendor@hannaford.com

April Byron MS, RDN

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.

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.

Melon Taste Test

At the Demo Table - No Sign Up Needed

Wednesday, August 7 3:00 p.m. - 4:00 p.m.

Kids in the Kitchen

Email Me for More Info or to Sign Up

Monday, August 12 4:00 p.m. - 5:00 p.m.

Back to School Store Tour

Email Me for More Info or to Sign Up

Thursday, August 22 2:00 p.m. - 3:00 p.m.

Request an RD for your community event!

www.hannaford.com/rdevents

Interested in a Private Tour or Class?

Email: April.Byron-vendor@hannaford.com

Attention Scout Leaders!!!

Email Me for a FREE Tour and Patch

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