



free demos & classes

with your Hannaford Dietitian



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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

7 Kilton Road, Bedford, NH 03110

603-625-5431 or Heidi.Tissot@hannaford.com

Heidi Tissot 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

Tuesday, August 6 12:00 p.m. - 3:00 p.m.

Refreshing Treats

Tuesday, August 13 11:30 a.m. - 2:30 p.m.

Flavors of the World

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

Back to School

Tuesday, August 27 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.

Kids Cooking- All About Snacks!

Email Heidi.tissot@hannaford.com

Tuesday, August 13 4:30 p.m. - 5:45 p.m.

Dinner with the Dietitian Cooking!

Email Heidi.Tissot@hannaford.com

Tuesday, August 27 5:30 p.m. - 6:30 p.m.

Interested in an Individual Tour?

Make an Appointment by emailing Heidi

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free demos & classes

with your Hannaford Dietitian

73 Fort Eddy Road, Concord, NH 03301

603-228-2060 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

Tuesday, August 6 10:00 a.m. - 1:00 p.m.

Refreshing Treats

Thursday, August 15 11:00 a.m. - 2:00 p.m.

Flavors of the World

Tuesday, August 20 2:00 p.m. - 5:00 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.

National Night Out Off site Event

Tuesday, August 6 5:00 p.m. - 8:30 p.m.

Low Sodium Tour w/Concord Heart Wellness Open to the Public!

Monday, August 12 10:30 a.m. - 11:30 a.m.

Need Nutrition Advice or Recipes?!
Email Diana.Robinson@Hannaford.com!

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free demos & classes

with your Hannaford Dietitian

833 Central Avenue, Dover, NH 03820

603-749-9232 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

Monday, August 5 11:00 a.m. - 2:00 p.m.

Refreshing Treats

Tuesday, August 13 1:00 p.m. - 4:00 p.m.

Back to School

Tuesday, August 27 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.

Clarify Carb Confusion Class

Email: Diana.robinson@hannaford.com

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

Lose Salt Not Flavor Class/Tour

Email: Diana.Robinson@hannaford.com

Tuesday, August 13 10:30 a.m. - 11:30 a.m.

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free demos & classes

with your Hannaford Dietitian

141 Portsmouth Ave, Exeter, NH 03833

603-772-1783 or jessica.o'connell@hannaford.com

Jessica O'Connell MBA, 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

Thursday, August 1 11:00 a.m. - 2:00 p.m.

Celebrate Produce

Thursday, August 8 11:00 a.m. - 2:00 p.m.

Saturday, August 10 11:00 a.m. - 1:00 p.m.

Refreshing Treats

Saturday, August 17 11:00 a.m. - 1:00 p.m.

Flavors of the World

Tuesday, August 20 2:00 p.m. - 5:00 p.m.

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

Kids in the Kitchen with NH Big Brother/Big Sister

Thursday, August 8 4:00 p.m. - 5:00 p.m.

Simple Summer Sides @ Rockingham Complex

Thursday, August 15 11:30 a.m. - 12:30 p.m.

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free demos & classes

with your Hannaford Dietitian

605 Mast Road, Goffstown, NH 03102

603-626-4488 or mmills@hannaford.com

Marilyn Mills, MS,RD,LD,CDE

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 12:00 p.m. - 3:00 p.m.

Celebrate Produce

Sunday, August 4 11:00 a.m. - 2:00 p.m.

Flavors of the World

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

Back to School

Thursday, August 29 2:30 p.m. - 5:30 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.

Eat Your Way to Better Sleep Class Register with Goffstown Library

Friday, August 2 10:00 a.m. - 11:00 a.m.

Vegetarian? Vegan? Flexitarian Plant Based Shopping List Foods Tour

Friday, August 2 3:30 p.m. - 4:15 p.m.

"Have a Plant" Feel Happier & Healthier Fruit/Veggie Ripeness and Storage Q&A

Sunday, August 4 11:30 a.m. - 2:00 p.m.

Flavors of the World - Free to Take Latin, Indian or Mediterranean Spice Bags

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

Back to School Lunch Ideas! Food Allergy Q&A the Dietitian in IN!

Thursday, August 29 3:00 p.m. - 5:00 p.m.

Shopping Tours w/Dietitian Ph: 663-2106 Lower Blood Sugar, BP, Cholesterol

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free demos & classes

with your Hannaford Dietitian

79 Bicentennial Drive, Hooksett, NH 03104

603-644-2106 or mmills@hannaford.com

Marilyn Mills, MS, RD,LD,CDE

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 11:30 a.m. - 12:00 p.m.
3:00 p.m. - 5:00 p.m.

Flavors of the World

Monday, August 19 12:00 p.m. - 12:30 p.m.
3:00 p.m. - 5:00 p.m.

Back to School

Monday, August 26 2:30 p.m. - 5:00 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.

"Have a Plant" Feel Happier & Healthier Fruit and Veggie Storage ? Answered

Monday, August 5 1:15 p.m. - 2:00 p.m.

Flavors of the World - Indian Flavors 3 Spices to Add to Your Plate

Monday, August 19 1:15 p.m. - 2:00 p.m.

Back to School - it's time for Q & A Your Dietitian is IN!

Monday, August 26 1:15 p.m. - 2:00 p.m.

Lower your Blood Sugar, Cholesterol, BP Take a Quick Tour or Chat with Dietitian

Monday, August 26 10:30 a.m. - 11:30 a.m.

Looking for a Healthy Shopping Tour? Email Marilyn or Call 663-2106

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free demos & classes

with your Hannaford Dietitian

6 Hampton Drive, Londonderry, NH 03053

603-421-0921 or heidi.tissot@hannaford.com

Heidi Tissot 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 12:00 p.m. - 3:00 p.m.

Flavors of the World

Monday, August 19 2:30 p.m. - 5:30 p.m.

Saturday, August 24 12:00 p.m. - 2:00 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.

Kids Cooking- All About Snacks!

Email Heidi.Tissot@hannaford.com

Monday, August 12 4:30 p.m. - 5:45 p.m.

Dinner with The Dietitian Cooking

Registration required- email Heidi

Monday, August 26 5:30 p.m. - 6:30 p.m.

Interested in a Private or Group Tour?

Make an Appointment by Emailing Heidi

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free demos & classes

with your Hannaford Dietitian

201 John Devine Drive, Manchester, NH 03103

603-626-4567 or mmills@hannaford.com

Marilyn Mills, MS, RD, LD, CDE

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 12:00 p.m. - 1:00 p.m.
2:30 p.m. - 4:30 p.m.

Celebrate Produce

Thursday, August 8 12:00 p.m. - 1:00 p.m.
2:30 p.m. - 4:30 p.m.

Flavors of the World

Sunday, August 18 11:00 a.m. - 1:30 p.m.
Thursday, August 22 3:00 p.m. - 5:00 p.m.

Back to School

Thursday, August 29 10:30 a.m. - 1:30 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.

Vegetarian? Vegan? Flexitarian?

Plant-Powered Foods Tour

Thursday, August 1 1:30 p.m. - 2:00 p.m.
5:00 p.m. - 5:30 p.m.

"Have a Plant" Feel Happier & Healthier Fruit/Veggie Ripeness and Storage Q&A

Thursday, August 8 12:00 p.m. - 1:00 p.m.
2:30 p.m. - 4:00 p.m.

Take Care of Your Sweet Heart Tour Elliot Cardiac/Pulm Rehab Open to Public

Thursday, August 22 5:30 p.m. - 6:30 p.m.

Back to School Lunch Ideas! Food Allergy Q & A the Dietitian's IN!

Thursday, August 29 11:00 a.m. - 1:30 p.m.

Looking to Earn Scout Patch? Healthy Eating Class? Email Marilyn

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free demos & classes

with your Hannaford Dietitian

859 Hanover Street, Manchester, NH 03104

603-624-4442 or mmills@hannaford.com

Marilyn Mills, MS,LD,RD,CDE

In-Store Healthy Demos

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

Plant-Powered Foods

Saturday, August 3 10:00 a.m. - 1:00 p.m.

Celebrate Produce

Friday, August 9 1:30 p.m. - 4:30 p.m.

Flavors of the World

Friday, August 23 11:00 a.m. - 11:30 a.m.
2:30 p.m. - 4:30 p.m.

Back to School

Friday, August 30 10:30 a.m. - 2:30 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.

Pick up Plant-Based Shopping List and Vegetarian Recipes at Dietitian Table

Saturday, August 3 11:00 a.m. - 1:00 p.m.

Veteran's M.O.V.E. Program Healthy Eating Store Tour

Wednesday, August 7 11:00 a.m. - 12:15 p.m.

"Have a Plant" Feel Happier & Healthier Fruit /Veggie Ripeness and Storage Q&A

Friday, August 9 1:15 p.m. - 2:15 p.m.

Flavors of the World Spice Match-Up Latin,Indian or Mediterranean Spice Bags

Friday, August 23 1:15 p.m. - 2:00 p.m.

Back to School - It's Time for Q & A Your Dietitian is IN!

Friday, August 30 1:15 p.m. - 2:00 p.m.

Lower your Blood Sugar, Cholesterol, BP Take a Quick Store Walk Chat w/Dietitian

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free demos & classes

with your Hannaford Dietitian

175 Coliseum Avenue, Nashua, NH 03063

Katy Magoon-Fredette, RDN, LD

603-889-3700 or katy.magoon-fredette@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

Monday, August 5 11:30 a.m. - 2:30 p.m.

Refreshing Treats

Monday, August 12 11:30 a.m. - 2:30 p.m.

Flavors of the World

Monday, August 19 11:30 a.m. - 2:30 p.m.

Back to School

Wednesday, August 28 11:30 a.m. - 2:30 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.

Make & Take Salad Dressing Class

Wednesday, August 14 12:00 p.m. - 1:00 p.m.

Thursday, August 15 5:30 p.m. - 7:00 p.m.

Healthy Breakroom Snacks On The Go Offsite-Hudson Hannaford

Monday, August 26 11:30 a.m. - 2:30 p.m.

Healthy Living Store Tours By Request & Appt Only

Wednesday, August 28 4:00 p.m. - 7:00 p.m.

Quick & Easy Breakfasts Offsite-Pratt Homes

Thursday, August 29 1:00 p.m. - 2:00 p.m.

Summer Camps, Scouts, Teachers... Set Up A Tour For Summer or Fall NOW!

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free demos & classes

with your Hannaford Dietitian

800 Islington Street, Portsmouth, NH 03801

603-436-6669 or jessica.o'connell@hannaford.com

Jessica O'Connell MBA, 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

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

Monday, August 19 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.

Back to School Snack and Lunch Ideas Jessica Can Help!

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