



# free demos & classes

with your Hannaford Dietitian

Albany >>

Latham >>

Cairo >>

Malta >>

Clifton Park >>

Niskayuna >>

Colonie >>

Pawling >>

Delmar >>

Queensbury >>

East Greenbush >>

Saratoga Springs >>

Glens Falls >>

Utica >>

Glenville >>

Wappinger Falls >>

Guilderland >>

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](http://hannaford.com/dietitians).



**Fran Weiss, MS RDN CDN**

900 Central Avenue, Albany, NY 12206  
518-438-7296 or frances.weiss@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**

Thursday, August 1 3:30 p.m. - 6:30 p.m.

### **Celebrate Produce**

Tuesday, August 6 3:30 p.m. - 6:30 p.m.

### **Refreshing Treats**

Thursday, August 15 3:30 p.m. - 6:30 p.m.

### **Flavors of the World**

Wednesday, August 21 12:30 p.m. - 3:30 p.m.

### **Back to School**

## **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.

### **August is National Peach & Picnic Month Eat for the health of it! :)**

### **Let Food Be Thy Medicine**

#### **Free refreshments and prizes!**

Wednesday, July 31 1:30 p.m. - 3:00 p.m.

### **High Blood Pressure Facts and Foods**

Thursday, August 15 1:00 p.m. - 2:00 p.m.

### **Santa Claus in August?**

#### **Discover Santa Claus Melon**

Thursday, August 29 4:30 p.m. - 5:30 p.m.

### **Free Individual and Group Programs Plan with Fran**

Wednesday, July 31 1:30 p.m. - 3:00 p.m.

**Messages: frances.weiss@hannaford.com  
or Fran's customer service desk notebook**

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](http://hannaford.com/dietitians).



223 Main Street, Cairo, NY 12413

518-622-8130 or pwukitsch@hannaford.com

## **Patty Wukitsch MS, RD, CDN**

### **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 9:30 a.m. - 1:30 p.m.

#### **Refreshing Treats**

Tuesday, August 13 9:30 a.m. - 1:30 p.m.

#### **Flavors of the World**

Tuesday, August 20 9:30 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.

#### **Make a Trail Mix Class!**

Tuesday, August 20 1:30 p.m. - 2:30 p.m.

#### **Patty Does Store Tours/Classes for Scouts, Seniors and Special Needs Folks**

**Email Patty at [pwukitsch@hannaford.com](mailto:pwukitsch@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](http://hannaford.com/dietitians).



**Marissa Prignon RD, CDN**

19 Clifton County Road, Clifton Park, NY 12065  
518-383-4136 or marissa.prignon@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 10:30 a.m. - 1:30 p.m.  
Monday, August 5 4:00 p.m. - 7:00 p.m.

### **Refreshing Treats**

Wednesday, August 14 4:00 p.m. - 7:00 p.m.  
Thursday, August 15 4:00 p.m. - 7:00 p.m.

### **Flavors of the World**

Tuesday, August 20 4:00 p.m. - 7:00 p.m.  
Wednesday, August 21 4:00 p.m. - 7:00 p.m.

### **Back to School**

Sunday, August 25 10:30 a.m. - 1:30 p.m.  
Monday, August 26 4:00 p.m. - 7:00 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.

### **Meet Your RD!**

#### **Ask Questions - Get Coupons!**

Sunday, August 4 9:00 a.m. - 10:00 a.m.

### **Healthy Snacks Tour**

Sunday, August 25 9:00 a.m. - 9:45 a.m.

**Email Marissa to set up a class or tour for your group!**

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](http://hannaford.com/dietitians).



96 Wolf Road, Colonie, NY 12205

518-482-1085 or frances.weiss@hannaford.com

## Fran Weiss, MS RDN CDN

### In-Store Healthy Demos

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

#### Healthy Hydration

Friday, July 26 3:00 p.m. - 6:00 p.m.

#### Plant-Powered Foods

Friday, August 2 3:00 p.m. - 6:00 p.m.

#### Celebrate Produce

Monday, August 5 3:30 p.m. - 6:30 p.m.

#### Refreshing Treats

Friday, August 16 4:00 p.m. - 7:00 p.m.

#### Back to School

### 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.

#### August is National Peach & Picnic Month Eat for the health of it! :)

#### Diabetes/Prediabetes from A1C to Zinc Q and A's

Monday, August 5 2:30 p.m. - 3:30 p.m.

#### Santa in August? Discover Santa Claus melon

Friday, August 16 5:00 p.m. - 6:00 p.m.

#### Just Peachy ! Ice cream shakes

Friday, August 30 3:00 p.m. - 4:00 p.m.

#### Complimentary individual & group programs Plan with Fran :)

**Messages: frances.weiss@hannaford.com  
or dietitian's notebook-customer service**

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](http://hannaford.com/dietitians).



**Patty Wukitsch MS, RD, CDN**

180 Delaware Ave., Delmar, NY 12054  
518-439-7657 or pwukitsch@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 9:30 a.m. - 1:30 p.m.

### **Refreshing Treats**

Monday, August 12 9:30 a.m. - 1:30 p.m.

### **Flavors of the World**

Monday, August 19 9:30 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.

### **Making Trail Mix Class!**

Monday, August 19 1:30 p.m. - 2:30 p.m.

### **Patty Does Store Tours for Scouts, Seniors and Special Needs Folks!**

**Email Patty at [pwukitsch@hannaford.com](mailto:pwukitsch@hannaford.com) to Schedule Your Store Tour!**

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](http://hannaford.com/dietitians).



596 Columbia Turnpike, Ste 17, East Greenbush, NY 12061  
518-477-6483 or patty.schardt@hannaford.com

**Patty Delmonico Schardt MS,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 10:00 a.m. - 2:00 p.m.

### **Refreshing Treats**

Monday, August 12 10:00 a.m. - 2:00 p.m.

### **Flavors of the World**

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

### **Back to School**

Monday, August 26 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.

### **Stop by Demo Table :**

### **Sample Exotic Fruits and Vegetables.**

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

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](http://hannaford.com/dietitians).



175 Broad Street, Glens Falls, NY 12801  
518-793-0028 or amy.dergurahian@hannaford.com

**Amy Wahl MS,RD**

## **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 12:30 p.m. - 3:30 p.m.

### **Refreshing Treats**

Sunday, August 11 12:30 p.m. - 3:30 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.

**Available for Private Store Tours  
Book Yours Today!**

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](http://hannaford.com/dietitians).





262 Saratoga Road, Glenville, NY 12302  
518-384-0156 or patty.schardt@hannaford.com

## **Patty Delmonico Schardt MS, 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 10:00 a.m. - 2:00 p.m.

#### **Refreshing Treats**

Wednesday, August 14 10:00 a.m. - 2:00 p.m.

#### **Flavors of the World**

Wednesday, August 21 10:00 a.m. - 2:00 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.

#### **Stop by Demo Table to Sample Exotic Fruits and Vegetables.**

Wednesday, August 14 1:00 p.m. - 2:00 p.m.

**Email Patty for : store tours, scouts,  
class field trips, consults.**

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](http://hannaford.com/dietitians).



5239 Western Turnpike, Guilderland, NY 12009  
518-355-5814 or pwukitsch@hannaford.com

**Patty Wukitsch MS, RD, CDN**

## **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 9:30 a.m. - 1:30 p.m.

### **Refreshing Treats**

Thursday, August 15 9:30 a.m. - 1:30 p.m.

### **Flavors of the World**

Thursday, August 22 9:30 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.

### **Make a Trail Mix Class!**

Thursday, August 22 1:30 p.m. - 2:30 p.m.

### **Patty Does Store Tours for Scouts, Special Needs and Seniors**

**Email Patty at [pwukitsch@hannaford.com](mailto:pwukitsch@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](http://hannaford.com/dietitians).



**Kathy Sirianni-Blood, RDN, CDN**

579 Troy-Schenectady Road, Latham, NY 12110  
518-782-1750 or [kathy.sirianni-blood@hannaford.com](mailto:kathy.sirianni-blood@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**

Thursday, August 15 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.

### **Packing Healthy Lunches**

Thursday, August 29 2:15 p.m. - 3:15 p.m.

### **Pre-register at the service desk**

**[Kathy.sirianni-blood@hannaford.com](mailto:kathy.sirianni-blood@hannaford.com)**

**taste a fruit or veggie during a demo  
the first customer at noon chooses!**

**MESSAGES: email (above address) or  
Kathy's customer service desk notebook**

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](http://hannaford.com/dietitians).



43 Round Lake Road, Ballston Lake, NY 12019  
518-899-2392 or [kathy.sirianni-blood@hannaford.com](mailto:kathy.sirianni-blood@hannaford.com)

**Kathy Sirianni-Blood, RDN, CDN**

## **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.

### **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.

### **International Cuisines II**

#### **Cooking Class at Innovations Showroom**

Wednesday, August 21 4:00 p.m. - 5:30 p.m.

**Register @ customer service,  
[Kathy.sirianni-blood@hannaford.com](mailto:Kathy.sirianni-blood@hannaford.com)**

**Taste a fruit or veggie during a demo.  
The first customer chooses!**

**MESSAGES: email (above address) or  
Kathy's customer service desk notebook**

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](http://hannaford.com/dietitians).



**Jean Bottillo-Faulisi, MS, RD**

3333 Consaul Road, Niskayuna, NY 12309  
518-395-9497 or [jbottillo-faulisi@hannaford.com](mailto:jbottillo-faulisi@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**

Friday, August 2 10:30 a.m. - 12:00 p.m.  
Friday, August 2 1:30 p.m. - 3:00 p.m.

### **Celebrate Produce**

Friday, August 9 10:30 a.m. - 12:00 p.m.  
Friday, August 9 1:30 p.m. - 3:00 p.m.

### **Flavors of the World**

Monday, August 19 10:30 a.m. - 12:00 p.m.  
Monday, August 19 1:30 p.m. - 3:00 p.m.

### **Back to School**

Friday, August 30 10:30 a.m. - 12:00 p.m.  
Friday, August 30 1:30 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.

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](http://hannaford.com/dietitians).



162 Route 22, Pawling, NY 12564

845-855-0553 or [astowell@hannaford.com](mailto:astowell@hannaford.com)

## Allison J Stowell MS, RD

### 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. - 2:00 p.m.

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.

Wednesday, August 21 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.

#### Meet Your Hannaford Dietitian

##### Stop by to chat with Alli

Tuesday, August 20 12:00 p.m. - 1:00 p.m.

Tuesday, August 27 12:00 p.m. - 1:00 p.m.

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](http://hannaford.com/dietitians).



190 Quaker Road, Queensbury, NY 12804  
518-798-8676 or amy.dergurahian@hannaford.com

**Amy Wahl MS, 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 2:00 p.m. - 5:00 p.m.

### **Refreshing Treats**

Monday, August 12 12:30 p.m. - 3:30 p.m.

### **Flavors of the World**

Sunday, August 18 12:30 p.m. - 3:30 p.m.

### **Back to School**

Friday, July 26 2:00 p.m. - 4:30 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.

### **Back to School Tour**

### **Build a Healthy Lunch Box**

Monday, August 26 4:30 p.m. - 5:30 p.m.

### **Available for Private Store Tours**

### **Email to Book Today!**

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](http://hannaford.com/dietitians).



**Amy Wahl MS, RD**

95 Weibel Ave, Saratoga Spring, NY 12866  
518-587-0360 or amy.dergurahian@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**

Wednesday, August 7 12:30 p.m. - 4:30 p.m.

### **Refreshing Treats**

Wednesday, August 14 2:00 p.m. - 5:00 p.m.  
Friday, August 16 1:30 p.m. - 4:30 p.m.

### **Flavors of the World**

Wednesday, August 21 2:00 p.m. - 5:00 p.m.  
Friday, August 23 1:30 p.m. - 4:30 p.m.

### **Back to School**

Sunday, August 25 12:30 p.m. - 3:30 p.m.  
Wednesday, August 28 1:30 p.m. - 4:30 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.

### **Back to School Tour**

### **Build a Healthy Lunch Box**

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

**Available for Private Store Tours  
Book Yours Today!!**

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](http://hannaford.com/dietitians).







**Joy DeCaro, MS RD CDN**

1490 Route 9, Wappingers Falls, NY 12590  
845-297-8254 or joy.decaro@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**

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.

### **Healthy Veggie Meals**

Friday, August 9 1:00 p.m. - 2:00 p.m.

### **Cool Nutritious Treats**

Friday, August 16 1:00 p.m. - 2:30 p.m.

### **Diabetes Tour**

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

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](http://hannaford.com/dietitians).

