



# free demos & classes

with your Hannaford Dietitian

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For more information on our demos & classes, visit [hannaford.com/dietitians](https://hannaford.com/dietitians).





# free nutrition education & advice

from your Hannaford Dietitian

66-2 Drum Hill Shopping Center, Chelmsford, MA 01824

978-459-9304 or [diana.savani@hannaford.com](mailto:diana.savani@hannaford.com)

**Diana Savani, RD, LDN**

## In-Store Healthy Demos

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

### Reward Yourself:

#### Get to Know Hannaford Brands

Wednesday, April 3 11:30 a.m. - 2:30 p.m.

### Refresh Your Pantry

Wednesday, April 10 11:30 a.m. - 2:30 p.m.

### Nutritious Meals for Le\$\$

Wednesday, April 17 11:30 a.m. - 2:30 p.m.

### Power of Plants

Wednesday, April 24 11:30 a.m. - 2:30 p.m.

### Good Habits for Gut Health

Wednesday, May 1 11:30 a.m. - 2:30 p.m.

## Other Activities & Events

Ask me about scheduling a fun, free interactive virtual class or personalized store tour. Please email me or call the store for more information.

### Check out our free online classes!

[hannafordnutrition.eventbrite.com](https://hannafordnutrition.eventbrite.com)

**Email Diana to schedule a free 1:1 nutrition chat or group tour!**

Interested in receiving healthy recipes and nutrition handouts electronically? Email me to learn more.

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# free nutrition education & advice

from your Hannaford Dietitian

301 Pleasant Street, Dracut, MA 01826

978-459-0059 or [diana.savani@hannaford.com](mailto:diana.savani@hannaford.com)

**Diana Savani, RD, LDN**

## In-Store Healthy Demos

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

### Reward Yourself:

#### Get to Know Hannaford Brands

Thursday, April 4 11:30 a.m. - 2:30 p.m.

### Refresh Your Pantry

Thursday, April 11 11:30 a.m. - 2:30 p.m.

### Nutritious Meals for Le\$\$

Thursday, April 18 11:30 a.m. - 2:30 p.m.

### Power of Plants

Thursday, April 25 11:30 a.m. - 2:30 p.m.

### Good Habits for Gut Health

Thursday, May 2 11:30 a.m. - 2:30 p.m.

## Other Activities & Events

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# free nutrition education & advice

from your Hannaford Dietitian

927 Merriam Avenue, Leominster, MA 01453

978-534-9323 or [patricia.hunter@hannaford.com](mailto:patricia.hunter@hannaford.com)

**Pat Hunter MA, RD, LDN, CDCES**

## In-Store Healthy Demos

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

### Reward Yourself: Get to Know Hannaford Brands

Friday, April 5 11:30 a.m. - 2:30 p.m.

### Refresh Your Pantry

Sunday, April 7 10:00 a.m. - 1:00 p.m.

### Nutritious Meals for Le\$\$

Friday, April 19 11:30 a.m. - 2:30 p.m.

### Power of Plants

Friday, April 26 1:00 p.m. - 3:30 p.m.

## Other Activities & Events

Ask me about scheduling a fun, free interactive virtual class or personalized store tour. Please email me or call the store for more information.

### Meet 1:1 with Pat, Our Dietitian Sign up at Customer Service

Friday, April 19 3:00 p.m. - 3:30 p.m.

### April Eventbrite Classes Below Signup [hannafordnutrition.eventbrite.com](http://hannafordnutrition.eventbrite.com)

### Mediterranean Eats: Your Path to Wellness

Friday, April 26 9:00 a.m. - 9:30 a.m.

Interested in receiving healthy recipes and nutrition handouts electronically? Email me to learn more.

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# free nutrition education & advice

from your Hannaford Dietitian

777 Rogers Street, Lowell, MA 01852

978-446-7862 or [diana.savani@hannaford.com](mailto:diana.savani@hannaford.com)

**Diana Savani, RD, LDN**

## In-Store Healthy Demos

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

### Reward Yourself:

#### Get to Know Hannaford Brands

Monday, April 1 11:30 a.m. - 2:30 p.m.

### Refresh Your Pantry

Monday, April 8 11:30 a.m. - 2:30 p.m.

### Nutritious Meals for Le\$\$

Monday, April 15 11:30 a.m. - 2:30 p.m.

### Power of Plants

Monday, April 22 11:30 a.m. - 2:30 p.m.

### Good Habits for Gut Health

Monday, April 29 11:30 a.m. - 2:30 p.m.

## Other Activities & Events

Ask me about scheduling a fun, free interactive virtual class or personalized store tour. Please email me or call the store for more information.

### Check out our free online classes!

[hannafordnutrition.eventbrite.com](https://hannafordnutrition.eventbrite.com)

**Email Diana to schedule a free 1:1 nutrition chat!**

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# free nutrition education & advice

from your Hannaford Dietitian

333 Mass Avenue, Lunenburg, MA 01462

978-582-0215 or [brittany.wujek@hannaford.com](mailto:brittany.wujek@hannaford.com)

**Brittany Wujek, RD LD**

## In-Store Healthy Demos

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

### Reward Yourself:

#### Get to Know Hannaford Brands

Monday, April 1 11:00 a.m. - 2:00 p.m.

### Refresh Your Pantry

Thursday, April 11 11:00 a.m. - 2:00 p.m.

### Good Habits for Gut Health

Saturday, April 27 11:00 a.m. - 2:00 p.m.

## Other Activities & Events

Ask me about scheduling a fun, free interactive virtual class or personalized store tour. Please email me or call the store for more information.

### Healthy Shopper Patch Tour

Monday, April 1 6:00 p.m. - 7:00 p.m.

Interested in receiving healthy recipes and nutrition handouts electronically? Email me to learn more.

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# free nutrition education & advice

from your Hannaford Dietitian

193 Boston Post Road West, Marlborough, MA 01752

508-480-9670 or [heidi.mcindoo@hannaford.com](mailto:heidi.mcindoo@hannaford.com)

**Heidi McIndoo, MS, RD, LDN**

## In-Store Healthy Demos

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

### Reward Yourself:

#### Get to Know Hannaford Brands

Monday, April 1 10:00 a.m. - 11:30 a.m.

Thursday, April 4 10:30 a.m. - 12:30 p.m.

### Refresh Your Pantry

Monday, April 8 10:00 a.m. - 11:30 a.m.

Thursday, April 11 10:30 a.m. - 12:30 p.m.

### Nutritious Meals for Le\$\$

Monday, April 15 10:00 a.m. - 11:30 a.m.

Wednesday, April 17 10:30 a.m. - 12:30 p.m.

### Power of Plants

Monday, April 22 10:00 a.m. - 11:30 a.m.

Thursday, April 25 10:30 a.m. - 12:30 p.m.

### Good Habits for Gut Health

Monday, April 29 10:00 a.m. - 11:30 a.m.

Friday, May 3 10:30 a.m. - 12:30 p.m.

## Other Activities & Events

Ask me about scheduling a fun, free interactive virtual class or personalized store tour. Please email me or call the store for more information.

### Check Eventbrite for classes

by me and other Hannaford RDs:

[hannafordnutrition.eventbrite.com](http://hannafordnutrition.eventbrite.com)

Interested in receiving healthy recipes and nutrition handouts electronically? Email me to learn more.

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For more information on our demos & classes, visit [hannaford.com/dietitians](http://hannaford.com/dietitians).





# free nutrition education & advice

from your Hannaford Dietitian

8 Merchants Way, Middleboro, MA 02346

508-947-4787 or [mmix@hannaford.com](mailto:mmix@hannaford.com)

**Michelle Mix, MS, RD, LDN**

## In-Store Healthy Demos

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

### Reward Yourself:

#### Get to Know Hannaford Brands

Monday, April 1 10:30 a.m. - 1:30 p.m.

### Refresh Your Pantry

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

### Nutritious Meals for Le\$\$

Monday, April 15 10:30 a.m. - 1:30 p.m.

### Power of Plants

Monday, April 22 10:30 a.m. - 1:30 p.m.

### Good Habits for Gut Health

Monday, April 29 10:30 a.m. - 1:30 p.m.

## Other Activities & Events

Ask me about scheduling a fun, free interactive virtual class or personalized store tour. Please email me or call the store for more information.

### Interested in a personal store tour?

Contact Michelle! [mmix@hannaford.com](mailto:mmix@hannaford.com)

### Now offering FREE group tours!

Scouts earn a PATCH!

### Or take a FREE nutrition class online!

[hannafordnutrition.eventbrite.com](http://hannafordnutrition.eventbrite.com)

Interested in receiving healthy recipes and nutrition handouts electronically? Email me to learn more.

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# free nutrition education & advice

from your Hannaford Dietitian

255 Joseph A Warner Blvd, Taunton, MA 02780

508-828-3940 or [mmix@hannaford.com](mailto:mmix@hannaford.com)

**Michelle Mix, MS, RD, LDN**

## In-Store Healthy Demos

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

### Reward Yourself:

#### Get to Know Hannaford Brands

Tuesday, April 2 10:30 a.m. - 1:30 p.m.

### Nutritious Meals for Le\$\$

Sunday, April 14 10:30 a.m. - 1:30 p.m.

Wednesday, April 17 10:30 a.m. - 1:30 p.m.

### Power of Plants

Tuesday, April 23 10:30 a.m. - 1:30 p.m.

### Good Habits for Gut Health

Friday, May 3 10:30 a.m. - 1:30 p.m.

## Other Activities & Events

Ask me about scheduling a fun, free interactive virtual class or personalized store tour. Please email me or call the store for more information.

### Spring Clean Your Pantry!

#### Join Me for a Lunch Break Store Tour

Wednesday, April 17 12:00 p.m. - 1:00 p.m.

### Have Questions?

#### Schedule Your Personal Session Today!

### Interested in a Group Class or Tour?

#### Contact Michelle for All Events!

### Michelle Mix, Registered Dietitian

[mmix@hannaford.com](mailto:mmix@hannaford.com)

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# free nutrition education & advice

from your Hannaford Dietitian

158 No. Main Street, Uxbridge, MA 01569

508-278-2487 or [mmix@hannaford.com](mailto:mmix@hannaford.com)

**Michelle Mix, MS, RD, LDN**

## In-Store Healthy Demos

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

### Reward Yourself:

#### Get to Know Hannaford Brands

Wednesday, April 3 10:30 a.m. - 1:30 p.m.

### Refresh Your Pantry

Saturday, April 13 10:30 a.m. - 1:30 p.m.

### Nutritious Meals for Le\$\$

Friday, April 19 10:30 a.m. - 1:30 p.m.

### Power of Plants

Friday, April 26 10:30 a.m. - 1:30 p.m.

### Good Habits for Gut Health

Tuesday, April 30 10:30 a.m. - 1:30 p.m.

Thursday, May 2 10:30 a.m. - 1:30 p.m.

## Other Activities & Events

Ask me about scheduling a fun, free interactive virtual class or personalized store tour. Please email me or call the store for more information.

### Take a FREE nutrition class online!

[hannafordnutrition.eventbrite.com](http://hannafordnutrition.eventbrite.com)

### Need 1:1 help?

**Schedule your free session today**

### Ask the RD!

#### Mini Counseling at the Pharmacy

Thursday, May 2 1:30 p.m. - 2:30 p.m.

**Interested in a store tour or class for your group? Email Michelle!**

Interested in receiving healthy recipes and nutrition handouts electronically? Email me to learn more.

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