



free demos & classes

with your Hannaford Dietitian

Augusta >>
(Cony Street)

Augusta >>
(Whitten Road)

Bangor >>
(Broadway Street)

Bangor >>
(Airport Mall)

Biddeford >>

Brunswick >>

Ellsworth >>

Gorham >>

Lewiston >>

Old Town >>

Portland >>

Scarborough >>

Topsham >>

Waterville >>
(Elm Plaza)

Waterville >>
(JFK Plaza)

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 nutrition education & advice

from your Hannaford Dietitian

118 Cony Street, Augusta, ME 04330

207-621-2570 or alexandra.james@hannaford.com

Alex James, 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

Friday, April 5 10:00 a.m. - 2:00 p.m.

Refresh Your Pantry

Friday, April 12 10:00 a.m. - 2:00 p.m.

Power of Plants

Saturday, April 20 10:00 a.m. - 2:00 p.m.

Nutritious Meals for Le\$\$

Friday, April 26 10:00 a.m. - 2:00 p.m.

Good Habits for Gut Health

Friday, May 3 10:00 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.

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

29 Whitten Road, Augusta, ME 04330

207-622-3137 or alexandra.james@hannaford.com

Alex James, 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

Saturday, April 6 10:00 a.m. - 2:00 p.m.

Refresh Your Pantry

Saturday, April 13 10:00 a.m. - 2:00 p.m.

Nutritious Meals for Le\$\$

Friday, April 19 10:00 a.m. - 2:00 p.m.

Power of Plants

Saturday, April 27 10:00 a.m. - 2:00 p.m.

Good Habits for Gut Health

Saturday, May 4 10:00 a.m. - 2:00 p.m.

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free nutrition education & advice

from your Hannaford Dietitian

653 Broadway, Bangor, ME 04401

207-947-8338 or mlavanway@hannaford.com

Mary LaVanway RDN,LD,CEDRD

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

Refresh Your Pantry

Monday, April 8 1:30 p.m. - 4:30 p.m.

Nutritious Meals for Le\$\$

Monday, April 15 1:30 p.m. - 4:30 p.m.

Power of Plants

Monday, April 22 1:30 p.m. - 4:30 p.m.

Saturday, April 27 10:00 a.m. - 1:00 p.m.

Good Habits for Gut Health

Saturday, May 4 12:00 p.m. - 4:00 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.

Mediterranean Eats-Online class

hannafordnutrition.eventbrite.com

Thursday, April 11 1:00 p.m. - 1:30 p.m.

Gut Health-Online Class

hannafordnutrition.eventbrite.com

Thursday, April 18 1:00 p.m. - 1:30 p.m.

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from your Hannaford Dietitian

1133 Union Street, Bangor, ME 04401

207-942-0100 or mlavanway@hannaford.com

Mary LaVanway RDN,LD,CEDRD

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 9:00 a.m. - 12:00 p.m.

Refresh Your Pantry

Monday, April 8 10:00 a.m. - 1:00 p.m.

Nutritious Meals for Le\$\$

Monday, April 15 10:00 a.m. - 1:00 p.m.

Power of Plants

Monday, April 22 10:00 a.m. - 1:00 p.m.

Saturday, April 27 1:30 p.m. - 4:30 p.m.

Good Habits for Gut Health

Sunday, May 5 10:00 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.

Mediterranean Eats-Online Class

hannafordnutrition.eventbrite.com

Thursday, April 11 1:00 p.m. - 1:30 p.m.

Gut Health-Online Class

hannafordnutrition.eventbrite.com

Thursday, April 18 1:00 p.m. - 1:30 p.m.

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free nutrition education & advice

from your Hannaford Dietitian

299 Elm Street, Biddeford, ME 04005

207-284-8677 or hillary.pride@hannaford.com

Hillary Pride RDN, LD, NASM-CPT

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

Refresh Your Pantry

Monday, April 8 9:00 a.m. - 12:00 p.m.

Nutritious Meals for Le\$\$

Friday, April 19 1:00 p.m. - 4:00 p.m.

Power of Plants

Tuesday, April 23 1:00 p.m. - 4:00 p.m.

Good Habits for Gut Health

Tuesday, April 30 2:00 p.m. - 5:00 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.

Contact Hillary for more information on FREE nutrition services today!

Please email Hillary.Pride@Hannaford.com for info on Hannaford dietitian services

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free nutrition education & advice

from your Hannaford Dietitian

8 Gurnet Road, Suite 1, Brunswick, ME 04011

207-373-0310 or jessica.roberts@hannaford.com

Jess Roberts, RD

In-Store Healthy Demos

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

Refresh Your Pantry

Friday, April 12 4:00 p.m. - 7:00 p.m.

Nutritious Meals for Le\$\$

Monday, April 15 4:00 p.m. - 7:00 p.m.

Power of Plants

Monday, April 22 4:00 p.m. - 7:00 p.m.

Good Habits for Gut Health

Monday, April 29 4:00 p.m. - 7:00 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.

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free nutrition education & advice

from your Hannaford Dietitian

225 High Street, Ellsworth, ME 04605

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

Amy Henderson, MS, 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

Wednesday, April 3 11:00 a.m. - 4:00 p.m.

Friday, April 5 9:00 a.m. - 1:00 p.m.

Refresh Your Pantry

Wednesday, April 10 11:00 a.m. - 4:00 p.m.

Friday, April 12 9:00 a.m. - 1:00 p.m.

Nutritious Meals for Le\$\$

Wednesday, April 17 11:00 a.m. - 4:00 p.m.

Friday, April 19 9:00 a.m. - 1:00 p.m.

Power of Plants

Monday, April 22 11:00 a.m. - 4:00 p.m.

Wednesday, April 24 9:00 a.m. - 1:00 p.m.

Good Habits for Gut Health

Wednesday, May 1 11:00 a.m. - 4:00 p.m.

Friday, May 3 9:00 a.m. - 1:00 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.

Reheat and Repeat Prep and Plan

Wednesday, April 17 4:00 p.m. - 5:00 p.m.

Plant-Based Protein Are You Getting Enough?

Wednesday, April 24 4:00 p.m. - 5:00 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

99 Main Street, Gorham, ME 04038

207-839-6553 or kara.kilmartin@hannaford.com

Kara Kilmartin, RDN, LD, CDCES

In-Store Healthy Demos

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

Refresh Your Pantry

Monday, April 8 3:30 p.m. - 5:30 p.m.

Nutritious Meals for Le\$\$

Monday, April 15 3:30 p.m. - 5:30 p.m.

Power of Plants

Wednesday, April 24 10:00 a.m. - 12:00 p.m.

Good Habits for Gut Health

Monday, April 29 3:30 p.m. - 5:30 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.

Register for these FREE classes at:
hannafordnutrition.eventbrite.com

Understanding Diabetes: Reducing Risk

Nutritious Meals on a Budget

Heart Healthy Eating

Meal Planning Made Easy and more!

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

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 nutrition education & advice

from your Hannaford Dietitian

692 Sabattus Street, Lewiston, ME 04240

207-784-0721 or emily.duran@hannaford.com

Emily Duran, MS, RD, LD

In-Store Healthy Demos

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

Refresh Your Pantry

Saturday, April 13 12:00 p.m. - 4:00 p.m.

Nutritious Meals for Le\$\$

Saturday, April 20 12:00 p.m. - 4:00 p.m.

Power of Plants

Saturday, April 27 12:00 p.m. - 4:00 p.m.

Good Habits for Gut Health

Saturday, May 4 5:00 p.m. - 8:00 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.

Schedule a nutrition class or tour

emily.duran@hannaford.com

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

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 nutrition education & advice

from your Hannaford Dietitian

500 Stillwater Avenue, Old Town, ME 04468

207-827-2700 or valerie.curtis@hannaford.com

Valerie Curtis MS, 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

Friday, April 5 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\$\$

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

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.

Old Town-Orono YMCA Healthy Kids Day

Saturday, April 20 10:00 a.m. - 2:00 p.m.

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free nutrition education & advice

from your Hannaford Dietitian

295 Forest Avenue, Portland, ME 04101

207-761-5965 ext 499 or april.byron@hannaford.com

April Byron, MS, RDN, 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 1:00 p.m. - 3:00 p.m.

Thursday, April 4 12:00 p.m. - 2:00 p.m.

Refresh Your Pantry

Monday, April 8 2:00 p.m. - 4:00 p.m.

Thursday, April 11 12:00 p.m. - 2:00 p.m.

Power of Plants

Monday, April 22 2:00 p.m. - 4:00 p.m.

Thursday, April 25 12:30 p.m. - 2:30 p.m.

Good Habits for Gut Health

Monday, April 29 2:00 p.m. - 4:00 p.m.

Friday, May 3 12:00 p.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.

Spring break flights are pricey, but our Mediterranean Eats class is free.

Visit hannafordnutrition.eventbrite.com to learn more and sign up.

Request an RD for your community event! hannaford.com/rdevents

Interested in a store tour? Email me at april.byron@hannaford.com to schedule.

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

31 Hannaford Drive, Rt 1, Scarborough, ME 04074

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

Hillary Pride RDN, LD, NASM-CPT

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

Refresh Your Pantry

Monday, April 8 2:00 p.m. - 5:00 p.m.

Nutritious Meals for Le\$\$

Saturday, April 20 11:00 a.m. - 2:00 p.m.

Power of Plants

Wednesday, April 24 2:00 p.m. - 4:00 p.m.

Thursday, April 25 3:00 p.m. - 5:00 p.m.

Good Habits for Gut Health

Wednesday, May 1 2:00 p.m. - 4:00 p.m.

Thursday, May 2 3:00 p.m. - 5:00 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.

Need help with 2024 nutrition goals?

Email Hillary for a free 1:1 meeting!

Please email Hillary.Pride@Hannaford.com for info on Hannaford dietitian services

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

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 nutrition education & advice

from your Hannaford Dietitian

49 Topsham Fair Mall Road, Topsham, ME 04086

207-729-5124 or emily.duran@hannaford.com

Emily Duran, RD

.....

In-Store Healthy Demos

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

Refresh Your Pantry

Sunday, April 7 5:00 p.m. - 8:00 p.m.

Nutritious Meals for Le\$\$

Sunday, April 14 5:00 p.m. - 8:00 p.m.

Power of Plants

Sunday, April 21 4:00 p.m. - 8:00 p.m.

Good Habits for Gut Health

Sunday, April 28 5:00 p.m. - 8:00 p.m.

Other Activities & Events

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free nutrition education & advice

from your Hannaford Dietitian

140 Elm Plaza, Waterville, ME 04901

207-877-0700 or valerie.curtis@hannaford.com

Valerie Curtis MS, RD, LD

In-Store Healthy Demos

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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.

Nutritious Meals for Le\$\$

Monday, April 15 11:00 a.m. - 2:00 p.m.

Power of Plants

Thursday, April 25 11:00 a.m. - 2:00 p.m.

Good Habits for Gut Health

Monday, April 29 11:00 a.m. - 2:00 p.m.

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from your Hannaford Dietitian

190 JFK Plaza, Waterville, ME 04901

207-873-0788 or valerie.curtis@hannaford.com

Valerie Curtis MS, RD, LD

In-Store Healthy Demos

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Reward Yourself:

Get to Know Hannaford Brands

Thursday, April 4 11:00 a.m. - 2:00 p.m.

Refresh Your Pantry

Monday, April 8 11:00 a.m. - 2:00 p.m.

Nutritious Meals for Le\$\$

Thursday, April 18 11:00 a.m. - 2:00 p.m.

Power of Plants

Monday, April 22 11:00 a.m. - 2:00 p.m.

Good Habits for Gut Health

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

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7 Hannaford Drive, Westbrook, ME 04092

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

April Byron MS, RDN, LDN

In-Store Healthy Demos

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Reward Yourself:

Get to Know Hannaford Brands

Tuesday, April 2 2:00 p.m. - 4:00 p.m.

Friday, April 5 12:00 p.m. - 2:00 p.m.

Refresh Your Pantry

Tuesday, April 9 2:00 p.m. - 4:00 p.m.

Friday, April 12 12:00 p.m. - 2:00 p.m.

Power of Plants

Tuesday, April 23 2:00 p.m. - 4:00 p.m.

Wednesday, April 24 12:30 p.m. - 2:30 p.m.

Good Habits for Gut Health

Tuesday, April 30 2:00 p.m. - 4:00 p.m.

Wednesday, May 1 12:00 p.m. - 2:00 p.m.

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