



# Low Prices you can count on!

Hannaford  
USDA Choice Beef  
**Boneless New York  
Sirloin Steak**  
**SAVE \$3 PER LB.**

**5.99**<sup>lb.</sup>



Hannaford  
Chicken Leg Quarters or  
**Whole Chicken**  
**SAVE UP TO \$1 PER LB.**

**99¢**<sup>lb.</sup>



41/50 Ct. Hannaford Cooked Medium  
Cocktail Shrimp \$7.49 Lb. or 16/20 Ct.  
**Hannaford Extra Large  
Shell-On Raw Shrimp**  
**SAVE \$1.30 PER LB.**

**7.99**<sup>lb.</sup>



Excellent Source of Energy  
Producing Copper  
**Red Seedless Grapes**  
**SAVE \$1 PER LB.**

**1.99**<sup>lb.</sup>



Hannaford All Natural  
Half Boneless Pork Loin \$1.69 Lb. or  
**Boneless Center  
Cut Pork Chops**  
**SAVE UP TO \$2.30 PER LB.**

**1.99**<sup>lb.</sup>



Taste of Inspirations  
**Buffalo, BBQ or  
Oven Roasted  
Chicken**  
**SAVE \$2 PER LB.**

**7.99**<sup>lb.</sup>



Taste of Inspirations  
**Havarti or  
Smoked Gouda Cheese**  
**SAVE \$2 PER LB.**

**6.99**<sup>lb.</sup>



Select Varieties  
**Fresh Express  
Salad Kits**  
**SAVE \$1.98 ON 2**

**2/\$6**



24 Oz. Pkg. - Sunset  
**Angel Sweet  
or Wild Wonders  
Tomatoes**  
**SAVE \$3 EA.**

**3.99**



11-12 Oz. Bag  
or 10 Ct. K-Cups  
Select Varieties  
**Dunkin' Coffee**  
**SAVE \$2.80 EA.**

**5.99**



32 Oz.  
Select Varieties  
Dunkin' Coffee Creamer or  
**International  
Delight  
Creamer**

**3.79**



32 Oz.  
Select Varieties  
**Stonyfield  
Organic Yogurt**

**3.99**



11.7 Oz.  
Select Varieties  
**Pillsbury  
Toaster Strudel**

**3.29**



9.25-13 Oz. - Select Varieties  
Marie Callender's Bowls or  
**Healthy Choice  
Café Steamers  
Entrees**

**2.69**



12 Oz. Cans  
Select Varieties  
**8-Pack Polar  
Seltzer'ade**

**2/\$6**



Plus Deposit Where Applicable

18.6-19 Oz.  
Select Varieties  
**Campbell's  
Chunky Soup**

**\$2**



6.5-10 Oz.  
Select Varieties  
**Fritos Corn Chips or  
Cheetos Puffs  
or Crunchy**

**2/\$7**



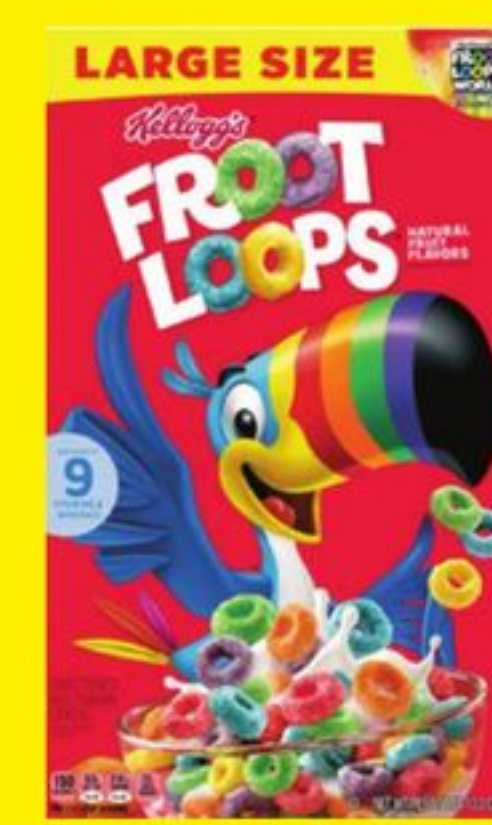
162 Sq. Ft.  
**4-Roll Bounty  
Double Roll  
Paper Towels**

**8.99**



13.1-20 Oz.  
Select Varieties  
**Kellogg's  
Large Size  
Cereal**

**3.99**



Prices effective Sept 29 - Oct 5, 2024

|     |     |     |     |     |     |     |
|-----|-----|-----|-----|-----|-----|-----|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| 29  | 30  | 1   | 2   | 3   | 4   | 5   |

While supplies last. Selection and prices may vary by store.



**FLU SHOTS NOW AVAILABLE**  
Hannaford Pharmacy. Here for your good health.

**Save Now!**

**BUY ONE**

Schweid & Sons The Signature Blend Sliders



20 Oz. Pkg.  
The Signature Blend Beef  
Chuck & Brisket  
Sliders

**9.99**



**GET A FREE**

12 Ct. Package of King's Hawaiian Rolls

12 Ct.  
King's Hawaiian  
Original  
Sweet Rolls

**5.99**



12 Ct.  
King's Hawaiian  
Savory  
Butter Rolls

**5.99**



the  **freshest meats & poultry**

St. Louis Style  
Pork Ribs

**2.99** lb.

**SAVE \$2 PER LB.**



*Handcrafted*  
Select Varieties

Breaded Chicken Breast  
Cutlets or Tenders

**3.99** lb.



Hannaford USDA Choice Beef  
Boneless Sirloin Tips

**9.99** lb.



*Nature's Promise*

No Antibiotics Ever  
Family Pack

Nature's Promise  
Chicken Legs,  
Drumsticks or  
Thighs

**1.49** lb.



**SAVE \$1 PER LB.**

No Antibiotics Ever  
Nature's Promise  
Roasting  
Chicken

**1.99** lb.



**SAVE \$1.50 PER LB.**

16 Oz. Pkg.  
No Antibiotics Ever  
Nature's Promise  
90% Lean  
Ground Beef

**6.99**



**SAVE \$2 EA.**

16 Oz. Pkg.  
No Antibiotics Ever  
All White Meat  
Nature's Promise  
All Natural  
92% Lean  
Ground Chicken

**2/\$7**



**SAVE \$2.98 ON 2**

**SIZZLING SAVINGS**

8 Oz. Pkg. - Select Varieties

Hatfield  
Boneless  
Ham Steak

**2/\$4**



**SAVE \$1.98 ON 2**

18.4-22 Oz. Pkg.  
Select Varieties  
Hatfield Dry Rub  
Seasoned  
Pork Tenderloin

**5.99**



**SAVE \$2 EA.**

22 Oz. Pkg. - Select Varieties  
Hatfield Dry Rub  
Seasoned  
Pork Loin Filet

**5.99**



**SAVE \$1.50 EA.**

Hannaford  
USDA Choice Beef  
Sealed Fresh  
Whole Eye Round

**3.99** lb.



**SAVE \$1 PER LB.**

Hannaford USDA Choice Beef  
Boneless  
Stew Beef

**5.99** lb.



Catelli Brothers  
No Antibiotics Ever  
Lamb Leg  
Center Cut Steak

**9.99** lb.

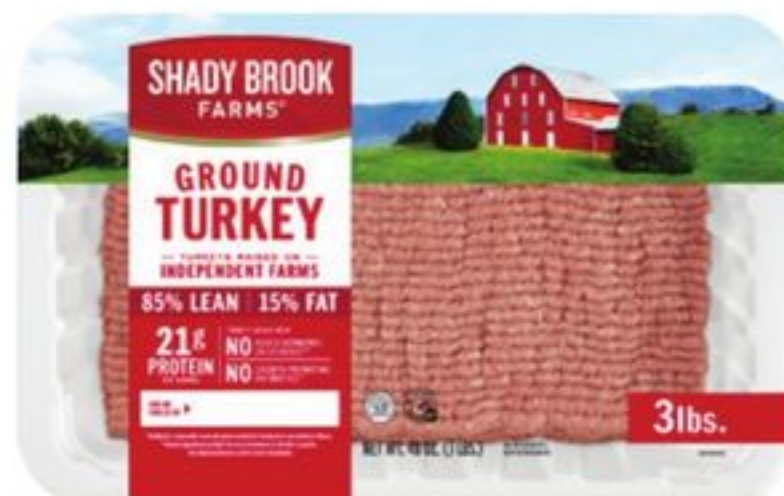


**SAVE \$4 PER LB.**

**Shady Brook Farms**

48 Oz. Pkg.  
85% Ground  
Turkey  
Family Pack

**9.99**



99% Fat Free  
Boneless Turkey  
Tenderloins

**5.99** lb.



**SAVE \$1 PER LB.**

sustainable **seafood**

Fresh Icelandic  
Haddock Fillet

**10.99** lb.



**SAVE \$2 PER LB.**

14 Oz.  
Grab & Go  
Crab Cake  
With Potatoes  
Meal Kit

**4.99**



**SAVE \$2 EA.**

5 Oz. Grab & Go  
Gulf of Maine  
Center Cut  
Salmon

**5.99**



**SAVE \$1 EA.**

6 Oz. - Lobster Stuffing or  
Salmon Pinwheels  
with Crab  
Stuffing

**5.99**



**SAVE \$1 EA.**

12 Oz. Pkg.  
Nature's Promise  
Wild Caught  
Flounder Fillet

**7.49**



**SAVE \$1.30 EA.**

# Balsamic-Roasted Acorn Squash

## Ingredients

Roasting brings out the sweetness of winter squash, which balances the tangy balsamic glaze. Toasted pecans lend a nutty crunch to this five-ingredient side dish.

- 4 medium acorn squash (about 4 lbs. total)
- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- 2 Tbsp. honey
- 1/2 cup chopped pecans

**Servings:** 8

**Prep Time:** 20 minutes

**Cook Time:** 40 minutes



## Directions

Preheat oven to 400°F. Line 2 rimmed baking sheets with parchment.

Rinse the acorn squash, cut in half lengthwise and remove seeds. Place acorn squash cut-sides down and slice into 3/4-inch-thick half-moons.

In a large bowl, whisk together the oil, vinegar and honey. Reserve half. Add squash to remaining balsamic mixture and toss to coat. Arrange squash on the baking sheets in a single layer. Season squash with salt and pepper.

Roast 15 minutes. Turn squash slices over. Roast another 15-25 minutes, until tender. During the last 5 minutes of cook time, sprinkle the pecans over squash to toast. To serve, drizzle with reserved balsamic mixture. Transfer squash and pecans to a serving platter.

Regionally Grown  
U.S. #1  
Select Varieties  
**Tote Apples**

**99¢** lb.



Nutritious, Tender  
**Spaghetti Squash**

**1.29** lb.



Sweet, Juicy  
**Bartlett Pears**

**1.49** lb.



High in Fiber & Vitamin C  
**Maine Broccoli Crowns**

**1.49** lb.



16 Oz. Pkg.  
**SunGold Kiwi**

**3.99**



8 Oz. Pkg.  
Sliced or Whole  
**Hannaford White Mushrooms**

**1.99**



3 Lb. Bag  
**Sunray Mandarins**

**4.99**



10-16 Oz. Pkg. - Matchstick Carrots,  
Carrot Chips or  
**Hannaford Baby-Cut Supreme Carrots**

**2/\$4**



2 Lb. Pkg.  
Stella Bella or Sparkle  
**Taste of Inspirations Grapes**

**5.99**



4 Lb. Bag - U.S. #1  
**Hannaford Red Potatoes**

**2.99**



Made Fresh Right Here  
**Hannaford Pineapple Chunk Cup**

**4.49** lb.



8-16 Oz. Pkg.  
All Varieties  
**Nasoya Organic Tofu**

**2.69**



# TIME SAVERS

15 Oz.  
Taste of Inspirations  
All Varieties - Featuring  
**Pumpkin &  
Sage Ravioli**



**SAVE  
\$1  
EA.**

**5<sup>99</sup>**

Fresh, great-tasting meals that are ready to eat, heat or cook.

58-60 Oz.  
Double the Size!  
Cooked Hot In-Store  
**Family Size Value  
Rotisserie Chicken**



**SAVE  
\$2  
EA.**

**9<sup>99</sup>**

32 Oz.  
All Varieties  
**Panera  
Family Size Soup**



**SAVE  
\$2  
EA.**

**9<sup>99</sup>**

discover something **new!**

8 Oz. - All Varieties  
**Cedar's Feta Dips**



**SAVE  
\$1  
EA.**

**4<sup>99</sup>**

Made in Massachusetts - 10 Oz.  
Limited Time Only!

**Taste of Inspirations  
Pumpkin Pie Hummus**



**3<sup>49</sup>**

19 Oz. - Spinach & Cheese or  
**Rana  
Italian Sausage  
& Onion Ravioli**



**SAVE  
\$2  
EA.**

**9<sup>99</sup>**

Alfredo, Cheesy Vodka or 7 Oz.  
**Taste of Inspirations  
Pesto Sauce**



**SAVE  
\$1  
EA.**

**4<sup>99</sup>**

## FRESHLY SLICED & READY TO GO!

Find your favorite deli meats and cheeses in our freshly sliced case. Same great quality without the wait.

1 lb. meat & 1/2 lb. cheese combo  
**deli-deal of the week**

24 Oz.  
Taste of Inspirations  
**Lite Sodium  
Turkey Breast &  
Pepper Jack Cheese**



**SAVE  
\$3<sup>48</sup>  
EA.**

**\$11**

Cooper  
**Cracked Pepper  
or Sharp Cheese**



**SAVE  
\$1  
PER LB.**

**7<sup>99</sup> lb.**

Krakus  
Regular or Reduced Sodium  
**Imported  
Polish Ham**



**SAVE  
\$1  
PER LB.**

**7<sup>99</sup> lb.**

## perfect for entertaining

8 Oz.  
Taste of Inspirations  
**Double Creme Brie**



**5<sup>99</sup>**

16 Oz.  
Taste of Inspirations  
**Feta Cheese Chunks**



**7<sup>99</sup>**

12 Oz.  
Fratelli Beretta  
**Italian Style Platter**



**SAVE  
\$2  
EA.**

**9<sup>99</sup>**

Taste of Inspirations  
**Baby Swiss Chunk**



**8<sup>99</sup> lb.**

# bakery

Fresh From OUR Ovens - 8 Oz.  
2-Pack Hannaford Muffins



**2.99**

Fresh From OUR Ovens - 8 Oz.  
10 Ct. - Blueberry, Raspberry or  
Apple Strudel Bites



**3.99**

Fresh From OUR Ovens - 16 Oz.  
Nature's Promise  
Classic Sourdough



**4.99**

14 Oz.  
Sliced or Braided  
Taste of Inspirations  
Brioche Loaf



**SAVE \$1 EA.**

**5.99**

19-26 Oz.  
5 in. Triple  
Layer Cake



**11.99**

discover something **new!**

20 Oz. - 8 in. - New York  
Style, Wild Blueberry or  
Cinnamon Crumb  
Cake



**SAVE \$1 EA.**

**6.99**

# packaged meats

13-14 Oz. Pkg.  
Select Varieties  
Hillshire Farm  
Rope Sausage



**SAVE \$1.50 EA.**

**3.99**

8 Oz. Pkg.  
No Antibiotics Ever  
Nature's Promise  
Grilled or Roasted  
Chicken Breast Strips



**3.99**

2.52 Oz. Pkg.  
Select Varieties  
Oscar Mayer  
Fully Cooked  
Bacon



**SAVE \$1 EA.**

**4.99**

32 Oz. Pkg. - Frozen  
Bubba  
Burgers



**SAVE \$3 EA.**

**13.99**

# frozen

**WOW!**  
for weeks

7 Oz. - 9 Ct.  
Select Varieties  
Hannaford  
Mini Pizza Bagels

**1.78**



9-24.5 Oz.  
Select Varieties  
Gorton's  
Frozen Fish  
or Seafood

**5.99**



8-11 Oz.  
Select Varieties  
TGI Fridays  
Appetizers

**5.29**



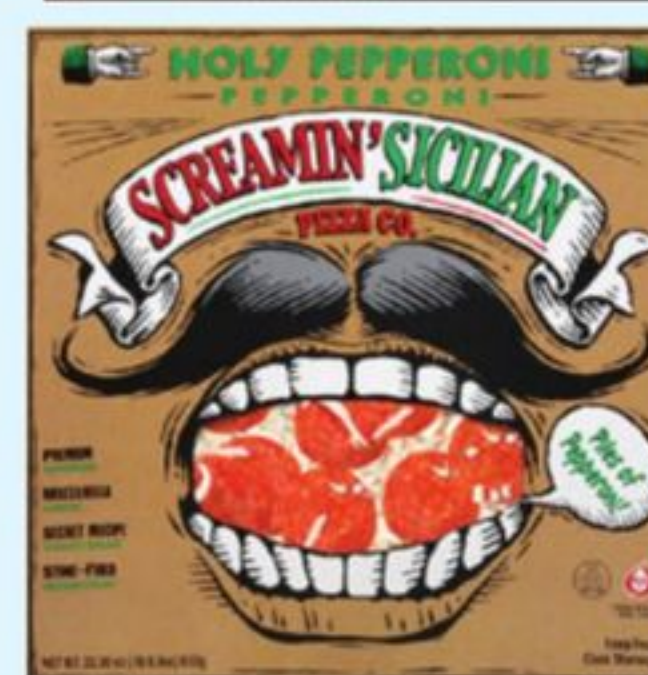
14 Oz.  
Select Varieties  
Yasso  
Frozen Greek  
Yogurt Bars

**5.79**



16.35-25 Oz.  
Select Varieties  
Screamin'  
Sicilian Pizza

**9.19**



17.65 Oz.  
Taste of Inspirations  
Puff Pastry

**4.89**



# dairy

**WOW!** for weeks

8 Oz.  
Select Varieties  
Hannaford  
Bar Cheese



**1.75**

16 Oz.  
All Varieties  
Hannaford  
Sour Cream



**1.79**

5.3 Oz.  
Select Varieties  
Hannaford  
Greek Nonfat  
Yogurt



**88¢**

48 Oz.  
Select Varieties  
Nature's Promise  
Cold Brew Coffee



**4.29**

Plus Deposit Where Applicable

16 Oz.  
Select Varieties  
Hannaford  
Ricotta Cheese



**3.39**

16 Oz.  
Salted or Unsalted  
Nature's Promise  
Organic Butter



**6.99**

32 Oz.  
Hannaford  
1% Low Fat  
Chocolate Milk



**1.89**

10.7-12 Oz.  
Select Varieties  
Kraft  
Singles



**4.49**

**WOW!**  
for weeks

66 Oz.  
Select Varieties  
Downy  
Fabric Softener

**7.46**



20 Oz.  
Hannaford  
Raisins

**4.85**



2-Liter  
Select Varieties  
Hannaford  
Soda

**99¢**

Plus Deposit Where Applicable



5.75-6 Oz.  
Select Varieties  
Pearls  
Black Olives

**2.25**



18.4 Oz.  
Select Varieties  
Pillsbury  
Brownie Mix

**2/\$3**



**real savings every day** low prices you can count on - every day, in every aisle!

9.6-11.5 Oz.  
Select Varieties  
General Mills  
Cereal

**3.69**



10.4 Oz.  
Select Varieties  
Hannaford  
Cereal Bars

**1.99**



24 Oz.  
Select Varieties  
Classico  
Pasta Sauce

**3.99**



15.5 Oz.  
Select Varieties  
Hannaford  
Red Kidney Beans

**1.99**



7.25 Oz.  
Kraft  
Macaroni & Cheese  
Dinner

**1.59**



6 Oz.  
Select Varieties  
Contadina  
Tomato Paste

**1.39**



11.75-13 Oz.  
Select Varieties  
Hannaford  
Chips Delight  
Cookies

**2.69**



13.7 Oz.  
Select Varieties  
Starbucks  
Frappuccino

**4.19**



12 Oz.  
Select Varieties  
Hannaford  
Egg Noodles

**2.39**



1.15 Oz.  
Select Varieties  
Chomps  
Beef Stick

**2.49**



750 mL  
Select Varieties  
Vallate  
Prosecco Extra Dry

**14.99**



3-Liter  
Select Varieties  
Bota Box  
Wine

**15.99**



16 Oz. Cans  
Select Varieties  
4-Pack  
Citizen Cider

**11.99**

Plus Deposit Where Applicable



12 Oz. Bottles or Cans  
Select Varieties  
12-Pack  
Zero Gravity

**16.99**

Plus Deposit Where Applicable



12 Oz. Bottles or Cans  
Select Varieties  
12-Pack Modelo

**15.99**

Plus Deposit Where Applicable



**house & home**

50 Oz.  
Select Varieties  
Nature's Promise  
Liquid Laundry  
Detergent

**7.29**



308.4-358.8 Sq. Ft.  
Select Varieties  
12-Roll Cottonelle  
Ultra Comfort  
Bath Tissue

**12.69**



20-25 Oz.  
Select Varieties  
Palmolive  
Dish Liquid

**3.19**



1264.1 Sq. Ft.  
12-Roll Hannaford  
1-Ply Bath Tissue

**9.99**



168 Ct.  
Select Varieties  
Cottonelle  
Flushable Moist  
Wipes Refills

**7.49**



1.34 Oz.  
Select Varieties  
Glade  
PlugIns Scented  
Oil Refill

**6.29**



3.15 Lb.  
Nature's Promise  
Real Country  
Cat Food

**9.99**



24 Ct.  
Companion  
Triple Flavor  
Kabobs Dog Chews

**10.39**



**WOW!** for weeks

75 Ct.  
Select Varieties  
Hannaford  
Disinfecting Wipes

**3.77**



16 Oz.  
Select Varieties  
Blue Buffalo  
Dog Treats

**4.99**



**taste of Inspirations®**

**Premium Signature Coffee**  
Celebrate National Coffee Day with our **NEW** masterfully crafted and exclusive coffee blends - made from 100% premium Arabica beans.  
**Upgrade your daily indulgence.**

12 Oz. Taste of Inspirations Smoky Symphony Ground Coffee **6.49**

10 Ct. Taste of Inspirations Smoky Symphony Single Serve Cups **4.99**

MY HANNAFORD REWARDS  
**20% REWARDS**  
ON ALL OUR STORE BRANDS

**WOW!** for weeks

64-110 Ct. - Select Varieties  
**Scotties 2-Ply Cube White Facial Tissues** **1.59**

168-192 Ct. Select Varieties  
**Huggies Baby Wipes** **6.69**

2.75-5.5 Oz. Riesen or Werther's Candy **2/\$5**

5.5-7.25 Oz. Select Varieties  
**Hannaford Mac 'N' Cheese Dinner** **98¢**

6.7-12.6 Oz. Select Varieties  
**L'Oréal Elvive Shampoo or Conditioner** **4.76**

**real savings every day** low prices you can count on - every day, in every aisle!

9.5-10.75 Oz. Select Varieties  
**Hostess Donettes**  
**2.99**



9.3-10 Oz. Select Varieties  
**Utz Snack Packs**  
**6.89**



4 Lb. Bag  
**Hannaford Granulated Sugar**  
**3.69**



4.3 Oz.  
**Hormel Real Crumbled Bacon**  
**6.29**



8.8-13.7 Oz. Select Varieties  
**Nabisco Ritz Crackers**  
**4.49**



18-19 Oz. Select Varieties  
**Progresso Soup**  
**3.79**



10-14 Oz. Select Varieties  
**Second Nature Nuts Medley**  
**6.99**



1.1 Oz. Select Varieties  
**Quest Protein Chips**  
**2.89**



23-26 Oz. Select Varieties  
**Chock Full O'Nuts Coffee**  
**10.49**



7 Oz.  
**Hannaford Blueberry Muffin Mix**  
**1.09**



5 Oz.  
**Chicken of the Sea Chunk Light Tuna**  
**1.95**



1-Liter  
**Nature's Promise Pure Coconut Water**  
**3.59**



**health & beauty**

16 Oz. - Select Varieties  
**Cream, Lotion or Cleanser CeraVe Skincare**  
**15.99**



24 Ct. - Select Varieties  
**Aleve Caplets or Tablets**  
**6.25**



28-33 Ct. Select Varieties  
**Emergen-C**  
**12.99**



24 Oz. Select Varieties  
**CareOne Body Wash**  
**5.19**



10-30 Ct. Select Varieties  
**Band-Aid Flexible Bandages**  
**4.39**



**Halloween Treats**

1 Ct.  
**Smart Living Basic Pumpkin Bucket**  
**1.99**



8-11 Oz. - Select Varieties  
**Brach's Candy Corn, Autumn or Harvest Mix**  
**2.79**



14 Oz.  
**Smarties Bag**  
**3.49**



10,12-15 Oz. Select Varieties  
**Tootsie Roll Pops**  
**4.39**



9.45-11.4 Oz. - Select Varieties  
**Hershey's, Mars or Ferrero Fun or Snack Size Candy**  
**3.66**



9-10.8 Oz. - Select Varieties  
**Hershey's Harvest Miniatures**  
**5.39**



11.47 Oz. - 65 Pieces  
**Lifesavers Halloween Mix**  
**7.99**



19.41 Oz. - 35 Pieces  
**M&M's Fun Size Halloween Mix**  
**9.99**



# WOW!

# for weeks

Like other supermarkets' sale prices, but ours last for weeks.

4-4.5 Oz.  
Select Varieties  
**3-Pack Sargento  
Balanced Breaks**

**2.99**



15 Oz.  
Select Varieties  
**2-Pack Hannaford  
Pie Crusts**

**2.49**



21-26.4 Oz.  
Select Varieties  
**DiGiorno  
Stuffed  
Crust Pizza**

**7.99**



23.1-28.4 Oz.  
Select Varieties  
**Maxwell House  
Coffee**

**7.99**



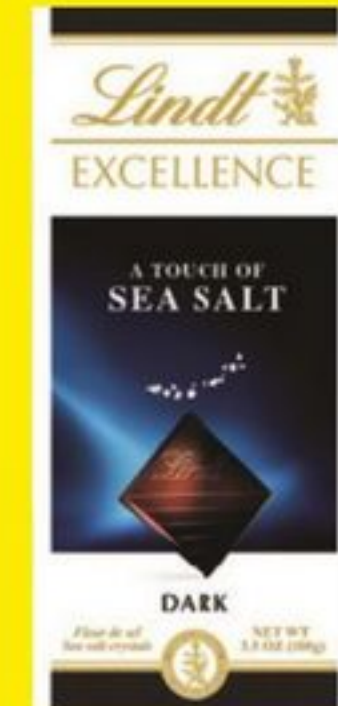
16 Oz. Cans  
Select Varieties  
**4-Pack Monster  
Energy Drink**

**6.99**



1.7-4.4 Oz.  
Select Varieties  
**Lindt  
Chocolate Bars**

**2/\$6**



12-16 Oz.  
Select Varieties  
**Prince  
Pasta**

**1.25**



32 Oz.  
Select Varieties  
**College Inn  
Broth**

**2.50**



8.8-10 Oz.  
Select Varieties  
**belVita Breakfast  
Biscuits or  
Nabisco  
Newtons**

**2/\$7**



4.4-5.3 Oz.  
Select Varieties  
**Skinny Pop  
Popcorn**

**2.99**



88 Oz. Liquid or  
32-39 Ct. Pacs  
Select Varieties  
**All Laundry  
Detergent**

**10.99**



6.2-10.58 Oz.  
Select Varieties  
**Kind Bars**

**4.89**



14-16 Oz.  
Select Varieties  
**Pepperidge Farm  
Breakfast  
Swirl Bread**

**2.99**



20 Oz.  
100% Wheat, Hawaiian, 100%  
Whole Grain, Butterbread or  
**Nature's Own  
Honey Wheat Bread**

**2.99**



28 Oz.  
Select Varieties  
**Jif  
Peanut Butter**

**4.99**



6 Oz.  
**French's  
Fried Onions**

**3.99**



Prices and items good only at these locations:

BARRE • BRADFORD • BRANDON • BURLINGTON: North Ave., Dorset St. and Shelburne Rd. • ENOSBURG FALLS • ESSEX JUNCTION • MIDDLEBURY • MILTON • MORRISVILLE • RUTLAND • ST. ALBANS • SWANTON • WILLISTON • LANTMAN'S HINESBURG

Please visit us online at [hannaford.com](http://hannaford.com) for store information. Some items not available in all stores.

We reserve the right to limit quantities and correct typographical and photographic errors. Guiding Stars® rating shown may vary by product variety. Please refer to shelf tag for official rating. Products that contain less than five calories per serving are not rated by Guiding Stars. © 2024 Hannaford Bros. Co.



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Become a fan on Facebook.  
Sign up for Hannaford emails.





# MEET THE LOCALS.

Looking for a little local flavor?  
We've been supporting local farms  
and businesses since 1883.



## VERMONT FARMSTEAD CHEESE COMPANY

South Woodstock, Vermont

The Vermont Farmstead Cheese Company, established in 2009, originated from a community initiative to save a dairy farm in South Woodstock. This effort led to the creation of the state's first community-owned artisan cheese facility. They merge traditional cheesemaking with innovative community partnerships, producing award-winning cheeses.



# helping to support your way to wellness

Hannaford is here to support you and your family's health and wellness goals.

### Guiding Stars®

The faster way to eat better. Save time shopping for nutritious choices by looking for the stars while you shop in-store or online. Get the kiddos involved by asking them to look for star-earning products while they shop with you.

Visit [hannaford.com/guidingstars](https://hannaford.com/guidingstars) to find out more.



### Snack Pals

**Snack Pals** are a fun-loving bunch of characters that get kids excited about eating fruits and veggies. Find special Snack Pals snacks in-store or online.

Visit [hannafordsnackpals.com](https://hannafordsnackpals.com) to join the fun with games, activities and recipes for the whole family!



### Registered Dietitians

No matter where you're at in your wellness journey, our team of **Registered Dietitians** are here to help. They offer FREE nutrition education in-store and online.

#### Find us in-store

Visit [hannaford.com/dietitians](https://hannaford.com/dietitians) to find a dietitian near you and email them for their monthly schedule or to get added to their email list for materials such as handouts, recipe ideas, nutrition tips and more.

#### Find us online

Sign up for a FREE online nutrition education class at [hannafordnutrition.eventbrite.com](https://hannafordnutrition.eventbrite.com).

## simply healthy

from your Hannaford Dietitians



# MEET THE LOCALS.

Looking for a little local flavor?  
We've been supporting local farms  
and businesses since 1883.



## BARR HILL DISTILLERY

Montpelier, Vermont

At Barr Hill, they distill award-winning spirits with a deep commitment to land stewardship and pollinator protection, collaborating closely with farmers. Founded on a unique partnership between a beekeeper and a distiller, their conservation efforts are rooted in nurturing nature. Each Barr Hill spirit raised in toast supports a sustainable landscape, linking agriculture directly to cocktail culture. Their products, known for impeccable balance and full-bodied flavor, embody the essence of their forest-meets-farmland setting.

taste of  
**Inspirations**

# Premium Signature Coffee

Celebrate National Coffee Day with our **NEW** masterfully crafted and exclusive coffee blends - made from 100% premium Arabica beans.



## Upgrade your daily indulgence.

10 Ct.  
Select Varieties  
**Taste of Inspirations  
Coffee Single  
Serve Cups**

**4<sup>99</sup>**



12 Oz.  
Select Varieties  
Ground or Whole Bean  
**Taste of Inspirations  
Coffee**

**6<sup>49</sup>**



12 Oz.  
**Taste of  
Inspirations  
Tropical Twist  
Whole Bean Coffee**

**6<sup>49</sup>**



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## ROSIE'S VERMONT BEEF JERKY

Swanton, Vermont

Rosie's Vermont Beef Jerky, established in 1996, offers small-batch, hand-crafted jerky using familiar, high-quality ingredients. Family-owned, they utilize choicest top round beef marinated in a secret blend of spices and slow-cooked to perfection, with a touch of Vermont maple syrup made by Rosie. Committed to excellence, Rosie's provides 14 distinct flavors, each promising a taste of wholesome goodness that's udderly delicious.

# Time saved. Time savored.

**Guiding Stars®** is the fast and easy way to make nutritious choices.

Look for the stars as you shop to save time, helping you get back to the things - and people - who matter most.

Simply look for the Guiding Stars to make quick, nutritious choices while you shop.



**Guiding Stars.**

**The faster way to eat better.**

Make quick and nutritious choices while you shop.



**One Star**  
GOOD nutrition



**Two Stars**  
BETTER nutrition



**Three Stars**  
BEST nutrition

**More Guiding Stars means more nutritional value.**



Look for the stars when you shop in-store or online.  
Visit [hannaford.com/guidingstars](https://hannaford.com/guidingstars) to learn more.



**GUIDING STARS®**  
NUTRITIOUS CHOICES MADE SIMPLE



## Food that feeds more

Grab a bag, change the world

With each bag of **Harvesting Good Frozen Broccoli** you buy, you'll help our local food banks to end food insecurity. You'll support local farms by providing reliable additional income, and you'll help to provide access to nutritious food for everyone. So grab a bag of goodness - your community will thank you.



## Have nutrition questions? We can help.

Hannaford is committed to supporting your health and wellness goals. We offer FREE dietitian-provided nutrition education online and in many of our stores. Chat with a dietitian in-store as you shop or coordinate a time that works for you both to chat virtually.

### Dietitian services include:

- Nutrition education for your school, work or community group
- Help with special dietary needs
- Healthy eating tips, recipes and ideas for healthier family meals
- Advice for making the most of your pantry staples and shopping on a budget
- Help understanding food labels and portion sizes

### Find us online:

Now offering FREE online nutrition education.

Visit [hannafordnutrition.eventbrite.com](https://hannafordnutrition.eventbrite.com) to sign up for an upcoming class. Just have a nutrition question? Email a private message to our online registered dietitian at [dietitian@hannaford.com](mailto:dietitian@hannaford.com).

### Find us in-store:

Visit [hannaford.com/dietitians](https://hannaford.com/dietitians) to find a dietitian near you and email them for their monthly schedule or to get added to their email list for materials such as handouts, recipe ideas, nutrition tips and more.



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