



Low Prices you can count on!

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

5.99^{lb.}



Hannaford Bone-In Chicken
**Leg Quarters
or Drumsticks**
SAVE UP TO 80¢ PER LB.

99¢^{lb.}



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^{lb.}



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

1.99^{lb.}



Hannaford All Natural
Half Boneless Pork Loin \$1.69 Lb. or
**Boneless Center
Cut Pork Chops**
SAVE UP TO \$1.30 PER LB.

1.99^{lb.}



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

7.99^{lb.}



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

6.99^{lb.}



Select Varieties
**Fresh Express
Salad Kits**
SAVE \$2.18 ON 2

2/\$5



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**

2.95



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



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

1.97



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

2/\$7



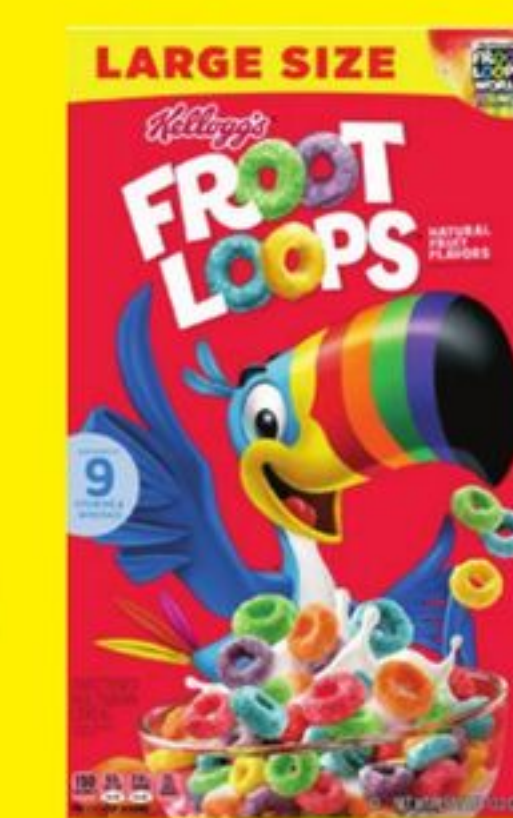
162 Sq. Ft.
**4-Roll Bounty
Double Roll
Paper Towels**

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

4.99



12 Ct.
King's Hawaiian
Savory
Butter Rolls

4.99



the **freshest meats & poultry**

St. Louis Style
Pork Ribs

2.99 lb.

SAVE \$1.50 PER LB.



Handcrafted
Select Varieties

Breaded Chicken Breast
Cutlets or Tenders

3.99 lb.



Hannaford USDA Choice Beef
Boneless Sirloin Tips

9.99 lb.



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.



Nature's Promise

No Antibiotics Ever
Nature's Promise
Roasting
Chicken

1.99 lb.

SAVE \$1.30 PER LB.



No Antibiotics Ever
Family Pack
Nature's Promise
Boneless Skinless
Chicken Breast

3.49 lb.

SAVE \$2 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 \$1.98 ON 2



SIZZLING SAVINGS

8 Oz. Pkg. - Select Varieties
Hatfield
Boneless
Ham Steak

2/\$4

SAVE 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.



sustainable
seafood

Gulf of Maine
Fresh Haddock

10.99 lb.

SAVE \$1.50 PER LB.



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

4.99

SAVE \$2 EA.



Approx. 5 Oz.
Gulf of Maine
Center Cut
Salmon Portions

16.99 lb.

SAVE \$5.30 PER LB.



Lobster Stuffing or
Salmon Pinwheels
with Crab
Stuffing

16.99 lb.

SAVE \$2 PER LB.



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

99¢ lb.



Sweet, Juicy
Bartlett Pears

149 lb.



High in Fiber & Vitamin C
Maine Broccoli Crowns

149 lb.



16 Oz. Pkg.
SunGold Kiwi

399



8 Oz. Pkg.
Sliced or Whole
Hannaford White Mushrooms

199



3 Lb. Bag
Sunray Mandarins

499



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

599



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

299



Made Fresh Right Here
Hannaford Pineapple Chunk Cup

449 lb.



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

269



TIME SAVERS

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



**SAVE
\$1
EA.**

5⁹⁹

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.**

7⁹⁹

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



**SAVE
\$2
EA.**

9⁹⁹

discover something **new!**

8 Oz. - All Varieties
Cedar's Feta Dips



**SAVE
\$1
EA.**

4⁹⁹

Made in Massachusetts - 10 Oz.
Limited Time Only!

**Taste of Inspirations
Pumpkin Pie Hummus**



3⁴⁹

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



**SAVE
\$2
EA.**

9⁹⁹

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



**SAVE
50¢
EA.**

4⁴⁹

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
\$3⁴⁸
EA.**

\$11

Cooper
**Cracked Pepper
or Sharp Cheese**



**SAVE
\$1
PER LB.**

6⁹⁹ lb.

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



**SAVE
\$1
PER LB.**

6⁹⁹ lb.

perfect for entertaining

8 Oz.
Taste of Inspirations
Double Creme Brie



5⁹⁹

16 Oz.
Taste of Inspirations
Feta Cheese Chunks



7⁹⁹

12 Oz.
Fratelli Beretta
Italian Style Platter



**SAVE
\$2
EA.**

7⁹⁹

Taste of Inspirations
Baby Swiss Chunk



8⁹⁹ 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 EA.

3.99

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



3.69

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



SAVE \$1 EA.

4.99

32 Oz. Pkg. - Frozen
Bubba
Burgers



SAVE \$2 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

4.69



14 Oz.
Select Varieties
Yasso
Frozen Greek
Yogurt Bars

5.49



16.35-25 Oz.
Select Varieties
Screamin'
Sicilian Pizza

7.49



17.65 Oz.
Taste of Inspirations
Puff Pastry

4.69



dairy

WOW! for weeks

8 Oz.
Select Varieties
Hannaford
Bar Cheese



1.67

16 Oz.
All Varieties
Hannaford
Sour Cream



1.43

5.3 Oz.
Select Varieties
Hannaford
Greek Nonfat
Yogurt



79¢

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



4.29

Plus Deposit Where Applicable

16 Oz.
Select Varieties
Hannaford
Ricotta Cheese



2.99

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
746



20 Oz.
Hannaford
Raisins
399



2-Liter
Select Varieties
Hannaford
Soda
99¢



Plus Deposit Where Applicable

5.75-6 Oz.
Select Varieties
Pearls
Black Olives
\$2



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
369



10.4 Oz.
Select Varieties
Hannaford
Cereal Bars
199



24 Oz.
Select Varieties
Classico
Pasta Sauce
399



15.5 Oz.
Select Varieties
Hannaford
Red Kidney Beans
199



7.25 Oz.
Kraft
Macaroni & Cheese
Dinner
129



6 Oz.
Select Varieties
Contadina
Tomato Paste
139



11.75-13 Oz.
Select Varieties
Hannaford
Chips Delight
Cookies
269



13.7 Oz.
Select Varieties
Starbucks
Frappuccino
389



Plus Deposit Where Applicable

12 Oz.
Select Varieties
Hannaford
Egg Noodles
209



1.15 Oz.
Select Varieties
Chomps
Beef Stick
219



9.8 Oz.
Select Varieties
Watcharee's
Thai Sauce
799



14.5 Oz.
Select Varieties
Hannaford
Asian Sauce
239



12.5 Oz. Bottle
Select Varieties
Jarritos
Soda
139



Plus Deposit Where Applicable

1-1.25 Oz.
Reduced Sodium or Regular
Hannaford
Taco Seasoning Mix
89¢



12-17 Oz.
12 Ct. Soft Tortillas or
8 Ct. Chi-Chi's
Flour Burrito
Wraps
339



house & home

50 Oz.
Select Varieties
Nature's Promise
Liquid Laundry
Detergent
729



308.4-358.8 Sq. Ft.
Select Varieties
12-Roll Cottonelle
Ultra Comfort
Bath Tissue
1269



20-25 Oz.
Select Varieties
Palmolive
Dish Liquid
299



1264.1 Sq. Ft.
12-Roll Hannaford
1-Ply Bath Tissue
999



168 Ct.
Select Varieties
Cottonelle
Flushable Moist
Wipes Refills
749



1.34 Oz.
Select Varieties
Glade
PlugIns Scented
Oil Refill
599



3.15 Lb.
Nature's Promise
Real Country
Cat Food
999



24 Ct.
Companion
Triple Flavor
Kabobs Dog Chews
1039



WOW! for weeks

75 Ct.
Select Varieties
Hannaford
Disinfecting Wipes
341



16 Oz.
Select Varieties
Blue Buffalo
Dog Treats
449



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
1.21

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
57¢

6.7-12.6 Oz. Select Varieties
L'oreal 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
5.99



4 Lb. Bag
Hannaford Granulated Sugar
3.69



4.3 Oz.
Hormel Real Crumbled Bacon
5.39



8.8-13.7 Oz. Select Varieties
Nabisco Ritz Crackers
3.99



18-19 Oz. Select Varieties
Progresso Soup
3.69



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
9.99



7 Oz.
Hannaford Blueberry Muffin Mix
1.05



5 Oz.
Chicken of the Sea Chunk Light Tuna
1.69



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
5.45



28-33 Ct. Select Varieties
Emergen-C
12.99



24 Oz. Select Varieties
CareOne Body Wash
4.49



10-30 Ct. Select Varieties
Band-Aid Flexible Bandages
3.99



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
2.99



10,12-15 Oz. Select Varieties
Tootsie Roll Pops
3.89



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

8.49



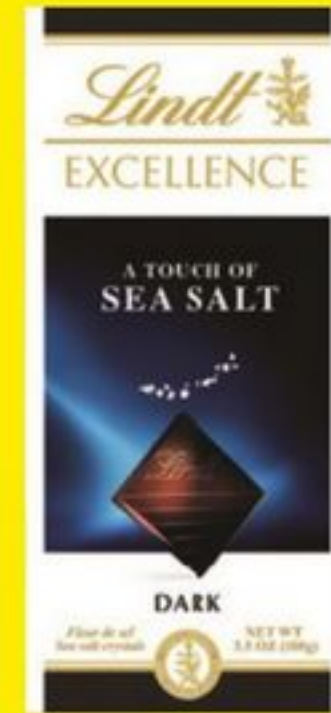
16 Oz. Cans
Select Varieties
4-Pack Monster
Energy Drink

6.67



1.7-4.4 Oz.
Select Varieties
Lindt
Chocolate Bars

2/\$5



12-16 Oz.
Select Varieties
Prince
Pasta

1.25



32 Oz.
Select Varieties
College Inn
Broth

\$2



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

2.49



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:
CHELMSFORD • CLINTON • DRACUT • GARDNER • LEOMINSTER: Lancaster St. and Twin City Plaza • LOWELL • LUNENBURG •
MARLBOROUGH • MIDDLEBORO • N. BROOKFIELD • ORANGE • TAUNTON • TOWNSEND • UXBRIDGE • WALTHAM

Please visit us online at 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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Sign up for Hannaford emails.



MEET THE LOCALS.

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

JAJU | PIEROGI

JAJU PIEROGI

Lynn, Massachusetts

Inspired by nostalgia for their beloved homemade pierogi, two sisters turned a playful suggestion into reality by founding Jaju Pierogi in Boston in 2015. Drawing from their grandfather's recipe, which started a family legacy of crafting traditional Polish foods over sixty years ago in Western Massachusetts, they revived the art they learned as children. Today, they continue to honor this rich family tradition, hand-crafting pierogi, golabki and kielbasa, thus bringing a piece of their heritage to your dinner table.



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 to find out more.



GUIDING STARS®
NUTRITIOUS CHOICES MADE SIMPLE



One Star
GOOD nutrition



Two Stars
BETTER nutrition



Three Stars
BEST nutrition

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 to join the fun with games, activities and recipes for the whole family!

snackpals®



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 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.

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.



CURIO SPICE CO. Cambridge, Massachusetts

A women-owned B Corporation, Curio sources Fair Trade spices from small farmers and collectives globally. Founder Claire Cheney fosters direct relationships to ensure transparency and premium quality from farm to kitchen, making a positive impact. Additionally, Curio supports various community organizations and charities through their "Curio for a Cause" campaigns, offering an exotic array of spices from around the world.

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**

4⁹⁹



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

6⁴⁹



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

6⁴⁹



MEET THE LOCALS.

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



NASHOBA BROOK BAKERY

Concord, Massachusetts

Nashoba Brook Bakery, co-founded by Stuart Witt and John Gates, opened in 1998 in Concord, Massachusetts. Originating from a high school friendship, their venture blossomed into a multifunctional space that combines a café, a wholesale distributor and a local hangout, all centered around a massive French bread oven. Committed to more than just breadmaking, the bakery serves as a community hub that supports social and cultural engagement.

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 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 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.

Find us in-store:

Visit 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.



simply healthy

from your Hannaford Dietitians