



# Low Prices you can count on!

Hannaford  
USDA Choice Beef  
**Boneless New York  
Sirloin Steak**  
**SAVE \$4 PER LB.**

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



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

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



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

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



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

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



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

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



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<sup>99</sup>**



11-12 Oz. Bag  
or 10 Ct. K-Cups  
Select Varieties  
**Dunkin' Coffee**  
**SAVE \$2.60 EA.**

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



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

**3<sup>79</sup>**



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

**3<sup>99</sup>**



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

**2<sup>95</sup>**



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

**2<sup>69</sup>**



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

**2/\$6**



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

**1<sup>97</sup>**



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

**2/\$7**



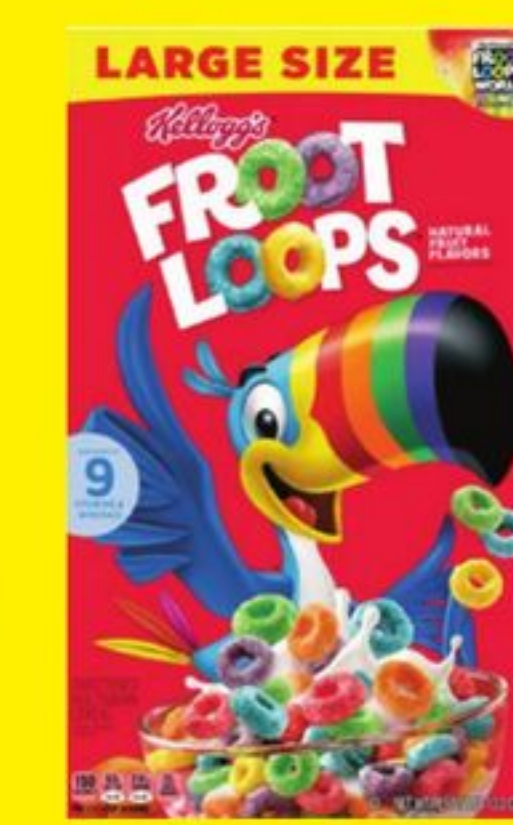
162 Sq. Ft.  
**4-Roll Bounty  
Double Roll  
Paper Towels**

**8<sup>99</sup>**



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

**3<sup>99</sup>**



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.



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 \$1.50 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 \$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.**



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.**



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  
\$3.48  
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 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 \$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

**4.89**



14 Oz.  
Select Varieties  
Yasso  
Frozen Greek  
Yogurt Bars

**5.29**



16.35-25 Oz.  
Select Varieties  
Screamin'  
Sicilian Pizza

**7.49**



17.65 Oz.  
Taste of Inspirations  
Puff Pastry

**4.79**



# dairy

**WOW!** for weeks

8 Oz.  
Select Varieties  
Hannaford  
Bar Cheese



**1.59**

16 Oz.  
All Varieties  
Hannaford  
Sour Cream



**1.69**

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  
**427**



2-Liter  
Select Varieties  
**Hannaford**  
Soda  
**99¢**



Plus Deposit Where Applicable

5.75-6 Oz.  
Select Varieties  
**Pearls**  
Black Olives  
**225**



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  
**229**



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  
**125**



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  
**189**



1.15 Oz.  
Select Varieties  
**Chomps**  
Beef Stick  
**219**



750 mL  
Select Varieties  
**Vallate**  
Prosecco Extra Dry  
**1499**



Plus Deposit Where Applicable

3-Liter  
Select Varieties  
**Bota Box**  
Wine  
**1599**



12 Oz. Cans  
Select Varieties  
**9-Pack Downeast**  
Cider  
**1599**



Plus Deposit Where Applicable

12 Oz. Cans  
Select Varieties  
**12-Pack Lone Pine**  
**1899**



Plus Deposit Where Applicable

12 Oz. Bottles or Cans  
Select Varieties  
**12-Pack Modelo**  
**1599**



Plus Deposit Where Applicable

**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  
**699**



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  
**2% REWARDS**  
ON ALL OUR STORE BRANDS

**WOW!**  
for weeks

64-110 Ct. - Select Varieties  
**Scotties 2-Ply Cube White Facial Tissues**  
**1.25**

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'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**  
**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**  
**9.79**



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**  
**16.49**



24 Ct. - Select Varieties  
**Aleve Caplets or Tablets**  
**5.25**



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**  
**3.69**



10.12-15 Oz. Select Varieties  
**Tootsie Roll Pops**  
**3.99**



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**

**8.97**



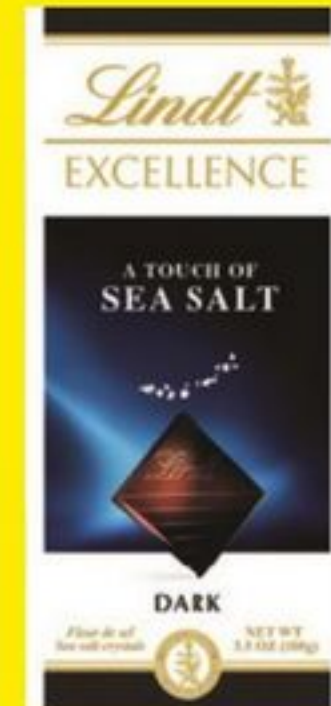
16 Oz. Cans  
Select Varieties  
**4-Pack Monster  
Energy Drink**

**6.67**



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

**2/\$6**



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

**1.37**



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

**2.17**



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: AUBURN • AUGUSTA: Cony St., Whitten Rd. • BANGOR: Broadway, Airport Mall and Hogan Rd. • BAR HARBOR • BELFAST • BLUE HILL • BOOTHBAY HARBOR • BREWER • BUCKSPORT • CAMDEN • CARIBOU • CHINA • DAMARISCOTTA • DEXTER • ELLSWORTH • FARMINGTON • FORT KENT • GARDINER • HAMPDEN • HOULTON • JAY • LEWISTON • LINCOLN • MACHIAS • MADAWASKA • MADISON • MECHANIC FALLS • MILLINOCKET • NEWPORT • OLD TOWN • OXFORD • ROCKLAND • RUMFORD • SKOWHEGAN • TURNER • WALDOBORO • WATERVILLE: Elm Plaza, JFK Plaza • WINTHROP

stay connected with us!  
Become a fan on Facebook.  
Sign up for Hannaford emails.



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.



# MEET THE LOCALS.

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

— ATLANTIC —  
SEA FARMS

## ATLANTIC SEA FARMS

Biddeford, Maine

Atlantic Sea Farms, a women-run, mission-driven kelp company, commits to the belief that good food should benefit both people and the planet. They offer locally sourced frozen kelp, sea-veggie burgers and other kelp-based products. Collaborating with Maine's fishing families, their team cultivates regenerative kelp to strengthen traditional practices and foster a sustainable food system that prioritizes environmental and consumer health.



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!

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](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.



## MOUSAM VALLEY MUSHROOMS

Springvale, Maine

Mousam Valley Mushrooms, a family-owned organic mushroom farm, cultivates their fungi on Maine hardwood and straw sourced sustainably from the very woods and fields they forage in. The end result is a mushroom that could have been picked right off the side of your own favorite foraging path. The only difference is that they grow their mushrooms year-round and know exactly when they will be perfect for you to enjoy!

taste of  
**Inspirations**<sup>®</sup>

# 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>**



# MEET THE LOCALS.

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



## NICK'S WICKED TASTY FUDGE

Wells, Maine

Nick's Wicked Tasty Fudge follows a family tradition of fudge making and turned it into a business in 2022. Besides making local, delicious fudge, Nick has a passion for entrepreneurship and teaching it to other young business owners.

# 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.



# simply healthy

from your Hannaford Dietitians