



# Save Smart. Stay Well.

Nice work adding more good to your shop.

Hannaford USDA Choice Beef  
**Boneless Chuck Roast**  
SAVE \$3 PER LB.

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



Hannaford  
Chicken Leg Quarters or  
**Whole Young Chicken**  
SAVE UP TO 70¢ PER LB.

**99¢** lb.



Four-Star Best  
Aquaculture Practice  
**Gulf of Maine All Natural  
Atlantic Salmon**  
SAVE \$2 PER LB.

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



3 Lb. Bag  
**Hannaford  
Cara Cara Navel Oranges**  
SAVE \$2 EA.

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



Hannaford All Natural  
Pork Loin  
**Boneless Center  
Cut Pork Chops**  
SAVE \$1.80 PER LB.

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



Taste of Inspirations  
**Lower Sodium  
Oven Roasted or  
Maple Honey  
Turkey Breast**  
SAVE \$2 PER LB.

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



Limited Time Only!  
Taste of Inspirations  
**Spicy Dill Seasoned  
Chicken Breast**  
SAVE \$3 PER LB.

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



Select Varieties  
**Fresh Express  
Salad Kits or  
Salad Blends**  
SAVE UP TO  
\$2.18 ON 2

**2/\$5**



1 Lb. Hannaford Baby-Cut  
Carrots or 1.5 Lb. - Maine Grown  
**Country Roots Petite  
Yellow Potatoes**  
SAVE \$1 ON 2

**2/\$2**



11-13.3 Oz.  
Select Varieties  
**Kellogg's  
Special K Cereal**

**2<sup>99</sup>**



6.2-8.94 Oz. - Select Varieties  
Sweet & Salty Bars,  
Muffin Bars or  
**Nature Valley  
Granola Bars**

**2/\$5**



32 Oz.  
Select Varieties  
**Hannaford  
Shredded Cheese**  
SAVE 96¢ EA.

**6<sup>89</sup>**



24 Oz.  
Select Varieties  
**Chobani  
Coffee Creamer**  
SAVE \$1.60 EA.

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



9-14 Oz. - Select Varieties  
Healthy Choice Simply  
Steamers or  
**Marie Callender's  
Dinner**  
SAVE 82¢ EA.

**3<sup>47</sup>**



18.5-19 Oz. - Select Varieties  
Light Soup or  
**Progresso  
Reduced  
Sodium Soup**  
SAVE \$1.40 EA.

**1<sup>99</sup>**



16.9 Oz. Bottles  
Select Varieties  
Mtn Dew, Schweppes,  
Crush or  
**6-Pack Pepsi**  
SAVE \$2.58 ON 2

**2/\$8**



6-10 Ct. K-Cups  
Select Varieties  
**Starbucks  
Coffee**  
SAVE \$3 EA.

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



16 Oz.  
Select Varieties  
**Ken's  
Salad Dressing**  
SAVE \$1.58 ON 2

**2/\$5**



6.25-7.62 Oz. - Select Varieties  
Baked Lay's Chips or  
**PopCorners Gluten Free  
Popped Corn Chips**  
SAVE UP TO  
\$2.78 ON 2

**2/\$7**



Prices effective Jan 4 - Jan 10, 2026

|     |     |     |     |     |     |     |
|-----|-----|-----|-----|-----|-----|-----|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| 4   | 5   | 6   | 7   | 8   | 9   | 10  |

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



**GUIDING STARS**  
NUTRITIOUS CHOICES MADE SIMPLE



Guiding Stars is a simple, at-a-glance  
tool that can help you and your family  
make nutritious choices.



# Save Smart on Our Brands.

Our frozen shrimp is an easy way to add protein to any meal.

26/30 Ct.  
Hannaford  
Large Shell-On  
Raw Shrimp

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



12 Oz. Pkg. - 31/40 Ct.  
Nature's Promise  
Tail On Cook Peeled  
& Deveined Shrimp

**9<sup>49</sup>**



## the freshest meats & poultry

4-5 Lb. Pkg. - Hannaford  
Fresh, Never Frozen

Chicken Leg Quarters

**99¢** lb.



16 Oz. Pkg. - No Antibiotics Ever  
Nature's Promise  
85% Lean  
Ground Turkey

**2/\$7**



SAVE  
**\$3<sup>98</sup>**  
ON 2

8.5-27 Oz. Pkg. - Select Varieties  
Oven Ready Tray  
Meat or Seafood  
Department Meal Kits

**2/\$10**



SAVE  
**\$9<sup>98</sup>**  
UP TO  
ON 2

Farmer Focus  
Organic & Free  
Range Whole  
Young Chicken

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



SAVE  
**\$1<sup>50</sup>**  
PER LB.

12 Oz. Pkg.  
Select Varieties  
Johnsonville  
Breakfast Sausage

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



SAVE  
**50¢**  
EA.

7-8 Oz. Pkg.  
Select Varieties  
Hatfield Boneless  
Ham Steak

**2/\$4**



SAVE  
**98¢**  
ON 2

### SIZZLING SAVINGS

7-9 Oz. Pkg. - Select Varieties  
Oscar Mayer  
Deli Fresh  
Lunch Meats

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



SAVE  
**50¢**  
EA.

2.25-4.5 Oz. Pkg.  
Select Varieties  
Oscar Mayer  
Basic Lunchables

**2/\$4**



Hannaford  
USDA Choice Beef  
Boneless  
Stew Beef

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



## butcher shop

Handcrafted

Select Varieties  
Breaded Chicken  
Breast Cutlets  
or Tenders

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



Select Varieties  
Taste of Inspirations  
Marinated  
Sirloin Tips

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



SAVE  
**\$4**  
PER LB.

## family favorites

7.5 Oz. Pkg.  
Select Varieties  
Al Fresco  
Breakfast  
Sausage

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



SAVE  
**\$1**  
EA.

11 Oz. Pkg.  
Select Varieties  
Al Fresco  
Chicken  
Sausage

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



SAVE  
**\$1<sup>50</sup>**  
EA.

12 Oz. Pkg.  
Select Varieties  
Al Fresco  
Fully Cooked  
Chicken  
Meatballs

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



SAVE  
**\$1<sup>50</sup>**  
EA.

12 Oz. Pkg.  
Select Varieties  
Kayem  
Slow Smoked  
Thick Cut  
Roasted Bacon

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



SAVE  
**\$2**  
EA.

## Sheet Pan Parmesan Salmon with Fennel & Tomatoes



CHEF DORENE MILLS,  
HANNAFORD CHEF  
Hannaford Supermarkets

Yield: 2 servings  
Prep Time: 10 minutes  
Cook Time: 20 minutes

### Ingredients

- 1 bulb fennel, sliced into thin strips
- 1 pkg. grape tomatoes
- 4 cloves garlic
- 2 (5 oz.) salmon fillets
- 1/2 pkg. Hannaford Angel Hair Pasta
- Taste of Inspirations Grated Parmesan
- Fresh parsley

### Directions

- Preheat oven to 400°F; cover a sheet pan with foil or parchment and lightly oil. Toss sliced fennel with tomatoes, garlic cloves and 2 Tbsp. oil. Rub salmon with oil, salt and pepper and place skin side down on pan. Place veggies around fillets. Bake for 15-20 minutes until done (internal temperature of 145°F).
- While salmon is cooking, cook pasta until al dente; drain and reserve 1/2 cup pasta water. Add salt, pepper, 2 Tbsp. parmesan and slightly mashed garlic cloves to reserved water to make sauce; add to pasta and toss with tomatoes and fennel. Pile on a plate and top with salmon, more parmesan and parsley.

Four-Star Best Aquaculture Practice

Gulf of Maine  
All Natural  
Atlantic Salmon

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

Approx. \$6.99 Each  
Gulf of Maine  
Center Cut  
Salmon Portions

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

20 Oz. Pkg.  
True North Seafood  
Atlantic Salmon  
Burgers

**9<sup>49</sup>**



SAVE  
**\$2**  
PER LB.



SAVE  
**\$7<sup>30</sup>**  
PER LB.



SAVE  
**\$1<sup>50</sup>**  
EA.

# Kiwi Strawberry Snack Pals Smoothie

Makes 2 (8 oz.) smoothies

## Ingredients:

- 1 (7.5 oz.) container Snack Pals Strawberry & Kiwi
- 1 banana
- 1 gutzy Apple, Strawberry, Kiwi & Kale Pouch
- 1 empty Snack Pals container of ice

## Directions:

Blend ingredients in a high-speed blender until smooth.



Great Source of Potassium  
& Vitamin B6  
**Bananas**

**50¢**  
lb.



Rich in Potassium  
& Vitamin C  
**Kiwi**

**2/\$1**



**SAVE  
58¢  
ON 2**

7.5 Oz. Pkg.  
Hannaford  
**Snack Pals  
Strawberry Kiwi**

**2/\$4**



**SAVE  
98¢  
ON 2**

3.9 Oz.  
**Gutzy Apple,  
Strawberry Kiwi Kale  
Organic Prebiotic**

**2/\$3**



**SAVE  
78¢  
ON 2**

Refreshing Source of Nutrients  
and Antioxidants  
**Green Seedless  
Grapes**

**2 49** lb.



**SAVE  
\$1.50  
PER LB.**

Low Calorie, Fiber Rich  
**Green Cabbage**

**69¢** lb.



**SAVE  
20¢  
PER LB.**

High in Potassium, Excellent  
Source of Vitamin C  
**Cantaloupe**

**2 99**



**SAVE  
\$1  
EA.**

Nutritious, Tender  
**Spaghetti Squash**

**99¢** lb.



**SAVE  
70¢  
PER LB.**

10 Oz. Pkg.  
Nature Fresh Farms  
**Organic  
Greenhouse  
Strawberries**

**4 99**



**SAVE  
\$2  
EA.**

Field Grown,  
Super Select  
**Cucumbers**

**2/\$1**



**SAVE  
58¢  
ON 2**

Great for Cooking  
**Wonderful  
Seedless Lemons**

**2 49**



**SAVE  
50¢  
EA.**

Hot House  
**Beefsteak  
Tomatoes**

**1 99** lb.



**SAVE  
\$1  
PER LB.**

11 Oz. Pkg.  
**Sweetest Batch  
Premium  
Blueberries**

**6 99**



**SAVE  
\$1  
EA.**

3 Lb. Bag  
**Sweet Onions**

**2 99**



**SAVE  
\$1  
EA.**

3 Lb. Bag - U.S. #1  
**Honeycrisp  
Apples**

**4 99**



**SAVE  
90¢  
EA.**

2.1 Oz.  
**Solti  
Organic  
Ginger Super Shot**

**2 99**



**USDA  
ORGANIC**

# fast & fresh meal solutions

8.8-11 Oz.  
Italian Style Ham,  
Salami & Pepperoni,  
Chipotle Chicken or  
**Chicken Caesar Wrap**

**2/\$10**



**SAVE  
\$7.98  
ON 2**

9 Oz. - Taste Republic  
Gluten-Free Linguini 5.49 or  
**Gluten-Free  
Four Cheese  
Tortelloni**

**6.49**



**SAVE  
\$1.50  
EA.**



28-30 Oz. - Hot or Cold  
All Natural & Antibiotic Free  
**Nature's Promise  
Rotisserie Chicken**

**5.99**



**SAVE  
\$2  
EA.**

16 Oz.  
Discover Something New!

**Hannaford  
Neapolitan Style  
Pizza Dough**

**1.69**



**SAVE  
31¢  
EA.**

16 Oz. - All Varieties  
**Nature's Promise  
Organic Hummus**

**4.99**



**SAVE  
\$1  
EA.**

14 Oz. - Taste of Inspirations  
**Cape Cod  
Chicken Salad**

**7.99**



**SAVE  
\$1  
EA.**



12 Oz. - All Varieties  
**Taste of Inspirations  
Tzatziki**

**4.99**



**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.  
**Smithfield  
Honey Ham &  
Hannaford White  
American Cheese**

**\$8**



**SAVE  
\$1.98  
EA.**

Taste of Inspirations  
**Smoked Gouda or  
Muenster Cheese**

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



**SAVE  
\$1  
PER LB.**

Nature's Promise  
**Uncured Honey  
Roasted Ham**

**8.99<sup>lb.</sup>**



**SAVE  
\$4  
PER LB.**

## perfect for entertaining

9 Oz.  
Port Wine or Cheddar  
**Taste of Inspirations  
Cheese Ball**

**5.99**



10 Oz.  
**BelGioioso  
Blue Cheese  
Crumbled**

**5.99**



**SAVE  
\$1.50  
EA.**

12 Oz.  
Regular or Jalapeno  
**Taste of Inspirations  
Pimento Cheese Spread**

**6.99**



12.7 Oz. - 18 Ct. - \$11.99  
or 8.5 Oz. - 12 Ct.  
**Mini Babybel  
Cheese**

**7.99**



**SAVE  
\$3  
EA.**

## bakery

8-9 Oz. - Select Varieties

**Joseph's  
Flax Pita Bread  
or Tortillas**

**2/\$6**



**SAVE  
\$3.98  
ON 2**

Fresh From OUR Ovens

8 Oz. - 10 Ct. - Blueberry, Raspberry or

**Hannaford  
Apple Strudel Bites**

**3.49**



**SAVE  
50¢  
EA.**

7 Oz. - Coconut Cream, Lemon Cream or

**Hannaford Mini  
Chocolate Cream Pie**

**3.99**



**SAVE  
50¢  
EA.**

8.5 Oz. - 2-Pack - Select Varieties

Featuring our Newest Variety

**Hannaford**

**Peanut Butter Filled  
Double Dutch Muffins**

**3.99**



Fresh From OUR Ovens

8-9 Oz. - 10 Ct. - Brownie, Peanut Butter or

**Nature's Promise Crispy  
Chocolate Chip Cookies**

**4.49**



**SAVE  
50¢  
EA.**

discover something **new!**

7.05 Oz.

**Euro Classic  
Avocado Flavored  
Brioche Buns**

**3.49**



**SAVE  
50¢  
EA.**

## packaged meats

12-14 Oz.

Select Varieties

**Johnsonville  
Smoked Sausage**

**3.99**



**SAVE  
\$1  
EA.**

24 Oz. Pkg.

**Reser's Main St. Bistro**

**Signature Mashed  
Potatoes**

**4.49**



**SAVE  
50¢  
EA.**

25.5-32 Oz.

Select Varieties

**Hannaford  
Frozen Chicken**

**5.99**



15 Oz. Pkg.

**Herdez**

**Beef Barbacoa**

**7.99**



**SAVE  
\$2  
EA.**

## frozen

**WOW!**  
for weeks

9.25-13 Oz. - Select Varieties

**Marie Callender's Bowl or  
Healthy Choice  
Café Steamers  
Entrees**

**2.75**



13-22 Oz.  
Select Varieties  
**Farm Rich  
Snacks**

**5.99**



16 Oz.

Select Varieties

**Halo Top  
Ice Cream**

**4.99**



7 Oz.

Select Varieties

**Banquet  
Pot Pie**

**5/\$5**



6.49-10 Oz.

Select Varieties

**Weight Watchers  
Smart Ones Entrees**

**2.59**



48 Oz.

**Hannaford  
Wild Maine  
Blueberries**

**7.96**



Two bags of candy are shown. On the left is a bag of Swedish Fish, which is yellow and blue with the brand name in red and white. On the right is a bag of Sour Patch Kids, which is green and yellow with the brand name in large, bold, black and yellow letters.

[illegible]

16-20 Oz.  
Select Varieties  
**Hannaford**  
**Flour Tortillas**  
**179**

# Cheers to vitamin C!

Hannaford Orange Juice is a delicious way to keep your immune system happy this winter.

52 Oz. - Select Varieties  
**Hannaford  
Premium  
Orange Juice**

**349**

Plus Deposit Where Applicable



**WOW!**  
for  
weeks

4.6-6.6 Oz.  
Select Varieties  
**Old El Paso  
Taco Shells**  
**199**



11.5 Oz.  
Select Varieties  
**Hellmann's  
Squeeze  
Mayonnaise**  
**393**



10.7-13 Oz.  
Select Varieties  
**Downy  
Unstopables  
Scent Booster**  
**994**



3 Oz. - Select Varieties  
**Russell Stover  
Sugar Free  
Candies**  
**2/\$5**



7.5 Oz.  
Select Varieties  
**CareOne  
Liquid Hand Soap**  
**89¢**



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

20 Oz.  
Select Varieties  
**6-Pack Hannaford  
Bagels**  
**269**



38-104 Ct.  
Select Varieties Baby Dry or  
**Pampers Swaddlers  
Super Pack  
Diapers**  
**2999**



26-32 Oz.  
Select Varieties  
**Hannaford  
Frozen Potatoes**  
**299**



12 Oz.  
**Hannaford  
Clover Honey Bear**  
**299**



5-6 Oz.  
Select Varieties  
**Pam  
No-Stick  
Cooking Spray**  
**349**



10-11.3 Oz.  
Select Varieties  
**8-Pack  
Hannaford  
Cracker Packs**  
**199**



6-Roll - 143.7 Sq. Ft.  
**Hannaford  
Premium  
Mega Rolls  
Bath Tissue**  
**749**



5.93-8.5 Oz.  
Select Varieties  
**4-Pack Quest  
Protein Bars**  
**999**



1.08-1.92 Oz.  
Select Varieties  
**Mars  
Single Bars**  
**159**



10.6-14 Oz.  
Select Varieties  
**Yasso  
Greek Yogurt Bars**  
**629**



16 Oz.  
Select Varieties  
**Hannaford  
Baked Beans**  
**112**



6 Oz.  
Select Varieties  
**Hannaford  
Tomato Paste**  
**89¢**



## health & beauty

60-150 Ct.  
Select Varieties  
**CareOne  
Calcium Antacid  
Tablets**  
**249**



8.3 Oz. - Select Varieties  
**MiraLax  
14-Day Constipation  
Treatment Powder**  
**1499**



2.6-3 Oz.  
Select Varieties  
**Old Spice  
Deodorant**  
**799**



16 Oz. - Select Varieties  
**Cetaphil  
Moisturizing  
Lotion or Cleanser**  
**1399**



20 Ct.  
**Carefree  
Pantiliners**  
**159**



## Living Gluten Free? Check out our selection of certified gluten free products!

18 Oz. - Select Varieties  
**Udi's Gluten Free  
Soft White  
Sandwich Bread**  
**849**



22.4-24 Oz. - Select Varieties  
**Against The Grain  
Gluten Free  
Gourmet Pizza**  
**1099**



10.5-11.3 Oz.  
Select Varieties  
**Katz Donuts**  
**589**



7-8 Oz. - Select Varieties  
**Snyder's of Hanover  
Gluten Free  
Pretzels**  
**359**



10.68-20 Oz. - Select Varieties  
Gluten Free or  
**Nabisco  
Family Size  
Oreo Cookies**  
**519**



10 Oz.  
Select Varieties  
**dr. Praeger's  
littles**  
**619**



8 Oz. - Select Varieties  
**Banza  
Pasta Made  
from Chickpeas**  
**339**



16-22 Oz. - Select Varieties  
**King Arthur  
Gluten Free  
Baking Mix**  
**499**



# WOW!

## for weeks

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

372 Ct.  
Select Varieties  
**3-Pack Puffs**  
Facial Tissues

**534**



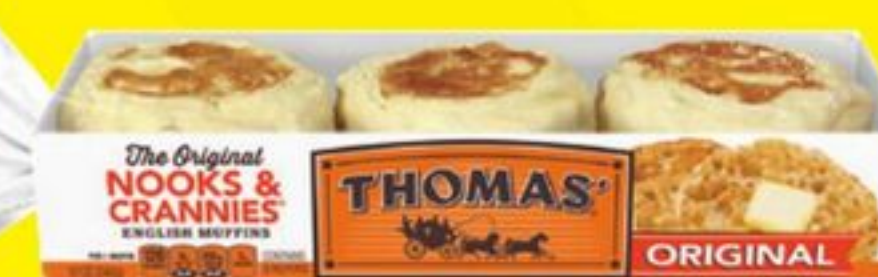
14-16 Oz.  
Select Varieties  
**Pepperidge Farm**  
Breakfast  
Swirl Bread

**2/\$5**



13 Oz.  
**6-Pack Thomas'**  
Plain English Muffins

**2/\$5**



12 Oz.  
Select Varieties  
**Mission**  
Carb Balance  
Tortillas or Shells

**487**



4.5 Oz.  
Select Varieties  
**Chobani**  
Flip Greek  
Yogurt

**5/\$5**



52 Oz.  
Select Varieties  
**Florida's Natural**  
Juice

**2/\$6**



14.05-23 Oz. - Select Varieties  
**Taste of**  
Inspirations  
Pizza

**499**



14-24.5 Oz.  
Select Varieties  
**Gorton's**  
Frozen Fish  
or Seafood

**649**



18.4 Oz.  
Select Varieties  
**Pillsbury**  
Brownie Mix

**2/\$3**



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

**195**



17 Oz. Bottle  
Select Varieties  
**Sparkling ICE**  
Flavored  
Sparkling Water

**99¢**



Plus Deposit Where Applicable

16.9 Oz. Bottles  
Select Varieties  
**12-Pack Propel**  
Water

**973**



Plus Deposit Where Applicable

8 Oz. Cans  
Select Varieties  
**6-Pack V8**  
Fusion Drinks

**499**



Plus Deposit Where Applicable

9-15.5 Oz.  
Select Varieties  
**Tostitos**  
Tortilla Chips or  
Tostitos Salsa

**2/\$7**



5-10 Oz. - Select Varieties  
belVita Breakfast Biscuits or  
**Nabisco**  
Newtons

**2/\$7**



4.25-5.5 Oz. - Select Varieties  
Simple Mills Gluten-Free  
Crunchy Cookies or  
**Simple Mills**  
Gluten Free Crackers

**449**



**Prices and items good only at these locations:**

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

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. © 2026 Hannaford Bros. Co.





# Nourish in the new year.

Let's start the year off right with affordable and stress-free meal solutions that will nourish the whole family.

10 Oz.  
Cedar's  
Whole Wheat  
Wraps  
**3<sup>99</sup>**



12 Oz. - All Varieties  
Taste of Inspirations  
Tzatziki  
**4<sup>99</sup>**



3 Oz. Pkg.  
Nature's Promise  
Organic Cold Smoked  
Atlantic Salmon  
**7<sup>49</sup>**



16 Oz. Pkg.  
Greenhouse Grown  
Hannaford  
Mini Seedless  
Cucumbers  
**3<sup>49</sup>**



4 Oz. Pkg.  
Nature's Promise  
Greenhouse Grown  
Crunchy Green Leaf  
**2<sup>99</sup>**



23.7 Oz.  
Glaceau  
Smart Water  
Sport Bottle with Cap  
**1<sup>89</sup>**



5.3 Oz.  
Siggi's  
Icelandic Nonfat  
Vanilla Yogurt  
**1<sup>49</sup>**



32 Oz.  
Stonyfield  
Organic  
Whole Milk  
Plain Yogurt  
**5<sup>29</sup>**



5 Oz. Pkg.  
Snack Pals  
Strawberry Cup  
**2/\$4**



Great Source of Potassium  
& Vitamin B6  
Bananas  
**50¢** lb.



12 Oz.  
Hannaford  
Oat & Honey  
Protein Granola  
**2<sup>69</sup>**



16 Oz.  
Nature's Promise  
Creamy  
Peanut Butter  
**2<sup>79</sup>**



# Nutrition that fits your budget.

Meeting your goals is easier when the price is right. Stock up on staples from Our Brands to save big while fueling your family well.

24 Oz. - Mini Yellow or Nature's Promise Organic Mini Medley Potatoes

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



Nature's Promise No Salt Added Oven Roasted Turkey Breast

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



7.1 Oz. Hannaford Peanut, Dark Chocolate & Almond Protein Bars

**2<sup>99</sup>**



17.6 Oz. - Plant Based - Gluten Free 2-Pack Nature's Promise Cauliflower Flatbread Pizza Crust

**7<sup>59</sup>**



8.8 Oz. Nature's Promise Organic Gluten Free Red Lentil Penne

**2<sup>19</sup>**



12.7 Oz. - 4-Pack Hannaford Unsweetened Apple Sauce Squeezable Pouches

**2<sup>59</sup>**



16 Oz. Hannaford 100% Whole Wheat Bread

**2<sup>59</sup>**



8 Oz. Pkg. Hannaford Brussels Sprouts

**3<sup>29</sup>**



18 Oz. Nature's Promise Organic Old-Fashioned Oatmeal

**2<sup>89</sup>**



12 Oz. Hannaford Avocado Chunks

**3<sup>69</sup>**



**Shop Our Brands. Save More!**

Earn rewards on **thousands** of store brand items and get coupons made just for you with **My Hannaford Rewards**.

# Shortcuts to supper success.

Let half-scratch heroes like pre-seasoned sides and meal prep kits do the heavy lifting.  
You add the final touch – and take all the credit.

28-30 Oz. - Hot or Cold  
All Natural & Antibiotic Free  
**Nature's Promise**  
Rotisserie Chicken

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



10.8 Oz.  
**Hannaford**  
Broccoli Florets  
Steam Bag

**1<sup>59</sup>**



8.8 Oz.  
**Nature's Promise**  
Microwave  
in the Bag  
Organic White Rice

**1<sup>79</sup>**



14 Oz. Pkg.  
**Nature's Promise**  
Organic  
Extra Firm Tofu

**2<sup>49</sup>**



**Shaved Steak**  
with Peppers  
& Onions

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



8 Oz.  
**Cabot**  
4 Cheese  
Mexican Shredded

**3<sup>39</sup>**



32 Oz.  
**Chobani**  
Plain Non-Fat  
Yogurt

**6<sup>79</sup>**



10.3 Oz.  
**Mediterranean**  
Style Salmon  
Meal

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



16 Oz.  
**Taste of Inspirations**  
Homestyle  
Ranch Seasoned  
Potatoes

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



16 Oz.  
**Hannaford**  
Whole Wheat  
Rotini

**1<sup>99</sup>**



7 Oz.  
**Taste of Inspirations**  
Pesto Sauce

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



40 Oz. Pkg. - Frozen  
**Hannaford**  
Italian Style  
Mini Meatballs

**10<sup>99</sup>**



**GUIDING STARS®**  
NUTRITIOUS CHOICES MADE SIMPLE



**More Guiding Stars means more nutritional value.**  
Visit [hannaford.com/guidingstars](http://hannaford.com/guidingstars) to learn more.

# Prep smarter. Mix, match and make it yours.

No Antibiotics Ever  
Nature's Promise  
Chicken Tenders

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



24 Oz. Pkg.  
Hannaford  
Steam Easy  
Sweet Potatoes

**2<sup>99</sup>**



3 Ct.  
Stoplight  
Peppers

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



1.25 Oz.  
McCormick  
One Sheet Pan  
Chicken & Vegetables  
Seasoning Mix

**2<sup>35</sup>**



8 Oz. Pkg.  
Sliced or Whole  
Hannaford  
White Mushrooms

**2<sup>29</sup>**



12 Oz.  
Nature's Promise  
Organic  
Classic Quinoa

**3<sup>69</sup>**



12 Oz. Pkg. - 41/50 Ct.  
Nature's Promise  
Cooked Shrimp

**8<sup>49</sup>**



10 Oz.  
Hannaford  
Steam Bag In-Shell  
Edamame

**1<sup>69</sup>**



10 Oz.  
Cedar's  
Reserve  
Lebanese Za'Atar  
& Tahini Hommus

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



8 Oz. Pkg.  
Hannaford  
Snack Pals  
Fiber Filled

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



14 Oz.  
Stonyfield  
Organic Kids  
Apple Blueberry Carrot  
Yogurt Pouch

**4<sup>89</sup>**



59 Oz.  
Silk  
Oatmilk Original  
Kids Blend

**4<sup>79</sup>**



## Looking for more inspiration?

Tap into our FREE dietitian services, offered online and in-store at many Hannaford locations. Services include:

- Ideas for whole body wellness
- Food and beverage suggestions to support your mood
- Tips on following Guiding Stars
- Nutrition education for you, your school, work or community group
- 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
- Help with special dietary needs

For more information or to find a dietitian near you, visit [www.hannaford.com/dietitians](http://www.hannaford.com/dietitians).



**simply healthy**

from your Hannaford Dietitians

# A new year calls for old favorites.



# Create the Ultimate Wing Bar

Customize your wings and build a spread that hits every craving.

Visit [hannaford.com/wings](https://hannaford.com/wings) for more!



## Step 1: Start with Wings

40 Oz. Pkg.  
Tyson  
Smoked Jumbo  
Crispy Wings

**9.99**



20 Oz. Pkg.  
Tyson  
Lemon Pepper  
Crispy Wings

**7.99**



25 Oz.  
Select Varieties  
Hannaford  
Crispy  
Chicken Strips

**7.86**



Hannaford Bone-In  
Chicken  
Drumsticks

**1.79**  
lb.



**The Flavor  
Continues!**  
Sauces, rubs,  
sides & dips.



## Step 2: Select Sauces & Rubs

14.5 Oz.  
Guy Fieri's  
Flavortown  
Money Honey  
BBQ Sauce

**4<sup>79</sup>**



12 Oz.  
Mike's  
Hot Honey

**10<sup>49</sup>**



1-1.5 Oz.  
Select Varieties  
Hannaford  
Wing Seasoning Mix

**1<sup>22</sup>**



12 Oz.  
Select Varieties  
Taste of Inspirations  
Wing Sauce

**3<sup>69</sup>**



## Step 3: Choose Your Sides

16 Oz. Pkg.  
Greenhouse Grown  
Hannaford  
Mini Seedless  
Cucumbers

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



32 Oz.  
Hannaford  
Crinkle Cut  
French Fries

**2<sup>99</sup>**



45.9 Oz.  
Vegetable Tray  
With Dip

**13<sup>99</sup>**



32 Oz.  
Hannaford  
Tasty Taters  
Shredded  
Potato Puffs

**2<sup>99</sup>**



12 Oz. Pkg.  
Hannaford  
Broccoli Florets

**3<sup>29</sup>**



## Step 4: Go Crazy with Dips

16 Oz.  
Hood  
Sour Cream

**1<sup>99</sup>**



16 Oz.  
Ken's  
Chunky Blue Cheese  
Salad Dressing

**2/\$5**



12 Oz. Pkg.  
Marie's  
Chunky Blue Cheese  
Salad Dressing

**4<sup>49</sup>**



16 Oz.  
Newman's Own  
Ranch Dressing

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



12 Oz. Pkg.  
Marzetti  
Ranch Veggie Dip

**4<sup>49</sup>**



# No Need to Wing It!

Find everything you need for a winning wing spread at [hannaford.com/wings](http://hannaford.com/wings).

# Trust the Quality. Love the Save!

Shop our store brand items for national brand quality  
at affordable prices - guaranteed!



Look for tags at  
the shelf to **save**  
**more with our**  
**store brands.**



3-5 Lb. Pkg. - Hannafood  
Freshly Ground - Family Pack  
**80% Lean  
Ground Beef**

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



Extra Lean  
**Pub Style  
Shaved Steak**

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



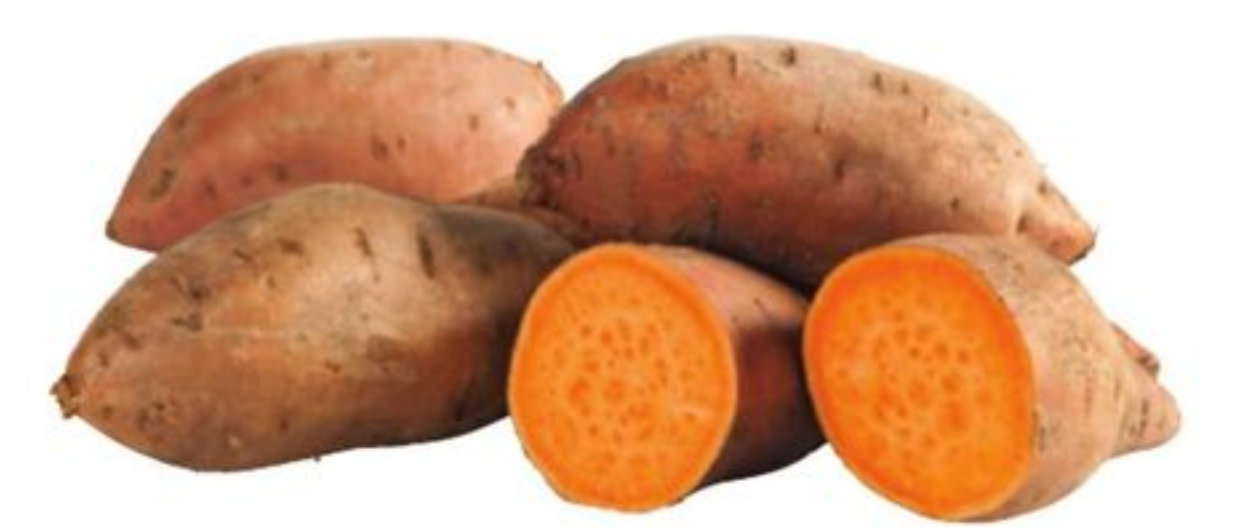
In-Store Bagged  
**Hannafood  
Green Beans**

**2<sup>29</sup>**  
lb.



In-Store Bagged  
**Hannafood  
Gold Sweet  
Potatoes**

**1<sup>29</sup>**  
lb.



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

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



24 Oz.  
**Hannafood  
All Natural  
9 Grain Loaf**

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



Made In-Store - 6 Oz.  
**Hannafood  
Veggie or Greek  
Salad**

**2/\$10**



10 Oz. - Grated,  
Shaved or Shredded  
**Taste of Inspirations  
Italian Cheese**

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



8.4-15.1 Oz.  
Select Varieties  
**Hannafood  
Instant Oatmeal**

**2<sup>29</sup>**



15.5 Oz. - Great Northern,  
Low Sodium Garbanzo or  
**Hannafood  
Garbanzo Beans**

**92¢**



6 Oz.  
Select Varieties  
**Hannafood  
Black Olives**

**2/\$4**



12-14 Oz.  
Macaroni & Cheese or  
**Hannafood  
Deluxe Shells &  
Cheese Dinner**

**1<sup>69</sup>**



**my hannafood rewards**

**Our Brands.  
Your Rewards.**

Buy any of our **thousands** of store brand items,  
earn rewards and coupons just for you.