Save Smart. Stay Well.

Nice work adding more good to your shop.

Hannaford USDA Choice Beef
Boneless Chuck Roast
SAVE $3 PER LB.
6.99 lb.

Hannaford
Chicken Leg Quarters or
Whole Young Chicken
SAVE UP TO $1 PER LB.
99¢ lb.

BETTER

Four-Star Best
Aquaculture Practice
Gulf of Maine All Natural
Atlantic Salmon
SAVE $3 PER LB.
8.99 lb.

BEST

3 Lb. Bag
Hannaford
Cara Cara Navel Oranges
SAVE $2 EA.
3.99

BEST

Hannaford All Natural
Pork Loin
Boneless Center
Cut Pork Chops
SAVE $2.80 PER LB.
1.99 lb.

GOOD

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

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

Select Varieties
Fresh Express
Salad Kits or
Salad Blends
SAVE UP TO
$1.98 ON 2
2/$6

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

BETTER

11-13.3 Oz.
Select Varieties
Kellogg's
Special K Cereal
2.99

6.2-8.94 Oz. - Select Varieties
Sweet & Salty Bars,
Muffin Bars or
Nature Valley
Granola Bars
2.99

32 Oz.
Select Varieties
Hannaford
Shredded Cheese
SAVE 90¢ EA.
7.89

24 Oz.
Select Varieties
Chobani
Coffee Creamer
SAVE $1.10 EA.
4.49

9-14 Oz. - Select Varieties
Healthy Choice Simply
Steamers or
Marie Callender's
Dinner
SAVE 92¢ EA.
3.47

18.5-19 Oz. - Select Varieties
Light Soup or
Progresso
Reduced
Sodium Soup
SAVE $1.40 EA.
1.99

16.9 Oz. Bottles
Select Varieties
Mtn Dew, Schweppes,
Crush or
6-Pack Pepsi
SAVE $4.18 ON 2
2/$8
Plus Deposit Where Applicable

6-10 Ct. K-Cups
Select Varieties
Starbucks
Coffee
SAVE $3.50 EA.
7.99

16 Oz.
Select Varieties
Ken's
Salad Dressing
SAVE $1 EA.
2.99

6.25-7.62 Oz. - Select Varieties
Baked Lay's Chips or
PopCorners Gluten Free
Popped Corn Chips
SAVE UP TO
$2.98 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

GOOD BETTER BEST

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
7.99 lb.

12 Oz. Pkg. - 31/40 Ct.
Nature's Promise Tail On Cook Peeled & Deveined Shrimp
9.49

the freshest meats & poultry

4-5 Lb. Pkg. - Hannaford
Fresh, Never Frozen
Chicken Leg Quarters
99¢ lb.

Farmer Focus
Organic & Free Range Whole Young Chicken
2.99 lb.
SAVE $1.80 PER LB.

16 Oz. Pkg. - No Antibiotics Ever
Nature's Promise 85% Lean Ground Turkey
2/$7
SAVE $3.98 ON 2

12 Oz. Pkg.
Select Varieties
Johnsonville Breakfast Sausage
4.49
SAVE 50¢ EA.

7-8 Oz. Pkg.
Select Varieties
Hatfield Boneless Ham Steak
2/$4
SAVE $1.98 ON 2

8.5-27 Oz. Pkg. - Select Varieties
Oven Ready Tray
Meat or Seafood Department Meal Kits
2/$10
SAVE UP TO $9.98 ON 2

SIZZLING SAVINGS

2.25-4.5 Oz. Pkg.
Select Varieties
Oscar Mayer Basic Lunchables
2/$4

7-9 Oz. Pkg. - Select Varieties
Oscar Mayer Deli Fresh Lunch Meats
4.49
SAVE 50¢ EA.

Hannaford
USDA Choice Beef
Boneless Stew Beef
7.99 lb.

butcher shop

Handcrafted
Select Varieties
Breaded Chicken Breast Cutlets or Tenders
3.99 lb.

Handcrafted
Oven Ready Tray
Meatballs or Meatloaf
5.99 lb.
SAVE $2 PER LB.

family favorites

7.5 Oz. Pkg.
Select Varieties
Al Fresco Breakfast Sausage
4.99
SAVE $1 EA.

11 Oz. Pkg.
Select Varieties
Al Fresco Chicken Sausage
4.99
SAVE $1 EA.

12 Oz. Pkg.
Select Varieties
Al Fresco Fully Cooked Chicken Meatballs
4.49
SAVE $1.50 EA.

12 Oz. Pkg.
Select Varieties
Kayem Slow Smoked Thick Cut Roasted Bacon
4.99
SAVE $3 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

1. 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).
2. 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
8.99 lb.
SAVE $3 PER LB.

5 Oz. - Rich in B Vitamins
Gulf of Maine Center Cut Salmon
6.99
SAVE 30¢ EA.

20 Oz. Pkg.
True North Seafood Atlantic Salmon Burgers
9.49
SAVE $1.50 EA.

Hannaford
build your best
stir-fry
Shop your favorite ingredients
in 4 easy steps.
Shop Now

Hannaford
build your best
pasta dinner
Shop your favorite ingredients
in 4 easy steps.
Shop Now

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
64¢ lb.

Rich in Potassium & Vitamin C
Kiwi
2/$1

SAVE 78¢ 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
79¢ lb.

SAVE 20¢ PER LB.

High in Potassium, Excellent Source of Vitamin C
Cantaloupe
2.99

SAVE $1 EA.

Nutritious, Tender
Spaghetti Squash
1.29 lb.

SAVE 40¢ PER LB.

10 Oz. Pkg.
Nature Fresh Farms
Organic Greenhouse Strawberries
4.99

SAVE $2 EA.

Field Grown, Super Select
Cucumbers
79¢

SAVE 20¢ EA.

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 $2 EA.

2.1 Oz.
Solti Organic Ginger Super Shot
2.99

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

7.99

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.

USDA ORGANIC

14 Oz. - Taste of Inspirations
Cape Cod Chicken Salad

9.99

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 $2.98 EA.

Taste of Inspirations
Smoked Gouda or Muenster Cheese

7.99 lb.

SAVE $1 PER LB.

Nature's Promise Uncured Honey Roasted Ham

8.99 lb.

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 $4 EA.

discover something new!

Shop Now

Be the first to get featured NEW products and enjoy shopping for all the trending new releases.

bakery

8-9 Oz. - Select Varieties
Joseph's Flax Pita Bread or Tortillas
SAVE $3.98 ON 2
2/$6

Fresh From OUR Ovens
8 Oz. - 10 Ct. - Blueberry, Raspberry or
Hannaford Apple Strudel Bites
SAVE 50¢ EA.
3.49

7 Oz. - Coconut Cream, Lemon Cream or
Hannaford Mini Chocolate Cream Pie
SAVE 50¢ EA.
3.99

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
SAVE 50¢ EA.
4.49

discover something new!

7.05 Oz.
Euro Classic Avocado Flavored Brioche Buns
SAVE 50¢ EA.
3.49

packaged meats

12-14 Oz.
Select Varieties
Johnsonville Smoked Sausage
SAVE $1 EA.
4.49

24 Oz. Pkg.
Reser's Main St. Bistro Signature Mashed Potatoes
SAVE 50¢ EA.
4.99

25.5-32 Oz.
Select Varieties
Hannaford Frozen Chicken
5.99

15 Oz. Pkg.
Herdez Beef Barbacoa
SAVE $3 EA.
7.99

dairy

WOW! for weeks

64 Oz.
Select Varieties
Almond Breeze Almondmilk
2.99

4-4.5 Oz.
Select Varieties
3-Pack Sargento Balanced Breaks
2.99

32 Oz.
Select Varieties
Hannaford Yogurt
2.89

32 Oz.
Select Varieties
Hannaford Half & Half
2.95

16 Oz
Salted or Unsalted
Nature's Promise Organic Butter
6.99

12 Ct.
Pete & Gerry's Pasture Raised Large Brown Grade A Eggs
6.99

32 Oz.
Select Varieties
Cabot Greek Yogurt
4.79

8 Oz.
Select Varieties
Hannaford Crescent Rolls
2.69

frozen

WOW! for weeks

9.25-13 Oz. - Select Varieties
Marie Callender's Bowl or
Healthy Choice Café Steamers Entrees
2.99

13-22 Oz.
Select Varieties
Farm Rich Snacks
6.49

16 Oz.
Select Varieties
Halo Top Ice Cream
5.29

6.49-10 Oz.
Select Varieties
Weight Watchers Smart Ones Entrees
2.99

7 Oz.
Select Varieties
Banquet Pot Pie
5/$5

48 Oz.
Hannaford Wild Maine Blueberries
9.89

WOW! for weeks

14 Oz.
Select Varieties
Success Boil-in-Bag Rice
2/$5

16 Oz.
Select Varieties
Dawn Powerwash Dish Spray
4.94

12.5 Oz.
Select Varieties
Swanson Premium Canned Chicken
3.99

4.4-5.3 Oz.
Select Varieties
Skinny Pop All Natural Popcorn
2.99

6.7-8.07 Oz. Bag
Select Varieties
Swedish Fish or Sour Patch Kids
2.69

real savings every day

low prices you can count on – every day, in every aisle!

12 Oz.
Select Varieties
Hannaford Donuts
3.99

16 Oz.
Stonewall Kitchen Farmhouse Pancake & Waffle Mix
5.99

8.8 Oz.
Select Varieties
Hannaford 90 Second Rice
2/$4

10.5-11.5 Oz.
Select Varieties
Hannaford Ground Coffee
6.49

3 Oz.
Select Varieties
Hannaford Rice Crisps
2.59

5 Oz.
Select Varieties
Bumble Bee Solid White Tuna
1.95

2-Liter
Hannaford Cola
1.29

Plus Deposit Where Applicable

9 Oz.
Hannaford Oyster Crackers
1.59

5 Oz.
Select Varieties
Hannaford Croutons
1.89

23.9-24 Oz.
Select Varieties
Ragu Pasta Sauce
2/$5

750 mL
Select Varieties
Vivaro Non-Alcoholic Wine
9.99

Plus Deposit Where Applicable

750 mL
Select Varieties
Barefoot Wine
6.99

Plus Deposit Where Applicable

750 Ml
Select Varieties
Peak Seeker Wine
9.99

Plus Deposit Where Applicable

12 Oz. Bottles or Cans
Select Varieties
12-Pack Bud Light, Miller Lite, Coors Light
10.99

Plus Deposit Where Applicable

12 Oz. Bottles or Cans
Select Varieties
12-Pack Athletic Brewing
16.99

Plus Deposit Where Applicable

house & home

24 Oz.
Select Varieties
Nature's Promise Dish Soap
2.99

419.2 Sq. Ft.
4-Roll Scott 1000 Count White Bath Tissue
5.99

132 Oz. Liquid
Select Varieties
Tide Laundry Detergent
19.99

2-Roll - 88.3 Sq. Ft.
Hannaford Premium Paper Towels
4.99

34-40 Ct. - Select Varieties
Glad Tall Kitchen Trash Bags
10.49

3-4 Ct.
Select Varieties
Smart Living Sponges
2.29

11-11.75 Oz. - Select Varieties
Companion Suet Cake Wild Bird Food
2/$3

20 Lb.
Select Varieties
Arm & Hammer Cat Litter
11.49

WOW! for weeks

75 Ct.
Select Varieties
Hannaford Disinfecting Wipes
3.59

24 Oz.
Select Varieties
Milk-Bone Dog Treats
2/$6

discover something new!

Shop Now

Be the first to get featured NEW products and enjoy shopping for all the trending new releases.

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
3.99
Plus Deposit Where Applicable

WOW! for weeks

4.6-6.6 Oz.
Select Varieties
Old El Paso Taco Shells
$2

11.5 Oz.
Select Varieties
Hellmann's Squeeze Mayonnaise
4.49

10.7-13 Oz.
Select Varieties
Downy Unstopables Scent Booster
9.99

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

7.5 Oz.
Select Varieties
CareOne Liquid Hand Soap
96¢

real savings every day

low prices you can count on – every day, in every aisle!

20 Oz.
Select Varieties
6-Pack Hannaford Bagels
2.99

38-104 Ct.
Select Varieties Baby Dry or
Pampers Swaddlers Super Pack Diapers
29.99

26-32 Oz.
Select Varieties
Hannaford Frozen Potatoes
3.29

12 Oz.
Hannaford Clover Honey Bear
4.99

5-6 Oz.
Select Varieties
Pam No-Stick Cooking Spray
3.49

10-11.3 Oz.
Select Varieties
8-Pack Hannaford Cracker Packs
1.99

6-Roll • 143.7 Sq. Ft.
Hannaford Premium Mega Rolls Bath Tissue
7.59

5.93-8.5 Oz.
Select Varieties
4-Pack Quest Protein Bars
9.99

1.08-1.92 Oz.
Select Varieties
Mars Single Bars
1.69

10.6-14 Oz.
Select Varieties
Yasso Greek Yogurt Bars
6.29

16 Oz.
Select Varieties
Hannaford Baked Beans
1.59

6 Oz.
Select Varieties
Hannaford Tomato Paste
99¢

Living Gluten Free?

Check out our selection of certified gluten free products!

18 Oz. - Select Varieties
Udi's Gluten Free Soft White Sandwich Bread
6.99

22.4-24 Oz. - Select Varieties
Against The Grain Gluten Free Gourmet Pizza
12.69

10.5-11.3 Oz.
Select Varieties
Katz Donuts
7.69

7-8 Oz. - Select Varieties
Snyder's of Hanover Gluten Free Pretzels
3.59

10.68-20 Oz. - Select Varieties
Gluten Free or
Nabisco Family Size Oreo Cookies
5.19

10 Oz.
Select Varieties
dr. Praeger's littles
6.69

8 Oz. - Select Varieties
Banza Pasta Made from Chickpeas
3.39

16-22 Oz. - Select Varieties
King Arthur Gluten Free Baking Mix
4.99

health & beauty

60-150 Ct.
Select Varieties
CareOne Calcium Antacid Tablets
4.89

8.3 Oz. - Select Varieties
MiraLax 14-Day Constipation Treatment Powder
16.99

2.6-3 Oz.
Select Varieties
Old Spice Deodorant
7.99

16 Oz. - Select Varieties
Cetaphil Moisturizing Lotion or Cleanser
16.19

20 Ct.
Carefree Pantiliners
2.09

WOW! for weeks

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

372 Ct.
Select Varieties
3-Pack Puffs Facial Tissues
5.99

14-16 Oz.
Select Varieties
Pepperidge Farm Breakfast Swirl Bread
2.99

13 Oz.
6-Pack Thomas' Plain English Muffins
2.99

12 Oz.
Select Varieties
Mission Carb Balance Tortillas or Shells
5.29

4.5 Oz.
Select Varieties
Chobani Flip Greek Yogurt
4/$5

52 Oz.
Select Varieties
Florida's Natural Juice
3.49

14.05-23 Oz. - Select Varieties
Taste of Inspirations Pizza
4.99

14-24.5 Oz.
Select Varieties
Gorton's Frozen Fish or Seafood
6.74

18.4 Oz.
Select Varieties
Pillsbury Brownie Mix
2/$4

32 Oz.
Select Varieties
College Inn Broth
2/$5

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
9.73
Plus Deposit Where Applicable

8 Oz. Cans
Select Varieties
6-Pack V8 Fusion Drinks
4.99
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
4.99

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** 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.

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Hannaford

Buy any 5 participating products, receive $5 OFF your Hannaford To Go order.

Shop Offer

*Restrictions apply. Click button for more details.

BUY 2 SELECT P&G PRODUCTS, RECEIVE $5 OFF YOUR HANNAFORD TO-GO ORDER*
Shop Now*
Downy
UNSTOPABLES
FRESH
FRAIS
Tide
POWER PODS
OXI BOOST
45 XL
1 XL = 2 PODS
SET-IN STAIN REMOVAL + OXI POWER
2.07 kg (4.56 LB) 73 OZ
Tide
ORIGINAL
100
6X BOOSTED CLEAN EVEN IN COLD
125 FL OZ (3.9 QT) 3.69 L
©2025 Procter & Gamble

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
3.99

12 Oz. - All Varieties
Taste of Inspirations Tzatziki
4.99

3 Oz. Pkg.
Nature's Promise Organic Cold Smoked Atlantic Salmon
7.49

16 Oz. Pkg.
Greenhouse Grown
Hannaford Mini Seedless Cucumbers
3.49

4 Oz. Pkg.
Nature's Promise Greenhouse Grown Crunchy Green Leaf
2.99

23.7 Oz.
Glaceau Smart Water Sport Bottle with Cap
2/$4
Plus Deposit Where Applicable

5.3 Oz.
Siggi's Icelandic Nonfat Vanilla Yogurt
1.69

32 Oz.
Stonyfield Organic Whole Milk Plain Yogurt
5.29

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

Great Source of Potassium & Vitamin B6
Bananas
64¢ lb.

12 Oz.
Hannaford Oat & Honey Protein Granola
2.99

16 Oz.
Nature's Promise Creamy Peanut Butter
3.49

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
3.99
BETTER

Nature's Promise No Salt Added Oven Roasted Turkey Breast
8.99 lb.
GOOD

7.1 Oz.
Hannaford Peanut, Dark Chocolate & Almond Protein Bars
3.49

17.6 Oz. - Plant Based - Gluten Free
2-Pack Nature's Promise Cauliflower Flatbread Pizza Crust
7.99

8.8 Oz.
Nature's Promise Organic Gluten Free Red Lentil Penne
2.49
BEST

12.7 Oz. - 4-Pack
Hannaford Unsweetened Apple Sauce Squeezable Pouches
2.69
BETTER

16 Oz.
Hannaford 100% Whole Wheat Bread
2.99
GOOD

8 Oz. Pkg.
Hannaford Brussels Sprouts
3.29
BEST

18 Oz.
Nature's Promise Organic Old-Fashioned Oatmeal
4.29
BEST

12 Oz.
Hannaford Avocado Chunks
4.29
BEST

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
7.99
GOOD

10.8 Oz.
Hannaford Broccoli Florets Steam Bag
1.59
BEST

8.8 Oz.
Nature's Promise Microwave in the Bag Organic White Rice
2.39
GOOD

14 Oz. Pkg.
Nature's Promise Organic Extra Firm Tofu
2.49
BEST

Shaved Steak with Peppers & Onions
6.99 lb.
BETTER

8 Oz.
Cabot 4 Cheese Mexican Shredded
3.39

32 Oz.
Chobani Plain Non-Fat Yogurt
6.79
BETTER

10.3 Oz.
Mediterranean Style Salmon Meal
8.99
GOOD

16 Oz.
Taste of Inspirations Homestyle Ranch Seasoned Potatoes
3.99
BETTER

16 Oz.
Hannaford Whole Wheat Rotini
1.49
BEST

7 Oz.
Taste of Inspirations Pesto Sauce
5.99

40 Oz. Pkg. - Frozen
Hannaford Italian Style Mini Meatballs
10.99

GUIDING STARS®
NUTRITIOUS CHOICES MADE SIMPLE

GOOD BETTER BEST

More Guiding Stars means more nutritional value.
Visit **hannaford.com/guidingstars** to learn more.

Prep smarter. Mix, match and make it yours.

No Antibiotics Ever
Nature's Promise Chicken Tenders
4.99 lb.
BEST

24 Oz. Pkg.
Hannaford Steam Easy Sweet Potatoes
2.99
BEST

3 Ct.
Stoplight Peppers
4.99
BEST

1.25 Oz.
McCormick One Sheet Pan Chicken & Vegetables Seasoning Mix
2.69

8 Oz. Pkg.
Sliced or Whole
Hannaford White Mushrooms
2.29
BEST

12 Oz.
Nature's Promise Organic Classic Quinoa
3.69
BEST

12 Oz. Pkg. - 41/50 Ct.
Nature's Promise Cooked Shrimp
8.49

10 Oz.
Hannaford Steam Bag In-Shell Edamame
1.69
BEST

10 Oz.
Cedar's Reserve Lebanese Za'Atar & Tahini Hommus
3.99
GOOD

8 Oz. Pkg.
Hannaford Snack Pals Fiber Filled
3.99
GOOD

14 Oz.
Stonyfield Organic Kids Apple Blueberry Carrot Yogurt Pouch
4.89
GOOD

59 Oz.
Silk Oatmilk Original Kids Blend
4.79
BETTER

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**.

Hannaford simply healthy
from your Hannaford Dietitians

A new year calls for old favorites.

I-5 MEPO 01/04/26

Create the Ultimate Wing Bar

Customize your wings and build a spread that hits every craving.
Visit **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
8.58

Hannaford Bone-In
Chicken Drumsticks
1.99 lb.

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

I-6 VTBU 01/04/26

Step 2: Select Sauces & Rubs

14.5 Oz.
Guy Fieri's Flavortown Money Honey BBQ Sauce
4.79

12 Oz.
Mike's Hot Honey
12.49

1-1.5 Oz.
Select Varieties
Hannaford Wing Seasoning Mix
1.89

12 Oz.
Select Varieties
Taste of Inspirations Wing Sauce
4.19

Step 3: Choose Your Sides

16 Oz. Pkg.
Greenhouse Grown
Hannaford Mini Seedless Cucumbers
3.49

32 Oz.
Hannaford Crinkle Cut French Fries
3.29

45.9 Oz.
Vegetable Tray With Dip
13.99

32 Oz.
Hannaford Tasty Taters Shredded Potato Puffs
3.29

12 Oz. Pkg.
Hannaford Broccoli Florets
3.29

Step 4: Go Crazy with Dips

16 Oz.
Hood Sour Cream
1.99

16 Oz.
Ken's Chunky Blue Cheese Salad Dressing
2.99

12 Oz. Pkg.
Marie's Chunky Blue Cheese Salad Dressing
4.49

16 Oz.
Newman's Own Ranch Dressing
4.39

12 Oz. Pkg.
Marzetti Ranch Veggie Dip
4.49

No Need to Wing It!

Find everything you need for a winning wing spread at **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.**

Our Brands. Your Rewards.

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Hannaford · Nature's Promise · taste of Inspirations · CAREone · Always Why Bakery · COMPANION · smartliving · Limited Time Originals

3-5 Lb. Pkg. - Hannaford
Freshly Ground - Family Pack
80% Lean Ground Beef
5.49 lb.

Extra Lean
Pub Style Shaved Steak
6.99 lb.

In-Store Bagged
Hannaford Green Beans
2.29 lb.

In-Store Bagged
Hannaford Gold Sweet Potatoes
1.49 lb.

Fresh From OUR Ovens
16 Oz.
Nature's Promise Classic Sourdough
4.99

24 Oz.
Hannaford All Natural 9 Grain Loaf
4.99

Made In-Store - 6 Oz.
Hannaford Veggie or Greek Salad
2/$10

10 Oz. - Grated, Shaved or Shredded
Taste of Inspirations Italian Cheese
5.99

8.4-15.1 Oz.
Select Varieties
Hannaford Instant Oatmeal
2.99

15.5 Oz. - Great Northern, Low Sodium Garbanzo or
Hannaford Garbanzo Beans
1.43

6 Oz.
Select Varieties
Hannaford Black Olives
2/$4

12-14 Oz.
Macaroni & Cheese or
Hannaford Deluxe Shells & Cheese Dinner
2/$5

my hannaford rewards

Our Brands. Your Rewards.

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