



Happy Valentine's Day!

Save on all the stuff you love!

While Supplies Last!
Hannaford Freshly Cut
Bone-In Strip Steak
SAVE \$6 PER LB.

899 lb.



Hannaford
Bone-In
Chicken Drumsticks
SAVE 80¢ PER LB.

99¢ lb.



Hannaford 16/20 Ct.
Cooked Shrimp \$9.99 Lb. or
**Gulf of Maine All Natural
Atlantic Salmon**
SAVE UP TO \$5 PER LB.

699 lb.



Packed with Vitamin C,
Fiber and Antioxidants - 1 Lb. Pkg.
Strawberries
SAVE \$2.10 ON 2

2/\$5



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

199 lb.



Taste of Inspirations
**Off-the-Bone
Hickory Smoked or
Oven Baked Ham**
SAVE \$2 PER LB.

799 lb.



Discover Something New!
Hickory Mild Cheddar or
Taste of Inspirations
Yellow Sharp Cheddar
SAVE \$2 PER LB.

699 lb.



3 Lb. Bag - California
**Hannaford
Mandarins**
SAVE \$1 EA.

399



Tender Green
Asparagus
SAVE \$2 PER LB.

199 lb.



Celebrate
Valentine's Day
for less!

2 Oz. - Select Varieties
**Elmer's
Assorted
Chocolate
Hearts**

179



5 Oz.
**Brach's
Classic Conversation
Hearts**

250



11-12.5 Oz.
Seasonally Decorated In-Store
**6-Pack Hannaford
Cupcakes**
SAVE \$1 EA.

599



**Crazy In Love
Bouquet**

999



19-32 Oz. - Select Varieties
Ore-Ida Tots or
**Ore-Ida
Frozen Potatoes**
SAVE 73¢ EA.

396



3.5-13.7 Oz. - Select Varieties
Wheat Thins,
Ritz, Triscuits or
**Nabisco
Snack Crackers**
SAVE \$2.38 ON 2

2/\$6



10 Oz. - Select Varieties
Featuring
**Taste of Inspirations
Dark Chocolate
Hummus**
SAVE 98¢ ON 2

2/\$6



25.4 Oz.
Select Varieties
**Welch's
Sparkling
Juice Cocktail**

429



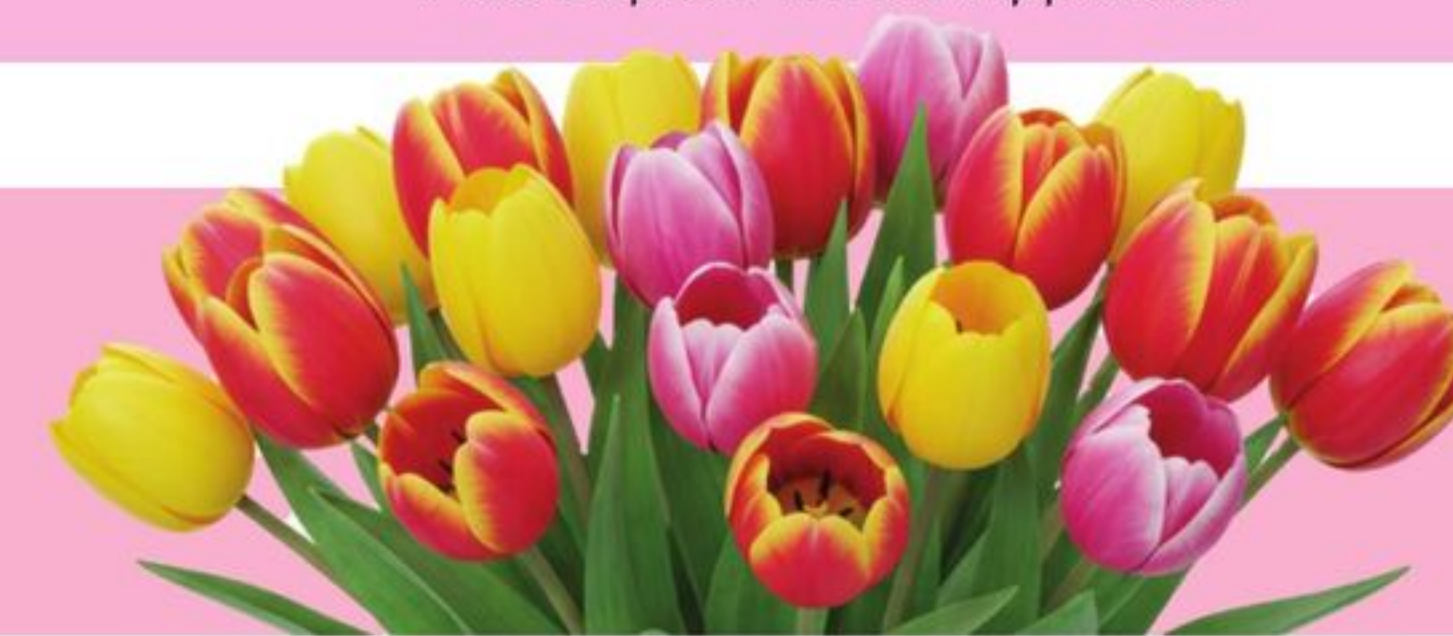
Plus Deposit Where Applicable

Prices effective Feb 8 - Feb 14, 2026

SUN	MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13	14

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

**Come see what's blooming
in our floral department.**



**Surprise
your sweetie**
this Valentine's Day!

Everlasting Love
Bouquet

15⁹⁹



Be My Valentine
Bouquet

24⁹⁹



Premium Rose
Bouquet

29⁹⁹



the freshest meats & poultry

Nature's Promise

25% OFF
Nature's Promise Beef

- No growth hormones
- No antibiotics, ever
- Fed a vegetarian diet

Hannaford
USDA Choice Beef
**Boneless
Shoulder Roast**

5⁹⁹ lb.



**SAVE
\$2⁵⁰**
PER LB.

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

2/\$7



**SAVE
\$1⁹⁸**
ON 2

Fully Cooked
**Hannaford
Hickory Smoked
Ham Steak**

2⁹⁹ lb.



**SAVE
\$1**
PER LB.

18.4-22 Oz. Pkg. - Select Varieties
**Hatfield Dry Rub
Seasoned Pork
Tenderloin
or Loin Filets**

5⁹⁹



**SAVE
UP TO
\$2**
EA.

24 Oz. Pkg.
**Curly's
Baby Back
Pork Ribs**

12⁹⁹



**SAVE
\$4**
EA.

Sizzling Savings

17-22 Oz. Pkg.
Select Varieties
**Simek's
Frozen Meatballs**

8⁹⁹



**SAVE
\$1**
EA.

No Antibiotics Ever
Lamb Loin Chops

9⁹⁹ lb.



**SAVE
\$6**
PER LB.

Taste of Inspirations
Angus Filet Mignon \$24.99 Lb. or
**Sealed Fresh
Angus Whole Beef
Tenderloin**

16⁹⁹ lb.



**SAVE
\$5**
PER LB.

Fast & Convenient

15 Oz. Pkg.
**Hormel
Meatloaf**

6⁹⁹



**SAVE
\$1**
EA.

15 Oz. Pkg.
Select Varieties
**Hormel
Beef Entrees**

7⁹⁹



**SAVE
\$2⁵⁰**
EA.

sustainable seafood

Approx. 8.99 Ea. - 7 Oz.
Raw Lobster Tails

20⁴⁹ lb.



**SAVE
\$15⁵⁰**
PER LB.

Approximately \$1.00 ea.
**Original
Crab Cake**

6³⁹ lb.



**SAVE
\$2⁶⁰**
PER LB.

7 Oz. Pkg.
**Grilled Shrimp with
Cocktail Sauce
Snacking Tray**

8⁹⁹



**SAVE
\$1⁵⁰**
EA.

Peruvian 30/40 Ct.
**Dry Bay
Scallops**

12⁹⁹ lb.



**SAVE
\$3**
PER LB.

7 Oz. Pkg. Frozen
**Cozy Harbor
Crab Meat**

16⁹⁹



**SAVE
\$2**
EA.

family favorites

20 Oz. Pkg.
**Real Good Foods
Lightly Breaded
Chicken Strips**

7⁹⁹



**SAVE
\$1**
EA.

20 Oz. Pkg.
**Real Good Foods
Lightly Breaded
Chicken
Dino Nuggets**

7⁹⁹



**SAVE
\$2**
EA.

20 Oz. Pkg.
**Real Good Foods
Low Carb
Buffalo Style
Chicken Strips**

7⁹⁹



**SAVE
\$2**
EA.

20 Oz. Pkg.
**Real Good Foods
Lightly Breaded
Chicken
Breast Fillets**

7⁹⁹



**SAVE
\$2**
EA.



Happy Lunar New Year!

Start your year off right with **Nasoya's** plant-based ingredients. They're perfect for homemade meals that are Asian-inspired and delicious.

14-16 Oz. Pkg.
Select Varieties
Nasoya
Organic Tofu

2.69



7 Oz. Pkg.
Select Varieties
Nasoya
Glazed Tofu

3.49



9 Oz. Pkg.
Select Varieties
Nasoya
Organic
Dumplings

4.49



14 Oz. Pkg.
Select Varieties
Nasoya
Kimchi

4.49



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

1.99 lb.



Bulk - U.S. #1
**Gold Sweet Potatoes
or Sweet Onions**

99¢ lb.



Bulk - U.S. #1
**Honeycrisp or
Sugarbee Apples**

1.99 lb.



9 Oz. Pkg.
**Sweet Bites
Cherry Tomatoes**

2.99



High in Potassium,
Excellent Source
of Vitamin C
Cantaloupe

2.99



16 Oz. Pkg. - Greenhouse
Grown
**Hannaford
Rainbow Pepper Pack**

3.99



Good Source of Melatonin,
Natural Anti-Inflammatory
Cherries

3.99 lb.



8-10 Oz. Pkg. - Whole or Sliced
**Hannaford
Baby Bella
Mushrooms**

2/\$5



2 Lb. Bag
Blood Oranges

2.99



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

2.99



32 Oz.
Grapefruit or Orange
Natalie Juices

5.99



5 Oz. Pkg.
Select Varieties
**Nature's Promise
Organic
Salad Blends**

2.99



Plus Deposit Where Applicable

CEDAR'S
RESERVE
HOMMUS

Clean Ingredients.
Mediterranean Inspired.



fast & fresh meal solutions

Limited Time Only! Hot or Cold
**Carribean Jerk
Tenders**

6⁹⁹



Available From 10-7
**Hot Appetizers
& Wing Bar**

10⁹⁹ lb.



40 Oz.
Five Cheese or Meat
**Rana
Lasagna**

12⁹⁹



Made In-Store - 14 Oz.
**Fresh Yellow Corn
Tortilla Chips**

3⁹⁹



8 Oz. - Mild
**Nature's Promise
Organic Guacamole**

3⁴⁹



16 Oz. - All Varieties
**Cafe Spice
Entrees**

8⁹⁹



10 Oz. - All Varieties
**Sabra
Hummus**

3⁹⁹



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.
Margherita Genoa Salami, Pepperoni
and Galbani Provolone

**Deli Deal
Italian Trio**

\$9



Imported
Lacey Swiss or
Finlandia
Swiss Cheese

8⁹⁹ lb.



Taste of Inspirations
Hickory Smoked or
Oven Roasted Herb
Turkey Breast

8⁹⁹ lb.



perfect for entertaining

4 Oz. - All Varieties
**Vermont
Creamery Goat
Cheese Log**

4⁹⁹



6.5 Oz. - All Varieties
**Alouette
Spreadable Cheese**

4⁹⁹



8 Oz.
Taste of Inspirations
Double Creme Brie

4⁹⁹



10 Oz. - Select Varieties - Featuring
Taste of Inspirations
**Shaved
Parmesan Cheese**

5⁹⁹



5 Essential Nutrients

Great Taste



bakery

Fresh From OUR Ovens
8 Oz. - Cinnamon Chip
2-Pack Hannaford
Scones

3.49



Fresh From OUR Ovens
10 Oz.
Nature's Promise
French Baguette

3.99



10 Oz. - All Varieties
Hannaford
Focaccia

4.49



10-12 Oz. - Plain or Fruit Topped
Hannaford
Party of Two
Cheesecake

5.99



7 Oz. - Anise or
Vanilla
Pizzelle Cookie

5.99



12.5 Oz. - 9 in. - Seasonally
Decorated In-Store
Chocolate Chip
Message Cookie

8.99



packaged meats

7.5 Oz. Pkg.
Select Varieties
Al Fresco
Breakfast Sausage

3.99



28 Oz. Pkg.
Hannaford
Family Size
Macaroni & Cheese

4.49



7-9 Oz. Pkg. - Select Varieties
Hillshire Farm
Ultra Thin Sliced
Lunchmeat

4.49



27 Oz. Pkg.
Tyson Nuggets of Love
All Natural Chicken
Breast Patties

7.49



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



5-5.9 Oz.
Select Varieties
Celeste
Pizza

5/\$5



32 Oz.
Select Varieties
Hannaford
Frozen Vegetables

2/\$5



48 Oz.
Select Varieties
Hannaford
Ice Cream

2.94



7.2-8 Oz.
Select Varieties
Smucker's
Uncrustables

4.49





DISCOVER OUR FINEST FLAVORS



WOW!
for
weeks

7.3-10.6 Oz.
Select Varieties
**5-Pack
RX Bars**
8⁹⁵



6.7-8.07 Oz. Bag
Select Varieties
**Swedish Fish
or Sour Patch Kids**
2⁶⁹



50 Ct.
Select Varieties
**Ziploc
Snack or
Sandwich Bags**
3¹⁹



15.5-16 Oz.
Select Varieties
**Jif
Peanut Butter**
2⁵⁰



10.58 Oz.
Select Varieties
**Kodiak
Instant Oatmeal**
4⁹⁹



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

16.3-18 Oz.
Select Varieties
**Hannaford
Shredded Wheat
Cereal**
2²⁹



4.8-6.9 Oz.
Select Varieties
Tuna Helper or
Hamburger Helper
2/\$4



13 Oz.
**Nutella
Hazelnut Spread**
5³⁹



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



11-12 Oz.
Select Varieties
**Bear Naked
Granola**
4⁸⁹



23-24 Oz.
Select Varieties
**Hannaford
Applesauce**
2²⁹



10-12 Ct. - Select Varieties
McCafe, Newman's Own,
Donut Shop or
**Green Mountain
K-Cup Pods**
9⁷⁹



12 Oz. Bottles
Select Varieties
Sprite, Fanta or
8-Pack Coke
6³⁹



Plus Deposit Where Applicable

64 Oz.
Select Varieties
**Hannaford
Juice Blends**
2⁰⁹



Plus Deposit Where Applicable

23-24 Oz.
Select Varieties
**Prego
Pasta Sauce**
2⁷⁹



15 Oz.
Select Varieties
**Kikkoman
Soy Sauce**
3⁷⁹



13.5 Oz.
Select Varieties
**Nature's Promise
Organic
Coconut Milk**
2⁹⁹



.25-2.75 Oz.
Select Varieties
**Badia
Seasoning**
2⁶⁹



16 Oz.
Select Varieties
**Hannaford
Taco Sauce**
1⁹⁹



16 Oz.
Select Varieties
**Old El Paso
Refried Beans**
2²⁵



house & home

25 Oz.
Select Varieties
**Nature's Promise
Multi Surface Cleaner**
3⁷⁹



6-Roll - 265-299.2 Sq. Ft.
Select Varieties
**Hannaford
Double Roll
Paper Towels**
10⁹⁹



18 Oz.
Select Varieties
**Dawn
Ez-Squeeze
Dishwashing Liquid**
3⁹⁹



18 Oz. - 50 Ct.
**Solo
Cups**
5⁹⁹



8-Roll - 838.4- Sq. Ft.
**Scott
Bath Tissue**
9⁹⁹



20-24 Ct. - Select Varieties
**Swiffer
Sweeper Wet
Mopping Refill Cloths**
10⁴⁹



5 Lb. - Select Varieties
**Nature's Promise
Complete Essentials
Dog Food**
8⁷⁹



13 Oz.
Select Varieties
**Purina One
Can Dog Food**
2⁵⁰



WOW! for
weeks

225 Ct.
**Clorox
Wipes Citrus
Value Pack**
12⁷⁷



20 Lb. - Select Varieties
**Tidy Cats
Conventional
Cat Litter**
6¹⁹



Surprise
your sweetie
this Valentine's Day!

Grand Expression
Bouquet

34⁹⁹



Grand Valentine
Bouquet

39⁹⁹



Eternal Love
Bouquet

44⁹⁹



WOW!
for weeks

20 Oz. - 100% Wheat,
Hawaiian, 100% Whole Grain,
Butterbread or
Nature's Own
Honey Wheat Bread
2/\$5



14.5-15.25 Oz.
Select Varieties
Del Monte
Canned
Vegetables
1²⁴



280 Ct.
Select Varieties
4-Pack
Hannaford
Facial Tissue
3⁵⁹



.95-1.05 Oz.
Select Varieties
6-Pack GimMe
Organic
Seaweed
4⁹⁸



10.4-12 Oz. - Select Varieties
Pantene
Shampoo,
Conditioner
or 2 in 1
5⁴⁴



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

12 Oz.
Toasted Corn or
Hannaford
Toasted
Rice Cereal
2⁴⁹



13 Oz. - Select Varieties
Juicy Gels or
4-Pack Snack Pack
Pudding
1⁷⁹



16 Oz.
Select Varieties
Hannaford
Baked Beans
1¹²



28 Oz.
Select Varieties
Hannaford
Tomatoes
1⁵²



10.1-14 Oz. - Select Varieties
Deluxe or
Kraft
Velveeta
Shells & Cheese
3⁹⁹



8 Oz.
Select Varieties
Hannaford
Tomato Sauce
59¢



9-11.5 Oz. - Select Varieties
Hannaford
Hamburger or
Hot Dog Buns
1⁴⁹



14 Oz. Bottle
Select Varieties
Core Power
Protein Shake
4⁶⁹



Plus Deposit Where Applicable

64 Oz. - Select Varieties
Nature's Promise
Organic Lemonade
or Iced Tea
1⁹⁹



Plus Deposit Where Applicable

12 Oz. Cans
Select Varieties
Mtn Dew, Schweppes or
12-Pack Pepsi
6⁹⁹



Plus Deposit Where Applicable

42 Oz. - Quaker
Old Fashioned Oats or
Quaker
Quick Oats
6⁹⁹



10.5-11.5 Oz.
Select Varieties
Campbell's
Condensed Soup
2/\$3



health & beauty

16 Oz. - Select Varieties
CeraVe
Moisturizing Cream,
Cleanser or Lotion
16⁹⁹



25-30 Ct.
Select Varieties
CareOne
Cough Drops
1²⁹



.2-.44 Oz.
Select Varieties
Flonase
Allergy Relief
Nasal Spray
18⁹⁹



3.5 Oz. - Select Varieties
Bigg's & Featherbelle
Natural Soap
6⁵⁹



8.5 Oz.
Select Varieties
Listerine
Mouthwash
4²⁹



celebrate valentine's day!

4.6-5.3 Oz.
Select Varieties
Ferrero Rocher
12-Piece
6⁹⁹



6.6 Oz.
Select Varieties
Queen Anne
Cordial Cherries
3⁴⁹



8.5 Oz. - Select Varieties
Lindor Valentine
Truffles
9⁹⁹



10 Oz.
Nerds
Gummy Cluster
Valentine Exchange
7⁹⁹



16 Ct. - Select Varieties
Valentine
Mixed Card
Assortment
4¹⁹



6.4-7 Oz. - Select Varieties
Hershey's
Valentines
Heart Candies
5⁴⁹



13.2-14 Oz. - Select Varieties
Russell Stover's
Valentines
Chocolate Heart
15⁹⁹



1 Ct.
Smart Living
Valentine
Fabric Bird Decor
6⁹⁹



Great savings are in the bag.

56-72 Ct.
Select Varieties
**Pampers
Wipes Refills**

234



**SAVE
\$115
EA.**

55-63 Oz. Liquid or 18-31 Ct. PODS
Select Varieties
**Tide
Laundry
Detergent**

849



**SAVE
\$4
EA.**

3.9-19.5 Oz.
Select Varieties
**Caledon Farms
Dog Treats**

689



**SAVE
\$1
EA.**

3 Oz.
Select Varieties
**Meow Mix
Irresistibles
Soft Cat Food**

148



**SAVE
31¢
EA.**

13-14.5 Oz.
Select Varieties
**Gold Bond
Lotion**

996



**SAVE
\$153
EA.**

100 Ct. - Select Varieties
**Advil
Tablets or
Caplets**

997



**SAVE
\$302
EA.**

7-20.5 Oz. - Select Varieties
Snack Bars or
**Dave's Killer
Thin Sliced Bread**

399



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

5/\$5



64 Oz.
Select Varieties
**Almond Breeze
Almondmilk**

299



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

499



24-27 Oz.
Select Varieties
**Klondike
Ice Cream Bars**

369



**SAVE
\$120
EA.**

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

15-16 Oz.
Select Varieties
**Bush's Best
Beans**

125



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



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 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.



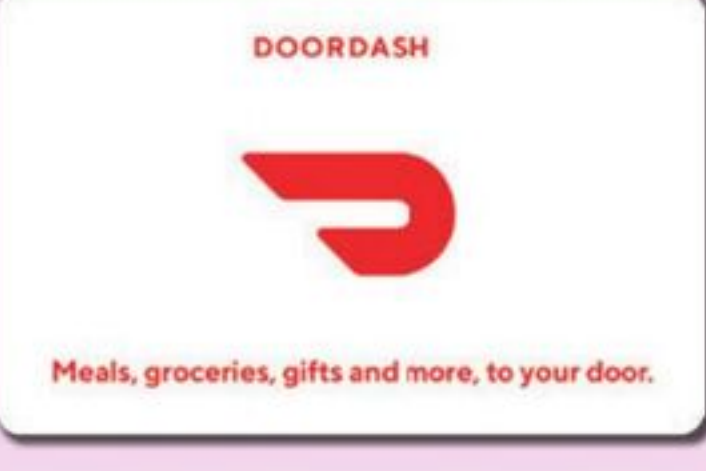


SAVE \$10

on groceries when you buy \$50 in participating gift cards minimum \$10 grocery purchase required








Offer valid 2/8/26 – 2/14/26. Subject to availability. See gift cards for details, terms, conditions and (if applicable) fees. All trademarks are property of their respective owners. Product may not be available in all states. The gift cards featured are not sponsors or otherwise affiliated with Hannaford. Ziff Zillions of Gifts cards are only redeemable at ZillionsGift.com, for eGifts from participating brands, within the USA. Brand options and amounts may vary and are subject to change. Ziff Zillions of Gifts cards are issued by Pathward®, N.A., Member FDIC. No cash or ATM access. See Cardholder Agreement for details. Issuers do not endorse or sponsor and are not affiliated in any way with this offer. Not applicable towards the purchase of alcohol, gift cards, postage stamps, services and other items prohibited by law. \$10 minimum grocery purchase. Limit 1 offer per transaction. 137555_1125



Add a flu shot to your grocery list.



We make getting your flu shot easy.

Visit your neighborhood Hannaford Pharmacy today or book online with our appointment scheduler at hannaford.com/pharmacy.

FLU SHOTS

NOW AVAILABLE



Here for your flu shot. Here for your good health.

Immunization availability and age requirements vary by state. See your Hannaford Pharmacist for details or go to hannaford.com/pharmacy.

**Love to try new products?
Look for tags at the shelf to**

discover
something
new!

Hallmark

LOVE
LIVES
HERE

Share love this
Valentine's Day
with cards for
everyone.

FIND US ONLINE
AND IN STORE!



TM & © Hallmark

Trust the Quality.
Love the Save!

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



12 Oz.
 Select Varieties
**Hannaford
 Donuts**

4¹⁹



6 Oz.
 Select Varieties
**Hannaford
 Yogurt**

50¢



23-24 Oz.
 Select Varieties
**Hannaford
 Family Favorites
 Pasta Sauce**

1⁶⁹



6-7.5 Oz.
 Select Varieties
**Hannaford
 Muffin or
 Cornbread Mix**

1⁰⁵



Turkey Proudly Raised on Independent Farms

Delicious, juicy turkey that's packed with protein and perfect for any family meal. Shady Brook Farms is proud to bring you turkey you can trust because it's not only lean and delicious but raised with no added hormones, steroids or growth-promoting antibiotics*.

16 Oz. Pkg.
**Shady Brook
 Farms Turkey
 Breakfast Sausage**

3⁶⁹



16 Oz. Pkg.
 Select Varieties
**Shady Brook
 Farms Seasoned
 Ground Turkey**

3⁹⁹



20 Oz. Pkg. - Hot or Sweet
**Shady Brook
 Farms Turkey
 Sausage**

5⁴⁹



99% Fat Free
**Shady Brook
 Farms Boneless
 Turkey Tenderloins**

5⁹⁹
 lb.



**Shady Brook
 Farms Turkey
 Breast Chops**

5⁹⁹
 lb.



21 Oz. Pkg.
**Shady Brook
 Farms 99% Lean
 Ground
 Turkey Breast**

7⁶⁹



*Federal regulations prohibit the use of hormones and steroids in poultry. Antibiotics responsibly used only when needed for treatment or prevention of illness.

Trust the Quality. Love the Save!

Shop our store brand items for national brand quality at affordable prices.



Nature's
Promise®

taste of
Inspirations®



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

