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.
8.99 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 $6 PER LB.
6.99 lb.

Packed with Vitamin C,
Fiber and Antioxidants - 1 Lb. Pkg.
Strawberries
SAVE $2.98 ON 2
2/$5

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

Taste of Inspirations
Off-the-Bone Hickory Smoked or Oven Baked Ham
SAVE $3 PER LB.
6.99 lb.

Discover Something New!
Hickory Mild Cheddar or
Taste of Inspirations Yellow Sharp Cheddar
SAVE $3 PER LB.
5.99 lb.

3 Lb. Bag - California
Hannaford Mandarins
SAVE $1.70 EA.
3.99

Tender Green
Asparagus
SAVE $2 PER LB.
1.99 lb.

Celebrate Valentine's Day for less!

2 Oz. - Select Varieties
Elmer's Assorted Chocolate Hearts
1.79

5 Oz.
Brach's Classic Conversation Hearts
2.50

11-12.5 Oz.
Seasonally Decorated In-Store
6-Pack Hannaford Cupcakes
SAVE $1 EA.
5.99

Crazy In Love Bouquet
9.99

19-32 Oz. - Select Varieties
Ore-Ida Tots or
Ore-Ida Frozen Potatoes
SAVE 73¢ EA.
3.96

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

750 mL
Select Varieties
LaMarca Prosecco
SAVE $5 EA.
14.99
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
15.99

Be My Valentine Bouquet
24.99

Premium Rose Bouquet
29.99

the freshest meats & poultry

Nature's Promise
25% OFF
Nature's Promise Beef
- No growth hormones
- No antibiotics, ever
- Fed a vegetarian diet

Fully Cooked
Hannaford Hickory Smoked Ham Steak
2.99 lb.
SAVE $1 PER LB.

18.4-22 Oz. Pkg. - Select Varieties
Hatfield Dry Rub Seasoned Pork Tenderloin or Loin Filets
5.99
SAVE UP TO $2 EA.

Hannaford
USDA Choice Beef
Boneless Shoulder Roast
5.99 lb.
SAVE $2.50 PER LB.

24 Oz. Pkg.
Curly's Baby Back Pork Ribs
12.99
SAVE $4 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

17-22 Oz. Pkg.
Select Varieties
Simek's Frozen Meatballs
8.99
SAVE $1 EA.

No Antibiotics Ever
Lamb Loin Chops
9.99 lb.
SAVE $6 PER LB.

Taste of Inspirations
Angus Filet Mignon $24.99 Lb. or
Sealed Fresh Angus Whole Beef Tenderloin
16.99 lb.
SAVE $5 PER LB.

Fast & Convenient

15 Oz. Pkg.
Hormel Meatloaf
6.99
SAVE $1.50 EA.

15 Oz. Pkg.
Select Varieties
Hormel Beef Entrees
7.99
SAVE $3 EA.

sustainable seafood

7 Oz.
Raw Lobster Tails
8.99
SAVE $6 EA.

2.5 Oz.
Original Crab Cake
$1
SAVE 39¢ EA.

7 Oz. Pkg.
Grilled Shrimp with Cocktail Sauce Snacking Tray
8.99
SAVE $1.50 EA.

Peruvian 30/40 Ct.
Dry Bay Scallops
12.99 lb.
SAVE $3 PER LB.

7 Oz. Pkg. Frozen
Cozy Harbor Crab Meat
16.99
SAVE $2 EA.

family favorites

20 Oz. Pkg.
Real Good Foods Lightly Breaded Chicken Strips
7.99
SAVE $2 EA.

20 Oz. Pkg.
Real Good Foods Lightly Breaded Chicken Dino Nuggets
7.99
SAVE $2 EA.

20 Oz. Pkg.
Real Good Foods Low Carb Buffalo Style Chicken Strips
7.99
SAVE $2 EA.

20 Oz. Pkg.
Real Good Foods Lightly Breaded Chicken Breast Fillets
7.99
SAVE $2 EA.

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

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

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
SAVE 30¢ EA.
USDA ORGANIC

7 Oz. Pkg.
Select Varieties
Nasoya Glazed Tofu
3.49
SAVE 50¢ EA.

9 Oz. Pkg.
Select Varieties
Nasoya Organic Dumplings
4.49
SAVE 50¢ EA.

14 Oz. Pkg.
Select Varieties
Nasoya Kimchi
4.49
SAVE 80¢ EA.

Refreshing Source of Nutrients and Antioxidants
Red Seedless Grapes
1.99 lb.
SAVE $1.50 PER LB.

Bulk - U.S. #1
Gold Sweet Potatoes or Sweet Onions
99¢ lb.
SAVE UP TO 70¢ PER LB.

Bulk - U.S. #1
Honeycrisp or Sugarbee Apples
1.99 lb.
SAVE UP TO $1 PER LB.

9 Oz. Pkg.
Sweet Bites Cherry Tomatoes
2.99
SAVE $1 EA.

High in Potassium, Excellent Source of Vitamin C
Cantaloupe
2.99
SAVE $1 EA.

16 Oz. Pkg. - Greenhouse Grown
Hannaford Rainbow Pepper Pack
3.99
SAVE $1 EA.

Good Source of Melatonin, Natural Anti-Inflammatory
Cherries
3.99 lb.
SAVE $2 PER LB.

8-10 Oz. Pkg. - Whole or Sliced
Hannaford Baby Bella Mushrooms
2/$5
SAVE 98¢ ON 2

2 Lb. Bag
Blood Oranges
2.99
SAVE $1 EA.

4 Lb. Bag - U.S. #1
Hannaford Red Potatoes
2.99
SAVE $1 EA.

32 Oz.
Grapefruit or Orange
Natalie Juices
5.99
Plus Deposit Where Applicable

5 Oz. Pkg.
Select Varieties
Nature's Promise Organic Salad Blends
2.99
SAVE $1 EA.
USDA ORGANIC

CEDAR'S RESERVE HOMMUS

Clean Ingredients. Mediterranean Inspired.

fast & fresh meal solutions

Limited Time Only! Hot or Cold
Carribean Jerk Tenders

SAVE $2 PER LB.

6.99

Available From 10-7
Hot Appetizers & Wing Bar

10.99 lb.

40 Oz.
Five Cheese or Meat
Rana Lasagna

SAVE $3 EA.

13.99

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

SAVE $1 EA.

3.99

8 Oz. - Mild
Nature's Promise Organic Guacamole

SAVE $1 EA.

3.49

16 Oz. - All Varieties
Cafe Spice Entrees

SAVE $1 EA.

8.99

10 Oz. - All Varieties
Sabra Hummus

SAVE 60¢ EA.

3.99

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.
Margherita Genoa Salami, Pepperoni and Galbani Provolone
Deli Deal Italian Trio

SAVE $2.48 EA.

$11

Imported
Lacey Swiss or
Finlandia Swiss Cheese

SAVE $1 PER LB.

8.99 lb.

Taste of Inspirations
Hickory Smoked or Oven Roasted Herb Turkey Breast

SAVE $1 PER LB.

8.99 lb.

perfect for entertaining

4 Oz. - All Varieties
Vermont Creamery Goat Cheese Log

SAVE $1.50 EA.

4.99

6.5 Oz. - All Varieties
Alouette Spreadable Cheese

SAVE $1 EA.

5.99

8 Oz.
Taste of Inspirations
Double Creme Brie

SAVE $1 EA.

4.99

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

SAVE $1 EA.

5.99

Buy any 3 select Poland Spring products, receive $5 OFF your Hannaford To Go order.*

Shop Offer

*Restrictions apply. Click button for more details.

5 Essential Nutrients
Great Taste

bakery

Fresh From OUR Ovens
8 Oz. - Cinnamon Chip
2-Pack Hannaford Scones
3.49
SAVE 50¢ EA.

Fresh From OUR Ovens
10 Oz.
Nature's Promise French Baguette
4.99

10 Oz. - All Varieties
Hannaford Focaccia
4.49
SAVE 50¢ EA.

10-12 Oz. - Plain or Fruit Topped
Hannaford Party of Two Cheesecake
5.99
SAVE $1 EA.

7 Oz. - Anise or
Vanilla Pizzelle Cookie
5.99
SAVE $1 EA.

12.5 Oz. - 9 in. - Seasonally Decorated In-Store
Chocolate Chip Message Cookie
8.99
SAVE $1 EA.

packaged meats

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

28 Oz. Pkg.
Hannaford Family Size Macaroni & Cheese
4.99

7-9 Oz. Pkg. - Select Varieties
Hillshire Farm Ultra Thin Sliced Lunchmeat
4.99
SAVE $1 EA.

27 Oz. Pkg.
Tyson Nuggets of Love All Natural Chicken Breast Patties
8.99

dairy

WOW! for weeks

12.8-14 Oz. - Select Varieties
4-Pack Stonyfield Organic Yogurt
4.89

52 Oz.
Select Varieties
Florida's Natural Juice
3.49

16 Oz.
Select Varieties
Hannaford Bar Cheese
4.25

52 Oz.
Select Varieties
Planet Oat Oatmilk
3.59

8 Oz.
Select Varieties
Noosa Yoghurt
2.09

15 Oz.
Select Varieties
Hannaford Ricotta Cheese
2.99

13 Oz.
Select Varieties
Reddi-Wip Whipped Topping
5.95

14-16 Oz.
Select Varieties
Pillsbury Ready to Bake Cookies
3.99

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
6.49

5-5.9 Oz.
Select Varieties
Celeste Pizza
5/$5

48 Oz.
Select Varieties
Hannaford Ice Cream
2.94

32 Oz.
Select Varieties
Hannaford Frozen Vegetables
2.89

7.2-8 Oz.
Select Varieties
Smucker's Uncrustables
4.49

WOW! for weeks

7.3-10.6 Oz. Select Varieties **5-Pack RX Bars** **8.95**

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

50 Ct. Select Varieties **Ziploc Snack or Sandwich Bags** **3.39**

15.5-16 Oz. Select Varieties **Jif Peanut Butter** **2.50**

10.58 Oz. Select Varieties **Kodiak Instant Oatmeal** **4.99**

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** **2.49**

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

13 Oz. **Nutella Hazelnut Spread** **5.29**

12 Oz. **Hannaford Clover Honey Bear** **3.99**

11-12 Oz. Select Varieties **Bear Naked Granola** **5.39**

23-24 Oz. Select Varieties **Hannaford Applesauce** **2.89**

10-12 Ct. - Select Varieties McCafe, Newman's Own, Donut Shop or **Green Mountain K-Cup Pods** **9.79**

12 Oz. Bottles Select Varieties Sprite, Fanta or **8-Pack Coke** **6.39**
Plus Deposit Where Applicable

64 Oz. Select Varieties **Hannaford Juice Blends** **2.19**
Plus Deposit Where Applicable

23-24 Oz. Select Varieties **Prego Pasta Sauce** **2.79**

750 mL Select Varieties **Kendall Jackson Wine** **12.99**
Plus Deposit Where Applicable

750 mL Select Varieties **Josh Cellars Red Wine** **11.99**
Plus Deposit Where Applicable

750 mL - Select Varieties **Bishop Ridge Caberent Sauvignon or Mayfly Sauvignon Blanc** **10.99**
Plus Deposit Where Applicable

12 Oz. Bottles or Cans Select Varieties **12-Pack Bud Light, Miller Lite or Coors Light** **12.99**
Plus Deposit Where Applicable

12 Oz. Cans Select Varieties **9-Pack Downeast Cider** **15.99**
Plus Deposit Where Applicable

house & home

25 Oz. Select Varieties **Nature's Promise Multi Surface Cleaner** **4.69**

6-Roll - 265-299.2 Sq. Ft. Select Varieties **Hannaford Double Roll Paper Towels** **12.99**

18 Oz. Select Varieties **Dawn Ez-Squeeze Dishwashing Liquid** **3.99**

18 Oz. - 50 Ct. **Solo Cups** **5.99**

8-Roll - 838.4- Sq. Ft. **Scott Bath Tissue** **9.99**

20-24 Ct. - Select Varieties **Swiffer Sweeper Wet Mopping Refill Cloths** **10.99**

5 Lb. - Select Varieties **Nature's Promise Complete Essentials Dog Food** **8.79**

13 Oz. Select Varieties **Purina One Can Dog Food** **2/$5**

WOW! for weeks

225 Ct. **Clorox Wipes Citrus Value Pack** **12.77**

20 Lb. - Select Varieties **Tidy Cats Conventional Cat Litter** **6.19**

Surprise your sweetie this Valentine's Day!

Grand Expression Bouquet **34.99**

Grand Valentine Bouquet **39.99**

Eternal Love Bouquet **44.99**

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** **1.24**

280 Ct. Select Varieties **4-Pack Hannaford Facial Tissue** **5.12**

.95-1.05 Oz. Select Varieties **6-Pack GimMe Organic Seaweed** **5.79**

10.4-12 Oz. - Select Varieties **Pantene Shampoo, Conditioner or 2 in 1** **5.44**

real savings every day

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

12 Oz. Toasted Corn or **Hannaford Toasted Rice Cereal** **2.29**

13 Oz. - Select Varieties Juicy Gels or **4-Pack Snack Pack Pudding** **1.79**

16 Oz. Select Varieties **Hannaford Baked Beans** **1.19**

28 Oz. Select Varieties **Hannaford Tomatoes** **1.52**

10.1-14 Oz. - Select Varieties Deluxe or **Kraft Velveeta Shells & Cheese** **3.99**

8 Oz. Select Varieties **Hannaford Tomato Sauce** **79¢**

9-11.5 Oz. - Select Varieties **Hannaford Hamburger or Hot Dog Buns** **1.59**

14 Oz. Bottle Select Varieties **Core Power Protein Shake** **4.69**
Plus Deposit Where Applicable

64 Oz. - Select Varieties **Nature's Promise Organic Lemonade or Iced Tea** **2.29**
Plus Deposit Where Applicable

12 Oz. Cans Select Varieties Mtn Dew, Schweppes or **12-Pack Pepsi** **6.99**
Plus Deposit Where Applicable

42 Oz. - Quaker Old Fashioned Oats or **Quaker Quick Oats** **6.99**

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

celebrate valentine's day!

4.6-5.3 Oz. Select Varieties **Ferrero Rocher 12-Piece** **6.99**

6.6 Oz. Select Varieties **Queen Anne Cordial Cherries** **3.49**

8.5 Oz. - Select Varieties **Lindor Valentine Truffles** **9.99**

10 Oz. **Nerds Gummy Cluster Valentine Exchange** **7.99**

16 Ct. - Select Varieties **Valentine Mixed Card Assortment** **4.19**

6.4-7 Oz. - Select Varieties **Hershey's Valentines Heart Candies** **5.49**

13.2-14 Oz. - Select Varieties **Russell Stover's Valentines Chocolate Heart** **15.99**

1 Ct. **Smart Living Valentine Fabric Bird Decor** **6.99**

health & beauty

16 Oz. - Select Varieties **CeraVe Moisturizing Cream, Cleanser or Lotion** **16.49**

25-30 Ct. Select Varieties **CareOne Cough Drops** **1.49**

.2-.44 Oz. Select Varieties **Flonase Allergy Relief Nasal Spray** **17.99**

3.5 Oz. - Select Varieties **Bigg's & Featherbelle Natural Soap** **6.59**

8.5 Oz. Select Varieties **Listerine Mouthwash** **4.29**

Great savings are in the bag.

56-72 Ct.
Select Varieties
Pampers Wipes Refills
2.34
SAVE 75¢ EA.

55-63 Oz. Liquid or 18-31 Ct. PODS
Select Varieties
Tide Laundry Detergent
8.49
SAVE $3.50 EA.

3.9-19.5 Oz.
Select Varieties
Caledon Farms Dog Treats
7.39
SAVE $1 EA.

3 Oz.
Select Varieties
Meow Mix Irresistibles Soft Cat Food
1.48
SAVE 31¢ EA.

13-14.5 Oz.
Select Varieties
Gold Bond Lotion
9.96
SAVE $1.53 EA.

100 Ct. - Select Varieties
Advil Tablets or Caplets
9.97
SAVE $3.02 EA.

7-20.5 Oz. - Select Varieties
Snack Bars or
Dave's Killer Thin Sliced Bread
3.99

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

64 Oz.
Select Varieties
Almond Breeze Almondmilk
2.99

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

24-27 Oz.
Select Varieties
Klondike Ice Cream Bars
3.69
SAVE $1 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
9.73
Plus Deposit Where Applicable

15-16 Oz.
Select Varieties
Bush's Best Beans
1.25

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: 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

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

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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**.

I-1 MEPO 02/08/26

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!

Trust the Quality.

Love the Save!

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

Hannaford | Nature's Promise | Inspirations

12 Oz.
Select Varieties
Hannaford Donuts
4.19

6 Oz.
Select Varieties
Hannaford Yogurt
65¢

23-24 Oz.
Select Varieties
Hannaford Family Favorites Pasta Sauce
1.69

6-7.5 Oz.
Select Varieties
Hannaford Muffin or Cornbread Mix
1.05

SHADY BROOK FARMS®

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
3.69

16 Oz. Pkg.
Select Varieties
Shady Brook Farms Seasoned Ground Turkey
4.49

20 Oz. Pkg. - Hot or Sweet
Shady Brook Farms Turkey Sausage
5.49

99% Fat Free
Shady Brook Farms Boneless Turkey Tenderloins
5.99 lb.

Shady Brook Farms Turkey Breast Chops
5.99 lb.

21 Oz. Pkg.
Shady Brook Farms 99% Lean Ground Turkey Breast
7.69

*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.

Hannaford | Nature's Promise | taste of Inspirations®

Hannaford

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

GOOD — **One Star** GOOD nutrition
BETTER — **Two Stars** BETTER nutrition
BEST — **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