Hannaford

Feel good about every shop.

Save Smart. Stay Well.

Hannaford
USDA Choice Beef
Boneless New York Sirloin Steak
SAVE $5 PER LB.
7.99 lb.

Hannaford
Chicken Leg Quarters $.99 Lb. or
Family Pack Boneless Skinless Chicken Breast
SAVE UP TO 50¢ PER LB.
2.49 lb.
BETTER

Previously Frozen
Skinless - Hand Trimmed
Haddock Fillets
SAVE $5 PER LB.
8.99 lb.
BEST

Refreshing Source of Nutrients and Antioxidants
Green Seedless Grapes
SAVE $1 PER LB.
1.99 lb.
BETTER

12-16 Oz. Pkg.
Select Varieties
Smithfield Bacon
SAVE $2.50 EA.
4.99

Taste of Inspirations
Oven Roasted
Honey Turkey Breast or
Cracked Black Pepper Turkey Breast
SAVE $3 PER LB.
6.99 lb.

Taste of Inspirations
Smoked Gouda or Muenster Cheese
SAVE $2 PER LB.
6.99 lb.

Select Varieties
Fresh Express Salad Kits or Blends
SAVE UP TO $2.18 ON 2
2/$5

3 Lb. Bag Hannaford
Carrots or 4 Lb. Bag - U.S. #1
Hannaford Red Potatoes
SAVE UP TO $1.98 ON 2
2/$5
BETTER

21.2 Oz.
Select Varieties
4-Pack Chobani Greek Yogurt
SAVE $1.50 EA.
3.49

12 Oz.
Select Varieties
Heluva Good! Dip
SAVE 30¢ EA.
1.79

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

12 Oz. - Select Varieties
Sprite, Fanta or
24-Pack Coke
SAVE $2.50 EA.
10.99
Plus Deposit Where Applicable

10-18.32 Oz.
Cakes, Fruit Pies or
Drake's Pastries
SAVE $2 ON 2
2/$6

10.5-12.3 Oz. - Select Varieties
Lucky Charms, Reese's Peanut Butter Puffs or
General Mills Cinnamon Toast Crunch Cereal
SAVE $2.98 ON 2
2/$5

28 Oz.
Select Varieties
Hunt's Tomatoes
SAVE $1.02 EA.
1.67

6-10.75 Oz. - Select Varieties
Smartfood Popcorn or
Doritos Tortilla Chips
SAVE $1.98 ON 2
2/$7

24-27 Oz.
Select Varieties
Klondike Ice Cream Bars
SAVE $1.30 EA.
3.69

3.5-13.7 Oz. - Select Varieties
Wheat Thins, Ritz, Triscuits or
Nabisco Snack Crackers
SAVE $2.38 ON 2
2/$6

Prices effective Mar 1 - Mar 7, 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7

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

Celebrating International Women's Day!

Save Smart on Our Brands.

Try our quick, easy and protein-rich frozen seafood for any meal.

Hannaford · Nature's Promise

32 Oz. Pkg.
Farm Raised Swai Fillets
9.99

32 Oz. Pkg.
Pink Salmon Fillets Wild Caught
17.99

32 Oz. Pkg.
Boneless, Skinless
Wild Caught Cod Fillets
17.99

the freshest meats & poultry

4-5 Lb. Pkg. - Hannaford
Chicken Leg Quarters
99¢ lb.

7-8 Oz. Pkg. - Select Varieties
Hatfield Boneless Ham Steak
2/$4
SAVE 98¢ ON 2

Organic & Natural

7 Oz. Pkg. - Select Varieties
Applegate Naturals Lunch Meats
5.99
SAVE $1 EA.

14 Oz. Pkg.
Heritage Shaved Chicken Breast
5.99
SAVE $1 EA.

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

Hannaford
All Natural - Pork Loin
Boneless Center Cut Pork Chops
2.49 lb.
SAVE $1.30 PER LB.

22.4 Oz. Pkg.
Catelli Meatloaf Mix
7.99
SAVE $1.50 EA.

18.4 Oz. Pkg. - Select Varieties
Taste of Inspirations Dry Rubbed Pork Tenderloin
2/$10
SAVE $3.98 ON 2

Hannaford
USDA Choice Beef
Sealed Fresh
Whole Eye Round
4.99 lb.
SAVE $1 PER LB.

butcher shop

Handcrafted

Select Varieties
Breaded Chicken Breast Cutlets or Tenders
3.99 lb.

Hannaford
Extra Lean
Pub Style Shaved Steak
6.99 lb.

seafood favorites for Lent

5 Oz. - Rich in B Vitamins
Gulf of Maine Center Cut Salmon
5.99
SAVE $1.30 EA.

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

8 Oz.
Grab & Go Maple Bacon Stuffed Salmon
4.99
SAVE $2.50 EA.

Four-Star
Best Aquaculture Practice
Previously Frozen
Tilapia Fillets
5.99 lb.
SAVE $1 PER LB.

12 Oz. Pkg. - 41/50 Ct.
Nature's Promise Cooked Shrimp
7.99
SAVE $1 EA.

fast & convenient

26 Oz. Pkg.
Cooked Perfect Italian Meatballs
8.99
SAVE $1 EA.

28 Oz. Pkg.
Cooked Perfect Homestyle Meatballs
8.99
SAVE $1 EA.

18 Oz. Pkg.
Cooked Perfect Angus Beef Meatballs
8.99
SAVE $1 EA.

40 Oz. Pkg.
Cooked Perfect Italian Style Meatballs
11.99
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

discover something new!

Try this new take on the classic cola, with a retro soda-fountain flair!

12 Oz.
12-Pack Coca-Cola Cherry Float
6.99
Plus Deposit Where Applicable

Hannaford

Snack Pals®

Snack Pals aren't just for kids. Great for snacking, mealtime or any time!

8 Oz. Pkg. - Hannaford
Snack Pals Grapes & Cheese
2.69

SAVE 50¢ EA.

7.5 Oz. Pkg.
Hannaford
Snack Pals Strawberry Kiwi
1.99

SAVE 50¢ EA.

6 Oz. - Hannaford
Snack Pals Berry Brownie
2.69

SAVE 50¢ EA.

8.5 Oz. Pkg.
Hannaford
Snack Pals Deconstructed PB&J
3.49

SAVE 50¢ EA.

Packed with Vitamin C, Fiber and Antioxidants
1 Lb. Pkg.
Strawberries
2/$6

SAVE $1.98 ON 2

Butternut Squash
79¢ lb.

SAVE 50¢ PER LB.

Bulk - U.S. #1
Cosmic Crisp or Kanzi Apples
1.49 lb.

SAVE $1 PER LB.

Field Grown, Super Select
Cucumbers
2/$1

SAVE 58¢ ON 2

Whole
Golden Pineapple
2.99

SAVE 50¢ EA.

Bulk or Bagged
Plum Roma Tomatoes
1.49 lb.

SAVE 50¢ PER LB.

Mini Watermelon
3.99

SAVE $1 EA.

8 Oz. Pkg.
Sliced or Whole
Hannaford White Mushrooms
1.99

SAVE 30¢ EA.

3 Lb. Bag
Peelz Heirloom Oranges
4.99

SAVE $1 EA.

4 Oz. Pkg.
All Varieties
Little Leaf Farms Salad Mixes
3.49

SAVE 50¢ EA.

16 Oz.
Select Varieties
Health-Ade Organic Kombucha
3.49
Plus Deposit Where Applicable

16 Oz. Pkg.
Cleveland Kitchen
Kimchi Classic
4.99

discover something new!

11 Oz.
Post Cinnamon Pebbles
4.39

7.6 Oz.
Junkless Protein Chocolate Peanut Butter Bars
7.59

14 Oz.
Yasso Chocolate Chip Cookie Dough
5.99

fast & fresh meal solutions

10 Oz. - 5 Ct. - Hot or Cold
Sweet BBQ Drumsticks
$5

Made In-Store - 6 Oz.
Hannaford Veggie Delight Salad or
Taste of Inspirations Blackberry Goat Cheese Salad
2/$10
SAVE $1.98 ON 2

Made In-Store - 12 Oz.
All Natural Turkey & Havarti
Taste of Inspirations Wedge Sandwich
6.99
SAVE $1 EA.

12 Oz. - Southwest Taco, Pesto or
Zina's Green Goddess Pasta Salad
4.99
SAVE $1 EA.

7 Oz.
Sweet & Spicy, Cheddar Mustard or
Plucky Pickle Original Dip
4.99
SAVE $2 EA.

15 Oz.
Cranberry Walnut, Buffalo or
Willow Tree Chicken Salad
8.99
SAVE $2 EA.

14 Oz. - All Varieties
Snack Factory Pretzel Crisps
5.99
SAVE $2 EA.

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
Angus Roast Beef & Horseradish Cheddar Cheese
$15
SAVE $4.48 EA.

Low Moisture Mozzarella or
Galbani Provolone
5.99 lb.
SAVE $1 PER LB.

Krakus
Regular or Reduced Sodium
Imported Polish Ham
7.99 lb.
SAVE $1 PER LB.

perfect for entertaining

7-8 Oz.
Select Varieties
Pine River Cup Cheese
3.99
SAVE $1.50 EA.

10 Oz. - Select Varieties
Cacique Authentic Cheese
5.99
SAVE $1 EA.

7 Oz. - Imported From Greece
Olympiana Barrel Aged Greek Feta
5.99
SAVE $2 EA.

8 Oz.
Taste of Inspirations
Imported English Cheddar Cheese
9.99

Buy Any 2 Participating Products, Receive $5 Off Your Hannaford To Go Order*

Shop Offer

*Restrictions apply. Click button for more details.

discover something new!

Refreshing new flavors that pack a fruity punch!

16 Oz. Can
Monster Energy Zero Sugar Ultra Punk Punch
3.09
Plus Deposit Where Applicable

12 Oz. Cans
12-Pack Canada Dry Fruit Splash Strawberry Ginger Ale
6.99
Plus Deposit Where Applicable

bakery

Fresh From OUR Ovens
8 Oz. - Select Varieties
2-Pack Hannaford Muffins
2.99

13.5 Oz. - 8 Ct.
Nature's Promise Ciabatta Rolls
3.99
SAVE 50¢ EA.

Fresh From OUR Ovens - 8-9 Oz. - 10 Ct.
Brownie, Peanut Butter or
Nature's Promise Crispy Chocolate Chip Cookies
4.99

Fresh From OUR Ovens
12 Oz. - 10 Per Pkg.
Petite Cinnamon Buns
4.99

20-24 Oz. - All Varieties
Featuring Hannaford Exclusive
When Pigs Fly English Muffin Bread
5.99
SAVE 80¢ EA.

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

packaged meats

12 Oz. Pkg. - Select Varieties
North Country Smokehouse Smoked Sausage
5.99
SAVE $1 EA.

17-20 Oz. Pkg.
Select Varieties
Reser's Main St. Bistro Sides
4.49
SAVE $1 EA.

21 Oz. Pkg.
Steak-umm Sliced Steaks
7.99
SAVE $2 EA.

25 Oz. - Select Varieties
Hannaford Crispy Chicken Strips
7.86

dairy

WOW! for weeks

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

7-8 Oz. - Select Varieties
Land O Lakes Cheese Cubes or
Land O Lakes Cracker Cut Cheese
2.95

52 Oz.
Select Varieties
Planet Oat Oatmilk
3.59

16 Oz.
Select Varieties
Fage Greek Yogurt
4.19

16 Oz.
Select Varieties
Hood Sour Cream
1.99

16 Oz.
Select Varieties
Cabot Butter Quarters
3.99

15 Oz.
Select Varieties
Hannaford Ricotta Cheese
2.69

13 Oz.
Select Varieties
Reddi-Wip Whipped Topping
5.95

frozen

WOW! for weeks

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

9.25-13 Oz. - Select Varieties
Marie Callender's Bowl or
Healthy Choice Café Steamers Entrees
2.75

14-24.5 Oz. - Select Varieties
Gorton's Frozen Fish or Seafood
4.99

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

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

10-12 Oz.
Select Varieties
Hannaford Frozen Vegetables
99¢

Simek's

Protein-Packed Meals with Purpose.

Clean ingredients, homemade flavor and every purchase donates a meal.

17-22 Oz. Pkg.
Select Varieties
Simek's Frozen Meatballs
8.49

WOW! for weeks

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

2-2.4 Oz.
Select Varieties
Russell Stover Sugar Free Candies
2/$5

10.58 Oz.
Select Varieties
Kodiak Instant Oatmeal
4.99

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

4.6-6.6 Oz.
Select Varieties
Old El Paso Taco Shells
1.99

real savings every day

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

20.3 Oz.
Select Varieties
Kellogg's Pop-Tarts
4.39

2-Liter
Select Varieties
Mtn Dew, Schweppes or
Pepsi
2.99
Plus Deposit Where Applicable

4.5-5.1 Oz.
Select Varieties
General Mills Fruit Snacks
3.49

12 Oz.
Hannaford Tartar Sauce
1.55

5 Oz. - Select Varieties
StarKist Solid White Tuna
1.64

64 Oz.
Select Varieties
Hannaford 100% Juice
4.17
Plus Deposit Where Applicable

1.62 Oz. - Select Varieties
Hannaford Liquid Water Enhancer
2.49

8.5-8.8 Oz.
Select Varieties
Ben's Original Ready Rice
2/$5

8-20 Oz. - Select Varieties
Family Size
Nabisco Oreo Cookies
5.19

30 Oz.
Select Varieties
Hellmann's Mayonnaise
5.99

750 mL - Select Varieties
Bishop Ridge Cabernet Sauvignon or Mayfly Sauvignon Blanc
12.99
Plus Deposit Where Applicable

750 mL
Select Varieties
Ménage à Trois Wine
10.99
Plus Deposit Where Applicable

750 mL
Select Varieties
Apothic Wine
9.99
Plus Deposit Where Applicable

12 Oz. Cans
Select Varieties
8-Pack Dogfish Head Bar Cart Variety Pack
17.99
Plus Deposit Where Applicable

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

house & home

18-30 Ct. - 4-8 Gallon
Select Varieties
Hannaford Garbage Bags
3.49

117-132 Oz. Liquid
Select Varieties
Tide Laundry Detergent
19.99

18 Oz. - 50 Ct.
Select Varieties
Solo Cups
5.99

43 Oz.
Hannaford Regular Liquid Bleach
2.99

28 Oz. - Select Varieties
Ajax Liquid Dish Detergent
2.79

42 Ct.
Hannaford Flushable Refill Wipes
1.99

24 Oz.
Select Varieties
Milk-Bone Dog Treats
4.99

1.4 Oz.
Select Varieties
Fancy Feast Broths Cat Food
1.49

WOW! for weeks

50 Ct. - Select Varieties
Ziploc Snack or Sandwich Bags
3.19

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

Save Smart on Our Brands.

Smart snacks to go!

Hannaford Apple Sauce Pouches are the perfect snack to toss in the backpack! Quality you can taste, at prices you'll love.

12.7 Oz. - Select Varieties
4-Pack Hannaford Apple Sauce Squeezable Pouches
2.59

WOW! for weeks

17 Oz. Bottle
Select Varieties
Sparkling ICE Flavored Sparkling Water
99¢
Plus Deposit Where Applicable

225 Ct.
Clorox Wipes Citrus Value Pack
12.77

8 Oz.
Select Varieties
Kraft Grated Parmesan Cheese
4.43

18.4 Oz.
Select Varieties
Pillsbury Brownie Mix
2/$3

3.4-4 Oz.
Select Varieties
Sensodyne Toothpaste
6.97

real savings every day

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

14-15 Oz.
Select Varieties
8-Pack Pepperidge Farm Buns or Rolls
3.99

14.1-14.5 Oz.
Select Varieties
Amy's Organic Soups
3.99

5 Oz.
Select Varieties
Kooshy Croutons
4.49

16 Oz.
Select Varieties
Hannaford Salad Dressing
2/$4

4 Oz. - Select Varieties
Beech-Nut Organic Baby Food
1.69

10.5-11.5 Oz.
Select Varieties
Campbell's Condensed Soup
2/$4

14.4 Oz.
Hannaford Sauerkraut
1.29

1.1 Oz.
Select Varieties
Quest Protein Chips
3.19

10 Ct. - Select Varieties
New England Coffee K-Cup Pods
8.29

24 Oz. - Select Varieties
Nature's Promise Organic Pasta Sauce
2.39

8 Ct. - AA or AAA
Smart Living Batteries
3.89

7.25 Oz.
Kraft Macaroni & Cheese Dinner
4/$5

Spring cleaning starts here.

2-Roll - 88.3 Sq. Ft.
Hannaford Premium Paper Towels
5.19

40-43 Oz.
Select Varieties
Clorox Liquid Bleach
4.89

128 Oz.
Hannaford White Distilled Vinegar
3.99

32 Oz.
Hannaford Glass Cleaner with Ammonia
2.99

22-32 Oz.
Select Varieties
Lysol Cleaner
4.49

20-24 Ct. - Select Varieties
Swiffer Sweeper Wet Mopping Refill Cloths
10.49

3-4 Ct.
Select Varieties
Smart Living Sponges
2.49

24 Oz. - Select Varieties
Nature's Promise Toilet Bowl Cleaner
2.59

health & beauty

16 Oz. - Select Varieties
Cream, Lotion or Cleanser
CeraVe Skincare
15.99

18 Ct.
Select Varieties
Tampax Pearl Tampons
5.99

11 Oz. - Select Varieties
Gillette Foamy Shave Cream
3.49

20-24 Oz.
Select Varieties
CareOne Body Wash
3.59

200 Ct.
CareOne Acetaminophen 500 mg
4.09

WOW! for weeks

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

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

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

35 Ct. Sheets, 48 Oz. Oxi Clean Powder Tub or 75-110 Oz.
Select Varieties
Arm & Hammer Liquid Laundry Detergent
7.99

64 Oz.
Select Varieties
Almond Breeze Almondmilk
2.99

52 Oz.
Select Varieties
Florida's Natural Juice
2/$6

12.8-14 Oz.
Select Varieties
Siggi's or
4-Pack Stonyfield Organic Yogurt
4.89

13-22 Oz.
Select Varieties
Farm Rich Snacks
5.99

32 Oz.
Select Varieties
College Inn Broth
1.95

64 Oz. Bottle
Select Varieties
Snapple Tea or Juice Drink
1.97
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

6.5-8 Oz.
Select Varieties
Cape Cod Kettle Cooked Potato Chips
2.99

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
Gluten-Free Crunchy Cookies or
Simple Mills Gluten Free Crackers
4.89

Prices and items good only at these locations:
ALTON • BEDFORD: Jenkins Rd. and Kilton Rd. • BRISTOL • CLAREMONT • CONCORD • DERRY • DOVER: Central Ave. and Grapevine Dr. • DURHAM • EXETER • FRANKLIN • GILFORD • GOFFSTOWN • HAMPSTEAD • HAMPTON • HOOKSETT • HUDSON • KEENE • LONDONDERRY • MANCHESTER: Hanover St. and John E. Devine Dr. • MEREDITH • NASHUA • NEW LONDON • NORTH CONWAY • NORTHWOOD • OSSIPEE • PELHAM • PLYMOUTH • PORTSMOUTH • RAYMOND • RINDGE • ROCHESTER: Milton Rd. and North Main St. • WEST LEBANON

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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Sign up for Hannaford emails.

Hannaford

National Nutrition Month®

with Hannaford Dietitians

This year, National Nutrition Month is all about the power of nutrition to improve health, enhance wellness and meet our activity goals. Making healthier meals at home starts with smart shopping choices that help you save money, too – by choosing seasonal produce, shopping Our Brands and buying your favorite nutritious items in bulk.

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

3 Lb. Bag - U.S. #1
Hannaford Gala Apples
4.99
BEST

26 Oz.
Nature's Promise Creamy Peanut Butter
3.19
BEST

24 Oz.
Hannaford Whole Grain 100% Whole Wheat Bread
2.99
GOOD

Hannaford
All Natural - Pork Loin
Boneless Country Style Ribs
2.49 lb.
BEST

12 Oz.
Nature's Promise Atlantic Salmon Fillets
10.99
BEST

Hannaford
Family Pack Boneless Skinless Chicken Breast
2.49 lb.
BEST

24 Oz.
Hannaford Plain Bread Crumbs
1.88

32 Oz.
Hannaford Frozen Cut Green Beans
2.49
BEST

8.8 Oz.
Nature's Promise Organic Gluten Free Red Lentil Penne
2.19
BEST

25 Oz.
Hannaford Cheese Ravioli
4.29
GOOD

28 Oz.
Hannaford No Salt Added Tomato Sauce
1.49
BEST

Celebrate National Nutrition Month with inspiration from your Hannaford Dietitians. Visit **hannaford.com/dietitians.**

Meal plans made easy.

Make meal planning simpler with time-saving ingredients that you can mix and match to bring wholesome meals to your table faster and with less effort.

Fresh from the Meat Department
Whole Young Chicken
1.69 lb.

15.25 Oz.
Hannaford No Salt Added Black Beans
95¢

1.62 Oz.
McCormick Gourmet Organic Smoked Paprika
4.99

16 Oz.
Mission Whole Wheat Flour Tortillas
3.49

16 Oz.
Hannaford Long Grain Brown Rice
93¢

10 Oz. Pkg.
Hannaford Matchstick Carrots
2.29

8 Oz.
Cabot Two State Farmers' Shredded Cheddar Cheese
3.39

16 Oz.
Hannaford Thick & Chunky Medium Salsa
2.39

13 Oz.
Hannaford Restaurant Style Tortilla Chips
2.59

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

Naturally Good Fats and Cholesterol Free Ready to Eat
Hass Avocados
2/$2

12 Oz.
Nature's Promise Organic Shelled Edamame
2.49

Guiding Stars. The faster way to eat better.

GUIDING STARS®
NUTRITIOUS CHOICES MADE SIMPLE

Have nutrition goals?

Are you looking to improve your nutrition by boosting fiber intake, improving blood sugar or lowering cholesterol? Fill your cart with these nutrient-dense foods.

24 Oz.
Siggi's Icelandic Skyr Plain Yogurt
5.99
BETTER

16 Oz.
Blue Diamond Lightly Salted Almonds
7.69
BEST

15.1 Oz.
Hannaford Maple & Brown Sugar Instant Oatmeal
2.49
BEST

16.4 Oz.
Hannaford Bite Size Shredded Wheat Cereal
2.29
BEST

64 Oz.
Silk Organic No Sugar Added Unsweetened Soy Milk
4.99
BETTER

12 Oz.
Hannaford Fruit and Vegetable Smoothie Blend
3.39
BEST

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

16 Oz. Pkg.
No Antibiotics Ever
Nature's Promise 90% Lean Ground Beef
7.99
GOOD

16 Oz. Pkg.
No Antibiotics Ever
Nature's Promise 93% Lean Ground Turkey
5.99
BEST

3 Lb. Bag - U.S. #1
Nature's Promise Organic Red Potatoes
5.99
BETTER

High in Fiber & Vitamin C
Broccoli Crowns
2.29 lb.
BEST

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

One Star GOOD nutrition

Two Stars BETTER nutrition

Three Stars BEST nutrition

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

17.6 Oz. - Plant Based - Gluten Free
2-Pack Nature's Promise Cauliflower Flatbread Pizza Crust
7.89

16 Oz.
Taste Of Inspirations Sweet Basil Pizza Sauce
3.59

10 Oz. Pkg.
Frittata Blend
4.99

12 Ct.
Nature's Promise Free-Range Large Brown Eggs
4.19

10 Oz.
Cedar's Reserve Olive Tapenade Hommus
5.99

3.5 Oz.
Nature's Promise Gluten Free Sesame Brown Rice Crackers
2.89

12 Oz.
Oikos Ready To Drink Chocolate Protein Shake
3.99

48 Oz.
Stok Cold Brew Iced Coffee
5.99

Plus Deposit Where Applicable

6.7 Oz.
Chobani 20g Protein Vanilla Greek Yogurt
1.69

33.8 Oz. Bottle
Glaceau Smart Water
2.59

Plus Deposit Where Applicable

12 Oz.
Hannaford Oat & Honey Protein Granola
2.69

21.2 Oz.
Too Good Mixed Berry Greek Yogurt
4.59

FREE Nutrition Education
Scan the QR code to learn more about our online courses.

Looking for more inspo?

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

Registered Dietitian 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 **hannaford.com/dietitians**.

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I-5 MEPO 03/01/26

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Enjoy budget-friendly prices on all the essentials you need this season.

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Select Varieties
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3.99

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Hannaford Original Breakfast Sausage Patties
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16-24 Oz. Bag - U.S. #1
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8-12 Oz. Pkg.
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14 Oz.
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16 Oz. - 8 Ct.
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No Antibiotics Ever
Nature's Promise Ground Pork
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$1

20 Oz.
Hannaford Raisins
4.39

5 Lb.
Select Varieties
Hannaford Flour
2.49

12 Oz. Cans
Select Varieties
12-Pack Hannaford Seltzer
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Select Varieties
Nature's Promise Organic Coffee
8.99

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Select Varieties
Hannaford Cracker Packs
1.99

12.25 Oz.
Hannaford Honey Nut Tasteeos Cereal
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16 Oz.
Select Varieties
Hannaford Pasta
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Select Varieties
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