



free nutrition education & advice

from your Hannaford Dietitian

175 Coliseum Avenue, Nashua, NH 03063

603-889-3700 or alyssa.hickey@hannaford.com

Alyssa Hickey, MS RD LDN

In-Store Healthy Demos

Stop by my table for nutritious recipe ideas, coupons and nutrition tips. No need to register.

3-5 Ingredient Meals

Thursday, April 6 10:00 a.m. - 1:00 p.m.

Shop in Season for Spring

Thursday, April 13 10:00 a.m. - 1:00 p.m.

Power of Plants

Wednesday, April 19 10:00 a.m. - 1:00 p.m.

Good Habits for Gut Health

Tuesday, April 25 10:00 a.m. - 1:00 p.m.

Lose the Fat Fears

Wednesday, May 3 10:00 a.m. - 1:00 p.m.

Other Activities & Events

Ask me about scheduling a fun, free interactive virtual class or personalized store tour. Please email me or call the store for more information.

Good Food, Good Mood

Nashua North Health Ed Class

Tuesday, April 4 10:45 a.m. - 12:10 p.m.

GNMH Store Tour

Healthy Eating on a Budget

Wednesday, April 5 11:00 a.m. - 12:00 p.m.

Good Food, Good Mood

Alvirne High School

Wednesday, April 12 1:00 p.m. - 2:00 p.m.

Check out our fun, free & interactive online classes at Eventbrite!

Interested in receiving healthy recipes and nutrition handouts electronically? Email me to learn more.

Thank you to our sponsors for partnering with Hannaford to offer free dietitian services.

For more information on our demos & classes, visit hannaford.com/dietitians.

