



free nutrition education & advice

from your Hannaford Dietitian

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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.

Lose the Fat Fears

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

Celebrate Women's Health

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

Mindful Eating for Mental Health

Wednesday, May 17 10:00 a.m. - 1:00 p.m.

Shopping for Food allergies & Sensitivities

Wednesday, May 24 10:00 a.m. - 1:00 p.m.

On-the-go Snack Solutions

Wednesday, May 31 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.

Build A Better Snack Chapel Preschool

Tuesday, May 2 10:00 a.m. - 11:00 a.m.

Health & Benefits Fair Health Trust, Concord, NH

Thursday, May 4 9:00 a.m. - 12:00 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.

