



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.

On-the-go Snack Solutions

Wednesday, May 31 10:00 a.m. - 1:00 p.m.

Deciphering the Dairy Aisle

Wednesday, June 7 10:00 a.m. - 1:00 p.m.

Celebrate Men's Health

Wednesday, June 14 10:00 a.m. - 1:00 p.m.

Summer Hydration

Monday, June 19 10:30 a.m. - 1:30 p.m.

Red, White and BlueBERRIES

Wednesday, June 28 10:30 a.m. - 1:30 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.

Prescribe the Y Store Tour

Tuesday, May 30 5:00 p.m. - 7:00 p.m.

Health Fair

FerroTec - Bedford, NH

Thursday, June 8 11:00 a.m. - 1:00 p.m.

SNHMC Wt Management Store Tour

Thursday, June 29 6:00 p.m. - 7:00 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.

