



free demos & classes

with your Hannaford Dietitian

209 Route 7 South, So. Milton, VT 05468

802-893-1839 or bharton@hannaford.com

Brigitte Harton, RD, CD

In-Store Healthy Educational Demos

Stop by to receive nutritious samples, recipe ideas, coupons & fun food facts! No need to register - Stop by the floor table.

Free Healthy Classes and Store Tours

Register for a fun, interactive class or store tour today! Call the store or sign up at the customer service desk.

Carbohydrate Counting for Diabetes Management (with store tour)

Wednesday, May 7 7:00 p.m. - 8:30 p.m.

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

Nutrition classes sponsored by:

