

FAMILY MEALS MONTH

Mom's MEAL PLANNING GUIDE

Food Director Andrea Lynn loves to meal plan: “It’s so comforting not to have to think about what’s for dinner each night.” Ahead, she shares her tried-and-true tips and recipes.

Make meal planning work for you

“The best meal plan is the one that works for you and your family,” says Andrea. Whether it’s easier for you to batch cook meals ahead, have theme nights (like Meatless Monday and Taco Tuesday), or rotate through a list of keepers, do what fits your lifestyle. If you’re just starting a meal planning routine, keep it simple so you don’t get overwhelmed.



1

COLLECT INSPIRATION

Andrea collects new recipes to try from e-mail newsletters and social media posts. Start your week with a recipe that inspires you so you’re excited to get cooking. Follow us on Pinterest @savoryonline and on Instagram @savory.online for more easy, delicious dinner ideas.



FAMILY MEALS MONTH



In honor of Family Meals Month in September, we’ve rounded up our favorite weeknight recipes, plus more tips for meal planning and simple ways to share more meals together. Scan here to learn more.

2 MATCH THE MENU TO YOUR WEEK

When Andrea knows she’ll be working late or her daughter has an activity after school, she’ll plan a dish for that night that’s extra quick and easy or knock out some meal prep on Sunday. Consider your schedule as you make your plan to accommodate busier days.



3

GET AHEAD IN SMALL WAYS

Andrea doesn’t give up her entire weekend to prep for next week’s meals. Instead, she preps what she can depending on the time she has, like cooking a batch of brown rice or chopping a few veggies on a Sunday afternoon. Even a little advanced prep will make weeknight cooking easier.



4

KEEP TRACK OF KEEPERS

Andrea keeps a running list of recipes she can turn to when she needs a surefire hit (something that’s easy to make and loved by both kids and grown-ups). Try keeping a list of “thumbs up” recipes so you can add them to your regular meal rotation.



5 STOCK MEAL STARTERS FOR BACKUP

Some weekdays are unpredictable. Stocking a few meal starters (like curry and enchilada sauces and frozen shrimp and ravioli) gives Andrea a last-minute option when she can’t follow her set meal plan. Try keeping a few pantry and freezer items on hand for unpredictable days.



Turn the page for recipes Andrea’s family loves →

How to Waste Less at Home

SAVE MONEY WITH SIMPLE TIPS AND RECIPES TO HELP YOU REDUCE FOOD WASTE AS YOU SHOP, STORE AND COOK. ANOTHER BONUS: YOU'LL HELP PROTECT THE PLANET TOO.

Save as you shop

Having a plan for everything you buy will help ensure you get the most for your money.

Rethink Your Shopping List

Start your list with what you need to use up, then add what you'll need for meals that incorporate these ingredients.

Plan for Bulk Buys

Plan to use value packs and “buy one, get one” ingredients soon so the money you save isn't wasted. This includes pantry and freezer items.

Plan for Leftovers

Include “Use It Up” meals in your plan (perfect for busy days). Transform odds and ends into quick dishes like this **Leftover Pasta and Cheese Frittata**.

ZERO WASTE AT YOUR STORE

Hannaford is committed to eliminating food waste, something you can feel great about as you shop. In 2021, Hannaford became the first major Northeast retailer to divert all unsold food from landfills. This food is donated to local food pantries or eventually recycled as livestock feed or turned into green energy. Learn more at hannaford.com/about-us/sustainability.

Leftover Pasta and Cheese Frittata

ACTIVE: 10 MIN. TOTAL: 30 MIN.
SERVES 6

- 6 slices fully cooked bacon
- 6 large eggs
- 1/4 cup half & half
- 4 cups leftover cooked pasta, with or without sauce
- 1/2 cup shredded sharp Cheddar cheese, divided
- Cooking spray
- 2 cups fresh baby spinach (optional)

1. Preheat oven to 375°F. Microwave fully cooked bacon according to package directions. Let cool slightly, then crumble into small pieces.
 2. In a large bowl, whisk together eggs and half & half. Season with salt and pepper. Add pasta, 1/4 cup cheese and crumbled bacon. Fold to combine.
 3. Coat a 12" ovenproof nonstick skillet with cooking spray and heat over medium-high. Add spinach, if desired, sautéing briefly to wilt. Carefully add egg mixture to pan. Cover and reduce heat to medium. Cook until edges are lightly browned, 5 to 7 minutes.
 4. Uncover pan and top with remaining 1/4 cup cheese. Transfer to oven and bake until top is just set, 10 minutes.
- TIP** Use any leftover pasta, greens and shredded cheese you have on hand.

Per Serving: 265 Cal; 14g Fat (5g Sat Fat); 226mg Chol; 265mg Sodium; 21g Carb; 3g Fiber; 1g Sugar; 15g Protein



Save as you store

Store to maximize freshness and keep inventory moving so foods aren't left to spoil.

Revive Your Greens

Soak dried-out lettuces and tender herbs in a bowl of ice water for 15 to 20 minutes to help restore their crisp texture.

Extend Shelf Life from the Start

As you unpack, store foods in the best spot to maintain freshness and to limit moisture. See more on next page.

Keep Foods Visible

Place “need to use” items at eye level in your fridge. A contents list on the freezer door will help you keep those items in mind.

Practice First In, First Out

As you restock, place new items behind older ones so the oldest is always used first.

Vegetarian Summer Rolls

ACTIVE: **30 MIN.** TOTAL: **35 MIN.**
SERVES **6**

- 6 oz. vermicelli rice noodles
- 4 green onions
- 4 Tbsp. hoisin sauce
- 1 Tbsp. unsweetened peanut butter
- 2 tsp. apple cider or rice vinegar
- 3 Tbsp. finely chopped roasted unsalted peanuts (optional)
- 6 rice paper wrappers
- 3 romaine lettuce leaves, torn into 2"-long pieces
- 1 small red or yellow bell pepper, seeded and very thinly sliced
- Fresh cilantro sprigs, mint leaves and/or basil leaves

1. Cook rice noodles according to package directions. Drain well and rinse until cold. Trim green onions and cut into 2" lengths. Stack green onions and slice lengthwise to create very thin strips.
2. While noodles cook, in a medium bowl, combine hoisin sauce, peanut butter and vinegar. Whisk in 2 tablespoons warm water until smooth. Add peanuts, if using. Set aside.
3. Fill a wide shallow dish or pie plate with very warm water. Working with 1 rice paper wrapper at a time, place in water and soak until soft, about 15 seconds. Transfer to cutting board and spread out flat.
4. In center of 1 wrapper, arrange 2 lettuce pieces. Top with about 1/4 cup noodles. Arrange some bell pepper, green onions and herbs on top of noodles. Fold sides of wrapper over filling. Fold bottom of wrapper up over filling, tucking under to create tight roll. Roll up to seal. Place on plate under damp paper towels. Continue filling and rolling with remaining ingredients. Serve with dipping sauce.

TIP Add cooked shrimp, chicken or pork or swap out bell pepper for carrots in these versatile rolls. Replace romaine with baby spinach or other greens.

Per Serving: 191 Cal; 2g Fat (0g Sat Fat); 0mg Chol; 234mg Sodium; 43g Carb; 1g Fiber; 7g Sugar; 2g Protein



HOW TO STORE TO MAXIMIZE FRESHNESS

Bread

Bread will go stale faster in the fridge. Store in a closed plastic bag in your pantry or freezer.

Milk

Store on a shelf in your fridge rather than on the door, which doesn't stay as cold.

Fruits & Veggies

Pat produce dry. Store veggies in a crisper drawer set to high humidity and fruit in a drawer set to low humidity.

Leafy Greens

Add a slightly damp paper towel to the container or produce bag, then loosely seal. Use up any greens in these **Vegetarian Summer Rolls.**



Save as you cook

Instead of discarding, repurpose foods that are past their peak but are perfectly safe to eat.

Trust Your Senses

Look for off smells, colors and textures rather than rely on the sell-by date, which is more of a suggestion of when an item will be at its peak.

Repurpose Kitchen Scraps

Find new uses for odds and ends like veggie trimmings or that last splash of half & half. Turn to page XX for more inspiration.

Transform Past-Perfect Foods

Give foods like overripe fruit, wilted greens and stale bread a second life in recipes that are forgiving and flexible. See more on next page.

Mixed Fruit Crumble

ACTIVE: **25 MIN.** TOTAL: **1 HOUR 35 MIN.**
SERVES **6**

- 1 cup old-fashioned rolled oats
- 1/2 cup all-purpose flour
- 1/2 cup packed light brown sugar
- 1/2 cup chopped nuts, like walnuts or pecans (optional)
- 1/2 tsp. ground cinnamon, divided
- 1/8 tsp. salt
- 5 Tbsp. unsalted butter, cut up and softened
- Baking spray
- 3 cups mixed berries, like diced strawberries, blackberries and/or blueberries
- 2 cups apples and/or pears, peeled and diced
- 3 Tbsp. granulated sugar
- 2 Tbsp. cornstarch
- 1 Tbsp. lemon juice

1. In a medium bowl, combine oats, flour, brown sugar, nuts (if using), 1/2 teaspoon cinnamon and salt. Add butter and, with clean hands, work butter thoroughly into oat mixture, until pea-size crumbs form. Transfer to a sealed container and freeze a minimum of 20 minutes or up to 2 months.

2. Preheat oven to 375°F. Grease a 2-qt. baking dish with baking spray. Add fruit to a large bowl and toss with granulated sugar, cornstarch, lemon juice and remaining 1 teaspoon cinnamon.

3. Transfer fruit to prepared baking dish. Sprinkle crumble over fruit. Bake until topping is golden brown and fruit is bubbling, 35 to 45 minutes. Let stand 15 minutes before serving.

TIP Try serving this warm with a scoop of vanilla or butter pecan ice cream.

Per Serving: 325 Cal; 11g Fat (6g Sat Fat); 25mg Chol; 132mg Sodium; 61g Carb; 6g Fiber; 34g Sugar; 4g Protein



HOW TO USE PAST-PERFECT FOODS

Bruised or Overripe Fruit:

Blend into smoothies, cook down in a compote or bake in this **Mixed Fruit Crumble**.

Wilted Greens and Herbs:

Blend in a pesto, stir into a soup or sauce or add to a quiche or casserole.

Stale Bread:

Cube and toast for salads or stuffing, process for bread crumbs or blend into puréed soups to thicken.

Cooked Rice:

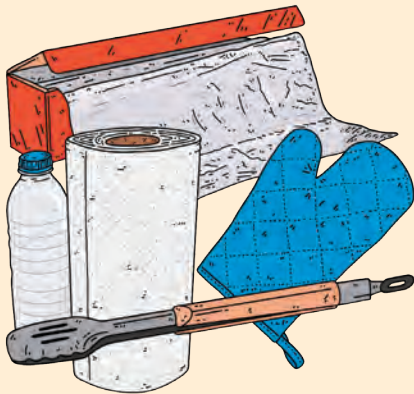
Stir-fry for fried rice, stir into a soup or curry or add to a savory batter and sear for cakes.



Campfire Cooking

Cook amazing meals over an open fire with tips to make your setup safe, simple and fun.

YOUR CAMPFIRE TOOL KIT



HEAVY-DUTY FOIL

Use as a makeshift lid or tray, or to make packets for cooking over the fire.

GRILLING TONGS

The longer handle will make moving foods easier and safer.

HEATPROOF GLOVES

Helpful for moving a hot skillet or your cooking grate.

WATER

For safety, keep water on hand (in a bottle, bowl or bucket) to quickly put out your fire.

PAPER TOWELS

Use to wipe pans and utensils clean, especially if you won't scrub them right away.

Upgrade Your S'mores

Try these sweet and savory combos for a fun twist on the campfire classic.

Blackberry & Brie

Lightly toast a wedge of Brie cheese. Make a s'more with Hannaford Golden Crackers, blackberry preserves, a small piece of prosciutto and the cheese.

Halloumi & Honey

Lightly toast a slice of halloumi cheese. Make a s'more with Taste of Inspirations® Rosemary Crisps, the cheese, a drizzle of honey and a sprinkle of chopped pistachios.

Pecan Sandie & Caramel

Lightly toast a marshmallow. Make a s'more with Hannaford Pecan Pleasers Shortbread Cookies, jarred caramel sauce, the marshmallow and a sprinkle of flaky sea salt.

Chocolate Hazelnut & Strawberry

Lightly toast a marshmallow. Make a s'more with Hannaford Chocolate Graham Cracker squares, Hannaford Chocolate Hazelnut Spread, the marshmallow and sliced strawberries.



EASY CAMPFIRE MEALS



BURRITO BAR

Grill steak or chicken thighs, peppers and onions and tortillas on your cooking grate. Assemble with store-bought guacamole, pico de gallo, sour cream and shredded cheese.

PIZZA GNOCCHI

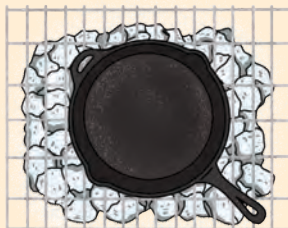
Toast shelf-stable gnocchi in a cast-iron skillet. Add marinara and a little water and simmer. Top with shredded mozzarella and pepperoni and cook until the cheese melts.

RANCH CHICKEN & VEGGIE PACKETS

Toss cubed chicken breasts, veggies and canned whole potatoes, drained, with ranch seasoning. Add to foil packets and cook until chicken is done.

SPINACH & ARTICHOKE SPUDS

Cook foil-wrapped russet potatoes in hot coals until tender. Stuff with shredded rotisserie chicken, spinach and artichoke dip and shredded mozzarella.



Prep Your Campfire for Cooking

Start with Coals

Build a small campfire, then give it 20-40 minutes to burn down to hot coals. You'll do most of your cooking over hot coals rather than open fire.

Create Two Zones

Keep part of your fire lit while the rest burns down to coals. The lit side can feed the coals and be used for direct heat cooking.

Grease Your Grate

If you're grilling directly on the metal grate, brush it with oil before placing over the campfire. Make sure the grate is hot before you start cooking.

Tend Your Coals

Move hot coals as needed to maintain an even layer of heat. Add small pieces of wood, rather than larger logs, to maintain heat and minimize flare-ups.

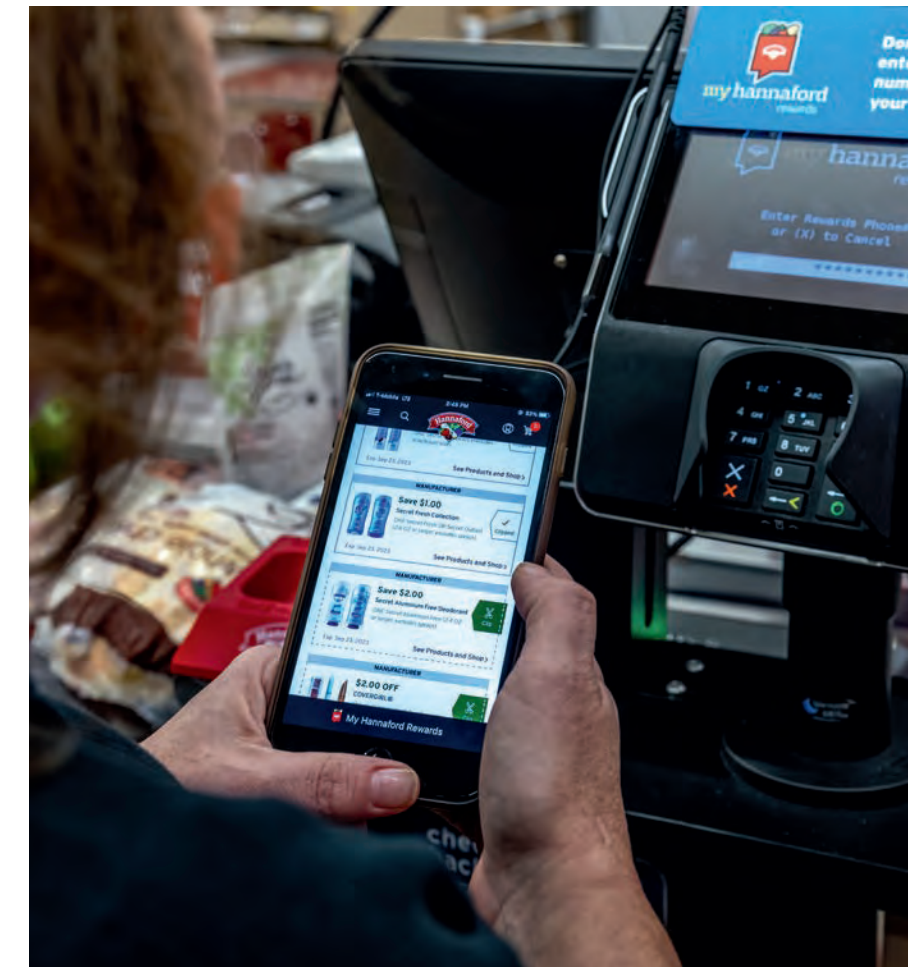
HOW MUCH FIREWOOD DO I NEED?

For cooking, you'll want to build a smaller fire to concentrate heat and create more coals. You'll need about 2-3 bundles of firewood to create the coals, cook your meal and toast marshmallows for s'mores. Use tinder and kindling to start the fire, then add larger split logs so they catch rather than smother the flames.



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Your Dietitians Will Get You Cooking

Your Hannaford dietitians will help you build confidence in the kitchen as you build better habits.

Fitting Your Lifestyle

Whether you're cooking for two, shopping on a budget, or have different food preferences at home, your Hannaford dietitian will help you find strategies that work for your needs.

Trying New Foods

Hannaford dietitians offer tastings and personalized store tours to help you discover new items. They can also answer your nutrition questions and provide recipe inspiration.

Teaching New Skills

Hannaford dietitians teach free online classes on a range of topics, including meal planning, 30-minute meals and heart-healthy eating.

Visit hannaford.com/health-wellness/dietitians to find a dietitian near you. You can also send your nutrition-related questions to Hannaford's online dietitian, Allison Stowell, MS, RD, LDN.

You Can Find Savings Everywhere You Look

Every section of your store offers deals to help your dollars go further. Your Hannaford app adds savings too.

Seek Out Store Brands

Hannaford brand, Nature's Promise® and Taste of Inspirations® items are a great value compared to big-name brands, especially for organic and specialty foods.

Check the Unit Price

Larger packages (like a family pack of ground beef or large package of rolled oats) are often a better value than smaller packages. Look for the unit price to tell you the cost per pound or ounce.

Customize Your Coupons

Your app will suggest coupons based on what you buy most so you can save on the basics every time you shop.

Present your phone at checkout to apply your personalized coupons and other store savings.

