



## PBH 2017 Supermarket Dietitian of the Year

### Hillary Pride, RD, LD

*Registered Dietitian, Hannaford Supermarkets*



*“Promoting fruit and veggie consumption is one of my favorite parts of my job as a retail dietitian because it is a nutrient rich, easy to prepare, delicious, and not to mention colorful, part of the grocery store accessible to any budget.”*

Hillary Pride RD, LD is a registered dietitian based in southern Maine. For nearly 6 years Hillary has worked for Hannaford Supermarkets as an in-store dietitian providing recipe and shopping inspiration, nutrition education, and working to foster positive relationships with healthy eating in everyone she reaches. Hillary’s food philosophy is to encourage clients to define their own healthy. While she thinks that almost all foods can fit, she is determined to help individuals cultivate their own realistic, doable lifestyle habits keeping in mind everyone’s unique preferences. Now covering 4 Hannaford locations, Hillary likes to welcome shoppers to her in – store events with an energetic, approachable attitude towards healthy choices.

Hillary Pride lives in Portland, Maine where in her free time she enjoys hiking, surfing, paddle boarding, competitive sailing, making and sharing food, crafting and adventuring throughout New England.