



in-store
nutritionists

The map shows the following store locations with their corresponding food icons:

- TIMONIUM** (Apple icon)
- ELLICOTT CITY** (Pineapple icon)
- ROCKVILLE** (Broccoli icon)
- LANHAM** (Red pepper icon)
- WASHINGTON D.C.** (Orange icon)
- FAIRFAX** (Banana icon)
- ALEXANDRIA** (Eggplant icon)
- FREDERICKSBURG** (Strawberry icon)

Other locations marked with callouts but no icons: McLEAN (Pear icon), SEVERNA PARK (Carrot icon).

Geographical features include the POTOMAC RIVER and CHESAPEAKE BAY. Major highways shown include I-70, I-270, I-495, I-66, I-95, I-83, I-97, I-695, I-295, I-151, and I-50.

THE ROAD TO
BETTER
NUTRITION
STARTS HERE

Our team of nutritionists can help you make the best choices for your family's health.

SERVICES INCLUDE:

- Individual & family consultations
- FREE store tours
- FREE community events
- FREE diabetes and heart health classes
- FREE business lunch and learn presentations

INDIVIDUAL CONSULTATION BY APPOINTMENT:
\$25 FOR A ONE-HOUR SESSION
Fee is refunded in the form of a Giant gift card at completion of the appointment.

FOR MORE INFORMATION, VISIT GIANTFOOD.COM/NUTRITION OR EMAIL NUTRITION@GIANTFOOD.COM



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MANDY KATZ
MS, RD, CLC, LDN

410-308-9791
mandy.katz@giantfood.com
2145 York Road
Timonium, MD



MARISSA DONOVAN
MS, RD, LDN

703-893-0377
marissa.donovan@giantfood.com
1454 Chain Bridge Road
McLean, VA



MELANIE BERDYCK
RDN, CSOWM, LDN, CPT

410-696-1309
melanie.berdyck@giantfood.com
9200 Baltimore National Pike
Ellicott City, MD



ROXANA EHSANI
MS, RD, CSSD, LDN

202-238-0184
roxana.ehsani@giantfood.com
1400 7th Street
NW Washington, DC



THU HUYNH
RD, LDN

301-284-7941
thu.huynh@giantfood.com
9719 Traville Gateway Drive
Rockville, MD



NATALIE KANNAN
RD

571-375-3819
natalie.kannan@giantfood.com
13043 Lee Jackson Memorial HWY
Fairfax, VA



EMILY CRAFT
RDN, CSP, LDN

410-975-7186
emily.craft@giantfood.com
573 Governor Highway
Severna Park, MD



MIN KRISHNAMURTHY
MS, RD, LDN

571-777-2459
min.krishnamurthy@giantfood.com
621 East Glebe Road
Alexandria, VA



LESLIE JEFFERSON
MS, CNS, LDN

301-306-1196
leslie.jefferson@giantfood.com
7546 Annapolis Road
Lanham, MD



LINDSAY PUGLIESE
MS, RD, LDN

540-785-1030
lindsay.pugliese@giantfood.com
5701 Plank Road
Fredericksburg, VA