

HyVee[®]

FOOD | LIFE | HEALTH

seasons[®]

—
TAKE ADVICE
FROM THIS
OPTIMISTIC
AMERICAN
SWEETHEART
AND LEARN
HOW SHE
SEES THE
BRIGHTER
SIDE.

the
fantastically
delightful

DREW
BARRYMORE

april



EXCLUSIVE APRIL OFFERS

for **Hy-Vee® Plus™** Premium Members

**OVER \$100 WORTH OF SAVINGS
WITH THESE OFFERS!**



WITH ANY AISLES ONLINE PURCHASE OF \$120*

Minimum \$120 purchase required. Some exclusions apply. See store for details.



**BUY ONE PACKAGE,
GET ONE PACKAGE
FREE**
Hy-Vee True Chicken*
select varieties
Buy one, get one of equal or lesser value.



FREE
**Hy-Vee Krystal
Klear Ice 8 lb.***
when you purchase 24- or
30-pack beer, select varieties
Delivery not available. Not available
in all states.



FREE
**Baking Stone
Baguette bread***
10 oz.



\$5
Bakery Fresh Pie*
12" lattice top apple pie 82 oz.,
Dutch apple pie 80 oz., 10" gourmet
fruit, crème or strawberry pie
select varieties 31 to 46 oz.



**when you
purchase
\$20 or more
of seafood***



\$10.99
**8-piece crisp'n
tender or spicy
chicken bucket with
two sides***
select varieties
(\$6 off \$16.99 every day)
In-store only.



FREE
**Crav'n Cookies
or Crackers***
select varieties
6.6 to 16 oz.



FREE
**Di Lusso
Signature Salad***
select varieties
11.5 to 16 oz.



FREE
**Hy-Vee One
Step cereal***
(select varieties 11 to 20.5 oz.)
when you purchase a gallon
of Hy-Vee white milk,
select varieties

FREE

Gustare Vita pasta sauce
(select varieties 12.5 or 17.6 fl. oz.)
& Gustare Vita pasta*
(select varieties 12 or 16 oz.)
when you purchase Gustare Vita
extra virgin olive oil 17 fl. oz.



\$10 OFF
meat bundle #4*
• 6 (4 oz. each) Boneless
Pork Loin Top Loin Chops
• 6 (3.75 oz. each)
Pork Bratwursts
• 2 (1 lb. pkgs.) 85% Lean, 15%
Fat Certified Ground Chuck
• 2 (1 lb. pkgs.) Boneless
Skinless Chicken Breasts
Delivery not available. A 24-hour
notice for preparation is necessary.



Don't have a membership? Sign up today. hy-vee.com/plus

See reverse side for MORE exclusive offers.

*Offer available only to Hy-Vee Plus members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Just swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires April 30, 2021. Void where prohibited.

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Just wingin' it for dinner?

Make everyone happy.
Without making a thing.



HyVee.
mealtime
TO GO



Order at hy-vee.com/mealtime

Takeout | Curbside Pickup | Delivery*

*Where available

APRIL 2021 food



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life



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DONNA TWEETEN
EXECUTIVE VICE PRESIDENT,
CHIEF OF STAFF,
CHIEF MARKETING OFFICER

April, the first full month of spring, is a time of rejuvenation as the daffodils and crocuses start to bloom. We look for ways to invite that sense of renewal into our lives. We can start by bringing the outdoors in. Find ideas for the best plant for every room of your home, *page 96*. Or learn how to design an idyllic outdoor retreat, *page 82*.

Lighten your mood with FLOWER Beauty, a line of beauty products from Drew Barrymore, who shares what's most important to her, *page 68*. Spring flowers are often a result of frequent rain showers, but a side benefit is lovely rainbows. Discover fun ways to eat all the colors of the rainbow, *page 56*.

Go out and enjoy the beauty of spring!

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@ **Hy-Vee.com**



EST. 1919
Di Lusso
DELI CO.

SERVING
SUGGESTION

CRAFTED WITH INTEGRITY

SINCE 1919

WE BELIEVE FOOD TASTES BETTER WHEN IT'S MADE CLOSER TO HOME.

Our local heritage is what keeps our products deliciously simple. No artificial colors, fillers or added MSG. Just the Midwest-made goodness that comes through in every delicious bite.

FIND IT IN YOUR DELI.

aisles

WHAT'S NEW AND NOTEWORTHY IN YOUR WORLD AND AT HY-VEE

now trending

FLORAL DESIGNS

Desserts that taste as good as they look—ideal for any spring fling!



BAKERY FRESH CUPCAKES

Unique floral cupcakes are a delicious kickoff to the season.



12" DECORATED COOKIE

Colorful spring flowers top this cheery crowd-size cookie.



BAKERY FRESH COOKIES

Soft, chewy sugar cookies with delectable floral frosting.



BAKERY FRESH CUPCAKE CAKE

Pull apart tasty, frosted petals one at a time.



BAKERY IN BLOOM

Beautiful baked goods are blooming at your local Hy-Vee just in time for all the events that come with the spring season! Visit the Hy-Vee Bakery to browse a sweet selection of cakes, cupcakes, cookies and

more to complement celebrations for Easter, showers, grad parties or any impromptu get-together! If you have something specific in mind, contact the Hy-Vee Bakery to talk about customized orders.

NEW AT HY-VEE!

STOP IN AT HY-VEE TO CHECK OUT THESE NEW, NOTEWORTHY OR SEASONALLY POPULAR PRODUCTS.

HEALTHMARKET

Performance Inspired
Go-Time Energy Water



Fuel your workout or speed your recovery with pure isolate protein and Coffeeberry caffeine. Available in Fruit Punch Pow and Wild Blueberry Lemonade.

PANTRY

Anya's Apothekerē



This fermented honey sauce, in organic garlic, organic jalapeño and organic onion, will become your go-to secret weapon in the kitchen.

DELI

Terrapin Ridge Preserves



Add unexpected flavor by mixing these preserves, jellies and jams into cream cheese for bagels or as a topper on crackers for a quick appetizer.

BEAUTY

FLOWER Beauty



Accentuate your inner bloom with this cosmetics line from Drew Barrymore. Find out how this Hollywood actress turned beauty mogul, *page 68*.

brand highlight

CULINARY TOURS ANTIPASTO

Showcase a wow-factor selection of savory delights with New Culinary Tours Charcuterie Meats.



donut of the month

STRAWBERRY LEMONADE OLD-FASHIONED DONUT

Grab a sweet, crispy old-fashioned donut with strawberry-lemonade flavor.



now trending

GARDENING GEAR

BUDDING GREEN THUMBS WILL BENEFIT FROM THESE USEFUL LAWN AND GARDEN ITEMS FOUND AT HY-VEE.



REVOLVERS/ WANDS

Keeping your garden hydrated is a breeze with this best-selling watering wand.



STEEL TROWEL

Dig in to your spring garden with a reliable steel trowel to help with all your planting.



DRAMM SPRAY NOZZLE

Water plants up close or at a distance using adjusted streams.



STONE SCULPTURES

Add cute animals and other garden stones to complete your landscape design.



SOLAR AMERICAN MOSAIC GLOBES

Illuminate your garden at night with a decorative solar-power yard light.

LICENSED GROW KIT

Get the little ones involved in gardening with fun and easy plant or flower grow kits.



SHEPHERD HOOKS

Display hanging planters at various heights throughout your yard.



MAX PERFORMANCE GLOVES

Keep your hands clean when you garden with these gloves.

WATERING CAN

Gently water plants using the removable sprinkle nozzle on this watering can.

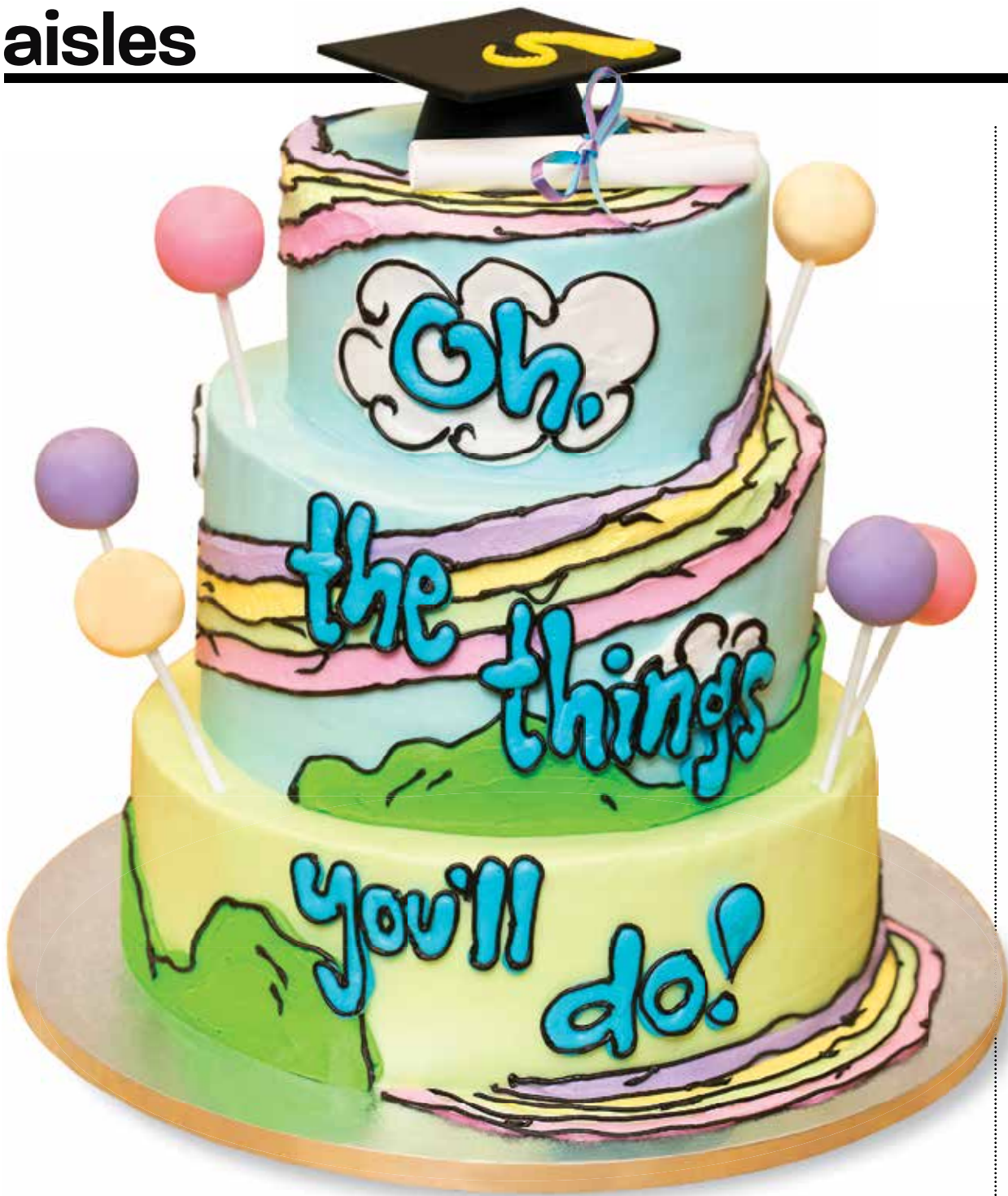
GARDENING GLOVES

Style and practicality come together with these patterned garden gloves.



VERANDA STAND

Put all your favorite hanging planters on display with this stand.



takes
the
cake

YOUNG AT HEART

Cake Designer: Heather Krumm
Grinnell, Iowa

This cheerful cake will transport you and your favorite graduate back to happy childhood moments while deliciously celebrating life's next adventure. It's a charming treat the graduate won't soon forget. Contact your Hy-Vee Bakery for more spectacular cakes like this.



Scan the
QR Code
to see more
cake ideas.



Three cake rounds are layered and crumb coated, then chilled in the refrigerator.



The three pastel tiers are then assembled to create the building blocks for this playful cake.



Pink, green, yellow and purple icing is piped around the cake in lines from top to bottom.



Whimsical clouds, grass and inspirational wording are added before cake pops are inserted.

Bright Future Cake
Watch our Hy-Vee cake designer build this masterpiece start to finish.

cake this
presented by
DECOPAC

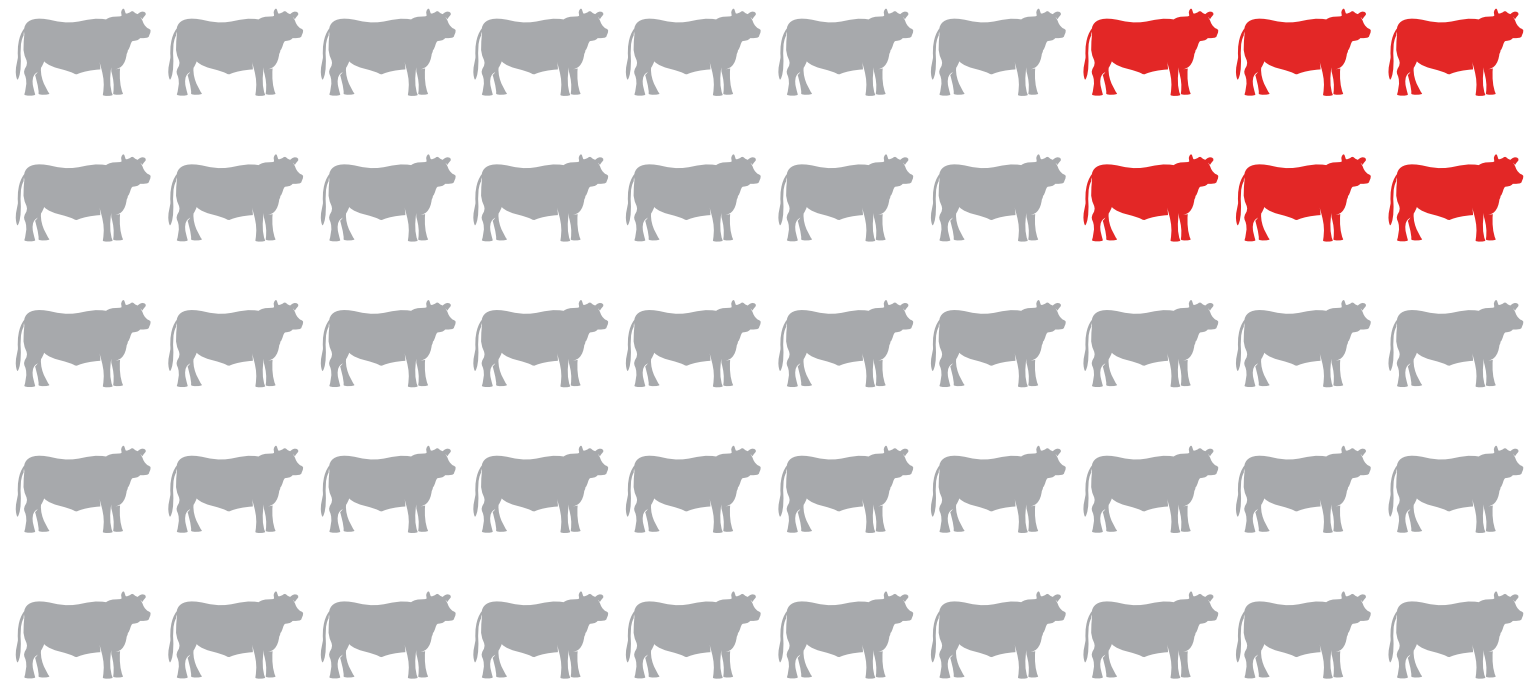
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Watch and learn
at **HSTV.com** today!

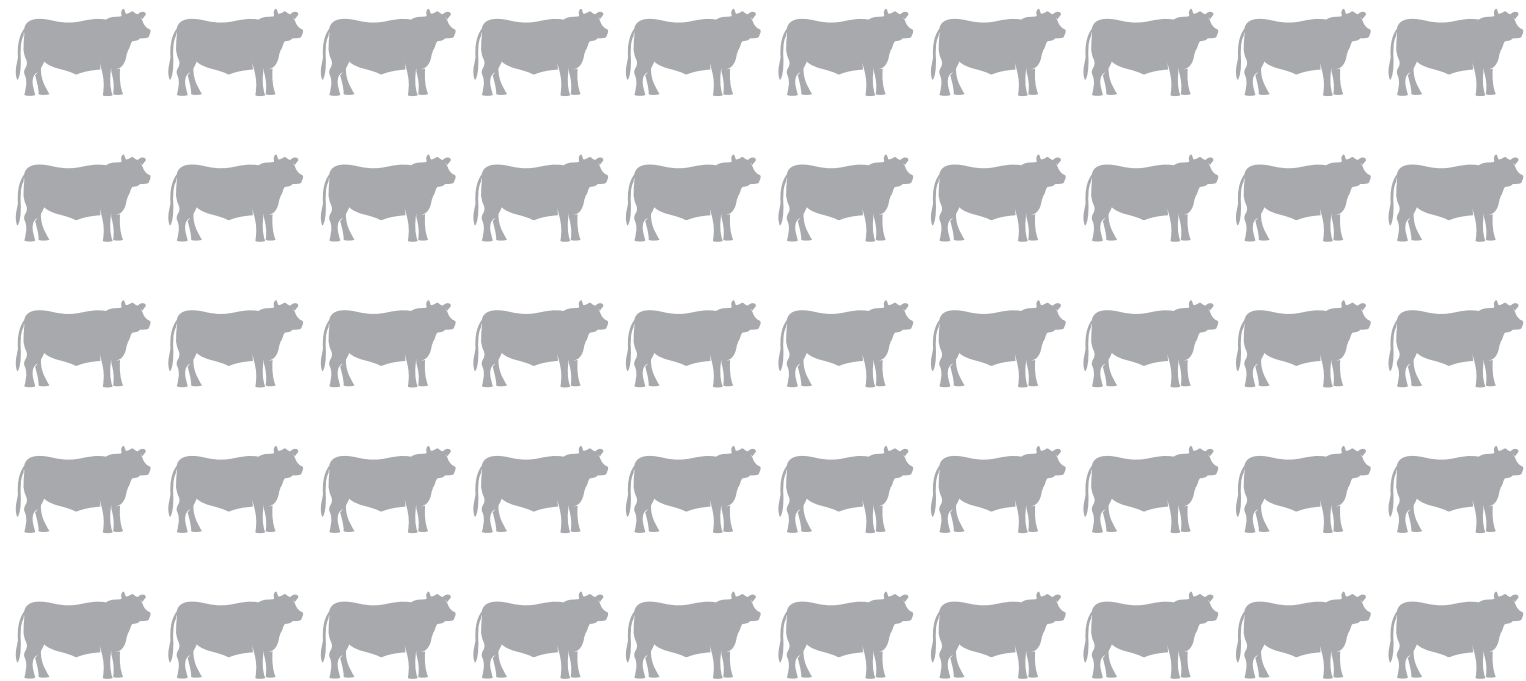


Make the *it* cupcake of spring

The **Fisher® Walnut Carrot Cupcake** has arrived. It's a classic carrot cake, reinvented. Perfectly balanced with savory toasted Fisher Walnuts, the delicious cream cheese frosting is blended with beets, giving it its irresistible pink hue. **Get the recipe at fishernuts.com**



**Only 6 out of 100 cattle are good enough for us.
And for you.**



MeatTheFacts.Hy-Vee.com **HyVee®**



**Grill-ready
meats, organic
produce, simple
seasonal salads
and much more—
all from Hy-Vee!**

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GRAB IT & GRILL IT!

QUICK MEALS WITH BIG FLAVOR! THE BEST PART? NO KITCHEN TIME. YOUR HY-VEE MEAT DEPARTMENT OFFERS A FULL LINE OF GOURMET ENTRÉES AND SIDES—ALL PREPPED AND READY TO GO. SO FIRE UP THE GRILL AND ENJOY!

101 BASICS

First Steps Choose the meat and/or side and preheat the grill to get it to the right temperature. While doing this, set the food out at room temperature so food will cook more evenly and your meat will end up juicier.

Time to Grill Place the food on the grill, leaving open areas around the food. This will give you plenty of space to move pieces around. Keep the lid down as much as possible to maintain even temperatures and control flare-ups.

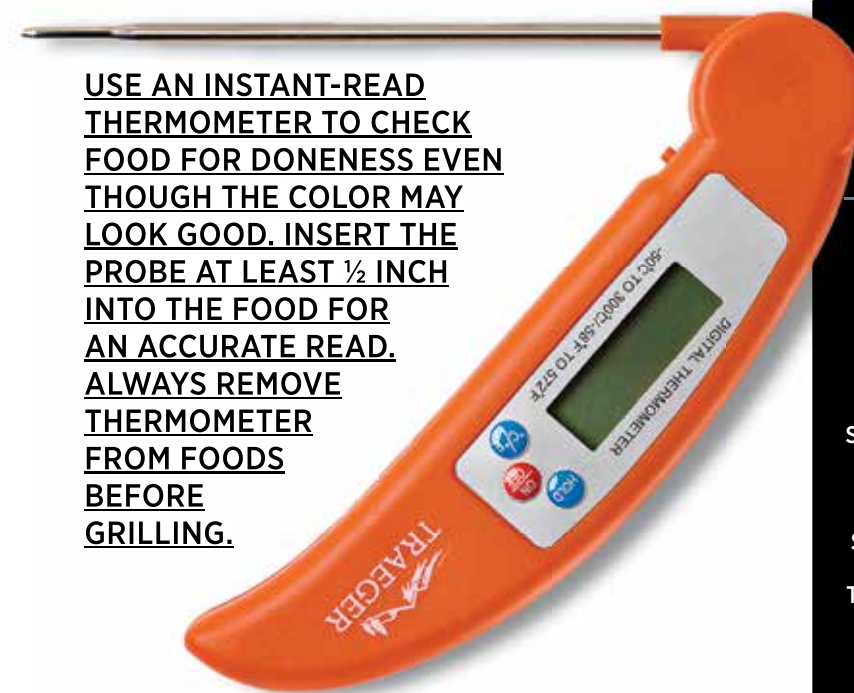
Set Up the Grill

• Use **direct heat** to cook thin and tender foods directly over the heat source in 20 minutes or less: burgers, brats, steaks, chops, boneless chicken pieces and asparagus.

• Use **indirect heat** to cook thicker, tougher foods—whole chicken, pork ribs and baked potatoes—away from the direct heat source, especially if cooking goes longer than 20 minutes.

• Use **two zones**, one for direct and one for indirect cooking. It allows you to sear a thick steak or chop over direct heat to get a nice char, then finish over indirect heat for a tender, juicy interior.

USE AN INSTANT-READ THERMOMETER TO CHECK FOOD FOR DONENESS EVEN THOUGH THE COLOR MAY LOOK GOOD. INSERT THE PROBE AT LEAST ½ INCH INTO THE FOOD FOR AN ACCURATE READ. ALWAYS REMOVE THERMOMETER FROM FOODS BEFORE GRILLING.



TEMP GUIDE

Follow these safe minimum grilling temperatures for common meat cuts.

125°F-160°F

• BEEF

Steaks & Kabobs
Rare: 125°F
Medium-Rare: 130°F
Medium: 140°F
Medium-Well: 150°F
Well-Done: 160°F

145°F-160°F

• PORK

Chops & Kabobs: 145°F
Brats: 160°F

165°F

• CHICKEN

Chicken Breasts & Kabobs: 165°F
Chicken Grillers: 165°F

145°F-165°F

• GROUND MEAT

• Salmon Burgers: 145°F
• Gourmet Beef & Pork Burgers: 160°F
• Chicken Grillers Patties & Ground Turkey Burgers: 165°F

COMPANION LED GRILL LIGHT OR DIGITAL THERMOMETER THIS HANDY TOOL, FOUND IN THE GRILLING SECTION AT HY-VEE, READS INTERNAL TEMPERATURES ACCURATELY IN SECONDS AND HAS A BUILT-IN LIGHT TO HELP YOU SEE IN THE DARK.



HY-VEE GRILL MASTER

CHEF MARK WEBSTER

“Always **start with a clean grill**, which means brushing the grates with a stiff-bristle brush after you’re done cooking. A hot, clean grate will brown food better, with less chance of sticking.

Blanch your brats before grilling to remove some of the fat. They’ll also grill in half the time. Start them at a lower grill temp, and go up as they cook and they’ll stay moist without burning.

Foil pans are nice to have, especially if you’re grilling veggies like green beans that get done before the steak. Just toss them in a pan and set it on the warming rack until the steak is done.

Always **brush sauce on meat near the end of grilling**. This way, it will get enough heat to caramelize, which adds rich flavor, but not so much that it burns.”

steaks

FOR STEAK SUCCESS: WHEN COOKING HY-VEE STEAKS, LIGHTLY OIL AND SEASON, THEN SEAR OVER DIRECT HIGH HEAT A COUPLE MINUTES PER SIDE. FINISH OVER INDIRECT HEAT UNTIL DESIRED DONENESS.

HUNGRY FOR STEAK?

Here are popular choices for grilling. Pick a steak at least 1¼ inches thick.



COWBOY RIBEYE
Generously marbled, this bone-in cut is from the center of the prime rib. It's the juiciest, most flavorful of all steaks.



NEW YORK STRIP
This meaty, marbled cut goes by other names, such as Kansas City steak or strip steak.



TENDERLOIN (FILET MIGNON)
This most tender steak is lean yet succulent with a fine buttery texture.



T-BONE
This well-marbled cut is two lean, tender steaks in one—the strip and tenderloin—connected by a T-shape bone.



Flavor Infusion

Steak likes butter almost as much as apple pie likes ice cream. When you purchase your steak, pick up garlic butter with Parmesan & basil from your Hy-Vee Meat Department. Melt a dollop of the butter on each hot steak while it's resting.

MAKE THE GRADE

Hy-Vee PRIME RESERVE

Upscale quality with abundant marbling. Found in fine restaurants; only top quality beef earns the Prime Reserve label.

Hy-Vee CHOICE RESERVE

Tender and flavorful but with less marbling. Very little USDA Choice Reserve beef meets Hy-Vee's requirements.

Hy-Vee ANGUS RESERVE

Leaner, with less marbling overall. Our Angus Reserve beef offers everyday value fit for any meal or occasion.

BURGERS & BRATS

HY-VEE BURGERS

Experience a few of Hy-Vee's succulent burgers made with top-quality ingredients. No prep—just grill.

• BACON CHEDDAR

Beef, bacon and Cheddar cheese

• BURGER MIGNON

Beef, blue cheese and onion

• JALAPEÑO POPPER

Beef, jalapeño peppers and pepper Jack cheese

• MUSHROOM SWISS BURGER

Beef, mushrooms, Swiss cheese and onion

• FRESH GROUND CHUCK

85 percent lean beef patties

• WAHLBURGERS

Blend of brisket, short rib and chuck

• GOURMET BRISKET

Beef brisket patties

• GOURMET NEW YORK STRIP

New York strip beef patties

• GOURMET PRIME RIB

Ground prime rib steakburgers

• COOKIES BBQ SEASONED

Pork burger and barbecue sauce

HY-VEE BRATWURST

Try **NEW** limited edition Kona Brewing Co.'s Big Wave

Pineapple

Beer brats,

NEW chicken

brats, or

enjoy a

few other

delicious

spins on the

classic backyard

pleaser.

• BACON CHEDDAR

• **APPLE & BROWN SUGAR MAPLE**

• **FRESH PINEAPPLE**

• **JALAPEÑO CHEDDAR**

• **GREEN ONION**

• **MILD ITALIAN**

• **BEER**

HOW TO GRILL

Grill over direct medium-low heat, slowly increasing temperature to between 300°F and 350°F for 20 minutes or until brats reach an internal temperature of 160°F.

MASTER GRILLER SECRETS

3 GRILL-PERFECT STEPS

FROM CHEF MARK WEBSTER

"Here's how to get grill flavor in a Chicken Griller:

Loosely wrap the Chicken Griller in heavy foil coated with nonstick cooking spray.

A loose wrap allows cooking juices to moisten the chicken while the filling stays intact, and the bacon will end up nice and golden.

Put your instant-read thermometer right through the foil.

When wrapped, grilling takes just 10 to 12 minutes.

Unwrap the chicken near the end of cooking to add grill marks.

*Bonus: Choose simple sides—rice, pasta or veggies—that complement the complex flavors of the Chicken Griller."

SANTE FE

Black bean salsa, cream cheese, pepper Jack cheese and Southwest spices

PIZZA

Pepperoni, Canadian bacon and mozzarella cheese

HAWAIIAN

Pineapple, brown sugar ham and bacon

COWGIRL

Monterey Jack, mushrooms, green peppers and bacon

HAM & CHEESE

Smoked ham; Swiss and Cheddar cheeses

COWBOY

Hot pepper cheese, bacon and jalapeño peppers

THREE CHEESE

Bacon; Cheddar, Swiss and American cheeses

EXCLUSIVE TO HY-VEE!

Bacon-wrapped chicken breasts with grill-tastic flavors! Try the Chicken Grillers shown, and more

- Buffalo-Style Bacon Blue Cheese
- Bacon Cheddar
- Spinach and Ricotta
- Apple-Smoked Gouda
- Jalapeño Popper

chicken grillers

READY TO GRILL!

Hy-Vee Chicken Grillers are wrapped in bacon and include peppers, cheese, mushrooms and more. Choose from 12 flavors. Grill over direct medium heat until the internal temperature reaches 165°F.

ALSO, CHECK OUT HY-VEE CHICKEN GRILLERS PATTIES IN A VARIETY OF FLAVORS.



HOW THE GRILLERS CAME ABOUT

Back in 1991, Hy-Vee meat managers Rick Harris and Steve Schroeder, *left*, received a customer request, asking them to re-create a favorite she enjoyed when she was a little girl—hot dogs wrapped in ground beef. It turned out to be a winning combination. Soon after, more ideas popped up, like wrapping hamburger or bacon around Italian sausage and cheese, a creation known as Griller's Delight. This success led to the duo's wildly popular creation: the Chicken Grillers. Inspired by a chicken kabob he saw, Steve topped a chicken breast with jalapeño peppers and hot pepper cheese. Then he wrapped it in bacon, and the spicy Cowboy Chicken Griller was born. A less spicy version called the Cowgirl Chicken Griller followed, as well as many more!

MORE FAVORITES

FROM THE MEAT COUNTER



Bone-In Pork Loin Iowa Chops

Grill chops over direct medium heat for 9 to 11 minutes or until barely pink in the center (145°F), turning once halfway through.



Marinated Boneless Chicken Breasts

(Mesquite, Butter Garlic, Honey Teriyaki, Buffalo Style and more) Grill over direct medium heat 10 to 12 minutes or until done (165°F), turning once.

Beef, Pork & Chicken-Veggie Kabobs
Grill kabobs over direct medium heat for 15 to 20 minutes or until done, turning every 4 to 5 minutes. See Temp. Guide, *page 11*, for food-safe internal temperatures.

Kabob Safety
Soak wood or bamboo skewers in water 30 minutes before threading meat and vegetables to keep skewers from burning. Additionally, leave fast-cooking ingredients, such as tomatoes, at the ends of the skewers so they can be removed sooner if needed.

sensational sides

HY-VEE CAN HELP ROUND OUT YOUR COOKOUT WITH EXCEPTIONAL SIDES. BE SURE TO SET THEM OUT AT ROOM TEMPERATURE WHILE PREHEATING THE GRILL.

Twice-Baked Potatoes
Wrap in foil and grill over indirect medium-high heat 15 to 20 minutes or until heated through (165°F).

Bacon-Wrapped Stuffed Peppers
Wrap in foil and grill over indirect heat 10 minutes. Unwrap and grill 5 minutes more or until heated through (165°F).

Gourmet Stuffed Portabella Mushrooms
Wrap in foil and grill over direct medium-high heat 10 to 15 minutes or until heated through (165°F).

Brown Sugar Brussels Sprouts
Grill over direct medium-high heat 10 minutes or until slightly charred and tender, turning halfway through.

Bacon-Wrapped Asparagus
Arrange asparagus bundles perpendicular to the grill rack. Grill over direct medium heat for 6 to 10 minutes or until slightly charred and crisp-tender, turning once to sear all sides.

HY-VEE SHORT CUTS GRILL-READY VEGETABLES
SEASON AND GRILL IN FOIL PAN OVER DIRECT HIGH HEAT FOR 20 MINUTES OR UNTIL TENDER, STIRRING EVERY 5 MINUTES.



PLANT-BASED GRILL



WHETHER YOU'RE AN ANIMAL LOVER, AN ENVIRONMENTAL ADVOCATE OR WANT TO LIVE YOUR HEALTHIEST LIFE, PLANT-BASED EATING CAN GIVE YOU A NUTRITIOUS DIET FULL OF COLOR AND VARIETY. TRY THESE TEMPTING OPTIONS NOW.

Why switch to plant-based eating?

In general, those on a plant-based diet tend to eat more fruits and vegetables as well as nutrient-dense foods like nuts, seeds, oils, whole grains, legumes and beans. Plant-based diets contain more fiber, potassium and vitamin C and less saturated fat (due to the consumption of little or no red meat). That combination supports a lower

risk of obesity, and developing coronary heart disease, hypertension or diabetes. If you decide to make the switch, start with recipes that have ingredients and flavors your family will enjoy. Discuss your diet with your Hy-Vee dietitian to make sure it includes the correct amount of protein, iron, calcium, vitamin D and fatty acids.

Experiment with a plant-based or meatless meal once a week, then more often as you get used to it. Some develop a taste for a meatless (vegetarian) diet (*see page 20*), and others are more comfortable including meat or seafood. Trying new fruits and vegetables, whether raw or in new recipes, can be a rewarding family activity.

Meatless Wonder

Take your meatless Monday up a notch by watching how to craft these lettuce wraps.

Hy-Vee
seasons



Watch and learn at HSTV.com today!

PROTEIN + FIBER

Plant-based meatballs and quinoa work together to help create a feeling of fullness.

Meatless Mediterranean Lettuce Wraps

Hands On 20 minutes
Total Time 40 minutes
Serves 4 (2 wraps each)

½ cup Hy-Vee sour cream
2 Tbsp. fresh lime juice
½ tsp. Hy-Vee ground cumin
Hy-Vee salt and black pepper, to taste
2 cups water
1 cup Hy-Vee white quinoa
¼ tsp. refrigerated garlic paste
1 (12.5-oz.) bag Full Circle Market frozen fully cooked meatless meatballs, thawed
8 leaves Bibb lettuce
1 cup cucumber ribbons
¾ cup chopped tomato

½ cup Soirée traditional feta cheese crumbles
Chopped fresh dill, for garnish
Lime wedges, for serving

1. COMBINE sour cream, lime juice and cumin in a small bowl. Season to taste with salt and pepper; set aside.

2. COMBINE water, quinoa and garlic paste in a medium saucepan. Bring to boil; reduce heat. Simmer, covered, for 15 minutes or until water is absorbed. Season to taste with salt and pepper; set aside.

3. PREHEAT a charcoal or gas grill for direct cooking over medium-high heat.

Thread meatless meatballs onto four 10-in. metal skewers. Grill for 3 to 5 minutes or until heated through (165°F).

4. FOR EACH WRAP, layer 2 lettuce leaves together and spoon 2 Tbsp. quinoa on top. Add three plant-based meatballs, cucumber ribbons, tomato and feta cheese. Drizzle with sour cream mixture and, if desired, garnish with dill. Serve with lime wedges.

Per serving: 480 calories, 23 g fat, 8 g saturated fat, 0 g trans fat, 30 mg cholesterol, 760 mg sodium, 45 g carbohydrates, 4 g fiber, 7 g sugar (0 g added sugar), 26 g protein.
Daily Values: Vitamin D 0%, Calcium 20%, Iron 20%, Potassium 20%

MEAT-FREE ALTERNATIVES TO HEAT & SERVE



BOCA VEGGIE BURGERS

Juicy soy protein burgers contain 13 grams of protein and 60 percent less fat than ground beef hamburgers.



MORNINGSTAR FARMS VEGGIE DOGS

Each dog has 50 calories and 94 percent less fat than the leading chicken and pork hot dogs.



MORNINGSTAR FARMS VEGGIE BACON STRIPS

These cholesterol-free strips have only 40 calories per serving.



LIGHTLIFE ORIGINAL TEMPEH

Heat and serve this savory, subtly nutty soy-base protein. Slice, cube or crumble it for recipes.



GARDEIN THE ULTIMATE BEEFLESS BURGER

This non-GMO vegan burger has more than two-thirds less fat than lean cooked ground beef.



QUORN NAKED CHIK'N CUTLETS

Serve up these meat-, soy- and gluten-free cutlets for lunch or dinner.

EDAMAME-RICE BURGER HOW-TO



1 GATHER INGREDIENTS

Use eggs and bread crumbs to help bind the mixture.



2 PROCESS

Use a food processor to thoroughly combine all seasonings in the mixture.



3 FORM PATTIES

Form thick patties so they stay together while cooking. Very thin patties will fall apart.



4 GRILL

Veggie burgers are low in fat, so oil the grill rack before preheating to prevent burgers from sticking.



Green with Envy
Don't let the color scare you away. You won't miss the meat once you learn how to make this burger!



Watch and learn at HSTV.com today!

Edamame-Rice Burgers

Hands On 15 minutes

Total Time 25 minutes

Serves 6

2 Tbsp. Gustare Vita olive oil, divided

½ cup finely chopped white onion

3 cloves garlic, minced

1 (12-oz.) pkg. frozen shelled edamame, thawed

1 cup Hy-Vee walnuts, toasted

½ cup cooked Hy-Vee long-grain white rice

½ cup lightly packed cilantro

¼ cup Hy-Vee plain panko bread crumbs

1 Hy-Vee large egg

1 tsp. Hy-Vee ground cumin

½ tsp. Hy-Vee salt

¼ tsp. Hy-Vee black pepper

¾ cup Hy-Vee Select Sriracha mayo sandwich spread

6 Hy-Vee Bakery wheat hamburger buns, split and toasted

½ red onion, sliced

1½ cup spring mix greens

1 mango, peeled, pitted and sliced

1. HEAT 1 Tbsp. olive oil in a medium skillet over medium heat. Add onion and garlic; cook until softened. Remove from heat.

2. COMBINE onion mixture, edamame, walnuts, rice, cilantro, bread crumbs, egg, cumin, salt and pepper in a food processor. Cover and process until combined. Form mixture into 6 (4-oz.) patties.

3. PREHEAT a charcoal or gas grill with greased grill rack for direct cooking over medium-high heat. Brush burgers with remaining 1 Tbsp. olive oil. Grill 6 to 8 minutes or until internal temperature reaches 165°F, turning halfway through.

4. TO SERVE, spread 1 Tbsp. sandwich spread on cut sides of buns. Layer burger, red onion, greens and mango slices on bun bottoms. Add bun tops.

Per serving: 670 calories, 44 g fat, 5 g saturated fat, 0 g trans fat, 50 mg cholesterol, 700 mg sodium, 51 g carbohydrates, 4 g fiber, 15 g sugar (3 g added sugar), 17 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 20%, Potassium 15%

KNOW THE TERMS

VEGETARIAN: Includes some animal products (dairy, eggs), but no meat.

VEGAN: Excludes all animal products such as meat, dairy, eggs and seafood.

PLANT-BASED: May include meat, but primarily replaces it with plants.

PICKLED SLAW: Combine ½ cup shredded carrot; ½ cup shredded red cabbage; ¼ cup Hy-Vee apple cider flavored distilled vinegar; 2 Tbsp. chopped Italian parsley; ½ yellow bell pepper, seeded and sliced, 1 Tbsp. Hy-Vee granulated sugar and ½ tsp. Hy-Vee salt in a medium bowl. Let stand 10 minutes.



Beet & Carrot Sausages

Hands On 32 minutes

Total Time 40 minutes plus chilling time

Serves 8

1 cup peeled and chopped red beets

½ cup chopped yellow onion

½ cup chopped carrots

1½ cup Hy-Vee quick-cooking rolled oats

½ cup Hy-Vee pecan halves

¼ cup lightly packed Italian parsley

1 Hy-Vee large egg

2 cloves garlic, minced

1 Tbsp. nutritional yeast

1½ tsp. Hy-Vee less-sodium soy sauce

1 tsp. Hy-Vee ground cumin

½ tsp. Hy-Vee salt

4 (8½-in.) rice paper spring roll wrappers, cut in half

8 Hy-Vee Bakery white or wheat hot dog buns, split and toasted

Hy-Vee Dijon mustard, for serving

1 recipe Pickled Slaw, left

1. COMBINE beets, onion and carrots in a microwave-safe bowl. Microwave, uncovered, on HIGH for 6 to 8 minutes or until tender; cool and drain. Combine beet mixture, oats, pecans, Italian parsley, egg, garlic, nutritional yeast, soy sauce, cumin and salt in a food processor. Cover and process until smooth. Refrigerate for 20 minutes. Divide mixture into 8 (2-oz.) portions; roll each into a 4-in. log.

2. DIP spring roll wrapper halves, one at a time, in water for 5 minutes. Place one sausage log on cut edge of wrapper; fold in sides and roll.

3. PREHEAT a charcoal or gas grill with greased grill rack for direct cooking over medium-high heat. Grill sausages 4 to 6 minutes or until internal temperature reaches 165°F.

4. TO SERVE, place a sausage in each bun. Drizzle with Dijon mustard and top with Pickled Slaw.

Per serving: 310 calories, 8 g fat, 1 g saturated fat, 0 g trans fat, 25 mg cholesterol, 570 mg sodium, 50 g carbohydrates, 5 g fiber, 10 g sugar (2 g added sugar), 10 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 6%

Hy-Vee Short CUTS

GET A COLORFUL FAMILY-SIZE SALAD ON THE TABLE IN JUST 20 MINUTES WITH HY-VEE SHORT CUTS. YOUR WEEKNIGHT MEAL PLANNING JUST GOT A LOT MORE FRESH AND FLAVORFUL!



pro tip: A CUT ABOVE

Hy-Vee Short Cuts are 'smart fast foods.' They taste energizing and mood lifting while still being low in added sugar. And they make adding fruits and veggies to any recipe easier than ever while reducing food waste. Purchase the amount you need for a recipe and worry less about your produce going bad."

—Erin Good, RD, LD
Hy-Vee Dietitian

Find this recipe on page 27.

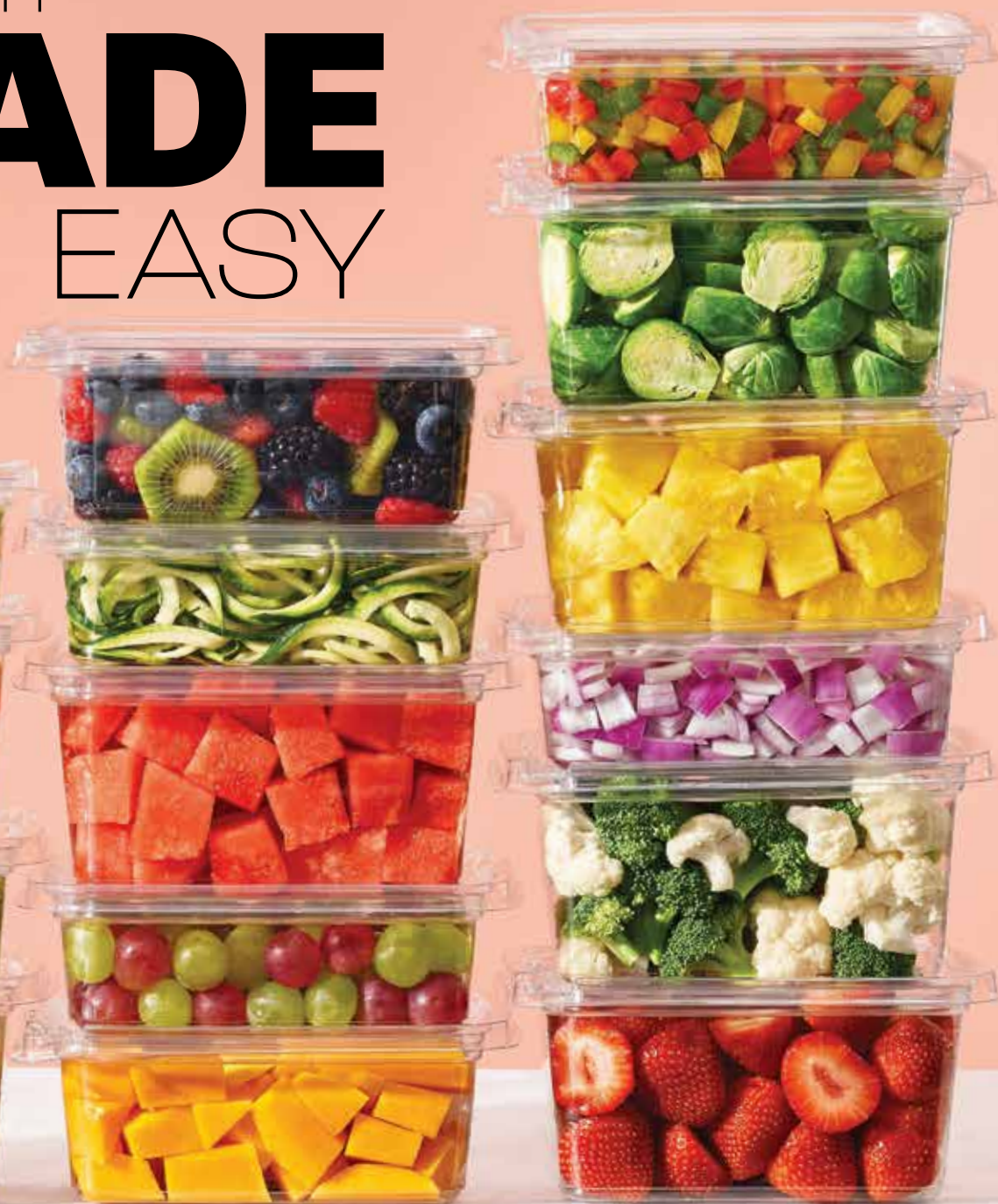


MINUTE

SPRING SALADS

HEALTHY MADE EASY

Discover the wide selection of nutritious ready-to-eat Short Cuts fruits and vegetables in the produce section of your local Hy-Vee.



FRUITS

- Apple Slices
- Cantaloupe
- Cantaloupe Berry Blend
- Elegant Berry Blend
- Favorite Fruit Trio
- Grapes
- Honeydew
- Kiwi
- Mandarins
- Pineapple
- Strawberries

- Triple Berry Mix
- Watermelon

VEGGIES

- Broccoli
- Broccoli & Cauliflower
- Brussels Sprouts
- Butternut Squash
- California Medley
- Celery
- Cauliflower
- Fajita Veggies

- Favorite Veggie Blend
- Green Peppers
- Jicama
- Pepper Strips
- Red Onions
- Red Peppers
- Riced Broccoli
- Riced Cauliflower
- Tri Peppers
- White Onions
- Zucchini & Summer Squash

SPIRALIZED

- Butternut Squash
- Sweet Potato
- Yellow Squash
- Zucchini

STEAM BAGS

- Broccoli Florets
- Butternut Squash
- Cauliflower Florets
- Garden Medley
- Garlic Potatoes
- Green Bean Blend
- Italian Blend

OVEN & GRILL READY

- Cranberry Almond
- Green Beans
- Lemon & Garlic Asparagus
- Potatoes
- Stir-Fry Veggies
- Sweet Corn
- Veggie Mix

READY-MADE SNACKS

- Apples and Cheese
- Apples and Peanut Butter
- Beef Sticks and Cheese
- Chocolate Pudding
- Chocolate & Vanilla Pudding
- Celery and Carrots
- Celery and Peanut Butter

- Grapes and Cheese
- Greek Yogurt Parfait
- Hard Boiled Eggs
- Strawberry Yogurt Parfait
- Vanilla Pudding
- Vanilla Yogurt Parfait

Lemon Veggie Tortellini Salad

Total Time 20 minutes
Serves 6

- 5 Tbsp. Gustare Vita olive oil, divided**
- 1 (1-lb.) container Hy-Vee Short Cuts favorite veggie blend**
- 2 Tbsp. Hy-Vee pine nuts**
- 1 tsp. lemon zest**
- 2 Tbsp. fresh lemon juice**
- 3 tsp. Hy-Vee Dijon mustard**
- 2 tsp. Hy-Vee honey**
- 1 tsp. Hy-Vee lemon-pepper seasoning**
- ½ tsp. Hy-Vee dried basil**
- ¼ tsp. Hy-Vee salt**
- ¼ tsp. Hy-Vee garlic powder**
- 1 (19-oz.) pkg. frozen Hy-Vee Select cheese tortellini**
- 1 cup Hy-Vee grape tomatoes, quartered**
- ½ cup shaved Parmesan cheese**
- 2 Tbsp. chopped fresh basil, plus basil leaves for garnish**

1. BRING a large covered pot of salted water to boil over high heat. Meanwhile, heat 1 Tbsp. olive oil in a skillet over medium heat. Add veggie blend and pine nuts. Cook for 5 minutes or until veggies are crisp-tender, stirring occasionally. Remove from heat.

2. WHILE veggies cook, for dressing, whisk together lemon zest and juice, mustard, honey, lemon pepper, dried basil, salt and garlic powder in a small bowl. Slowly add remaining 4 Tbsp. olive oil, whisking continuously; set aside.

3. ADD tortellini to boiling water; cook for 2 to 3 minutes or until al dente. Drain; rinse under cold running water to stop cooking.

4. TOSS together tortellini, dressing, vegetable mixture, tomatoes, Parmesan and 2 Tbsp. chopped fresh basil in a large bowl until coated. Garnish with basil leaves, if desired.

Per serving: 380 calories, 18 g fat, 4.5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 550 mg sodium, 42 g carbohydrates, 8 g fiber, 6 g sugar (2 g added sugar), 12 g protein.
Daily Values: Vitamin D 0%, Calcium 15%, Iron 10%, Potassium 8%



Hy-Vee Short Cuts
favorite veggie blend

Hawaiian Chicken Taco Salad

Total Time 15 minutes
Serves 6

- 6 bake & fill crisp flour tortilla bowls
- ½ cup packed chopped cilantro
- ½ cup Hy-Vee light sour cream
- ¼ cup Gustare Vita olive oil
- 2 Tbsp. fresh lime juice
- 3 canned chipotle peppers in adobo sauce
- 1 Tbsp. Full Circle Market light-colored agave nectar
- 2 tsp. Hy-Vee 25% less sodium taco seasoning mix
- 1 (10-oz.) pkg. shredded red cabbage
- 1 (9-oz.) pkg. Hy-Vee chopped hearts of romaine

- 2 cups shredded Hy-Vee rotisserie chicken
- 2 cups Hy-Vee Short Cuts fajita veggies
- 1 cup canned black beans in chili sauce, drained well
- 1 cup Hy-Vee Short Cuts pineapple, chopped
- ¾ cup Hy-Vee finely shredded taco cheese
- 1 cup Hy-Vee Santa Fe-style tortilla strips

- 1. BAKE** and cool tortilla bowls according to pkg. directions; set aside.
- 2. FOR DRESSING**, combine cilantro, sour cream, olive oil, lime juice, chipotle peppers, agave nectar and taco seasoning in a

blender. Cover and blend until smooth; set aside.

- 3. TOSS** cabbage and romaine with half of dressing; divide among taco bowls. Toss chicken with remaining dressing. Top greens with chicken, fajita vegetables, beans, pineapple, cheese and tortilla strips.

Per serving: 520 calories, 27 g fat, 8 g saturated fat, 0 g trans fat, 70 mg cholesterol, 650 mg sodium, 46 g carbohydrates, 5 g fiber, 13 g sugar (3 g added sugar), 25 g protein.
Daily Values: Vitamin D 0%, Calcium 15%, Iron 15%, Potassium 15%



time saver

Flavorful rotisserie chicken from Hy-Vee is a versatile protein you can use to speed up prep time for many dishes.



Asian Rice Noodle Salad

Cook 2 oz. rice sticks according to pkg. directions. Drain and rinse under cold water until cool. Toss with 2 Tbsp. Hy-Vee Thai peanut sauce; set aside. Open 1 (13.6-oz.) bag Asian salad kit and remove pouch containing dressing and salad toppers; set aside. Pour salad kit greens into a large bowl. Add dressing pouch and toss. Top with rice noodle mixture, 1 cup segmented Hy-Vee Short Cuts mandarin oranges, 1 cup Hy-Vee Short Cuts pepper strips, ½ cup chopped cilantro and remaining pouch containing salad toppers. Drizzle with additional peanut sauce, if desired. Serves 4.

Spring Salad with Strawberry Vinaigrette

For vinaigrette, whisk together 4 tsp. Gustare Vita white wine vinegar, 2 Tbsp. Hy-Vee strawberry preserves, ½ tsp. Hy-Vee salt and dash Hy-Vee black pepper. Slowly add 2 Tbsp. Gustare Vita olive oil, whisking continuously; set aside. Toss together 4 cups arugula, 3 cups Hy-Vee butter lettuce, 2 cups sliced Hy-Vee Short Cuts strawberries, 1 cup halved red and/or green seedless grapes and 1 cup sliced radishes in a large bowl. Add half of vinaigrette; toss until coated. Top with 2 oz. Soirée goat cheese, crumbled, and ½ cup caramelized pecans. Drizzle with remaining vinaigrette. Serves 4.





Savory sides. IN A SNAP.

Get this recipe and more at hy-vee.com/shortcuts

101 GRAPES

Branch out! Try all the varieties of delicious, juicy grapes from the Hy-Vee Produce Department for a healthy and colorful boost to your day.

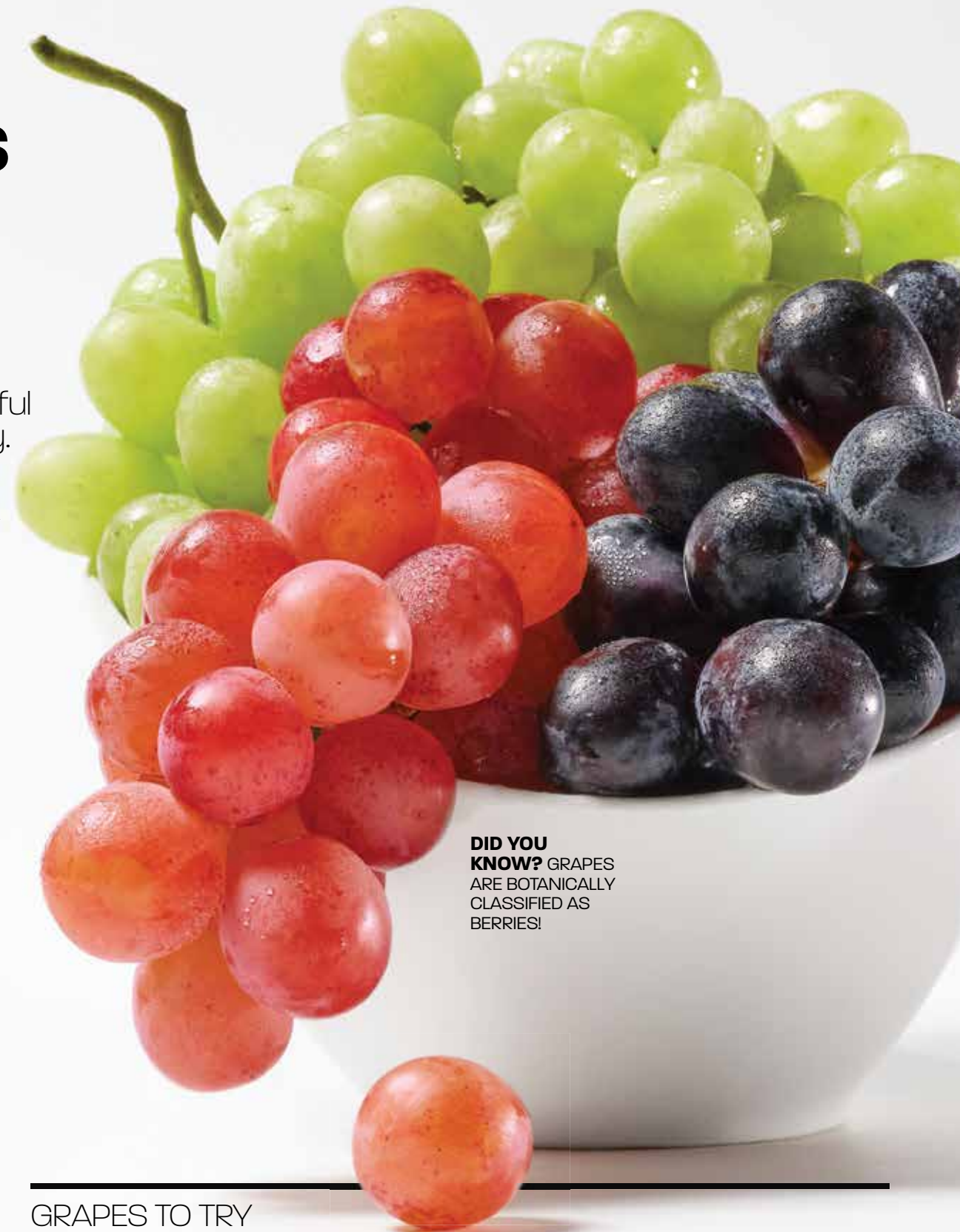
The grapes you find in grocery stores are also known as “table grapes.”

Table grapes range in sweetness, size, shape and color, from light green to black. These colorful jewel-like treats are also a dietary source of melatonin, which is linked to cardiovascular protection, anti-aging activity and anti-inflammatory characteristics.

BUY Look for unwrinkled and firm grapes. Note: The cloudy white film on some grapes is called *bloom*, and it is perfectly safe to eat.

STORE Keep unwashed grapes in the refrigerator until ready to eat. They should be kept dry and away from strong smelling foods to avoid absorbing odors and flavors.

PREP Thoroughly rinse grapes with cold water just before eating or serving. Enjoy straight off the vine, chopped up in chutneys, or roasted alongside vegetables. Even frozen, grapes make a sweet and healthy treat.



DID YOU KNOW? GRAPES ARE BOTANICALLY CLASSIFIED AS BERRIES!

GRAPES TO TRY

The colorful grapes available in your Hy-Vee Produce Department are a go-to sweet, juicy and refreshing treat just waiting for you!

Green Seedless

A sweet, green and seedless grape with a snappy bite.

Red Seedless

A crisp, round and sweet seedless red grape.

Candy Heart Grapes

Extra sweet, fruity and juicy red seedless grape.

Scarlotta

A sweet and large oval deep red seedless grape.

Sweet Celebrations

A flavorful and crisp large red seedless grape.

Source: ncbi.nlm.nih.gov/pmc/articles/PMC5409706/

Triple-Grape Chicken Salad Croissants

Total Time 15 minutes plus chilling time
Serves 6

- ¼ cup Hy-Vee mayonnaise
- ¼ cup Hy-Vee sour cream
- 2 Tbsp. finely chopped Italian parsley
- 1 Tbsp. fresh lemon juice
- 1½ tsp. Hy-Vee granulated sugar
- 1 tsp. Hy-Vee Dijon mustard
- ¼ tsp. Hy-Vee salt
- 12 oz. rotisserie chicken, chopped
- 1½ cups red, green and/or black seedless grapes, halved or quartered
- ½ cup Hy-Vee slivered almonds, toasted
- 1 stalk celery, finely chopped
- 2 green onions, finely chopped
- 6 Hy-Vee Bakery large croissants, split
- 6 large leaf lettuce leaves

1. COMBINE mayonnaise, sour cream, parsley, lemon juice, sugar, mustard and salt in a medium bowl. Stir in chicken, grapes, almonds, celery and green onions. Cover and refrigerate for 1 to 4 hours.

2. TO SERVE, line croissant bottoms with lettuce leaves; top with chicken salad and croissant tops.

Per serving: 580 calories, 33 g fat, 13 g saturated fat, 0 g trans fat, 105 mg cholesterol, 580 mg sodium, 49 g carbohydrates, 2 g fiber, 13 g sugar (1 g added sugar), 26 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 30%, Potassium 8%

FLAKY HY-VEE BAKERY CROISSANTS PAIR WELL WITH THIS FRUIT-AND-VEGGIE-PACKED CHICKEN SALAD.



BUY 5 GET \$5

BUY ANY 5 NATURE VALLEY™, FIBER ONE™, PROTEIN ONE, OR CEREAL TREAT BARS AND GET \$5 BACK.

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RAINFOREST

tilapia

TASTE THE DIFFERENCE. SEE WHY RAINFOREST TILAPIA AT HY-VEE IS SO POPULAR. RAISED IN THE PRISTINE WATERS OF COSTA RICA, RAINFOREST TILAPIA IS PRIZED FOR ITS MILD TASTE AND MOIST, FIRM FLESH. THIS AFFORDABLE FRESHWATER FISH IS LOW IN FAT, HIGH IN PROTEIN AND AN EXCELLENT SOURCE OF VITAMINS AND MINERALS.



RESPONSIBLE CHOICE

Hy-Vee is one of the largest suppliers of seafood in the Midwest. The Responsible Choice label on seafood packaging is your guarantee that species sold at Hy-Vee are abundant in the open sea or are farmed in an environmentally safe manner.

Grilled Orange Tilapia with Cucumber Salad

Pat 2 (6- to 8-oz.) Hy-Vee Rainforest tilapia fillets dry; sprinkle with $\frac{1}{4}$ tsp. sea salt. Let fish stand 15 minutes. Combine 2 Tbsp. white balsamic vinegar, $\frac{1}{2}$ tsp. orange zest and 2 Tbsp. fresh orange juice, 1 Tbsp. Hy-Vee honey, 1 tsp. chopped fresh thyme and $\frac{1}{4}$ tsp. Hy-Vee Dijon mustard. Whisk in $\frac{1}{3}$ cup Gustare Vita olive oil. Season to taste with sea salt. Set half aside for vinaigrette. Add 1 tsp. additional orange zest to remaining vinegar mixture for grilling sauce. Place fish in a greased grill basket; brush with grilling sauce. Grill direct over medium-high heat for 6 to 9 minutes or until fish flakes easily (145°F), brushing halfway through with grilling sauce. Toss together cucumber ribbons from 1 mini cucumber, $\frac{1}{4}$ cup arugula and orange segments from 3 oranges. Arrange mixture with fish on 2 serving plates. If desired, garnish with thyme sprigs. Drizzle with vinaigrette. Serves 2.

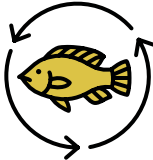
the Rainforest difference

Rainforest tilapia not only tastes better, it also makes you feel better about how it's raised.



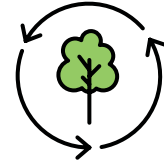
WATER

High-quality Rainforest tilapia at Hy-Vee are raised in pristine, nutrient-rich natural ponds in Costa Rica. Water originates in Lake Arenal, an ecologically rich volcanic reservoir, and makes its way to ponds through moving falls, rivers and streams. The constantly flowing water results in a unique environment for the fish. In addition, cutting-edge aquaculture technology maintains optimal pH and mineral balance and minimizes algae growth. When new water comes in, old water is recycled—first providing hydroelectric power, then nourishing sugarcane and rice fields.



FISH

Rainforest tilapia come from a choice breed known as *Oreochromis niloticus*, which has a mild, pure flavor and thick, hearty fillets. They're raised in an environment with optimum oxygen and a generous daily water exchange. Fish are fed a plant-based diet of mostly soy, wheat and rice husks on a precise 4-hour feeding schedule. That keeps their waters clean and their cells fresh and healthy. It also results in calm fish. Moreover, this type of schedule prevents overfeeding, which can deprive fish of all the oxygen needed to grow and thrive.



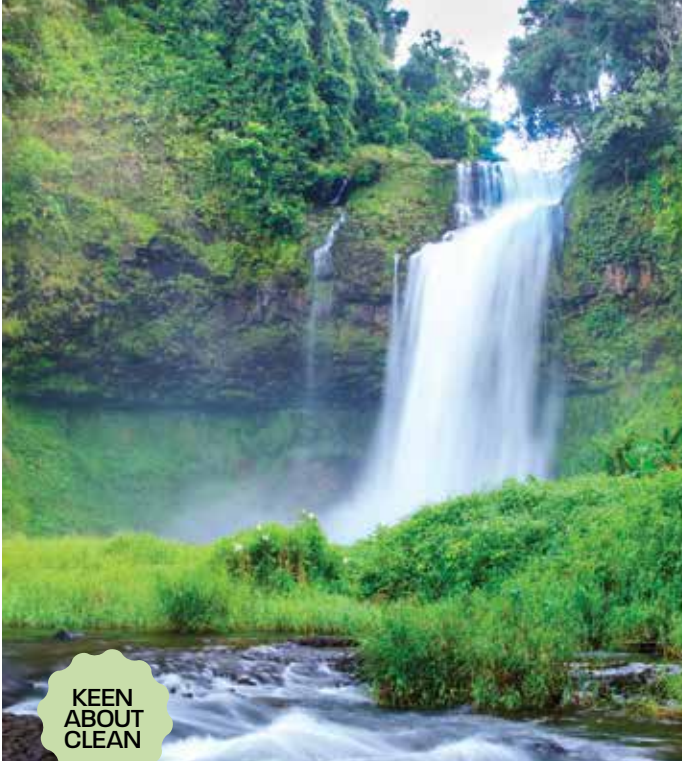
ETHICS

Hy-Vee is proud to offer these fish from an ecologically focused producer. For example, the cooperative has a zero-waste policy that turns processing scraps into useful products. Strict carbon standards keep CO₂ profiles far below those reported by other tilapia producers. In addition, the cooperative plants hundreds of native trees a year in the protected areas around farms as part of its reforestation efforts. The native vegetation protects water supplies and provides shelter and sustenance for a number of animals.



COUNTRY

Rainforest tilapia are the only tilapia born, raised and harvested in Costa Rica. More than 1,200 families benefit from helping raise these freshwater fish in one of the most spectacular places on Earth. Costa Rica is a jewel of biodiversity and natural wilderness. While it comprises just 0.03 percent of the world's landmass, Costa Rica holds 4 percent of the world's living species of flora and fauna. Fortunately, a quarter of the country's land is set aside in protective parks and reserves, including a dozen conservation regions dedicated to protecting this wilderness.



KEEP ABOUT CLEAN

Choosakdi kabyubon/Shutterstock

purity matters

Tilapia are best raised in nutrient-rich ponds; water quality is critical. The cleaner the pond, the more delicious the fish. Every day, 20 percent of the water circulates in and out of each Rainforest Tilapia pond, ensuring fish with a remarkably clean taste.

CHEMICAL-, ANTIBIOTIC- AND HORMONE-FREE

Rainforest Tilapia is a fish you can feel good about eating. It's completely free from chemicals, antibiotics and hormones. Even more impressive is the fact that the Rainforest cooperative is one of only two producers worldwide raising tilapia without the hormone methyl-testosterone, a synthetic hormone that may cause negative side effects. The result: tilapia that's better for you—and better for the environment.

TILAPIA FILLETS ARE AMONG THE SAFEST SEAFOOD CHOICES AND CAN BE EATEN 2 TO 3 TIMES A WEEK, ACCORDING TO THE FOOD AND DRUG ADMINISTRATION

committed to sustainability

Hy-Vee is committed to offering sustainably raised seafood such as Rainforest tilapia, which is raised through aquaculture practices that protect ecosystems. Other examples include sockeye salmon from the pristine watersheds of Alaska's Bristol Bay, and Paul Piazza wild-caught shrimp, grown naturally in the inland waters of Louisiana and the Gulf of Mexico.



FISHWISE
Hy-Vee's Responsible Choice program is supported by FishWise, an organization that promotes the health of ocean ecosystems through environmentally and socially responsible business practices.



FAIR TRADE
Hy-Vee partners with Fair Trade USA, a nonprofit organization and the leading certifier of Fair Trade products in North America, because we believe in the importance of taking care of fishermen and their communities. The Fair Trade Certified seal recognizes seafood companies for their commitment to sourcing ethical seafood.

FOR BEST TASTE, COOK AND ENJOY FRESH TILAPIA WITHIN TWO DAYS OF PURCHASE, OR FREEZE IT. THE USDA RECOMMENDS EATING FROZEN COOKED FISH WITHIN 3 MONTHS AND FROZEN RAW FISH WITHIN 8 MONTHS FOR BEST FLAVOR AND TEXTURE.

Air Fryer Tilapia Tacos

Preheat air fryer to 375°F. Pat 1 lb. Hy-Vee Rainforest tilapia fillets dry; cut into 2½×½-in. pieces. Place ¾ cup Old El Paso zesty ranch taco sauce in a shallow bowl. Combine 2 cups Hy-Vee plain panko bread crumbs and 1 (1.25-oz.) pkg. Hy-Vee original taco seasoning mix in another shallow bowl. Dip fish, one piece at time, into sauce; shake off excess. Evenly coat with bread crumb mixture, pressing to adhere. Lightly spray the air-fryer basket with Hy-Vee nonstick cooking spray. Place coated fish strips in a single layer in basket; lightly spray with nonstick spray. Air fry for 5 to 6 minutes or until lightly golden and fish flakes easily with a fork (145°F), turning fish and spraying with nonstick spray halfway through. Combine 5 cups Hy-Vee coleslaw mix and ½ cup additional ranch taco sauce. Serve fish on 8 Hy-Vee taco-size flour tortillas with cabbage slaw and desired toppings. Serves 4 (2 tacos each).

Mix It Up

Learn how to make delicious fish tacos to use as a base for many flavorful toppings.



Watch and learn at **HSTV.com** today!



GRILLED CORN + CHOPPED TOMATO
+ DICED AVOCADO
+ GUACAMOLE SALSA DRIZZLE

DICED MANGO + RED ONION SLIVERS
+ FRESH JALAPEÑO SLICES
+ ZESTY RANCH TACO SAUCE FOR DRIZZLE

CHOPPED TOMATO + CHOPPED WHITE ONION
+ CHOPPED CILANTRO + MEXICAN CREMA FOR DRIZZLE
+ CRUMBLED COTIJA CHEESE

Source: ask.usda.gov/s/article/How-long-can-you-store-fish

Source: fda.gov/food/consumers/advice-about-eating-fish

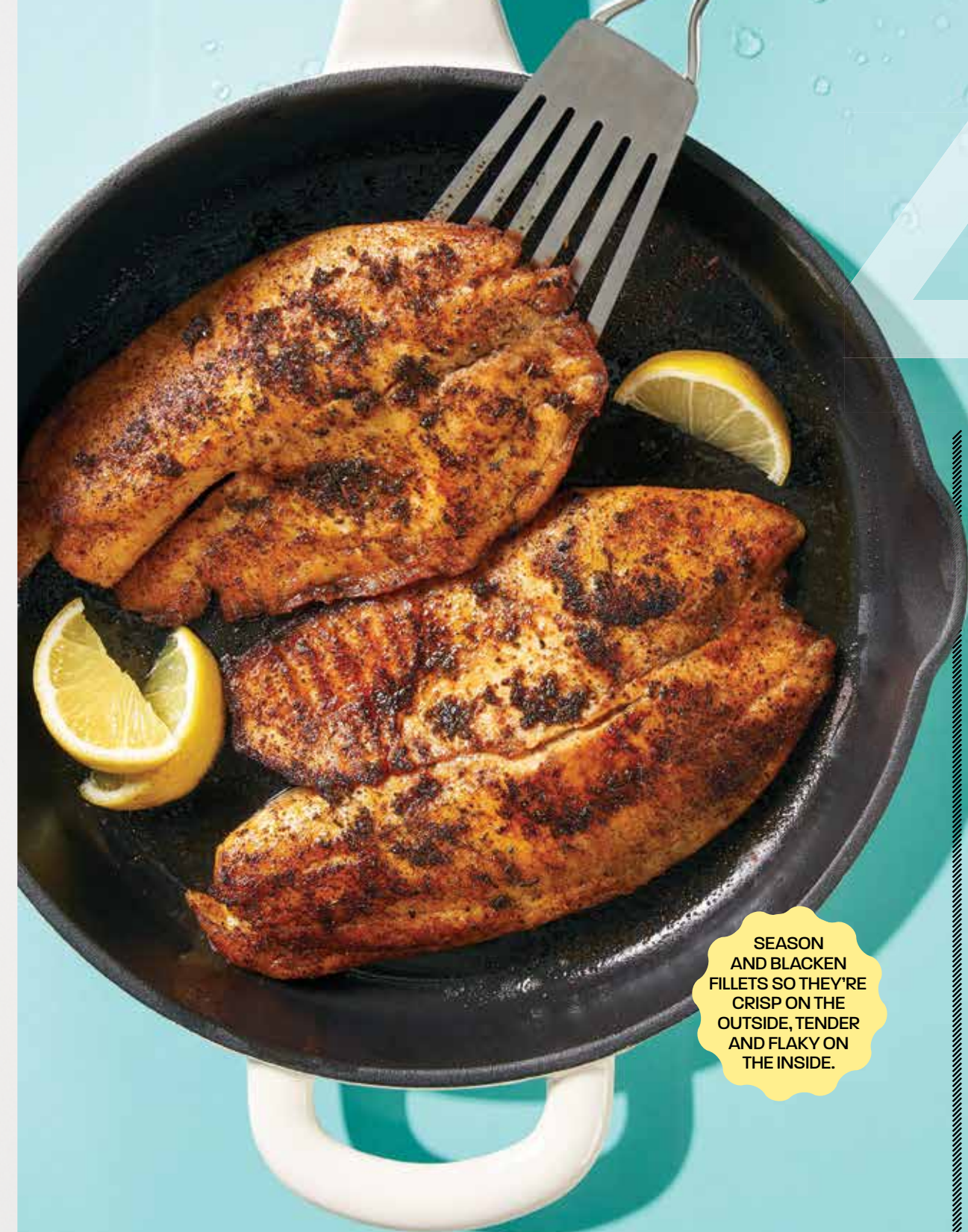


Baked Tilapia with Rice and Beans

Hands On 15 minutes
Total Time 25 minutes
Serves 3

Hy-Vee nonstick cooking spray
1 tsp. Hy-Vee chili powder
1½ tsp. Hy-Vee garlic salt, divided
⅓ tsp. smoked paprika
3 (6- to 8-oz.) Hy-Vee Rainforest tilapia fillets
1 Tbsp. Hy-Vee canola oil
½ cup Hy-Vee Short Cuts chopped white onions
⅓ cup Hy-Vee Short Cuts chopped red bell peppers
1 (10-oz.) pkg. Hy-Vee Steam Quick frozen brown rice
3 Tbsp. fresh lime juice, divided
1 Tbsp. water
½ tsp. Hy-Vee ground cumin
¼ tsp. Hy-Vee cayenne pepper, divided
1 (15-oz.) can Hy-Vee no-salt-added black beans, drained and rinsed
8 oz. Hy-Vee Short Cuts pineapple, chopped
¼ cup Hy-Vee Short Cuts chopped red onions
2 Tbsp. chopped cilantro, plus sprigs for garnish
Lime wedges, for serving

- 1. PREHEAT** oven to 400°F. Line a large baking sheet with foil; spray with nonstick spray and set aside.
 - 2. COMBINE** chili powder, ½ tsp. garlic salt and smoked paprika. Pat fish dry with paper towels. Sprinkle both sides with chili powder mixture. Place fish on prepared baking sheet. Bake 8 to 10 minutes or until fish easily flakes with a fork (145°F).
 - 3. MEANWHILE,** heat 1 Tbsp. oil in a large nonstick skillet. Add white onions and bell peppers; cook over medium heat for 3 to 4 minutes or until softened, stirring occasionally. Stir in frozen rice, 2 Tbsp. lime juice, water, ½ tsp. garlic salt, cumin and ⅓ tsp. cayenne pepper. Cook for 2 to 3 minutes or until rice is tender, stirring occasionally. Remove from heat; stir in black beans.
 - 4. FOR SALSA,** stir together diced pineapple, red onions, 2 Tbsp. chopped cilantro, remaining 1 Tbsp. lime juice, remaining ½ tsp. garlic salt and remaining ⅓ tsp. cayenne pepper. Serve salsa and lime wedges with tilapia and rice-bean mixture. Garnish with cilantro sprigs, if desired.
- Per serving:** 550 calories, 9 g fat, 1.5 g saturated fat, 0 g trans fat, 85 mg cholesterol, 810 mg sodium, 73 g carbohydrates, 26 g fiber, 11 g sugar (0 g added sugar), 46 g protein. Daily Values: Vitamin D 25%, Calcium 8%, Iron 20%, Potassium 25%



**SEASON
AND BLACKEN
FILLETS SO THEY'RE
CRISP ON THE
OUTSIDE, TENDER
AND FLAKY ON
THE INSIDE.**

Costa Rican Blackened Tilapia

Stir together ¼ cup Hy-Vee sour cream, 2 tsp. refrigerated cilantro paste and ½ tsp. fresh lime juice. Cover and refrigerate until serving. Pat 2 (6- to 8-oz.) Hy-Vee Rainforest tilapia fillets dry with paper towels. Brush fillets with 2 Tbsp. Hy-Vee canola oil. Combine 2 Tbsp. salt-free blackened spice seasoning, 1 tsp. ground coriander, ½ tsp. Hy-Vee granulated white sugar and ½ tsp. fine sea salt.

Sprinkle both sides of fillets with seasoning mixture; lightly pat to adhere. Add 1 tsp. canola oil to a 10-in. cast-iron skillet; swirl oil around to coat bottom of skillet. Heat over medium-high heat. Place fish fillets in skillet. Cook fillets for 4 to 6 minutes or until brown and flake easily with a fork (145°). Serve with cilantro cream and lemon wedges. Serves 2.

4 ways to cook tilapia

BAKE:
Coat fillets with a seasoned bread crumb mixture and bake in a 400°F oven for 10 to 12 minutes or until fish flakes with a fork.



GRILL:
Brush fish with olive oil and season as desired. Place on greased grilling screen and grill over medium-high heat for 4 to 5 minutes or until fish flakes with a fork, turning once halfway through.



PAN-FRY:
Pat fish dry and dip in seasoned flour mix. Fry in hot oil in a nonstick skillet over medium heat for 3 to 4 minutes per side or until crust is golden and fish flakes with a fork.



AIR-FRY:
Coat fillets with breading or seasoning. Air-fry at 350°F for 10 to 15 minutes or until fish reaches 145°F, turning once halfway through.



basics

KITCHEN KNIVES

Learn how to safely use the right knife for every task. Hy-Vee has what you need to confidently conquer your kitchen.



- KNIFE TIPS**
- **HAND WASH** and dry knives immediately.
 - **STORE** on a magnetic knife strip or in a block (blade up). If storing in a drawer, cover blade with a guard.
 - **USE** on wood or plastic cutting boards, not glass.
 - **STABILIZE** your cutting board by placing it on a damp paper or kitchen towel.
 - **CURL** the fingertips of your food-holding hand under to prevent cuts.
 - **KEEP KNIVES SHARP** for effortless use and safety.
 - **DISPOSE** of knives using instructions from your local recycling or waste management company.

CHEF'S KNIFE

The knife MVP, with a blade ranging from 6 to 14 inches long. Chop, slice, mince, dice and more with this versatile all-purpose knife.

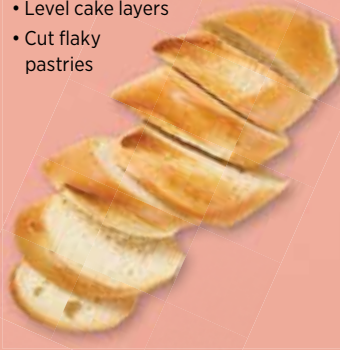
- Chop vegetables
- Cut large fruits
- Butterfly chicken breasts



SERRATED KNIFE

Use the sharp saw-like blade to cut through items with hard or tough exteriors and soft, easily crushed interiors with ease.

- Slice bread
- Level cake layers
- Cut flaky pastries



PARING KNIFE

Handle miniature tasks with a miniature knife. A paring knife is easy to hold and control for jobs that take more finesse.

- Peel fruit
- Core tomatoes
- Devein shrimp



UTILITY KNIFE

With a blade around 4 to 6 inches in length, a utility knife is useful for everyday tasks that don't require a larger chef's knife.

- Slice apples
- Cut sandwiches
- Cut lemon wedges



CLEAVER

This sturdy rectangular knife is mainly used to cut through meat, bones and connective tissue. Its wide blade also makes a handy transfer tool!

- Cut meat
- Cut hearty vegetables
- Crush garlic



FIND IT AT HY-VEE



KitchenAid Utility Shears

12x18 Wood Cutting Board



Microplane Cut-Resistant Glove



Farberware 3 pc. Bamboo Board Set

EARTH DAY ORGANICS

APRIL 22 BRINGS RENEWED FOCUS ON SUSTAINABILITY AND TREATING OUR NATURAL RESOURCES WITH CARE. HY-VEE IS COMMITTED TO PROVIDING A SELECTION OF PRODUCE GROWN WITHOUT THE USE OF PESTICIDES OR FERTILIZERS.

+

ORGANIC
PRODUCE IS
AVAILABLE
YEAR-ROUND
AT HY-VEE.

pro tip: YOU ARE WHAT YOU EAT



Organic produce has some amazing benefits. Eating organic produce can help reduce your exposure to chemicals, specifically pesticides. Also, organic produce will normally contain more vitamins and minerals than their

conventional counterparts. At the end of the day, you are what you put in your body, so choose the highest quality food you can.

—Tim Mullins
Hy-Vee Produce Manager
Waukee, Iowa

FOUR IN TEN

AMERICANS SAY THEY EAT PARTIALLY OR MOSTLY ORGANIC, AND 68 PERCENT OF THEM BELIEVE ORGANIC PRODUCE IS BETTER FOR THEM THAN CONVENTIONAL PRODUCE, ACCORDING TO PEW RESEARCH.

PRODUCE 101

CERTIFIED ORGANIC IS THE MOST REGULATED PRODUCTION SYSTEM IN THE COUNTRY, BUT WHAT DOES IT MEAN?

CERTIFIED DEFINITION:

To use the USDA Organic Seal, produce must meet strict standards in a variety of areas, including soil quality and pest and weed control. It must be grown in soil that has not had synthetic fertilizers or pesticides applied to it for 3 years prior to harvest. To be certified, the seeds used cannot be genetically modified—all organic produce is also non-GMO. Yearly farm inspections look at seed sources, soil conditions, water systems, cross-contamination and weed/pest management.



GROWING PROCESS:

Organic farmers must use natural production processes. They can include:

Crop Rotation: Switching or rotating the crops grown in a particular field can disrupt insect life cycles, mitigate soil-based plant diseases and lessen soil erosion.

Pest Management: PAMS (prevention, avoidance, monitoring and suppression) is a common pest management system that can include releasing predatory insects to reduce pests or smothering weeds under mulch.

Soil Fertility: Compost and animal manures add to soil quality. Cover crops also protect fields from wind or rain erosion.

CHOOSING ORGANICS:

Organic produce can be more expensive than conventionally grown produce, so going full organic may not be a viable option. A general rule of thumb is to choose organic for items you can't easily wash and items with edible skin. The Environmental Working Group (EWG) has a list of products grown with the most pesticides, including strawberries, spinach, kale, nectarines, apples, grapes, peaches, cherries and pears.

+
HARD-TO-WASH
LEAFY GREENS,
LIKE KALE, LETTUCE
AND ARUGULA, ARE
GOOD CHOICES
WHEN DECIDING TO
BUY ORGANIC.

storage tips

Use these suggestions to help make your organic produce last longer, because it has no preservatives.

HYDRATION:

Keep produce hydrated by storing it in plastic bags, or put leafy greens, herbs and even carrots directly in water. Or place a moist paper towel in the bag with them. Before storing, remove the greens from root vegetables because they absorb moisture.

Produce can take up a lot of room in your refrigerator or on your counter, but avoid stacking it. Pressure, even from seemingly lightweight items, can bruise fruit and vegetables or block airflow, both of which will cause the produce to spoil faster. A smashed head of lettuce spoils twice as fast.

RIPENING:

Organic fruit, with its higher sugar content than conventional fruit, will ripen more quickly. Store only the fruit that still needs to ripen or will be eaten in the next few days on the counter; the rest should go in the refrigerator. If you prefer fruit at room temperature, pull it out the day before.

ORGANIC WINE

ORGANIC GRAPES AREN'T JUST IN THE PRODUCE DEPARTMENT.



Hy-Vee has several varieties of delicious wine available, including Avaline wines from cofounders Cameron Diaz and Katherine Power.

Organic wine grapes are grown the same way as any other organic produce, following the same strict guidelines. Wine has two organic options: *organic wine*, which contains no sulfites (preservatives), and *wine made from organic grapes*, which can contain low amounts of sulfites.



MELISSA'S
Richard Gould
Ensenada, Baja, Mexico

RICHARD GOULD HAS BEEN FARMING FOR 30 YEARS, THE LAST 10 DEDICATED TO GROWING ORGANIC PRODUCE FOR MELISSA'S.

Most of Gould farms' produce is grown in a greenhouse and harvested daily by hand, which has a

positive impact on the surrounding communities by providing entire families with jobs. The products—green bell peppers, zucchini, crookneck squash and mini and traditional cucumbers—are grown with strict adherence to food safety and organic regulations to achieve the highest quality.

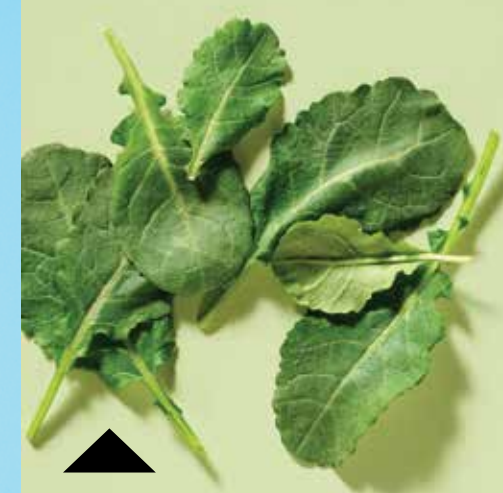
Richard takes pride in operating his farm as if it was in the U.S. and seeing his produce on the shelves of supermarkets like Hy-Vee within 36 hours of being harvested.



“

Our products are grown with a purpose, and great attention to detail is paid to each aspect of the process. We are incredibly proud of the work we have done over the last decade. We pride ourselves on seeing our products in the local stores. We are like school children every time we enter a new state or city and find our produce sitting there on the stands. There is no better feeling!

—RICHARD GOULD,
FARMER FOR MELISSA'S



THE BRAGA FAMILY HAS FARMED LAND FROM THE SALINAS VALLEY IN CALIFORNIA TO YUMA, ARIZONA FOR THREE GENERATIONS.

Sebastien and Josie Braga purchased their Soledad, California, farm in 1937 to raise cattle and grow sugar beets, tomatoes, onions, hay, corn and lettuce. More than 20 years ago, the family turned their sights to organic, growing certified organic produce that meets the highest food safety standards.

In 2012, third-generation farmer Rodney, Sebastien and Josie's grandson and CEO of Braga Fresh, created a full line of premium organic



JOSIE'S ORGANICS
Rodney Braga
Soledad, California

vegetables and named it after his grandmother. The line is an homage to one of her core values: to grow only the best food.

Today, Josie's Organics has a line of more than 20 products, and you can find the leafy greens, celery and cauliflower in Hy-Vee's produce department.



GRIMMWAY FARMS
Jeff Huckaby
Bakersfield, California

GRIMMWAY FARMS BEGAN AS A ROADSIDE STAND THAT THE GRIMM BROTHERS OPERATED IN THE 1960s.

By 1969, the brothers were working Grimmway Farms, a fully operational carrot farm.

Grimmway Farms turned its attention to organic carrots and



vegetables in the 1990s. It now grows 65 varieties of organic carrots and vegetables in six states with more than 50,000 certified acres. Even as the farm expanded beyond just growing carrots, everything centers around the right crop rotation for carrots.

Crop rotation is essential to maintaining fertile, healthy soil, and Grimmway plans years ahead to align its rotations so planting one crop will benefit the next. All of the other vegetables grown help keep the fields in ideal condition for carrots.

NEW

NUM

RESPONSIBLY

For You. For the Planet.

NON-GMO | VEGAN | DAIRY-FREE | PAPER-PACKAGED FOR A HAPPY PLANET

Violife
100% Vegan

Free From DAIRY
SOY • GLUTEN • LACTOSE
NUTS • PRESERVATIVES

NEW

JUST THE WAY YOU LIKE IT

...but vegan!

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DOUBLY DELIGHTFUL FLAVORS IN EVERY

CAHAN AHA

ADDED CAFFEINE 40MG

NO SWEETENERS • NO SODIUM • NO CALORIES

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SPRING FLING

**FRUITY AND FESTIVE
COCKTAILS ARE A FUN
WAY TO GREET THE
SEASON. LEARN HOW
TO USE CANDY TO
MAKE MEMORABLE
DRINKS FOR
EVERY OCCASION.**



GINGER GRAPEFRUIT palomas

Place kosher salt on a small plate. Rub rims of 2 (10-oz.) cocktail glasses with lime wedge and dip into salt to coat. Fill glasses with ice; set aside. Combine 4 oz. Hy-Vee 100% grapefruit juice, 4 oz. silver tequila, 1½ oz. fresh lime juice and 2 tsp. agave nectar in a 2-cup glass measure. Divide mixture between ice-filled glasses. Top each with 2 oz. ginger beer. Garnish with grapefruit slices and thyme sprigs, if desired. Serves 2 (8 oz. each).



WHISKEY STRAWBERRY horchatas

Rinse 1 cup Hy-Vee long grain rice in a fine-mesh strainer. Transfer rice to a medium bowl; add 3 cups water and 1 Hy-Vee cinnamon stick. Cover and let stand at room temperature at least 4 hours or overnight. Remove cinnamon. Transfer rice mixture to a blender; add 1 (1-lb.) container Hy-Vee Short Cuts strawberries. Cover and blend until smooth. Strain mixture into a large pitcher. Stir in 1 (14-oz.) can Hy-Vee sweetened condensed milk, 4 oz. whiskey and 1 Tbsp. Hy-Vee vanilla extract. Tint with Hy-Vee red food coloring, if desired. Serve in ice-filled glasses. Garnish with fresh strawberries and mint, if desired. Serves 7 (8 oz. each).

CANDY COCKTAILS

MAKE THE MOST OF YOUR LEFTOVER EASTER CANDY AND TRANSFORM IT INTO INVENTIVE COCKTAILS! THESE CREATIVE AND CRAVEABLE DRINKS KEEP THE FUN GOING EVEN AFTER THE HOLIDAY IS OVER!

FIZZY JELLY BEAN-rum cocktail

Place strawberry-flavor popping candy on a small plate. Brush rim of 1 (8-oz.) cocktail glass with Hy-Vee light corn syrup and dip into candy to coat. Fill with ice; set aside. Combine 1 Tbsp. Hy-Vee purple jelly beans, 1 oz. white rum, ½ oz. cream of coconut and ¼ oz. fresh lime juice in a cocktail shaker. Muddle mixture until jelly beans are crushed. Add 1 cup ice; cover and shake well. Strain mixture into ice-filled glass. Top with 4 oz. Hy-Vee lemon-lime soda. Garnish with a citrus licorice twist, if desired. Serves 1 (6 oz.).

COTTON CANDY mocktails

Place sprinkles on a small plate. Brush rims of 2 (14-oz.) cocktail glasses with Hy-Vee light corn syrup and dip into sprinkles to coat; set aside. Combine 1 (12-oz.) can coconut flavor sparkling water, 1½ cups Hy-Vee lemonade and 1 oz. grenadine syrup in a 4-cup glass measure. Divide between prepared glasses. Garnish with cotton candy, if desired. Serves 2 (12 oz. each).

WATERMELON-GIN slushies

Combine 1 (1-lb.) container Hy-Vee Short Cuts watermelon, 1½ cups crushed ice, 4 oz. gin, 1 oz. agave nectar, ½ oz. fresh lime juice and ¼ tsp. Hy-Vee vanilla extract in a blender. Cover and blend until smooth. If desired, blend in ¼ tsp. xanthan gum to keep ice from separating. Pour into glasses. Garnish with Hy-Vee Sour Jacks watermelon candy, if desired. Serves 4 (8 oz. each).

PEEPS gelatin shots

Whisk together 2 (3-oz.) pkg. Hy-Vee berry blue gelatin dessert and 2 cups boiling hot water in a large bowl until gelatin is dissolved. Whisk in 8 oz. Row vodka. Pour mixture into a 9×9×2-in. square baking dish. Cover and refrigerate 4 hours or until set. Cut gelatin into 3×1-in. pieces; remove from dish. Top each with a Peeps marshmallow chick. If desired, serve on halved (.78-oz.) bars Rice Krispies treats. Serves 27 (1 each).

CHOCOLATE MALT BALL grasshoppers

Drizzle Hy-Vee chocolate-flavor syrup inside 2 (8-oz.) martini glasses; place in freezer. Combine 2 cups Hy-Vee We All Scream! vanilla ice cream, ¼ cup Hy-Vee chocolate malt balls, 1 oz. white crème de cacao liqueur and 1 oz. crème de menthe liqueur in a blender. Cover and blend until smooth. Tint with Hy-Vee green food coloring, if desired. Divide between prepared glasses. Garnish with crème de menthe chocolate thin candies, if desired. Serves 2 (6 oz. each).

A FIZZY PINK MOCKTAIL GARNISHED WITH SPRINKLES AND COTTON CANDY—WHAT'S NOT TO LOVE?!

PANCAKE

MIX
H
A
C
K
S



PANCAKE MIX IS FOR MORE THAN THE GRIDDLE! WITH SUMPTUOUS STACKS, CRISPY CORN DOGS AND WARM-FROM-THE-OVEN CINNAMON ROLLS, HY-VEE MAKES IT EASY TO CREATE SOMETHING FUN IN THE KITCHEN.

RAINBOW PANCAKE STACK

Prepare 1½ cups of Hy-Vee complete pancake & waffle mix according to pkg. directions. Divide batter among 6 bowls. Using Hy-Vee assorted food colors, tint the batter pink, orange, yellow, green, blue and purple. Using one bowl of batter for each pancake, cook pancakes according to pkg. directions. Whisk together 1½ cups thawed Hy-Vee frozen whipped topping, ½ cup softened mascarpone cheese and 1 Tbsp. Hy-Vee powdered sugar until smooth. Stack pancakes, topping each with ½ cup with mascarpone mixture and a coordinating color of fresh fruit. Serves 4.



STIRRING COCONUT INTO THE PANCAKE BATTER ENSURES TROPICAL FLAVOR IS IN EVERY BITE.

Tropical Coconut Pancake Tacos

Hands On 15 minutes
Total Time 40 minutes
Serves 4

½ cup peeled, cored, and chopped pineapple
½ cup peeled, pitted, and chopped mango
½ cup peeled and chopped kiwi
1 cup Hy-Vee old-fashioned pancake & waffle mix

1 Hy-Vee large egg
¾ cup Hy-Vee 1% low-fat milk
1 Tbsp. Hy-Vee vegetable oil
⅔ cup Hy-Vee sweetened flake coconut, divided
Hy-Vee nonstick cooking spray
½ cup honey-vanilla Greek yogurt
¼ cup chopped Hy-Vee macadamia nuts

1. COMBINE pineapple, mango and kiwi in a bowl; set aside. Whisk together pancake mix, egg, milk and vegetable oil until just combined. Fold in ½ cup coconut.

2. SPRAY a nonstick skillet with nonstick spray; heat skillet over medium heat. Pour ¼ of the

batter in heated skillet. Spread batter to a 4½- to 5-in. circle. Cook until both sides are golden brown, turning once. Repeat with remaining batter to make 3 more pancakes.

3. SPREAD 1 Tbsp. yogurt in the center of each pancake. Top each with 2 Tbsp. fruit mixture, 1 tsp. of remaining coconut and 1½ tsp. macadamia nuts. Slightly fold each in half to form a taco shape.

Per serving: 400 calories, 15 g fat, 8 g saturated fat, 0 g trans fat, 60 mg cholesterol, 400 mg sodium, 46 g carbohydrates, 4 g fiber, 23 g sugar (12 g added sugar), 9 g protein. **Daily Values:** Vitamin D 6%, Calcium 15%, Iron 10%, Potassium 8%

Beyond Breakfast
See how to use versatile pancake mix for even more anytime recipes, including savory options!

Hy-Vee
seasons



Watch and learn
at **HSTV.com** today!



PANCAKE MIX FUNNEL CAKES

Heat 2 qt. Hy-Vee canola oil to 325°F in a heavy-bottom 6-qt. stockpot. Meanwhile, whisk together 1¼ cups Hy-Vee old-fashioned pancake & waffle mix, 1 Hy-Vee large egg, 1 cup Hy-Vee 2% reduced-fat milk, ½ tsp. Hy-Vee ground cinnamon and ½ tsp. Hy-Vee vanilla extract until smooth; let stand 10 minutes. Pour batter into a squeeze bottle with a ¼-in.-round opening. Drizzle batter (about ⅓ cup for each funnel cake) into hot oil, using a swirling motion. Fry about 2 minutes or until golden brown and crisp, carefully turning halfway through. Drain on paper towels; sprinkle with Hy-Vee powdered sugar. Garnish with chopped strawberries, if desired. Serves 6.



PANCAKE DUMPLINGS

Bring 2 (19-oz.) cans Hy-Vee traditional chicken noodle soup to a boil over medium heat. Meanwhile, whisk together ½ cup plus 2 Tbsp. Hy-Vee complete buttermilk pancake & waffle mix, 1½ Tbsp. Hy-Vee grated Parmesan, Romano & Asiago cheese and 1 tsp. Hy-Vee ranch dressing mix in a bowl until combined. Stir in ½ cup Hy-Vee heavy whipping cream. Drop tablespoons of dough into soup; cover and simmer 15 minutes or until dumplings are cooked through. Ladle into bowls; garnish with fresh parsley and cracked black pepper, if desired. Serves 4.



HAM AND CHEESE PANCAKE BREAD PUDDING

Preheat oven to 350°F. Spray an 8×8×2-in. oven-safe baking dish with Hy-Vee nonstick spray; set aside. Prepare 2 cups dry Hy-Vee buttermilk complete pancake & waffle mix according to pkg. directions. Cook pancakes according to pkg. directions, using about ⅓ cup batter for each pancake; set aside. Whisk together 1¼ cups Hy-Vee 2% reduced fat milk, 6 Hy-Vee large eggs, 2 Tbsp. Hy-Vee Dijon mustard, ½ tsp. Hy-Vee salt and ¼ tsp. Hy-Vee ground black pepper until combined; set aside. Cut pancakes into 1-in. pieces; place half in prepared baking dish. Top with ½ (8-oz.) pkg. Hy-Vee cubed cooked ham and ½ cup Hy-Vee shredded sharp Cheddar cheese. Repeat layers using remaining pancakes, remaining ham and ½ cup sharp Cheddar cheese. Pour egg mixture over top. Bake 55 to 60 minutes or until until eggs are set and internal temperature reaches 165°F. Garnish with chopped fresh chives, if desired. Serves 9.



MAPLE BACON PANCAKE CUPCAKES

Preheat oven to 350°F. Line twelve (2½-in.) muffin cups with paper liners. Whisk together 2 Hy-Vee large eggs, ¾ cup Hy-Vee canola oil, ½ cup Hy-Vee granulated sugar, ½ cup Hy-Vee 2% reduced-fat milk, 1 tsp. Hy-Vee vanilla extract and ½ tsp. imitation maple flavoring until smooth. Stir in 1½ cups Hy-Vee old fashioned pancake & waffle mix. Divide batter evenly among muffin cups. Bake 20 minutes or until a toothpick inserted near centers comes out clean; cool. Stir together 1 (16-oz.) container Hy-Vee creamy buttercream frosting, 1 Tbsp. Hy-Vee Select 100% pure maple syrup, ½ tsp. imitation maple flavoring and ½ tsp. Hy-Vee salt until combined; set aside. For garnish, prepare and cook ½ cup Hy-Vee old fashioned pancake & waffle mix according to pkg. directions, using about 1 tsp. batter per pancake. Frost cupcakes and sprinkle each with 1 tsp. Hy-Vee crumbled bacon pieces. Top with mini pancakes and drizzle with additional maple syrup. Serves 12.

OIL TEMPERATURE IS CRUCIAL WHEN DEEP FRYING. USE A CANDY THERMOMETER FOR CONSISTENT AND DELICIOUS RESULTS.



PANCAKE MIX CORN DOGS

Place a wire rack in a large rimmed baking pan; set aside. Heat 3 qt. Hy-Vee canola oil to 325°F in a heavy-bottom 6-qt. stockpot. Meanwhile, whisk together 1 cup Hy-Vee complete pancake & waffle mix, ½ cup yellow cornmeal and ¼ tsp. Hy-Vee salt in a bowl. Stir in ¾ cup Hy-Vee club soda. Skewer 8 all-beef hot dogs and spread with batter, covering hot dog completely. Fry, a few at a time, in hot oil 4 to 5 minutes or until golden brown and hot dogs are heated through (165°F). Transfer to rack in pan; drain. Serve with Hy-Vee original yellow mustard, if desired. Serves 8 (1 each).



BLUEBERRY PANCAKE MIX CINNAMON ROLLS WITH LEMON ICING

Preheat oven to 350°F. Spray a 9-in. pie plate with Hy-Vee nonstick spray; set aside. Stir together 2 cups Hy-Vee blueberry complete pancake & waffle mix, 1 cup Hy-Vee 2% reduced-fat milk, 3 Tbsp. melted Hy-Vee unsalted butter and 2 Tbsp. Hy-Vee granulated sugar until a sticky dough forms. Knead dough 20 times on a generously floured surface. Roll into a 14×8-in. rectangle. Brush with 2 Tbsp. melted Hy-Vee unsalted butter. Sprinkle with additional ¼ cup granulated sugar and ½ Tbsp. Hy-Vee ground cinnamon. Roll into a log and pinch ends together. Cut into 12 even pieces; place in prepared pie plate. Bake 25 to 30 minutes or until lightly golden and cooked through. Whisk together ⅓ cup Hy-Vee creamy cream cheese frosting, 3 to 4 Tbsp. Hy-Vee milk and ¼ tsp. pure lemon extract until smooth. Spread icing over warm rolls. Serves 12 (1 each).



PANCAKE BREAKFAST SANDWICH

Prepare 1 cup Hy-Vee whole wheat pancake & waffle mix according to pkg. directions. Fold in ½ cup Hy-Vee shredded extra-sharp Cheddar cheese. Cook 8 pancakes according to pkg. directions, using about ¼ cup batter for each pancake. In the same skillet, cook 4 Hy-Vee large eggs in ½ Tbsp. melted Hy-Vee unsalted butter until whites are set and yolks slightly thicken. Place fried egg and 2 slices crisp-cooked Hy-Vee double-smoked bacon on 1 pancake. Spread 1 Tbsp. Hy-Vee crunchy peanut butter on another pancake and place on top. Repeat with remaining pancakes to make 4 sandwiches. Serves 4 (1 each).



PANCAKE MIX FRIED CHICKEN

Heat 3 qt. Hy-Vee canola oil to 325°F in a heavy-bottom 6-qt. stockpot. Meanwhile, combine ½ cup Hy-Vee 100% egg whites, ¼ cup dill pickle juice and 1 Tbsp. Tabasco pepper hot sauce in a shallow bowl. Combine 1 cup Hy-Vee buttermilk complete pancake & waffle mix, 2 tsp. Hy-Vee salt, 1 tsp. Hy-Vee garlic powder, 1 tsp. That's Smart! onion powder, ½ tsp. Hy-Vee black pepper, ½ tsp. Hy-Vee paprika and ¼ tsp. Hy-Vee cayenne pepper in another shallow bowl. Dip 6 Hy-Vee chicken drumsticks, one at a time, in egg white mixture followed by pancake flour mixture; shake off excess flour. Fry chicken, a few at a time, in hot oil 8 to 10 minutes or until golden brown and chicken reaches 165°F. Drain on paper towels. Serves 6 (1 each).



PANCAKE SKEWERS

Whisk together ½ cup Hy-Vee 2% reduced-fat milk, 2 Tbsp. creamy European cookie spread and 1 Hy-Vee large egg until smooth. Stir in ½ cup Hy-Vee whole wheat pancake & waffle mix. Cook pancakes according to pkg. directions, using about 1 tsp. batter for each pancake; cool. Spread pancakes with additional cookie spread. Thread halved Hy-Vee Short Cut strawberries, sliced bananas and pancakes on small skewers. Drizzle with Hy-Vee strawberry-flavored syrup. Serves 15 (2 skewers each).



SECRET WEAPON FOR MEALTIME DELIGHT



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delicious ANY WAY YOU SLICE IT





SNACK STACK

RAINBOW DIPS

ELEGANT ENOUGH FOR ENTERTAINING, AND HEALTHY ENOUGH FOR EVERYDAY SNACKING, THESE MULTIHUED FRUIT AND VEGETABLE DIPS ARE WELCOME ANYTIME!



ITALIAN SALSA

Place 2 vine-ripened tomatoes, seeded, cored and chopped in a food processor. Add 1 cup undrained canned Hy-Vee petite diced tomatoes, ½ cup loosely packed basil leaves, ¼ cup Hy-Vee Short Cuts chopped red onions, 2 chopped garlic cloves, 1½ tsp chopped fresh oregano, ½ tsp. kosher salt and ½ tsp. Gustare Vita red wine vinegar. Cover; process until desired consistency. Garnish with additional basil and Hy-Vee crushed red pepper, if desired. Serve immediately or cover and store in the refrigerator up to 3 days. Serve with crostini. Makes 2½ cups.

SPICY BUTTERNUT 'N' CARROT DIP

Toss 1 lb. Hy-Vee Short Cuts butternut squash and 1¾ cups ½-in. sliced carrots with 2 Tbsp. Gustare Vita olive oil. Roast at 400°F in a large rimmed pan 35 minutes or until tender, stirring once. Transfer to food processor. Add ¼ cup Culinary Tours harissa sauce, 1 tsp. Hy-Vee tomato paste, ½ tsp. kosher salt, ¼ tsp. orange zest and ¼ tsp. bottled roasted garlic. Process until smooth. Garnish with carrot curls and orange zest. Serve immediately or cover and store in refrigerator up to 3 days. Serve with pita chips. Makes 1¾ cups.

MANGO MASCARPONE DIP

Combine 2 cups chopped fresh mango; ½ sliced, peeled banana; ½ (8-oz.) container mascarpone cheese; 1 tsp. Hy-Vee honey and 1 tsp. lemon zest in a food processor. Cover and process until smooth. Transfer to a serving bowl. Garnish with additional mango and/or banana slices, if desired. Serve immediately or cover and store in the refrigerator up to 1 day. Serve with vanilla wafer cookies or fresh fruit. Makes 2 cups.

MINT PEA DIP

Place 1 cup Hy-Vee frozen sweet peas and 2 Tbsp. water in a microwave-safe bowl. Microwave, covered, on HIGH for 2 minutes. Stir; microwave 2½ minutes more or until heated through. Cool. Transfer peas mixture to a food processor. Add ½ cup Hy-Vee sour cream, ¼ cup lightly packed fresh mint and 1 Tbsp. fresh lime juice. Cover and process until well-combined and nearly smooth. Season to taste with Hy-Vee salt and black pepper. Transfer to a serving bowl. Garnish with additional thawed peas, if desired. Serve immediately or cover and store in the refrigerator up to 3 days. Serve with whole grain bread or crackers. Makes 1 cup.

BERRY CHEESECAKE DIP

Combine 1 (8-oz.) pkg. softened Hy-Vee cream cheese, 1 (3-oz.) pkg. Hy-Vee berry blue gelatin dessert, ½ cup blueberries, ¼ cup blackberries and 3 pitted whole Hy-Vee Medjool dates in a food processor. Cover and process until smooth. Transfer to a serving bowl. Garnish with additional blueberries and/or blackberries, if desired. Serve immediately or cover and store in the refrigerator up to 3 days. Serve with vanilla wafer cookies or fresh fruit. Makes 1 cup.

PURPLE PESTO

Heat 2 tsp. Gustare Vita olive oil in a medium skillet over medium heat. Add 1 cup shredded red cabbage, ¼ cup finely chopped red onion, ¼ cup chopped Red Delicious apple and 2 minced garlic cloves. Cook and stir 5 minutes or until softened. Cool; transfer to a food processor. Add 2 Tbsp. Gustare Vita olive oil and 2 tsp. Hy-Vee apple cider flavored distilled vinegar. Cover and process until combined. Add ¾ cup Hy-Vee grated Parmesan cheese; cover and process until well-combined and nearly smooth. Transfer to a serving bowl. Garnish with slivered red onion, if desired. Serve immediately or cover and store in the refrigerator up to 3 days. Serve with whole grain bread or crackers. Makes 1 cup.

HUMMUS 3 WAYS

BASIC HUMMUS RECIPE

Drain 1 (15-oz.) can Hy-Vee garbanzo beans; reserve liquid. Rinse beans; drain well. Place ¼ cup Gustare Vita extra virgin olive oil, 2 Tbsp. tahini paste, 2 Tbsp. fresh lemon juice, ½ tsp. kosher salt, 1 chopped garlic clove and ¼ tsp. Hy-Vee ground cumin in a food processor. Add desired ingredients for Pumpkin, Beet or Avocado Hummus (see below). Cover; process until smooth, scraping down sides as necessary. If desired, add additional reserved bean liquid; process to desired consistency. Transfer to serving bowl. Top with garnishes, if desired. Serve immediately or cover and store in the refrigerator up to 1 day for avocado, 2 days for pumpkin or beet. Serve with pita chips or vegetable crudités. Makes about 2½ cups.

1. PUMPKIN HUMMUS

Add 1 cup canned Hy-Vee pumpkin plus ½ tsp. smoked paprika. Garnish with additional olive oil and paprika and/or roasted pumpkin seeds. Makes 2½ cups.

2. BEET HUMMUS

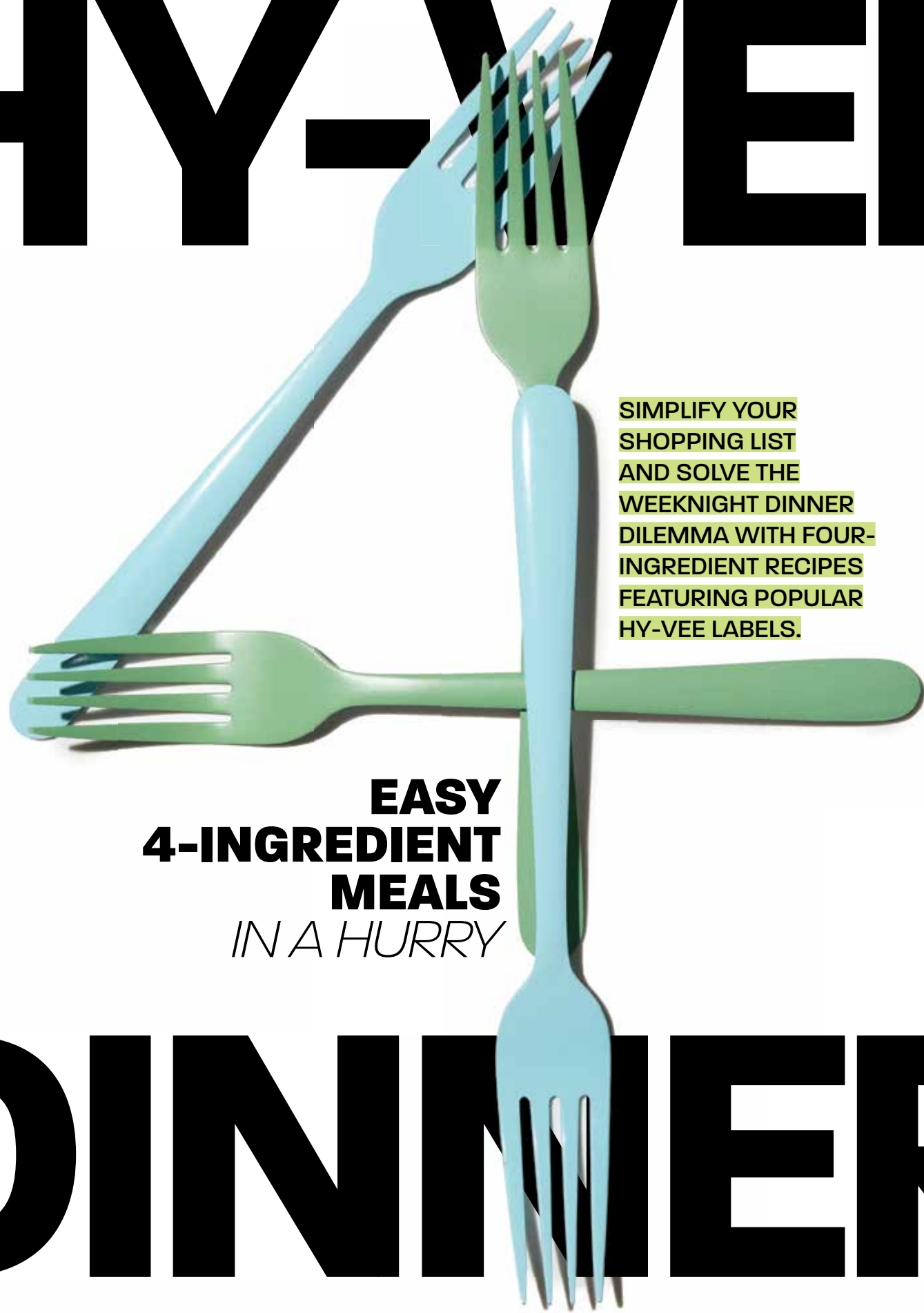
Add 1 (15-oz.) can Hy-Vee sliced beets; drained and chopped plus ½ Hy-Vee coarse-ground black pepper and ¼ tsp. orange zest. Garnish with toasted pine nuts, orange peel and fresh thyme leaves. Makes 2½ cups.

3. AVOCADO HUMMUS

Add 1½ large avocados, seeded, peeled and sliced plus 1 cup loosely packed basil leaves. Garnish with additional fresh basil leaves and sea salt flakes. Makes 2½ cups.



HY-VEE



SIMPLIFY YOUR SHOPPING LIST AND SOLVE THE WEEKNIGHT DINNER DILEMMA WITH FOUR-INGREDIENT RECIPES FEATURING POPULAR HY-VEE LABELS.

**EASY
4-INGREDIENT
MEALS**
IN A HURRY

DINNER



Hy-Vee Short Cuts fajita veggies

+



Hy-Vee mild Italian sausage links



Hy-Vee Bakery hot dog buns

+



Hy-Vee finely shredded mozzarella & provolone cheese

Sheet-Pan Italian Sausage Sandwiches

Toss 6 cups Hy-Vee Short Cuts fajita veggies with 2 Tbsp. Gustare Vita olive oil; spread on foil-lined large rimmed baking pan. Roast at 425°F for 15 minutes. Stir vegetables; add 4 Hy-Vee mild Italian sausage links to pan. Roast 10 minutes. Stir vegetables; turn sausages. Roast 5 to 10 minutes more or until sausages are 165°F. Transfer to a bowl; cover. Arrange 4 split Hy-Vee Bakery hot dog buns, cut sides up, in pan. Top with 1½ (8-oz.) pkg. Hy-Vee finely shredded mozzarella & provolone cheese. Bake 5 to 8 minutes or until cheese is melted. Place sausages and vegetables on top. Serve with Hy-Vee Dijon mustard, if desired. Serves 4.



READY-TO-COOK ITALIAN SAUSAGES FROM YOUR LOCAL HY-VEE MEAT DEPARTMENT MAKE THESE TASTY SANDWICHES A SIMPLE WEEKDAY DISH.

Steakhouse Burger Calzones

Roll 1 (10-oz.) can Hy-Vee refrigerated pizza crust into a 12-in. square. Cover; set aside. Cook 2 Hy-Vee Steakhouse bacon-Cheddar burgers in a nonstick skillet until browned, breaking into crumbles; drain. Combine beef crumbles and ½ cup Gustare Vita pizza sauce. Cut pizza crust into six 6×4-in. rectangles. Spoon ¼ cup meat mixture and ½ oz. Hy-Vee finely shredded Italian cheese onto center of each rectangle. Fold dough over filling and pinch edges to seal. Place on parchment-lined baking sheet. Refrigerate 1 to 3 hours. Cut a small slit into tops; lightly spray with Hy-Vee nonstick cooking spray. Bake at 425°F for 10 to 12 minutes or until golden. Let stand 5 minutes. Serve with pizza sauce. Serves 3 (2 each).



Hy-Vee refrigerated pizza crust



Hy-Vee Steakhouse bacon-Cheddar burgers



Gustare Vita pizza sauce



Hy-Vee finely shredded Italian cheese

Stove-Top Pesto-Veggie Tortellini

Halve or quarter large pieces in 1 (1-lb.) container Hy-Vee Short Cuts zucchini & summer squash blend; set aside. Cook 1 (19-oz.) pkg. Hy-Vee Select frozen cheese tortellini according to pkg. directions. Drain, reserving pasta water. Transfer tortellini to a large bowl. Heat 1 Tbsp. Gustare Vita olive oil in nonstick skillet. Add Short Cuts blend; cook 3 to 4 minutes or until crisp-tender. Stir into tortellini. Stir in ½ cup Gustare Vita pesto. Add some pasta water to moisten mixture, if desired. Toss in 2 cups Hy-Vee sweet grape tomatoes, halved. Season to taste with Hy-Vee salt and pepper. Garnish with Hy-Vee shredded Parmesan cheese, if desired. Serve warm. Serves 4.



Hy-Vee Short Cuts zucchini & summer squash



Hy-Vee Select frozen cheese tortellini



Gustare Vita pesto



Hy-Vee sweet grape tomatoes

try this

Swap in Hy-Vee's Select frozen beef and cheese tortellini for a boost of protein in this effortless pasta dish.

Fiesta Taco Skillet Casserole

Cook 1½ lb. Hy-Vee 85%-lean ground beef in a 10-in. oven-safe skillet until brown, stirring occasionally; drain. Stir in 1½ (15.5-oz.) jars Hy-Vee Select medium corn & black bean salsa; bring to boil. Remove from heat; stir in ½ cup Hy-Vee finely shredded taco cheese. Prepare 1 (8.5-oz.) pkg. Hy-Vee corn muffin mix batter according to pkg. directions, using 1 Hy-Vee large egg and ½ cup Hy-Vee 2% reduced-fat milk. Spread on beef mixture. Bake at 400°F for 8 to 10 minutes or until toothpick inserted in corn muffin topper comes out clean. Sprinkle with ¼ cup Hy-Vee finely shredded taco cheese; bake 1 to 2 minutes or until melted. Let stand 5 minutes. Garnish with sliced green onions, if desired. Serves 6.



Hy-Vee 85%-lean ground beef



Hy-Vee Select medium corn & black bean salsa



Hy-Vee finely shredded taco cheese



Hy-Vee corn muffin mix

Explore Hy-Vee's Labels



Full Circle Market

Feel good about what's in your cart with Full Circle Market organic, non-GMO and gluten-free options.



That's Smart!

Stretch your grocery budget with value-priced food and household products from That's Smart!



Gustare Vita

Bring authentic, high-quality Italian flavor to your kitchen with Gustare Vita olive oil, pastas, sauces and more!



Culinary Tours

Inspired by the flavors of the world, Culinary Tours products provide new culinary experiences without the need to travel.



Hickory House

Come home to the down-home flavors of Hy-Vee Hickory House. We have delicious meats, fried chicken, hot sides and more for a memorable family feast.



Hy-Vee True

Products with the Hy-Vee True label are free from antibiotics and added hormones.

They are also all natural, and don't have any preservatives or artificial ingredients.

True means quality products that taste as good as they are

for you and your family to eat. Look for the Hy-Vee True label on chicken, pork and beef the next time you visit your local store.



Crispy Oven-Fried Drumsticks

Pat 8 Hy-Vee True chicken drumsticks dry; lightly sprinkle with Hy-Vee salt. Coarsely crush 1 (5-oz.) pkg. Hy-Vee butter-garlic flavor croutons; place in a shallow bowl. Stir in 3 Tbsp. Hy-Vee freshly grated Parmesan cheese and 1 tsp. Hy-Vee dried thyme. Place 2 beaten Hy-Vee large eggs in another shallow bowl. Dip chicken pieces, one at a time, into eggs; coat with crouton mixture. Place on a greased wire rack on a rimmed baking pan. Bake, uncovered, at 375°F for 35 to 40 minutes or until done (175°F). Do not turn chicken pieces while baking. Serves 4 (2 each).



**CRUSHED
CROUTONS GIVE
CRUNCH AND
HELP SEASON
IN ONE STEP.
EXPERIMENT WITH
DIFFERENT HY-VEE
CROUTON FLAVORS!**



Hy-Vee True chicken drumsticks



Hy-Vee butter garlic croutons



Hy-Vee grated Parmesan cheese



Hy-Vee dried thyme

TRY A TASTE INSPIRED BY *Homemade*



ONLY THE FINEST INGREDIENTS, NOTHING ARTIFICIAL, AND NO SUGAR ADDED*

*See nutrition facts panel for nutritional information. Not a low-calorie food.

Heritage Marinara • Sicilian Herb • Calabrian Marinara • Tomato & Basil



HyVee



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HyVee
aisles
online.

life

Visit with actress Drew Barrymore, plan a patio paradise with furniture from Hy-Vee and tips for last-minute grad party prep.

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DREW BARRYMORE

FAMOUS FOR PLAYING LOVEABLE, QUIRKY, TOTALLY RELATABLE CHARACTERS, DREW BRINGS THAT SAME AUTHENTICITY TO HER BRAND, FLOWER BEAUTY, AND TEACHES AN IMPORTANT LESSON—TO LOVE OURSELVES.

Drew Barrymore is a household name and arguably the most successful member of the legendary Barrymore acting family. At 7 years old, Drew burst on the scene as kid sister Gertie in “E.T. the Extra-Terrestrial,” the highest grossing movie of the 1980s—and she stayed there.

From the time we cried along with her as she said good-bye to E.T., Drew has personified our own emotional roller coasters. We relived high school cringe moments by her side in “Never Been Kissed,” despaired with her at the thought of becoming Mrs. Julia Gulia in “The Wedding Singer” and were charmed by her antics in “50 First Dates.”

As Drew transitioned from child star to adult leading lady, she hit some bumps in the road. Fortunately, mentors like her godfather, Steven Spielberg, the director of “E.T.,” and others helped guide her into adulthood.

“I was so afraid of growing up for so long, and the more I grow up, the happier I am,” Drew says. “Being a grown-up is so great...I still don’t feel like one, but I’ve got a taste and it tastes so good. I’m trying to grow into being a grown-up.”

Through difficult times, Drew found hope and learned valuable lessons that pushed her toward a productive career.

While known primarily as an actress, in her heart, Drew

is a storyteller. “I’m sort of obsessed with trying to find a healthy place for all my dreams, and wishes, and opinions and ideas because I feel like I’d kind of go insane if I didn’t have somewhere to put them,” she says.

In addition to acting, Drew is an author, having written two autobiographies, and has published a book of photos. She also started her own production company, Flower Films, at age 19 with Nancy Juvonen.

Even as she worked multiple roles in the film industry, Drew knew she had more story to tell. In 2007, Drew became a model, spokesperson and co-creative director with CoverGirl. She was involved in all aspects of the ad campaigns, from dialogue to lighting to music. “Advertising is miniature storytelling that can be capable of really grabbing attention or instilling a feeling,” Drew says. “What I didn’t relate to as a woman was sort of unrealistic scenarios or anything austere. I really liked when it felt like we were just girls being girls.”

But in 2012, a significant life change would push Drew to reevaluate her priorities and use her advertising experience to launch her own cosmetics and accessories line, FLOWER Beauty.



up close AND PERSONAL

THE TURNING POINT: MOTHERHOOD

"Having children changed everything. I sort of stopped acting for a while and just focused on branding because I felt like it had more normal life hours," Drew says. "I could be the kind of mom that I really wanted to be and raise my kids hands on. I knew I'd never get that chance again, so I didn't want to be overly wrapped up in work...most everything in my life has been driven toward what is the best for them."

With new priorities in her life, Drew shifted her career efforts toward her personal cosmetics label, FLOWER Beauty, which allows her to be a more consistent presence for her daughters, while teaching them that who they are is just fine, and that makeup doesn't hide, it enhances.

"Something I've been really bullish on carrying through since the beginning...was to try and tell a woman to not be anything but herself," Drew says. "It's really important to me to not fight and battle who and what you are...Makeup is like tools in our arsenal to feel less self-conscious. We just want to feel good about ourselves so we can think bigger and better."

It was this type of thinking that attracted Drew to the business world, and she is hands on with all aspects of building the FLOWER Beauty brand.

"I love having a seat at the table, love being a part of the creative process, I love protecting things that I think deserve to be protected. I love being a storyteller and being in the room when we're trying to figure out what that story is."

Through FLOWER Beauty, Drew supports women so they can embrace their natural beauty. "I've always said a smile

is better than any lipstick. And crow's feet, I'll take that over the perfect cat eye! It means you've lived, you've laughed. I think it's very positive for women to stop seeing impossible images."

In an effort to be real, not to continue being airbrushed or playing a character, Drew has expanded her business empire again, this time her latest "role" is talk show host on "The Drew Barrymore Show," distributed by CBS.

She is drawing on her experience from being thrust into the limelight at a young age. "When I was 7 and 'E.T.' came out, all of a sudden my whole existence really shifted, and it was about trying to welcome people in who were approaching me.

I realized that we have a choice in how we treat each other and in exchange have the opportunity to make people walk away feeling okay. When that doesn't happen, that really weighs heavy on me."

Her talk show is an extension of trying to take those connections and move them onto the small screen so more people can learn from others. "I'm trying hard to get moments with people to the best of my ability. I care about people's feelings and I try to engage, to listen, to be present in the moment and make it a positive one. I really try not to show up without having done everything I could, and when you do a lot of research on people, you're really excited to talk to them about all these things you learned...I show up with this abundance of energy because I've worked hard for it."

TALKING points

From child actor to business mogul, Drew's hard work has led to a life that would make a great movie.

CHILD STAR Drew appeared in her first commercial before she was a year old and starred in her first movie, "Altered States," at age 5 in 1980. Her breakout role was as Gertie in "E.T. the Extra-Terrestrial," the highest grossing film of the 1980s, for which she won a Young Artist Award for Best Supporting Actress in a Motion Picture. She also was the youngest person to ever host Saturday Night Live at age 7.

LITTLE GIRL LOST After her parents' divorce when Drew was 9, her life was upended, leading to some tumultuous years that she addressed in her first autobiography written at age 14 and aptly named "Little Girl Lost."

RETURN TO THE SCREEN By the mid-'90s, Drew was a bankable actor, starring in movies like "The Wedding Singer," "Home Fries" and "Ever After."

I TRY REALLY HARD TO PAINT THE PICTURE AS CLEARLY AS POSSIBLE OF WHAT I CAN BRING TO THE TABLE. I'M AN EXCITED PERSON, THAT'S HOW I OPERATE. I'M AN OVER-ACHIEVER... AND I DON'T MEAN THAT IN A SELF-CONGRATULATORY WAY.

BEYOND ACTING Her production company produced its first film in 1999, "Never Been Kissed," a vehicle starring Drew. The company also produced the updated "Charlie's Angels" franchise, again with Drew in an acting role.

BEYOND HOLLYWOOD By 2007, Drew began to expand beyond movies and was named a spokesperson and model for CoverGirl as well as Ambassador Against Hunger for the United Nations World Food Programme. She also was number one on *People* magazine's "Most Beautiful People" list.

MOTHERHOOD One of the biggest turning points of her life was when Drew became a mother in 2012, giving birth to daughter Olive, followed by another daughter, Frankie, two years later. This led her to want a "day" job.

MOVE INTO BEAUTY Drew channeled the knowledge she'd gained at CoverGirl to create her own cosmetics line, FLOWER Beauty in 2013.

THE DREW BARRYMORE SHOW In 2020, she took on a new role as talk show host. "The Drew Barrymore Show" premiered last fall, in the midst of the pandemic, and introduced Drew to a new legion of fans.

FLOWER AT HY-VEE This spring, her FLOWER Beauty line of skincare, cosmetics and styling tools was introduced in Hy-Vee stores.

The Barrymore name

Some say our destiny is written in the stars, but in the case of Drew Barrymore, it's in her genes. Her name is pulled from the names of two of her great-grandparents, both

actors. All generations of the family since have been actors. Her grandfather, John Barrymore, was known as "The Profile" during his acting career in both Hollywood movies and

Broadway plays in the 1920s and '30s. His brother Lionel and sister Ethel also were stars in Hollywood and on Broadway. Her father, John Drew Barrymore, acted in movies in the 1950s.

PHOTOS Gregg DeGuire/Getty Images (opposite), Sunset Boulevard/Getty Images (E.T.), Getty Images/Handout (The Wedding Singer), Getty Images/Handout (Never Been Kissed), Vince Bucc/Stringer/Getty Images (star)



QUESTION **AND** ANSWER

DREW
Barrymore

Q. As a parent, what are some of the pivotal lessons you want to teach your daughters?

A. Manners and safety are my battles. You have to be good to people. You have to be appreciative, and humble, and kind. And don't put yourself in a situation where you're physically in harm. Manners and safety cover a lot of ground, but I try so hard to make those the battles I choose and then be a little more easygoing and fun-loving about a lot of other stuff.

Q. Where do you get your inspiration?

A. I'm always trying to improve. There are so many things I get wrong and so many lessons I always have to learn. I never stop learning. I'm shocked with how much there is still to learn about the world, and yourself. We're always students so those butt-kickings you get are just a real humble jolt of reality.

Q. If you didn't work in the entertainment industry, what would be your career?

A. Travel writer, 100% travel writer. And the photographer. I'd be like a one-man band. I'll take pictures of the place, I'll eat the food, I'll review it, I'll be the writer. I got this, just send me somewhere!

Q. Other than the skills in your professional career, what's something you consider yourself a master at?

A. Stain removal. I'm very proud of my stain removal skills. If you've got a stain, I can get it out.

Q. What's your favorite movie?

A. "Planes, Trains and Automobiles." Uh, Del Griffith—John Candy is so good in that movie. It has so much comedy, so much humanity, so much heart, so much ridiculousness, adventure—it just has it all. [Director] John Hughes just mixed up the tones in a blender and made this perfect cohesive piece that's so true to life and so emotionally effective and delightful and funny and frustrating and brilliant. I just love it.

Q. What's your favorite way to relax?

A. TV and takeout. It's all I want to do. It's my favorite thing in the world.

Q. What's a movie you wish you could have starred in?

A. I wish I could have been in "Dumb and Dumber." I wish I could have been the girl in Dumb and Dumber or one of the guys. I don't know, I just want to be in "Dumb and Dumber."

Q. What's your favorite gift you've ever been given?

A. Anything handmade. I love anything engraved or handmade because you can't buy it in a store. It takes effort.

Q. How would you describe yourself in one word?

A. It's so boring...optimistic.

Q. How do you stay optimistic?

A. There's something I love to bring on the show, a segment called "Drew's News." I try to study some of the good things happening in the world because it all gets so heavy, I stop believing in it. Then when I find the evidence, I just want to share it with people. I need to see the evidence that good things are happening by real, living humans and it just overtakes the gnarly stuff that is always so front-mind, front-page, 24-hour news cycle stuff.

Q. You talked about how you are trying to embrace being a grown-up. What does that mean to you?

A. Calmer, wiser, smarter; you catch yourself quicker. You compartmentalize better. You're a little less emotionally messy maybe. I think just being able to handle things as best you can. There's so much to handle.

Q. What brings you the most joy?

A. The last few mornings, I've woken up between both my kids. I just look at them and think, "Is there anything better than this?" That has brought me so much joy and perspective because we can all just get caught up in so much fear and anxiety and feeling overwhelmed. When you just break it down, something really simple like "They are healthy today, this is good." The world is so noisy, and our heads are so messy. It's hard to be that pure and simple.

Q. The pandemic changed how people move through life. What do you think will happen next?

A. People are going to make the world their runway, or I hope they do. Be walking billboards of color and expression and life. Great art comes out of times like this and a lot of expression. I can't wait, I hope I see it.

flowerPOWER



ENHANCING A PERSON'S INNER BEAUTY

"Women have so much to battle inside their own head with toxic rhetoric, self-deprecating words and looking in a mirror and finding all the flaws. I want to get us out of there and get to not caring so much about what we look like. That to me is the essential way to have a beauty campaign."

This philosophy led to FLOWER Beauty's motto: "You're already beautiful, now let's play." The skincare and cosmetics line, made in the same labs as some of the popular prestige brands, aims to offer affordable cosmetics and tools to make life easier and

more fun for women, allowing them to look and feel amazing.

"Formula matters," Drew says. "For me that's first and foremost, and always has been. It has to look good and perform well and not be crazy, kooky colors that don't make skin tones look beautiful. I'm not out to do anything but have women's backs and make them feel good about how the makeup is performing on their faces."

Just like her brand's mission, Drew keeps her own makeup routine as natural-looking as possible for dewy, supple and glowing skin. "I love a little sheen. I think it's beautiful and healthy-looking," she says. "If you put the effort in, it goes a long way."

"I REALLY LIKE RETAILERS LIKE HY-VEE, THAT HAVE QUALITY PRODUCTS AT AN AFFORDABLE PRICE POINT FOR PEOPLE ... I LOVE FINDING THE BEST PRODUCTS AND TRYING TO FIND A WAY TO MAKE IT A PRICE POINT THAT'S REALISTIC OR ATTAINABLE."

PHOTO George Pimentel/Getty Images



BEAUTY FOR EVERYONE. THE BEST QUALITY PRODUCTS AT AFFORDABLE PRICES.

LET'S PLAY. DON'T TAKE YOURSELF TOO SERIOUSLY. HAVE FUN WITH OUR "KICK A**" PRODUCTS.

CRUELTY-FREE: NO PRODUCTS ARE TESTED ON OUR FURRY FRIENDS.

get it at HY-VEE

1. IONIC PRO HAIRDRYER

Get fabulous flowing hair in half the time with the Wind Wheel that allows you to adjust the airflow to meet your needs.

2. PETAL POUT LIP MASK

Infused with nourishing mango and cocoa butter for moisture with a wash of natural color—one of Drew's personal faves.

3. SUPERNOVA CELESTIAL SKIN ELIXIR

A wonder in a bottle—packed with six skin-nourishing antioxidant-rich oils—Drew's favorite FLOWER Beauty innovation.

4. FLOWER POTS POWDER BLUSH IN SWEET PEA

Achieve naturally radiant cheeks that are as pretty as a petal. The blush blends on smoothly, giving a flush of color.

5. SEAL THE DEAL LUMINIZING SETTING SPRAY

Illuminating pearls give a naturally glowing, radiant finish, locking in makeup instantly with just a soft mist.

6. WARRIOR PRINCESS MASCARA

Clump-free formula thickens, curls and volumizes for a full-lash look—Drew doesn't leave home without it.

7. CERAMIC STRAIGHTENING BRUSH

Hot ionic bristles section and straighten as they glide down for smooth, straight and frizz-free hair in just minutes.

BASH DASH

Quick Planning Tips for Your Grad Party

Hy-Vee Catering can meet your party needs, no matter the size of the gathering.

Short on time but still want to throw an unforgettable party? Hy-Vee can do the heavy lifting with food preparation, delivery, decorations and even setup.

1 THE WHO, WHEN, WHERE

Figure out the key details of the party, then reach out to Hy-Vee to speed up the process.

Guest List

Decide who to invite. Knowing the size of the guest list will help determine both the venue and the amount of food needed.

Date and Time

Choose when you are going to have the party. Embrace the multiple celebrations during graduation time and coordinate a “crawl” (or a digital crawl) that allows guests to move from one party to the next.

Location

Finally, settle on the place. No matter if it's indoors or outside, Hy-Vee can set up a party that will be talked about long after the last guest leaves.



Turn to the Hy-Vee Floral Department for suggestions on themes and decorations for your flowers and balloons.

Cupcakes and donuts are great for any time of day. Their shapes make them easy to decorate and incorporate into almost any type of party decor.

2 THE THEME

Move on to theme once you've established the basics. Find inspiration in a favorite color or animal, a dream vacation destination or even where the graduate is going next. Hy-Vee's many departments offer all the party essentials you need.

Decor

Find the decorating items you need at Hy-Vee with our selection of balloons and party supplies.

Floral

The Floral Department can provide more than fresh flower bouquets and floral

arrangements. Call about balloon garlands and custom balloons.

Candies

Use candies as table decorations to emphasize your theme. You also can create goodie bags of candies in the graduate's school

colors—either the school they just graduated from or the next school they will be attending.

Paper Goods

Don't forget matching plates, napkins, utensils and more that can be found at Hy-Vee.

3

THE MENU

Call or visit Hy-Vee's catering team to determine the type and amount of food you need. Then sit back and let them do the rest.

Trays

Select from sandwich, fruit, vegetable, dessert and snack trays for easy, handheld food options.

Displays

For larger parties, you can opt for a dramatic towering display of fruit, vegetables and even seafood.

Bars

Hy-Vee offers a large selection of food bars that make it easy to feed a crowd. You can choose from a wide selection of food offerings to satisfy nearly everyone.

Drinks

Have plenty of beverages, including water, soda and other options, available throughout your venue.



Signature Dill Dip Appetizer Tray includes red peppers, celery, carrots and bread cubes.



Brownie Cocktail Tray has four brownie flavors: German chocolate, fudge, turtle and crème cheese.



Vegetable Tray features an array of cut fresh vegetables and creamy ranch dip.



Mini Gourmet Cupcake Tray offers assorted cake and icing flavors with elegant toppers.



Bravo Graduation Celebration: Includes pizzas, breadsticks and Caesar salad, plus a 12-inch message cookie and balloon.



Hooray Graduation Celebration: Includes two Hickory House entrées, three side dishes, 7-inch double layer cake and balloon.



Congrats Graduation Celebration: Includes the Sub Ring Leader, choice of salad and chips, 1/2 traditional sheet cake and balloon.



Fiesta Graduation Celebration: Includes tacos, seasoned beef or chicken, toppings, Spanish rice or beans, and cheesecake or cookies.



Add a fun twist to the party by developing a signature drink unique to the graduate.

4 THE SHOW-STOPPER

A custom decorated cake is the highlight of the party. Hy-Vee's talented team of cake decorators can design a dessert that will steal the show.

NEED A CREATIVE CENTERPIECE?

Let the cake designers at Hy-Vee create a one-of-a-kind cake that's (almost) too amazing to eat. Tell them the theme and they can offer suggestions for a cake beyond your imagination.



HY-VEE'S BAKERY CAN EXECUTE YOUR VISION

It takes a village to throw a party and Hy-Vee's bakery and catering teams are here to help. A quick conversation with them and your dessert needs will be covered.

Custom Cakes

If you have an idea for the perfect cake, consult with a Hy-Vee cake designer to discuss it. Even if you think it is impossible to create, their expertise makes it possible.

Grad Cookies

Custom decorated cookies are the ideal accompaniment to a show-stopping cake. The handheld treat is a crowd-pleasing portable snack.

Dessert Bar

Hy-Vee offers an array of dessert options if you want to go beyond cake and cookies. Choose some of the grad's favorites for a custom dessert bar.

Chocolate Display

Add some pizzazz to the party with a chocolate display, including a chocolate fountain. Dippers include marshmallows, graham crackers and strawberries.

HOW TO ORDER

Hy-Vee makes it easy to plan and order all of the elements of the party, no matter how you want to do it.

In Store

Visit your local Hy-Vee and talk to the catering and bakery teams in person to discuss your needs.

Over the Phone

If you don't have time to go to the store, simply call and you'll be directed to the departments you need.

Online

If you know what you want, simply visit hy-vee.com/shop and click "Catering" to make your selections online.

FOR MORE HELP VISIT OUR GRADUATION GUIDE

To help make the process more efficient, Hy-Vee offers a graduation planning guide with ideas and tips so you can organize the best party. Find great ideas at hy-vee.com/graduation



LET'S PARTY

Use these checklists to organize tasks and speed the planning process.

DATE, TIME, PLACE

Decide how many people you will invite and then when and where the party will take place. This will influence all of your other party-planning decisions.

Date_____

Time_____

Place_____

THEME

When choosing a theme, consider when and where the party will be held in addition to the grad's interests.

Theme_____

BUDGET

Determine how much you are comfortable spending, taking into account the number of people you are inviting, the location and the food.

Budget_____

MENU

Hy-Vee can help you plan appropriate food selections and amounts based on the number of guests and how much you want to spend.

Menu_____

CHECKLIST

Once you've determined the basics of the party, use this checklist to breeze through your consultation with Hy-Vee.

- ☐ Order Hy-Vee Catering Bar
- ☐ Order Drinks
- ☐ Order Hy-Vee Cake
- ☐ Order Desserts
- ☐ Order Balloons
- ☐ Order Flowers
- ☐ Make Shopping List of Additional Party Supplies
- ☐ Decorate Venue
- ☐ Have Fun!

GIFTS FOR ANY GRAD

Skip cash and give a personalized grad gift. Plus, earn tiered Fuel Saver Rewards toward gas when you buy gift cards at Hy-Vee.

- 5¢ off when you spend \$25
- 10¢ off when you spend \$50
- 20¢ off when you spend \$100



OUTDOOR

HIDEAWAYS

FROM HY-VEE

EMBRACE
OUTDOOR
LUXURY.
HY-VEE HAS
EVERYTHING
NEEDED TO
CREATE A
WELCOMING
GARDEN
ROOM
IN YOUR
BACKYARD.

GETTING STARTED

When creating an outdoor room: **Add privacy** with a fence, hedge, evergreen shrubs and trees or a vine-covered lattice. **Create atmosphere** with lush plants, fragrant flowers,

swaying ornamental grasses, a bubbling water feature and outdoor lighting. **Ensure comfort** with a patio umbrella, outdoor furniture and accessories such as a space heater.

The classic styling and handsome colors of this 5-piece dining set offer timeless appeal and practicality. The mesh fabric dries in the sun and can be easily cleaned with water. Includes 39" wave-design round glass-top table and 4 sling chairs.

Clear View 5-Piece Dining Set
Table 39.37"L x 39.37"W x 28"H; chair 25.98"L x 23.22"W x 35"H



CONTAIN YOUR PLANTS

- Group pots in odd numbers, including various sizes for more visual interest.
- Coordinate pots by using similar materials, such as terra-cotta or metal and a shared color palette.

- Ensure each pot has a drainage hole (and a saucer beneath if placed on a surface that could be damaged).
- Fill containers with a potting mix containing slow-release fertilizer for easier maintenance.

PLANTER PARTNERS

To create your own masterpiece, include three types of plants: A **thriller** plant as the tall, shapely focal point; a **filler** plant spreading at the base; and a **spiller** plant trailing down the pot sides.

Hy-Vee has a wide assortment of beautiful preplanted containers. Or create one of the looks below using crotons, begonias, ivy, peace lily and more from the Hy-Vee Floral Department.



PLAYING WITH PLANTS



HYDRANGEA

Available in white-, pink- and blue-flower varieties, these spring flowers can last into fall. Hydrangea flowers can change color based on soil pH levels.



HIBISCUS

An easy-maintenance tropical standout looks great on Midwest decks. Hibiscus plants love sunlight, at least 8 hours per day, and they thrive with just warm water and fertilizer.



LANTANA

The flowers of this annual container plant last all summer, and attract hummingbirds and butterflies to your garden. They can produce up to 12,000 seeds a year from just one plant.



BOSTON FERN

This charming houseplant can "vacation" outdoors in bright shade during summer. Ferns can stay alive for decades if their moisture and temperature needs are met.



HENS & CHICKS

These architectural succulents can grow in poor soil and in rock crevasses. Pull baby plants (chicks) off mother plants (hens) and re-pot for even more appeal.



COLEUS

Choose from a range of varieties, all with intricately colored leaf patterns. These fast-growing plants are so simple to grow, cuttings can be started in a glass of water.

FURNITURE CARE

- Follow manufacturer's instructions on tag.
- Vacuum or brush dust and dirt from surfaces and cushions.
- Wash with a solution of ¼ cup dishwashing soap and 1-gallon warm water. Rinse and pat dry.
- Cover when not in use.

Enjoy years of conversations on this 6-piece chat set. Stylish fade-resistant accent pillows withstand the weather and complete the modern look, and the inlaid glass-top coffee table is just the right height for decor and drinks.

Napa 6-Piece Chat Set
Loveseat 57.8"W x 29"H;
2 armless side chairs 28"L x 25.5"W x 28"H;
2 ottomans 19.5"L x 19.5"W x 13"H;
glass-top coffee table 43"W x 23.5"H

GET COMFORTABLE



Seychelles "Egg Design" Hammock boasts a sturdy steel frame and 4" plush cushion for relaxing.



Wilmington 2-Person Glider offers durable, easy-wash sling fabric over its steel frame.



Wicker "Egg Design" Chair provides 6" seat and back cushions for maximum comfort on its sturdy steel frame.



Beckley 3-Piece Rocking Chat Set includes 2 cozy rocking chairs and an 18" wave-design glass side table.



Beauty
that cares

Dove

Globally, Dove does not test on animals.

Unilever



FIGHTS STAINS. POWERED BY PLANTS.™

seventh generation

seventh generation

POWERED by PLANTS

0% SYNTHETIC FRAGRANCES • DYES • ARTIFICIAL BRIGHTENERS

fresh LAVENDER scent

BELIEVE IN A

seventh generation

USDA CERTIFIED BIOBASED PRODUCT PRODUCT 97%

HyVee

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life chart

HOW TO PLANT A TREE

Spring has sprung. Get outside and plant a tree with these simple steps.

1 DIG THE HOLE as deep as the root ball and at least twice as wide. If the sides of the hole are slick and smooth from digging, use the shovel to make cuts in the surface so roots can more easily penetrate the surrounding soil.

2 REMOVE ALL FOREIGN MATERIALS (wire basket, twine, burlap) from balled-and-burlapped trees. If planting a potted tree, remove the pot and loosen roots with a saw or serrated knife to encourage them to spread out.

3 PLANT THE TREE with the root collar (where the trunk starts to flare) flush with, or slightly above, ground level. Trees planted too deep often struggle or die. **Note:** Avoid picking up the tree by its trunk; lift at the bottom instead.

4 GENTLY FILL THE HOLE with the excavated soil (do not add soil amendments). **Remove** rocks and break up clods. Tap the fill soil with your foot and water generously to settle the soil. Top off any depressions with more fill soil.

5 MULCH the base of the tree with 2 to 3 inches of wood chips, pine bark, shredded leaves or other organic material. **Mulch** out to the dripline (outer extent of the canopy), but keep the mulch several inches away from the trunk. Form the mulch into a shallow saucer to help direct irrigation water.

6 AFTERCARE Stake trees only on windy sites; remove supports after 1 year. **Irrigate** with 5 gallons of water weekly; apply slowly so it soaks in. **Prune** dead or broken branches but wait a year before pruning for structure so the tree has plenty of foliage for photosynthesis.

PHOTOS: Potapov Alexander/Shutterstock (Fruit), Zerbor/Shutterstock (Shade, Evergreens), Samo Trebizan/Shutterstock (Ornamentals), fotozick/Shutterstock (Dwarf)



HyVee
ONE STEP

Celebrate Arbor Day April 30 by helping others now. Your purchase of Hy-Vee One Step paper products allows us to plant trees in local communities. With the help of Seventh Generation and in partnership with the Arbor Day Foundation, we've planted more than 420,000 trees since 2013.

Visit hy-vee.com to learn how the One Step program also helps feed the hungry, build wells and more.

CHOOSE THE RIGHT TREE FOR YOU

No matter where you live, there's a tree to fit. Many species are now available in dwarf or columnar form suitable for smaller yards.



Fruit Trees
Fruit trees offer the best of all worlds: ornamental flowers followed by edible fruit. They also sustain wildlife. Examples: apple, pear, cherry, plum.



Shade Trees
A well-placed shade tree can reduce energy use by 20 percent by shading a house in summer and allowing warming sunlight to penetrate bare branches in winter. Examples: oak, maple, linden.



Evergreens
With thick, year-round foliage, evergreens make fine privacy trees and provide shelter for overwintering birds. Examples: white pine, concolor fir, Colorado blue spruce, cedar.



Ornamentals
Flowering trees are among the most stunning ornamentals, but other trees offer unique bark, form or foliage. Examples: redbud, dogwood, river birch, smoketree.



Dwarf Trees
Dwarf trees have a mature height under 10 feet. Some shrubs trained into a single stem also qualify. Examples: treeform ninebark, 'Globosa' Colorado blue spruce, Japanese maple.

Source: arborday.org/programs/energy-saving-trees/overview.cfm

DSW[®] + Hy-Vee[®]

Put your best foot forward by shopping a wide range of DSW Designer Shoe Warehouse shoe styles available at Hy-Vee.



Shop in store at select Hy-Vee locations:

Brooklyn Park • Cottage Grove
• Eagan • Lakeville • Savage
• Shakopee

Coming Soon:

Des Moines Fleur Dr.
• Bettendorf • Ankeny North

SOME BRANDS You'll Find

CROCS

Billed as the "most delightfully comfortable shoes in the world," the revolutionary materials used are light, soft and flexible.

ASICS

Going for a run or a hike? Lightweight gel cushioning provides comfort combined with great traction.

NEW BALANCE

Athletic footwear for next-level comfort that goes the distance and is a blend of function and fashion.

PUMA

Premium athletic and casual footwear for performance on all levels with iconic designs and durable materials.



Scan this QR Code to shop now at dsw.hy-vee.com



SPRING STYLES

MEN'S

Sandals, flip-flops, sneakers, running shoes, loafers, boat shoes, dress shoes and hiking boots

WOMEN'S

Athletic shoes and sneakers; sandals and espadrilles; pumps and heels; flats, flip-flops and wedges

KIDS'

Girls' dress shoes, boys' dress shoes, sneakers and athletic footwear, sandals and casual shoes



Hy-Vee® FIGHTING Food Insecurity

In 2020, Hy-Vee provided more than 1 million pounds of food to help families across its eight-state region. Learn how you can help Hy-Vee eliminate hunger.

How Hy-Vee is Making a Difference

Since 1930, Hy-Vee has continued to lead successful community campaigns with the help of local (and national) food bank organizations. Some of Hy-Vee's most impactful campaigns from 2020 include:

PRODUCE GIVEAWAYS

- 115 events from April through July, including food bank donations and contactless, drive-thru giveaway events (including one at Arrowhead Stadium in Kansas City and another at Mall of America in Minneapolis)
- More than 1.3 million pieces of fresh produce (nine types of produce) donated

END SUMMER HUNGER

In July 2020, Hy-Vee collaborated with Kellogg's, Keurig and Dr. Pepper to donate 1.5 million meals, the equivalent of \$150,000, through sales of their products, to 17 Feeding America food banks.

FEED THE NEED

Food insecurity is even more profound during the holidays. Hy-Vee sought to provide support for families during Thanksgiving by providing 20,000 meals to families in need. Additionally, Hy-Vee partnered with 26 leading food manufacturers and suppliers to fill the shelves at 17 food banks ahead of the Christmas holiday.

FOOD BANK FUNDRAISER

During just one five-week campaign in 2020, Hy-Vee raised over \$1 million to restock community food banks through customer contributions at checkout, private donor generosity and Hy-Vee dollar-for-dollar matching up to \$500,000.

HAMS FOR THE HOLIDAYS

Since 1989, Hy-Vee has partnered with Hormel Foods to give away approximately \$20 million in holiday meal items to families in need. For Easter 2021, a total of 5,000 hams will be donated across Hy-Vee's eight-state region.



“OUR GOAL AT HY-VEE IS TO ELIMINATE HUNGER ACROSS OUR EIGHT-STATE REGION. BY CREATING PARTNERSHIPS WITH LOCAL FOOD BANKS AND ORGANIZING EVENTS AT OUR STORES TO ADDRESS HUNGER, WE ALONG WITH OUR CUSTOMERS CAN HAVE AN IMMEDIATE IMPACT ON OUR COMMUNITIES.”

TINA POTTHOFF
HY-VEE INC.

Food Waste Diversion Program

\$51.3 million in food has been saved as of September 2020 as a result of Hy-Vee's commitment to avoid disposing of food in landfills. (Approximately 170,000 pounds of the potential waste was in Iowa alone!)

How You Can Help

Join Hy-Vee in supporting your local community!



Hy-Vee funds many initiatives through One-Step program proceeds.

ACTION: Purchase any One-Step product in the store to make a difference in your community.



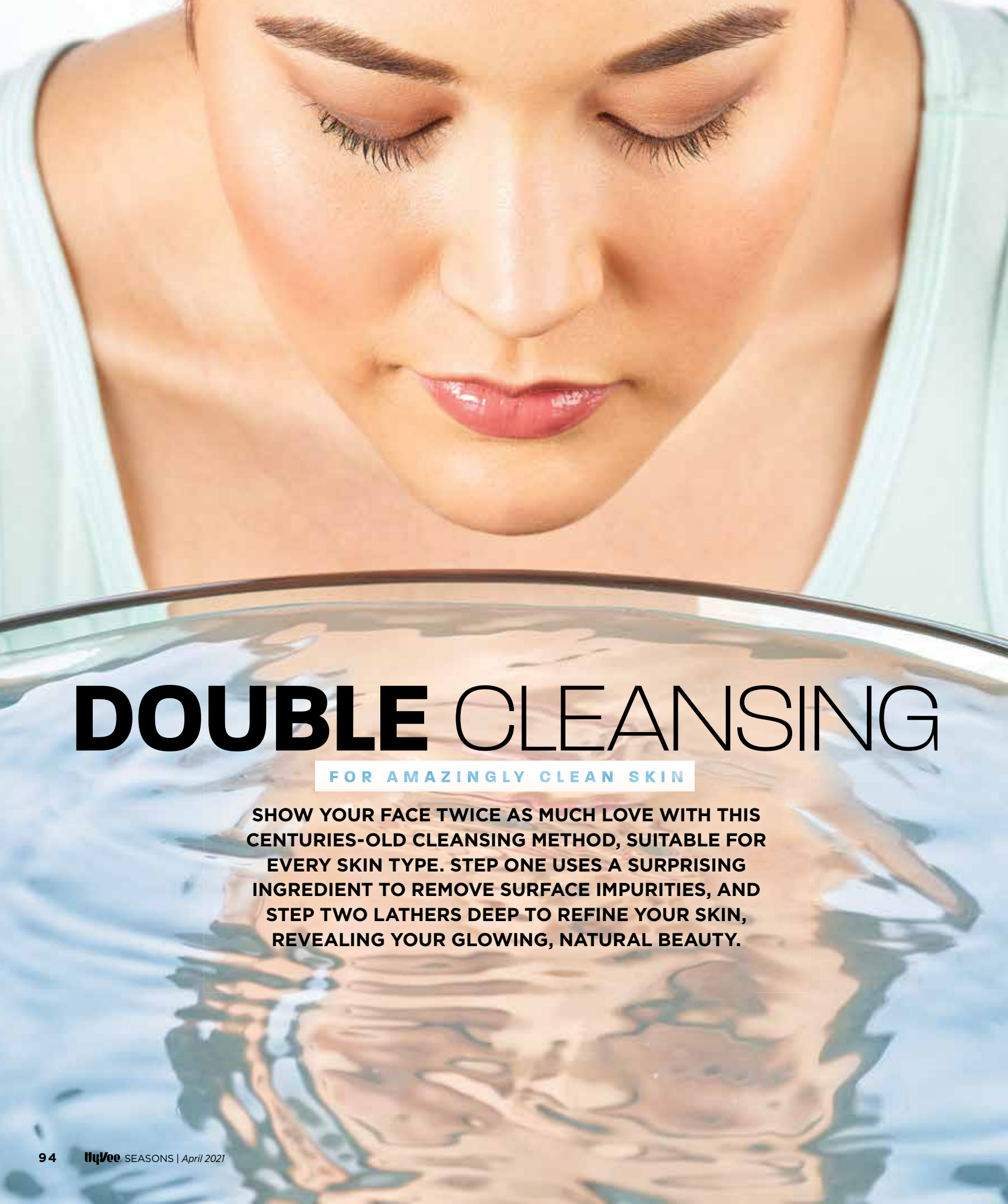
Hy-Vee provides meals to those in need with meal packaging events, and produce and meal giveaways.

ACTION: Sign up for a time slot and meet your community while you bundle food for those who need it most.



Hy-Vee food drives collect nonperishable items for local food banks and pantries.

ACTION: Check with your local store to find out when and how you can help.



DOUBLE CLEANSING

FOR AMAZINGLY CLEAN SKIN

SHOW YOUR FACE TWICE AS MUCH LOVE WITH THIS CENTURIES-OLD CLEANSING METHOD, SUITABLE FOR EVERY SKIN TYPE. STEP ONE USES A SURPRISING INGREDIENT TO REMOVE SURFACE IMPURITIES, AND STEP TWO LATHERS DEEP TO REFINE YOUR SKIN, REVEALING YOUR GLOWING, NATURAL BEAUTY.



OIL-BASE CLEANSE

Use oil-base cleansers or micellar water (which contains oil molecules) to break down and remove impurities and makeup from the surface of your skin.

LATHERING CLEANSE

After the oil-base step, use a lathering water-base or gel-base cleanser to clean deep into your pores to prepare skin for moisturizer.

A thorough evening double-cleansing means your morning routine will require little more than a splash of water. For best results, opt for ingredients that align with your skin type:



ACNE-PRONE/SENSITIVE

Simple is best for those with sensitive skin. After the oil-base step using micellar water, choose a gel- or water-base cleanser that includes benzoyl peroxide, or glycolic, salicylic or lactic acid to keep inflammation and flare-ups in check.



OILY

Oil-base cleansers are effective for removing excess natural oils because “like dissolves like.” After the oil-base step with micellar water, lather with products that contain ceramides, hyaluronic acid, vitamin E or tea tree oil to prevent the dry or scaly skin many harsh cleansers cause.



COMBINATION

Care for combination skin with nutrient-rich cleansers that do not focus on only one skin type. After the oil-base step using micellar water, choose a gel- or water-base lathering cleanser with ingredients that include hyaluronic, glycolic or polyhydroxy acid to balance your skin's pH and allow skin to retain moisture.



MATURE/DRY

Cleansers for mature or dry skin should address dullness and loss of firmness as well as the dryness. After the oil-base step with micellar water, opt for products with hyaluronic acid, ceramides and vitamins A, C and E. These ingredients help boost hydration and keep visible lines at bay.



pro tip: BEST FACE FORWARD

“Double cleansing is based on the theory that “like dissolves like,” meaning oil dissolves oil. We unintentionally transfer oil to our faces when we touch phones and other surfaces, so even if you don't wear makeup, the oil step of the double cleanse method is still beneficial for your skin's health.”

—Lisa Pruett
Esthetician
Hy-Vee, Liberty, Missouri

ROOMS **IN** BLOOM

Open the curtains, crack the window and invite spring into your home! Fresh flowers and indoor plants from Hy-Vee Floral are a welcoming touch in any room.

BEDROOM

You spend up to one-third of your life there, so make the bedroom feel inviting. Fresh-cut tulips, *right*, are guaranteed to raise a smile even in the wee hours of the morning. Or pick out a houseplant from Hy-Vee Floral. Plenty of species are suited to the low light of bedrooms.



KITCHEN

It's the kitchen, so keep it practical. Greenery from Hy-Vee Floral is long lasting and won't drop pollen on your pancakes. Hanging plants are another smart choice for kitchens because they won't gobble up valuable counter space.

CUT FLOWERS

Hy-Vee has a large selection of cut flowers to create your own arrangements. Or let one of the talented florists make one for you!

Have a bunch of charm with your bowl of cereal. Floral arrangements brighten any breakfast table—and lend pleasant scent to the start of your day. Or try a tabletop planter with low-growing succulents or even a bonsai plant.

BREAKFAST NOOK





DINING ROOM

The dining room is the quintessential spot for a centerpiece. Whether it's a fresh arrangement of hydrangeas, *above*, or another plant with architectural interest, flowers and plants are the finishing touch to any table setting.

PLANTS

Hy-Vee Floral has all your favorite indoor plants: stunning tropicals, unique succulents, cacti and even bonsai. Ask a floral expert to help select the right plant for your space.

Plants in the bathroom? You bet. Plants add a soothing, natural vibe to enjoy while soaking in the tub. And there are plants suited to a range of lighting, from dim bathrooms to those bathed in bright natural lighting.

BATH



ENTRY HALL

Research shows that flowers have an immediate impact on happiness, so why not send those good feelings to everyone as they come and go? These miniature azaleas are a sure-fire way to create some positive energy in the entry.



WAYS TO INCLUDE PLANTS

Houseplants continue to be popular as people look to bring nature closer to home. Here are some ways to use indoor plants from Hy-Vee Floral:



HANGING PLANTS

Decorate a window or corner in the room with a hanging planter that features a cascading plant.

SUCCULENT PARTNERS

Create a pleasing mosaic using a container filled with a soil-less potting mix and succulents in a variety of colors.

INDOOR SEASONALS

Celebrate the holidays with an Easter cactus in spring, poinsettias in December and miniature roses for Valentine's Day.

BONSAI

Connect with an age-old tradition by tending a bonsai plant, which can be passed down repeatedly to future generations.

LARGE SHOWPIECE

Make a welcoming statement with a planter that has real presence because of its large size or intriguing shape.

health

Read up on ways to beat allergies, see how Hy-Vee goes the extra mile to provide a safe shopping experience and more.

✓ shop
✓ save
✓ get it done

It's that simple to save on quality simply done™ household products.

simply
done™



- 102 SHOP SAFE
- 106 STRONGER KNEES NOW
- 110 FOODS THAT SOOTHE ACID REFLUX
- 114 BREATHE EASY
- 117 ADIOS ALLERGIES
- 119 DIETITIAN Q&A: UNDERSTANDING IMMUNE HEALTH
- 120 PHARMACY: CONTACT-FREE PHARMACY



YOUR SAFETY IS PRIORITY NUMBER ONE. SEE WHAT HY-VEE IS DOING TO ENSURE YOUR SHOPPING EXPERIENCE DURING COVID-19 IS AS SAFE AS POSSIBLE.

5 WAYS HY-VEE MAKES SHOPPING SAFER

1 Reserved Shopping Hour

Monday through Friday, 7 a.m. to 8 a.m., Hy-Vee has a reserved shopping hour for those considered high risk. This includes: ages 60 and older; expectant mothers; anyone with an underlying health condition that makes them more susceptible to serious illness.

2 Additional Contactless Services

Hy-Vee has expanded contactless options for customers.

- Dietitian Services: virtual store tours, dietitian discovery sessions and virtual classes.
- Pharmacy: prepaid prescription pickups, Ship-to-Home, drive-thru and curbside.
- Floral: flower delivery.
- Mealtime to Go: online ordering and curbside pickup.

3 More Pharmacy Techs

To expand COVID-19 testing services and facilitate vaccinations, Hy-Vee is hiring 1,000 pharmacy technicians. Hy-Vee is a national COVID-19 vaccine provider.

4 Added Aisles Online Payment Options

Payments through SNAP/EBT Supplemental Nutrition Assistance Program/ Electronic Benefits Transfer) are now accepted at time of pickup to widen the availability of Aisles Online.

5 Enhanced Safety Precautions

Some of the steps Hy-Vee is taking for customer safety:

- Closed self-service food cases.
- Installed plexiglass window panels at checkouts.
- Placed social distancing indicators on floors wherever lines typically form in the store.
- Handed out free masks (up to 3 million will be distributed).

Check your local Hy-Vee for participation and additional services.

"We are committed to doing all we can to keep our customers and employees healthy and safe, and to being the helpful smile in every aisle that is needed during this time."

—Randy Edeker, Hy-Vee chairman, CEO and president

HOW HY-VEE IS HELPING EMPLOYEES

EXTRA PRECAUTIONS

For customer and employee safety, all employees are required to wear masks. Since the start of the pandemic, Hy-Vee has provided thousands of masks to employees, along with face shields.

BETTER COMMUNICATION

To keep employees informed about the ongoing pandemic and changing policies, Hy-Vee deployed Retail Zipline's communication platform across the company, with weekly video updates sent to employees from Hy-Vee's leadership team.

FREE TESTING

Hy-Vee employees are eligible for free rapid antigen COVID-19 testing at more than 60 locations via an outdoor drive-thru testing process.

EMPLOYEE APPRECIATION BONUSES

In 2020, bonuses totaling more than \$28.3 million were given to employees, both full- and part-time, for the hours worked during the pandemic.

CLEAN STORES

Hy-Vee is a leader in the national effort to keep people safe.

SANITIZING

Hy-Vee was the nation's first retail grocery chain to implement the Sterile Cart System, which automatically sanitizes carts after each use.

DISINFECTING

Hy-Vee stores are thoroughly cleansed nightly, and high-touch areas (PIN pads, door handles, conveyor belts) are regularly disinfected throughout the day.

ENTRANCES

Sanitation wipes, face masks and hand sanitizers are available near entrances.

Sources: [fda.gov/news-events/fda-voices/fda-offers-assurance-about-food-safety-and-supply-people-and-animals-during-covid-19](https://www.fda.gov/news-events/fda-voices/fda-offers-assurance-about-food-safety-and-supply-people-and-animals-during-covid-19)
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hy-vee.com/corporate/news-events/news-press-releases/hyvee-wins-healthiest-state-workplace-award/



TO HELP PREVENT ILLNESS, LOOK FOR AN ALCOHOL-BASE HAND SANITIZER WITH AT LEAST 60% ALCOHOL CONTENT.

If soap and water are unavailable, use hand sanitizer. According to the FDA, hand sanitizer acts by killing *certain* germs on the skin, while soap and water removes all types of germs.

HOW HY-VEE IS HELPING THE COMMUNITY

SCHOOLS

Hy-Vee is assisting local schools during the pandemic.

As COVID-19 continues to impact communities, educators are working tirelessly to evolve and innovate in the way they reach students. Hy-Vee pledged \$75,000 to be awarded among 55 schools across its eight-state region. The donation is part of the company's Fuel Your School campaign, a Fuel Saver + Perks sweepstakes where winners can designate a school of their choice to receive prize money.

FAMILIES

Hy-Vee's popular KidsFit at Home program was retooled to help children and their families continue health and fitness activities during the pandemic. The "Find Your Smile" campaign encourages families to explore the eight dimensions of wellness: physical, emotional, social, intellectual, career, spiritual, environmental and financial.

COMMUNITY

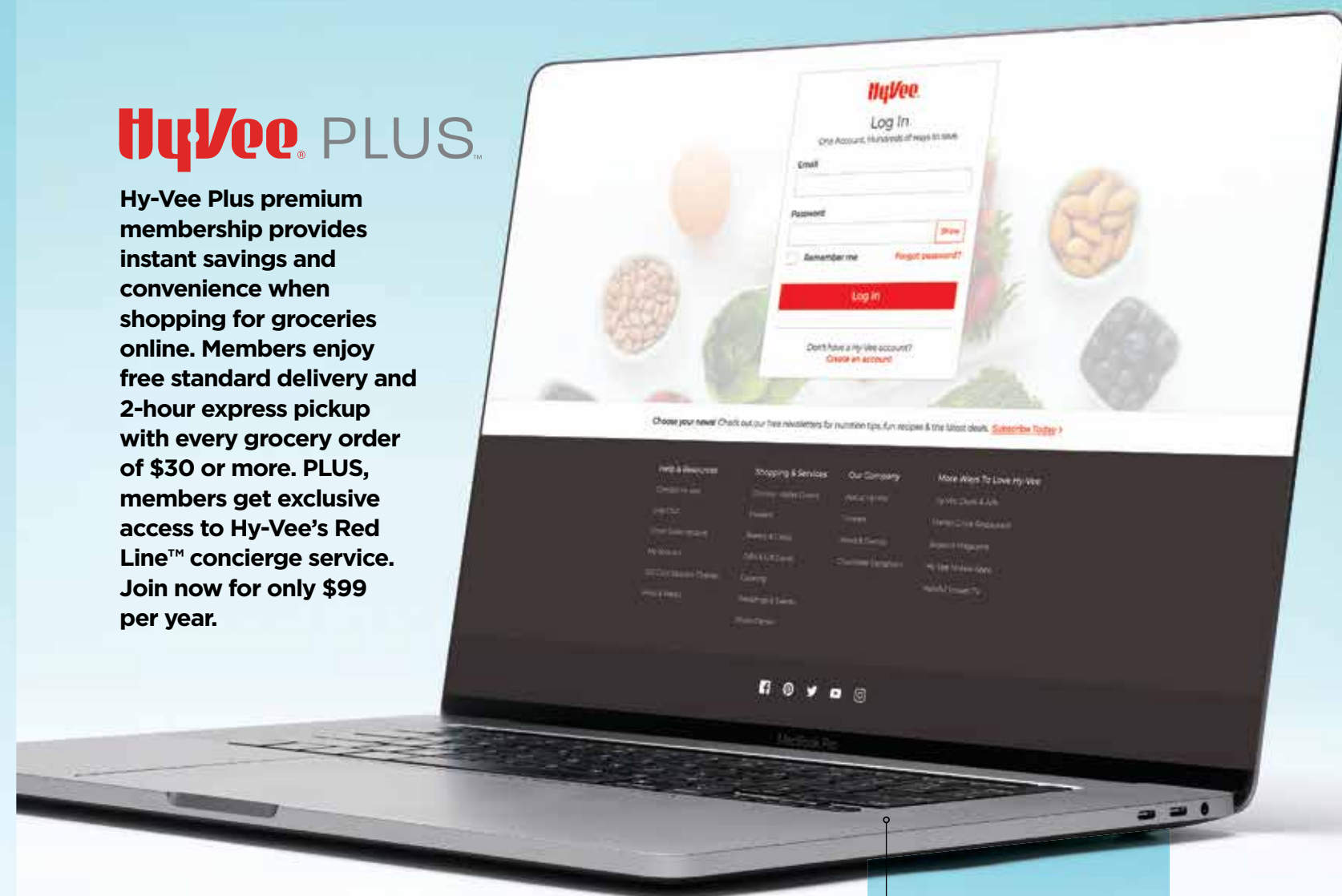
Hy-Vee is making 11,000 new hires. This will not only enhance customer service, it will also help offset job losses elsewhere in the community due to COVID-19. Both full- and part-time positions are being filled across eight states as Hy-Vee continues to grow, open new stores and, most importantly, meet the evolving needs of customers who plan to shop differently than they have in the past.

Source: [fda.gov/drugs/information-drug-class/qa-consumers-hand-sanitizers-and-covid-19](https://www.fda.gov/drugs/information-drug-class/qa-consumers-hand-sanitizers-and-covid-19)

aislesonline®

HyVee PLUS™

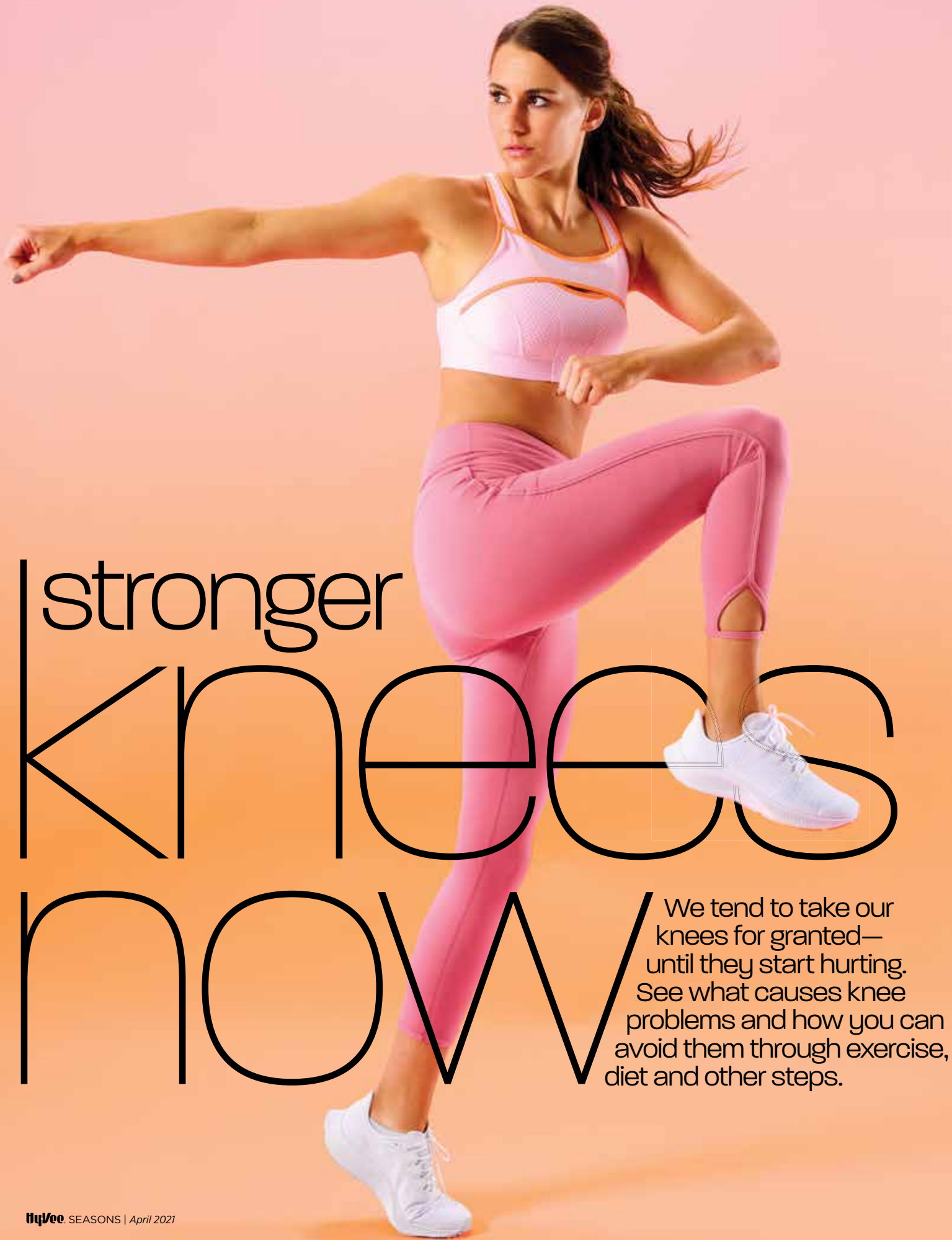
Hy-Vee Plus premium membership provides instant savings and convenience when shopping for groceries online. Members enjoy free standard delivery and 2-hour express pickup with every grocery order of \$30 or more. PLUS, members get exclusive access to Hy-Vee's Red Line™ concierge service. Join now for only \$99 per year.



Pharmacy Update

- **Rapid antibody test** for past COVID-19 infection is available at minimal cost with same-day results in as little as 15 minutes.
- **Rapid antigen test** for active COVID-19 infection is available at minimal cost via an outdoor drive-thru testing process, with results in as little as 2 hours.
- **Lab test (molecular PCR)** for active COVID-19 infection via an outdoor drive-thru testing process. Available for free with results within 3 to 5 business days. **Note:** COVID-19 testing is available at select Hy-Vee locations. Register at hy-vee.com/covidtesting
- Hy-Vee is participating in the Federal Retail Pharmacy Program, which is part of the federal government's strategy to expand COVID-19 vaccinations across the country.

Keep up to date on COVID-19 vaccines. Visit hy-vee.com/covidvaccine



stronger knees now

We tend to take our knees for granted—until they start hurting. See what causes knee problems and how you can avoid them through exercise, diet and other steps.

Knees are an integral part of daily functioning, which is why it is important to take care of them.

“Healthy knees allow a person to do essential activities of daily living and to enjoy life,” says Shane McClinton, PhD, physical therapist and associate professor at Des Moines University. “If knees hurt or are not functioning efficiently—too weak to get up from the floor, or do not bend enough to get down to the floor—then it can make us miserable and less able to do things we enjoy, including keeping our entire body healthy.” **Knee pain is commonly caused by injury, arthritis, tendinitis or misuse.** Learn how to prevent or mitigate these problems, *right*, then turn the page to see exercises to build strength and mobility.

“BEING JUST 10 POUNDS OVERWEIGHT PUTS AN EXTRA 15 TO 50 POUNDS OF PRESSURE ON YOUR KNEES. THIS MAKES IT MORE LIKELY YOU’LL DEVELOP OSTEOARTHRITIS OR MAKE THE DISEASE WORSE IF YOU ALREADY HAVE IT.”

—ARTHRITIS FOUNDATION

Common Causes of Knee Pain

ABOUT 18 MILLION PATIENTS VISIT A DOCTOR OR HOSPITAL EACH YEAR BECAUSE OF KNEE PAIN, ACCORDING TO THE CLEVELAND CLINIC.

INJURIES such as ruptured ligaments, torn cartilage or fractured bones often cause knee pain. Treatment options include wearing a knee brace, physical therapy and surgery. **Prevention:** Build up muscles that support the knees (quadriceps and hamstrings), as well as hips and core muscles for greater stability. Stretch often to loosen tight muscles that can lead to injury.

ARTHRITIS is a leading cause of knee pain, especially *osteoarthritis*, which occurs when cartilage deteriorates with use and age; and *rheumatoid arthritis*, a chronic autoimmune disease. **Prevention:** Cut down on sugary, salty and fatty foods, which can increase inflammation. Treat rheumatoid arthritis with medication. Keep your joints moving but avoid activities that cause high impact.

TENDINITIS is an inflammation or irritation of a tendon usually caused by a repetitive motion over time. It also can be caused by vibration, injury or sustaining an awkward position. **Prevention:** Avoid activities that stress tendons for prolonged periods. Exercise regularly but warm up thoroughly beforehand and increase intensity level gradually.

ANTERIOR KNEE PAIN from patellofemoral pain syndrome occurs when the kneecap moves incorrectly and rubs against the lower portion of the thigh bone. It’s often the result of extra stress on knees from running, jumping, twisting or skiing. **Prevention:** Build up quadriceps and hip abductor muscles. Also, wearing the proper footwear and orthotics (shoe inserts) can help.

EXERCISE IS GOOD FOR THE KNEES

“Like most other parts of our body, appropriate conditioning is needed to optimize health. Individuals who have ‘good’ knees benefit from knee-related exercises and so can individuals who have knee pain or injury. In fact, physical therapists prescribe knee-related exercises to help persons with knee pain or injury to recover and restore their function. If

you do have knee pain or injury, you may need help initially from a healthcare professional, like a physical therapist, to determine the most appropriate exercises or modifications considering your circumstances.”

—Shane McClinton, PT, DPT, PhD
Physical Therapist/Associate Professor
Des Moines University

REMEDIES FOR KNEE PAIN

SIMPLE STEPS SUCH AS THESE CAN HELP ALLEVIATE KNEE PAIN.



1 Weight loss can help lessen knee pain. Carrying extra weight creates more stress on joints. Plus, excess fat can speed the destruction of cartilage.



2 Physical therapy involving knee-related exercises can help those with knee pain or injury recover and restore their function.



3 Exercise promotes strength and mobility, conditioning the body so one can walk or run farther with less strain on the body.



4 Pain relievers such as ibuprofen and naproxen may ease knee pain. Other options include topical creams with a numbing agent, such as lidocaine or capsaicin, and cortisone injections.

Sources: [mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469](https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469)
my.clevelandclinic.org/cct/media/files/ortho/knee_pain_guide
medlineplus.gov/ency/article/000452.htm
arthritis.org/health-wellness/about-arthritis/related-conditions/other-diseases/how-fat-affects-osteoarthritis
mayoclinic.org/diseases-conditions/knee-pain/symptoms-causes/syc-20350849
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mayoclinic.org/diseases-conditions/patellofemoral-pain-syndrome/symptoms-causes/syc-20350792

knee strength exercises

HIP STRENGTH IS IMPORTANT FOR KNEE HEALTH, WHICH IS WHY THESE STRENGTH AND MOBILITY EXERCISES INCLUDE THE HIPS AS WELL AS THE KNEES.



1 SIDE-LYING HIP ABDUCTION

Lie on your side, back against the wall, bottom leg bent, top leg straight. Slowly raise top leg, sliding your heel up along the wall before lowering it back down. Repeat. **Tip:** Keep hips facing forward.



2 CLAMSHELL AT WALL WITH RESISTANCE

Lie on your side resting on arm with back and feet against wall, hips and knees bent and a resistance band around knees. Slowly lift top knee off the other knee by rotating your hip open and pulling against the band resistance. Pause before slowly lowering it. Repeat. **Tip:** To increase difficulty, perform from a bent-knee side plank position.



3 MINI SQUAT

Lift arms forward and bend at hips and knees as if you were going to sit down. Stop the downward motion before legs are parallel to the floor. Return to starting position. Repeat. **Tip:** Keep knees aligned with ankles; do not let knees go inward; keep back straight.



4 SINGLE LEG TOE TAPS

With arms on hips, and a band around knees and/or ankles, tap one foot: (1) to the side and slightly to the back; (2) straight back. You should feel muscle burn in the outer hip/gluteal and thigh muscles. **Tip:** To increase difficulty, add a slight squat to your stance.



5 STEP UP

Step up onto a platform, standing tall before slowly lowering back to the start position. Repeat the sequence starting with opposite leg. **Tip:** Keep knee in line with foot; do not let it fall in and do not let pelvis tilt or drop. Use proper step height for your skill and comfort level.

MADE FOR
THE WORKOUT

MADE FOR
THE ENCORE



**CARRIE
UNDERWOOD**



ALKALINE pH 9+
WATER
WITH
ELECTROLYTES





FOODS THAT SOOTHE ACID REFLUX

CONTROL ACID REFLUX SYMPTOMS BY CHOOSING THE MOST EFFECTIVE FOODS FOR SHORT-TERM COMFORT AND LONG-TERM HEALTH.

WHAT IS ACID REFLUX?

Acid reflux, also referred to as gastroesophageal reflux, or GER, happens when the valve connecting your esophagus to your stomach (lower esophageal sphincter or LES) opens when it's not supposed to, allowing stomach acid and food back into your esophagus. This can cause symptoms such as heartburn, and if left untreated, can progress to gastroesophageal reflux disease or GERD. Making lifestyle changes, such as eating and avoiding certain foods, may help alleviate occasional acid reflux.

SEE A DOCTOR IF YOU HAVE...

- DIFFICULTY SWALLOWING
- NAUSEA AND VOMITING
- WORSENING SYMPTOMS

FOODS TO ENJOY

ACCORDING TO JOHNS HOPKINS MEDICINE, TO HELP PREVENT ACID REFLUX, INCORPORATE FOODS THAT TAME STOMACH ACID AND SATISFY YOUR APPETITE.



HIGH FIBER FOODS

WHY: An overly full stomach can exacerbate acid reflux. Eating fiber-rich foods helps you feel satiated, which can stop you from eating past fullness.

TRY beets, broccoli, brown rice, farro, green beans, oatmeal, spinach and sweet potatoes



ALKALINE FOODS

WHY: Foods with a pH above 7 are considered alkaline, and foods with a pH below 7 are considered acidic. Acidic foods can make reflux worse. Eating alkaline foods can help buffer highly acidic stomach acid.

TRY bananas, cauliflower, fennel, ginger, melons and nuts



WATERY FOODS

WHY: Eating foods with high water content such as low-acid fruits, vegetables and broth-base soups can help dilute stomach acid. Drinking still (non-carbonated) water at mealtimes can help as well.

TRY celery, cucumber, herbal tea, lettuce and watermelon

FOODS TO MONITOR

BE MINDFUL OF CONSUMING THE FOODS BELOW; THEY MAY CAUSE ACID REFLUX FLARE-UPS. CONSIDER STARTING A JOURNAL NOTING HOW DIFFERENT FOODS MAKE YOU FEEL—KNOWLEDGE IS POWER!

Alcohol:

Alcohol can stimulate the stomach to create more acid. It also can damage your esophagus if consumed excessively.

Carbonated Beverages:

The carbon dioxide bubbles that expand in your stomach put pressure on your LES and can result in reflux.

Citrus Fruits:

Citrus fruits are naturally acidic and can relax your LES, which allows stomach acid and food into your esophagus.

Peppermint:

Peppermint seems like it would be soothing, but it can trigger acid reflux by causing your LES to relax.

Fried Foods:

Fried, high-fat foods take longer to digest. This puts pressure on your LES and results in more stomach acid production.

Coffee:

Coffee can relax your LES. This effect could be from coffee itself, or the caffeine in your coffee.

Tomatoes:

Although not a citrus fruit, tomatoes are another acidic fruit that can relax your LES and aggravate acid reflux.

Chocolate:

Serotonin in cocoa can cause your LES to relax. Chocolate is also high in fat, which can result in excess stomach acid production.

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healthline.com/nutrition/foods-that-cause-heartburn#TOC_TITLE_HDR_5



Root Veggie Salad with Cannellini Dressing

try
this

Substitute arugula for the organic power greens to get a boost of peppery flavor.

Hands On 20 minutes
Total Time 1 hour
Serves 4

Hy-Vee nonstick cooking spray
1 lb. fresh beets, peeled and cut into wedges
4 medium carrots, peeled and cut into 1-inch pieces (10 oz.)
4 Hy-Vee Smart Bite baby blonde potatoes, sliced (10 oz.)
Hy-Vee salt, to taste
½ cup Hy-Vee canned cannellini beans, drained and rinsed*

3 Tbsp. water
2 Tbsp. Hy-Vee Dijon mustard
2 Tbsp. Hy-Vee honey
1 Tbsp. unfiltered apple cider vinegar
1 (5-oz.) container Full Circle Market organic power greens (baby chard, spinach and kale)
1 Tbsp. chopped fresh thyme

1. PREHEAT oven to 425°F. Spray a large rimmed baking pan with nonstick spray. Spread beets, carrots and potatoes in single layer on prepared pan. Spray vegetables with nonstick spray. Season

with salt. Roast for 30 to 40 minutes or just until tender. Cool for 10 minutes.

2. FOR DRESSING, combine beans, water, mustard, honey and vinegar in a blender. Cover and blend until smooth. Strain through a fine-mesh strainer; discard solids. Toss ¼ cup dressing with roasted vegetables in a bowl.

3. TO ASSEMBLE salad, line a serving platter with greens. Top with vegetable mixture. Drizzle with remaining ¼ cup dressing; sprinkle with thyme. Serve immediately.

*Use leftover cannellini beans from the can to make a crunchy topping. Pat beans dry with paper towels and spread in a single layer on a rimmed baking pan. Spray beans with nonstick cooking spray and sprinkle with nutritional yeast. Roast at 425°F for 15 to 20 minutes or until crisp, stirring once halfway through.

Per serving: 210 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 430 mg sodium, 46 g carbohydrates, 9 g fiber, 20 g sugar (9 g added sugar), 7 g protein.
Daily Values: Vitamin D 0%, Calcium 15%, Iron 15%, Potassium 20%

1 WATERMELON-CUCUMBER COOLERS

Combine 2 (1-lb.) containers Hy-Vee Short Cuts watermelon, 1 large peeled and cut-up seedless cucumber, ¼ cup sliced fennel or celery and, if desired, 1 tsp. Full Circle Market light in color agave nectar in a blender. Cover and blend until smooth. Strain mixture. Cover and refrigerate at least 2 hours. Serve in ice-filled glasses. Garnish with cucumber slices, if desired. Serves 4 (8 oz. each).

2 CARAMELIZED PEAR OATMEAL

Prepare ¼ cup Hy-Vee steel cut oats according to package directions using 1¼ cups Hy-Vee fat-free milk. Meanwhile, heat 1 Tbsp. Hy-Vee Select 100% pure maple syrup and 1 tsp. coconut oil in a small skillet over medium heat. Stir in ½ cored and chopped pear. Cook for 5 minutes or until caramelized and tender. Top oatmeal with pear mixture and 1 Tbsp. toasted Hy-Vee chopped pecans. Serves 1.

3 BASIL-GINGER TEA

Muddle 2 Tbsp. basil leaves and 2 slices fresh ginger in a cocktail shaker. Add 1 cup boiling water. Steep for 10 minutes. Strain into a mug. Sweeten with honey to taste. Serves 1.

4 HERBED FARRO PILAF

Rinse 1 cup Hy-Vee Select farro; set aside. Place 2 cups Hy-Vee 33% less-sodium chicken broth in a medium saucepan. Bring to boil. Add farro. Return to boil; reduce heat. Simmer, covered, for 35 minutes. Stir in 2 cups baby spinach leaves and ½ cup Hy-Vee frozen sweet peas. Cook and stir until spinach wilts. Stir in 2 Tbsp. toasted pine nuts and 1 Tbsp. chopped fresh basil. Serves 6.

5 ROTINI-VEGGIE BROTH SOUP

Place 2 (32-oz.) containers Hy-Vee vegetable cooking stock in a large saucepan. Bring to boil. Add 6 oz. dry Hy-Vee whole wheat rotini pasta, 1 cup thinly sliced celery, 1 cup thinly sliced carrot and 1 Hy-Vee bay leaf. Return to boil; reduce heat. Simmer, covered, for 10 minutes or until pasta is al dente. Stir in 1 can rinsed and drained Hy-Vee cannellini beans and 2 Tbsp. finely chopped Italian parsley. Remove bay leaf. Serves 4.

5 QUICK AND EASY RECIPE IDEAS





Breathe Easy

INDOOR AIR QUALITY AFFECTS HEALTH AND BREATHING. EVEN SHORT-TERM EXPOSURE TO IRRITANTS AND ALLERGENS (SOME OF WHICH ARE MICROSCOPIC) MAY CAUSE DIFFICULTY BREATHING OR MORE SERIOUS CONCERNS AMONG THOSE WITH ALLERGIES OR ASTHMA. CHECK FOR THESE COMMON IRRITANTS AROUND THE HOUSE, AND REMOVE THEM BEFORE ISSUES ARISE.

10 Common Household Irritants AND HOW TO AVOID THEM

2. DUST

Microscopic creatures in dust, called dust mites, often trigger allergy symptoms. Sweep and clean each room, and vacuum carpets and rugs to reduce the amount of dust in your home.

3. CHEMICALS

Some household cleaners contain volatile organic compounds or other ingredients that may be harmful to the body. Read labels carefully to ensure cleaning products are pollutant-free.

4. POLLEN

Tree and grass pollen during warm-weather months are two main causes of allergy flare-ups. If allergic, keep windows closed at night and monitor pollen levels.

5. CLOTHES

Pollen from outdoor allergens can cling to clothes and cause breathing issues indoors. Regularly wash clothes that have been worn outside, especially if they've been worn for yard work.

6. PESTS

Cockroaches can be found almost anywhere and may cause breathing issues for those who are allergic. Block or seal potential entry points like crevices, wall cracks and windows, and cover food and pet food.

7. HUMIDITY

High humidity levels make the best environment for mold, dust mites and other allergens. Certain kinds of bacteria that harm the respiratory system may develop in humid conditions.

8. MOLD

Along with mildew, mold forms in damp areas, like basements, bathrooms and under sinks. To prevent mold, use dehumidifiers in damp areas and ensure proper ventilation.

9. BEDDING

Pillowcases, sheets, blankets and mattresses attract dust mites and other allergens. Wash bedding at least once a week and place dust-mite-proof covers over mattresses and box springs.

10. POLLUTANTS

Smog, smoke and other chemical byproducts and pollutants in the environment may enter through openings in your house. Have your home and ventilation system inspected regularly.



houseplants

Some houseplants improve air quality and oxygen levels, but remember to dust leaves and check for mold.

FRESH AIR indoors

open windows

Occasionally open windows to improve air flow and increase fresh air. Monitor pollen or air quality levels and open windows when levels are low.

fans

A ceiling or other type of fan may help improve air flow and may push out airborne contaminants or irritants.

clean your space

Hy-Vee is here to help. Find these and other cleaning products at your local store.

carpet cleaner

Check with your local Hy-Vee about renting a carpet cleaner to remove deeply embedded dust mites and other allergens.



natural cleaners

These surface cleaners wipe up dust and grime without adding harmful chemicals to the air.



all-purpose cloths

Microfiber cloths collect dust easily. Wash cloths after each use.

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ADIOS Allergies

It's allergy season again. This year, relieve your sneezing, coughing and itchy eyes with over-the-counter options from your Hy-Vee Pharmacy.

SEASONAL SYMPTOMS

Allergic rhinitis (seasonal allergies or "hay fever") symptoms include watery and itchy eyes, runny nose and sneezing. Depending on symptom frequency and severity, over-

the-counter remedies may provide relief.

PHARMACY EXPERTISE

Talk with your Hy-Vee pharmacist to confirm the healthiest and safest option for you and your family.



Antihistamines block the body's allergic response. Take before symptoms develop.



Nasal Steroids should be your first treatment for runny nose and congestion.



Decongestants narrow blood vessels to alleviate symptoms. For short-term use only.



Antihistamine/Decongestant Blends cover a broad range of symptoms.

Disclaimer: The information presented is for informational purposes only and not medical advice. Please consult with a medical professional for any questions.

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500 mL



Wonderful Halos 5 lbs.



Wonderful Halos 3 lbs.



dietitian Q&A

UNDERSTANDING IMMUNE HEALTH

A Hy-Vee dietitian explains how dietary choices may help your body fight off illness.



Elisa Sloss, RD, LD
Vice President,
HealthMarket

a varied diet of fresh fruit and vegetables, lean meats, nuts, legumes and whole grains. For example, orange or red fruits and vegetables tend to be exceptionally high in immune-boosting vitamins A and C, but they don't have all or enough of every nutrient the body needs.

Q: What is the immune system?

A: The immune system is made up of organs and cells that work together to ward off or limit the effect of harmful bacteria, viruses, parasites or fungi that may cause disease.

Q: Do certain nutrients affect immune health?

A: Vitamins A, B₆, C, D and E, as well as folic acid and the minerals zinc, selenium, iron and copper are thought to be necessary for proper immune function. The cells and organs that make up the immune system need nourishment to carry out their functions, and these nutrients help protect and support them.

Q: What's the best way to get all those nutrients?

A: You have plenty of options! The key is to eat

Q: Will nutrition alone keep my immune system healthy?

A: Nutrition is just one of several components for maintaining a healthy immune system. It's also important to take care of your body through regular exercise and sleep. And avoid harmful habits like smoking and drinking that can weaken the immune system.

Q: How can Hy-Vee help?

A: A Hy-Vee dietitian can help you understand if you are deficient in one or more immune-boosting nutrients—and they can show you how to improve. A free discovery session is a great way for dietitians to learn more about your health needs and for you to learn more about what dietitians can do for you.



Scan the QR code to find your Hy-Vee dietitian, or visit hy-vee.com and click "Health & Pharmacy," then click "Dietitians."

Sources: hsph.harvard.edu/nutritionsource/nutrition-and-immunity/, ncbi.nlm.nih.gov/books/NBK279364/, ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/, cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/pdfs/fs_smoking_overall_health_508.pdf, health.clevelandclinic.org/6-surprising-ways-alcohol-affects-health-not-just-liver/



NO CONTACT, NO PROBLEM!

Your Hy-Vee Pharmacy offers contact-free services to all pharmacy customers at no charge in an effort to improve safety. Manage your account online at hy-vee.com/my-pharmacy or through the Hy-Vee app. You may also order or refill prescriptions online and choose from several contact-free fulfillment methods: delivery, Ship to Home, drive-thru and curbside pickup.



4 WAYS TO GO CONTACTLESS 1 DELIVERY | 2 SHIP TO HOME | 3 DRIVE-THRU | 4 CURBSIDE PICKUP

Ship to Home FAQs

Q: What is Hy-Vee Pharmacy Ship to Home?

A: Hy-Vee Pharmacy now offers a convenient ship-to-home service in select locations* that enables us to mail your prescription directly to your front door.

Q: Are all prescriptions available for Ship to Home?

A: Most prescriptions are eligible for Ship to Home. However, some prescriptions such as controlled substances and temperature-controlled medications may be ineligible for this service. For more details, please contact your Hy-Vee pharmacist.

Q: How do I request my prescription be shipped to me?

A: Simply speak to a member of your Hy-Vee Pharmacy staff and ask for your prescriptions to be shipped to you.

Q: Will I receive notification that my prescription has been shipped?

A: If you provide a valid email address to your Hy-Vee Pharmacy, you will receive an email with your prescription shipment tracking number and your copay amount.

Q: How soon will I receive my prescription?

A: Most prescriptions will arrive 3 to 5 business days after the order has been placed.

Q: Can I have my prescription shipped to my out-of-state address?

A: Please contact your local Hy-Vee Pharmacy for details.

Q: How do I pay for my prescription?

A: You will pay your local Hy-Vee Pharmacy as you have in the past.

Q: How do I transfer my prescription from another pharmacy to a Hy-Vee Pharmacy?

A: You can contact any Hy-Vee Pharmacy location and request a transfer. Our pharmacy staff will take care of the details.

Q: Can I continue to pick up my medication at my local Hy-Vee Pharmacy?

A: Yes, you can still pick up your medication at your local Hy-Vee Pharmacy.

Q: Can I return a prescription?

A: Prescription drugs cannot be returned for credit.

*Not available in all states or at all locations. See store for details.

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**VEGETARIAN
DISH**

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 - Information written in other languages upon request

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