AUGUST 2019

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Pharmacists Buy Store Brands like TopCare® over 90% of the time

✓ Safe & Effective
✓ High Quality Formulas ✓ Costs Less

1. Bart J. Bronniman, Jean-Pierre Dubé, Matthew Garncz, Jesse M. Shapiro, Do Pharmacists Buy Bayer? Informing Shoppers and the Brand Premium, University of Chicago, January 2015,
Hershey’s Snack Size: select varieties
9.17 to 11.6 oz.
3.99

SIMPLY ICE
STRAWBERRY-LEMONADE
Deliciously low-cal with zero sugars and six essential vitamins.

CITRUS TANGO
Crisp, refreshing and oh so sweet. Citrus drinks are increasing in popularity according to Flavorman reports, and innovative drinks like Sprite’s “Lymonade” hit the shelves this year. Try your own mix-up by blending lemonade with other flavors such as blueberry, watermelon or passion fruit tea to create a refreshing taste. Made with all-natural ingredients and flavors, Hy-Vee Lemonade comes in 59 or 64 fl. oz. bottles.

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

CITRUS TANGO

SIMPLY ICE
STRAWBERRY LEMONADE
Deliciously low-cal with zero sugars and six essential vitamins.
Blue Wilderness is a healthy choice for any age dog. Find it at Hy-Vee.

Hy-Vee’s line of True Meat is great on the grill and contains no antibiotics, steroids or added hormones. Animals are raised crate and cage free.

Exceptionally juicy and soft, these peaches are typically harvested in late summer and benefit from abundant sunshine and Rocky Mountain snow melt.

Not Your Mother’s beauty products offer salon quality at budget-friendly prices. Check your local Hy-Vee Health and Beauty Department for any of the products above and more!

BROWSE THE AISLES OF YOUR LOCAL HY-VEE FOR THESE MUST-HAVE ITEMS TO COOL OFF THROUGH THE FINAL DAYS OF SUMMER 1 | LIFOAM 30 CAN SOFT-SIDED COOLER 2 | FUN TIME WITH ME AND YOU WATER GUN 3 | RUBBERMAID INFUSER 4 | MANNA WATER BOTTLES 5 | CRYOPAK CANADIAN CHILL ICE PAK 6 | MAMMOTH ROVER 7 | IGLOO COOLER 8 | MAMMOTH ROVER 9 | EASY-PACK POPSICLE MAKER 10 | AIR MONSTER 12-INCH DESK FAN

Party Like a Lob-Star
Celebrate the peak of Northeast lobster season by filling your plate (and stomach) with products from Hy-Vee!

Hy-Vee’s line of True Meat is great on the grill and contains no antibiotics, steroids or added hormones. Animals are raised crate and cage-free.

Hy-Vee's Hatch Chile peppers add a mild kick to this already sweet and creamy cheese, perfect for tacos or fajitas. Only available during August.

Live American Lobster Cold-water lobster harvested off the Atlantic coast offer tender, sweet meat.

Lobster Tail Firm and sweet in flavor, caught off the coast of the Bahamas.

Lobster Delights Imitation Lobster Add to any meal or eat out of the bag for a quick snack.

Panera at Home Lobster Bisque A creamy, hearty soup with rich seafood flavor.

The quality of food your dog eats plays a major role in his growth, development and energy level. Blue Wilderness has real ingredients to ensure pets get their fill of proteins, fats, carbs and essential vitamins and minerals without by-products or fillers.
Highlight special occasions with jaw-dropping custom cakes from Hy-Vee. Have a crazy idea? Hy-Vee’s talented cake designers make bringing your vision to life, well, a piece of cake! Just walk in or schedule a time to discuss what you’d like. Capture someone’s interest, celebrate an event or convey the spirit of the season, as with this pool party cake (pictured) from Hy-Vee cake designer Samantha Cunningham. Hy-Vee has you covered!

Round cakes stack to create height and frosting is used to adhere fondant squares to the outside.

Tiers allow for multiple flavors and cyber designs. Frosting keeps layers from separating.

By mixing food coloring gels, Hy-Vee cake designers can match the colors you want.

Fondant—an easily moldable and edible ingredient—allows for unlimited decoration.

Cannonball! Watch from start to finish as Hy-Vee cake designer Samantha Cunningham creates this amazing pool party theme cake.

Watch and learn at HSTV.com today!

Round up to the nearest dollar
AUGUST 1-18

Donate at checkout to benefit kids with cancer and their families.

About Pinky Swear:
Pinky Swear Foundation supports kids with cancer and their families. And it all began with a promise between a father and his nine-year-old son who asked his dad to pinky swear that he would continue to help other kids with cancer after he was gone.

For more information visit PINKYSWEAR.ORG
PILE ON THE TASTE WITH 100% NATURAL®

MAKE THE NATURAL® CHOICE™

It's the best of summer, from fresh produce to tantalizing state fair foods.

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64  SERVE UP SUMMER WINE
66  BEST @ BRATS
Back in the 1930s, Hy-Vee co-founder David Vredenburg drove his black Ford pickup from farm to farm buying tomatoes, potatoes, apples and other produce to meet his customers’ needs. Today, Hy-Vee’s Homegrown program—featuring produce grown within 200 miles of a store—is built around the same desire to provide customers with fresh, local fruits and vegetables.

“We focus on working with growers as close to our stores as possible,” says Mike Ort, vice president, produce operations. “Some are relatively small farms with just a few acres; others are growers who farm several hundred acres. We also have several who grow produce in greenhouses, which typically provide a much longer growing season. A few greenhouses provide local produce 52 weeks a year.”

FIND OUT WHAT ALL THE LOCAL MOTION IS ABOUT! WHEN YOU SEE THE HOMEGROWN LOGO, YOU CAN BE CONFIDENT THAT THE PRODUCE WAS GROWN WITHIN 200 MILES OF YOUR LOCAL HY-VEE. THAT’S GOOD FOR FRESHNESS AND GOOD FOR LOCAL ECONOMIES.

Hy-Vee is committed to working with local farmers to provide close-to-home fruits and vegetables shoppers can trust. Meet a few of the 250 farmers who deliver top-quality farm market freshness through Hy-Vee’s Homegrown program.
MEET THE GROWER:
Schweizer Orchards
ST. JOSEPH, MISSOURI

In continuous operation since the early 1900s, Schweizer Orchards goes well beyond the apples, pears and berries that started it all. The family farm also grows a host of vegetables for Hy-Vee, including bell and hot peppers. "We feel proud to know that our fruits and vegetables are on display in the local stores," says Cory Schweizer. "We do our best to make sure that we are shipping the very best produce on every delivery truck." Cory notes that produce is traceable, so shoppers can rest assured it’s safe. And it’s fresh. "We hydro-cool our corn with ice-cold water within 30 minutes of harvest to maintain the sugars in the corn," Kelly explains. "We also work very closely with our buyers and transportation at Hy-Vee to make sure they pick up only what is needed that day and then send another truck the next day for more fresh produce."
EASY REFRIGERATOR PICKLES
Combine 1 cup water, ½ cup Hy-Vee white vinegar, 4 tsp. kosher salt and 1 Tbsp. Hy-Vee granulated sugar, mixing until salt and sugar are dissolved.

Pack 2 cups sliced garden cucumbers, ½ cup sliced green onion and 6 dill sprigs into a pint jar. Add brine. Cover and refrigerate several hours or overnight. Store in refrigerator up to 1 month. Makes 1 pint.

OPEN-FACE CUCUMBER SANDWICHES
Spread chèvre goat cheese onto dark pumpernickel party bread slices. Top each with cucumber slices, red onion slivers and smoked salmon. Sprinkle with lemon zest and Hy-Vee black pepper.

CUCUMBERS
Wonderful any time of year, cucumbers are especially welcome during summer, when their high water content hydrates the body. Low in calories and good for the waistline, cukes have a mild, refreshing taste in salads and sandwiches. Hy-Vee’s selection of cucumbers includes full-size, mini, seedless and organic.

MEET THE GROWER: Ed Fields & Sons
Ed Fields & Sons has been supplying fresh produce to Hy-Vee for more than 40 years. “We are proud to see our products in the Hy-Vee stores, knowing we make the grade to be sold by a recognized leader in the grocery industry,” says Chuck Fields.

“Ed has passed our growing knowledge down for generations, which is evident in the care we take growing our crops,” says Courtney Ineichen Medina, one of three siblings who took over for their parents three years ago. “There are benefits to leaving them on the vine—the sugars are added late in the ripening process.”

CHOPPED CAPRESE SALAD
Toss together 10 oz. assorted grape, cherry and heirloom tomatoes with 4 oz. fresh mozzarella pearls. Add 1 cup chopped fresh basil, 1 Tbsp. Gustare Vita extra virgin olive oil and Hy-Vee salt and black pepper to taste. Serve with additional balsamic vinegar. Garnish with fresh basil leaves, if desired. Serves 6.

BLENDER TOMATO SAUCE
Add 1 lb. coarsely chopped Roma tomatoes, 3 Tbsp. fresh oregano leaves, 1 chopped garlic clove, 1 tsp. kosher salt and ½ tsp. Hy-Vee crushed red pepper to a blender. Cover and blend until combined. Gradually add 3 Tbsp. Gustare Vita olive oil, blend until smooth. Makes about 2½ cups or enough sauce for 12 oz. cooked pasta.

MEET THE GROWER: Ineichen’s Tomatoes
Ineichen’s started in a greenhouse, where the family experimented with different varieties until finding the right one, fittingly called Trust. “We pick ours vine-ripe,” says Courtney Ineichen Medina, one of three siblings who took over for their parents three years ago. “There are benefits to leaving them on the vine—the sugars are added late in the ripening process.”

Try these recipes!
WATERMELON

Hy-Vee’s Homegrown watermelon has the juicy, sweet taste that takes you back to the carefree summers of childhood. Whether a large melon for the family or a personal-size melon for one, go ahead and indulge. One cup has only 48 calories!

WATERMELON AND FETA SALAD
Toss together equal amounts of arugula, watermelon chunks and Soirée feta cheese. Transfer to a serving platter. Sprinkle with lime zest.

WATERMELON SLUSH
Freeze 2 cups watermelon chunks for 4 hours or until frozen. Add frozen watermelon and desired amount of grapefruit-flavored vodka to a blender. Cover and blend until slushy. Pour into an 8-oz. glass. Garnish with watermelon wedge, if desired. Serves 1.

WATERMELON POOPS
Cut a 1-in. slit into the rind of just-cut watermelon wedge or Hy-Vee Short Cuts watermelon wedge; insert a wooden craft stick. Freeze pops for 4 hours or until frozen. Drizzle with melted chocolate and sprinkle with Hy-Vee sweetened shredded coconut. Refreeze until chocolate sets.

Try these recipes!

MEET THE GROWER:
Heldt Produce
ASHLAND, NEBRASKA

Running a family farm has its share of challenges, including not enough hours in the day during the growing season. When things are so busy, it would be easy to overlook small details. Then again, Heldt Produce prides itself on doing things right, especially when it comes to supplying Hy-Vee with fresh watermelons from July to October. Greg insists that his produce be as fresh and sweet as possible. “We don’t sell anything we wouldn’t be proud to put our name on. Our business was founded on quality products, honest people and hard work. That’s why it’s still in the family today.”

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TRY THESE
Tasty Summer Recipes

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HILLSHIRE FARM TURKEY
IS SLOW ROASTED FOR HOURS.
AND DEVOURED IN SECONDS.

Right after we carve our delicious Hillshire Farm® seasoned turkey, we double seal every slice for freshness. Which leads to the best Turkey, Arugula & Tomato sandwich you’ve ever tasted. Visit http://HillshireFarm.com for more sandwich inspiration.
101
PEACHES

Packed with nutrients and antioxidants, fresh, juicy peaches make it a pleasure to eat more healthfully.

Back in the summer goodness of a fruit that truly excels in taste when it's fresh.

BUY
Look for plump, vibrant fruit without bruises or wrinkles. Gently squeeze the area near the top. If it gives slightly, the peach is ripe. If it's firm, it's not quite there yet but will store longer.

STORE
Keep at room temperature, stem side down, in a single layer to avoid bruising. Once peaches are fully ripe, they can be refrigerated up to a week.

EAT
To extend the window for fresh eating, select peaches at various stages of ripeness, eating the rippest ones first. If fruit ripens before you're ready to eat it, peel and slice peaches to freeze for later.

WAYS TO USE

pro tip:
TIME IT RIGHT
“First question I ask when helping a customer pick out peaches is, ‘When would you like to eat or use them in a dish?’ If they have a couple days before needing them, I recommend picking peaches that are still on the firm side and letting them ripen at home.”
—Nathan Walen
Produce Manager
Hy-Vee, Rochester, Minnesota

THE BACKGROUND COLOR INDICATES RIPENESS.
LOOK FOR DARK YELLOW.

Serves TWO

WHAT’S INCLUDED:
Tikka masala sauce
Rice
Vegetable blend

Just Add:
Chicken

Fresh
Peaches are easily eaten fresh out of hand (grab a plate and napkin!). The same with nectarines, which are basically peaches without fuzz. They’re also good cut up and served with salad, ice cream or yogurt.

Baked
Peaches lend themselves well to baked desserts, especially cobblers, tarts and pies topped with vanilla ice cream. They’re perfectly suited to a traditional upside-down cake, topped with whipped cream.

Grilled
Peaches become caramelized and extra sweet on the grill. Halve and pit peaches; brush with olive oil. Grill cut sides down, over medium heat for 4 to 5 minutes. Turn and grill 4 to 5 minutes more or until softened.

Find us in the boxed dinners, salad dressing and marinades aisle.
Peach Mojitos

Total Time 15 minutes
Serves 8 (6 oz. each)

2 large peaches, pitted and chopped
2 oz. agave nectar
2 oz. fresh lemon juice
1 cup finely packed mint leaves, divided
12 oz. Cross Keys rum, divided
16 oz. Hy-Vee club soda, chilled; divided
Fresh peach slices, for garnish

1. PLACE cut-up peaches, agave nectar and lemon juice in a blender. Cover and blend until pureed. Strain mixture; set aside.

2. FOR EACH SERVING, muddle 2 Tbsp. mint leaves in a cocktail shaker. Add ice, 1½ oz. rum and 2 oz. peach puree. Cover and shake well. Strain into a 6-oz. ice-filled glass. Slowly add club soda and gently stir. Garnish with peach slices and mint sprigs, if desired.

Per serving: 160 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 15 mg sodium, 15 g carbohydrates, 1 g fiber, 13 g sugar (0 g added sugar), 0 mg potassium, 0% of Daily Value.

Venture palates by swapping in other summer fruits for the peaches. Try mangos, nectarines or even fresh raspberries for a cold and refreshing summertime cocktail.

THE OFFICIAL ICED TEA OF HOME GATING

THE OFFICIAL ICED TEA SPONSOR OF THE NATIONAL FOOTBALL LEAGUE
COOK LIKE THE PROS

CHEF SHOWDOWN:

Hy-Vee chefs go head-to-head to put creative spins on easy family meals, with beef at center stage. Follow along as they share simple secrets to get topnotch taste from beef selections.

EASY BEEF MEALS

Hy-Vee chefs

HY-VEE BEEF BEST IN CLASS

Hy-Vee Prime Reserve and Choice Reserve steaks are hand cut by in-store butchers. Hy-Vee Angus Reserve steaks are graded USDA Select, and are sourced within the Hy-Vee trade area by family-owned farms.

HY-VEE BEEF
PRIME

With fine-restaurant quality and abundant marbling, only the top 8 percent of beef earns the Prime label.

HY-VEE BEEF
CHOICE

Tender and flavorful, with less marbling; less than 10 percent of USDA Choice beef meets Hy-Vee requirements.
Chimichurri is typically served on steak. It's also delicious on smoky grilled fish and chicken, especially accompanied with fruit.

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Mint Chimichurri Filet Mignon

**Total Time:** 30 minutes  
**Serves:** 4

1 recipe Mint Chimichurri, right  
4 (5-oz.) Hy-Vee Choice Reserve beef filet mignon steaks  
1 tsp. kosher salt  
1 tsp. Hy-Vee black pepper  
3/4 cup Gustare Vita extra virgin olive oil, divided  
1 lb. fresh green beans, trimmed and halved  
2 Tbsp. olive oil  
4 firm, ripe peaches, halved and seeded  
1 Tbsp. lemon juice  
1 tsp. Hy-Vee granulated sugar  
1/2 tsp. Hy-Vee black pepper  
1 tsp. refrigerated minced garlic  
1 tsp. Hy-Vee crushed red pepper in a food processor  
1 tsp. lemon zest

---

1. **PREPARE** Mint Chimichurri. Cover and refrigerate until ready to serve. Pat steaks dry. Season both sides with salt and pepper; set aside.

2. **PREHEAT** a charcoal or gas grill for direct cooking over medium heat. Grill steaks for 10 to 12 minutes for medium-rare (130°F), turning once. Loosely cover and let rest for 5 minutes.

3. **COOK** green beans in lightly salted boiling water for 5 minutes or until crisp-tender; drain. Toss with 2 Tbsp. olive oil. While steaks rest, brush peaches with remaining 2 Tbsp. olive oil. Grill cut sides down, 3 to 4 minutes or until lightly charred, turning once. Serve steaks with beans, peaches and Mint Chimichurri.

**MINT CHIMICHRRI:** Combine 2 cups packed fresh cilantro, 1/4 cup Gustare Vita extra virgin olive oil, 2 Tbsp. aged white wine vinegar, 1 tsp. refrigerated minced garlic, 1 tsp. Hy-Vee granulated sugar, 1/4 tsp. Hy-Vee black pepper, 1/4 tsp. Hy-Vee crushed red pepper in a food processor. Cover and process until finely chopped.

Per serving: 570 calories, 38 g fat, 8 g saturated fat, 0 g trans fat, 95 mg cholesterol, 240 mg sodium, 26 g carbohydrates, 6 g fiber, 17 g sugar (1 g added sugar), 36 g protein.

Daily Values: Vitamin D 0%, Calcium 10%, Iron 30%, Potassium 25%

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**OLATHE, KANSAS**

**chef**  
**PAUL SANTAULARIA**

As a child, Paul was inspired by cooking with (and for) his mom. “I have five brothers and we each picked a meal that we prepared for the family. For my meal, I always did stuffed peppers,” he says. Paul also worked in his brother’s restaurant, starting at the age of 14. It’s easy to understand how his love of cooking spurred him to attend culinary school.

Check out his Mint Chimichurri Filet Mignon, opposite. “The sauce ties the meat to the peaches and beans. I call for a small number of ingredients—from the produce and meat departments. You can make the sauce ahead.”

---

**Why filet mignon?** “The ease of preparation—no marinating needed. You get a tender chew without gristle or fat. It’s also an easy cut to grill.”

**What’s your tip to make beef more flavorful?** “For filet mignon, grilling is one of the best ways to cook. Instead of using a meat thermometer, which causes juices to escape, I test doneness by touch—like the palm of your hand. When you touch it and it springs back slightly, it’s medium-rare.”
Cooking began for Sherry when she was 5, in her mother’s kitchen. Later, she left behind a career as a human resources director to follow her passion in the culinary field. Her skills range from rolling sushi to decorating seven-tier wedding cakes. “Making people happy with the foods I make is why I love doing this,” she says.

Check out her Espresso-Chipotle Sirloin Salad, opposite. “You don’t have to turn on the oven. While you grill the meat, you can toss the other ingredients together.”

Why sirloin strip? “It’s a Choice cut that’s easily recognizable. It cooks quickly and fans out beautifully in a salad.”

What’s special about this recipe? “The espresso-chipotle chile rub gives the sirloin depth of flavor.”

What’s the secret to make beef taste the best? “Before and after time is really important. Let it stand at room temperature before cooking and give it rest time after cooking so it’s nice and juicy.”

Meal planning advice. “Grill extra steak and turn it into several different meals. Slice it up and you can use it for quesadillas, sandwiches or stir-fry—ready in no time.”

**COOKING TIPS**
- GRILL EXTRA STEAK and turn it into several different meals. Slice it up and you can use it for quesadillas, sandwiches or stir-fry—ready in no time.
- **ESSENTIALS**
  - Four Hy-Vee street taco flour tortillas
  - Heirloom tomato and avocado wedges
  - Cojita cheese crumbles

**TOTAL TIME**

1 hour

**SERVES**

4

**1 (1-lb.) pkg. Hy-Vee Choice Reserve sirloin strip steaks, cut 1¼ to 1½ in. thick**

**2 tsp.** instant espresso powder

**1 tsp.** packed Hy-Vee brown sugar

**1 tsp.** kosher salt

**1 tsp.** chipotle powder

**½ tsp.** smoked paprika

**¼ tsp.** Hy-Vee garlic powder

**¼ tsp.** Hy-Vee ground cumin

**¼ tsp.** Hy-Vee baking cocoa

**1 recipe** Tomatillo Dressing, right

**1 recipe** Corn and Black Bean Salsa, far right

**4 cups** Hy-Vee mixed greens

**2 cups** heirloom tomato and avocado wedges

**1 cup** cheese crumbles

**TOMATILLO DRESSING:** Toss 4 cups Hy-Vee mixed greens, 1 recipe Tomatillo Dressing, 1 recipe Corn and Black Bean Salsa, and 2 cups Hy-Vee sirloin strips. Serve over greens with Tomatillo Dressing, Corn and Black Bean Salsa, and Hy-Vee sirloin strips. A perfect lunch or dinner.

**CORN AND BLACK BEAN SALSA:** Brush 2 ears corn with 1 Tbsp. Gustare Vita extra virgin olive oil. Grill for 10 to 12 minutes or until slightly charred, turning frequently. Remove from grill and cool slightly. Thinly slice corn kernels from cobs; place in a bowl. Stir in 1 cup (15-oz.) can Hy-Vee no-salt-added black beans, drained and rinsed; ½ cup loosely packed cilantro, chopped; 1 cup (15-oz.) can Hy-Vee no-salt-added black beans, drained and rinsed; ½ cup loosely packed cilantro, chopped; ¼ cup chopped red onion; 2 Tbsp. chopped red bell pepper; 1 Tbsp. chopped cilantro leaves. www.Sevices.com
As a child, Neal helped his mom prepare homestyle comfort food. As an adult, he hosted dinner parties for friends. That’s when he decided to attend culinary school. Today Neal specializes in healthy, gourmet, homestyle cooking with eclectic influences from Caribbean to Mediterranean to Asian. Check out his Bulgogi Beef Stir-Fry, opposite.

What to expect? “The recipe contains ingredients most families will like. It’s a great weeknight meal. The rich, earthy flavors of the sauce make the meat shine.”

Why beef ribeye? “A nicely marbled cut makes it very flavorful. While stir-frying, the beef caramelizes as the fat breaks down.”

What’s your No. 1 tip to make beef most flavorful? “Cook it right. The pan needs to be hot in any situation. Season the beef with salt and pepper to let the meat flavor shine through. When stir-frying, don’t crowd the pan. You want the beef to cook evenly, not steam.”

LAKEVILLE, MINNESOTA

CHEF’S SECRETS

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CHEF NEAL MEIER

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Partially freeze the meat for 20 minutes for easier slicing.

Bulgogi Beef Stir-Fry

Total Time: 30 minutes plus marinating time
Serves: 6

To prepare: In a large resealable plastic bag, combine pear puree or juice, onion, soy sauce, brown sugar, vinegar, garlic, sesame oil, ginger, gochujang sauce and black pepper. Pour over meat; seal bag. Marinate in refrigerator 2 to 24 hours.

To cook: Heat 1 Tbsp. canola oil in a wok or large skillet over medium-high heat. Stir-fry meat in batches for 2 to 3 minutes or until slightly charred. Return meat to wok. Add remaining 1 Tbsp. oil, if necessary. Stir-fry carrots in hot oil 2 minutes. Add remaining 1 Tbsp. garlic, green onions, bell pepper and snow peas. Cook and stir for 2 minutes or until vegetables are crisp-tender. Return meat to wok. Cook and stir for 1 to 2 minutes or until heated through. Serve stir-fry over rice with kimchi. Garnish with toasted sesame seeds, if desired.

Per serving: 510 calories, 25 g fat, 9 g saturated fat, 0 g trans fat, 75 mg cholesterol, 890 mg sodium, 42 g carbohydrates, 2 g fiber, 14 g sugar (7 g added sugar), 26 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 15%, Potassium 6%.

Partially freeze the meat for 20 minutes for easier slicing.
WITH YOUR HELP, WE’VE BUILT AN ADDITION ONTO OUR IOWA HOME.

The welcoming community of hard-working Iowans is what drew us to Ames, Iowa 21 years ago—and it’s what made this year’s plant expansion possible. We’d like to thank all those involved in helping us make the best product possible. Because of you, our pasta comes with a side of Midwestern pride.
PACK-AHEAD LUNCHES

FIND A VARIETY OF KID-FRIENDLY LUNCH BOXES AND BENTO-STYLE CONTAINERS AT YOUR LOCAL HY-VEE.

Think beyond the lunch box with fun, healthy meals that kids will want to eat.

Rainbow Bread

Hands On 1 hour 20 minutes
Total Time 3 hours 40 minutes plus cooling time
Serves 12

½ (48-oz.) pkg. Hy-Vee frozen white bread dough (1 portion), thawed
Hy-Vee red, blue, green and yellow food coloring

1. LIGHTLY grease an 8×4×2-in. loaf pan; set aside. Cut dough into four equal sections. Working with one dough section and food coloring at a time, knead dough until food coloring is well-distributed.
2. ROLL each section into a 3-in.-long rope; flatten with a rolling pin. Stack the sections together. Starting at one end, tightly roll up. Place, seam side down, in prepared pan. Cover and let rise in a warm place for 2 hours or until nearly double.
3. PREHEAT oven to 350°F. Bake for 20 to 25 minutes or until top of bread sounds hollow when lightly tapped. Cool bread in pan on a wire rack.
4. REMOVE bread from pan; cut loaf into ½-in. slices.

Per slice:
90 calories, 1 g fat, 0 g saturated fat, 0 mg cholesterol, 180 mg sodium, 18 g carbohydrates, 1 g fiber, 1 g sugar (1 g added sugar), 2 g protein.

Daily Values:
0% Vitamin D, 0% Calcium, 6% Iron, 0% Potassium

Spread Hy-Vee hazelnut creamy spread or Hy-Vee cream cheese on this colorful bread and top with fruit.

try this

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lunch box builder

Make a plan and get kids involved to make school lunches that include protein, carbs, fruits and veggies. Below are healthy options to mix and match, based on what your kids love to eat. By letting them help choose, they’ll be excited about what they eat.

1. PROTEIN
- ALMOND BUTTER
- CHEESE
- CHICKEN
- HARD-BOILED EGGS
- LOWER-SODIUM DELI MEAT
- TURKEY
- YOGURT

2. CARBS
- AIR-POPPED POPCORN
- BROWN RICE
- CEREAL (UNSWEETENED)
- WHOLE GRAIN BREAD
- WHOLE WHEAT TORTILLA

3. FRUIT
- APPLES
- APPLESAUCE (UNSWEETENED)
- BANANA
- BERRIES
- GRAPES
- MANGO
- ORANGES
- RAISINS

4. VEGGIES
- BELL PEPPERS
- BROCCOLI
- CARROT STICKS
- CELERY
- CHERRY TOMATOES
- CUCUMBERS
- SALAD MIX

Because granola tends to be high in calories, stick to small portions that have oats, nuts and seeds.

Try these nutritious combos. Spoon 1 Tbsp. of each filling onto center of a bread slice. Top with a second bread slice. Press slices together, then cut into a circle, using an upside-down jar; discard crusts. Seal edges with ties of a fork. Make several fruit sammies and freeze (not the BLT) up to 2 weeks. Pack them frozen to thaw by lunchtime.

BANANA-GRAPE SAMMIE
Hy-Vee Bakery white bread + Hy-Vee creamy almond butter + That’s Smart! grape jelly + banana slices

BLACKBERRY-PEACH SAMMIE
Hy-Vee Bakery marble rye bread + cashew butter + peach preserves + fresh blackberries

RASPBERRY-SUNFLOWER SAMMIE
Hy-Vee Bakery 10-grain bread + sunflower butter + Hy-Vee raspberry preserves + fresh raspberries

BLT SAMMIE
Hy-Vee Bakery grain of the earth bread + Hy-Vee fully cooked bacon + Bibb lettuce + tomato slices + Hy-Vee light mayonnaise

5 simple crustless sammies

Try these nutritious combos. Spoon 1 Tbsp. of each filling onto center of a bread slice. Top with a second bread slice. Press slices together, then cut into a circle, using an upside-down jar; discard crusts. Seal edges with ties of a fork. Make several fruit sammies and freeze (not the BLT) up to 2 weeks. Pack them frozen to thaw by lunchtime.
Jazz up your kids’ lunches using these super-cool themes and simple ideas for healthy eating. Even the fruits and veggies, presented in cute ways, will win them over and put a smile on their little faces.

GARDEN GOODIES Make a lady bug sandwich from whole wheat bread, deli turkey and Cheddar cheese—with candy eyeballs and chives for antennas. Place on a bed of lettuce, sprinkle in a few fruit- and veggie-shape fruit snacks, then plant colorful veggies in hummus dip.

These handy products make lunch packing easy. They hold just the right portions of food and keep everything fresh until lunchtime.

PIRATE DAY Decorate two mini Babybel cheese snacks with edible markers for pirates. Fill a compartment with blue gelatin, add an orange slice and insert a paper flag for a pirate ship. Make an edible treasure map sandwich with campbell’s rotel, hummus, cooked chicken breast, romaine lettuce and avocados and cherry tomato slices. On top of sandwich, sketch a map using edible markers found in cake supply aisle. Add a cherries milk chocolate nugget for the treasure chest.

BACK TO SCHOOL Create an edible notebook sandwich, spreading bread with sunflower butter and jelly, then decorate with fruit strips cut from fruit roll-up cutouts. Accompany with fresh melon and mango cut into letters and shapes.

BONE APPETIT! Make a puppy wrap by filling a whole wheat tortilla with light mayonnaise, sliced deli provolone cheese and honey ham. Set on a bed of lettuce with cherry tomatoes. Decorate with ham and cheese cutouts and raisins. Fill remaining compartments with Keebler Scooby-Doo Baked Cinnamon Cracker Sticks and heart-shape pineapple and honeydew cutouts.

UNDER THE SEA For the octopus cheese dip, fill a compartment with cottage cheese and top with a mini red bell pepper and pepper strips. Add olive eyes. Make a blueberry ocean topped by fruit flavor shark and pretzel goldfish. Finally, shape a mermaid from a sliced button mushroom, a mozzarella pearl, fresh basil, mini pepperoni slices and cooked spaghetti with sauce.

create it: Use edible ink markers, available at craft supply stores, to draw details on the pirates and treasure map sandwiches.
Mini Tacos

This kid-friendly lunch is a nice change of pace from an ordinary sandwich. Assembling tacos at lunchtime will be fun for your child. First pack a couple flour tortillas. For protein, include black beans or Hy-Vee rotisserie chopped cooked chicken. Then, in convenient small containers, add your child’s favorite taco ingredients: chopped tomato, Hy-Vee shredded lettuce, Hy-Vee shredded Cheddar cheese and/or Hy-Vee salsa. Complete lunch with chopped Hy-Vee Short Cuts watermelon, honeydew and kiwi and a Hy-Vee Bakery M&M cookie.

IRON-RICH BLACK BEANS ARE THE MAIN PROTEIN IN THIS LUNCH. ALWAYS RINSE THE BEANS TO REMOVE EXCESS SODIUM.

7 pro tips: FOR MOM & DAD

1. REMEMBER MYPLATE® Include foods from all five food groups: fruits, vegetables, whole grains, protein and dairy.

2. KEEP SINGLE SERVINGS Use unsweetened applesauce, cheese sticks, turkey slices and yogurt on hand for ease and proper portions.

3. TRY WHOLE WHEAT WRAPS for a fun twist on traditional ham-and-cheese sandwiches.

4. PUT VEGGIES AND FRUITS in reusable bags ahead of time so they’re ready to go in the morning.

5. FREEZE WATER BOTTLES or 100% juice boxes the night before to double as ice packs and to promote healthy drinks and hydration.

6. CHANGE UP PB&J; use sliced fresh berries, bananas or grapes instead of jelly.

7. PRACTICE FOOD SAFETY® Use insulated lunch boxes with cold packs for cold items or thermoses for hot items.

—Sarah Peterson
Registered Dietitian Nutritionist
Hy-Vee, Chariton, Iowa

lunchtime finds

Watch your kiddos beam with pride—and make your life a bit easier—with soft, insulated lunch bags and grab-and-go food and drink containers, now available at your local Hy-Vee.
PACK TO SCHOOL

Nabisco Multipacks:
select varieties
20 ct., 18.75 or 20 oz
6.99

THE SMOOHEST WAY TO P.B. & J!™

With 7g of protein per serving,
hunger doesn’t stand a chance.

Skippy P.B. & Jelly Minis:
select varieties
20 oz
6.97

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Cooking for one? Grab a mug, fill it up and pop it in the microwave. Try muffins, meat loaf, brownies and more—all ready in about 10 minutes. Sound simple? It is!

**Whole Grain Berry Muffin**

Combine ½ cup 100% whole grain protein-packed baking mix and 2 Tbsp. Hy-Vee granulated sugar in a 12-oz. microwave-safe mug. Stir in ½ cup Hy-Vee 2% reduced-fat milk and 1 Tbsp. Hy-Vee canola oil. Gently add 2 Tbsp. Hy-Vee Short Cuts triple-berry blend. Microwave on HIGH for 1½ to 2 minutes or until a toothpick inserted in the center comes out clean. Cool slightly. Top with additional Hy-Vee Short Cuts triple-berry blend.

For complete recipes, go to hy-vee.com/recipes-ideas.
5-Minute French Toast
Spray a 12-oz. microwave-safe mug with Hy-Vee nonstick cooking spray. Combine 1 Hy-Vee large egg, 2 Tbsp. Hy-Vee Select 100% pure maple syrup, 2 Tbsp. Hy-Vee 2% reduced-fat milk, ½ tsp. Hy-Vee ground cinnamon and a dash Hy-Vee salt in prepared mug. Press with a spoon to submerge bread into egg mixture. Microwave on HIGH 2 to 2½ minutes or until eggs are cooked through (165°F). Serve topped with banana and orange slices and a drizzle of Hy-Vee honey.

Mexi Meat Loaf
Place ½ cup Hy-Vee frozen corn in a 12-oz. microwave-safe mug. Combine 2 Tbsp. Hy-Vee quick-cooking oats, 2 Tbsp. Hy-Vee 2% reduced-fat milk, 1 Tbsp. Hy-Vee picante sauce and 1 tsp. Hy-Vee taco seasoning mix in a bowl. Add 4 oz. lean ground beef, combine mixture well. Press in corn in mug. Microwave on HIGH for 2½ to 3 minutes or until meat is cooked through (165°F). Spoon on 1 Tbsp. Hy-Vee picante sauce.

Egg-Spinach Scramble
Spray a 12-oz. microwave-safe mug with Hy-Vee nonstick cooking spray. Combine 3 Hy-Vee large eggs, 2 Tbsp. Hy-Vee Select 100% pure maple syrup, 2 Tbsp. Hy-Vee 2% reduced-fat milk, ½ tsp. Hy-Vee ground cinnamon and a dash Hy-Vee salt in prepared mug. Stir 2 (⅔-inch-thick) slices Hy-Vee Bakery Italian bread into bite-size pieces. Add bread to mug pressing with a spoon to submerge bread into egg mixture. Microwave on HIGH at 50-second intervals for 1½ minutes or until done (165°F). Serve topped with spinach and orange slices and a drizzle of Hy-Vee honey.

Caramel-Pretzel Dessert Sundae

Double-Chocolate Brownie
Melt 2 Tbsp. Hy-Vee salted butter in a 12-oz. microwave-safe mug. Stir in 1 cup Hy-Vee all-purpose flour and ¼ cup Hy-Vee 2% reduced-fat milk until combined. Add 2 Tbsp. Hy-Vee milk-chocolate chips and 2 Tbsp. Hy-Vee chopped pecans. Microwave on HIGH for 1½ to 2 minutes or until a toothpick inserted in center comes out clean. Cool slightly. Serve topped with sliced Hy-Vee Short Cuts strawberries, Hy-Vee whipped topping and Hy-Vee chopped pecans.

Teriyaki Pineapple Rice
Combine 1 cup frozen long-grain white rice, ½ cup chopped Hy-Vee Short Cuts pineapple, 1 cup frozen shredded edamame, 2 Tbsp. Hy-Vee Short Cut Child bell peppers, 2 tsp. Hy-Vee teriyaki sauce and 1 tsp. sesame oil in a 12-oz. microwave-safe mug. Microwave on MEDIUM for 2 minutes or until heated through. Fluff mixture with a fork and let stand for 5 minutes before serving.

6 MORE MUG RECIPES THAT MAKE A MEAL IN 10 MINUTES OR LESS

Make a burrito mug—cooked rice, canned black beans, pico de gallo and corn chips. Microwave on HIGH 1 minute. Top with avocado and serve.
snacks for every occasion

Do the KIND Thing®

KIND Snack, Probiotics or Simple Crunch Bars: select varieties 4 or 5 pk. 2/$5.00

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©2019 Unilever HYV19007
HAM IT UP!
Sliced or diced, thick or thin—Hy-Vee Deli ham is your hero to get dinner on the table in 30 minutes or less.

A SLICE OF HISTORY
Sam Panopoulos, born in Greece, invented Hawaiian pizza in 1962, while he was experimenting with unusual flavor combos at one of his Ontario-based restaurants.

Hawaiian Ham Pizza
Hands On 10 minutes
Total Time 30 minutes
Serves 4
Preheat oven to 425°F. Place pizza crust on a pizza pan. Spread with pizza sauce to within ½ in. of crust edge. Sprinkle with mozzarella cheese. Top with Hy-Vee Short Cuts pineapple chunks and Hy-Vee Deli Black Forest smoked ham. Bake for 15 to 20 minutes or until cheese is slightly bubbly. Season to taste with Hy-Vee crushed red pepper.

Ingredients:
- 1 cup diced Hy-Vee Deli Black Forest smoked ham
- 1 (8-oz.) pkg. Hy-Vee shredded mozzarella cheese
- 1 cup cut-up Hy-Vee Short Cuts pineapple chunks
- 1 (8-oz.) pkg. Hy-Vee shredded mozzarella cheese
- ½ cup Gustare Vita pizza sauce

Directions:
Preheat oven to 425°F. Place pizza crust on a pizza pan. Spread with pizza sauce to within ½ in. of crust edge. Sprinkle with mozzarella cheese. Top with Hy-Vee Deli Black Forest smoked ham. Bake for 15 to 20 minutes or until cheese is slightly bubbly. Season to taste with Hy-Vee crushed red pepper.

Recipes do not list butter, salt and pepper in ingredients. For complete recipes, go to hy-vee.com/recipes.
Grilled Ham-and-Cheese Sandwiches

Hands On 5 minutes
Total Time 15 minutes
Serves 2 (1 sandwich each)

Divide Hy-Vee Deli sliced Swiss cheese, thirty-sliced Hy-Vee Deli Black Forest smoked ham and sliced Hy-Vee whole sweet gherkin pickles between 2 slices Hy-Vee Bakery 10-grain bread. Spread one side of 2 more bread slices with Hy-Vee honey Dijon mustard. Place slices, mustard sides down, on top of pickles. Melt 2 Tbsp. Hy-Vee unsalted butter in a large skillet over medium-low heat. Add sandwiches. Cook, covered, for 10 minutes or until toasted and cheese is melted, turning once halfway through.

Ham-and-Pepper Omelet

Hands On 10 minutes
Total Time 15 minutes
Serves 1

Whisk together eggs, 2 Tbsp. water and ⅛ tsp. each Hy-Vee salt and black pepper. Melt 1 Tbsp. Hy-Vee salted butter over medium heat in an 8-in. nonstick skillet. Pour egg mixture into skillet; cook about 10 seconds. Use a heat-proof spatula to gently lift cooked egg mixture and tilt skillet so uncooked egg mixture flows underneath. Repeat until egg mixture is cooked through but still glossy and moist. Arrange Hy-Vee Deli Black Forest smoked ham strips, Hy-Vee Short Cuts bell pepper strips, Hy-Vee Deli shredded sharp Cheddar cheese on half the eggs. Using a spatula, lift and fold over opposite half. Cover and cook until cheese is melted. Garnish with chopped Italian parsley.

Smoked Ham Cobb Salad

Total Time 15 minutes
Serves 4

Spread Hy-Vee chopped romaine lettuce on a large platter. Arrange Hy-Vee Short Cuts hard-boiled eggs, halved cherry tomatoes, Hy-Vee Deli Black Forest smoked ham, crumbled blue cheese and avocado slices on greens. Sprinkle with Hy-Vee black pepper, serve with champagne salad dressing.

Creamy Mac-and-Cheese Casseroles

Hands On 10 minutes
Total Time 23 minutes
Serves 4

Preheat broiler. Prepare Hy-Vee three-cheese shells & cheese dinner according to package directions, using 3 Tbsp. melted Hy-Vee salted butter and 1 cup milk. Stir 1 cup Hy-Vee cream cheese with half the egg mixture. Heat and stir until cheese is melted. Stir in Hy-Vee Deli Black Forest smoked ham, remove from heat. Meanwhile, place sandwich bread in a food processor. Cover and process until crumbs. Stir in chopped Italian parsley. Spread Hy-Vee chopped romaine lettuce on a large platter. Arrange Hy-Vee Deli Black Forest smoked ham; Hy-Vee Deli Black Forest smoked ham, crumbled blue cheese and eggs, halved cherry tomatoes, Hy-Vee Deli black pepper, serve with champagne salad dressing.

In 1802, Thomas Jefferson served one of his European favorites, mac and cheese, at a state dinner—in those days, anything served at the White House became the talk of the town.

A SO-LOVED DISH

Robert Kennedy was one of the smartest of all of the Kennedy brothers. He served as a Senator from New York and then was the Attorney General of the United States. He was assassinated outside the Ambassador Hotel in Los Angeles in June 1968. His assassination marked the beginning of the end of the Kennedy dynasty. His son, Robert F. Kennedy Jr., became a famous lawyer and a leading advocate for American Indians. In 1997, he ran for the Democratic nomination for President of the United States. Although he was assassinated earlier in the primary season, he succeeded in bringing attention to the issues of social justice and equality. Despite his political career, Robert Kennedy is best remembered for his advocacy for the American Indian community.
Frito-Lay Lay’s: select varieties 5 to 8 oz. 2/5.00

Birds Eye Single Serve: select varieties 2 to 2.5 oz. 2.88

VEGGIE MADE
The foods you love, NOW MADE FROM VEGGIES!

For each specially marked Lay’s smile bag purchased between July 24 – September 30, 2023, 2023, 20.1% of sales will be donated to Operation Smile.

Made from 100% vegetables | No artificial ingredients
Cheesy Potato Skins

Prep Time: 15 Minutes  
Serves 4

- 2 large or 4 small baking potatoes
- 1 tablespoon olive oil
- 1/2 cup Daisy Cottage Cheese
- 1/2 cup Daisy Sour Cream
- 1/4 cup sliced green onions
- 1/4 teaspoon pepper
- 1/2 cup shredded cheddar cheese
- 2 strips diced cooked bacon

Directions

- Thoroughly clean potatoes  
- Rub each potato with olive oil  
- Bake on cookie sheet at 450° for 1 hour, until tender  
- Remove potatoes from oven to cool (15 minutes)
- Cut each potato length-wise and scoop out middle  
- Leave about 1/4 inch of potato in skins  
- Take care not to break potato skins  
- Place removed potato whites in a medium bowl  
- Mix whites with cottage cheese, sour cream, diced green onions, and pepper  
- Scoop 1/4 of potato mixture into each potato skin boat  
- Sprinkle each with cheddar cheese and diced bacon  
- Bake potato skins at 450° for 10-15 mins or until the cheese is melted  
- Dollop with additional sour cream if desired

For more delicious recipe ideas, visit daisybrand.com/recipes
FAIR FOOD

The menu is fantastically fun, the food deliciously decadent. If you miss out on your state fair this year, bring irresistible fair food to your dinner table at home.

The menu is fantastically fun, the food deliciously decadent. If you miss out on your state fair this year, bring irresistible fair food to your dinner table at home.

**Bacon Jalapeño Corn Dogs**

- **Total Time:** 37 minutes
- **Serves:** 8
- **Hy-Vee vegetable oil, for frying**
- **1½ cups Hy-Vee crumbled bacon bits, divided**
- **1 (8.5-oz.) box Hy-Vee corn muffin mix**
- **¼ cup Hy-Vee all-purpose flour**
- **1 cup Hy-Vee 2% reduced-fat milk**
- **1 Hy-Vee large egg, lightly beaten**
- **½ tsp. smoked paprika**
- **1½ tsp. ancho chile pepper, divided**
- **1 tsp. Hy-Vee dry mustard powder**
- **⅔ cup Hy-Vee all-purpose flour**
- **1 (8.5-oz.) box Hy-Vee corn muffin mix**
- **1 (2.8-oz.) pkg. Hy-Vee crumbled sausage**
- **Hy-Vee vegetable oil, for frying**

**Total Time:** 37 minutes

**Serves:** 8

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- **1 (8.5-oz.) box Hy-Vee corn muffin mix**
- **1 (2.8-oz.) pkg. Hy-Vee crumbled sausage**
- **Hy-Vee vegetable oil, for frying**

1. **INSERT:** Muffin mixture into prepared baking sheet. Reserves 3 Tbsp. bacon bits; set aside.
2. **COMBINE:** Muffin mix, flour, mustard powder, 1 tsp. ancho chile pepper; place in resealable plastic bag. Snip remaining ½ tsp. ancho chile pepper; place in a resealable plastic bag. Snip remaining ½ tsp. ancho chile pepper; place in a resealable plastic bag.
3. **INSERT:** Muffin mix, flour, mustard powder, 1 tsp. ancho chile pepper; place in resealable plastic bag. Snip remaining ½ tsp. ancho chile pepper; place in a resealable plastic bag.
4. **COMBINE:** Muffin mix, flour, mustard powder, 1 tsp. ancho chile pepper; place in resealable plastic bag. Snip remaining ½ tsp. ancho chile pepper; place in a resealable plastic bag.

**Berries ‘n’ Cream Funnel Cakes**

- **Total Time:** 33 minutes
- **Serves:** 6
- **Hy-Vee vegetable oil, for frying**
- **2 cups Hy-Vee all-purpose flour**
- **1 cup Hy-Vee granulated sugar**
- **2 tsp. Hy-Vee baking powder**
- **1 tsp. Hy-Vee baking soda**
- **⅔ cup Hy-Vee ground cinnamon**
- **2 Hy-Vee large eggs, lightly beaten**
- **2 cups Hy-Vee 2% reduced-fat milk**
- **2 Tbsp. Hy-Vee Select 100% pure maple syrup**
- **¼ tsp. Hy-Vee vanilla extract**
- **2 Tbsp. Hy-Vee whipped topping and powdered sugar, for serving**

**Total Time:** 33 minutes

**Serves:** 6

- **Hy-Vee vegetable oil, for frying**
- **2 cups Hy-Vee all-purpose flour**
- **1 cup Hy-Vee granulated sugar**
- **2 tsp. Hy-Vee baking powder**
- **1 tsp. Hy-Vee baking soda**
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- **2 Hy-Vee large eggs, lightly beaten**
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- **2 Tbsp. Hy-Vee Select 100% pure maple syrup**
- **¼ tsp. Hy-Vee vanilla extract**
- **2 Tbsp. Hy-Vee whipped topping and powdered sugar, for serving**

1. **HEAT:** oil in an electric skillet or deep-fryer to 375°F. Line a wire rack with paper towels; set aside.
2. **COMBINE:** flour, sugar, baking powder, baking soda and cinnamon in a medium bowl. Whisk together eggs, milk, syrup and vanilla; add to flour mixture and combine until smooth.
3. **COVER:** the bottom of a funnel spout with your finger; add 1 cup batter into funnel. Hold the funnel covered with the hot oil, release your finger and move the funnel in a circular or zig-zag motion until all the batter is released, scraping with a rubber spatula. If needed.

**About 365,000 corn dogs are sold at the Minnesota State Fair each year.**
Brisket Poutine
Hande 16 minutes
Total Time 45 minutes
Serves 4
6 lbs. Hy-Vee smoked whole brisket
1 medium red onion chopped
1 cup button mushrooms, quartered
2 top, refrigerated dill pickles
2 (12-oz.) bars Hy-Vee beef gravy
1 lb. Hy-Vee frozen crinkle-cut French fried potatoes
1 (32-oz.) bag Hy-Vee frozen crinkle-cut French fried potatoes
1 (12-oz.) pkg. white cheese curds
Sliced green onions, for garnish
1. PREHEAT oven to 450°F.
2. MELT butter in a large skillet over medium heat. Add onion, mushrooms and garlic. Cook for 5 minutes or until softened. Stir in gravy and thyme. Heat mixture through.
3. SPRAY a baking sheet with nonstick cooking spray. Spread fries in a single layer on baking sheet. Bake for 20 minutes. Turn fries and bake 7 to 10 minutes or until golden and crispy. Divide fries among 4 containers. Top with cheese curds and gravy mixture. Garnish with green onions, if desired.
CHOCOLATE-COVERED BACON

Soak wooden skewers in water for 30 minutes. Preheat oven to 400°F. Line a rimmed baking pan with foil. Thread strips of Hy-Vee center-cut bacon onto skewers. Arrange on prepared pan. Bake 15 minutes or until crisp. Dip bacon into melted dark chocolate wafers until coated. While the chocolate is still wet, sprinkle both sides with chopped toasted roasted peanuts. Return to pan and let stand until set.

MONKEY TAIL

Line a baking pan with parchment paper. Peel a banana; cut in half crosswise. Push a wooden craft stick into thicker end of banana half, leaving a 2-in. handle. Place on prepared pan. Cover; freeze 2 hours or until firm. Dip banana into melted dark chocolate wafers until coated. Cool with crushed Hy-Vee realigned peanuts. Return to pan and let stand until set.

Blue Ribbon Pizza Sticks

Handi-Del 15 min. Total Time 30 minutes Serves 6

Hy-Vee monick cooking spray 1 cup salted Hy-Vee butter, melted 1 Tbsp. refrigerated minced garlic 1 Tbsp. Hy-Vee dried oregano Hy-Vee black pepper 1 (13.8-oz.) can Hy-Vee refrigerated pizza crust 1 (6-in.) pkg. sliced pepperoni 3 bell peppers, seeded and cut into chunks 1 (12-in.) bamboo skewers, soaked 1 cup Hy-Vee shredded Italian cheese blend 1 cup Hy-Vee crushed red pepper, for garnish

1. PREHEAT oven to 400°F. Line a baking sheet with foil; spray with cooking spray.

2. COMBINE butter, garlic, dried oregano and black pepper. Unroll pizza crust on a lightly floured surface. Brush dough with half of the butter mixture; cut into 6 (12-in.) strips.

3. ALTERNATELY thread pepperoni and bell pepper onto each skewer. Place五六 pizza stick, skewer one end of a dough strip and wrap dough around the pepperoni and bell peppers. Repeat skewers on prepared baking sheet. Brush with remaining butter mixture. Bake 15 to 20 minutes or until light golden brown. Sprinkle with cheese and bake for 2 to 3 minutes more or until golden brown. Serve pizza sauce on skewers and, if desired, garnish with fresh oregano and crushed red pepper.

Per serving: 480 calories, 30 g fat, 3 g saturated fat, 19 g protein, 75 mg cholesterol, 1440 mg sodium, 40 g carbohydrates (8g fiber, 4g sugar) (9% DV, 6% DV, 3% DV, 7% DV, 5% DV, 0% DV, respectively)

80 foods are available “on a stick” at the Iowa State Fair.


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80 foods are available “on a stick” at the Iowa State Fair.


MONKEY TAIL

Line a baking pan with parchment paper. Peel a banana; cut in half crosswise. Push a wooden craft stick into thicker end of banana half, leaving a 2-in. handle. Place on prepared pan. Cover; freeze 2 hours or until firm. Dip banana into melted dark chocolate wafers until coated. Cool with crushed Hy-Vee realigned peanuts. Return to pan and let stand until set.

Blue Ribbon Pizza Sticks

Handi-Del 15 min. Total Time 30 minutes Serves 6

Hy-Vee monick cooking spray 1 cup salted Hy-Vee butter, melted 1 Tbsp. refrigerated minced garlic 1 Tbsp. Hy-Vee dried oregano Hy-Vee black pepper 1 (13.8-oz.) can Hy-Vee refrigerated pizza crust 1 (6-in.) pkg. sliced pepperoni 3 bell peppers, seeded and cut into chunks 1 (12-in.) bamboo skewers, soaked 1 cup Hy-Vee shredded Italian cheese blend 1 cup Hy-Vee crushed red pepper, for garnish

1. PREHEAT oven to 400°F. Line a baking sheet with foil; spray with cooking spray.

2. COMBINE butter, garlic, dried oregano and black pepper. Unroll pizza crust on a lightly floured surface. Brush dough with half of the butter mixture; cut into 6 (12-in.) strips.

3. ALTERNATELY thread pepperoni and bell pepper onto each skewer. Place五六 pizza stick, skewer one end of a dough strip and wrap dough around the pepperoni and bell peppers. Repeat skewers on prepared baking sheet. Brush with remaining butter mixture. Bake 15 to 20 minutes or until light golden brown. Sprinkle with cheese and bake for 2 to 3 minutes more or until golden brown. Serve pizza sauce on skewers and, if desired, garnish with fresh oregano and crushed red pepper.

Per serving: 480 calories, 30 g fat, 3 g saturated fat, 19 g protein, 75 mg cholesterol, 1440 mg sodium, 40 g carbohydrates (8g fiber, 4g sugar) (9% DV, 6% DV, 3% DV, 7% DV, 5% DV, 0% DV, respectively)

80 foods are available “on a stick” at the Iowa State Fair.
Visit FeedingReading.com to learn more.

Send each receipt separately. Receipts must be submitted within 30 days of purchase and no later than 10/30/19. Book credits must be redeemed by 12/7/19 at 11:59 PM (EST). Limit 10 books per participant. Must be a U.S. resident, 13 years of age or older, and a registered member of Kellogg’s Family Rewards®. See FeedingReading.com for full list of participating products. ™ © 2019 Kellogg NA Co.

Whether in the kitchen or cooking out, nothing compares to the delicious contrasting flavors of savory hot dogs and hamburgers paired with sweet-tasting BUSH’S® Baked Beans.
Hy-Vee offers a wide selection of best-in-class wines, whether you prefer delicate, bold, sweet, tart or even spicy flavors. Let our wine experts help you select a good wine for any occasion.

Wine and Dine
The wine and spirits managers and wine specialists (over 675!) at Hy-Vee are friendly, passionate, knowledgeable and happy to assist you with recommendations for dinners, parties and everyday enjoyment.

Wine Ratings at Hy-Vee
Hy-Vee wine experts take note of wine scores listed in leading sources such as Wine Enthusiast and Wine Spectator, to bring you an exceptional wine selection. Look for special signage on all wine selections by the pros which point to preferred wine selections by the pros in your Hy-Vee Wine & Spirits Department. Chat with them about your taste preferences, food pairings or party plans—they’ve got the know-how needed to steer you right.

Top Wine Picks
Look for “My Top Pick” signs which point to preferred wine selections by the pros in your Hy-Vee Wine & Spirits Department. Chat with them about your taste preferences, food pairings or party plans—they’ve got the know-how needed to steer you right. In fact, they’ll tell you just about everything except go home and drink the wine with you.

Wine + Fruit = Sangria
Light wines with simple fruit-driven flavors and naturally beautiful color combinations make the most refreshing sangrias for hot summer days.

TRY THESE PAIRINGS
Match the right wine with your food for complementary taste and richness.

Cabernet Sauvignon + grilled beef steak and blue cheese
Sauvignon Blanc + grilled shrimp
Pinot Grigio + seafood kabobs
Zinfandel + barbecued spare ribs
Chardonnay + fresh corn salad
Dry Rosé + barbecued chicken
Pinot Noir + BLT
Grower Champagne + deli sandwich

Try these Pairings
Wash 2 cups fresh blueberries and cut 1½ (750-ml) bottle Hy-Vee Short Cuts strawberry into slices. Refrigerate half the strawberries and 1 cup fresh blueberries for serving. Combine 1 (750-ml) bottle Fleur de Mer Rosé, 2 oz. Chardonnay and 4 oz. agave nectar in a pitcher. Add remaining strawberry slices, 1 sliced lime and ¼ cup loosely packed mint. Using a wooden spoon, press ingredients against side of pitcher to muddle. Cover; chill 4 hours or overnight. Press ingredients against side of pitcher to muddle. Cover; chill 4 hours or overnight. To serve, strain mixture; discard solids. Return liquid to pitcher; garnish ice-filled glasses with orange wedges and plum slices. Add sangria and top each with 1 oz. citrus aperitif and 1 oz. blueberry liqueur. Serve chilled.

Summer Wine
Hy-Vee offers a wide selection of best-in-class wines, whether you prefer delicate, bold, sweet, tart or even spicy flavors.

Watch our video to see how easy it is to make any of these refreshing sangrias, opposite.

Three Sangrias
Watch our video to see how easy it is to make all of these refreshing sangrias, opposite.

Berry Rosé Sangrias
Combine 1 (750-ml) bottle Kim Crawford Sauvignon Blanc, 6 oz. Hendrick's Gin and 4 oz. agave nectar in a pitcher. Puree ½ (1 to 1½-lb.) container Hy-Vee Short Cuts chopped honeydew melon in blender; add to pitcher with 1 cup seedless cucumber slices, ½ (1- to 1½-lb.) container Hy-Vee Short Cuts honeydew melon and 1 (750-ml) 7 Deadly Zins red wine; stir gently. Serve in ice-filled glasses. Serves 6 (8 oz. each).

Cucumber-Honeydew Sangrias
Combine 1 (750-ml) bottle Hy-Vee granulated sugar in a large pitcher until sugar is dissolved. Add 1 (750-ml) 7 Deadly Zins red wine; 2 naval oranges, cut into wedges; and 2 plums, pitted and sliced. Refrigerate at least 2 hours or up to 24 hours. To serve, strain mixture; discard solids. Return sangria to pitcher. Garnish ice-filled glasses with orange wedges and plum slices; add sangria and top each with 1 oz. ginger ale. Stir gently to combine. Serve chilled.

Plum & Orange Sangrias
Combine 2 oz. Row vodka and 2 Tbsp. Hy-Vee granulated sugar in a large pitcher until sugar is dissolved. Add 1 (750-ml) 7 Deadly Zins red wine; 3 navel oranges, cut into wedges; and 3 plums, pitted and sliced. Refrigerate at least 2 hours or up to 24 hours. To serve, strain mixture; discard solids. Return sangria to pitcher. Garnish ice-filled glasses with orange wedges and plum slices; add sangria and top each with 1 oz. ginger ale. Stir gently to combine. Serve chilled.
Spice up summer meals with brats—all flavors and types—available at your Hy-Vee Meat Department. The ease of grilling and delicious taste are hard to beat.

**Flavors Galore**
That first scrumptious bite of a tender, juicy brat is the surefire sign of a successful cookout. Beyond classic brats, find 17 trendy flavors at your local Hy-Vee Meat Department to satisfy cravings—from spicy to sweet and flavors in between. Come in today and discover a new favorite.

**Patties and Skinless Brats too!**
Save room on the grill for seven flavors of bratwurst patties and six varieties of skinless brats—casing-free and filled with serious flavor.

**Grilling Tip**
Cook brats over medium-low direct heat until done (160°F), turning often to caramelize all sides. Resist piercing them, which releases flavorful juices.

**try this**
Let brats rest for 5 to 10 minutes after removing from the grill so juices redistribute. During this time, toast the buns.

### BEER (SKINLESS)
The classic bratwurst marinated in beer. For added flavor, boil in beer, such as a pale lager, before grilling.

### PINEAPPLE (SKINLESS)
Savory brat with sweet, tangy bits of pineapple.

### MILD ITALIAN
Made with a spice blend of paprika, pepper and fennel.

### GREEN ONION (SKINLESS)
Combined with green onion flakes, chives and onion powder seasonings.

### APPLE, MAPLE & BROWN SUGAR
Sweet and savory option for tailgating season this fall.

### JALAPEÑO CHEDDAR (SKINLESS)
Brimming with chunks of aged Cheddar cheese and bits of fresh jalapeños for a spicy kick.

### CHORIZO
Seasoned with smoked paprika, garlic and red peppers for a smoky, moderately spicy taste.

### BEER (SKINLESS)
For a variation on pizza night, brat stuffed with bits of pepperoni and mozzarella.
NO MORE CLIPPING

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Each product featuring the Box Tops logo is worth 10 cents unless otherwise specified to your participating school when you scan your receipt containing the participating product in the free Box Tops App. Receipt must be scanned within 14 DAYS of purchase. To join, download the App and support an eligible, enrolled school. Limit $20,000 per school per year for redemptions through the clip and receipt scanning programs. Limit $15,000 per app user per year for redemptions through receipt scanning. See www.BTFE.com for App Terms & Services, Official Program Rules, and Privacy Policy. Standard data rates may apply. © General Mills

life

Helpful tips for busy moms, college-bound teens and anyone needing some tech-free time.

70 CAMPUS PREP
80 PLANTASIA!
82 HY-VEE LOVES MOMS
88 UNPLUGGED
Whether you’re stepping on a college campus for the first time or taking a fifth-year victory lap, Hy-Vee has what you need to build a home away from home.

A dorm room needs to be multipurpose: a place to relax, entertain, eat, sleep and, of course, study. Put comfort first with cozy bedding and then add accessories like a bed rest pillow and DIY party string lights. Throw in a mesh waste bin for convenience.

do-not-forget items

1. Umbrella
2. Quirky Pivot Power Jr. Strip
3. Command Hooks
4. Out of the Woods Lunch Pack
5. Simply Done Tall Kitchen Trash Bags
6. Hy-Vee First Aid Kit
7. EMTEC USB Flash Drive
research station

Keep all study necessities within arm’s reach: pencil holder, notebooks, planner, snacks or drinks.

#COLLEGE LIFE

Wireless Phone Charging LED Lamp lights up late-night (and possibly last-minute) study sessions.

Sound Logic LED Speaker—whistle while you work.

Leave reminders or tell the world how you really feel with a 12”×12” Letter Board.

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**laundry room essentials**

Prevent clothes from piling up with an easy-to-store basket. Keep clothes fresh with laundry detergent or pods, dryer sheets and in-wash scent-boosters.

Dry off in a snap with a Martex Performance Bath Towel.

Carry multiple laundry loads in a Sterilite Laundry Basket, available at Hy-Vee.

**closet wars:**

Utilize small spaces with Regent Hangers. Tuck in a rolling cart for a Silhouette Steam Iron and laundry products, and a collapsible mesh laundry basket.

**Simplify Flexible Tall Hampers**

Store dirty clothes out of the way.

**Simplify 6 Shelf Closet Organizer**

Saves tons of space and makes it easy to grab items on the go.

**Dorm Hacks**

Get more ideas that will help make the college experience go more smoothly.

Watch and learn at HSTV.com today!
Nothing compares to home cooking, but products from Hy-Vee make it simple to fix up a fast meal. Set up a miniature kitchen with a Black and Decker Mini Fridge, Starfit Electric Single Coffee Maker, Toastmaster 2-Slice Toaster, Toastmaster Personal Blender, Gibson Home Dinnerware and Gibson Flatware, Good Cook Food Storage Containers and small frying pan.

**Command Hooks** are handy for hanging items where you need them.

**Ramen Fix-Ups**

Give the quick-cooking noodles a nutritious boost by adding fresh veggies and lean proteins. Use a light hand on the seasoning packets to keep sodium in line.

**Chicken Lo Mein BOWL**

Discard seasoning packet from 1 (3-oz.) pkg. ramen noodles. Cook noodles according to package directions; reserve seasoning packet for another use. Add ½ cup halved fresh green peas and 2 sliced baby carrots halfway through cooking. Remove from heat; add 1 cup shredded Hy-Vee rotisserie chicken, 2 Tbsp. hoisin sauce and 1 Tbsp. water. Transfer to a serving bowl. Garnish with Hy-Vee crushed red pepper, if desired. Serves 1.

**Beef Noodle BOWL**

Prepare 1 (2.25-oz.) cup beef-flavored ramen noodles according to package directions; use half of seasoning packet and add 1 cup Hy-Vee frozen Asian vegetables during the last 1 minute of cooking. Reserve remaining half of seasoning packet for another use. Stir in 1 cup bite-size strips De Lusso Deli roast beef and 1 Tbsp. dressings. Transfer noodle mixture to a serving bowl. Top with 1 halved Hy-Vee Short Cuts hard-boiled egg. Serve with additional Sriracha sauce and Hy-Vee black pepper. Serves 1.

**Spicy Thai Peanut Shrimp BOWL**

Discard seasoning packet from 1 (3-oz.) pkg. ramen noodles. Cook noodles according to package directions. While noodles are cooking, place 1 cup shredded carrots, 2 Tbsp. Hy-Vee Short Cuts chopped hoisin bell peppers, 2 Tbsp. Hy-Vee creamy peanut butter and ⅛ tsp. Hy-Vee crushed red pepper in a serving bowl. Stir noodles as directed; pour into bowl over vegetables and peanut butter. Stir with fork until peanut butter is melted and blended. Top with 3 oz. thawed, peeled and deveined cooked shrimp (71-90 ct.). Garnish with green onion, lime wedge and cilantro, if desired. Serves 1.
NEW ROCKSTAR XDURANCE

PERFORMANCE ENERGY

300MG! CAFFEINE
PER 16OZ CAN

PERFORMANCE ENERGY

✓ NATURAL FLAVORS
✓ NO ARTIFICIAL COLORS
✓ ZERO CALORIES
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PREPARE TO POWER THROUGH IT ALL
Plantasia!

USE TROPICAL PLANTS AS FOCAL POINTS IN OUTDOOR CONTAINERS IN SUMMER. TAKE THEM INSIDE BEFORE FROST TO ADD SOME OOMPH TO YOUR INDOOR DECOR.

outdoor plantings

A graceful palm and burgundy cordyline are dramatic enough to command attention on their own but look particularly festive with summer annuals. To avoid injuring roots when planting flowers, sink the tropical plant, plastic pot and all, into a larger ceramic container. Fill with potting mix and flowers, then place in bright, indirect light and water as needed.

in fall, remove the tropical plant from its outdoor container and replant in a decorative indoor pot filled with fresh soilless potting mix. (This time you can remove the protective plastic pot before planting.) Place containers in a brightly lit room and water as needed. Plants typically lose foliage as they adjust to indoor lighting conditions and temperatures.

indoor greenspace

CREATE A COMPOSITION OF PLANTS WITH MULTIPLE SIZES AND VARIETIES

INVERT PLANTERS AS PEDESTALS

BRING IN HY-VEE OUTDOOR FURNITURE FOR CASUAL SEATING
HY-VEE LOVES MOMS

Extra services make shopping easier for new mothers and moms-to-be.

more for mom

Hy-Vee knows moms have busy, demanding lives. To help, we take special care to find ways to better serve them. ’Every day, mothers wear multiple hats, and we know this can be exhausting,’ says Aimee O’Leary, who herself is a mom and serves as Hy-Vee Assistant Vice President of Engineering. ’Over the years, thousands of moms have told us how we can help and we’ve listened.’ The result? Dedicated parking spots, private nursing rooms (in some stores) and knowledgeable dietitians with an understanding of pregnancy and post-childbirth nutritional needs. Check out more Hy-Vee mom-friendly services in stores, right.

HY-VEE FAVORITES

• Dedicated parking spots near the front door (new and expecting moms)
• Convenient online shopping and delivery (see page 84)
• Dietitian services (pregnancy, postnatal, infants)
• Furnished nursing rooms available in select stores
• Expanded bath & beauty section available in select stores
• Mother’s Day brunches and related special promotions
• Fruits available in produce section to hand out to kids
• Samples throughout store (encourages children to expand their food horizons)
• Momentum video series of workout and nutrition information during pregnancy (see page 84)

MOMS’ ROOMS AT HY-VEE

Nursing rooms in some stores allow mothers to nurse in comfort and privacy. Each lockable room has a recliner or chair and a foot stool, plus other amenities, depending on the store.

ERINN V.
Kansas City, Missouri

Erinn is a busy mom of two lovable little boys—Colton, age 2, and Nolan, age 4. Because she worked in beverage sales until deciding to stay home full-time, she’s seen a lot of grocery stores. She puts Hy-Vee at the top for mom convenience. ’As a mom, it’s so hard to get out with your kids. You’re stressed about how they are acting and how long it’s going to take to shop if you have to stop and change their diaper or sit down and nurse them.’

Erinn says shopping with two little boys at her Kansas City Hy-Vee is hassle-free because of the amenities offered there for moms. One of the best are the large private restrooms. ’At my store, there’s a row of individual-room bathrooms. I feel that when I take my kids in there with me, we’re not causing a disturbance. We don’t feel rushed.’

Erinn loves the fruit-basket offerings for kids in the produce aisles. ’One of my kids didn’t like bananas. But because they were there, it was more exciting for him. He was like, ’Oh, I like it now!’

Erinn finds the in-store dietitians helpful. ’I’ve been asking them about kombucha,’ she says. ’They have a lot of insight about different products.’ Erinn appreciated visiting a Hy-Vee nursing room a couple years ago. ’Every mom talks about supporting moms, but having an actual nursing facility—that’s valuable.’

MOTHERS’ ROOMS AT HY-VEE

Nursing rooms in some stores allow mothers to nurse in comfort and privacy. Each lockable room has a recliner or chair and a foot stool, plus other amenities, depending on the store.

HY-VEE Mom Profile

pro tip:

NOURISH, BABY!

Feed a healthy pregnancy by getting all your questions answered by a Hy-Vee dietitian. We’re available to show you foods that will keep you and your baby nourished. Were you diagnosed with a pregnancy-related illness, such as gestational diabetes, or are you having severe morning sickness? We can help you manage those conditions through diet. Your Hy-Vee dietitian is also available for support after the baby is born.

—Lindsey Frisbie
Registered Dietitian
Hy-Vee, Iowa City, Iowa

These services and features are available at select Hy-Vee stores.
**MOMENTUM**

Momentum is a new HSTV series of prenatal workouts that expecting mothers can use to safely remain active while pregnant. The series includes episodes on prenatal nutrition from a Hy-Vee dietitian.

“Pregnant women need to give themselves some grace and be honest about whether the movement or exercise is helping or hurting,” says Dana Driftmier, certified personal trainer and director of Hy-Vee KidsFit and Hy-Vee Fitness. “My hope is that Momentum, with guidance from a pre-postnatal certified trainer, will help women during pregnancy.”

Driftmier urges expecting mothers who work out to stay within their comfort range. “Women exercising while pregnant should listen to their bodies,” she says. “Every body is different, and each body responds differently to pregnancy.”

**Exercise Safely**

View prenatal workouts and get nutrition tips on our new Momentum video series.

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

---

**Hy-Vee partners with national online grocery delivery services Shipt and Instacart for even more options to buy Hy-Vee groceries and have them delivered.**

Check the service website or app.

---

**SANITY SAVERS**

**BUSY MOMS HAVE CONVENIENT CHOICES FOR SHOPPING, PICK-UP AND DELIVERY.**

If you prefer to order online and pick up, Hy-Vee staff will shop and have your order of at least $30 ready for free pickup at the store. Park in the reserved spot and call the phone number on the sign. Store staff will bring your groceries to your vehicle and help you load.

A membership for Hy-Vee Aisles Online home delivery is $99 per year and covers all orders of more than $30. Home delivery is also available without membership; ask your store about delivery fees. Log into your Aisles Online account, shop, then indicate delivery time on the checkout screen. Hy-Vee will deliver the groceries right to your door.

Pick up baby supplies beyond formula and diapers. Hy-Vee also has bath products, toys, breastfeeding accessories, drink cups and more.

---

**Gear up for a great school year.**

**What comes next is everything.**

---

**Check out this new video series for expecting moms!**

**Hy-Vee partners with national online grocery delivery services Shipt and Instacart for even more options to buy Hy-Vee groceries and have them delivered.**

Check the service website or app.
Chinese dinner for two &
a refreshing 1.25 liter Coca-Cola product
2 pint entrées, 1 pint fried rice, 2 crab rangoon,
2 egg rolls & 2 fortune cookies
select varieties
$14.99

Fairlife Milk:
select varieties
52 fl oz.
3.69

DURACELL
OPTIMUM
EXTRA LIFE*
EXTRA POWER*

*Delivers extra life or extra power, vs. Coppertop AA/AAA in a wide range of devices. © 2019 Duracell
UNPLUGGED

Being continually connected can do a number on physical and emotional health and run roughshod over relationships. Maybe it’s time we took a break from technology so it doesn’t end up controlling our lives.

1 CONNECT with others in a meaningful way. Establishing true connections takes time. The average American spends 24 hours a week online—up from just over 9 hours per week in 2000. That leaves little time to foster deep, substantive relationships in the real world.

2 EXPERIENCE a strong relationship with your spouse or partner. In a recent study from Brigham Young University, a majority of respondents reported that phones, computers and other devices were significantly disruptive in their relationships. When a partner allows a text, email or other task to interrupt conversations, meals or romantic moments, it can feel like rejection, which often leads to hurt feelings, anger, resentment, even depression.

3 DISCOVER freedom—to read, write, think, create, explore, dream and ask life’s big questions.

4 FOSTER empathy. University of Michigan research indicates today’s college students are 40 percent less empathetic than their peers were 30 years ago. The solution may be face-to-face communication. “Fully present to one another, we learn to listen,” writes Sherry Turkle in her book Reclaiming Conversation: The Power of Talk in a Digital Age. “It’s where we develop the capacity for empathy.”

5 NURTURE children with undivided attention. There’s much you can teach them. For instance, young children with developing brains benefit from being read to 30 minutes each day. As one person put it, there is no app that can replace your lap.

6 FEEL better. Frequent use of social media has been linked with depression. One study among young adults showed that the more they used Facebook, the more their satisfaction with life declined.

Sources: ncbi.nlm.nih.gov/pubmed/22447092
ncbi.nlm.nih.gov/pubmed/23967061
news.illinois.edu/view/6367/769423
technologyreview.com/f/610045/the-average-american-spends-24-hours-a-week-online/
news.umich.edu/empathy-college-students-don-t-have-as-much-as-they-used-to/
1 SLEEP BETTER The use of digital devices can disrupt sleep in more ways than one. The blue light is most likely to affect your biological clock at night. And the pinging from texts, emails and push notifications can interrupt sleep. That’s key, because a 2010 Pew Research survey reported that 90 percent of young adults slept with their cell phone on or by their bed.

2 REDUCE EYE STRAIN Optometrists say too much time on a computer, smartphone or tablet can lead to dry eyes, strained eyes and headaches. Experts recommend following the 20-20-20 rule: When using an electronic device, every 20 minutes take a 20-second break from the screen and look at something 20 feet away.

3 EAT HEALTHFULLY A Rochester Institute of Technology study revealed that students are more apt to eat while staring at digital media than they are while seated at the table. Whether it’s watching TV or scrolling the newsfeed on a smartphone, multitasking can lead to overeating and unhealthy food choices.

4 MOVE MORE Cutting back digital exposure allows the opportunity to get up and move. That’s good for the body. In a study reported by Harvard Medical School, reducing sedentary time by 1 hour per day was linked with a 12 percent lower risk of cardiovascular disease and a 26 percent lower risk of developing heart disease during the study period.


1 TEST YOURSELF Are you addicted? Remove yourself from technology—smartphone, computer, TV and other electronic devices—for three days and observe your reaction. If you feel anxious, irritable, stressed or have a severe feeling of withdrawal, you may have a dependency problem.

2 TAKE SHORT BREAKS Turn off your phone after dinner and leave it off until after breakfast the following morning. When you go out to dinner, leave the phone at home. Keep the phone out of your bedroom (if you use it as an alarm clock, use a traditional clock or clock radio instead).

3 DON’T MULTITASK Studies show that higher levels of media multitasking may harm our brains and lead to memory problems. Frequent media multitaskers had smaller gray-matter density in areas of the brain related to cognitive control and regulation of motivation and emotion.

4 SHARE LESS News stories report that people are sharing less on social media these days—or at least sharing less about themselves. If you share less, you save twice as much time; less time posting, less time returning to gauge the response.

5 RESTRICT OFFICE HOURS Research shows that we need downtime after work to mentally recharge. Answering work emails and communicating with coworkers after hours prevents the brain from recouping from workday stresses.

6 SET LIMITS Using technology may be unavoidable at work but not at home. Schedule a window of opportunity and set a timer, then turn everything off when time is up.

7 KEEP A MEDIA LOG Just as dieters keep track of what they eat, you can track the time spent with electronic devices—smartphone, computer, TV, video games. Keep a log for a week, then set a goal of how much you’d like to pare down your daily digital diet.

8 TAKE A DIGITAL DETOX Start with an evening and work your way up to a full weekend. The harder it is, the more you probably need to do it. You can set up an email auto-response, delete social media apps from your phone, and change your Facebook status to “on hiatus.”


8 WAYS TO de-digitize NOW THAT YOU UNDERSTAND THE PROBLEM, HERE’S HOW TO OUT TECH TIME.
Compound movements like the dumbbell row (pictured) require the use of multiple joints and muscle groups. The result is a more effective muscle-building and calorie-burning movement than exercises that work one muscle at a time.

Weight-training exercises use weighted objects such as dumbbells, barbells and kettlebells to help build muscle and boost strength. Benefits go beyond those—weight training has been found to reduce risk of chronic disease and injury, and to help improve overall body composition and bone density. Despite the advantages, just 23.5 percent of adult women train with weights, according to a 2017 National Health Interview Survey. Reasons women avoid weight lifting vary; a common one is fear of bulking up—a misconception. “Don’t believe the myth,” says Daira Driftmier, certified personal trainer and director of Hy-Vee Kids Fit and Hy-Vee Fitness. “Lifting properly can lead you to a leaner athletic body. But even better, it can increase confidence, clear your mind and elevate mood.”

Studies Show
• Research from The College at Brockport, State University of New York, suggests that weight training may significantly boost self-esteem.
• According to a study in JAMA Psychiatry, strength training may be effective at reducing symptoms of mild to moderate depression.
• A study out of Iowa State University reports that lifting at least one hour a week may reduce risk of heart attack or stroke by 40 to 70 percent.
• Researchers at Appalachian State University found that those who exercised for 45 minutes using weight machines lowered their blood pressure as much as 20 percent.

The Basics
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HAMMER CURL
Hold a dumbbell in each hand, arms along sides, palms toward thighs. Curl dumbbells up toward shoulders, keeping upper arms stationary and palms facing inward. Pause a moment, return to the starting position.

SHOULDER PRESS
Sit on an upright bench with a dumbbell in each hand above shoulders, rotating wrists so palms face forward. Push dumbbells toward ceiling until arms are extended. Pause, then with control return weights to starting position.

DUMBBELL ROW
Hold a dumbbell in each hand, palms toward body, slight bend at the knees, hips back. Pull both dumbbells toward your midsection, keeping elbows close to the body. With control, return to starting position.

CHEST PRESS
Lie on a bench with a dumbbell in each hand, positioned next to chest, palms facing feet. Retract shoulder blades and push dumbbells toward the ceiling. With control, lower dumbbells to starting position.

TRICEPS EXTENSION
Hold a dumbbell in right hand, arm extended overhead. Bend at the elbow to lower dumbbell behind your head. Bring dumbbell back overhead to starting position.

DUMBBELL ROMANIAN DEADLIFT
Hold a dumbbell in each hand in front of your thighs, feet hip-width apart. Slowly hinge at hips, butt back and knees slightly bent while lowering weights toward the shins. With control, return to starting position.

SQUAT TO PRESS
Hold a dumbbell in each hand, raised and in front of shoulders, feet shoulder-width apart. Squat until thighs are parallel to the floor. Push off heels to standing position while pressing both dumbbells overhead.

GOLFBET SQUAT
Hold one weighted end of a dumbbell close to your chest, using both hands in an underhand grip. With feet shoulder-width apart, squat until thighs are parallel to the floor. Push off heels to return to starting position.

LATERAL GOBLET LUNGE
Hold one weighted end of a dumbbell close to your chest, using both hands in an underhand grip. Step left foot hip-width ahead, take a step to the left and bend at the knees until thigh is parallel to the ground. Push back to starting position.

ALL YOU NEED FOR THIS FULL-BODY WORKOUT IS A SET OF DUMBBELLS. PERFORM EACH MOVE FOR 3 SETS OF 8 TO 10 REPS, WITH 60 TO 90 SECONDS OF REST BETWEEN SETS.

pro tip:
STAY STEADY
Gravity can sometimes cause you to ‘swing’ the weights. Avoid this. Remember, you control the weights, don’t let the weights control you. Resist gravity, stay in control.

—Daira Driftmier
Certified Personal Trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitness
Real. Good. Protein.

Try now.

GET EASY A+ MEAL IDEAS ANY TIME OF DAY!
FOODS THAT REDUCE KID'S STRESS

SERVE A BALANCE OF FOOD GROUPS TO WARD OFF STRAIN OR ANXIETY THAT KIDS MIGHT FEEL AS THEY GO BACK TO SCHOOL.

Help kids cope with new schedules and demands by providing a balanced diet. Studies link improper nutrition with inability to focus, anxiety and depressed mood in children and teens. Include two or three of the five major food groups in each meal or snack: fruits and vegetables, lean protein, whole grains, low-fat dairy and healthy fats. A lunch of tuna salad (with yogurt dressing and grapes) on whole wheat bread has protein, fruit, whole grains and dairy. A snack of bell pepper strips with hummus has a vitamin C-rich vegetable and protein. Mix and match food groups and nutrients to provide healthful choices. Limit caffeine, salty foods and added sugar.

VEGETABLES
Loaded with fiber, vegetables aid digestion, regulate blood sugar and provide many vitamins and minerals needed for health.
FOODS: Asparagus, avocados, beets, bell peppers, broccoli, cabbage, carrots, celery, cucumbers, green beans, kale, legumes, lettuce, potatoes, squash, spinach, sweet potatoes, tomatoes

FRUITS
Fresh fruits contain fiber plus many vitamins and minerals for overall health.
FOODS: Apples, bananas, berries, cantaloupe, cherries, grapes, grapefruit, melons, kiwi, mangos, nectarines, oranges, peaches, pears, pineapple, plums

DAIRY
Calcium in dairy builds strong bones, and vitamins A, B and D, plus magnesium and zinc, support a healthy immune system, muscle growth, energy levels and sleep.
FOODS: Milk (skim, low-fat and whole), milk-based yogurt, cheeses, cottage cheese

PROTEIN
Part of every cell of the body, protein is crucial for growth, especially in children and adolescents. Serve protein from both plants and animals.
FOODS: Lean beef, poultry and pork, fish and seafood, eggs, beans (legumes), unsalted nuts (almonds, cashews, pistachios, walnuts), seeds (chia, sesame, sunflower)

GRAINS
Whole grains that contain the endosperm, bran and germ provide fiber, folate and other B vitamins, magnesium, iron and zinc.
FOODS: Brown rice, buckwheat, bulgur (cracked wheat), oatmeal and rolled oats, popcorn, quinoa, wild rice, whole wheat bread, cereal, crackers, pasta, tortillas

HEALTHY FATS
Fats allow bodies to absorb vitamins and help build sheaths around nerves. Focus on unsaturated fats and limit saturated fat to less than 10 percent of daily calories.
FOODS: Avocados, most nuts, flaxseeds and pumpkin seeds, oils (canola, olive, peanut and sunflower)

FOLATE, ZINC, MAGNESIUM
According to the American Journal of Public Health, these nutrients might help stabilize mood and stave off depression in children and adolescents.
FOLATE FOODS: Asparagus, avocados, beets, beans (black, kidney, pinto), chickpeas, oranges, quinoa, rye, salmon, spinach
MAGNESIUM FOODS: Almonds, black beans, canned tuna, cashews, edamame, oatmeal
ZINC FOODS: Almonds, beans, beef, eggs, lentils, quinoa, salmon, shrimp, spinach, turkey

Sources: tinyurl.com/choosemyplate; tinyurl.com/Nutrition-Facts-For-Kids-20160322; tinyurl.com/Healthy-Eating-Lifestyle-For-Health-And-Academic-Achievement-Pdf; tinyurl.com/Healthy-Eating-Lifestyle-For-Health-And-Academic-Achievement-Pdf

SOURCES
HEALTHY EATING HAS A POSITIVE EFFECT ON GRADES AND TEST PERFORMANCES, ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION.

pro tip: FIBER & VITAMIN C
Give kids a variety of fruits and vegetables that contain vitamin C, which can help keep their immune systems healthy. Include whole grains in lunches and snacks. The fiber helps keep blood sugar steady. Also, make sure they eat breakfast. It helps them manage better. If they’re not hungry, they can focus on school.
—Susan Coe, MPH, RD, LMT
Registered Dietitian
Hy-Vee, Omaha, Nebraska

100
101
SEASONS
August 2019
SEASONS
hy-vee.com
Whole Grain Waffles

Total Time: 20 minutes
Serves: 8 (1 waffle each)

2 Hy-Vee large eggs
1½ cups whole wheat pastry flour
½ cup Hy-Vee quick oats, finely ground
1 Tbsp. white cornmeal
2 tsp. Hy-Vee baking powder
2 tsp. Hy-Vee HealthMarket chia seeds
2 tsp. flaxseeds
1½ cups Hy-Vee skim milk
⅓ cup Hy-Vee canola oil
1 tsp. Hy-Vee vanilla extract

1. LIGHTLY GREASE and preheat a waffle maker according to manufacturer’s directions.
2. SEPARATE eggs; place yolks in a medium bowl and whites in a small mixing bowl. Set aside.
3. STIR together flour, oats, cornmeal, baking powder, chia seeds and flaxseeds in a large bowl. Make a well in the center of the flour mixture; set aside.
4. ADD milk, oil and vanilla to egg yolks. Whisk until well-combined; set aside.
5. BEAT egg whites with a mixer on medium to high until stiff peaks form (tips stand straight); set aside.
6. ADD egg yolk mixture all at once to flour mixture. Stir just until moistened (batter will be slightly lumpy). Gently fold in beaten whites until evenly blended.
7. ADD batter to prepared waffle maker. Close lid and bake according to manufacturer’s directions until waffle is golden brown. When done, use a fork to lift waffle off grid; keep warm in a 200 °F oven for up to 10 minutes. Repeat with remaining batter. Serve warm with your topping of choice.

Per serving (without topping):
290 calories, 12 g fat, 1.5 g saturated fat, 0 g trans fat, 45 mg cholesterol, 170 mg sodium, 38 g carbohydrates, 6 g fiber, 6 g sugar (0 g added sugar), 8 g protein. Daily Values: Vitamin D 6%, Calcium 8%, Iron 10%, Potassium 6%.

EGG AND AVOCADO WAFFLES

(Step right) Top waffles with crumbled eggs and avocado slices. Sprinkle with Hy-Vee black pepper.

GREEK YOGURT AND BERRY WAFFLES

(Step above) Top waffles with Hy-Vee strawberry Greek yogurt, sliced Hy-Vee Short Cuts strawberry, fresh blackberries and Hy-Vee oil and almond.

CHICKEN PIZZA WAFFLES

(Step above right) Top waffles with Hy-Vee chicken pizza sauce, Hy-Vee Short Cuts chopped bell peppers, Hy-Vee shredded mozzarella cheese and Hy-Vee Italian seasoning. Heat through.

Short on time? Pick up Hy-Vee frozen multigrain waffles. Pop them into the toaster and brown. Or heat in a conventional or toaster oven 2 to 3 minutes at 375°F.

WORK IN FOOD GROUPS EVERY DAY WITH THESE SO-EASY SMALL PLATES AND SNACKS KIDS WILL LOVE.

1 Frozen grapes
Thoroughly wash and dry (dab with paper towels) seedless red, black and/or green grapes. Freeze in a single layer on waxed paper or paper towels on a baking sheet. Place frozen grapes in a freezer bag; store in the freezer.

2 Fruit, veggie & cheese plate
Fill a plate with orange wedges, grapes, carrot sticks, whole grain crackers and cheese. A fun way to serve fruit, veggies, whole grains and dairy.

3 Bell peppers & hummus dip
Slice vitamin C-rich red, green and/or yellow bell peppers into strips—or pick up convenient Hy-Vee Short Cuts tricolor bell pepper strips—to serve with plain hummus. Chickpeas in hummus are a source of protein, folate and magnesium.

4 Easy apple snacks
Slice an apple, spread on peanut butter and sprinkle with chopped almonds or pistachios and chia or sunflower seeds for fruit plus protein.

5 Air-fried sweet potatoes
Slice a sweet potato into ¼- to ½-in. sticks. Lightly spray a fryer basket with oil. Cook at 400°F for 8 to 10 minutes or until done, turning once halfway. Toss hot fries with a little oil, salt and paprika.

A HIT WITH KIDS, FROZEN GRAPES ARE CRUNCHY ON THE OUTSIDE, SWEET AND SHERBET-LIKE INSIDE.
Kashi Cereal, Bars, Cookies or Crackers: select varieties 5.6 to 16.3 oz. 2/6.00

Super Food Super Fun
created for kids, by kids with super food ingredients

Power Your Strength
Kellogg's Special K

Back to School Prep
Colgate-Palmolive Company
5 REASONS TO TAKE THE 5-WEEK CHALLENGE

1. Exercise
Performing moves with proper form strengthens developing muscles and bones.

2. Confidence
Exercise boosts self-confidence. Earning badges and trophies makes kids feel good about their accomplishments.

3. Life Skills
Kids learn how to prepare healthy meals and snacks and how to exercise safely.

4. Family Time
The whole family comes together for health-promoting activities and discussions.

5. Fun!
More than anything, fitness should be fun! Take time as a family to enjoy games, activities, cooking and learning together.

Visit hy-veekidsfit.com and sign up for the 5-Week Challenge, a four-day-a-week interactive health program in which kids monitor progress.

Play Day
Kids complete a trainer-designed workout.

Learn Day
How to exercise, eat, build confidence.

Eat Day
Hy-Vee dietitians teach nutrition.

Family Day
Fun activities promote family health.

PHYSICAL ACTIVITY CAN IMPROVE ACADEMIC PERFORMANCE AND IS ASSOCIATED WITH DECREASED RISKS FOR DEPRESSION.

Energize the final days of summer with Hy-Vee KidsFit, the interactive online training program for kids and families.

WANT HY-VEE KIDSFIT TO COME TO YOUR HOMETOWN?
GO TO HY-VEEKIDSFIT.COM AND COMPLETE THE EVENT REQUEST FORM. SINCE 2016, HY-VEE KIDSFIT HAS WORKED WITH MORE THAN 370 SCHOOLS AND 310,000 STUDENTS.

Q&A WITH DAIRA DRIFTMIE
Certified Personal Trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitness

Q: WHY DID YOU BECOME A PERSONAL TRAINER?
A: My passion as a personal trainer comes from an injury I suffered while playing sports. Now I want to help others learn how to move their bodies correctly and make moving fun without getting hurt.

Q: WHAT DO YOU ENJOY MOST ABOUT YOUR JOB?
A: Seeing kids have a positive experience with movement gives me hope that as they get older they won’t struggle to make healthy choices. Also, I enjoy learning new dance moves from the kids—it keeps me young and cool for my kids!

Q: HOW CAN HEALTHY HABITS BENEFIT CHILDREN LATER IN LIFE?
A: Having trained adults for over 15 years, I know it is a continuous process to change unhealthy habits. Poor movement patterns and eating habits are hard to break. I love giving kids tools to help them care for their bodies for now and later.

Q: WHY SHOULD FAMILIES SIGN UP FOR THE HY-VEE KIDSFIT CLUB?
A: Families will enjoy the monthly challenges and conversations from the Hy-Vee KidsFit Club Newsletter. Each month we have a conversation around how to eat, play, learn and challenge ourselves to be the best we can be.

Sources:
ncbi.nlm.nih.gov/pmc/articles/PMC2909717/
acefitnes.org/education-and-resources/professional/may-2019/7277/
how-to-help-kids-gain-confidence-through-physical-activity

Parents can influence kids’ physical activity by being physically active themselves, by enjoying exercise and by engaging in play with their children.
Danimals:
select varieties
12 pk.
4.99

Danimals:
select varieties
6 pk.
5.00

Horizon, Silk or So Delicious:
select varieties
6 pk. 8 fl. oz.
5.99

Horizon, Silk or So Delicious:
select varieties
8 fl. oz.
5.00

Centrum, Centrum Silver or Caltrate:
select varieties
60 to 130 ct.
8.99

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Centrum, Centrum Silver or Caltrate:
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60 to 130 ct.
8.99

FEED YOUR CELLS

IMPROVED! Better Taste!
Q: What is gut health?
A: It’s the ability of your digestive system to break down food, absorb nutrients, eliminate waste and maintain a balance of microorganisms that normally live in the digestive tract.

Q: Why is it important?
A: When gut health is off-kilter, it can lead to constipation, diarrhea or conditions such as irritable bowel syndrome or Crohn’s disease. Your digestive system’s ability to absorb nutrients from food may become impaired. As we learn more about how gut health affects the total body, we learn how important it is to maintain healthy digestive systems.

Q: How does the gut affect other parts of the body?
A: We have hundreds of strains of bacteria in the gut, mostly beneficial—some harmful. These bacteria make up our microbiome. Beyond digesting food, the microbiome appears to help regulate the immune and nervous systems, protect against infections and allow production of certain vitamins in our bodies. Poor gut health has been linked not just to diarrhea, constipation, irritable bowel or Crohn’s disease but also to autoimmune diseases like rheumatoid arthritis and diabetes, multiple sclerosis, cognitive problems and obesity.

Q: How can we maintain a healthy gut?
A: Drink water and eat high-fiber fruits, vegetables and whole grains. Cultured or fermented foods, such as yogurt, kombucha and sauerkraut, can also help, because they contain probiotics—live cultures of good bacteria—that crowd out the bad. Avoid processed foods and added sugars.

Top probiotic foods
- CIDER VINEGAR
- KEFIR
- KIMCHI
- KOMBUCHA
- MISO
- OLIVES
- PICKLES
- SAUERKRAUT
- TEMPEH
- YOGURT

Top prebiotic foods
- APPLES
- BANANAS
- GARLIC
- JERUSALEM ARTICHOKES
- ONIONS
- SOYBEANS
- WHOLE GRAINS

EASY TO DIGEST
It’s time for a gut check—a brief understanding of gastrointestinal health.

SEASONS August 2019
Fruits, flowers and spices replace synthetic ingredients to cleanse, moisturize and soothe. Welcome to the world of naturally clean beauty, available at Hy-Vee.
FACIAL OILS
Work to nourish, smooth and renew skin and treat seasonal dryness. Clarifying oils treat dullness, even out skin tone and soothe breakout-prone skin.

OIL CLEANSERS
Dissolve and remove makeup as effectively as soap cleansers, which can strip skin of its natural oils. Clean oil-based cleansers usually contain botanical oils such as sunflower, grape seed and almond plus various extracts to leave skin supple.

FACE SERUMS
Transport high concentrations of active ingredients, such as retinol, hyaluronic acid, witch hazel and vitamin C, deep into the skin in water-based, small-molecule lightweight moisturizers.

3,000 BC
EGYPTIANS USED HONEY, PLANT OILS, ALOE, ALMONDS AND OTHER NATURAL ELEMENTS FOR PERSONAL CARE IN OILS, CREAMS AND OINTMENTS.
Old Orchard 100% Apple or Blends: select varieties
64 fl. oz. 2/$5.00

Back to School Essentials

Old Orchard 100% JUICE

STAND UP
STAND OUT
Express your individuality this summer from color to style.

SCHWARZKOPF.com

NO SUGAR ADDED
FORTIFIED WITH VITAMIN C
NO ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES
**GET THE GOODS**

Hy-Vee shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### fridge & freezer

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Price</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Wright Brand Bacon: select varieties</td>
<td>6.99</td>
<td>24 oz.</td>
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<tr>
<td>Aidells Pulled Chicken: select varieties</td>
<td>7.99</td>
<td>24 oz.</td>
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<tr>
<td>Hillshire Farm Lit‘l Smokies: select varieties</td>
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<td>Armour Meatballs: select varieties</td>
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<td>Keum’s IttiBitz: select varieties</td>
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<td>Curly’s Pulled Beef Pork or Chicken: select varieties</td>
<td>4.99</td>
<td>2/6.00</td>
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<tr>
<td>Birds Eye Multi Serve: select varieties</td>
<td>2.28</td>
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<td>Barilla Gluten Free or Legume Pasta: select varieties</td>
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<td>Log Cabin Syrup: select varieties</td>
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<td>Mrs. Butterworth’s or Log Cabin Syrup: select varieties</td>
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### HY-VEE SAVES

- 1¢ per gallon with each item purchased
- 6 to 24 oz.
- 2/6.00
- 10 oz.
- 7.6 to 12 oz.
- 7/3.00
- 6 oz.
- 6 to 14 oz.
- 3/3.00
- 2 oz.
- 3 oz.
- 4 oz.
- 24 fl oz.
- 2 oz.
- 3 oz.
- 4 oz.
- 24 fl oz.
- 2 oz.
- 3 oz.
- 4 oz.
- 24 fl oz.
- 2 oz.
- 3 oz.
- 4 oz.
- 24 fl oz.
- 2 oz.
- 3 oz.
- 4 oz.
- 24 fl oz.
Food Network Soap Kit
select varieties 2/2.99

Lay’s Stax Chips: select varieties 5.5 to 7.75 oz. 4/5.00
Stacys’ Pita Chips: select varieties 7.5 oz. 2/5.00
Frito-Lay Red Rock Del Chips: select varieties 3.5 to 7 oz. 2/6.00

Imagine Crips or Frito-Lay Smartfood: select varieties 4 to 7 oz. 2/8.00

Hersey’s Chocolate Pouches: select varieties 3.12 to 7 oz. 3.99

Hefty Molded Fiber Tableware: select varieties 18 to 25 ct. 1.99
Hefty Storage Slider Bags: select varieties 24 to 42 ct. 4.49
Ziploc Slider Bags: select varieties 24 to 90 ct. 2.49
Ziploc Sandwich or Snack Bags: select varieties 24 oz. or 3 ct. 2/7.00
Ziploc Containers, Freezer or Storage Bags: select varieties 2 oz. 2/4.00

beverages

MOM’S Best Natural Cereal: select varieties 13 to 24 oz. 1.99
24 oz. Cleaner: select varieties 4/5.00

sauce

Ice Mountain, kids
Beverage Bottles: select varieties 12 fl. oz.; 6 pk. 9.15 fl. oz. 6 pk. 5.99 2/5.00

Parer & Juice: select varieties 1.4 to 4.55 oz. 2/5.00

Old Orchard 100% Grape or Organic Apple Juice: select varieties 12 oz. 1.88
Old Orchard Cocktails or Healthy Balance: select varieties 12 oz. 3.99

Heinekin or Bar Bubbles: select varieties 12 oz. or 11 oz. 3/5.00

KeraCare Body Wash, Premium Soap or Refill: select varieties 12 fl. oz. or 32 fl. oz. or 5 oz. or 11 oz. 2/6.00

KeraCare Shampoo, Body Wash, Bar Soap or Solid Bar Shampoo: select varieties 18 fl. oz. or 8 oz. or 50 fl. oz. 2/8.00

Tresemme or Dove Hair Care: select varieties 32 fl. oz. or 10.5 oz. 2/10.00

Bulgari Toothpaste, Toothbrush or Mouthwash: select varieties 2 oz. or 32 fl. oz. 4.86

Clorox Clean-Up: select varieties 8 oz. 2/9.99

Dr. Bronner or Pure-Castile: select varieties 3 oz. 5/4.00

other

Vari View or Core Organic: select varieties 15 oz. or 18 fl. oz. 2/4.00

Surfing Bubbles or Snack Bubble Car: select varieties 3 oz. 1.99

Windex, Scrub or Scrubbing Bubbles: select varieties 13.5 oz. or 54 oz. or 5 or 10 oz. 2/6.00

House Clean-Up: select varieties 3 oz. 1.99

Glade Trash Bags: select varieties 15.97 oz. 18 oz. save 10¢ per gallon with each item purchased

Nexum Caplets, Tablets or Max: select varieties 42 ct. or 24 ct. or 2.5 ct. 23.99
Thermacare or Advil select varieties 2 to 5 2.5 ct. or 2.5 oz. 6.28

Atorvastatin or Desipramine: select varieties 8 fl. oz. 6.99
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A Clear Winner for BACK TO SCHOOL LUNCHES

GLUTEN FREE
VEGETARIAN

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