

**HyVee**®  
FOOD | LIFE | HEALTH  
**seasons**®



**SUMMER  
FLAVOR**

**august**  
Prices good August 1-31, 2019

- ✓ Safe & Effective
- ✓ High Quality Formulas ✓ Costs Less

# Pharmacists Buy Store Brands like TopCare® over 90% of the time<sup>1</sup>



1. Bart J. Bronnenberg, Jean-Pierre Dubé, Matthew Gentzkow, Jesse M. Shapiro. Do Pharmacists Buy Bayer? Informed Shoppers and the Brand Premium. University of Chicago January 2015.

## AUGUST 2019

### food



- 10 HY-VEE HOMEGROWN**  
Produce is grown within 200 miles of your Hy-Vee store.
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Luscious peaches are in season. How to buy, store and use.
- 22 CHEF SHOWDOWN: EASY BEEF MEALS**  
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## hello from hy-vee



**DONNA TWEETEN**  
EXECUTIVE VICE PRESIDENT,  
CHIEF MARKETING OFFICER,  
CHIEF CUSTOMER OFFICER

**A**ugust is a dynamic month—a time to savor the last part of summer while gearing up for school. This must-have issue of *Hy-Vee Seasons* offers ideas and tips for both. Three Hy-Vee chefs vie for bragging rights with meals featuring Hy-Vee's best-in-class beef and fresh produce, *page 22*. Learn about Hy-Vee Homegrown fruits and veggies picked at farms within 200 miles of stores throughout the Midwest, *page 10*, and get a taste of amazing treats at state and county fairs across the region, *page 56*. Find ideas for fun school lunches to pack the night before, *page 32*, and best-bet foods to stave off stress as kids head back to class, *page 100*. And learn how to cut back a bit on tech time to make more meaningful personal time, *page 88*. Enjoy the rest of summer!

## FOLLOW US...



CONNECT WITH **HyVee**  
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# NOT SORRY Reese's



Hershey's Snack Size:  
select varieties  
9.17 to 11.6 oz.  
3.99

# aisles

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



## now trending

### LEMONADE

Kick back and chill out with lemonade-inspired products.



### SPRITE LYMONADE

A splash of lemonade adds a tangy twist to Sprite's original lemon-lime flavor.



### LEMONADE BOMB POPS CUPS

Beat the sun with this citrusy treat while keeping hands mess-free.



### 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.

## brand highlight

### BLUE WILDERNESS

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.



Blue Wilderness is a healthy choice for any age dog. Find it at Hy-Vee.

## 4 ON THE FLOOR

STOP IN AT HY-VEE TO CHECK OUT THE LATEST AND GREATEST PRODUCTS FROM VARIOUS DEPARTMENTS.

### BAKERY

#### Apple Donuts



Nothing hits the spot quite like fresh Hy-Vee Bakery donuts. Try freshly made apple-flavored varieties, appearing in the bakery this month.

### DELI

#### Beemster Hatch Pepper Cheese



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

### MEAT

#### Hy-Vee True Meat



true 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.

### PRODUCE

#### Colorado Peaches



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



## KEEPING COOL FOR SUMMER

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 | H2O GO MATTE FINISH AIR MAT 9 | EASY-PACK POPSICLE MAKER 10 | AIR MONSTER 12-INCH DESK FAN

### BEAUTY



#### pro tip: TOTAL PACKAGE

The wide variety of Not Your Mother's products are easy to use, affordable and provide all-day results. Try the dry shampoo, which works well as a volumizer!

—Devann Klampe Health and Beauty Care Manager, Mankato #2, Minnesota



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!

### SEAFOOD

#### Party Like a Lob-Star

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



**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.

takes  
the  
cake

## DIVE IN

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 crazier 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](http://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](http://PINKYSWEAR.ORG)



PILE ON  
THE TASTE  
WITH 100%  
NATURAL<sup>®</sup>



serving suggestion

# food

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

- 10 HY-VEE HOMEGROWN
- 19 101: PEACHES
- 22 CHEF SHOWDOWN: EASY BEEF MEALS
- 32 PACK-AHEAD LUNCHES
- 42 MUG MEALS
- 48 HAM IT UP!
- 56 YOUR TICKET TO FAIR FOOD
- 64 SERVE UP SUMMER WINE
- 66 BEST @ BRATS



MAKE THE NATURAL<sup>®</sup> CHOICE<sup>™</sup>

<sup>®</sup>Minimally processed. No artificial ingredients. © 2019 Hormel Foods, LLC



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.

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 Orf, 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.



**SUMMER PRODUCE GUIDE**

From farm to basket, see what's at peak season. Check our Summer Produce Guide on [hy-vee.com](http://hy-vee.com).

# PEPPERS

Peppers offer a range of tastes that fit in with so many different kinds of recipes. Stop in at your local Hy-Vee to explore a rainbow selection of sweet bells, mild Anaheims and poblanos, spicy jalapeños and hot serranos.

KICK UP THE HEAT—A LITTLE WITH JALAPEÑO PEPPERS OR A LOT WITH SERRANO PEPPERS.



**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 pick and pack our produce to transport to stores within 24 hours so the freshest product is available to the customers," Cory says.

*Try these recipes!*



**SHEET-PAN ROASTED PEPPERS**

Halve bell peppers; remove seeds. Toss pepper pieces with Gustare Vita classic or garlic-infused olive oil and spread in a single layer on a sheet pan. Roast in a 450°F oven for 30 minutes or until the skins blister, turning once halfway through. Refrigerate for up to 5 days. Use on burgers.



**TRI-PEPPER SLAW**

Seed and cut 1 red, 1 orange and 1 yellow bell pepper into ¼-in. strips. Toss with ¼ small head sliced red cabbage, ½ cup sliced yellow onion, 2 Tbsp. chopped fresh cilantro and 2 to 3 Tbsp. bottled oil and vinegar salad dressing. Squeeze lime juice over slaw. Makes 5 cups.



**ROASTED RED PEPPER SPREAD**

Combine 1 cup chopped roasted red bell peppers, 6 Tbsp. freshly grated Parmesan cheese, 2 Tbsp. chopped fresh basil, 2 tsp. Gustare Vita olive oil and 2 tsp. Gustare Vita red wine vinegar in a food processor. Cover and process until spreadable, adding water if needed. Store in refrigerator for up to 3 days. Makes ¾ cup.

# SWEET CORN

A food staple much of the year, corn is often served in side dishes. That all changes in summer! When fresh sweet corn takes center stage, Hy-Vee makes sure the performance is one to remember. Our freshly picked ears are juicy, sweet and delicious—a testament to the power of Homegrown!



**MEET THE GROWER:**  
Daniels Produce  
COLUMBUS, NEBRASKA

The Daniels family has been farming for 120 years. "We raise lots of sweet corn for our local Hy-Vee as well as the warehouse in Iowa," says Kelly Daniels. "I shop at Hy-Vee every week and I always feel a great sense of pride when I see our produce and our photos next to the displays." Freshness is key. "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."

*Try these recipes!*



**FRESH CORN SAUTÉ**

Remove kernels from 5 ears sweet corn; set aside. Heat 2 Tbsp. Hy-Vee unsalted butter in a 10-in. skillet over medium-high heat. Add corn and cook for 6 to 8 minutes or until tender. Stir in ¾ tsp. kosher salt, ½ tsp. Hy-Vee granulated sugar and ¼ tsp. Hy-Vee black pepper. Serves 6.



**FRESH CORN SALAD**

Cook 4 ears sweet corn in salted boiling water for 3 minutes or until tender; cool in ice water. Remove kernels from ears; transfer to a bowl. Toss kernels with 1 chopped heirloom tomato, ¼ cup Hy-Vee Short Cuts chopped red onion, ½ cup chopped fresh basil, 2 Tbsp. Gustare Vita extra virgin olive oil and 1 Tbsp. Gustare Vita red wine vinegar. Season to taste with Hy-Vee salt and black pepper. Serves 6.



**SUMMER CORN SOUP**

Remove kernels from 4 ears sweet corn; set aside. Place corn cobs, 5 cups water and 2 cups cubed red baby potatoes in a large pot. Bring to boiling; reduce heat. Simmer for 15 minutes. Remove corn cobs. Meanwhile, sauté corn, ¼ cup seeded and chopped poblano pepper and ¼ cup chopped Hy-Vee Short Cuts white onion in 2 Tbsp. Hy-Vee salted butter until softened. Stir in ¼ cup yellow cornmeal; add mixture to soup pot. Cook for 5 minutes. Garnish with bacon, if desired. Serves 4.





# 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.

*Try these recipes!*



## 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 pumpnickel party bread slices. Top each with cucumber slices, red onion slivers and smoked salmon. Sprinkle with lemon zest and Hy-Vee black pepper.



## MEET THE GROWER: Ed Fields & Sons

ANOKA, MINNESOTA

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.

"We have passed our growing knowledge down for generations, which is evident in the care we take growing our crops," he adds. "One of the things I learned from my father is the importance of a good work ethic and to maintain a sense of pride in the work we do."

Chuck is proud his family farm has a traceability program to ensure quality and freshness. "With the commitment Hy-Vee makes to keep produce fresh, they come as close as possible to the taste we as farmers enjoy fresh from the field," he says.



## MEET THE GROWER: Ineichen's Tomatoes

BLUE GRASS, IOWA AND MILAN, ILLINOIS

Born out of a desire to enjoy tasty tomatoes out of season, 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!*



## CHOPPED CAPRESE SALAD

Toss together 10 oz. assorted grape, cherry and heirloom tomatoes with 4 oz. fresh mozzarella pearls. Add ½ cup chopped fresh basil, 1 Tbsp. aged balsamic vinegar, 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, 2 Tbsp. Hy-Vee tomato paste, 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 2¼ cups or enough sauce for 12 oz. cooked pasta.



## ROASTED TOMATO RISOTTO

Preheat broiler. Combine 1 (6.2-oz.) pkg. four-cheese risotto, 1½ cups water, 1 cup milk and 2 Tbsp. Gustare Vita olive oil in a medium saucepan. Bring to boiling; reduce heat. Simmer for 8 minutes. Transfer to a 10-in. cast-iron skillet. Top with cherry tomatoes. Broil for 5 to 7 minutes or until tomatoes are roasted. Sprinkle with Hy-Vee shredded Parmesan cheese, if desired. Serves 4.



# TOMATOES

From sauces to salads to eating fresh out of hand, tomatoes are the chameleons of the produce aisle. The one common feature of Hy-Vee's Homegrown tomatoes: They're guaranteed fresh. Frankly, there's nothing quite like the deliciousness of a fresh tomato.

# 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 46 calories!



**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."

*Try these recipes!*



## 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 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 POPS

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.

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



Hillshire Farm Family Sized Lunchmeat: select varieties 16 oz. 5.49



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

NEW!



Food Network Cooking Sauce or Meal Kit: select varieties 4 to 17 oz. 2/6.00

Bring home the flavors of Food Network.™

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

# 101 PEACHES

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

Bask 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 ripest ones first. If fruit ripens before you're ready to eat it, peel and slice peaches to freeze for later.



THE BACKGROUND COLOR INDICATES RIPENESS. LOOK FOR DARK YELLOW.



## 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

## WAYS TO USE

**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.

20  
minutes  
or less

## Peach Mojitos

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

- 2 large peaches, pitted and chopped
- 4 oz. agave nectar
- 2 oz. fresh lemon juice
- 1 cup firmly packed mint leaves, divided
- Ice cubes
- 12 oz. Cross Keys rum, divided
- 16 oz. Hy-Vee club soda, chilled; divided
- Fresh peach slices, for garnish
- Mint sprigs, 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 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 2%



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



TARTNESS OF A YELLOW-FLESHED PEACH **MELLOWS** AS IT RIPENS, BUT A WHITE-FLESHED PEACH TASTES SWEET, WHETHER FIRM OR SOFT.

# THE OFFICIAL ICED TEA OF HOMEGATING



Lipton or Pure Leaf:  
select varieties  
12 pk. 16.9 fl. oz. or  
6 pk. 16.9 fl. oz.  
2/11.00



OFFICIAL ICED TEA SPONSOR OF THE  
NATIONAL FOOTBALL LEAGUE

# CHEF SHOWDOWN:



# EASY BEEF MEALS

3 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.

## 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 PRIME RESERVE

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

### Hy-Vee CHOICE RESERVE

Tender and flavorful, with less marbling, less than 10 percent of USDA Choice beef meets Hy-Vee requirements.



# 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  
**1 lb.** fresh green beans, trimmed  
**¼ cup** Gustare Vita olive oil, divided  
**4 firm, ripe** peaches, halved and seeded

**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 CHIMICHURRI:** Combine 2 cups packed fresh cilantro, ½ cup each packed

fresh parsley and mint, ¼ 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 tsp. lemon zest, 1 Tbsp. lemon juice, ¾ tsp. kosher salt and ½ 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%



Chimichurri is typically served on steak. It's also delicious on smoky grilled fish and chicken, especially accompanied with fruit.

O L A T H E , K A N S A S

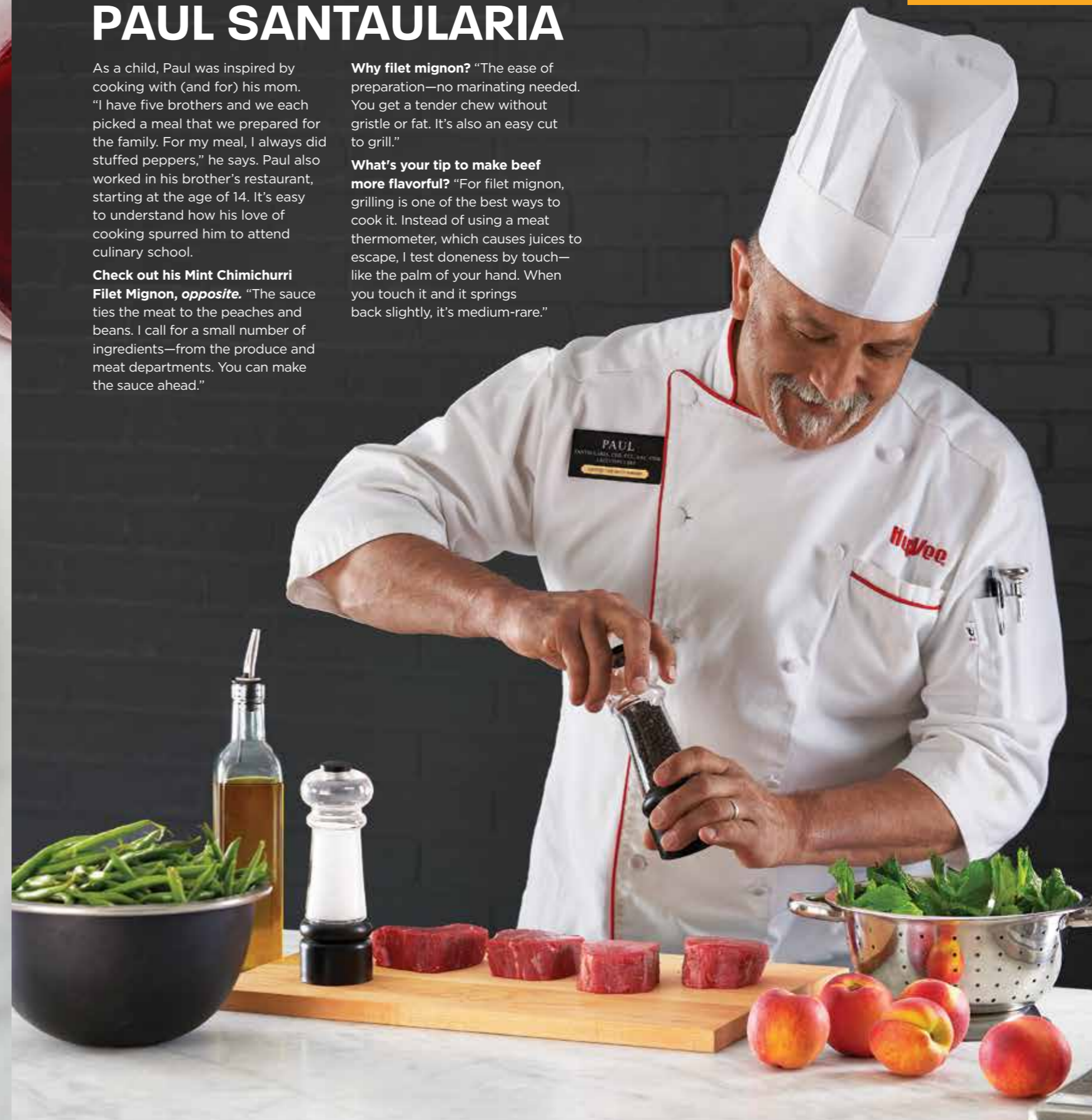
## chef PAUL SANTAULARIA

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 it. 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."



OMAHA, NEBRASKA

# chef SHERRY JENSON

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."



The corn and bean salsa can also enhance the flavor of grilled chicken or fish.



## Espresso-Chipotle Sirloin Salad

**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 Hy-Vee street taco flour tortillas

4 cups Hy-Vee mixed greens  
Heirloom tomato and avocado wedges  
Cajita cheese crumbles

**1. TRIM** fat from steak. Combine espresso powder, brown sugar, salt, chipotle powder, smoked paprika, garlic powder, cumin and cocoa. Rub all over steaks.

**2. PREHEAT** a charcoal or gas grill for direct cooking over medium heat. Prepare Tomatillo Dressing and Corn and Black Bean Salsa as directed. Grill steaks for 8 to 10 minutes for medium-rare (130°F), turning once. Cover; let rest 5 minutes. Grill tortillas for 1 to 2 minutes or until slightly charred.

**3. THINLY** slice steaks. Serve over greens with Tomatillo Dressing, Corn and Black Bean Salsa, charred flour tortillas and heirloom tomato and avocado wedges. Sprinkle with cheese.

**TOMATILLO DRESSING:** Toss 3 large husked tomatillos, ½ seeded jalapeño pepper and ½ quartered small yellow onion with 1 Tbsp. Gustare Vita extra virgin olive oil. Place in grill basket. Grill 10 to 12 minutes or until softened; cool slightly. Add to blender with 1 seeded and peeled avocado, ½ cup water, 1 cup packed fresh cilantro and 1 tsp. kosher salt. Cover and blend until smooth.

**CORN AND BLACK BEAN SALSA:** Brush 2 ears sweet 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; cool slightly. Cut the kernels off the cobs; place in a bowl. Stir in ½ (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. finely chopped jalapeño pepper; 1 clove garlic, minced; 1½ tsp. Hy-Vee chili powder; 1 tsp. kosher salt; and zest and juice of ½ lime.

**Per serving:** 580 calories, 32 g fat, 9 g saturated fat, 0 g trans fat, 85 mg cholesterol, 1,720 mg sodium, 45 g carbohydrates, 16 g fiber, 7 g sugar (1 g added sugar), 33 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 35%, Potassium 20%

LAKEVILLE, MINNESOTA

# chef NEAL MEIER

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."



## Bulgogi Beef Stir-Fry

**Total Time** 30 minutes plus  
marinating time

**Serves** 6

**1½ lb. Hy-Vee Prime Reserve  
boneless beef ribeye steaks**

**¾ cup pear puree or juice**

**½ medium yellow onion, finely chopped**

**¼ cup Hy-Vee soy sauce**

**3 Tbsp. packed Hy-Vee brown sugar**

**2 Tbsp. rice wine vinegar**  
**2 Tbsp. plus 1 tsp. refrigerated  
minced garlic, divided**

**1 Tbsp. sesame oil**

**1 Tbsp. grated fresh ginger**

**1 Tbsp. gochujang sauce**

**½ tsp. Hy-Vee black pepper**

**1 Tbsp. Hy-Vee canola oil**

**2 carrots, peeled and thinly bias-sliced**

**6 green onions, sliced**

**1 red bell pepper, seeded and  
cut into slices**

**1 cup snow peas**

**3 cups hot cooked rice**

**1 cup purchased kimchi, for serving**  
**Toasted sesame seeds, for garnish**

**1. THINLY** slice meat in bite-size strips; place in a large resealable plastic bag. Combine pear puree, onion, soy sauce, brown sugar, vinegar, 2 Tbsp. garlic, sesame oil, ginger, gochujang sauce and black pepper. Pour over meat; seal bag. Marinate in refrigerator 2 to 24 hours.

**2. DRAIN** meat; discard marinade. Heat 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. Remove meat from wok.

**3. ADD** more oil, if necessary, to wok. Stir-fry carrots in hot oil 2 minutes. Add remaining 1 tsp. 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 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.



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# PACK-AHEAD LUNCHESES

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

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



try this

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

## Rainbow Bread

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

**1/3 (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 8x4x2-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 1/2-in. slices.

**Per slice:** 90 calories, 1 g fat, 0 g saturated fat, 0 g trans 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:** Vitamin D 0%, Calcium 0%, Iron 6%, Potassium 0%

# 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	2. CARBS	3. FRUIT	4. VEGGIES
-ALMOND BUTTER -CHEESE -CHICKEN -HARD-BOILED EGGS -LOWER-SODIUM DELI MEAT -TURKEY -YOGURT	-AIR-POPPED POPCORN -BROWN RICE -CEREAL (UNSWEETENED) -WHOLE GRAIN BREAD -WHOLE WHEAT TORTILLA	-APPLES -APPLESAUCE (UNSWEETENED) -BANANA -BERRIES -GRAPES -MANGO -ORANGES -RAISINS	-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.

# 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 tines of a fork. Make several fruit sammies and freeze (not the BLT) up to 2 weeks. Pack them frozen to thaw by lunchtime.



# 5 bento-box lunches

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 antennae. 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.



Silver One Bento Lunch Box



Rubbermaid TakeAlongs



Rubbermaid TakeAlongs



Sistema Snack Attack DUO TO GO



**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.



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

**PIRATE DAY** Decorate two mini Babybel cheese snacks with edible marker 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 using flatbread, hummus, cooked chicken breast, romaine lettuce and avocado and cherry tomato slices. On top of sandwich, sketch a map using edible markers found in cake supply aisle. Add a creamy milk chocolate nugget for the treasure chest.



**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.



## 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** like unsweetened applesauce, cheese sticks, turkey sticks 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 snack-size 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



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

## 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.



KEEP KIDS HYDRATED WITH EASY SQUEEZE-ACTION WATER BOTTLES THAT COME WITH A PUSH SPOUT.



Bright, bold character art makes mealtime fun. Pack sandwiches or snacks in sturdy zak! designs containers—also easy to clean.



Mac & cheese—Yes! Pack it or soup in a 10-oz. Thermos Funtainer; it will stay hot up to five hours.

# 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.



Barbie Thermos lunch bag



Thermos lunch bag



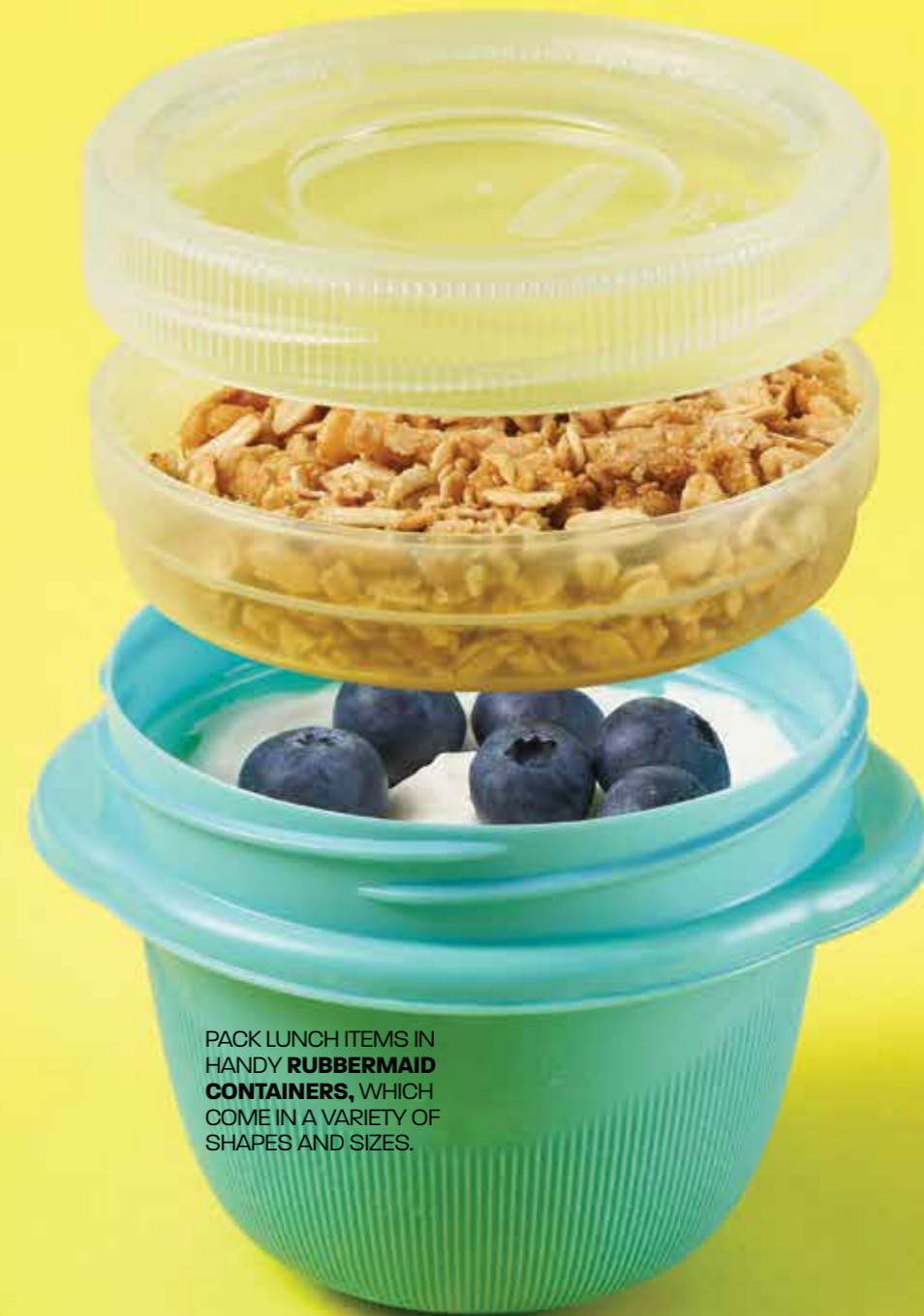
Thermos lunch bag



Thermos lunch bag



Shopkins Thermos lunch bag



PACK LUNCH ITEMS IN HANDY **RUBBERMAID CONTAINERS**, WHICH COME IN A VARIETY OF SHAPES AND SIZES.

# PACK TO SCHOOL!



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select varieties  
20 ct., 18.75 or 20 oz.  
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# THE SMOOTHEST 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.  
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# MUG MEALS

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!



## Short CUTS

Hy-Vee Short Cuts triple-berry blend is a mix of raspberries, blueberries and blackberries—cleaned and ready to eat.

MAKE THIS IN  
5 MINUTES!



## Whole Grain Berry Muffin

Combine  $\frac{1}{2}$  cup 100% whole grain protein-packed baking mix and 2 Tbsp. Hy-Vee granulated sugar in a 12-oz. microwave-safe mug. Stir in  $\frac{1}{2}$  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  $1\frac{1}{2}$  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](http://hy-vee.com/recipes-ideas)

**All-Day Mug Meals**  
See how to make mug meals for breakfast, lunch and dinner. Our video shows how.



Watch and learn  
at [HSTV.com](http://HSTV.com) today!



### 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. 90% lean ground beef; combine mixture well. Place meat on corn in mug. Spoon 1 Tbsp. frozen corn on top. Microwave on HIGH 2½ to 3 minutes or until meat is cooked through (165°F). Spoon on 1 Tbsp. Hy-Vee picante sauce.



### Teriyaki Pineapple Rice

Combine ¾ cup frozen long-grain white rice, ½ cup chopped Hy-Vee Short Cuts pineapple, ¼ cup frozen shelled edamame, 2 Tbsp. Hy-Vee Short Cuts red bell peppers, 2 tsp. Hy-Vee teriyaki sauce and ½ tsp. sesame oil in a 12-oz. microwave-safe mug. Microwave on HIGH for 2 minutes or until heated through. Fluff mixture with a fork and let stand for 5 minutes before serving.



### 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. Tear 2 (½-in.-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 30-second intervals for 1½ minutes or until done (165°F). Serve topped with banana and orange slices and a drizzle of Hy-Vee honey.

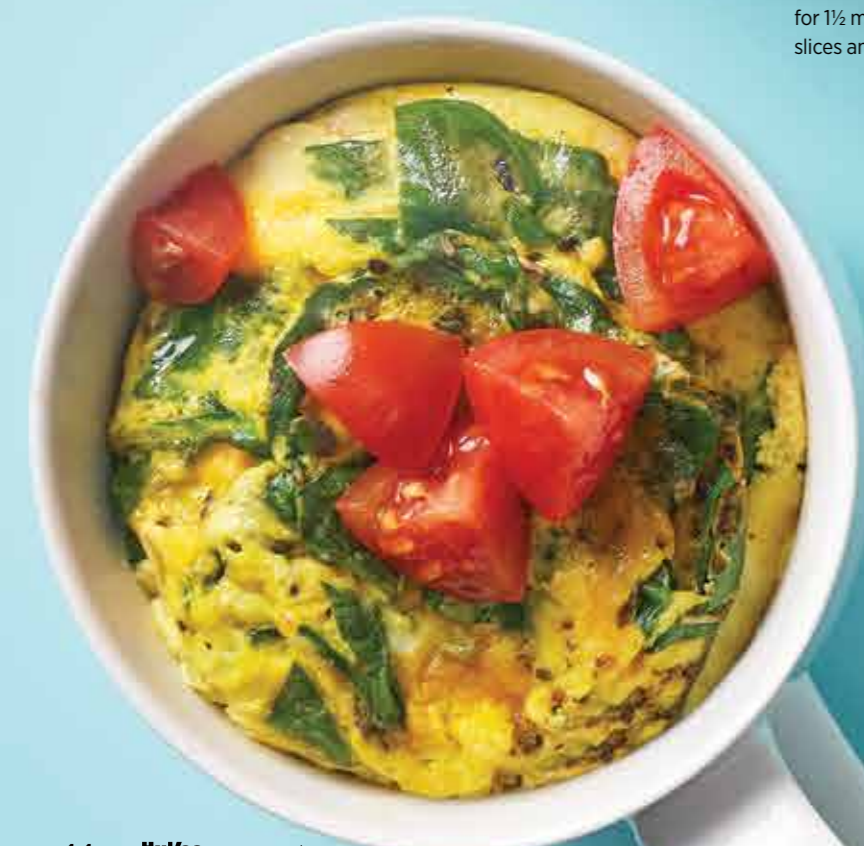
### Caramel-Pretzel Dessert Sundae

Melt 2 Tbsp. Hy-Vee salted butter in a 12-oz. microwave-safe mug. Stir in 3 Tbsp. Hy-Vee granulated sugar, 1 Tbsp. packed Hy-Vee brown sugar, ¼ tsp. Hy-Vee vanilla extract and ½ tsp. Hy-Vee salt. Using a fork, beat in 1 Hy-Vee large egg, then ½ cup Hy-Vee all-purpose flour. Stir in 2 Tbsp. Hy-Vee white vanilla baking chips. Microwave on HIGH for 1 to 1½ minutes or until a toothpick inserted in center comes out clean. Cool slightly. Serve topped with Gustare Vita sea salted caramel gelato, Hy-Vee caramel-flavored syrup and crushed Hy-Vee pretzels.



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.

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



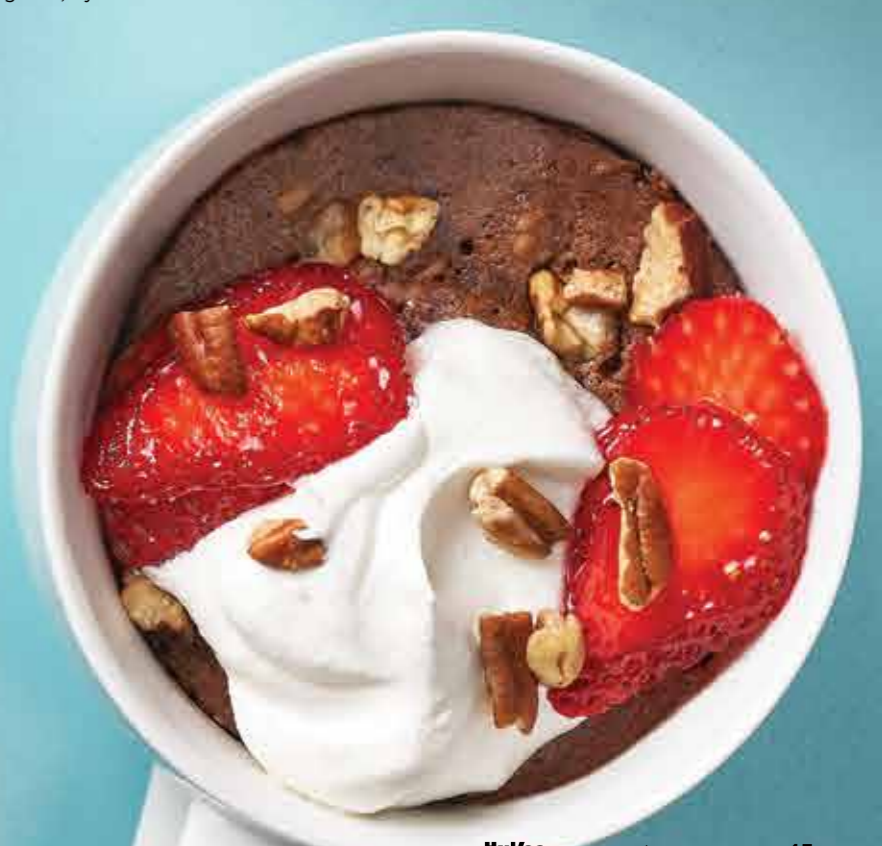
### Egg- Spinach Scramble

Spray a 12-oz. microwave-safe mug with Hy-Vee nonstick cooking spray. Combine 3 Hy-Vee large eggs, 2 Tbsp. Hy-Vee 2% reduced-fat milk, ¼ tsp. Hy-Vee Italian seasoning and a dash of Hy-Vee salt and black pepper in prepared mug with a fork. Stir in ¼ cup chopped spinach leaves and 2 Tbsp. Hy-Vee finely shredded sharp Cheddar cheese. Microwave on HIGH for 2 to 2½ minutes or until eggs are cooked through (165°F). Top with chopped tomato.



### Double- Chocolate Brownie

Melt 2 Tbsp. Hy-Vee salted butter in a 12-oz microwave-safe mug. Stir in 1 (1-oz.) envelope Hy-Vee instant hot cocoa mix, ¼ 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 1 to 2 minutes or until a toothpick inserted in center comes out clean. Cool slightly. Top with sliced Hy-Vee Short Cuts strawberries, Hy-Vee whipped topping and Hy-Vee chopped pecans.







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# 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.

**30**  
minutes  
or less

## 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.



Recipes do not list butter, salt and pepper in ingredients. For complete recipes, go to [hy-vee.com/recipes](http://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, thinly 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.



**20**  
minutes  
or less



4 oz. thinly sliced Hy-Vee Deli Black Forest smoked ham + 4 oz. Hy-Vee Deli sliced Swiss cheese



3 Hy-Vee whole Sweet Gherkins, sliced + 4 slices Hy-Vee Bakery 10-grain bread + 1 Tbsp. Hy-Vee stone-ground honey-Dijon mustard

**20**  
minutes  
or less

## Ham-and-Pepper Omelet

**Hands On** 10 minutes  
**Total Time** 15 minutes  
**Serves** 1

Whisk together eggs, 2 Tbsp. water and ¼ 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 Short Cuts chopped white onions and Hy-Vee 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.



¼ cup Hy-Vee Deli Black Forest smoked ham strips

2 Hy-Vee large eggs

¼ cup Hy-Vee Short Cuts bell pepper strips

2 Tbsp. Hy-Vee Short Cuts chopped white onions

¼ cup Hy-Vee shredded sharp Cheddar cheese

**20**  
minutes  
or less

## 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.



12 oz. Hy-Vee Deli Black Forest smoked ham, sliced ½ in. thick and cubed

1 (10-oz.) pkg. Hy-Vee chopped hearts of romaine lettuce

4 Hy-Vee Short Cuts hard-boiled eggs, halved

1½ cups halved Hy-Vee grape tomatoes

1 cup crumbled blue cheese (4 oz.)

1 avocado, seeded, peeled and sliced

½ cup bottled champagne salad dressing

## A SO-LOVED DISH

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

**30**  
minutes  
or less

## 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 ¼ cup butter and ½ cup milk. Stir in Hy-Vee cream cheese with sauce packet. 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 1 Tbsp. melted Hy-Vee salted butter; set aside. Transfer ham mixture to 4 (5-in.) cast-iron skillets or one (8-in.) broiler-safe skillet. Top with bread crumbs. Broil 6 in. from heat for 30 seconds or until crumbs are lightly toasted.

smart  
swap

Substitute crushed Ritz crackers, Hy-Vee multi-grain Tasteos cereal or Hy-Vee no-salt-added potato chips for the breadcrumbs.



8 oz. Hy-Vee Deli Black Forest smoked ham, sliced ½ in. thick and cubed (about 1½ cups cubed)

+



(7.25-oz.) pkg. Hy-Vee three cheese shells & cheese dinner

+



½ cup Hy-Vee 2% reduced-fat milk

+



½ (8-oz.) pkg. Hy-Vee cream cheese, cut up

+



1 slice Hy-Vee Bakery white or wheat sandwich bread

smile  
with Lay's



Frito-Lay Lay's:  
select varieties  
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**NEW**  
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**NOW MADE FROM VEGGIES!**

Birds Eye Single Serve:  
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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
- 1/8 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](http://daisybrand.com/recipes)



Before sending them back to school, give them a little extra *love*.



*Good Comes Around™*



Join the back-to-school fun at [KempsCows](http://KempsCows)

529188

## YOUR TICKET TO 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.

529188

### Bacon Jalapeño Corn Dogs

**Total Time** 37 minutes  
**Serves** 8

**Hy-Vee vegetable oil, for frying**  
1 (2.8-oz.) pkg. **Hy-Vee crumbled bacon bits, divided**  
1 (8.5-oz.) box **Hy-Vee corn muffin mix**  
 $\frac{3}{4}$  cup **Hy-Vee all-purpose flour**  
1 tsp. **Hy-Vee dry mustard powder**  
 $\frac{1}{2}$  tsp. **ancho chile pepper, divided**  
 $\frac{1}{2}$  tsp. **smoked paprika**  
1 **Hy-Vee large egg, lightly beaten**  
1 cup **Hy-Vee 2% reduced-fat milk**  
 $\frac{1}{4}$  cup **shredded Mexican cheese blend**  
8 (7-in.) **wooden skewers**  
8 **uncooked jumbo beef franks**  
 $\frac{1}{2}$  cup **Hy-Vee mayonnaise**  
**Seeded and finely chopped jalapeño pepper, for garnish\***

1. **HEAT** oil in a heavy saucepan or deep-fryer to 375°F. Line a baking sheet with paper towels; set aside. Reserve 3 Tbsp. bacon bits; set aside.

2. **COMBINE** muffin mix, flour, mustard powder, 1 tsp. ancho chile pepper and smoked paprika in a bowl. Combine egg and milk; add to flour mixture, combining until smooth. (Batter will be thick; to thin, add up to  $\frac{1}{4}$  cup more milk.) Fold in remaining bacon bits and the cheese blend.

3. **INSERT** skewers into franks, leaving 2-in. handles. Fill 12-oz. glass with batter. Dip franks into batter; cover completely. Carefully fry small batches of coated franks in hot oil 3 to 4 minutes or until golden, turning to brown evenly. Drain on prepared baking sheet.

4. **COMBINE** mayonnaise and remaining  $\frac{1}{2}$  tsp. ancho chile pepper; place in a resealable plastic bag. Snip one corner and pipe onto corn dogs. Sprinkle with reserved bacon bits and, if desired, jalapeño pepper.

\***NOTE** Chile peppers contain volatile oils that can burn skin and eyes. When working with jalapeños, wear protective gloves.

*Nutritionals not available for deep-fried foods.*

About  
**365,000**  
corn dogs  
are sold at the  
Minnesota State  
Fair each year.



4 ft. long  
if poured in a  
straight line.

### Berries 'n' Cream Funnel Cakes

**30**  
minutes  
or less

**Total Time** 22 minutes  
**Serves** 4 (1 cake each)

**Hy-Vee vegetable oil, for frying**  
 $2\frac{3}{4}$  cups **Hy-Vee all-purpose flour**  
 $\frac{1}{4}$  cup **Hy-Vee granulated sugar**  
2 tsp. **Hy-Vee baking powder**  
1 tsp. **Hy-Vee baking soda**  
 $\frac{1}{2}$  tsp. **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**  
 $\frac{1}{4}$  tsp. **Hy-Vee vanilla extract**  
 $\frac{1}{2}$  (1-lb.) container **Hy-Vee Short Cuts triple-berry blend, for serving**  
**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; ladle 1 cup batter

into funnel. Holding the funnel several inches above 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.

4. **FRY** about 2 minutes or until golden brown. Transfer to prepared rack. Serve warm topped with triple berry blend. Garnish with whipped topping and powdered sugar, if desired.

*Nutritionals not available for deep-fried foods.*

145 tons  
of potatoes

are used to make French fries by the three largest vendors at the Minnesota State Fair.



## Brisket Poutine

**Hands On** 16 minutes  
**Total Time** 46 minutes  
**Serves** 8

**3 Tbsp. Hy-Vee unsalted butter**  
**1 medium red onion chopped**  
**1 cup button mushrooms, quartered**

**2 tsp. refrigerated minced garlic**  
**2 (12-oz.) jars Hy-Vee beef gravy**  
**1 lb. Hy-Vee Hickory brisket, cut into ½-in. pieces**  
**1 tsp. fresh thyme leaves**  
**Hy-Vee nonstick cooking spray**  
**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 6 minutes or until softened. Stir in gravy, brisket and thyme. Heat mixture through.

**3. SPRAY** a rimmed baking pan with nonstick spray. Spread fries in a single layer in pan. Bake for 20 minutes. Turn

fries and bake 7 to 10 minutes more or until hot and crispy. Divide fries among 8 containers. Top with cheese curds and gravy mixture. Garnish with green onions, if desired.

**Per serving:** 550 calories, 38 g fat, 17 g saturated fat, 0 g trans fat, 105 mg cholesterol, 1,440 mg sodium, 30 g carbohydrates, 2 g fiber, 2 g sugar (1 g added sugar), 24 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 8%

## must-try fair foods

### ILLINOIS

- **Deep-Fried S'mores** battered and fried
- **Slaw Dog** first-place savory winner

### IOWA

- **Corn Dog** perennial favorite
- **Pork Chop on a Stick** portable perfection

### KANSAS

- **Pronto Pup** different take on a corn dog

- **Cheesy Bacon Pork Rinds** meaty mozzarella stick

### MINNESOTA

- **Chocolate Chip Cookies** hot, gooey cookies by the bucket
- **Rainbow Cloud Roll** ice cream coated in fruity cereal and rolled in cotton candy

### MISSOURI

- **Fried Oreos** battered, fried and powdered
- **Tiger Stripe Ice Cream** Mizzou colors of golden vanilla striped in Dutch chocolate

### NEBRASKA

- **Reuben Burger** steak burger topped with

- smoked brisket, cheese and sauerkraut
- **Mac & Cheese Grilled Cheese** featuring bacon, buffalo chicken or barbecue pork

### SOUTH DAKOTA

- **Brats** made from elk, wild boar, buffalo and other unconventional meats
- **Smoked Roast Beef Sandwich** seasoned, slow-roasted beef served *au jus*

### WISCONSIN

- **The Original Cream Puff** a pillowy pastry sold at the fair since 1924
- **Cheese Curds** battered, deep-fried Cheddar cheese nuggets



Heat Hy-Vee vegetable oil in a heavy saucepan or deep-fryer to 350°F. Combine ½ cup Hy-Vee plain bread crumbs and 2 tsp. Hy-Vee ranch dressing mix in a bowl. Place 1 lightly beaten Hy-Vee large egg in another bowl. Pat 10 drained Hy-Vee kosher dill pickle spears dry with paper towels; coat with flour. Dip spears in egg and then into crumb mixture. Fry in small batches for 3 to 5 minutes or until golden and crispy. Drain on paper towels and serve warm. Serves 5 (2 each).



FRIED PICKLES

Heat Hy-Vee vegetable oil in heavy skillet to 350°F. Trim fat from 4 (8-oz.) Hy-Vee Midwest Pork boneless top loin chops. Place chops between plastic wrap; pound to ¼-in. thickness. Combine ½ cup Hy-Vee all-purpose flour, 1 tsp. That's Smart! onion powder, 1 tsp. That's Smart! garlic salt and ½ tsp. Hy-Vee black pepper in a dish. Combine 1 lightly beaten Hy-Vee large egg and 3 Tbsp. Hy-Vee 2% reduced-fat milk in another dish. Add ½ (10-oz.) can Hy-Vee plain bread crumbs to a third dish. Coat pork in flour mixture; dip into egg mixture, then coat with crumbs. Fry pork for 6 to 8 minutes or until golden brown (145°F), turning once. Drain on paper towels. Serve in Hy-Vee Bakery buns with Bibb lettuce, red onion slices, tomato slices, Hy-Vee ketchup and Hy-Vee mustard. Serves 4.



STATE FAIR TENDERLOINS

More than  
**90,000**  
servings of pork are sold by the Iowa Pork Producers Association at the Iowa State Fair.



## state-fair planning

### ILLINOIS

**Location:** Springfield  
**Dates:** August 8-18  
**Noteworthy:** Auto and horse racing; Ethnic Village; Wine Experience; Reba McEntire; Snoop Dogg; Pentatonix.

### IOWA

**Location:** Des Moines  
**Dates:** August 8-18  
**Noteworthy:** Butter sculptures including the Butter Cow; Thrill Parks; Zac Brown Band; Luke Bryan; Toby Keith; Foreigner.

### KANSAS

**Location:** Hutchinson  
**Dates:** September 6-15  
**Noteworthy:** All-star monster truck show; demolition derby; draft horse pulling competition; Billy Currington.

### MINNESOTA

**Location:** St. Paul  
**Dates:** August 22-September 2  
**Noteworthy:** Extreme thrill rides; international bazaar; ZZ Top; Lionel Richie; Hootie & the Blowfish

### MISSOURI

**Location:** Sedalia  
**Dates:** August 8-18  
**Noteworthy:** Bull riding; antique tractor pull; demolition derby; motocross; Dwight Yoakam.

### NEBRASKA

**Location:** Grand Island  
**Dates:** August 23-September 2  
**Noteworthy:** Ranch rodeo; BMX stunt show; new State Fair Ale; Little Big Town; Trace Adkins.

### SOUTH DAKOTA

**Location:** Huron  
**Dates:** August 29-September 2  
**Noteworthy:** Cowboy mounted shooting competition; truck & tractor pull; Beach Boys; Brothers Osborne; Little Big Town.

### WISCONSIN

**Location:** West Allis  
**Dates:** August 1-11  
**Noteworthy:** Daily parade with tractors, marching bands; racing pigs; REO Speedwagon; Melissa Etheridge.



722045  
**CHOCOLATE-COVERED BACON**  
 722045

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 pistachios. Let stand at room temperature until chocolate is set.

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 frozen banana into melted dark chocolate wafers until coated. Coat with crushed Hy-Vee roasted peanuts. Return to pan and let stand until set.

722045  
**MONKEY TAIL**  
 722045



## top 10 fair favorites

- Caramel Apples
- Corn Dogs
- Corn on the Cob
- Cotton Candy
- Elephant Ears
- Funnel Cake
- Ice Cream
- Kettle Corn
- Meat on a Stick
- Pie

PHOTO: The Iowa State Fair (top left)

## Blue Ribbon Pizza Sticks

**30**  
 minutes  
 or less

**Hands On** 15 minutes  
**Total Time** 30 minutes  
**Serves** 6

- Hy-Vee nonstick cooking spray
- ½ 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-oz.) pkg. sliced pepperoni
- 3 bell peppers, seeded and cut into chunks
- 6 (12-in.) bamboo skewers, soaked
- 1 cup Hy-Vee shredded Italian cheese blend
- 1 cup Hy-Vee pizza sauce
- Fresh oregano leaves and Hy-Vee crushed red pepper, for garnish

- 1. PREHEAT** oven to 400°F. Line a baking sheet with foil; spray with nonstick 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 six strips.
- 3. ALTERNATELY** thread pepperoni and bell pepper onto each skewer. For each pizza stick, skewer one end of a dough strip and wrap dough around the pepperoni and bell peppers. Arrange 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. Spoon pizza sauce on skewers and, if desired, garnish with fresh oregano and crushed red pepper.

Per serving: 490 calories, 30 g fat, 15 g saturated fat, 0 g trans fat, 75 mg cholesterol, 1,240 mg sodium, 40 g carbohydrates, 2 g fiber, 9 g sugar (0 g added sugar), 16 g protein.  
 Daily Values: Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 6%

More than  
**80**  
 foods  
 are available "on a stick"  
 at the Iowa State Fair.





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Penguin  
Random  
House



Savory  Sweet

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.



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# SERVE UP Summer Wine

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 wines with ratings of 90 and above—generally considered excellent or outstanding—along with helpful tasting notes that describe aroma, taste, mouthfeel and finish.

### 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 do just about everything except go home and drink the wine with you.

## 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**

### Three Sangrias

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



Watch and learn at [HSTV.com](http://HSTV.com) today!

## WINE + FRUIT = SANGRIA

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



### berry rosé sangrias

Wash 2 cups fresh blueberries and cut 1 (1-lb.) container Hy-Vee Short Cuts strawberries into slices. Refrigerate half the strawberries and 1 cup fresh blueberries for serving. Combine 1 (750-ml) bottle Fleur de Mer Rosé, 4 oz. Chambord and 4 oz. agave nectar in a pitcher. Add remaining strawberry slices and blueberries; stir to combine. Refrigerate at least 2 hours or up to 24 hours. To serve, strain mixture; discard fruit. Return liquid to pitcher; add reserved berries, 1 cup fresh raspberries and 12 oz. Hy-Vee tonic water; stir gently. Serve in ice-filled glasses. Serves 6 (8 oz. each).

### cucumber-honeydew 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, 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. To serve, strain mixture; discard solids. Return mixture to pitcher. Add remaining Hy-Vee Short Cuts honeydew melon and 1 cup seedless cucumber slices to ice-filled glasses. Top with 2 cups Hy-Vee club soda; stir gently. Serves 6 (8 oz. each).

### 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; 2 navel 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 to 2 oz. ginger ale. Stir gently to combine. Serves 6 (8 oz.) each.

# BEST @ BRATS

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.

## PIZZA

For a variation on pizza night, brats stuffed with bits of pepperoni and mozzarella.

## 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 chili peppers for a smoky, moderately spicy taste.



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# 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



# CAMPUS PREP

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.

## decked-out digs

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.

Out of the Woods Backpack lightens the load when carrying books.

1. A folded pink umbrella.

2. A blue box of Quirky Pivot Power Jr. Strip, a multi-plug power strip.

3. A red box of Command Hooks, damage-free hanging solutions.

4. A brown paper lunch pack with a leather strap.

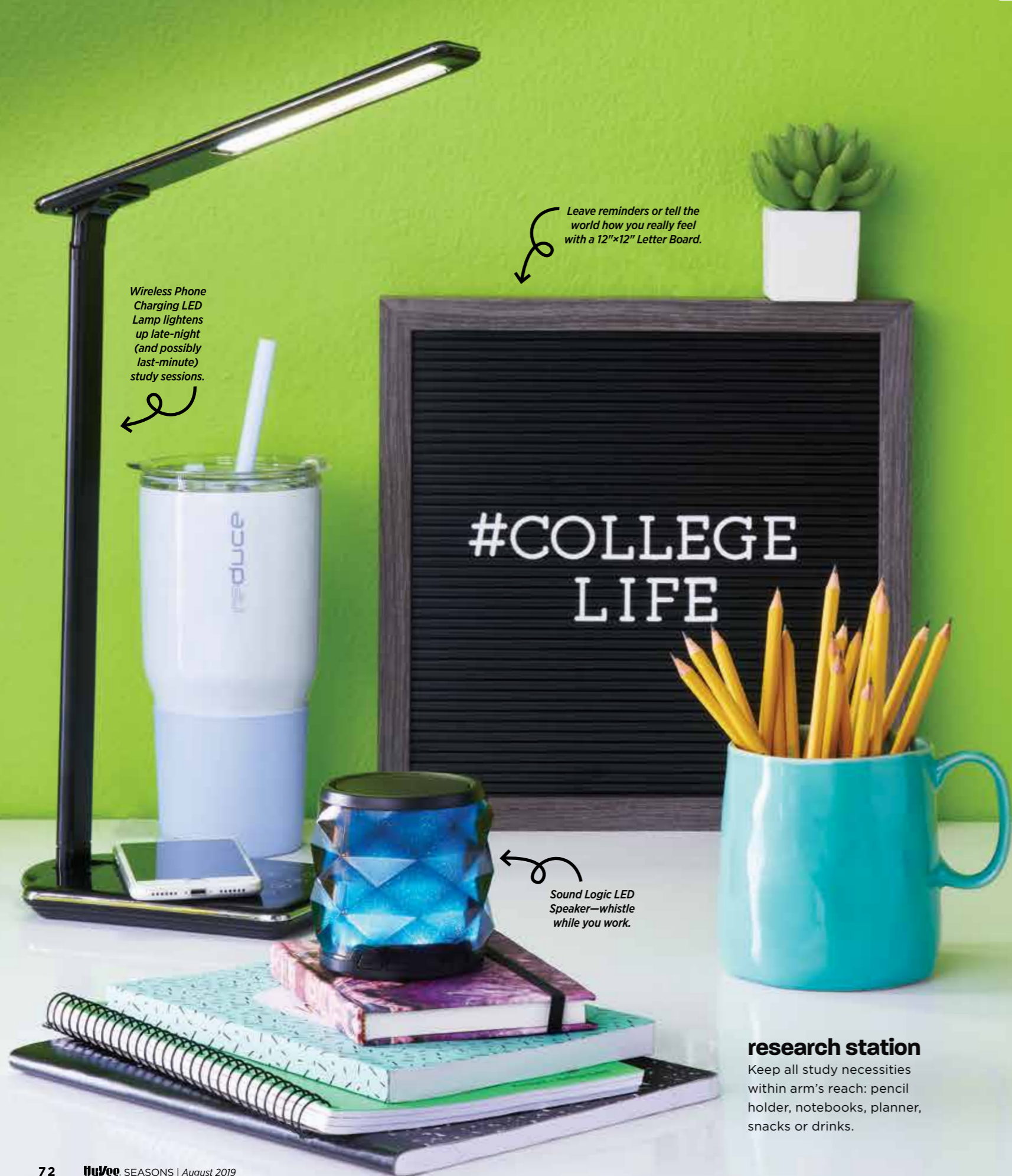
5. A green box of simply done! flipie tall kitchen trash bags, 15 gallon.

6. A blue box of Hy-Vee First Aid Essentials First Aid Kit, 70 pieces.

7. A white box of EMTEC 16 GB USB 2.0 SLIDE 2.0 flash drive.

8. A pack of Duracell AA batteries, guaranteed 10 years.

**8 do-not-forget items**  
 You won't realize you need these items—until you need them!  
 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 8. Duracell Batteries.



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

Leave reminders or tell the world how you really feel with a 12"x12" Letter Board.

Sound Logic LED Speaker—whistle while you work.

### research station

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

## keep it together

Life can be hectic balancing school, work and social life. Bring organization to your world by keeping items in these handy carriers.



**med kit:** Use a Simplify Resin Herringbone Basket to hold medical items such as pain relievers, cough drops, day and night cold relief medicine, antacid tablets and adhesive bandages.



**clean sweep:** Store cleaning supplies—disinfecting wipes or spray, bathroom supplies, paper towels, dusters and dish soap—with this Spectrum Wire Caddy.



**beauty center:** Look good, feel good. Create a tidy space using Simplify Mini Stackable Two and Three Door Drawers to organize makeup supplies. Safely store hot irons in a Polder 2-in-1 Hot Sleeve.



**shower caddy:** The Sailor Knot Bath Tote keeps shampoo, conditioner, body wash, shaving products and Signature washcloths together for easy storage and use.

## 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.

### Dorm Hacks

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



Watch and learn at [HSTV.com](http://HSTV.com) today!

## 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.



Home for the weekend!  
Have Fun  
xoxo

Tuesday study group with cam  
teach yoga class at State gym Wed @ 7pm

Bio Chem Exam late, be back at 11pm

### mini kitchen

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.

# 3

## 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.

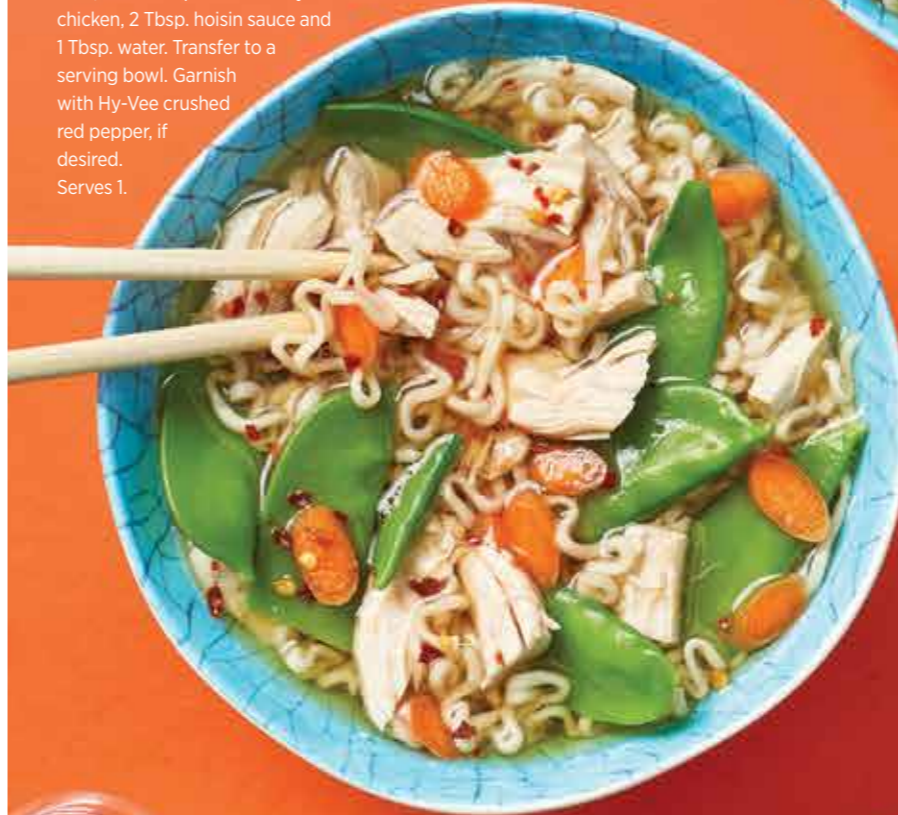
### chicken lo mein BOWL

Discard seasoning packet from 1 (3-oz.) pkg. ramen noodles. Cook noodles according to package directions; reserve seasoning packet for another use. Add ¼ cup halved fresh snow peas and 2 sliced baby carrots halfway through cooking. Remove from heat; stir in 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.



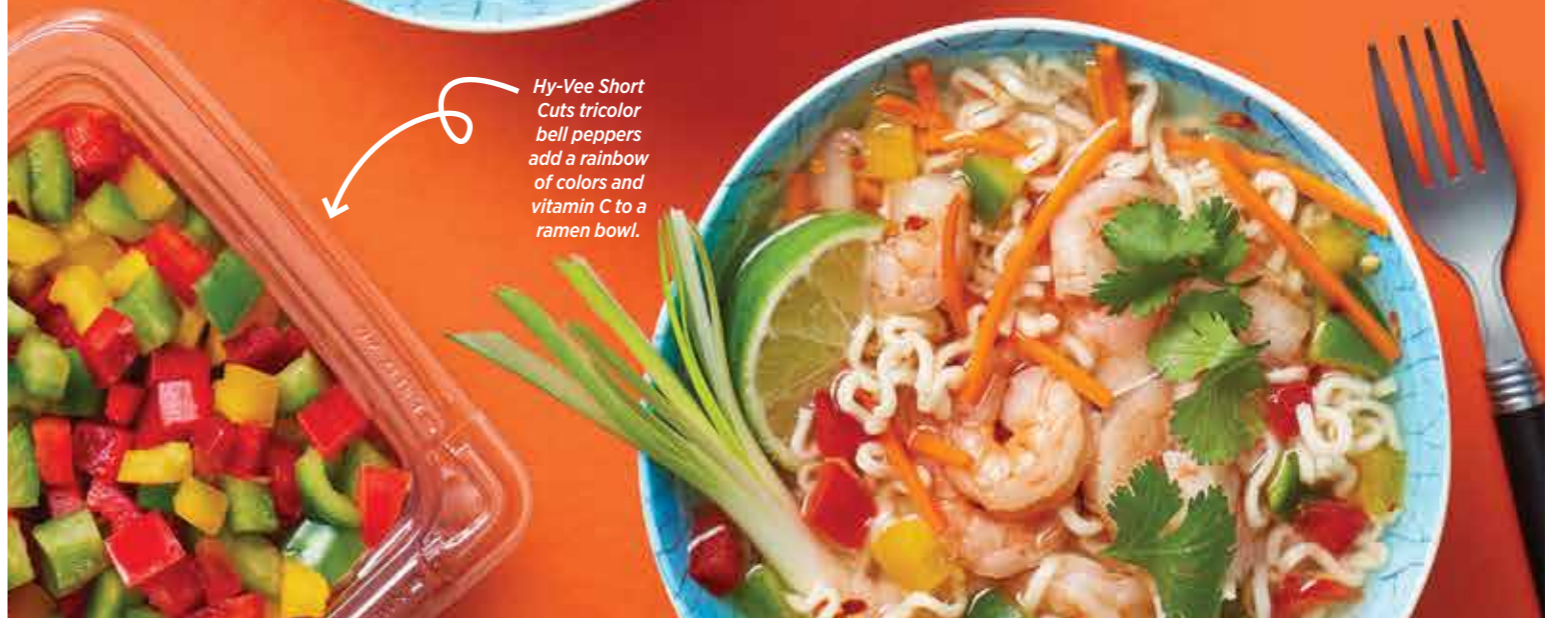
### beef noodle BOWL

Prepare 1 (3-oz.) pkg. 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 3 oz. bite-sized strips Di Lusso Deli roast beef and ½ tsp. Sriracha; 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

Prepare 1 (2.25-oz.) cup instant lunch shrimp ramen noodles according to package directions. While noodles are standing, place ¼ cup shredded carrots, 2 Tbsp. Hy-Vee Short Cuts chopped tricolor bell peppers, 2 Tbsp. Hy-Vee creamy peanut butter and ¼ 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.



Hy-Vee Short Cuts tricolor bell peppers add a rainbow of colors and vitamin C to a ramen bowl.



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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.

## indoor greenspace

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.



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*.

### MOM-FRIENDLY AMENITIES @ HY-VEE

- 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*)



### 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

**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.



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

### Hy-Vee Mom Profile

**ERINN V.**  
Kansas City, Missouri



Erinn is a busy mom of two lovable little boys—Colton, age 2, and Nolan, age 4.

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 also 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. “Everybody talks about supporting moms, but having an actual nursing facility—that’s valuable.”

### ERINN’S FAVORITE FEATURES:

- The free fruit-basket offerings for kids in the produce aisle of her Hy-Vee.
- Large private bathrooms in her store make bathroom trips with kids comfortable.
- In-store dietitians offer nutrition tips for moms.

# SANITY SAVERS

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



Shop online, then pick up everything at the store or have it delivered. Use Hy-Vee Aisles Online to shop by department, adding items to your cart. Set up a favorites list for frequently purchased items.

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.

**time saver**

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



## online ease

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.

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

*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 Daira 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](http://HSTV.com) today!

# Gear up for a great school year.



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# 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.

# 6

## EMOTIONAL benefits OF REDUCING SCREEN TIME

**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 conversation, 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.

At dinnertime, families spend nearly half their time distracted by electronic devices, toys and tasks, according to a new study conducted by the University of Illinois.

Sources: [ncbi.nlm.nih.gov/pubmed/22447092](https://ncbi.nlm.nih.gov/pubmed/22447092)  
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"Smartphones are the new sugar and fat," writes Kevin Kelly, author of *What Technology Wants*. "They are so potent, they can undo us if we don't limit them."

## 4 PHYSICAL benefits OF REDUCING SCREEN TIME

**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.

# 8 WAYS TO de-digitize

NOW THAT YOU UNDERSTAND THE PROBLEM, HERE'S HOW TO CUT TECH TIME.



Mobile devices have been called the new cigarettes because they're always within reach if you're bored, tense or frustrated.

**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."

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# health



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- 94 WEIGHT TIME
- 100 FOODS THAT REDUCE KIDS' STRESS
- 106 HY-VEE KIDSFIT® CLUB
- 110 DIETITIAN Q&A: EASY TO DIGEST
- 114 NATURAL BEAUTY



# Weight

# Time

**ADD WEIGHT TRAINING TO YOUR EXERCISE ROUTINE TO BUILD MUSCLE, REV UP METABOLISM AND DEVELOP A LEANER PHYSIQUE.**

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.

## The Basics

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.



**DUMBBELLS COME IN DIFFERENT SIZES AND WEIGHTS. TO AVOID INJURY, ALWAYS START WITH WEIGHT YOU KNOW YOU CAN LIFT. AS YOU GAIN STRENGTH, SLOWLY INCREASE THE WEIGHT. VISIT YOUR LOCAL HY-VEE HEALTHMARKET FOR A VARIETY OF HANDWEIGHTS AND MORE.**



Sources: [uwhealth.org/health-wellness/the-benefits-of-strength-training/52182](http://uwhealth.org/health-wellness/the-benefits-of-strength-training/52182), [acefitness.org/education-and-resources/professional/expert-articles/5046/top-10-reasons-women-should-hit-the-weights](http://acefitness.org/education-and-resources/professional/expert-articles/5046/top-10-reasons-women-should-hit-the-weights), [jamanetwork.com/journals/jamapsychiatry/article-abstract/2680311](http://jamanetwork.com/journals/jamapsychiatry/article-abstract/2680311), [news.iastate.edu/news/2018/11/13/resistancecvd](http://news.iastate.edu/news/2018/11/13/resistancecvd), [digitalcommons.brockport.edu/cgi/viewcontent.cgi?article=1018&context=pes\\_theses](http://digitalcommons.brockport.edu/cgi/viewcontent.cgi?article=1018&context=pes_theses), [newsarchive.appstate.edu/2010/11/29/study-shows-resistance-training-benefits-cardiovascular-health/](http://newsarchive.appstate.edu/2010/11/29/study-shows-resistance-training-benefits-cardiovascular-health/)

# POWER UP

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.

## GOBLET 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.



## 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.



## 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.



## 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.



## 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 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.



## 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.



## LATERAL GOBLET LUNGE

Hold one weighted end of a dumbbell close to your chest, using both hands in an underhand grip. Stand with feet hip-width apart. Take a step to the left and bend at the knee until thigh is parallel to the ground. Push back to starting position. Alternate.

Perform the lateral goblet lunge, goblet squat and dumbbell Romanian deadlift (previous page) to increase large leg muscles that help torch calories and increase hormone production to aid muscle growth in other parts of the body.



## 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



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# FOODS THAT REDUCE

# Kids' 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.

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, MPN, RD, LMNT  
Registered Dietitian  
Hy-Vee, Omaha, Nebraska

### 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

### 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)

### FRUITS

Fresh fruits contain fiber plus many vitamins and minerals for overall health.

**FOODS:** Apples, bananas, berries, cantaloupe, cherries, grapes, grapefruit, melons, kiwi, mangoes, 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

### 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, romaine, 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 (this page and opposite): [choosemyplate.gov/#slideshow-1](http://choosemyplate.gov/#slideshow-1)  
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# 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**
- ½ 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, 5 g sugar (0 g added sugar), 8 g protein. Daily Values: Vitamin D 6%, Calcium 8%, Iron 10%, Potassium 6%

**smart swap**

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.



**EGG AND AVOCADO WAFFLES** (top right) Top waffles with scrambled eggs and avocado slices. Sprinkle with Hy-Vee black pepper.

**GREEK YOGURT AND BERRY WAFFLES** (above) Top waffles with Hy-Vee strawberry Greek yogurt, sliced Hy-Vee Short Cuts strawberries, fresh blueberries and Hy-Vee sliced almonds.

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



# 5 more to please

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 by Kids

# SUPER FOOD SUPER FUN

created for Kids, by Kids  
With super food ingredients



Kashi Cereal, Bars, Cookies or Crackers: select varieties 5,6 to 16.3 oz. 2/6.00

©, TM, © 2019 Kashi Company



# Power Your Strength



©, TM, © 2018 Kellogg NA Co.



# Back to School Prep



COLGATE-PALMOLIVE COMPANY

# KIDSFIT CLUB

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

Visit [hy-veekidsfit.com](http://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.



SET AN EXAMPLE  
Parents can influence kids' physical activity by being physically active themselves, by enjoying exercise and by engaging in play with their children.



## 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.

WANT HY-VEE KIDSFIT TO COME TO YOUR HOMETOWN? GO TO [HY-VEEKIDSFIT.COM](http://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.

Take Hy-Vee KidsFit on the go with the **FREE APP!** Play fun and educational games and access a library of exercise videos.



## Q&A

WITH DAIRA DRIFTMIER  
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/](http://ncbi.nlm.nih.gov/pmc/articles/PMC2909717/)  
[acefitness.org/education-and-resources/professional/certified/may-2019/7277/how-to-help-kids-gain-confidence-through-physical-activity](http://acefitness.org/education-and-resources/professional/certified/may-2019/7277/how-to-help-kids-gain-confidence-through-physical-activity)

# Power 'Em UP with 100% HORIZON MILK

Horizon, Silk Single Serve Aseptic Milk: select varieties 8 fl. oz. 5/5.00

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

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# Centrum

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

NEW! Now Crafted for Men & Women

Centrum MultiGummies Men 50+ Crafted for 50+ Supports Heart\*, Brain, Eye\* & Muscle Function\*

Centrum MultiGummies Women 50+ Crafted for 50+ Supports Heart\*, Brain, Eye\* & Bone Health\*

Centrum MultiGummies Adults 50+ IMPROVED! Better Taste! Crafted for 50+ With Heart\*, Brain, & Bone Support\*

# TAKE Danimals SNACK-TO-SCHOOL

Danimals: select varieties 6 pk. 2/5.00

Danimals: select varieties 12 pk. 4.99

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# FEED YOUR CELLS

IMPROVED! Better Taste!

Centrum MultiGummies Men 150 Gummies

Centrum MultiGummies Women 150 Gummies

Centrum MultiGummies 25% MORE NUTRIENTS! 100% of Recommended Daily Allowance

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Learn more at [centrum.com/micronutrients](http://centrum.com/micronutrients)



# dietitian Q&A

## EASY TO DIGEST

It's time for a gut check—a brief understanding of gastrointestinal health.



Julie McMillin, RD, LD  
Assistant Vice President,  
Retail Dietetics

### 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

### feed the probiotics

Probiotics and prebiotics have different roles in gut health. Prebiotics are foods—usually high in fiber—that move through the small intestine undigested to feed the good microorganisms—including those from probiotics—farther in the gut.

### KOMBUCHA

A slightly effervescent fermented drink of tea, sugar, bacteria and yeast, kombucha has a refreshing tart-sweet flavor. It contains vinegar, B vitamins and other chemical compounds. Some studies suggest it may have probiotic benefits, including support of the immune and digestive systems. Other health claims require more study. It is generally considered safe, although some kombucha drinkers have reported upset stomach, infections and allergic reactions.

## top prebiotic foods

- APPLES
- BANANAS
- GARLIC
- JERUSALEM ARTICHOKES
- ONIONS
- SOYBEANS
- WHOLE GRAINS

# NATURAL BEAUTY

Fruits, flowers and spices replace synthetic ingredients to cleanse, moisturize and soothe. Welcome to the world of naturally clean beauty, available at Hy-Vee.

## what is natural beauty?

It's an approach to skin care and makeup that uses the power of nature—flowers, herbs, seeds, fruits and honey—to cleanse, soften and enhance. Botanical oils and extracts replace conventional ingredients as moisturizers and soothers while delivering vitamins and antioxidants that protect skin against damage. Flowers, fruits and spices lend nature-derived color to blushes, lip and eye colors.

### OILS

Moisturize, cleanse, aid resilience; act as antioxidants.  
**Examples:** almond, apricot kernel, coconut, evening primrose, flaxseed, tea tree

### EXTRACTS

Soothe, act as antioxidants.  
**Examples:** acai, chamomile, cranberry seed, cucumber, heather, hibiscus, melon, papaya, passion fruit

### COLOR

Give pigments to face, cheeks, lips and eyes.  
**Examples:** berries, curcumin, Goji berries, paprika, pomegranate; mineral formulas for eyeshadows



*Yes to Coconut stick contains coconut oil to moisturize face, hands and body.*



*Mineral Fusion makeup remover has sunflower, grapeseed and rosehip oils plus cucumber extract to gently remove makeup and cleanse.*



*Plant oils and extracts in Burt's Bees Complete Nourishment Facial Oil rejuvenate with essential fatty acids, antioxidants and vitamins.*



*Burt's Bees Herbal Complexion Stick soothes skin with parsley extract and tea tree and calendula flower oils.*

## skin care + makeup

Natural elements in clean cosmetics and skin-care products are milder than many synthetic ingredients yet work beautifully. For example, plant oils are emollients that make skin supple; bees wax in lip balms moisturizes lips; and honey soothes and has antibacterial properties. Look for nature-based ingredients in a variety of products.

### 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, grapeseed 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.

### FACIAL SCRUBS AND WASHES

Retain moisture with scrubs that use small, natural particles to exfoliate—almond or walnut powder, Dead Sea salts, sugar—and glycerin or hyaluronic acid.

### MASKS

Soften skin with natural elements, such as fruit enzymes, essential oils and aloe vera, in popular masks. Try convenient sheet masks infused with cucumber, grapeseed and/or primrose oils plus serum.

3,000 BC

EGYPTIANS USED HONEY, PLANT OILS, ALOE, ALMONDS AND OTHER NATURAL ELEMENTS FOR PERSONAL CARE IN OILS, CREAMS AND OINTMENTS.



Triple-milled minerals in **Mineral Fusion blush** create a sun-kissed glow. Pomegranate and vitamins protect.

Pineapple fruit enzyme in **Mineral Fusion nighttime treatment** smooths skin.

**Mineral Fusion liquid foundation** contains tea tree extract, which is antibacterial.

Plant-based cleansers in **Love Beauty and Planet soap** blend with moisturizing murumuru butter.

Tamarind extract in **Shea Moisture African Black Soap** exfoliates skin.

Apple and hibiscus work to firm and rejuvenate in **Burt's Bees Renewal Serum**.

Kiwi extract in **Burt's Bees Eye Makeup Remover Pads** gently removes waterproof mascara.

WATERPROOF MASCARA CAN MAKE LASHES BRITTLE. WIPE EYE MAKEUP REMOVER GENTLY ON LASHES TO REMOVE THE MASCARA.

A NATURAL ANTISEPTIC, HONEY IS USED IN MANY SKIN-CARE PRODUCTS.

**Yes To Miracle Oil** facial mud mask contains primrose oil to soothe and decrease redness.

**Burt's Bees Satin Lipstick** conditions lips using moringa and raspberry seed oils.

**Mineral Fusion Sheer Moisture Lip Tint** smooths with cocoa butter.

**Acure under-eye gel pads** soothe with cucumber and silk tree extract.

Chamomile, avocado and gardenia extract plus apricot kernel and other plant-based oils in **Acure Cloud Cream** hydrate and soothe.

**ACURE**  
WELCOME TO SKIN WELLNESS™  
**RADICALLY REJUVENATING UNDER EYE HYDROGELS**

Cucumber & silk tree, age performance.



Schwarzkopf®



**STAND UP  
STAND OUT**

Express your individuality  
this summer from  
color to style.



SCHWARZKOPF.COM

# Back to School Essentials



Old Orchard 100%  
Apple or Blends:  
select varieties  
64 fl. oz.  
2/5.00



**NO  
SUGAR ADDED**

**FORTIFIED  
WITH VITAMIN C**

**NO  
ARTIFICIAL COLORS, FLAVORS  
OR PRESERVATIVES**



OLDORCHARD.COM | @OLDORCHARDJUICE

# 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



Wright Brand Bacon:  
select varieties  
24 oz.  
**8.99**



Aidells Pulled Chicken:  
select varieties  
12.5 oz.  
**7.99**



Hillshire Farm Lit'L Smokies:  
select varieties  
12 to 14 oz.  
**2/6.00**



Johnsonville Breakfast Links or Patties:  
select varieties  
9.6 to 12 oz.  
**3.28**



TortillaLand Fresh Tortillas:  
select varieties  
20 oz.  
**3.49**



Curly's Pulled Beef, Pork or Chicken:  
select varieties  
12 or 16 oz.  
**4.99**



Top The Tater Dips or Squeeze Sour Cream:  
select varieties  
12 oz.  
**2.28**



Launch Box Frozen Sandwiches:  
select varieties  
6.5 oz.  
**2/8.00**



Old Orchard Frozen 100% Apple or Blends:  
select varieties  
12 oz.  
**1.88**



Old Orchard Frozen 100% Grape or Pineapple Juice:  
select varieties  
12 oz.  
**1.99**



Kashi Frozen Entrees or Waffles:  
select varieties  
9 to 10.1 oz.  
**2/6.00**



Armour Meatballs:  
select varieties  
11 to 14 oz.  
**2/5.00**



Birds Eye Multi Serve:  
select varieties  
25 or 42 oz.  
**6.98**



Birds Eye Vegetables:  
select varieties  
10 to 15 oz.  
**2/6.00**



Kemps Sherbet or Ice Cream Sandwiches:  
select varieties  
12 pk. or 54 fl. oz.  
**2/7.00**



Kemps Frozen Yogurt or Ice Cream:  
select varieties  
48 oz.  
**3/10.00**



Kemps Simply Crafted Ice Cream:  
select varieties  
48 oz.  
**2/7.00**



TGI Fridays Frozen Snack or Frozen Skillet:  
select varieties  
7.6 to 12 oz.  
**2/6.00**  
with purchase of 2, save 1¢ per gallon with each item purchased



Kemps IttiBitz:  
select varieties  
2.9 oz.  
**4/5.00**



Hormel Natural Choice Bacon  
20 oz.  
**10.99**



Hormel Natural Choice Double Pack Lunchmeat:  
select varieties  
14 oz.  
**5.99**



Hormel Natural Choice Italian Meat:  
select varieties  
4 oz.  
**2.99**



Hormel Natural Choice Lunchmeat:  
select varieties  
6 to 8 oz.  
**3.68**



Armour LunchMakers:  
select varieties  
2.45 to 3.3 oz.  
**10/10.00**

## pantry



Smithfield Prime Fresh Lunchmeat:  
select varieties  
6 to 8 oz.  
**2/6.00**



Farmland Ham Steaks, Sliced, Cubed or Diced:  
select varieties  
16 oz.  
**3.99**



Flatout or Foldit:  
select varieties  
6.8 to 11.2 oz.  
**2/5.00**



Mrs. Butterworth's or Log Cabin Syrup:  
select varieties  
24 fl. oz.  
**2.88**



Lawry's Seasoned Salt or McCormick Grill Mates:  
select varieties  
2.5 to 8 oz.  
**1.88**



A.1. Steak Sauce:  
select varieties  
10 oz.  
**3.98**



Olive Garden or Marzetti Dressing:  
select varieties  
16 fl. oz.  
**3.69**



Bitten, Twisted or Pioneer Woman Salad Dressing:  
select varieties  
12 or 13 oz.  
**2/6.00**



Sir Kensington's Salad Dressing:  
select varieties  
8.45 or 9 fl. oz.  
**4.98**



Sir Kensington's Mustard:  
select varieties  
9 oz.  
**3.69**



Sir Kensington's Ketchup:  
select varieties  
20 oz.  
**4.48**



Sir Kensington's Mayo:  
select varieties  
10 oz.  
**5.49**



Barilla Pesto, Sauce or Legume Pasta:  
select varieties  
6 to 24 oz.  
**2/5.00**



Barilla Gluten Free or Plus Pasta:  
select varieties  
12 or 14.5 oz.  
**2/4.00**



Zatarain's Rice Side or Dinner:  
select varieties  
6 to 8 oz.  
**3/5.00**



Bush's Beans:  
select varieties  
15 to 16 oz.  
**4/5.00**  
with purchase of 4, save 1¢ per gallon with each item purchased



Bush's Chili, Savory or Organic Variety Beans:  
select varieties  
15 to 16 oz.  
**3/4.00**



Bush's Baked Beans:  
select varieties  
15.7 or 16 oz.  
**2/3.00**

**pantry**



Food Network Soup Kit:  
select varieties  
2.7 to 4.94 oz.  
**3.99**



Lay's Stax Chips:  
select varieties  
5.5 to 5.75 oz.  
**4/5.00**



Stacy's Pita Chips:  
select varieties  
7.33 oz.  
**2/5.00**



Frito-Lay Red Rock Deli Chips:  
select varieties  
6.87 or 7 oz.  
**3.99**



Imagine Crisps or Frito-Lay Smartfood:  
select varieties  
4.5 to 10 oz.  
**2/6.00**



Hershey's Chocolate Pouches:  
select varieties  
6.1 to 9.9 oz.  
**2/7.00**



Hefty Molded Fiber Tableware:  
select varieties  
16 or 25 ct.  
**1.99**



Hefty Storage Slider Bags:  
select varieties  
12 to 40 ct.  
**2/7.00**



Ziploc Slider Bags:  
select varieties  
24 to 42 ct.  
**4.49**



Ziploc Sandwich or Snack Bags:  
select varieties  
66 or 90 ct.  
**3.49**



Ziploc Containers, Freezer or Storage Bags:  
select varieties  
2 to 24 ct.  
**2/7.00**

**beverages**



MOM's Best Natural Cereal:  
select varieties  
13 to 24 oz.  
**2/5.00**



KIND Core Single Bar:  
select varieties  
1.2 to 1.4 oz.  
**4/5.00**



KIND Granola Clusters or Fruit Bites:  
select varieties  
3.2 or 11 oz.  
**3.99**



Kind Kids or Nut Butter Filled Bars:  
select varieties  
4 or 6 pk.  
**2/6.00**



KIND Protein Single Bar:  
select varieties  
1.76 oz.  
**3/5.00**



Horizon Organic Milk:  
select varieties  
64 fl. oz.  
**4.48**



Suavitel or Fabuloso:  
select varieties  
50 or 56 fl. oz.  
**3.47**  
save 2¢ per gallon with each item purchased



Palmolive Liquid Dish Detergent:  
select varieties  
20 fl. oz.  
**2/4.00**



Keratin or gôt2b Hair Color:  
select varieties  
2.03 or 4.6 oz.  
**10.99**



gôt2b or Gliss Hair Care:  
select varieties  
3.4 to 13.6 oz.  
**2/10.00**



gôt2b Molding Paste or Thickening Cream:  
select varieties  
3.5 or 6 oz.  
**5.99**



Ice Mountain, Kids Buddies or Splash Sparkling:  
select varieties  
12 pk. 8 fl. oz., 6 pk. 11.15 fl. oz., 6 pk. 16.9 fl. oz.  
**2/5.00**



Perrier & Juice:  
select varieties  
4 pk. 8.45 fl. oz.  
**2/7.00**



Old Orchard 100% Grape or Organic Apple Juice:  
64 fl. oz.  
**2.99**



Old Orchard Cocktails or Healthy Balance:  
select varieties  
64 fl. oz.  
**1.88**



HyDrive, Core or Bai Bubbles:  
select varieties  
11.4 to 30.4 fl. oz.  
**2/3.00**



Bai, Bai AOX or Neuro:  
select varieties  
14.5 to 18 fl. oz. or 1 l.  
**3/5.00**



Softsoap Body Wash, Premium Soap or Refill:  
select varieties  
13 to 18 fl. oz. or 32 fl. oz.  
**2/6.00**



Irish Spring Body Wash, Bar Soap or Softsoap Refill:  
select varieties  
18 fl. oz., 8 ct. or 56 fl. oz.  
**2/8.00**



TRESemmé or Dove Hair Care:  
select varieties  
12 or 28 fl. oz.  
**3.99**



Colgate Toothpaste, Toothbrush or Mouthwash:  
select varieties  
3 to 6 oz., 2 ct. or 32 fl. oz.  
**4.96**



ChapStick:  
select varieties  
.15 oz.  
**4/5.00**

**other**



Vita Coco or Core Organic:  
select varieties  
16.9 or 18 fl. oz.  
**2/4.00**



Scrubbing Bubbles Manual Toilet Bowl Cleaner:  
select varieties  
24 oz.  
**1.99**



Windex, Shout or Scrubbing Bubbles:  
select varieties  
1.34 to 34 fl. oz. or 3 to 10 ct.  
**2/6.00**



Clorox Clean-Up:  
select varieties  
32 fl. oz.  
**3.99**



Clorox Wipes  
3 pk. 35 ct.  
**6.97**



Glad Trash Bags:  
select varieties  
80 or 90 ct.  
**13.97**  
save 10¢ per gallon with each item purchased



Nexium Caplets, Tablets or Minis:  
select varieties  
42 ct.  
**23.99**



Thermacare or Advil:  
select varieties  
2 to 50 ct. or 2.5 oz.  
**6.28**



Robitussin or Dimetapp:  
select varieties  
8 fl. oz.  
**8.99**

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**Hy-Vee provides:**

- Free aids and services to people with disabilities to communicate effectively with us, upon request or when necessary, such as:
- Qualified language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as:
- Qualified interpreters
- Information written in other languages upon request

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Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-874-3972.

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-866-874-3972.



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- 20** Whole Grain Waffles *p. 102*

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# A Clear Winner for BACK TO SCHOOL LUNCHES

LOOK! New CLEAR POUCH



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# Hydration Station



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**A WHOLE  
NEW FRESH  
IS IN STORE.**

**JOE FRESH | HyVee**

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## samples

# EXPLORE OUR FLAVORS

Taste your way through Hy-Vee every Friday and Saturday through the month of August.

**FRIDAY, AUGUST 2:**  
4 P.M. TO 7 P.M.  
**SATURDAY, AUGUST 3:**  
11 A.M. TO 2 P.M.

**Produce:** Columbine Red Seedless Grapes  
**Meat:** Budweiser Discovery Reserve Beer Brats  
**Seafood:** Marinated Catfish  
**Charcuterie:** Columbus Genoa Salami  
**Cheese:** Henning's Hatch Pepper Cheddar  
**Deli:** Brooklyn Bred Bistro Buns & Di Lusso Italian Garlic Turkey with Di Lusso Garlic Aioli  
**Hickory House:** Green Onion and Egg Potato Salad  
**Italian:** Tuscano Medium Single Topping Pizza  
**Chinese:** Asian Dips  
**Bakery:** Apple Cake Donuts



Columbine Red Seedless & Cotton Candy Grapes and Colorado Peaches

**FRIDAY, AUGUST 23:**  
4 P.M. TO 7 P.M.  
**SATURDAY, AUGUST 24:**  
11 A.M. TO 2 P.M.

**Produce:** Cotton Candy Grapes  
**Meat:** Hatch Pepper Brats  
**Seafood:** Seafood Mac & Cheese  
**Cheese:** Manchego & Quince Paste  
**Deli:** Hy-Vee True Turkey & Hy-Vee Swiss on Hawaiian Slider with Di Lusso Cranberry Honey Mustard  
**Hickory House:** Broccoli Supreme  
**Italian:** Family Size Single Topping Pizza and Breadsticks  
**Chinese:** Chinese Entrée Meal over Rice  
**Bakery:** Apple Pie  
**Frozen:** Schwan's Edwards Pies



Crab Rangoon and Egg Rolls

**FRIDAY, AUGUST 9:**  
4 P.M. TO 7 P.M.  
**SATURDAY, AUGUST 10:**  
11 A.M. TO 2 P.M.

**Produce:** Colorado Peaches  
**Meat:** Hy-Vee True Brats or Italian Sausage  
**Seafood:** Salmon Burgers  
**Charcuterie:** Columbus Sopressata  
**Cheese:** Beemster Hatch Pepper Gouda  
**Deli:** Di Lusso Sweet Heat Chicken with Di Lusso Provolone on King's Hawaiian Slider Buns  
**Hickory House:** Pulled Pork/Ribs  
**Italian:** Calzone  
**Chinese:** Chinese Entrée Meal over Rice  
**Bakery:** Scotcharoos  
**Grocery:** Nestle Morsels - Back-to-School Cookies; Smuckers - Jif Power Ups



Henning's Hatch Pepper Cheddar, Manchego and Columbus Genoa & Italian Dry Salami

**FRIDAY, AUGUST 16:**  
4 P.M. TO 7 P.M.  
**SATURDAY, AUGUST 17:**  
11 A.M. TO 2 P.M.

**Produce:** White Flesh Nectarines  
**Meat:** Johnsonville Brats  
**Seafood:** Breaded Catfish Nuggets  
**Charcuterie:** Columbus Italian Dry Salami  
**Cheese:** Drunken Goat  
**Deli:** Brooklyn Bred Bistro Buns & Di Lusso Double Smoked Ham and Di Lusso Swiss  
**Hickory House:** Pulled Pork/Ribs  
**Italian:** Lasagna/Chicken Alfredo  
**Chinese:** Crab Rangoon/Egg Rolls  
**Bakery:** Apple Cake Donuts  
**Grocery:** Jack Links - Steak Bar; Mondelez - belVita Protein - Honey Chocolate Chip, Blueberry & Banana



Scotcharoos

**FRIDAY, AUGUST 30:**  
4 P.M. TO 7 P.M.  
**SATURDAY, AUGUST 31:**  
11 A.M. TO 2 P.M.

**Produce:** Stemilt Rave Apples  
**Meat:** Marinated Chicken Breasts  
**Seafood:** Mock Crab Cheeseball  
**Charcuterie:** Columbus Crespone Salami  
**Cheese:** Beemster Hatch Pepper Gouda  
**Deli:** Brooklyn Bred Lavash Roll-Ups & Di Lusso Rare Roast Beef with Di Lusso Horseradish Aioli  
**Hickory House:** Ribs/Pulled Pork  
**Italian:** Pepperoni Pinwheel Tray  
**Chinese:** Asian Dips and Wonton Chips  
**Bakery:** Scotcharoos  
**Grocery:** Mars/Wrigley - Starburst Duos  
**Grocery/Non-Foods:** Kimberly Clark - Kleenex



GET A  
**FLU**  
SHOT  
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