Holiday Cheer
December 2019

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DONNA TWEETEN
EXECUTIVE VICE PRESIDENT,
CHEF MARKETING OFFICER,
CHEF CUSTOMER OFFICER

DECEMBER is a time of hope, joy and special moments spent with family and friends. It can also be a stressful time, which is why we’re here to lighten the load.


When guests arrive, be ready with a sumptuous tray of appetizers, page 52, and holiday-inspired cocktails, page 66.

Enjoy the holiday season!
CONNECT WITH HyVee®

YOUR GUIDE TO THE HOLIDAYS

Visit HyVee.com and search under “Christmas guide” to find recipes that will make this holiday season a memorable one. From appetizers, cocktails and desserts to full-course Christmas dinners, you’ll quickly see it’s the helpful place to be.

SAMPLE OF HOLIDAY FARE

- Holiday Breakfast & Brunch
- Appetizer & Hors d’oeuvres
- Charcuterie Board
- Bruschetta Board
- Roasted Turkey
- Christmas Dinner That Aren’t Turkey
- Cheesecake
- Cocktails
- Hot Drinks
- Christmas Cookies Guide
- Holiday How-Tos

HSTV Hy-Vee’s free streaming network has online videos to make your holidays truly special!

SAY CHEESE

’Tis the season to get cheesy! A carefully crafted cheeseboard will be the star of any holiday party, and your local Hy-Vee has all the flavors and varieties you need. Call at least 24 hours in advance to order. Not sure what you want? Stop by the deli in person to ask about tasty pairings, food and drink pairings, and the best seasonal options for your event.

aisles

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

GATHERINGS

Cookie Decor
Get busy decorating cookies this year with the help of Hy-Vee. Grab these tools to craft a work of art that’s (almost) too good to eat.

When Trays Freezable trays ensure that cookies arrive on the table in one piece.

When Christmas Tree Cookie Cutter
Bring the spirit of the season to your table with fun designs.

When Decorating icing Put icing touches on your masterpiece, then enjoy the sweet rewards.

When Spikies Add colorful stands to your cookies and cakes with assorted sprinkles.

HyVee SEASONS HyVee 3
4 ON THE FLOOR
STOP IN AT HY-VEE TO CHECK OUT THE LATEST AND GREATEST PRODUCTS FROM VARIOUS DEPARTMENTS:

BAKERY
Peppermint Cake

WINE & SPIRITS
Smoirnoff Vodka

MEAT
Stuffed Chicken Breast

PRODUCE
Red Holiday Grapes

Now trending

STAR WARS
“May the force be with you” as you shop for gifts for your favorite Jedi and celebrate the release of Star Wars: The Rise of Skywalker.

STAR WARS 2-in-1 moss
Watch the timer or laze doesn’t end up on the dark side.

STAR WARS ROH-D2 mini dry ingredients popper
Quickly cook 6 cups of popcorn in under 5 minutes.

HY-VEE® Star Wars™ Rotating Droid
Race across the galaxy with these collectible cars.

General Mills® Star Wars™ cereal
Limited edition cereal with Star Wars-themed matching bowls.

General Mills® Chew Mix
Buy Star Wars-marshmallows boxes to help feed the hungry.

STAR WARS™ Star Wars™ Hobo Waffle Maker
Ease into the morning with 7-in. waffles shaped like R2-D2.

Zak Designs® Star Wars™ coffee mug
Get your day rolling with a 14-oz. ceramic mug.

Betty Crocker® Star Wars™ fruit snacks
Find your Star Wars character snacks made with real fruit juice.

Brand highlight

D'LUSSO MEAT AND CHEESE
A delicious sandwich begins with D'Luesso's tender meat and flavorful cheese, found exclusively at Hy-Vee. Pick from a variety of protein options like turkey, beef ham and chicken to accompany a wide assortment of premium cheeses.

A seasonal favorite at the meat counter, try spinach and mozzarella bacon, Cheddar wild rice, corned beef pepper jack, Chicken boudin blue and more.

A sweet seasonal option. Holiday Grapes burst with flavor as big as the bunches they grow in. Perfect for fruit baskets or an appetizer option.
PRESENT DAY

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, when you want a cake to capture someone’s interest or the spirit of the season, like the Christmas Present Cake (pictured) from Hy-Vee cake designer Stephanie Dilley. Hy-Vee has you covered.

The Gift of Cake
Watch step-by-step at HYVE.COM to see how Hy-Vee cake designer Stephanie Dilley makes the Christmas Present Cake.

Watch and learn at HYVE.COM today!
Enjoy our family recipe
ON YOUR HOLIDAY TABLE.

Sweet or savory, 'tis the season for delicious meals. Make it easy with Hy-Vee.

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Cake-Ball Christmas Tree

Ganache, prepare 1 (16.3-oz) box Hy-Vee extra-mild white cake mix according to package instructions for 9-inch, baking pan, cool completely. Ganache cake in large bowl 2½ in. Top Hy-Vee creamy white frosting until well combined. Shape mixture into 40 all-biscuit cone balls, place on parchment-lined baking sheet and refrigerate until firm.

Make Royal Icing: Beat with green food coloring. Refrigerate 4 cake balls. Dip remaining balls into tinted sugar. Place refrigerated balls into melted dark chocolate, add to parchment-lined baking sheet and refrigerate. Arrange green balls into a tree and chocolate balls into a circle. Decorate with Twizzlers Pull-n-Peel candy and M&Ms for garland and lights. Serve 36.

Royal Icing: Combine 3 cups Hy-Vee powdered sugar 1 1/2 tsp. cream of tartar. Add 1 1/2 cups warm water and 1 cup Hy-Vee vanilla extract; beat with electric mixer on low until well combined. Beat on high 2 to 10 minutes or until stiff.

Candy Cane Cake

Purchase 3 (9-inch) round vanilla cake layers from your Hy-Vee Bakery. Place cakes layers on a cake stand. Spread 1 cup Hy-Vee creamy white frosting on top. Repeat with remaining two cake layers, spreading 1 cup Hy-Vee creamy white frosting on top of each. Frost top and sides of cake with 1½ cups Hy-Vee creamy white frosting. Press pieces of crushed Hy-Vee peppermint bark into frosting on sides of cake. Top cake with white chocolate peppermint bark. Candy canes and /or Hy-Vee peppermint twists, served 12.

*To make white chocolate peppermint bark, spread melted white baking chocolate in a parchment-lined baking sheet and sprinkles with crushed peppermint candies. Refrigerate until set.
EASY AS PIE

SO PIES AREN’T YOUR STRONG SUIT? NO SHAME IN THAT. LEAVE IT TO THE PROS AT HY-VEE—THEY’RE YOUR HOLIDAY HEROES! CHOOSE FROM AN AMAZING SELECTION THAT INCLUDES DECADENT FRENCH SILK, CLASSIC DUTCH APPLE, RICH AND CREAMY PUMPKIN AND MORE. WHATEVER THE OCCASION, COUNT ON YOUR LOCAL HY-VEE BAKERY FOR A COMPANY-WORTHY PIE.

Call or visit your local Hy-Vee Bakery to preorder pies for the Holidays. Place your order a few days ahead to guarantee pickup the day you’ll need it. Or order online at HyVee.com.
EASY HOLIDAY BREAKFAST BAKES

Wake up family and guests to the delightful aroma of fresh-baked breakfast. The time-saving, refrigerated crescent rolls and cinnamon roll dough, frozen bread dough and Hy-Vee Bakery cinnamon roll dough.

Snowflake Pull-Apart Rolls
Preheat oven to 350°F. Unroll 2 (12x2-in) sheets of refrigerated crescent dough. Roll dough on a floured surface into a 20x10-in rectangle. Spread 1 cup red jelly along center third of rectangle. Roll each long side, cut in strips about 1 1/2 in. wide. Starting at one end, fold alternating strips at an angle; secure seams and brush with melted butter. Place on prepared pan. Repeat with second sheet. Bake 25 to 30 minutes or until golden. Cut into desired shapes. Makes 12.

Candy Cane Braid
Three 1/4-lb. portions frozen Hy-Vee bread dough according to package directions. Preheat oven to 350°F. Line a 9x13-in. baking pan with parchment paper. Roll red dough into a greased, floured surface into a 13x9-in rectangle. Spread 1 large cup red jelly along center third of rectangle. Roll each long side, cut in strips about 1 1/2 in. wide. Starting at one end, fold alternating strips at an angle; secure seams and brush with melted butter. Place on prepared pan. Bake 25 to 30 minutes or until golden. Cool. Spoon additional jelly on top. Iced with sugar-cookie cutouts. Makes 12.

Cinnamon Roll Tree
Order 24-oz. refrigerated cinnamon roll dough from your local Hy-Vee Bakery. Arrange six 8-oz. rolls in a circle on a serving plate. Place an additional cinnamon roll in the center. Loaf fins uncooked. Place on top, sprinkled with turbinado sugar and cinnamon. Place on a tray and bake 15 minutes. Remove from oven. Cool. Place desired decorations on top. Makes 24.

Secret Star Loaf Cake

**Hande On 40 minutes**
**Total Time 2 hours plus cooling time**
**Serves 16**

**Ingredients**
- 1/2 c. unsalted butter
- 1/2 c. brown sugar
- 1 c. granulated sugar
- 1/2 c. granulated sugar
- 2 c. flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 4 large eggs
- 2 c. milk
- 2 tsp. vanilla extract

**DIRECTIONS**
1. Preheat oven to 350°F. Spray an 8x8x2-in. loaf pan with nonstick spray.
2. In a large bowl, cream the butter and sugars until light and fluffy. Add the eggs, one at a time, beating well after each addition. Mix in the flour, baking powder, baking soda and salt. Gradually add the milk and vanilla extract, mixing until just combined. Pour into the prepared pan. Bake for 40 minutes, or until a toothpick inserted in the center comes out clean. Cool on a wire rack, remove from pan and cut into 16 slices.

Cinnamon Roll Tree Cake

**Hande On 40 minutes**
**Total Time 2 hours plus cooling time**
**Serves 16**

**Ingredients**
- 2 c. all-purpose flour
- 1/2 c. sugar
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/4 tsp. cinnamon
- 1/2 c. milk
- 1/2 c. butter, melted
- 1/4 c. packed brown sugar

**DIRECTIONS**
1. Preheat oven to 350°F. Grease a 10x15-in. baking pan.
2. In a bowl, combine the flour, sugar, baking powder and salt. Stir in the cinnamon. Make a well in the center.
3. In a separate bowl, beat the eggs and milk until well combined. Add the butter and brown sugar, and beat until well combined. Pour the wet ingredients into the dry mixture and beat until just combined. Pour into the prepared pan. Bake for 25 to 30 minutes or until a toothpick inserted in the center comes out clean. Cool on a wire rack, remove from pan and cut into 16 slices.

**NOTE**
For a more festive look, add cinnamon rolls or candy canes for decoration.
LET THEM EAT CAKE

Treat family and friends—and yourself—to slices of The Cheesecake Factory Bakery’s cheesecakes in irresistible decadent flavors at your Hy-Vee Bakery. Take them to new heights by topping with fresh fruit or fruit spread, drizzles of melted chocolate or caramel, holiday sprinkles and more, apposite.

Order Cheesecake Factory Bakery* desserts for the holidays. Stop by your local Hy-Vee or call a few days ahead to order. You can also order online at Hy-Vee.com.

4-INGREDIENT CHEESECAKE CHANGE-UPS

Dashing extras put a delicious Cheesecake Factory slice over the top.

**CANDY-COVERED CHEESECAKE**

**WHITE CHOCOLATE RASPBERRY CHEESECAKE**

Fresh Raspberries

White Chocolate

**CANDIED CRANBERRY CHEESECAKE**

Mix Chocolate

Cranberries

**CARAMEL POPCORN CHEESECAKE**

Caramel Popcorn

**CLASSIC CHEESECAKE**

**FUDGE-DIPPED CHEESECAKE**

**PEPPERMINT CHOCOLATE CHOUX CHEESECAKE**

Mint

White Chocolate Melting Wafers

**AMERICAN CAKE CHEESECAKE**

Coconut Oil

**CARAMEL POPCORN CHEESECAKE**

Cane Sugar

**CHOCOLATE MELTING WAFERS**

Buttercrunch Chips

*“Melt” cranberries and rosemary sprigs in cold water and toss in a bowl of sugar to coat. In a dry, large bowl, combine the white chocolate and add crushed peppermint.
Wake up to a magical morning

Swirl Baked French Toast

PREP: 15 MIN  TOTAL TIME: 2 HOURS 5 MIN  SERVES: 8 PEOPLE

1 loaf (16 oz) Pepperidge Farm® Swirl Cinnamon Raisin bread, cut into cubes
1/4 cup sweetened dried cranberries
5 eggs
2½ cups half-and-half or milk
1 teaspoon vanilla extract

1. Place the bread pieces and cranberries, if desired, into a lightly greased 3-qt shallow baking dish.
2. Beat the eggs, half-and-half and vanilla extract in a medium bowl with a fork or whisk. Pour the egg mixture over the bread pieces. Stir and press the bread pieces into the egg mixture to coat. Refrigerate for 1 hour or overnight.
3. Heat the oven to 350°F. Bake for 50 minutes or until a knife inserted in the center comes out clean.

CLASSIC CRISCO® PIE CRUST

Prep time 10 min / Cook time 12 min / Yields 8 servings

INGREDIENTS:
- 1 1/3 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 cup Crisco® All-Vegetable Shortening
- 3 to 6 tablespoons ice cold water

PREPARATION DIRECTIONS:
Step 1 / BLEND flour and salt in large bowl. Cut shortening into flour mixture using pastry blender or fork. Stir in just enough water with fork until dough holds together.
Step 2 / SHAPE dough into a ball for single pie crust. Divide dough in two for double crust. Flatten balls into 1/2-inch thick round disks. Chill 30 minutes or up to 2 days.
Step 3 / ROLL dough (larger ball of dough for double crust pie) from center outward into a circle 2-inches wider than pie plate on lightly floured surface for the bottom crust. Transfer dough to pie plate.
Step 4 / Trim edges of dough leaving a 3/4 inch overhang. Fold edge under. Flute dough as desired. Bake according to specific recipe directions.

 Hint: The trick is in this stick! The key to a perfect pie crust is shortening!

Get more pie-making tips and recipes at Crisco.com/All-About/Pies
EASY HOLIDAY ROASTS

TENDER, JUICY PRIME RIB—ANYONE CAN DO THIS!

Prime rib, also referred to as a standing rib roast, is a beautiful piece of meat. When cooked just right, it’s tender, juicy and full of flavor. Give it extra zing by stringing a Havlve meat expert to “French,” or remove the meat from between the rib bones, as shown right. To ease carving, add to have the bones cut away from the meat, then laid back on. After roasting, just unite the bones and slice the meat.

HOW LONG TO COOK
Plan to roast 15 to 20 minutes per pound for medium-rare, 20 minutes per pound for medium, 25 minutes per pound for medium-well and 30 minutes per pound for well-done. The roast will continue to cook when it comes out of the oven. Do not let it rest before slicing to allow juices to disperse throughout the meat. After a few minutes, pressure of the bone juices for serving.

MAKE AND APPLY THE PEPPERCORN SALT IN JUST 10 MINUTES!

Tri-Pepper Crusted
Beef Rib Roast

Hands On 10 minutes
Total Time 4 hours plus chilling and standing time
Serves 12

1 (6- to 8-lb.) Beef Rib Roast Recipe
1 (12-oz.) bag of pepper salt
1 tsp. ground cumin
1 tsp. cayenne pepper
1 tsp. kosher salt
1 tsp. black pepper
1 tsp. garlic powder
1 tsp. paprika
2 tsp. onion powder
2 tsp. dried thyme
1 tbsp. dried parsley
8 thin slices of fresh thyme

HOW TO BUY, COOK, AND CARVE AN ULTIMATE CENTERPIECE

ROAST THAT SETS THE STAGE FOR A MEMORABLE MEAL!
**Pear-Pecan Stuffed Pork Crown Roast**

**Ingredients:**
- 1 lb. pork crown roast, about 1½ lbs.
- Frenched and tied
- 8 cups Hy-Vee Bakery stuffing bread
- 2 tsp. chopped fresh thyme
- 1 tsp. dried thyme leaves
- 1 tsp. Hy-Vee black pepper
- ½ cup Hy-Vee chopped onion
- ½ cup chopped green onion
- 2 cups Hy-Vee unsalted butter
- 2 cups dry white wine

**Instructions:**
1. Preheat oven to 325°F. Season pork with salt and pepper. Place on a rack in a roasting pan, fat side up. Place in the oven and bake for 1 hour. Remove from oven and baste with the butter and wine. Bake for an additional 1 hour, or until the internal temperature reaches 145°F.
2. Remove pork from oven and let rest for 10 minutes before carving. Serve hot. Enjoy!

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**PREPARING A CROWN ROAST**

1. **Stuffing and flavorful:** To hold the crown roast into position, add the stuffing mixture to the crown roast. Secure the stuffing evenly around the crown roast with dental floss.
2. **Grill or oven roasting:** Preheat the grill or oven to 325°F. Place the crown roast on the grill or in the oven. Roast for about 1 hour, or until the internal temperature reaches 145°F.
3. **Sauce or glaze:** Serve the roasted crown roast with a sauce or glaze of your choice. Enjoy!

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**ROASTS TO TOAST ABOUT**

**Standing Rib Roast**

A Bristol roast is well known for its tender, juicy slices. For best results, allow the roast to come to room temperature before roasting. Bake at 325°F for 1 hour per pound.

**Standing Rib Roast Temp:** 115°F (medium-rare)

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**Tenderloin Roast**

One of the most tender cuts of beef, tenderloin roast is often96.(medium-rare) 115°F (medium)

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**Rib Crown Roast**

Two pork loins tied together with the ribs frenched, seasoned, and tied. Roast at 325°F for 2 hours, or until the internal temperature reaches 145°F.

**Ribs Crown Roast Temp:** 145°F (medium-rare)

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**Loin Roast**

A 2½ to 3 lb. roast, boned or boneless. Roast at 325°F for 1 to 2 hours, or until the internal temperature reaches 145°F.

**Loin Roast Temp:** 145°F (medium-rare)

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**Tenderloin Roast**

One of the most tender cuts of pork, tenderloin roast is often96.(medium-rare) 115°F (medium)

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**Turkey**

For best results, preheat the oven to 325°F. Place the turkey on a rack in a roasting pan. Roast for 1½ to 2 hours, or until the internal temperature reaches 165°F.

**Turkey Temp:** 165°F (medium)

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**Duck**

Ducks have a distinctive earthy flavor and are meaty in texture. To make the skin brown, place the duck in a hot oven for 15 minutes. Roast for an additional 30 minutes, or until the internal temperature reaches 160°F.

**Duck Temp:** 160°F (medium)

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**Cornish Game Hens**

Place several whole on a large baking sheet. Roast for 45 minutes. The skin should be golden brown and crispy. Serve hot.

**Cornish Game Hens Temp:** 175°F (medium)

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**Mini Recipe**

**Hy-Vee Seasons Simple Secrets**

1. Preheat oven to 325°F. Season pork with salt and pepper. Place on a rack in a roasting pan, fat side up. Place in the oven and bake for 1 hour. Remove from oven and baste with the butter and wine. Bake for an additional 1 hour, or until the internal temperature reaches 145°F.
2. Remove pork from oven and let rest for 10 minutes before carving. Serve hot. Enjoy!
2 WAYS WITH TENDERLOIN

Easy Stuffed Beef Tenderloin

Lettuce leaves 

Stuff it! 

Bacon-Wrapped Pork Tenderloin

Wrap it!

French Herb-Roasted Turkey

Upon first glance, it may appear to be a simple meatloaf, but when cooked, it yields a tender and juicy dish that will surely impress your guests. Try this recipe for your next dinner party. 

Serves 8

1. Preheat oven to 375°F.
2. In a large mixing bowl, combine the ingredients listed below. Mix well.
3. Place the mixture in a buttered loaf pan and bake for 45 minutes. 
4. Let cool before slicing and serving with your favorite side dish. 

Ingredients:
- 2 lbs pork tenderloin
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 green onion, chopped
- 1 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp cumin

Simple Secrets

AMP UP FLAVOR WITH AROMATICS

When it comes to提升 the flavor of your dish, aromatics play a crucial role. Consider the following tips to enhance the aroma and taste of your meals:

1. Use fresh herbs such as parsley, basil, or thyme for a burst of flavor. 
2. Incorporate spices like cinnamon, cumin, or coriander to add a warm and earthy taste. 
3. Experiment with citrus zest or juices to add a tangy and refreshing touch. 
4. Integrate a variety of vegetables, such as carrots, onions, or bell peppers, to create a harmonious blend of flavors. 

Stifling fruits, vegetables and herbs into a turkey cavity enhances its overall flavor and makes it even more delicious. During roasting, the aromatics release scented steam into the turkey, flavoring the meat from within. Herbes de Provence, used here, is a time-saving blend of thyme, basil, savory, fennel and lavender that captures the flavors of Southern Provence. Paired with citrus, it changes Turkey into a savory delight.

Serves 8

1. Preheat oven to 400°F.
2. In a large mixing bowl, combine the ingredients listed below. Mix well.
3. Place the mixture in a buttered loaf pan and bake for 45 minutes. 
4. Let cool before slicing and serving with your favorite side dish. 

Ingredients:
- 2 lbs pork tenderloin
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 green onion, chopped
- 1 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp cumin

Simple Secrets

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MEAL CHOICES

Call or visit your Hy-Vee or order any of these Holiday Meals online.

**FAMILY FEAST**
**TURKEY DINNER**
- Serves 12
- Butterball® Turkey (14-16 lb.)
- Two large sides of mashed potatoes
- Four large sides of your choice

- 46 oz. of turkey gravy
- 24 dinner rolls

**Prices:** $319.39 (only $26.53 per person)

**BONELESS TURKEY BREAT DINNER**
- Serves 6
- Butterball®安骨火鸡 (6-8 lb.)
- One small side of mashed potatoes

- Two small sides of your choice
- 16 oz. of turkey gravy
- 6 dinner rolls

**Prices:** $169.99 (only $28.33 per person)

**OPEN-ROASTED PRAWN RIB DINNER**
- Serves 8
- Hormel® USDA Select prime rib (5-6 lb.)
- Two large sides of mashed potatoes

- Two large sides of your choice
- 22 oz. of beef gravy
- 12 dinner rolls

**Prices:** $264.99 (about $38.12 per person)

**TRADITIONAL TURKEY FEAST**
- Serves 12
- Butterball® Turkey (10-12 lb.)
- Two large sides of mashed potatoes

- Two large sides of your choice
- 32 oz. of turkey gravy
- 12 dinner rolls

**Prices:** $319.39 (only $26.53 per person)

**APPLEWOOD PIT HAM DINNER**
- Serves 12
- Carver® All Natural Applewood pit ham (20-25 lb.)
- Two large sides of mashed potatoes

- Four large sides of your choice
- 48 oz. of turkey gravy
- 24 dinner rolls

**Prices:** $319.39 (only $26.53 per person)

**GOURMET HOLIDAY FEAST**
- Serves 16
- Butterball® Turkey (10-12 lb.)
- Gourmet prime rib (6-8 lb.)
- Carver® All Natural Applewood pit ham (10-12 lb.)
- One small side and two large sides of mashed potatoes

- Four large sides of your choice
- 48 oz. of turkey gravy
- 24 dinner rolls

**Prices:** $489.99 (only $30.62 per person)

**TRADITIONAL BONELESS HAM DINNER**
- Serves 8
- Carver® Boneless ham (6-8 lb.)
- Two large sides of mashed potatoes

- Two large sides of your choice
- 22 oz. of turkey gravy
- 12 dinner rolls

**Prices:** $264.99 (about $38.12 per person)

**HOLIDAY FAMILY GATHERING**
- Serves 10
- Butterball® Turkey (5.5-6.5 lb.)
- Carver® All Natural Applewood pit ham (4-5 lb.)
- One small side and two large sides of mashed potatoes

- Three large sides of your choice
- 21 oz. of turkey gravy
- 14 dinner rolls

**Prices:** $319.99 (about $31.99 per person)

**SIDE DISHES**

- Herb Mashed Potatoes
- Green Bean Casserole
- Sage Bread Dressing
- Seasoned Mashed Carrots
- White Cheddar Macaroni
-Asparagus with Parmesan
-Holiday Potatoes with Cheddar
-Cheddar Corn Bites
-Homemade Sweet Corn
-Honey Edna's Wild Rice Casserole
-Sweet Cranberry Relish
-Caramelized Spinach
-House Sproet with Honey Butter
-Apple Crisp

**PIES**

- Pies can be ordered as a side or a la carte
- Pecan Cream Pie
- French Silk Pie
- Apple Pie
- Pumpkin Pie

**A SAMPLING OF OUR MAIN AND SIDE DISHES**

- Butterball® Turkey
- Hormel® USDA Select prime rib
- Carver® All Natural Applewood pit ham
- French Silk Pie
- Cheesy Corn Bites
- Sage Bread Dressing

**STEP 1: order**

Call or visit your Hy-Vee store or internet at hyvee.com. Pick a time for pickup.

**STEP 2: pick up**

Order online and pick up your meal at your Hy-Vee.

**Step 3: heat and eat**

Meals are made with the highest-quality ingredients and fully prepared, then refrigerated until you’re ready to pick up. Expect a 10-15 minute warming time. Follow package instructions supplied with your meal then enjoy.
Smithfield.

Give your holiday more flavor, less fuss.
For recipes & holiday tips, visit smithfield.com

Fa-la-la-la-DONE.
HY-VEE PRE-MADE MEALS TAKE THE STRESS OUT OF HOLIDAY COOKING.

View our complete menu of meal options at hy-vee.com.
Order in-store, online, or by phone.
Seaworthy

CELEBRATING

CRACK OPEN THE KING CRAB, DIVE INTO A NEW SHRIMP DIP OR TAKE KING CRAB CAKES TO THE NEXT LEVEL. ONE TASTE OF THESE FRESH SEAFOOD DELIGHTS, AND YOU’LL BE HOOKED.

Alaskan King Crab Legs

Steamed crab legs are a delicious canvas for garlic- or citrus-infused butter. For garlic butter, melt 2 tablespoons chopped garlic in a small saucepan over medium-high heat 2 minutes; transfer to a bowl. Add 1/2 cup heavy cream, whisk, cover and heat 3 minutes; skim and discard milk solids from surface. Pour butter over crab in bowl; let stand 10 minutes before serving. For citrus butter, melt 1/2 cup unsalted butter in small saucepan; add 1/2 cup each orange, lemon and lime zest to hot butter.
**Creole King Crab Cakes**

*Hands On: 15 minutes  
Total Time: 3 minutes  
Serves 4 (4 crab cakes each)*

- **Hy-Vee neutral cooking spray**
- 1 tsp. large sea salt, lightly beaten
- 2 Tbsp. Hy-Vee Select chipotle mayo sandwich spread
- 1 Tbsp. finely chopped fresh parsley
- 1 tsp. Cajun seasoning
- ½ tsp. Hy-Vee cracked black pepper
- 1 tsp. Hy-Vee Dijon mustard
- 2 cloves Hy-Vee whole sandwich bread with crusts removed, finely chopped
- 1 tsp. finely chopped celery
- 1 tsp. Louisiana cajun rub, shelled
- 1 Tbsp. Hy-Vee honey
- ½ tsp. Dijon mustard, plus lemon wedges for serving
- 2 tsp. apricots
- **Butter-Less Louisiana red pepper sauce** for serving

**1. PREHEAT oven to 425°F. Line a baking sheet with foil. Lightly spray foil with nonstick spray.**

**2. COMBINE** 1 Tbsp. chipotle mayo, parsley, Cajun seasoning, black pepper and Dijon mustard. 2 Tbsp. in bowl and set aside.  
Cornmeal and cayenne to mixture. Shape mixture into 8 patties. Slice on prepared baking sheet.

**3. PLACE** baking sheet under broiler 6 in. from heat. Broil for 8 minutes or until golden brown and internal temperature reaches 165°F.

**4. COMBINE** honey and lemon juice; gently toss with apricots. Serve crab cakes with removable sauce, apricots, mixture and lemon wedges.

Per serving: 370 calories, 4 g fat, 12 g protein, 0 g carb, 760 mg sodium, 168 mg potassium 0 g fiber.

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**Cocktail Sauce Fix-Ups**

Hy-Vee cocktail sauce on its own is a terific time-saver. Toss in simple additions to give it zip, tang or a bit of heat in just 5 minutes. Cook the shrimp in their shells for the best flavor or in a time crunch, purchase cooked shrimp. Either way, shrimp and dip are an amazing party spread.

**Smoky Chipotle**

Combine 1 cup Hy-Vee cocktail sauce, 1 canned chipotle pepper in adobo sauce and 1 Tbsp. smoked paprika in food processor. Cover and process until smooth. Stir in 2 Tbsp. seeded and finely chopped red bell pepper, 1/2 tsp. cayenne.

**Sweet Mango**

Combine 1/3 cup Hy-Vee cocktail sauce, 1 can peeled and chopped fresh mango, and 1 Tbsp. grated fresh ginger in a food processor. Cover and process until smooth. Stir in 2 Tbsp. seeded and finely chopped fresh mango, 1/2 tsp. cayenne.

**Spicy Korean**

Combine 1/2 cup Heinz cocktail sauce, 1 seeded and finely chopped chipotle pepper. 1 Tbsp. finely chopped dry red chilies. 1 Tbsp. chopped white onions. 1 Tbsp. gochujang. Korean chili sauce. 1/2 tsp. cayenne.
Shrimp & Crab Bruschetta

Preheat oven to 375°F. Line a baking sheet with parchment paper. Cut 10 (6 oz) store-bought Bakery French baguettes in half, lengthwise. Spread 1 Tbsp paprika on one side of each half. Bake 10 minutes in a 350°F oven, until lightly browned. In a medium bowl, mix the following:

**Crab**
- 1/2 cup chopped canned crab
- 1/4 cup mayonnaise
- 2 Tbsp finely chopped scallions
- 1 Tbsp finely chopped parsley
- 1 Tbsp finely chopped chives
- 1 Tbsp finely chopped dill
- 1 Tbsp finely chopped tarragon
- 1 Tbsp finely chopped lemon pepper
- 1/4 tsp salt
- 1/4 tsp garlic powder
- 1/4 tsp paprika

**Sauce**
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1 Tbsp lemon juice
- 1 Tbsp Dijon mustard
- 1 Tbsp jarred pickled red peppers
- 1 Tbsp chopped fresh parsley
- 1 Tbsp chopped fresh chives
- 1 Tbsp chopped fresh tarragon

Mix crab, crab sauce, and lemon pepper. Spread 1 Tbsp sauce on each baguette half. Top with crab mixture and serve immediately.

**How to Store**
- Store leftover crab and sauce in the refrigerator for up to 2 days.
- To serve, toast baguette, spread crab mixture on each half, and serve immediately.

**How Much to Buy**
- Buy fresh crabmeat or when fresh crab is unavailable, purchase imitation crab meat.
- For pickled red peppers, choose those that are bright and firm.
- For fresh herbs, choose those that are fresh and vibrant.

**How to Cook**
- For crab, cook by boiling or steaming for 10-12 minutes.
- For pickled red peppers, remove the seeds and membranes.
- For fresh herbs, wash and chop finely.

**Nutrition Information**
- Per serving (1/2 baguette, 2 Tbsp crab mixture): 510 calories, 25g fat, 14g protein, 20g carbohydrates, 0g fiber.

**Serving Suggestions**
- Serve with a crisp green salad or a side of guacamole.
- Pair with a glass of white wine or a cold beer.

**Storage Tips**
- Store leftovers in the refrigerator for up to 2 days.
- To reheat, place baguette halves on a baking sheet and return to the oven at 350°F for 5 minutes.
Bring Home These Family Favorites

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BRUSSELS SPROUTS

Their complex, nutty flavor is a welcome reprieve from the season's rich and heavy dishes.

loaded with nutrients and antioxidants. Brussels sprouts are high in fiber and vitamins K and C. They also contain vitamin A for healthy skin and eyes and all of the B vitamins, yet eight cooked sprouts add up to just 70 calories. No wonder more and more people are discovering these delightful vegetables.

BUY smaller sprouts for a tender, sweet flavor; larger ones for a more intense cabbage-like flavor. Look for firm, vibrant green sprouts with tightly wrapped leaves.

STORE sprouts, unwashed, in a plastic bag in the refrigerator crisper for up to a week. However, flavor is better if sprouts are eaten within 3 to 4 days.

PREP by rinsing sprouts under cool running water. Then use a paring knife to trim off the dried bottoms, peeling off any yellowed outer leaves. Saber sprouts, cutting lengthwise to keep the inner cores intact. Flaking allows heat to penetrate when cooking.

Ways to Enjoy

even-roast Bring out the sweet, nutty flavor simply by tossing sprouts with olive oil and chopped thyme and even-roasting on a sheet pan at 400°F for 20-30 minutes, depending on size.

steam Preserve flavor and nutrients by steaming. Fill the bottom of a steamer pot with 2 inches of water. Bring to boiling place sprouts in bottom of a steamer basket and steam, covered, for 10-15 minutes.

raw Slice and shave Brussels sprouts to add crunch and texture to a salad. Dress them with lemon or balsamic vinaigrette and sprinkle with Parmesan cheese.

pro tip: Prep Ahead

If you're going to cook sprouts, you can prep them in advance. Simmer sprouts in salted boiling water for 2 minutes, then submerge them in an ice bath for 5 minutes before cooking. Refrigerate until needed. They will stay bright green and can be sautéed in about 3 minutes.

—Mark Weber
Chef
Sheephee's, Lee's Summit, Missouri

Source: blog.gorgefoods.com/ready-to-eat/health-benefits-brussels-sprouts
Crispy Sriracha and Honey Brussels Sprouts

**Hands On 10 minutes**
**Total Time 30 minutes**
**Serves 4**

1 lb. Brussels sprouts
2 Tbsp. rice wine vinegar
1 Tbsp. Sriracha Honey
1 tsp. chopped ginger
2 tsp. minced fresh garlic
¼ tsp. kosher salt
¼ tsp. pepper
1 tsp. Tamari sauce

PREHEAT oven to 425°F. Line a rimmed baking pan with parchment paper and set aside.

1. FILL a medium saucepan with water and bring to a boil. Add apple and cook for 2 minutes. Remove from heat. Stir in honey and Sriracha. Add mixture to roasted sprouts and toss to combine. Sprinkle with black sesame seeds, if desired.

2. MELT the mixture in a medium saucepan. Add apple and cook for 2 minutes. Remove from heat. Blend in butter, milk, and water. Serve warm. Garnish with black sesame seeds, if desired.

**Nutritional Information**
- Calories: 49
- Fat: 4g
- Protein: 2g
- Carbohydrates: 8g
- Fiber: 2g
- Sodium: 60mg

**Premium Ingredients**
- Tamari sauce
- Sriracha Honey
- Black sesame seeds
TAKE THE PLUNGE: BAKE SOME FUN

Go cookie crazy! Create batches of festive treats with these recipes, shortcuts and fix-ups.

**Ginger Cutout Cookies**

Hands On: 1 hour 15 minutes
Total Time: 1 hour 15 minutes plus chilling and cooking time
Serves: 36 (1 cookie each)

**Ingredients**
- 1 cup unsalted butter, softened
- 1 cup packed light brown sugar
- 2 tsp. pumpkin pie spice
- 1 tsp. Hyp-Vee baking powder
- 1 cup all-purpose flour
- 1 tsp. Hyp-Vee molasses
- 1 tsp. vanilla extract

1. Preheat oven to 350°F. Line cookie sheets with parchment paper.
2. In a large mixing bowl, beat with an electric mixer on medium for 30 seconds. Add brown sugar, pumpkin pie spice, baking powder and all-purpose flour. Beat until combined, scraping sides of bowl occasionally. Beat in molasses and eggs until combined.
3. Beat in as much flour as you can stir in any remaining flour with a wooden spoon. Divide dough into quarters.
4. Roll out 1/4 inch thick. Cut with floured shapes.
5. Bake for 8 to 10 minutes or until golden. Cool cookie sheets for 10 minutes.

**Royal Icing**

Combine 3 cups Hyp-Vee powdered sugar, 2 tsp. orange extract, 1 egg white, 2 tsp. Hyp-Vee vanilla extract, 1/4 tsp. salt, 1 tsp. cream of tartar, 1/4 tsp. almond extract, 1/4 tsp. Hyp-Vee cream of tartar, and 1/4 tsp. Hyp-Vee white food coloring. Mix until stiff. Add water as needed.

**For a smooth, even finish, pipe an outline with icing, then fill in the center with tinted icing.**
Ready-Made Dough Fix-Ups

GIVE REFRIGERATED COOKIE DOUGH A FEW EASY TWEAKS AND UNLEASH YOUR CHRISTMAS CREATIVITY!

1. **Shortcut Linzer Cookies**
   - Combine dough and 1 tsp vanilla extract. Press dough between the layers of the cookies. Bake at 350°F for 10 to 12 minutes. Cool completely. Fill with jam or preserves.

2. **Icebox Pinwheels**
   - Combine dough and 1 tsp cinnamon. Shape dough into 1-inch-wide ropes. Wrap each rope around a 1-inch-wide stick. Bake at 350°F for 15 to 20 minutes.

3. **Red & White Cookies**
   - Combine dough and 1 tsp red food coloring. Roll dough into 1-inch-wide ropes and wrap around a 1-inch-wide stick. Bake at 350°F for 10 to 12 minutes.

4. **Fudgy Cookies**
   - Combine dough and 1 tsp chocolate extract. Press dough between the layers of the cookies. Bake at 350°F for 8 to 10 minutes.

5. **Matcha Treats**
   - Combine dough and 1 tsp matcha extract. Press dough between the layers of the cookies. Bake at 375°F for 12 to 15 minutes.

6. **Salted Caramel Bites**
   - Combine dough and 1 tsp salt. Press dough between the layers of the cookies. Bake at 375°F for 12 to 15 minutes.

7. **Tree-Light Cutouts**
   - Combine dough and 1 tsp vanilla extract. Press dough between the layers of the cookies. Bake at 350°F for 10 to 12 minutes.

8. **Maraschino Morsels**
   - Combine dough and 1 tsp maraschino extract. Press dough between the layers of the cookies. Bake at 350°F for 8 to 10 minutes.

9. **Checkered Rounds**
   - Combine dough and 1 tsp orange extract. Press dough between the layers of the cookies. Bake at 350°F for 10 to 12 minutes.

10. **Fruit and Nut Cookies**
    - Combine dough and 1 tsp vanilla extract. Press dough between the layers of the cookies. Bake at 350°F for 10 to 12 minutes.
5 Store-Bought Cookie Hacks

It's even easier to create enchanting Christmas cookies when you start with store-bought, then pretty them up with extra sweets and jolly embellishments.

**Ski Bear**
Top a chocolate-dip cookie with white chocolate cream filled fruiting and sprinkles. Using melted chocolate, attach pendant eyes, jimmies (small sprinkles) and a condensed chocolate chip to a sturdy Graham. Add a rosemery sprig.

**Let It Snow**

**Wreath**

**Snowman Pop**
Dip 3 Dime cookies in melted white chocolate, then sprinkle with sprinkles. Thread onto a wooden skewer. Pipe chocolate and orange-tilted white chocolate for face; attach mini chocolate chip button.

**Nutty Santa**
Divide ½ vanilla Fudge Nutter Butter cookies in melted white chocolate. Top with coconut flakes, then melrilled chocolate. Add doughnut holes into marshmallows for hats; mini-marshmallows for eyes. Pipe licorice rod for mouth, candy eyes and mini-candied-blood chocolate nose. Sprinkle crisscross sugar on hat brim and pom-pom.

**Hazelnut-Raspberry Linzer Cookies**

Hands On 2 hours
Total Time 2 hours plus chilling time
Serves 50 (1 cookie each)
1 cup hazelnuts or filberts
¾ cup packed Hy-Vee dark brown sugar, divided
1 cup Hy-Vee unsalted butter, softened
1 tsp. vanilla extract
1 tsp. Hy-Vee ground cinnamon
½ tsp. Hy-Vee baking powder
¼ tsp. Hy-Vee salt
1 tsp. vanilla extract
2 tbsp. Hy-Vee whole wheat flour
2 tsp. Hy-Vee powdered sugar
½ cup uncreamed raspberry jam

1. PREHEAT oven to 350°F. Spread hazelnuts on rimmed baking pan. Bake 5 to 10 minutes or until fragrant; stirring once. While still warm, crumble into a towel; cool. Pulse in processor until finely ground.

2. BEAT butter with an electric mixer on medium for 30 seconds. Add remaining 1 cup brown sugar, 1 cup powdered sugar, and 1/2 cup creamed butter. Mix in egg yolks until creamy. Blend in hazelnut mixture and vanilla. Mix until smooth and thick.

3. PREPARE cookie dough. Divide dough into 4 balls. Roll each ball into a 6-inch diameter disk, ½ inch thick. Cool on wire rack.


**Crafty Cookies**
Cover up those fun, festive cookies is easy! Check out the video to see how it’s done.

Watch and learn at hyvee健康的.com today!
"HOT CHOCOLATE" & TOASTED MARSHMALLOWS COOKIES

INGREDIENTS:

- 16 oz. Ghirardelli Baking Chips
- 4 tbsp. Ghirardelli Chocolate Fudge
- 2 tbsp. Ghirardelli Cocoa
- 3/4 cup Margarita All Purpose Flour
- 1 tsp. Salt
- 1/4 tsp. Baking Soda
- 1/2 tsp. Baking Powder
- 2 eggs
- 1 tsp. Vanilla Extract
- 1 cup Softened Butter
- 1 cup Light Brown Sugar
- 1/2 cup Granulated Sugar
- 4 tbsp. Water
- 1 tsp. Powdered Sugar
- 1/4 tsp. Salt

DIRECTIONS:

1. Preheat oven to 350°F.
2. In a mixing bowl, combine baking chips, flour, cocoa, baking soda, baking powder, egg, vanilla, softened butter, brown sugar, granulated sugar, water, powdered sugar, and salt.
3. Mix until well combined.

Search holiday recipe ideas at RiceKrispies.com

These Reindeer Rice Krispies® are fun to make with chocolate pretzel antlers and red candy noses.

Dash into Hy-Vee to get your favorite Kellogg's® and Keebler® brands to delight your holiday guests.
1. **Tasty Waffle Tree**
   - Spread a little holiday cheer with super cute treats that kids will be excited to help make.
   - Tasty Waffle Tree.
   - Fill waffle batter in a round waffle maker according to manufacturer’s directions. Arrange waffles in a tree shape, add a blueberry nose, candy eyes, and drip chocolate sauce down the tree. Brickle with syrup.

2. **Strawberry Santa**
   - Cut a large circle from a peeled apple using a cookie cutter. Cut a strawberry in half crosswise; pat dry and attach to apple with frosting. Pipe on candy eyes while frosting for Santa’s beard and the fur trim and pom-pom on Santa’s hat. Use frosting to attach candy eyes.

3. **Star of the Snacks**
   - Arrange a few Keebler Pita Chips in a star shape. Scoop icy-vee guacamole into center, then top with diced tomato and thin strips of red bell pepper.

4. **Banana Penguins**
   - Dip half of a banana into melted white chocolate. When chocolate is set, dip the lip into melted dark chocolate and brush more dark chocolate onto the sides. Add whole Reese’s Pieces for the beak and Lamba Reese’s Pieces for the feet. Finish with candy eyes and mini chocolate chips.

5. **Hot Cocoa Hangout**
   - Skewer a Reese’s mini peanut butter cup and three icy-vee marshmallows onto a toothpick. Candy cane the marshmallows and attach sprinkles for eyes and buttons. Attach an orange Twizzler twist for the nose and a red Rolo lip heart.
6. **PB&J People**

Make a PB&J sandwich using Hy-Vee wheat sandwich bread. Hy-Vee peanut butter and Hy-Vee strawberry jelly. Cut sandwich into a gingerbread man using a cookie cutter. Add peanut butter, a dribbled caramel bow, raisin eyes and jelly nose.

7. **Naturally Sweet Candy Cane**

Cut celery or bananas into sticks, arrange sticks into a candy cane shape, alternating Hy-Vee mandarin orange slices with Hy-Vee red jellies, garnished with fresh mint leaves.

8. **Snowball Toss**

Prepare cake crumbs, following directions as directed in the Cas-Ball Christmas Tree, page 11. Shape mixture into 24 fudge balls. Roll balls in Hy-Vee shredded coconut.

9. **Edible Snow Globe**

Spread Hy-Vee cream cheese on cut sides of a salt shaped. For snow, sprinkle Hy-Vee grated Parmesan cheese on cream cheese. For tree, cut Hy-Vee tree sections out of red and green tart peppers and press into blueprint. Use toothpick to support the snow globe.

10. **Deli-cious Tree**

Cut four slices of Santa from Hy-Vee white bread. American cheese and deli ham. Cut a smaller star and a truck from a block of Hy-Vee Cheddar cheese. Secure the cardboard inbetween both sandwich layers. Add cheese star on top and truck at bottom.

11. **Lunch Box Buddies**

Using a marker, draw a face onto the wrapper of a Hy-Vee light mozzarella string cheese stick. Tie a ribbon around the cheese stick to form a scarf. Cut a triangle off of an O'Day knitted place, staple on top of cheese stick for a hat.

12. **Red-Nosed Reindeer**

Prepare cereal treats using Hy-Vee One Step crispy rice cereal. (See Steps 8-12) Insert a peppermint stick into each treat. Coat pretzel pieces antlers with melted white chocolate and sprinkles. Add halved white chocolate wafers for ears, candy eyes and a red M&M's candy nose.

**STEP ONE:** Melt 3 Tbsp of Hy-Vee unsalted butter in the microwave. Add 6 cups of Hy-Vee mini marshmallows. Cook and stir in 350° increments until melted.

**STEP TWO:** MIX

Add 6 cups Hy-Vee One Step crispy rice cereal. Combine mixture throughly.

**STEP THREE:** PRESS

Press cereal mixture into a nonstick 9×13-in. pan. When firm, cut into three rows, then cut each row into three triangles for a total of nine treats.

**STEP FOUR:** DECORATE

Insert peppermint sticks and add white chocolate-covered pretzel antlers, candy eyes and red M&M's noses.
Get on Board

Festive Wreath Charcuterie

Create a festive charcuterie board to ring in the holiday season:
- Ciliegine Cheese Cubes
- Gorgonzola Cheese Cubes
- Hazelnut & Cheese Cubes
- Pecorino Pecorino Cubes
- Pepper Jack Cheese Cubes
- Prosciutto Cheese Cubes
- Red & Blue Cheese Sticks
- Rosemary Sticks
- Salami
- Sharp and Mild Cheddar Cheese Cubes
- Savory Drop Poppers

Old-World Alpine Charcuterie

Craft a hearty, grazing board of Old World-inspired cheeses and dry meats, whole grain crackers, and fruits:
- Blood Oranges
- Blueberry Goat Cheese
- Fennel Crustini
- Feta Focaccia
- Garlic Crackers
- Grilled Cheese
- Horseradish Cheese
- Honeycomb Honey
- Marula Oil on Matzo Crackers
- Nuts
- Olives
- Pomegranates
- Pecorino Pecorino Cubes
- Rosemary Sprigs
- Salted Cashews
- Smoked Gouda
- Whole Grain Crackers

CRAFT HOLIDAY-THEME APPETIZER, SNACK AND DESSERT BOARDS WITH HY-VEE’S WIDE SELECTION OF ARTISANAL CHEESES AND CURED MEATS.
Let It Snow! Board
Celebrate winter days with a board fit for any occasion. For fresh grapes, coriander with white wine and some goats with watermelon or fig jam.

- Artisan Crackers
- Blue Cheese
- Brie Cheese
- Cauliflower Knots
- Frosted Grapes
- Goat Cheese
- Hoisin Mediterranean Dip
- Jicama Sliders
- Marcona Almonds
- Nut Crackers
- Parmigiano-Reggiano Cheese
- Pear Wedges
- Pistachios
- White Mushrooms
- Zest Premium Belgian White Chocolate Bars

Holiday Brights Board
Offer a healthier spin on an overflowing assortment of flavor and vibrant color that’s sure to please.

- Asparagus Spears
- Baby Beets
- Broccoli Spears
- Carrot Sticks
- Cherry and Grape Tomatoes
- English Cucumber Slices
- Radishes Leaves
- Radishes
- Red Pepper Hummus
- Red, Yellow and Orange Sweet Peppers
- Salsa Verde Hummus
- Sugar Snap Peas
**Tree of Cheese Board**

A festive Christmas tree makes a memorable board.
- **Bellissima Fresh Mozzarella Cheese**
- **Hering’s Cheddar Cheese**
- **Huy Fong Buffalo Wing Jack Cheese**
- **Gherkin Salad**
- **Rosemary Sprigs**
- **Bellwether Farms 3 Chile Pepper Greens**

**How to Assemble:**
Cover a foam cone with plastic wrap and set on a plastic cone. Give a vertebrate cheese into the cavity and add cheese slices to the top. Attach cheese, mozzarella ball, and tree limbs to the foam cone with Simply Dine garden toothpicks from Hy-Vee. Finish with a decorative garnish.

**Pinwheel Snack Board**

A Pinwheel Snack Board is a savory spin on holiday get-togethers.
- **Almonds**
- **Artist’s Sausage Matchsticks**
- **Barbari’s Cheddar Cheese**
- **Bellissima Burrata Cheese**
- **Dried Apricots**
- **Truffle Crackers**
- **Fresh Rosemary Sprigs**
- **Fresh Thyme Sprigs**
- **Green Olives**
- **Lobster Cheese**
- **Marinated Cucumbers Cheese**
- **Mozzarella Goat Log**
- **Olive Constellation Wedge**
- **Raspberries**
- **Rustic Red Cheddar Cheese**
- **Sunset Bath Chips**
- **Smokey Roasted Extra-Aged Aged Cheese**
- **Bellissima Burrata**

**How to Assemble:**
Pool a savory spin on holiday get-togethers.
- **Almonds**
- **Artist’s Sausage Matchsticks**
- **Barbari’s Cheddar Cheese**
- **Bellissima Burrata Cheese**
- **Dried Apricots**
- **Truffle Crackers**
- **Fresh Rosemary Sprigs**
- **Fresh Thyme Sprigs**
- **Green Olives**
- **Lobster Cheese**
- **Marinated Cucumbers Cheese**
- **Mozzarella Goat Log**
- **Olive Constellation Wedge**
- **Raspberries**
- **Rustic Red Cheddar Cheese**
- **Sunset Bath Chips**
- **Smokey Roasted Extra-Aged Aged Cheese**

**Festive Cheese**

Watch our video to get a closer look at how easy a Tree of Cheese was put together.

**Hy-Vee SEASONS December 2019**
Cheese

FIND A FLAVORFUL WORLD OF CHEESE—INCLUDING HANDMADE ARTISAN VARIETIES—for your CHEESE BOARD, HERE’S A GUIDE:

CHEESE TYPES:

Fresh
Young cheeses with soft and semi-soft textures have not been aged longer than 30 days.
Examples: fresh mozzarella, chèvre (goat cheese), Brie, fresh feta cheese.

Soft-Ripened
Cheeses that are soft on the outside and semi-soft on the inside are characterized by bloomy rind and very soft interiors.
Examples: Bel, Camembert.

Semi-soft
Cheeses with smooth, creamy interiors and mild to no mold typically have a light or light fruit cream flavor.
Examples: Roquefort, Edam, Gouda.

Hard
Cheeses with firm, dense interiors and gaps for long periods of aging have distinctive sharp tastes.
Examples: Adagio, Manchego, aged Cheddar.

Alpine
Made from milk of cows that have grazed in high mountain pastures, these cheeses often form during mating seasons.
Examples: Swiss, Fontina, Gruyère, Jarlsberg.

Grana
Hard cheese derived from whole milk, then aged in rinds and gaps for long periods of time, giving them a unique flavor and a crumbly texture.
Examples: Parmigiano-Reggiano, Pecorino.

Blue
Soft-ripened cheeses with natural or added mold that grow within and produce a blue veining, taste ranges from mild to strong.
Examples: Roquefort, Roquefort.

Dutch
Named after the town in Holland where the cheese originated, these cheeses are mild and creamy, usually served with fresh fruit and nuts.
Examples: Brueks, Edam.

BARBER’S

CHEDDAR
Cheese
Rich, creamy texture and crumbly texture. Served in a variety of styles and pairs well with flat bread, fruit, or crackers.

SARTOIL RESERVE
Gold or Blu/Gold
Medium-dark creamy cheese with nutty, fruity flavors aged by traditional Italianخالفd cheeses, select varieties 14.99 $.

PARRAMBO
REGGIANO
Rich, sharp flavor for hearty dishes and hot vegetable dishes.
13.99 $.

D’AFFINISIO BRIE
Milk and butter, French Brie with a chèvre goat cheese, mild and creamy with a nutty, fruity flavor.

16.99 $.

COOK THINGS EASY...
Charcuterie 101

Tools

Presentation is key. Get the right products to make your appetizers stand out.

- BOISKA CHEESE BOARD
  Reusable plate with handles: perfect for charcuterie boards.

- BOISKA CHEESE SLICING KNIVES
  Stainless steel knives to cut cheese precisely.

Charcuterie 101

Pre-made

Hy-Vee offers ready-to-eat charcuterie boards! Call ahead to place an order or ask about options.

- SPRESSATA SALAME, PROSCIUTTO & CRISPIONE BOARD
- TRUFFLE-CHEESE MIX, FONTOURNE & SMOKED CHEESE BOARD
- BUTTERFLY BEEF, MANCHEG & GRAVIERE CHEESE BOARD
- TUSCAN SALAME, STICK FIGURINE & PROCOZRAINA BOARD

Ugly Sweater Fruit Platter

Serve a colorful and bold fruit design resembling the cozy holiday party garb.

- Apple Wedges
- Raspberry
- Orange Slices
- Cantaloupe Cubes
- Fruit Dip
- Pomegranate Seeds
- Grapes
- Cranberries
- Strawberries
Santa’s Favorite Tray
- Fruit and Nut (seasonal)
- After a holiday dinner
- Almond Cookie Brittle
- Cinnamon Chips
- Gold and White Sugar Pearls
- G HI L
- Happy Baking Brownies, out of this world
- Happy Bakery Gourmet Mincemeat
- Happy Bakery Sugar Cookies
- Happy Bakery Thumbprint Cookies
- Happy Hot Fudge Pots
- Happy Red and Green Sprinkles
- Happy Tiny Twists Pretzels
- Peppermint Toffee Mint Chocolate Milkies Cookies
- Toblerone Swiss Dark Chocolate Mints
- Pretzel Rods (Krispy Kreme, cut into sticks)
- White Chocolate Fondue

Cocoa Toppers Board
- Holiday themed hot cocoa Advocare and accompaniments
- Melted milk
- Caramel:
  - Cinnamon Red Hot
  - Crushed Peppermint Candies
  - Galaxy Toasted Japanese waffle crisp
  - Honeycomb
  - Happy Chocolate Chips
  - Happy Marshmallows
  - Happy Red Select Pure Maple Syrup
  - Mini Candy Canes
  - Peppermint Stix
  - Peppermint Truffle Pralines
  - Soft Peppermint Candy
  - Whipped Cream garnished with Happy ground cinnamon
  - Dark Chocolate Bars
From our family tree to yours.

From tree to table, we offer a variety of healthy snacks the whole family will love.
Cheers!

CELEBRATE THE SEASON WITH FRESH TWISTS ON COCKTAILS, PLUS FIND TIPS FOR SELECTING BAR TOOLS AND GLASSWARE AND GARNISHING WITH FLAIR.

**Santa Martini**

Total Time 10 minutes
Serves 1 (5 oz)

1. Fill a cocktail shaker half-full with ice. Add the 1 oz of peppermint schnapps, 2 oz of vodka, and 1 oz each of cream de cacao, half-and-half, and 1/2 oz of sugar syrup. Add a dash of lime juice to the shaker. Shake until frothy. Strain into prepared glass. Garnish with a sprig of mint and a candy cane, if desired.

2. SERVING SUGGESTIONS: For a fun twist on this cocktail, add frozen peppermint sticks to the shaker with the ice. This will give the drink a nice, frosty texture and a refreshing taste. Alternatively, you can use a sugar-free or vegan version of the candy cane for those who prefer not to consume chocolate.

Mocktails

For a rich and creamy drink, turn this peppermint martini into a mocktail by substituting peppermint hot chocolate for the cream de cacao and soda water in the shaker. More mocktail ideas:

- Combine cranberry juice and ginger beer, or make monochromatic mojitos with club soda instead of rum, adding a splash of pomegranate juice.
**Whisky Sour Float**

**Total Time:** 10 minutes  
**Served:** 1 (1½ oz.)

- ½ oz. finely crushed freeze-dried pomegranate seeds, for garnish  
- Try this light syrups, for garnish  
- 2 oz. The Botanist Dry Gin  
- ¼ oz. pomegranate juice  
- ¼ oz. fresh lemon juice  
- ¼ oz. simple syrup  
- ½ cup Champagne  
- Fresh pomegranate seeds, for garnish  
- Lemon slices, for garnish

1. **PLACE** freeze-dried pomegranate seeds in a shallow dish. Dip the rim of a 1½-oz. cocktail glass into corn syrup, then coat with pomegranate seeds; set aside.

2. **COMBINE** whisky, pomegranate juice, lemon juice, and simple syrup in an ice-chilled cocktail shaker. Cover and shake well. Strain into prepared glass. Serve topped with lemon slices, pomegranate seeds, and lemon slices, if desired.

*Per serving:* 112 calories, 0 g fat, 6 g carbohydrates, 1 mg sodium, 0 mg cholesterol, 0 mg potassium, 0 g sugar, 50 mg sugar alcohol.

Use a cocktail shaker to make the drink and a straw to add pomegranate seeds.
5 STUNNING GARNISHES
TRANSFORM YOUR COCKTAILS INTO THE TALK OF THE PARTY WITH FRESH, AROMATIC ADDITIONS OR FESTIVE HOLIDAY TRIMS.

**try this**
Bake and decorate evergreen branch tips, gingerbread men, star or snowflakes to use as a cocktail garnish.

**pro tip:**
**IMPROVE YOUR SERVE**
Chill cocktail glasses ahead of the party so drinks will stay crisp and cold longer and the glasses will bounce and ping. If you don’t have time to chill, fill glasses with crushed ice to cool them quickly while you mix the drinks. ~Mike Huber, Wine & Spirits Manager, Higbee, Arkansas, Iowa

**gingerbread house**
Almond or White Russian, while chocolate meringue or eggnog with a floppy gingerbread house. Use the Gingerbread Cookies and Frosting recipe, page 46, to bake and decorate the outlined. Cut a slit in the bottom with the cookie cutter or knife. Sprinkle spiced sugar on the icing. Allow time for icing to dry before popping cocktails at the rim of the glass.

**candy ribbon tree**
Dress up a martini, cosmopolitan or martini with a deliciously edible candy ribbon tie. Thread your watermelon-flavored candy line onto a small ceramic platter. Cut a star from a yellow Starburst candy to tie the bow, brush sweater in drink.

**apple-icious**
Spice up a Moscow mule, apple cider cocktail or bourbon smash with apple and cinnamon. Tum a licorice or apple slice, or slice cut underneath, into a teacup to remove seeds from each slice to expose the star shape in the center. Or an apple slice and cinnamon stick in each drink.

**holly and berries**
Time a Tom Collins, gin fizz or lemon drop cocktail with fresh mint leaves and fresh raspberries. Hold a mint sprig from its stem and gently toss the leaves in granulated sugar. Stick mint on rim of glass, then drop in a couple whole raspberries.

**rudolph cocktail**
Brighten an old-fashioned, whiskey sour or screwdriver with a cheerful garnish of rosemary sprig and a maraschino cherry nose.
Layered Shooters

Total Time: 10 minutes plus chilling time
Serves: 4

1 oz. Godiva white chocolate liqueur, chilled

FOR A GREEN SHOOTER, pour creme de menthe into chilled shot glass. Chill pour white chocolate liqueur over the back of a spoon on to create layers. Serve immediately.

1 oz. Godiva white chocolate liqueur, chilled

FOR A RED SHOOTER, pour malibu and cranberry into chilled shot glass. Chill pour white chocolate liqueur over the back of a spoon to create layers. Serve immediately.

FOR A GREEN SHOOTER, pour creme de menthe into chilled shot glass. Chill pour white chocolate liqueur over the back of a spoon to create layers. Serve immediately.

gingerbread dark and stormy cocktails

For a cordial syrup, stir together 1 cup water and 1 cup brown sugar in a small saucepan. Bring to a boil, remove from heat, cool 5 minutes, discard foam. 70 oz. (2 fl. oz.) ginger liqueur into glasses. Lightly spritz with freshly crushed for a finishing touch. Stir in a few dashes of orange bitters or cranberry juice for a nice flavor. Serve immediately. Garnish with spiced sugar and cinnamon. Serve immediately.

try this

Flavor accidently spilled, use the cocktail to flavor coffee, or soak oranges slices in it for a tasty dessert.

SMART SWAP

For another way with spice, try a fruit-flavored rum and a little fresh ginger. Rim glasses with chile, salt and sugar.
GIFT IT FORWARD
WITH PEPSI

Scan QR code on participating packs.

Reveal three Pepsi Qubes™ in a row to gift cash, plus you can get entered into the grand prize sweeps!

Embrace the holiday spirit and gift up to $25,000 winnings to anyone on your holiday list.

Tips and time-savers for a stress-free holiday plus ideas for family get-togethers.

76 HY-VEE GIFT GUIDE
82 HOLIDAYS IN BLOOM
86 FAST FIXES
90 THE GIFT BASKET
HY-VEE GIFT GUIDE

From practical to pampering to playful, find just-right gifts for the lucky people on your holiday shopping list.

1. CUISINART FAUX-WOOD CUTLERY SET
   Five knives with high-quality stainless steel blades, nonstick ceramic coating and blade guards.

2. STARFRIT INDOOR SMOKELESS GRILL
   Electric smokeless grill with nonstick grilling surface for indoor cooking.

3. TOASTMASTER 2.5-LITER AIR FRYER
   Rapid heat convection, adjustable temperature control and timer for healthier oil-free cooking.

4. CHEFMAN PANINI PRESS & CONTACT GRILL
   Multifunctional cooker serves as panini press or indoor grill.

5. CUISINART FAUX MARBLE CUTLERY SET
   Five knives with stainless-steel blades and nonstick ceramic coating for easy slicing, includes blade guards.

6. YANKEE CANDLES
   Seasonal favorites Sparkling Cinnamon and Christmas Gleam join Hy-Vee’s candle collection.

7. RIEDEL OUVERTURE WINEGLASS SET
   Dishwasher-safe set of 12 lead-free crystal glasses for wine and champagne.

8. KEURIG CLASSIC K-MINI PLUS
   Slim and sleek single-serve coffee brewer.
BASIN BATH BOMBS
Nearly 20 fragrances—
including citrus, earthy,
floral, fresh, fruity and
sweet—to fit every
mood and complement
any occasion.

BURT’S BEES GIFT SET
Includes milk & honey body
lotion, honey & grapefruit
hand cream and honey
lip balm.

FRAGRANCE GIFT SETS
For her: Beyoncé Heat
Kissed & Heat Wild Orchid
Gift Set. Adidas Moves for
Her Eau de Toilette Spray
Gift Set.

FORMULA 10.0.6
MASKS
Specially formulated
gel and mud masks to
neutralize, tone and soothe
facial skin.

EDU SCIENCE M840X MICROSCOPE
Student microscope with 10x to 840x magnification,
LED illumination lamp and geared focusing system.

EDU SCIENCE LAND & SKY 800 TELESCOPE
Tabletop telescope with craved base and two eyepieces
for wide-angle and close-up viewing.

WAHL ALL-IN-ONE TRIMMER
Rechargeable grooming
set with self-sharpening
precision blades for
shaving and trimming face,
head and ears.

ELF 48-COLOR EYE
SHADOW PALETTE
Provides six shades and
brushes to deliver
undone look—from bold
to natural.

DA BOMBS
Barbie and Hot Wheels
bath bombs in fun scents
like grape bubble, cotton
cherry and cherry.

FOR THE
Stylish

Make anyone feel pampered and extra
special with grooming aids and personal
care products from JCPenney.

ANIMAL ZONE’S BIG TUB OF DINOSAURS
40-piece set includes plastic dinosaurs, accessories and storage tub.

YOU & ME BATH TIME BABY DOLL SET
Washable doll with movable arms, legs and eye that open
and close. Comes with tub and accessories.

YOU & ME GET WELL BABY DOLL
Soft-bodied doll with syringe medical doll and accessories.

for the kids

JCPenney has something for children of all ages, from fun toys and games to
educational gifts for the curious-minded.

BRUIN TOYS
Toys and play sets, geared to specific ages, to foster children’s imaginations.
Lock down your holiday gift list

Mrs. MEYER’S
CLEAN DAY

When it comes to HOLIDAY SCENTS we say the more THE MERRIER

‘TIS THE SEASON TO BE POWERED

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HOLIDAYS IN BLOOM

From poinsettias and peppermint posies to the cuttings of your favorite Christmas conifer, these festive centerpieces will be making spirits bright this holiday season.

A DIFFERENT STRIPE

This festive display will get everyone in the holiday spirit. Start by wrapping peppermint stick cellophane around a square glass container. Wrap in a ribbon and finish with a bow. Insert a moss or base of Oasis floral foam, add red carnations from Hy-Vee after removing foliage and cutting stems to desired lengths.

GROUP EXCURSION

Take a holiday sightseeing tour in your own home. Gather up your favorite holiday plants from Hy-Vee, including poinsettias, amaryllis and ranunculus. Place individual cuttings in small vases and vases, then display in a way that can be moved whenever good tidings are needed.
DASHING THROUGH THE SHOW
Create a festive display with fresh cuttings from needleleaf and boxwood arrangements along with strands of hypericum berries from the Hy-Vee Floral Department. Place in four matching water-filled metal containers from Hy-Vee.

SPRAY EVERGREEN CUTTINGS WITH AN ANTIDESICANT SUCH AS WUS-PRUF TO KEEP FOLIAGE FROM DRYING OUT

POTTED PANACHE
Poinsettias are shrubs in their native Mexico, households farther north. Care is go for a tree? Trained into a tree shape, this cherished holiday plant gathers even more attention than normal. While it’s not the sort of tree to provide shade in summer, it should provide smiles—and plenty of winter. Get your poinsettia tree from Hy-Vee.

Let your poinsettia tree be the star of the show. Pair it with a white pot and asell flower that complements the plant rather than competing with it.
FAST FOOD
TAB HY-VEE AS YOUR KITCHEN ASSISTANT THIS HOLIDAY SEASON TO MAKE THE BIG MEAL A SUCCESS FROM START TO FINISH. IN FACT, WE’LL TAKE CARE OF THE WHOLE THING SO YOU CAN SIT BACK AND RELAX!

HOLIDAY MEAL PACKS
Meal packs serve up to 20 people with options like turkey, ham, prime rib or plus more than a dozen side options and desserts. Food is pre-cooked and oven-ready—all you have to do is reheat and enjoy. Order 48 hours before pickup to get your meal pack on time.

SIDE AND DIP OPTIONS
You handle the entrees, we take care of the sides. Order sides like mac and cheese, mashed potatoes and more from your local Hy-Vee kitchen. Stop by the deli and pick from premium meat and cheese.

BAKERY DESSERTS
Top off the feast with Hy-Vee desserts! Choose classic holiday favorites like pumpkin or pecan pie in addition to French silk, lemon meringue and more. Why stop there? Guests will have tough decisions with cookies, brownies or Cheesecake Factory bakery cheesecakes.

HY-VEE SHORT CUTS
Save time (and maybe a finger!) with Hy-Vee Short Cuts. Count on precooked butternut squash or Brussels sprouts for sides, or take advantage of the chopped celery, carrots and canned medley for stuffing.

READY TO EAT
Just pull it out of the freezer and microwave, no cooking or prep required. A delicious and deliciously convenient meal.

FAST SERVICES
CUT TIME SPENT RUNNING ERRANDS BY USING HY-VEE AS YOUR ONE-STOP SHOP. FOR SOME SERVICES, YOU WON’T EVEN NEED TO LEAVE YOUR HOME!

HSTV
Find inspiration from original programming on HSTV.com. You’ll see quick dinner tutorials with “TT&Z,” Mark’s fun cocktails from “The Board Behind the Bar” or simple holiday shortcuts on “What’s the Hack?”

SHOPPING MADE EASY
Go to hy-vee.com/grocery/ or use the Hy-Vee app on your smartphone to sign up for Hy-Vee Aisles Online. Digitally browse the aisles and select groceries from the comfort of home. When finished, select a convenient time for you to pick up groceries or have them delivered.

HY-VEE aisles online.

PHARMACY
Managing prescriptions has never been easier. Download the Hy-Vee app on your phone to refill prescriptions or have it transferred if you’re traveling. Check with your local Hy-Vee Pharmacy for delivery options.

STOCKING STUFFERS
PICK UP LAST-MINUTE GIFTS AND STOCKING STUFFERS LIKE GIFT CARDS TO HY-VEE, STARBUCKS, RESTAURANTS AND ONLINE SERVICES.

DRY CLEANING
Drop off or pick up your clothing at customer service while shopping to make two items off the checklist at the same time! Also, all stores offer same-day turnaround on dry cleaning services, as many do.

HY-Vee MARKET GRILLE
A NIGHT OUT
Hosting family or friends for several nights? Let Hy-Vee Market Grille provide a meal! The menu is loaded with options to please everyone—tacos, burgers, salads, sushi and more. Check your local Market Grille’s daily food or drink specials, and place orders to go.
THE GIFT BASKET
WITH THESE DELICACIES AND DELIGHTS FROM HY-VEE, YOU CAN MAKE ANYONE FEEL SPECIAL.
CELEBRATE AND SAVOR
Go beyond ordinary snacks with extraordinary hors d’oeuvres.

SIMPLY SARTORI BASKET
One look at the goods in this basket will put the notion of hoarding in everyone’s head. Two red wines from Bogle Vineyards complement specialty cheeses and artisan waters and bruschettas. A choice of five and cutting board make quick work of prep.

A TASTE OF ITALY BASKET
Fuss free and reflex in the air with this basket full of treats inspired by the Old World, including red wine, pasta, olive oil, balsamic vinegar, cheese, prosciutto, olives, breadsticks, & the Bogle’s water and more.

BON APPÉTIT BASKET
This savory basket includes six types of cheese and two types of salami, it also includes create pepper crisps, fruit paste, caramelized pecans and fresh-chamomile brown sugar cinnamon butter.

PICKED FOR PERFECTION BASKET
Fresh takes on a world tour with hand-selected deli meats, including the red currant honey spreads, chocolate hazelnut wafers, cranberry cinnamon log, cran, five kinds of Cheddar cheese and a cutting board.

DELUXE DELIGHTS BASKET
This array of treats keeps a new meaning to the word variety. It includes fig and honey chutney, pate, artisan crisps, shortbread cookies, dark and milk chocolate, nuts and Cheddar cheese and salami.

CHARCUTERIE BASKET
There’s a lot to savor in this basket. Featuring a sophisticated selection of charcuterie, nuts, cheeses, meats and specialty foods; it’s sure to please anyone with a taste for quality.

SAY CHEESE BASKET
Fine Grappas and Cheddar cheeses are just the start. To make it more convenient, there’s a cutting board and cheese knife. To make it more delectable, there’s an artisan dips and two types of Zotter chocolate.
CELEBRATE AND
PAMPER

From comfort foods to enjoy on a cold winter’s eve to personal grooming kits, Hy-Vee baskets hold something for everyone.

HARRY & DAVID
SOUP & SNACK BASKET
Everything needed for a cozy evening indoors: summer sausage and honey hot mustard for an appetizer, soup mix and artisan crackers for the entire family, popcorn for the movie, and chocolates dedicated to cap off the night.

CLASSIC CARAMEL
MOOSE MUNCH
POP CORN

STARRY NIGHT BASKET
Make it magical with chocolate-dipped truffles, chocolate-covered ganache covered pretzels, and your favorite hot cocoa mix. Two mugs ensure it’s a treat worth sharing.

DUKE CANNON AMMO CAN GIFT SET
Look sharp! It’s easy for the lucky gentleman who receives a Duke Cannon gift basket that includes shaving cream, face wash, soap, and a genuine Army ammunition can.

MERRY AND BRIGHT BASKET
Chocolates, caramel popcorn, crackers and dark chocolate kettle corn, coffee, lavender, and toffee are sure to delight anyone on your gift list.

COZY PLAUD
HOLIDAY BASKET
Send warm wishes with chocolate-dipped truffles, kissed kettle corn, s'mores kit, and two country mugs to hold the hot cocoa mix. Even the plaid basket says “Cozy Wishes.”
BEST OF THE HARVEST

A fruit basket is a nourishing and welcome counterpoint to holiday sweets.

ORCHARD SELECT BASKET
Enjoy the freshest fruits—apples, oranges, bananas, pears, ruby red grapefruit, tropical kiwi fruit and seedless grapes—arranged in a braided-wire basket.

HEALTHY CHOICE BASKET
Sample fresh apples, bananas, pears, oranges, ruby red grapefruit, tropical kiwi fruit and seedless grapes—all delivered in a premium wicker basket.

HEARTLAND TRADITION BASKET
Small,结实 and good for your soul. This arrangement of apples, bananas, pears, grapefruit, oranges, strawberries, tropical kiwi fruit, pineapple and seedless grapes makes a delicious addition to traditional holiday fare. Plus, the braided basket with floral handle makes a fine keepsake.

SIMPLY SWEET BASKET
Give a gift to sweet with a willow-wire basket filled with apples, bananas, pears, ruby red grapefruit, oranges, tropical kiwi fruit, lemons, limes and seedless grapes.

THESE BASKETS AND ALL YOUR HOLIDAY GIFTS ARE JUST A CLICK AWAY!

VISIT HY-VEE.COM, THEN SEARCH UNDER “GIFT BASKETS.” ORDERS ARE READY FOR PICK UP IN JUST 2 DAYS.
Shaving in a Winter Wonderland

Give every guy on your list these handsome-as-they-are-useful shave tools. They’ll be around long after the snow melts.

SHOW YOUR SKIN SOME LOVE THIS WINTER. PLUS, DISCOVER DIET AND EXERCISE TIPS TO RING IN THE NEW YEAR.

100 10 TIPS FOR HEALTHY WINTER SKIN
104 DIETITIAN Q&A: HEALTHY HOLIDAY HABITS
108 FOODS THAT LIFT YOUR MOOD
114 GYM 101
116 MEASLES VACCINE
118 SEND HELP, HY-VEE
1. **Drink more water**
   Water improves skin's elasticity and helps the epidermis, the third and outermost layer of the skin, maintain moisture. In a study published in Clinical, Cosmetic and Investigational Dermatology, researchers found that increasing water intake has positive effects on skin health, especially among those with regularly lower water intake.

2. **Moisturize**
   Apply lotion or cream right after drying off from a shower, bath or washing your face. Ointments and creams help retain existing moisture on the surface of the skin, so applying while skin is damp is ideal.

3. **Use a cleanser**
   Skin will still produce oil even in dry conditions. Rid pores of dead skin cells and oil by applying a gentle, non comedogenic (doesn’t block pores) cleanser twice daily. When applying, don’t use so much that the cleanser becomes frothy. Rinse with lukewarm water and avoid harsh scrubbing, which may make dry skin worse.

4. **Close shave**
   Always use a shaving cream and never shave dry, which can dry and irritate skin. Those with dry or sensitive skin will benefit from creams or gels for sensitive skin. Remember to shave in the direction the hair grows.

5. **Short showers**
   A long, hot shower or bath may seem the ideal remedy to a cold night, but it’s a culprit for dry skin. When taking a shower or bath, limit time in the water to 5 to 10 minutes, using lukewarm water instead of hot. When it’s time to towel off, gently blot your skin.

6. **Bad itch**
   Scratching dry, itchy skin may cause further irritation and could result in infection. Instead, apply an ice pack to the area for 5 to 10 minutes or until the itch subsides.
7 Sun Protection

The sun’s UV rays can cause damage even on the coldest, most overcast day of the year. Wear sunscreen if you spend a prolonged period of time outside, and use extra precaution if taking a ski vacation in the mountains. UV rays are more powerful at high altitudes, and snow can reflect up to 80% of the sun’s rays.

8 Get Dressed

It seems like a no-brainer, but bundling up before going outside will keep skin protected from the elements and dry air. Hands tend to dry out faster than other parts of the body, so wear a pair of gloves or mittens when you leave the house.

9 Avoid Open Heat Sources

Coozing up by the fire is a romantic idea when it’s chilly out, but open heat sources can dry out skin. That goes for radiators, space heaters and open vents, as well. Keep the thermostat slightly lower and dress in layers to provide warmth.

10 Eat Right

To protect skin, fuel up with foods loaded with vitamin E, like almonds or spinach, to help keep skin moist and soft. Aim for 15 mg a day. Add foods high in vitamin A, like dark leafy veggies, to help your body replace skin cells and maintain function.

Shop Hy-Vee Skin Care

Stock up on winter skin care products at your local Hy-Vee. From cleansers and moisturizers to makeup wipes, Hy-Vee has it all.

1. Neutrogena Hydro Boost

Improves hydration while removing dirt and oil.

2. Burt’s Bees Cleansing Oil

Washes away dirt and leaves skin soft and moisturized.

3. Basq Lip Balm

Avocado oil softens lips and SPF 15 provides sun protection.

4. Basin Shave Cream

Moisturizes skin while preventing razor burns.

5. Gold Bond Healing Hand Cream

Absorbs quickly to repair chapped, dry hands.

6. Garnier Micellar Cleansing Water

Removes makeup without drying or irritating skin.

7. Olay Micro-Sculpting Cream

Smooths fine lines and wrinkles and improves skin’s elasticity.

8. Basin Body Butter

A creamy moisturizer with coconut oil and cocoa butter.

9. Mineral Fusion Body Lotion

Fueled with nourishing vitamins to keep skin soft.
HEALTHY HOLIDAY HABITS
EAT, DRINK AND BE MERRY—AND STAY (MOSTLY) ON TRACK DURING THE HOLIDAYS. HERE’S HOW.

Q: How can we eat healthfully this season when we’re surrounded by large meals and constant treats?
A: Start with a positive, reasonable truth: This is a time of joy and celebration, family and friends, food and sharing. Enjoying food is part of the holidays. There are smart ways to do that.

Q: Any tips for smart eating at dinner?
A: Fill up on salad and other veggies before meat and potatoes. Offer to bring a dish—vegetables and hummus, spinach salad, fruit salad, ribs, steamed green beans with almonds—for a healthy option, like a small fork or spoon to eat a dessert, and binge over each bite. And when you feel full, pop a sugarless mint or stick of gum in your mouth—it freshens your breath and you’re less likely to want to eat.

Q: At a party?
A: Don’t leave your home hungry. Have a snack first—an apple, protein bar, low-fat yogurt with a banana, nut butter on whole grain crackers or low-calorie cheese such as mozzarella or Swiss, Fiber in Fruit, and whole grain and protein in cheese are filling and low-calorie, making it easier to limit dinner portions. Limit alcohol, which is high-calorie and lowers your inhibitions, leading you to eat more. Stick to two glasses of wine or less, and drink water often.

Q: ‘Tis the season to snack. What are some healthy options?
A: Those with vitamins, minerals and fiber, such as grapes, raw veggies and hummus, sliced pears over cottage cheese or Greek yogurt with fruit. I keep a small resealable bag of sliced red bell peppers in the fridge to enjoy with guacamole or hummus. The peppers are loaded with vitamins C and A.

Q: Any other suggestions?
A: Plan for leftovers—turkey and cranberries on whole wheat, Brussels sprouts in an omelet, mashed potatoes mixed with cauliflower. Drink plenty of water to stay full. And be kind to yourself. Reflect on all that makes you happy and thankful this holiday.

WAYS TO EAT SMARTER OVER THE HOLIDAYS
TRY THESE SMART GO-TO SNACK SUGGESTIONS AND FEEL GOOD ABOUT EATING OVER THE HOLIDAYS.

1. STRAWBERRIES & YOGURT
Top fresh strawberries with low-fat plain yogurt for a good dose of protein, calcium and antioxidants. If you like, add blueberries and sweeten with vanilla sugar drizzled in honey.

2. BANANA-ALMOND TOAST
Spread almond butter on a toasted slice of whole grain bread and top with banana slices, sprouts with flax or chia seeds, and/or carob chips.

3. TOMATO-MOZZARELLA KABOBS
Alternately skew cherry tomatoes, mozzarella balls or cubes, and fresh basil leaves. Top dizzle with balsamic vinegar and extra virgin olive oil.

4. NUTTY SWEET POTATO
Bake a small sweet potato in the microwave, and top with 2 to 3 Tbsp. plain Greek yogurt and about 1 Tbsp. chopped pecans. Sprinkle with a little brown sugar and/or cinnamon, if desired.

5. PEAR WITH COTTAGE CHEESE
Cut a pear in half and discard cores and seeds. Spoon low-fat cottage cheese into pear half and top with sliced almonds or walnuts. Sprinkle with cinnamon.

6. TURKEY ROLL-UPS
Layer Swiss cheese and smoked turkey slices. Roll up, then dip in fat-free hummus or a low-fat, flavor mustard such as Dijon, brown or Dijon.

7. ROASTED CHICKPEAS
Drain and rinse canned garbanzo beans (chickpeas) and blot dry with paper towels. Toss chickpeas with olive oil, salt, and pepper, and sprinkle with your favorite spiciness—smoked paprika, cayenne pepper, and/or chili powder. Bake on a rimmed baking pan at 400°F for about 20 minutes or until browned and crunchy.

1 Lb. of fat equals about 3,500 calories. To lose 1 lb. in a week, cut about 500 calories each day.
32 ounces of yogurt, a million ways to use it
From dips to desserts, side dishes to mains, you can craft your favorites with protein-packed Chobani® Greek Yogurt, made with only natural ingredients. Visit chobani.com/recipes for inspiration.

Spinach-Artichoke Dip

Yield: 8 servings

INGREDIENTS

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chobani® Non-Fat Plain Greek Yogurt</td>
<td>1 cup</td>
</tr>
<tr>
<td>Spinach leaves, chopped</td>
<td>1 cup</td>
</tr>
<tr>
<td>Artichoke hearts, canned</td>
<td>4 ounces</td>
</tr>
<tr>
<td>Low-fat cream cheese, room temp</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Garlic powder</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>1/4 teaspoon</td>
</tr>
</tbody>
</table>

INSTRUCTIONS

1. In a small pot, combine spinach and artichoke hearts and 1/2 cup of water until slightly softened. Stir in a boil for 1 minute, then strain. Keep warm.
2. In a medium mixing bowl, combine remaining ingredients, except 1 cup of parsley, until fully incorporated. Add spinach and artichoke mixture and stir to combine.
3. Transfer mixture to an oven-safe casserole or small baking dish. Top with remaining cheese and bake at 350°F for 20 minutes, or until cheese is melted on top. Let cool slightly before serving.
MOOD FOOD

A well-fed brain and nervous system enhance mood. Some nutrients appear to improve verbal and visual memory; others smooth nerve transmissions as morph into serotonin to calm. Studies point to tryptophan as a possible tool to fight depression, which affects roughly 20 percent of the world’s population. Make room for these foods in your diet.

FOODS

What they do: An essential amino acid, tryptophan converts to the neurotransmitter serotonin in the brain and in the gut. Serotonin in the brain regulates mood, appetite and sleep.

FOODS: Avocado, nuts (almonds, pistachios, cashews, hazelnuts); seeds (chia, flax, pumpkin); meat (beef, pork, lamb); poultry (chicken, turkey); fish (sword, halibut, snapper, salmon, tuna); beans (kidney, pinto); dairy (milk, cheese, yogurt); oats.

Daily amount: 1.8 mg per lb of body weight.

PRO TIP: BALANCE HELPS MOOD

Avoid eating meat and choose a diet that is balanced and includes plenty of fruits, nuts, vegetables, whole grains, legumes and fiber—which are important sources of nutrients known to improve mood.

—Debrazi Bachor
Registered Dietitian

Sedalia, Mo.

FOLOTLE

What they do: Folate (vitamin B₉), which promotes DNA and RNA and blood cell formation, appears to affect levels of the feel-good chemical serotonin in the brain and spinal fluid.

FOODS: Beef liver; beans (black, garbanzo, kidney, pinto); egg (bananas; oranges; asparagus; broccoli); Brussels sprouts; romaine lettuce; spinach; nuts (cashews, peanuts, pistachios, walnuts); quinoa.

Daily amount: 400 mcg.

OMEGA-3 FATTY ACIDS

What they do: Antidepressant properties may fight depression. Omega-3s move through brain cells to interact with a molecule that affects mood. Research suggests the acids may lower risks for depression and might ease symptoms of bipolar disorder and postpartum depression; more study is needed.

FOODS: Salmon, tuna, mackerel; flaxseed oil; canola oil; flaxseeds; chia seeds; walnuts; almonds.

Daily amount: Men 1.6 g; Women 1.1 g.

PHYTOCHEMICALS FROM BERRIES

What they do: Anthocyanins, catechins and other phytochemicals appear to prevent or delay Parkinson’s and Alzheimer’s disease and multiple sclerosis. The berry is more susceptible to oxidation stress than other organs, and phytochemicals easily cross the blood-brain barrier to deliver antioxidant benefits, says the scientific journal Neuronal Protection Research.

FOODS: Strawberries, blackberries, blueberries, mulberries.

Daily amount: There is no established amount. The USDA Dietary Guidelines for Americans suggests 2 cups of fruit a day, especially whole ones with significant vitamin, mineral and antioxidant content.

FLAVANOLS

What they do: Present in cocoa and chocolate, flavanols act as antioxidants and improve blood flow in vessels. One study found that cocoa with high levels of flavanols increased blood flow to gray matter in the brain. Flavanols are also present in certain drinks and other foods.

FOODS: Dark chocolate, tea, red wine, blueberries and cherries.

Daily amount: Not established in the U.S. Health experts suggest getting cocoa flavanols from the most natural, heat processed dark chocolate. Keep in mind chocolate is high in calories; more than a couple squares a day could lead to weight gain.
**Spinach Caprese Dutch Baby**

**Hands On: 5 minutes**  
**Total Time: 45 minutes**  
**Serves 6**

2 Tbsp. Hy-Vee canola oil  
6 Tbsp. Hy-Vee large eggs  
1/2 cup Hy-Vee all-purpose flour  
1/2 cup Hy-Vee 3% whole milk  
2 Tbsp. Hy-Vee salted butter, melted  
1 tsp. kosher salt, plus additional to taste  
1 cup fresh spinach leaves, divided  
1 cup. Grape seed cheese, shredded  
1 tsp. Hy-Vee fresh oregano  
1 Tbsp. fresh Hy-Vee basil  
1 Tbsp. chopped fresh chives  
2 Tbsp. chopped fresh basil, divided  
1 cup cherry tomatoes, halved  
1/4 cup fresh whole milk mozzarella cheese, shredded  
2 Tbsp. Garlere Vita extra virgin olive oil  
1/2 tsp. Hy-Vee black pepper, to taste

1. **PREHEAT** oven to 425°F. Add canola oil to a large, cast-iron skillet. Place skillet in preheated oven for 10 minutes.

2. **MEANWHILE,** whisk together eggs and flour in a bowl until smooth. Whisk in milk, butter and kosher salt. Chop enough spinach leaves to fill skillet. Combine Grape seed cheese, oregano, chives and 1 Tbsp. basil, and place in a small bowl.

3. **REMOVAL** 1/2 of the halved tomatoes from oven. Pour batter into skillet. Removing quickly, carefully, chop 1 cup of spinach into skillet. Bake for 25-28 minutes or until puffed and golden.

4. **WHILE BAKING,** toss together tomatoes, mozzarella cheese, basil and remaining spinach. Top, basil and salt and pepper to taste. Add remaining cheese and basil to Dutch baby immediately after baking. Cut into wedges and serve.

**Recipe Tip:** For a little bit more sauce, you can either refrigerate the sauce or place it in a mason jar. It is a great addition for a summer salad!

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**Creamy Chocolate Nut Bark**

- 2 Tbsp. Hy-Vee chocolate wafers  
- 2 Tbsp. chopped whole cashews  
- 1/4 cup Hy-Vee milk chocolate  
- 1 Tbsp. vanilla extract  
- 1 tsp. instant coffee  
- 1/4 cup brewed coffee

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**Lemon Chicken Quinoa Skillet**

Combine 1/2 cup Hy-Vee chicken broth and 1 cup mixed white quinoa in a large skillet. Bring to a boil; reduce heat. Simmer, covered, 10 minutes. Add 2 cups chopped Hy-Vee Short Cuts Green Beans. Cover 10 minutes more or until quinoa is tender. Add 2 cups Hy-Vee chopped Hy-Vee red bell peppers or diced tomatoes. Stir in Hy-Vee brown rice. Simmer until rice is tender. Serve 1/2 cup shredded Hy-Vee mozzarella cheese on top. Serve immediately.  

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**Cottage Cheese, Fruit, and Nut Snack**

Mix 1 cup Hy-Vee cottage cheese and 1/2 cup Hy-Vee sliced strawberries.  

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**Beef & Asparagus Stir-Fry**

Cut 1 lb. Hy-Vee Angus Reserve sirloin steak into 1/2-inch cubes.  

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**Strawberry-Yogurt Smoothie**

Mix 1 1/2 cups Hy-Vee greek yogurt in a blender. Add 1 cup Hy-Vee frozen strawberries and 1/2 cups Hy-Vee apple juice. Blend until smooth.  

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**Recipe Ideas**

- Spinach Caprese Dutch Baby  
- Creamy Chocolate Nut Bark  
- Lemon Chicken Quinoa Skillet  
- Cottage Cheese, Fruit, and Nut Snack  
- Beef & Asparagus Stir-Fry  
- Strawberry-Yogurt Smoothie
GUACAMOLE WITHOUT THE HASSLE

Pit removal is the pits!
- Made with Hand-Scooped Hass Avocados
- No Preservatives Added
- No Artificial Flavors
All Real. No Drama.

NEW Cranberry Sage TURKEY BREAST

100% natural and gluten free, our new Cranberry Sage Turkey Breast is full of seasonal deliciousness.

No added hormones or steroids. Just real ingredients from trusted family farms.

NOW AVAILABLE IN YOUR DELI.

DiLusso DELI COMPANY
Fresh Start

The gym is for everyone, regardless of fitness level or experience. As a member, you’ll have access to a variety of equipment, classes and learning opportunities within a supportive environment. Odds are, someone you know has a recommendation—see if five Americans belongs to a gym. Still unsure? These tips might boost your confidence.

1. FIND THE RIGHT GYM
Shop around for membership rates within your budget. Consider your requirements: a large facility with a pool or sauna, or small gym with basic equipment. Consider location. You’re likely to use your membership if the gym is close to home or work.

2. TAKE A TOUR
Ask for a tour at the front desk. Learn the layout of the facility so you feel comfortable when you start exercising. Knowing how to get around will also boost workout efficiency.

3. ASK QUESTIONS
While touring the facility, ask questions like: What classes are recommended for my fitness level? Is there a schedule or calendar of classes? What is the ratio? How do I use equipment? How much does a training session cost?

4. ASK ABOUT OFFERINGS
Many memberships include classes for members: an opportunity to meet people and receive training in a supportive environment.

5. LEARN THE Lingo
“ reps” or “repetition” is the number of times to perform an exercise
“set” Number of times to repeat repetitions
“spotter” A person who supports another person through an exercise to ensure safety
“walk” Structure to hold dumbbells or weighted plates

Gym 101
Fear of the gym holding you back? Fear not! Gyms are full of like-minded people with similar goals: to get fit. Here’s how to find your comfort level and get the most from your experience.

Gym-Stant Success

Set yourself up for an efficient workout before lifting your First weight and maximize time in the gym.

Make a Plan
Set Goals: Are you exercising to lose weight? Build muscle? Feel better? Or improve overall health? Set specific and attainable goals in a timeline. Failing to a goal gives workouts purpose and keeps you focused.

Record Workouts
Take a notebook detailing your workout to the gym. Include exercises, sets, reps and rest time. You’ll know exactly what to complete and how long it should take.

Be Ready
From clothing to devices to warm-ups, be prepared
• Dress In comfortable, nonrestraining workout clothes, • Limit distractions by leaving your phone in a locker. • Wear shoes with ample foot support. • Always warm up before exercise. Ride a stationary bike at low intensity for 5 to 10 minutes or jog on a treadmill. Stopping a warm-up increases risks for injury.

Sample Workout
To start gym sessions on the right track, record these upper and lower body workouts. Perform each move for 3 sets of 15 with 60 to 90 seconds rest between sets.

Upper Body
• Seated Row • Dumbbell Bench Press • Tricep Push-Down • Dumbbell Shoulder Press

Lower Body
• Weighted Squats • Dumbbell Step-Ups • Seated Leg Curl • Walking Lunges

Proper Etiquette
Simple gestures go a long way with Gym Members and Staff!
• Use your equipment and pack up after yourself. • Return weights to rack after using them. • Be mindful of how long you use a piece of equipment; notice whether anyone is waiting. • Take up only the space you need. • Allow others to use equipment during your next time. If they ask,
MEASLES VACCINE

Once nearly eliminated from the U.S., the measles is making an alarming comeback. Protect your family with the MMR vaccine from Hy-Vee.

WHAT IS THE MEASLES?
Measles is an extremely contagious disease with flu-like symptoms including rash, fever, dry cough, watery eyes and a runny nose. In rare cases, it can cause pneumonia or even death.

WHO’S AT RISK?
Those traveling to foreign countries are at risk, along with infants, anyone over 20 years old, pregnant women and those with compromised immunities.

REPORTS OF MEASLES CASES ARE ON THE RISE

VACCINATION SUCCESS
The MMR vaccine, also known as the measles, mumps, and rubella combination vaccine, helped eradicate measles from the U.S. in 2000. Before the vaccine program began in 1963, up to 4 million people were affected each year.

WHY THEY’RE BACK
There’s been a recent increase in reported measles cases, likely brought in by unvaccinated travelers to foreign countries. This year alone, there have been more than 1,240 reported cases, compared to 86 in 2016.

GETTING VACCINATED

MOST HY-VEE PHARMACIES OFFER THE MMR VACCINE ADMINISTERED BY CERTIFIED PHARMACISTS—NO APPOINTMENTS OR PRESCRIPTIONS REQUIRED. CALL YOUR LOCAL STORE AND ASK FOR MORE DETAILS.

PRO TIP:
“Keep good hygiene with lots of handwashing, eat a healthy well-balanced diet and get plenty of rest so your body is prepared to fight off bacteria and viruses.”
—Angie Nelson, Hy-Vee, VP Pharmacy Operations

97% EFFECTIVENESS OF TWO DOSES OF MMR VACCINE IN PREVENTING MEASLES

Santa doesn’t take SICK DAYS!

Vicks DayQuil
or NyQuil

Cold & Flu Relief

Cough Syrup

12 fl. oz

Cold & Flu Relief

Cough Syrup

12 fl. oz

SOURCE: CDC.gov/measles/safety-outbreaks.html

SOURCE: CDC.gov/measles/index.html
**VIRUS SEASON**

Theories vary on why colds and flu hit hard in winter. Less humidity lets germs spread easily, staying indoors means close contact with others, immune systems work hard, whatever the reason, it’s important to know how to protect against these upper respiratory infections and how to reduce symptoms. Both are caused by viruses; antibiotics, which fight bacteria, do not kill viruses. Colds and flu usually run their course over several days (flu) to a couple weeks (colds). The body fights them naturally—hence the fever, chills, runny nose and congestion. Over-the-counter (OTC) meds can relieve symptoms.

**COLDs**

About
Rhinoviruses spread through droplets in the air from coughs and sneezes and through personal contact. The virus first infects the nose and sinuses, which then produce mucus to flush out the virus. Common symptoms include sneezing, coughing, stuffy or runny nose and sore throat.

Treatments
OTC drugs fight sneezing, stuffy or runny nose, sore throat, coughing and postnasal drip. Expectorants thin mucus; decongestants reduce the amount of mucus produced. Cough suppressants reduce the urge to cough. Antihistamines—often used in nighttime meds—fight histamines, which cause congestion.

**FLU**

About
Caused by the influenza virus, flu symptoms are fairly short-lived (five to seven days) and include chills, fever, cough, sore throat, aches and pains, runny nose, diarrhea, headache and fatigue. Like colds, flu is spread by air droplets and personal contact. Those who have had a flu shot yet still get the flu may be ill fewer days or experience less-severe symptoms than those who have not had the shot.

Treatments
Pain relievers (acetaminophen, ibuprofen, naproxen) relieve headache and muscle pain and reduce fever. Cough suppressants treat the urge to cough.

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"CERTAIN CONDITIONS, SUCH AS HYPERTENSION AND DIABETES, DETERMINE WHICH MEDS A PATIENT CAN TAKE SAFELY. IN ADDITION, SOME DRUGS SHOULD NOT BE COMBINED. HY-VEE PHARMACISTS ARE ALWAYS AVAILABLE TO ADVISE ON OVER-THE-COUNTER MEDICATION CHOICES." —ANGIE NELSON, HY-VEE VICE PRESIDENT, PHARMACY OPERATIONS

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Good to Know
See page 105 for a lot of cold symptoms vs. flu symptoms, and page 102 for over-the-counter meds to treat cold and flu. Also know:

- Acetaminophen treats pain and fever and is in many cough, cold and pain meds. Limit it to one drug to avoid liver damage.
- Ibuprofen, a nonsteroidal anti-inflammatory drug (NSAID), reduces fever, inflammation, headache and muscle aches. Ibuprofen can trigger allergic reactions in those sensitive to aspirin, and it may cause stomach bleeding.
- Aspirin alleviates fever and pain, high doses can cause stomach bleeding. Aspirin also causes Reye’s syndrome in children. This rare condition damages the liver and brain. For pain relief, give acetaminophen to children younger than 6 months. For children older than 6 months, give acetaminophen or ibuprofen.

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10 WAYS TO FIGHT Colds & the FLU

1. **WASH HANDS** OftEn with soap and warm water.
2. **SET OUT HAND SANItIZER** in rooms and at the workplace.
3. **GET A FLU VACCINATION,** available in a shot or an nasal spray.
4. **KEEP YOUR DISTANCE** from cold and flu sufferers. The flu is highly contagious within 6 feet of someone who has it.
5. **IF YOU SMOKE,** try quitting. Smoking increases your risk of getting the flu.
6. **IF YOU HAVE A COLD OR THE FLU,** drink plenty of water and other fluids—clear broth, lemon water or fruit juices. Fever dissipates.
7. **GET PLENTY OF REST.** Use an ice pack on your forehead to reduce discomfort and fever.
8. **USE A HUMIDIFIER** or a cool-mist vaporizer if indoor air is dry. Humidity lessens congestion.
9. **INHALE STEAM** from a hot shower to keep nasal passageways moist.
10. **AVoID PROLONGED USE** of decongestant medications (adult use only), which can cause symptoms to return.
COLD VS. INFLUENZA

Do you have a cold or the flu? Some symptoms occur in both infections; others are specific to one or the other. Here’s how to tell.

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>COLD</th>
<th>FLU</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACHES, PAIN</td>
<td>Mild headache and/or body aches</td>
<td>Headaches and body aches common—sometimes severe</td>
</tr>
<tr>
<td>CHEST CONGESTION</td>
<td>Mild to moderate chest congestion common</td>
<td>Common, can be severe</td>
</tr>
<tr>
<td>CHILLS, SWEATS</td>
<td>Uncommon; mild if they occur</td>
<td>Moderate to severe</td>
</tr>
<tr>
<td>COUGH</td>
<td>Common, can last up to 2 weeks</td>
<td>Dry, hacking cough common</td>
</tr>
<tr>
<td>FATIGUE</td>
<td>Mild, lasts about 1 week</td>
<td>Common, can last up to 3 weeks; Exhaustion is common at the start.</td>
</tr>
<tr>
<td>FEVER</td>
<td>Rarely for adults; low-grade, sometimes for children</td>
<td>Common, can last up to 5 days</td>
</tr>
<tr>
<td>RUNNY NOSE</td>
<td>Common, Mucus might have a yellowish or greenish tint.</td>
<td>Stuffy and/or runny nose common</td>
</tr>
<tr>
<td>SNEEZING</td>
<td>Common, usually lasts 2 to 3 days</td>
<td>Sometimes, lasting 4 to 7 days</td>
</tr>
<tr>
<td>SORE THROAT</td>
<td>Sore or scratchy throat, often at the onset of a cold</td>
<td>Often occurs; throat might be red</td>
</tr>
<tr>
<td>STUFFY NOSE</td>
<td>Sometimes, though mild; can last about 10 days</td>
<td>Common, more severe than with colds</td>
</tr>
<tr>
<td>WATERY EYES</td>
<td>Burning, watery eyes common</td>
<td>Sometimes occur</td>
</tr>
</tbody>
</table>

**pro tip:** PROTECT YOURSELF

“Wash your hands often, use hand sanitizers, cover your cough, and stay home if you have a fever.” —Carolyn Lawrence, Pharmacy Manager West Des Moines, Iowa

EASE THE SUFFERING

Look to TopCare over-the-counter cold and flu symptom relief for the whole family. TopCare products at affordable prices have the same active ingredients as more expensive brands.

CHILDREN’S MUCUS RELIEF

Alcohol-free berry-flavor liquid works on stuffy nose, chest congestion and cough

PRESSURE + PAIN PE

Fights sinus headache, congestion and pressure; reduces fever

IBUPROFEN

200-mg. capsules reduce fever and relieve pain

Tussin CF Max

Nighttime relief of severe cold and flu symptoms: sore throat, body aches, congestion and fever

CHILDMEN’S PAIN RELIEF PLUS

Fights sneezing, runny nose, fever, sore throat and cough

Sources: www.cdc.gov/flu/weekly/fluactivity.htm; “FDA and flu symptoms: treatment prevention advice on management and treatment of flu symptoms. cdc.gov/flu/weekly/fluactivity.htm; topcare.com/health/gethealthy/healthtips/082014-coldflu.html; health.usnews.com/health/articles/2014/08/14/how-to-probably-avoid-the-cold-flu-

MUCUS RELIEF

Multisymptom relief loosens mucus and congestion, controls cough and relieves pain

CHILDMEN’S PAIN RELIEF PLUS

Fights sneezing, runny nose, fever, sore throat and cough

Consult with a pharmacist or medical professional with any questions. This information is not meant to substitute for any medical advice and results are not guaranteed.
Perfect Party Punch

1. In a large punch bowl, combine:
   - 24 oz. 7UP®
   - 32 oz. Hawaiian Punch® Fruit Juice Red®
   - 12 oz. orange soda
   - 16 oz. Canada Dry® Chili Soda
   - 1 can raspberry sorbet

2. Garnish with fresh raspberries (if desired) and enjoy!
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

- Jimmy Dean Breakfast Sausage, select varieties, 7 to 9 oz., 2 for $6.00
- Great Giant Brand Vegetables, select varieties, 7 to 12 oz., 2 for $6.00
- Pepperidge Farm Fuji Pomegranate Fresh Air, 8 oz., 2 for $3.99
- Pepperidge Farm Pomegranate Fresh Air, 9 oz., 2 for $3.99
- Fieri by Smithfield Popcorn, select varieties, 4.5 to 9 oz., 2 for $6.00
- Smithfield Bacon, select varieties, 12 oz., 3.99
- Smithfield Fully Cooked Sausage or Breakfast Sandwiches, select varieties, 18 oz., 4.99
- Smithfield Spiral Sliced Ham, select varieties, 2 lb. 99¢
- Smithfield Boneless Ham, select varieties, 2 lb. 99¢
- Smithfield Sausage, Premium Sausage Links or Patties, select varieties, 1 lb. 99¢
- Friend-y Red Block Chips, select varieties, 6 oz. or 7 oz., 2 for $5.99
- Stacy’s Pita Chips or Bagel Chips, select varieties, 7 to 22 oz., 2 for $3.99
- CH-CH-CH-CHES or Honeys Habba, select varieties, 16 oz., 2 for $2.26
- Victoria Pasta Sauce, select varieties, 24 oz., 5.99
- Hominy Best Natural Corn, select varieties, 16 oz. to 24 oz., 2 for $5.00
- Adela Greenleaf Romaine or Butterhead, select varieties, 3 oz., 3.77
- Wright Bacon, select varieties, 12 oz., 3.99
- Hibberson Farm Lunch Meat, select varieties, 12 oz., 5.99
- Hibberson Farm Wieners, select varieties, 12 oz., 6.99
- Just Bons Chicken Breast Fillets, 9 oz., 5.99
- Post Great Grain, Bacon Bits or Grape-Nuts, select varieties, 12 oz. to 20 oz., 3.06
- Post Honey Bunches of Oats, select varieties, 18 oz., 4.99
- Smucker’s Bookkeeper’s Original Honey, select varieties, 24 oz., 3.99
- Pepperidge Farm Entertainer Cookies, select varieties, 16 oz., 5.99
- Pepperidge Farm Holiday Cookies, select varieties, 4.25 to 12 oz., 2 for $5.00
- Old London Toasts, Rounds or Slices, select varieties, 6 oz., 2 for $5.00
- Columbus Charcuterie Jambon, 9 oz., 9.99
- Vercia Charcuterie 180 oz., 6 oz., 6.99
- La Quinta Prosciutto 2 oz., 6 oz., 6.99
- Balllousta Mascarpone, select varieties, 7 oz., 9.99
- Abbate Cheese Spreads, selecting varieties, 6 oz., 4.99
- Brie Cheese, select varieties, 2.99
- Subway’s Half Sandwich, select varieties, 10 oz. to 18 oz., 2 for $5.00
- Ortega Taco Sauce Mild or Medium, 10 oz., 2.99
- Bear Creek Dry Soup Mixes and Servings, select varieties, 10 oz., 4.49
- Ghirardelli Candy Meltaway Wafers, select varieties, 10 oz. to 12 oz., 4.99
- Ghirardelli Baking Chips, select varieties, 18 oz., 2.99
- Ghirardelli Candy Bar, select varieties, 2.99
## Bring More to the Table

During the season that's all about giving, the Chinet® brand has everything you need to give friends and family more reasons to get together.

### Chinet®
- **Cup, 8 oz.**
- **3 for $2.50**

### Chinet® High-Court Plates
- **3 for $4.99**

### Chinet® Cut Crystal\*, Chair Plates or 6-piece
- Select varieties
- 6 to 25 oz.
- **3 for $6.99**

### Samples

Explore Our Flavors

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Friday, December 6th</strong></td>
<td>4 PM to 7 PM</td>
<td>Produce: Tomato, Smoked Garlic, Blue Cheese, Chicken, Beef, Chicken Wings</td>
</tr>
<tr>
<td><strong>Saturday, December 7th</strong></td>
<td>8 AM to 2 PM</td>
<td>Produce: Baked Salmon, Seared Tuna, Seared Ahi, Seared Shrimp</td>
</tr>
<tr>
<td><strong>Saturday, December 21st</strong></td>
<td>4 PM to 7 PM</td>
<td>Produce: Shrimp, Chicken, Beef, Chicken Wings</td>
</tr>
<tr>
<td><strong>Friday, December 26th</strong></td>
<td>4 PM to 7 PM</td>
<td>Produce: Jerk Chicken, Fish, Beef, Chicken Wings</td>
</tr>
</tbody>
</table>

### Chinet®
- **Chinet® Brand**

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