

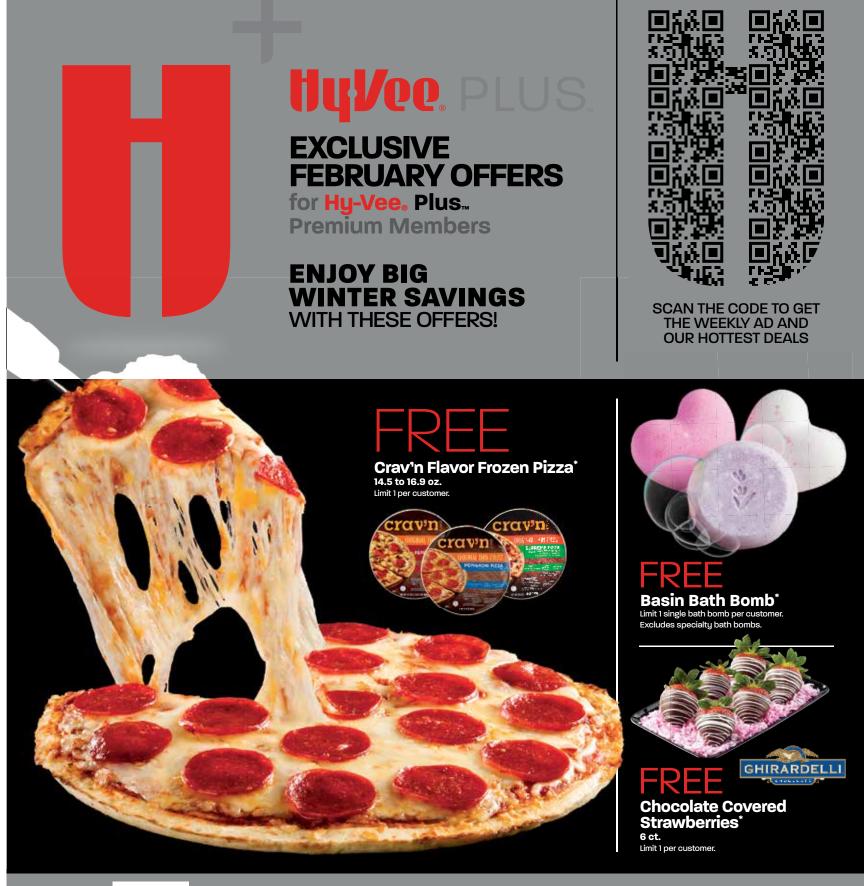
february

Hullee **KIDSFITCLUB** Join the Club to keep your Family's Hearts Healthy & Strong!



JOIN THE CLUB

Scan here or sign up today at Hy-VeeKidsFit.com





Don't have a membership? Sign up today. hy-vee.com/plus See reverse side for MORE exclusive offers.

*Offer available only to Hy-Vee Plus Premium members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires February 28, 2022. Void where prohibited. Not available in all states.

JOE FRESH



Side Fresh Active Any Joe Fresh Active Clothing Purchase* Valid at *joefresh.hy-vee.com* with promo code. Check your Hy-Vee Plus email for Joe Fresh promo code. Restrictions apply. Limit 1 per customer.



20% OFF

Any DSW Purchase* Valid at *dsw.hy-vee.com* with promo code. Check your Hy-Vee Plus email for DSW promo code. Limit 1 per customer.

15% OFF Any 6 Bottles of Wine* 750 mL

5 20

Excludes Minnesota and Kansas. Limit 1 per customer.



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FEBRUARY 2022 food



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50 A GUIDE TO POTS & PANS Handy guide to using and caring for cookware.

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<u>life</u>



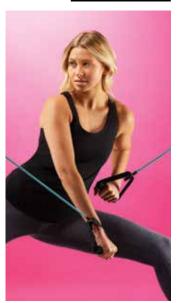
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health



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DONNA TWEETEN EXECUTIVE VICE PRESIDENT, CHIEF OF STAFF, PRESIDENT HY-VEE MARKETING AND MEDIA



ebruary may be a short month, but it's long been focused on matters of the heart. That's not surprising, since Valentine's Day lands squarely in the middle of the month.

We make sure you're ready for the occasion with memorable floral arrangements, *page 62*, and make-itspecial date night tips, *page 68*. We've also got a simple Valentine's menu you can prepare at home, *page 10*. (Good news if you're pressed for time: Hy-Vee has take-and-cook meal packs, too.)

This is also National Heart Health Month, which is a good time to try one of our recipes for a happy heart, *page 18*, explore a plant-based diet, *page 118*, or look at ways to safeguard your heart, *page 90*.

Have a heartwarming February!

HY-VEE SEASONS IS **DIGITAL!**



Scan the QR code to enjoy *Hy-Vee Seasons* Digital Edition, a free, highly interactive

online version of *Hy-Vee Seasons* magazine. We look forward to connecting with you!

Ciao to

Parmigiano Reggiano



 Produced in Italy in the Emilia-Romagna region's provinces of Bologna and Mantua. Granular with buttery, nutty flavors and a tropical fruit aroma.

UL ANOVE

• Aged for a minimum of 12 months.

• Natural rind, grana style.





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



PREMIUM CHOCOLATES

Chocolate and romance have been linked for centuries, but it wasn't until 19th century English chocolatiers made bitesize chocolate you ate (instead of drank) packaged in beautifully decorated boxes that they were associated with Valentine's Day. Hy-Vee offers a variety of premium chocolates that allow you to show loved ones just how much you care. Include a love note for the perfect heartfelt gift.



aisles

GIFTS FOR YOUR SWEETIE Find what your sweetheart desires at Hy-Vee.



KORBEL BRUT ROSÉ This medium-dry, slightly sweet champagne has hints of cherry, strawberry and melon flavors.



BASIN SOLID PERFUME She'll feel pretty in pink with the heavenly scents of pink sugar, freesia and sandalwood.



BASIN BATH BOMBS Heart Throb fuses floral and fruit fragrances; Bow-tique offers the sweet scent of apple.



MISS DIOR EAU DE TOILETTE Notes of blood orange, mandarin and patchouli join a base of lily of the valley.

aisles



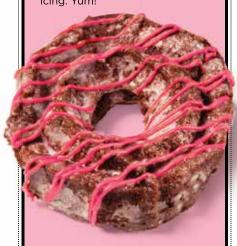
CRAV'N SNACKS

Enjoy the crisp crunch of Cheddar & sour cream, classic, nacho cheese and more during the big game or any time.

donut of the month

CHOCOLATE-COVERED CHERRY OLD FASHIONED DONUT

A chocolate-coated cherry donut gets a drizzle of cherry icing. Yum!



4 Hylee. SEASONS | February 2022

POPULAR AT HY-VEE!

CHECK OUT THESE NEW, NOTEWORTHY OR SEASONAL PRODUCTS AT HY-VEE.

кітснем Family Meals



Count on Hy-Vee for an inexpensive evening of pasta deliciousness. Choose from lasagna, chicken fettuccine and more. Options serve four for only \$19.99.

PRODUCE Chocolate-Covered Strawberries



Enjoy fresh, ripe strawberries hand-dipped in melted Ghirardelli chocolate and drizzled with white chocolate. Available in 6- or 12-ct.



Show your love this Valentine's Day with a bouquet of classic red roses, the most romantic of flowers.

healthmarket Skinny Pop



The sweet, crunchy vanilla-flavor non-GMO popcorn is fiber-filled and without preservatives, so it's also a better-for-you snack choice.

now trending

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> SHOWER THE ONES YOU LOVE WITH FUN PRESENTS FROM HY-VEE. SHOP THE AISLES OR ORDER GIFT BASKETS TO SHOW YOU CARE.

> > \bigcirc F

1

ÖF



HIMALAYAN CANDLE CURIOSITY JARS Set the mood with hints of lemon zest, orange peel, berries and vanilla.



DEMDACO LOVE WINE STOPPER The stainless steel and silicone stopper keeps wine fresh after opening.

> ZÖET VALENTINE Take a walk on the dark side with this collection of premium chocolates.

CALORIES

100 CALORIES

E

ORDER ONLINE

Hy-Vee has the perfect basket for the special people in your life. Find these and more options at Hy-Vee.com/shop



ZAK! DESIGNS MANDALORIAN MUG Tell your valentine how you feel with a Baby Yoda ceramic mug.



SWEET SURPRISE Treat your sweetheart's sweet tooth with a basket of candies and an adorable plush animal.



HUGS AND KISSES Gift all the confections they love, including chocolate and candied popcorn.



MADE WITH LOVE All the fixings-including tools-to whip up the best batch of brownies.

Valentine's Day

ANIMAL ADVENTURE PLUSH TOYS Give your message of love along with a soft, huggable stuffed animal.

<u>aisles</u>





See how this cake comes to life! And SHOP the decorating tools used in this episode as you watch Cake This!





TINY WEDDING CAKES

Ankeny, IA

Micro cakes have become a popular wedding trend, especially for small, intimate gatherings. Easily customize each cake's flavor, and mix and match decorations, such as a traditional tiered cake or an ornate single cake. Work with a Hy-Vee cake designer to make your dream wedding cake (or cakes) a reality! Hy-Vee Bakery experts can offer style, flavor and serving recommendations to help create an exquisite one-of-a-kind cake for your event.



Buttercream frosting is piped on each cake, then smoothed or lined with a scraper.



A white beaded or shell border is piped along the bottom of each layer of cake.



Additional decorations are piped on each layer, including swirled patterns on one cake's sides.



Buttercream roses are handpiped on a flower nail, then placed on each cake.



Pink, purple and white flowers are piped directly on the cakes, along with green leaf details.



Because love is sweet, zesty and a little nutty.

Choose from twenty decadent flavors of premium Belgian chocolate. Give the gift of Zöet this Valentine's Day.



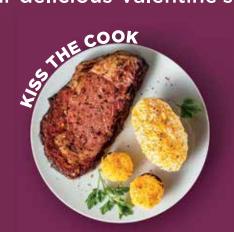
DINNER TASTES BETTER WHEN IT'S MADE WITH HEN IT'S LOOY OF THE SECTION OF THE SECT



Order online at hy-vee.com or at your Hy-Vee meat department.

Choose from our delicious Valentine's meals for two:







food

Ideas for a Valentine's Day dinner at home, heart-healthy nutrition and meals made easier with canned foods.

- 10 TWO'S COMPANY: EASY AT-HOME VALENTINE'S MENU
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EASY AT-HOME VALENTINE'S MENU

ELEVATE VALENTINE'S DAY WITH UPSCALE RECIPES, **READY-TO-PREPARE** MEALS, SOPHISTICATED SAUCES AND LAVISH **DESSERTS FROM** HY-VEE. THEN LET HY-VEE CERTIFIED WINE MASTER BRIAN WAHLSTROM PAIR YOUR WINE AND **EXPLAIN THE BASICS OF** COOKING WITH ALCOHOL.

Brian's Wine Pairing Josh Cellars Cabernet Sauvignon

"Blackberry, dark cherry and subtle cinnamon and toasty hazelnut flavors with solid tannic backbone stand up to the smoky sweetness of this beefbase recipe."



Scan the GR Code to learn how to make the perfect mashed potatoes.

Filet Mignon with Cranberry and Fig Port Wine Sauce

Hands On 30 minutes Total Time 35 minutes plus standing time Serves 2

- ³/₄ cup ruby port wine
 2 Tbsp. Gustare Vita balsamic vinegar
 2 Tbsp. packed Hy-Vee dark brown sugar
 2 Tbsp. fig spread
- 1 sprig plus 2 Tbsp. chopped fresh rosemary, plus additional for garnish 1¼ tsp. coarse-ground black
- pepper, divided
- 1 cup cranberries, thawed if frozen 2 (0.5-oz.) pkg. dried porcini mushrooms
- 2 (8-oz.) Hy-Vee Choice Reserve beef
- tenderloin filets mignons

3 Tbsp. Gustare Vita olive oil, divided 2 Tbsp. Hy-Vee salted butter Mashed potatoes, for serving Steamed green beans, for serving

1. COMBINE port, balsamic vinegar, brown sugar, fig spread, 1 sprig rosemary and ½ tsp. black pepper in a medium saucepan. Bring to a boil; reduce heat to low. Simmer, uncovered, 10 to 15 minutes or until thickened and bubbly. Remove and discard rosemary sprig. Stir in cranberries. Cook over medium-low heat 6 to 8 minutes or until cranberries burst and mixture is reduced by one-fourth. Remove from heat; set sauce aside. 2. PREHEAT oven to 400°F. Place dried mushrooms, 2 Tbsp. chopped rosemary and remaining 1 tsp. black pepper in food processor or blender. Cover and process or blend to a coarse powder. Transfer mushroom mixture to a small shallow bowl. Pat beef filets dry with paper towels. Rub beef with 2 Tbsp. olive oil; coat with mushroom mixture.

3. HEAT remaining 1 Tbsp. olive oil in a medium cast iron skillet over medium-high heat. Sear steaks 1 minute on each side. Remove skillet from heat; add butter to skillet. Transfer steaks in skillet to oven and cook 4 to 5 minutes or until steaks

reach 130°F for medium-rare or 140°F for medium doneness. Transfer steaks to a cutting board. Loosely cover with foil and let rest 5 minutes.

4. TO SERVE, place steaks on top of mashed potatoes, if desired; drizzle with sauce. Serve with steamed green beans. Garnish with additional rosemary, if desired.

Per serving: 960 calories, 49 g fat, 16 g saturated fat, 0 g trans fat, 180 mg cholesterol, 240 mg sodium, 50 g carbohydrates, 5 g fiber, 32 g sugar (19 g added sugar), 55 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 40%, Potassium 20%

Sugar Steak with Bourbon and Green Peppercorn Cream

Hands On 30 minutes Total Time 36 minutes plus refrigerating and standing time Serves 2

- 1 (1-lb.) Hy-Vee Angus Reserve beef flank steak
- 2 Tbsp. Hy-Vee granulated sugar
- 1 Tbsp. kosher salt
- Hy-Vee nonstick cooking spray
- 1/4 cup bourbon whiskey
- 2 Tbsp. Hy-Vee unsalted butter, cut up 1 Tbsp. green peppercorns in vinegar,

drained, plus additional for garnish 1 cup Hy-Vee no-salt-added beef broth ¼ cup Hy-Vee heavy whipping cream Steamed Broccolini, for serving Italian parsley, for garnish

1. PAT steak dry with paper towels. Combine sugar and salt in a small bowl. Rub half of the sugar mixture on both sides of steak. Transfer steak to a large resealable plastic bag; refrigerate 1 to 3 hours.

2. PLACE oven rack 5 in. from heat. Preheat broiler to HIGH. Line a large rimmed baking pan with foil. Place wire rack in pan; generously spray rack with nonstick spray. Remove steak from plastic bag. Sprinkle with remaining sugar mixture. Place steak on prepared wire rack in pan.

3. BROIL steak 4 to 6 minutes or until steak reaches 130°F for medium-rare or 140°F for medium doneness. Transfer steak to a cutting board. Loosely cover with foil and let rest 5 minutes.

4. FOR SAUCE, combine bourbon, butter and 1 Tbsp. green peppercorns in a heavy medium skillet. Bring to a simmer over medium heat. Continue simmering 2 to 3 minutes or until reduced by half. Stir in beef broth and cream; simmer 10 to 12 minutes or until reduced to about ¹/₃ cup. Transfer to a small serving bowl. Garnish with additional peppercorns, if desired.

5. TO SERVE, cut steak across grain into ¼-in.thick slices. Arrange on a serving platter with steamed Broccolini. Garnish with parsley, if desired. Serve with cream sauce.

Per serving: 650 calories, 35 g fat, 19 g saturated fat, 1 g trans fat, 205 mg cholesterol, 3,780 mg sodium, 13 g carbohydrates, 0 g fiber, 13 g sugar (13 g added sugar), 51 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 20%, Potassium 15%



WINE SELECTION

Identify the main flavor characteristics of your meal and then decide if you want a wine with a similar flavor profile to complement the flavors in the food, or a wine that will exhibit a contrasting flavor profile. Many times foods with a dominant flavor pair better with a contrasting wine."

-Brian Wahlstrom Hy-Vee Wine & Spirits Manager and Certified Wine Master, Austin, MN Brian's Wine Pairing Avaline Organic Red Wine "This organic French red blend is loaded with bright cherry and a touch of spice—the perfect match for creamy, rich dishes with sweet and spicy flavors."

Shrimp Penne **alla** Vodka

Hands On 20 minutes Total Time 40 minutes Serves 2

2 Tbsp. Gustare Vita olive oil 2 Tbsp. Hy-Vee salted butter ½ medium yellow onion, finely chopped 1 clove garlic, minced ¼ tsp. Hy-Vee crushed red pepper

1/2 (26.45-oz.) bottle Gustare Vita tomato passata ¹⁄₄ cup Row vodka 1 Tbsp. Hy-Vee tomato paste ¹⁄₂ tsp. kosher salt

- ¹/₂ tsp. coarse-ground black pepper, plus additional for garnish
- 6 oz. Gustare Vita organic penne rigate pasta
- ¼ cup Hy-Vee heavy whipping cream
- 1/2 (16-oz.) pkg. Hy-Vee Fish Market frozen shell-on, deveined raw shrimp (26 to 30 ct.), thawed, peeled and
- tails removed 2 Tbsp. Hy-Vee grated Parmesan cheese, plus additional shaved for garnish
- Fresh basil, for garnish

- **1. HEAT** olive oil and butter in a large nonstick skillet over medium heat. Add onion and garlic; cook 3 to 4 minutes or until softened, stirring occasionally. Add crushed red pepper; cook 1 minute.
- 2. REMOVE skillet from heat. Stir in tomato passata and vodka. Return skillet to heat; cook 5 to 7 minutes or until reduced by one-fourth, stirring occasionally. Stir in tomato paste, salt and black pepper. Reduce heat to low. Simmer, uncovered, 15 minutes until reduced by about half, stirring occasionally.

3. COOK pasta according to pkg. directions; drain and set aside.

4. STIR heavy cream into tomato mixture. Pat shrimp dry with paper towels, add shrimp to sauce. Cook 2 to 3 minutes or until shrimp reach 145°F. Stir in 2 Tbsp. Parmesan cheese and cooked pasta. Cook 2 to 3 minutes or until heated through, stirring occasionally. Garnish with basil, shaved Parmesan cheese and black pepper, if desired.

Per serving: 860 calories, 40 g fat, 17 g saturated fat, 1 g trans fat, 195 mg cholesterol, 1,160 mg sodium, 71 g carbohydrates, 10 g fiber, 15 g sugar (0 g added sugar), 33 g protein. Daily Values: Vitamin D 6%, Calcium 20%, Iron 20%, Potassium 25%

cooking with **ALCOHOL**

Get the facts about "spirited" recipes:

• Tequila adds smokiness to sauces and marinades for seafood and meat dishes.

 Vodka functions as an agent that helps bind oil and water in cream sauces. It also helps create a flaky pie crust.

 Gin adds an intense juniper flavor to chutneys or brines for beef or pork.

 Smoky, caramel flavors of whiskey and bourbon pair well with an acidic ingredient like lemons but also with heavy meats and glazes.

Brian's Wine Pairing Veuve-Olivier Brut Sparkling Wine

"Choose a white or dry sparkling wine with your favorite seafood dishes. For this creamy recipe's tangy Parmesan and sharp tomato, a fruity, crisp white is the perfect match."

Hyvee. SEASONS | hy-vee.com

13

Scan the QR Code to order a delicious Hy-Vee dinner now.



MEAL PACKS MAKE IT EASY

FOR AN EXTRA-SPECIAL EVENING IN, ORDER RESTAURANT-QUALITY MEALS* FROM HY-VEE.



A classic surf & turf dinner with generously portioned lobster tail and beef tenderloin plus savory sides to complete the meal.

- 2 (5-oz.) Hy-Vee Choice Reserve beef tenderloins
- 2 (4-oz.) lobster tails
- 2 (5-oz.) twicebaked potatoes
- 1 (8-oz.) bacon-wrapped asparagus bundle
- 1 (10-oz.) Hy-Vee Bakery Fresh baguette
- 1 Di Lusso classic chef's salad
- 4 (4-oz.) Hy-Vee Bakery Fresh mini gourmet cupcakes



*Choose from a variety of Hy-Vee meal packs for pickup or delivery with a 2-day notice. Not all meal packs come precooked. Please allow time for cooking. To order, contact your local store or go to *Hy-Vee.com/catering*



HY-VEE DESSERTS

GIVE THE MEAL A DIVINE FINISH WITH DESSERTS FROM HY-VEE.



Ghirardelli chocolate-covered strawberries from your Hy-Vee Produce Department.



Hy-Vee Bakery Fresh 7-in. German chocolate double layer cake with pecans and chocolate frosting.



Variety pack of 9 mini gourmet cupcakes, including red velvet, salted caramel and more.



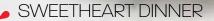
Gourmet 6-in. French silk pie with real cocoa and gourmet semisweet chocolate curls.



Cherry cheesecake made with cherry pie filling and whipped topping in 10-oz. and 32-oz. sizes.

Brian's Wine Pairing Fresh Vine Pinot Noir

"The seared beef and bacon flavors in this recipe plus the underlying layer of caramelized vegetal aroma from the asparagus pair well with a subtle wine. Try a white or the understated cherry and dried fig flavors in Fresh Vine Pinot Noir."



- Make this sirloin steak dinner even more special by adding grill marks and garnishing with freshly snipped herbs.
- 2 (8-oz.) Prime Reserve bacon-wrapped beef sirloin filets
- 2 (5-oz.) twice-baked potatoes 1 (8-oz.) bacon-wrapped
- asparagus bundle • 1 (10-oz.) Hy-Vee Bakery Fresh baguette
- 1 Di Lusso classic chef's salad
- 4 (4-oz.) Hy-Vee Bakery Fresh mini
- \$.30

gourmet cupcakes

match A WINE

Whether cooking with wine or pairing it with a meal, follow these basic guidelines:

Cooking:

• Opt for white wines in pasta, chicken and seafood dishes.

• White wines that balance a meal's flavors include Chardonnay, Pinot Grigio and Sauvignon Blanc.

 Cook with red wines for heavy dishes and stews.
 Choose Pinot Noir, Merlot, and for sweet dishes, Malbec.

Pairing:

"Don't get too hung up on choosing the 'correct' wine to pair up with your meal. Drink what you and your guests will enjoy," says Brian.

Reach out to your Hy-Vee Wine & Spirits Department for help pairing your wines. Brian's Wine Pairing Reflection Ridge Cabernet

Sauvignon

"Whether red or white, look for a smooth, assertive tannic structure that stands up well to the rich and savory flavors of prime rib and buttery potatoes." KISS THE COOK

To customize this intimate dinner for two, cook your prime rib just the way you like and choose your favorite salad dressing.

- 2 (12-oz.) slices fully cooked beef prime rib
- 2 (5-oz.) twice-baked potatoes
- 4 (4-oz.) gourmet stuffed mushrooms
- 1 (10-oz.) Hy-Vee Bakery Fresh baguette
- 1 Di Lusso classic chef's salad
- 4 (4-oz.) Hy-Vee Bakery Fresh mini gourmet cupcakes

CELEBRATE AMERICAN HEART MONTH BY SHOWING THIS VITAL ORGAN EXTRA LOVE WITH NUTRITIOUS RECIPES, SHOPPING TIPS AND FOOD SWAPS.

EATING FOR A

happy heart

AMERICAN HEART MONTH each February is federally designated to raise awareness of heart disease and ways to help prevent it. About 1 in 4 deaths in the U.S. can be attributed to heart disease.

Winter Salad with Cranberry Walnut Croutons

Total Time 20 minutes Serves 4

- 1 Tbsp. sherry vinegar 2 Tbsp. Hy-Vee 100%
- cranberry juice 2 tsp. fresh lemon juice
- 2 tsp. Hy-Vee Select 100% pure maple syrup Hy-Vee salt, to taste
- Coarse-ground black pepper, to taste
- 3 Tbsp. Gustare Vita extra virgin olive oil, divided
- 4 oz. Hy-Vee Bakery unsliced cranberry walnut bread, cut into 1-in. cubes (about 2 cups)
- 2 mandarin oranges
- 1 head butterhead lettuce, torn
- 1 head radicchio, torn 2 cups Full Circle Market
- organic arugula ½ cup fresh blueberries
- ^{1/2} cup frozen cranberries,
- thawed, thinly sliced $\frac{1}{2}$ (3-oz.) container
- caramelized walnuts 6 small red radishes, sliced
- **1. WHISK** together sherry vinegar, cranberry juice,

lemon juice and maple syrup in a small bowl. Season with salt and pepper. Slowly whisk in 2 Tbsp. olive oil. Set vinaigrette aside.

2. HEAT remaining 1 Tbsp. olive oil in a medium skillet over medium heat. Add bread cubes. Toast until golden and crispy, stirring frequently. Transfer the croutons to a paper towellined plate and set aside.

3. CUT and discard peel from mandarins.

peel from mandarins. Cut into segments; set aside. Arrange lettuce and radicchio leaves in a shallow serving bowl. Add arugula, croutons, blueberries, cranberries, caramelized walnuts, radishes and mandarin segments. Drizzle with vinaigrette.

Per serving: 290 calories, 19 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 125 mg sodium, 28 g carbohydrates, 3 g fiber, 13 g sugar (3 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 4%

Berry Nutty

Find out how to make the croutons and slice the mandarins for this flavorful salad.



Watch and learn at Seasons.Hy-Vee.com

Sources for this page: cdc.gov/heartdisease/facts.htm health.harvard.edu/heart-health/eat-blueberries-and-strawberries-three-times ber-week

small but

mighty

Anthocyanins,

natural compounds

found in blueberries.

are linked to lowered

blood pressure

and reduced

inflammation.

hearthealthy shopping

STOCK YOUR FRIDGE AND PANTRY WITH SMART FOOD CHOICES. FOLLOW THESE TIPS.

READ FOOD NUTRITION LABELS

Look for foods with 2 grams or less of saturated fat, 0 grams of trans fat and less than 140 mg of sodium per serving. Choose foods that have at least 5 grams of fiber per serving.

♥ BUY FROZEN WHEN FRESH ISN'T AVAILABLE

Plain frozen and canned produce can be just as nutritious as fresh. When buying frozen or canned fruits and veggies, look for products without added sauces, salt, sugars or syrups.

♥ ADD GOOD FATS TO YOUR CART

Unsaturated fats like nuts, olive oil, avocados and salmon can reduce the amount of lowdensity ("bad") lipoprotein (LDL) cholesterol in the blood and lower the risk of heart disease.

BEWARE OF SNEAKY INGREDIENTS

Sodium and added sugars can "hide" on food labels. For example, monosodium glutamate (MSG) contains sodium, and sugar can be called high fructose corn syrup, dextrose or molasses.

CHOOSE WHOLE-GRAIN FOODS

Look for the words "whole grain" as the first item in the ingredient list instead of enriched flour or "multigrain." Whole grains contain the entire grain and are a better source of dietary fiber.

.....

V LOOK FOR THE HEART-CHECK MARK

When you see the Heart-Check mark on a food label, it means the product has been certified by the American Heart Association to meet specific nutrition requirements.

HEART-CHECK CERTIFIED food has 10% or more of the Daily Value of vitamin A, vitamin C, calcium, protein or dietary fiber. It has 1 gram or less of saturated fat per serving, 1/2 gram or less of trans fat per serving and limited sodium (based on the particular food category).



pro tip: REDUCED RISK

Heart disease is caused by a combination of factors, some of which you cannot control, including family history, genetics and age. However, eating hearthealthy foods can help reduce the risk of developing heart disease or help manage the condition and minimize complications."

-Amy Cordingley, MS, RD, LD Hy-Vee Dietitian

Sources (for this page and opposite): *health.harvard.edu/heart-health/vegetable-of-t<mark>he-month-red-cabbage</mark> ncbi.nlm.nih.gov/pmc/articles/PMC5000725/ cdc.gov/heartdi<mark>sease/coronary_ad.htm</mark> heart.org/en/healthy-living/healthy-eating/add-color/fresh-frozen-or-canned-fruits-and-vegetables-all-<mark>can-be-healthy-choices</mark>*

purple power

A ½-cup serving of red cabbage contains 45 percent of the daily recommended amount of vitamin C, which can lower the risk of cardiovascular disease.

Fiesta Lime Pork Chops

Hands On 45 minutes Total Time 1 hour 20 minutes plus marinating time Serves 4

⅓ cup water

¹⁄₄ cup fresh lime juice 1 Tbsp. salt-free fiesta

- lime seasoning
- 2 Tbsp. grated gingerroot
- 1 Tbsp. Hy-Vee honey
- 3 cloves garlic, minced

8 wedges

- 2 (4-in.) stalks lemongrass, finely chopped
- 1 Fresno pepper, sliced, plus additional chopped for garnish
- 4 (3- to 4-oz.) boneless pork loin chops, 1¼ in. thick
- Hy-Vee nonstick cooking spray 1 small head red cabbage, cut into

2 Tbsp. Gustare Vita olive oil, divided 2 cups spiralized fresh carrots Lime wedges, for garnish Sliced green onions, for garnish Cilantro, for garnish

1. COMBINE water, lime juice, salt-free fiesta lime seasoning, gingerroot, honey, garlic, lemongrass and 1 sliced Fresno pepper in a medium bowl. Remove ½ cup marinade; set aside.

2. PLACE pork chops in a large resealable plastic bag. Pour remaining marinade over pork; seal bag. Turn bag to evenly coat pork with marinade. Refrigerate 2 hours or overnight, turning bag occasionally. **3. PREHEAT** oven to 375°F. Line a large rimmed baking pan with foil. Place a wire rack in pan; lightly spray rack with nonstick spray. Remove pork chops from marinade; discard marinade. Arrange pork chops on one-half of the prepared wire rack in pan. Arrange cabbage wedges on remaining half of wire rack.

4. COMBINE ¼ cup reserved marinade and 1 Tbsp. olive oil; spoon half of the marinade-oil mixture over cabbage wedges. Bake 15 minutes. Turn pork chops over and brush both pork chops and cabbage with remaining marinade-oil mixture. Bake 10 to 15 minutes or until pork reaches 145°F. Transfer pork chops to a cutting board; cover with foil to keep warm. Continue baking cabbage for 20 to 25 minutes or until tender. Remove from oven and set aside.

5. HEAT remaining 1 Tbsp. olive oil in a medium skillet over medium-low heat. Add spiralized carrots; cook 3 to 5 minutes or until softened. Toss carrots with remaining ¼ cup reserved marinade; remove from heat.

6. TO SERVE, arrange pork chops, cabbage and carrots on 4 serving plates. Garnish with chopped Fresno pepper, lime wedges, green onions and cilantro, if desired.

Per serving: 280 calories, 9 g fat, 2 g saturated fat, 0 g trans fat, 55 mg cholesterol, 140 mg sodium, 31 g carbohydrates, 5 g fiber, 13 g sugar (4 g added sugar), 23 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 15%, Potassium 20%

Tandoori Chicken with Spicy Melon Salad

Hands On 30 minutes Total Time 55 minutes plus marinating time Serves 4

- 2 tsp. lime zest, divided
- $\ensuremath{^{\prime\!\!\!/}_{\!\!\!\!2}}$ cup fresh lime juice, divided
- ¼ cup Hy-Vee vegetable oil
- ¼ cup Hy-Vee plain Greek yogurt
- 3 Tbsp. salt-free tandoori spice blend,
- such as Morton & Basset
- 3 Tbsp. peeled and chopped gingerroot 3 cloves garlic, minced

Hy-Vee salt, to taste

- 4 (6-oz.) Hy-Vee True boneless skinless chicken breasts
- 2 cups Hy-Vee Short Cuts honeydew melon, cut into ¼-in. pieces
- 2 cups Hy-Vee Short Cuts cantaloupe, cut into ¼-in. pieces
- 1 cup English cucumber, peeled and cut into ¼-in. pieces
- 1 cup Hy-Vee Short Cuts chopped red onions
- 1 large jalapeño pepper, seeded and sliced* 3 Tbsp. fresh parsley, finely chopped,
- plus additional for garnish 1 Tbsp. Hy-Vee honey Hy-Vee nonstick cooking spray Lime wedges, for serving
- **1. STIR** together 1 tsp. lime zest, ¼ cup lime juice, oil, vogurt, tandoori spice, ginger

and garlic in a small bowl. Season with salt.

2. PLACE chicken in a large resealable plastic bag. Pour yogurt mixture over chicken; seal bag. Turn bag to evenly coat chicken with yogurt mixture. Marinate in refrigerator 1 hour or overnight, turning bag occasionally.

3. FOR SALAD, combine honeydew, cantaloupe, cucumber, red onions, jalapeño, 3 Tbsp. parsley, honey, and remaining 1 tsp. lime zest and ¼ cup lime juice. Cover and refrigerate 1 hour or overnight.

4. PREHEAT oven to 425°F. Line a large rimmed baking pan with foil. Place wire rack in pan; lightly spray rack with nonstick spray.

5. REMOVE chicken from marinade; discard marinade. Place chicken on prepared rack in pan. Bake 20 to 25 minutes or until chicken reaches 165°F, turning once halfway through.

6. TO SERVE, top chicken with melon salad. Garnish with additional parsley and serve with lime wedges, if desired

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

Per serving: 370 calories, 9 g fat, 1.5 g saturated fat, 0 g trans fat, 125 mg cholesterol, 120 mg sodium, 34 g carbohydrates, 4 g fiber, 26 g sugar (4 g added sugar), 42 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 30%

smart substitutions

TRY THESE HEART-HEALTHY IDEAS FROM HY-VEE DIETITIAN AMY CORDINGLEY.



V TO REDUCE SODIUM

INTAKE, use less salt than called for in recipes. (This works better for cooking than baking, which requires more exact amounts.) Swap unsalted chicken stock for chicken broth, and use no-salt-added canned vegetables. Explore alternative ingredients; for example, coconut aminos are a lowersodium alternative to soy sauce.



REDUCING SUGAR IN BAKING can be tricky because sugar does more than just add sweetness—it also plays a role in the texture and structure. You can start by reducing the amount called for in the recipe by one-third. If the recipe calls for canned fruit, look for those packed in water instead of sugar.



◆ TO INCREASE VEGETABLE AMOUNTS, serve 1 cup of vegetables instead of ½ cup. Or swap in spiral vegetable noodles for pasta. Blend plant and animal proteins—combine black beans with ground beef in tacos, meatloaf or burgers.

HY-VEE DIETITIANS CAN GUIDE YOU THROUGH A STORE NUTRITION TOUR. SEE A LIST OF HEART-HEALTHY CONVENIENCE FOODS IN HEART OF THE MATTER, PAGE 90.

mad for melons Melons contain potassium, which lessens the effects of sodium, helping maintain healthy blood pressure.

WANT TO CHECK YOUR HEART?

Hy-Vee dietitians are offering 1,000 free biometric screenings in the month of February at select locations. Register at *Hy-Vee.com/ health/hy-vee-dietitians*

FALL IN LOVE WITH THE FLAVORS OF ITALY.

Try just one taste. Gustare Vita will be the only brand of authentic imported Italian foods you'll ever want to bring home again.

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PESTO

:1



SEA SALT CARAMEL

EXTRA VIRGI OLIVE OIL

star

VITA

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<u>101</u>

BEETS

This root veggie has a deep earthy flavor with a hint of sweetness. Find fresh red and gold beets at Hy-Vee.

eets' leafy green top and round bulb, which is similar in shape and flavor to turnips, are both edible. While beets may be bitter raw, they turn almost candylike when roasted, grilled or steamed. The vibrant color acts as a natural dye in baked goods. This hue comes from betalains, natural plant pigments that contain antioxidants that can lower the risk of heart disease, and anti-inflammatory properties, which may reduce high blood pressure and obesity.

BUY Choose beets that are firm with unblemished skin and bright green leaves with no wilting. The taproot (the thin tip of the root) should still be attached.

STORE Trim the greens to about 2 in above the bulb. Store beets in the crisper drawer of the fridge where they'll keep for 2 to 3 weeks. Wrap them loosely in a dry paper towel to prolong freshness.

PREP Wear gloves and an apron to prevent beet juice stains. Rinse beets under cool water. If cooking beets whole, peel the skins off after cooking. If eating raw or cutting before cooking, peel beforehand.

WAYS TO ENJOY

Pickled

Buy or pickle your own beets for a tangy snack or a bright and flavorful addition to salads and sandwiches.

Raw

Slice beets and enjoy them uncooked, or blend them into juice or a healthful blueberry and beet smoothie.

Roasted

Transform beets from crunchy and earthy to tender and somewhat sweet by roasting them in the oven or air fryer.

Vegan Beet and Sweet Potato Sandwich

Hands On 10 minutes Total Time 30 minutes Serves 4

Hy-Vee nonstick cooking spray 2 small peeled and sliced red beets (about 6 oz.) 2 small peeled and sliced golden beets (about 6 oz.) 1 medium peeled and sliced sweet potato (about 6 oz.) 1½ Tbsp. Gustare Vita olive oil 1 tsp. Hy-Vee ground cumin 8 (1/2-in.) slices Hy-Vee Bakery sourdough bread, toasted 1/3 cup vegan mayonnaise substitute 1 cup baby arugula 2 avocados, seeded, peeled and sliced 12 small fresh basil leaves

1. PREHEAT oven to 425°F. Line a large rimmed baking pan with foil; spray with nonstick spray. Arrange red and golden beets on one side of prepared baking pan and sweet potato on the other. Drizzle with olive oil and sprinkle with cumin. Roast 18 to 20 minutes or until fork tender, tossing halfway through.

2. TO SERVE, spread one side of each slice of toasted bread with vegan mayonnaise. Layer half of the toasted bread slices with arugula, red and golden beets, sweet potato, avocado and basil. Top with remaining toasted bread slices, mayonnaise sides down, and cut in half.

Per serving: 570 calories, 34 g fat, 3.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 580 mg sodium, 59 g carbohydrates, 5 g fiber, 10 g sugar (10 g added sugar), 8 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 15%, Potassium 20%



Add vegan feta to the mayonnaise for a briny complement to the earthy veggies.



NEW EXCITING WAYS TO ADD VEGGIES TO ANY MEAL.

Find Us In The Frozen Aisle. DISCOVER WHAT'S COOKING AT greengiant.com/our-recipes

brownie DOINTS

Hy-Vee boxed brownies are easy to make, customizable and downright delicious. These outside-thebox mix recipes are proof that a box of brownie mix should be a staple in any pantry.

Peanut Butter Stuffed Brownies

Hands On 25 minutes Total Time 1 hour 5 minutes plus cooling time Serves 12 (1 each)

- 2 cups Hy-Vee creamy peanut butter, divided Hy-Vee nonstick
- cooking spray 1 (18.3-oz.) pkg. Hy-Vee
- deluxe chewy fudge premium brownie mix <u>2 Hy-Vee</u> large eggs
- ²/₃ cup Hy-Vee
- vegetable oil
- 1/4 cup cold water 1/2 cup Hy-Vee milk
- chocolate baking chips 4 cup chopped Hy-Vee salted party peanuts
- Coarse salt, for garnish

1. LINE a 9×9-in. baking pan with parchment paper, extending paper over edges of pan. Place 1½ cups peanut butter in a medium microwave-safe bowl. Microwave on HIGH at 30-second intervals until melted, stirring each time. Pour melted peanut butter into prepared baking pan; spread evenly. Freeze for 20 minutes or until frozen.

2. PREHEAT oven to 350°F. Lightly spray another 9×9-in. baking pan with Hy-Vee nonstick spray; set aside. Prepare brownie batter according to pkg. directions using eggs. oil and cold water. Spread hal of brownie batter into the second prepared pan.

3. USE paper to lift frozen peanut butter from pan; remove parchment paper. Place peanut butter on top of brownie batter in second baking pan and top with remaining batter. Bake 38 to 40 minutes or until a toothpick inserted near center comes out clean. Cool brownies in pan on a wire rack.

4. PLACE chocolate chips in a small microwave-safe bowl. Microwave on HIGH at 30-second intervals until melted, stirring each time. Drizzle over cooled brownies. Place remaining ½ cup peanut butter in a small microwave-safe bowl. Microwave on HIGH at 30-second intervals until melted, stirring each time; drizzle over brownies. Sprinkle with chopped peanuts. Garnish with coarse salt, if desired. Store covered at room

Per serving: 580 calories, 37 g fat, 8 g saturated fat, 0 g trans fat, 35 mg cholesterol, 330 mg sodium, 53 g carbohydrates, 3 g fiber, 34 g sugar (31 g added sugar), 12 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 10%



the starting POINT

To whip up the base for endless creative recipes, add eggs, oil and water to a boxed brownie mix from Hy-Vee.

S'more Meringue Brownies

Hands On 20 minutes Total Time 1 hour plus cooling time Serves 12 (1 each)

Hy-Vee nonstick cooking spray

6 Crav'n Flavor honey graham crackers 1 (18.3-oz.) pkg. Hy-Vee deluxe chewy fudge premium brownie mix

2 Hy-Vee large eggs

% cup Hy-Vee vegetable oil % cup cold water, divided % cup Hy-Vee granulated sugar 2 Tbsp. meringue powder % tsp. Hy-Vee vanilla extract

1. PREHEAT oven to 350°F. Lightly spray a 9×9-in. baking oan with nonstick spray. Line bottom of pan with graham crackers, cutting crackers as needed.

2. PREPARE brownie batter according to pkg. directions using eggs, oil and ¼ cup cold water. Spread batter in an even layer on top of crackers in pan. Bake 38 to 40 minutes or until a toothpick inserted near center comes out clean. Cool brownies in pan on a wire rack.

3. COMBINE remaining ½ cup water, granulated sugar, meringue powder and vanilla in a mixing bowl. Beat with an electric mixer on high 7 to 9 minutes or until stiff peaks form (tips stand straight). Spread mixture over cooled brownies. 4. PLACE oven rack 6 in. from heat. Preheat broiler to HIGH. Broil 3 to 5 minutes or until meringue is toasted. Store covered up to 3 days at room temperature.

Per serving: 340 calories, 14 g fat, 2 g saturated fat, 0 g trans fat, 30 mg cholesterol, 170 mg sodium, 52 g carbohydrates, 0 g fiber, 37 g sugar (37 g added sugar), 2 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 4%

EASY BROWNIE MIX HACKS



MORE CHOCOLATE

To make brownies melty, gooey and moist, throw in an extra handful of dark, semisweet or white chocolate chips.



For brownies that are even richer, swap water (if called for) with milk or a favorite milk alternative.



Intensify the chocolate flavor with coffee. Add 1 or 2 tsp. of espresso powder or instant coffee to the brownie mix before baking.



For an extra layer of flavor and a homemade taste, add 1 tsp. of vanilla extract to the batter. Almond or mint extract are also tasty additions.



To make brownies rich and fudgy, swap out the called-for vegetable oil with an equal amount of melted butter or coconut oil.



MIX IN PUDDING For extra-moist brownies, add a packet

of chocolate fudge instant pudding mix to the batter—they'll taste scratch-made.

COCONUT-PINEAPPLE BROWNIES

Prepare batter from 1 (18.3-oz.) pkg. Hy-Vee deluxe chewy fudge premium brownie mix according to pkg. directions. Stir in 3/4 cup Hy-Vee unsweetened coconut flakes, 1/2 cup toasted and chopped Hy-Vee macadamia nuts, 1/2 cup Hy-Vee creamy white vanilla baking chips and ½ tsp. imitation rum extract. Spread batter into a greased 9×9-in. baking pan. Bake according to pkg. directions. Meanwhile, place ½ pineapple, peeled, cored and cut into 1/2-in.-thick slices, in a 9-in. pie plate; sprinkle with ¼ cup packed Hy-Vee brown sugar. Bake alongside brownies for 20 minutes. While brownies are still warm, place pineapple slices on top of brownies. Sprinkle with an additional 1/2 cup toasted and chopped Hy-Vee macadamia nuts and an additional ¼ cup toasted Hy-Vee unsweetened coconut flakes. Store covered in refrigerator up to 5 days. Serves 12 (1 each).

GUINNESS BROWNIES

Cook 1/2 cup Guinness draught stout beer in a small saucepan over medium heat for 10 minutes or until reduced to ¼ cup. Prepare batter from 1 (18.3-oz.) pkg. Hy-Vee deluxe chewy fudge premium brownie mix according to pkg. directions, except replace water with the reduced Guinness. Spread batter into a greased 9×9-in. baking pan. Bake and cool according to pkg. directions. Stir together 1 (16-oz.) container Hy-Vee white creamy frosting and ¼ cup butterscotch-flavor sundae syrup in a small bowl. Spread over cooled brownies; top with 1 cup Hy-Vee tiny twists pretzels and drizzle with additional butterscotch sundae syrup, if desired. Store covered at room temperature up to 5 days. Serves 12 (1 each).

POTATO CHIP AND BACON BROWNIES

Prepare batter from 1 (18.3-oz.) pkg. Hy-Vee deluxe chewy fudge premium brownie mix according to pkg. directions. Stir in 1 cup slightly crushed Hy-Vee ripple potato chips; 4 slices Hy-Vee sweet smoked bacon, crisp-cooked and crumbled; $\frac{3}{5}$ cup Hy-Vee semisweet chocolate baking chips and $\frac{1}{2}$ tsp. Hy-Vee cayenne pepper. Spread batter into a greased 9×9-in. baking pan. Top with an additional 1 cup slightly crushed ripple potato chips; additional 4 slices bacon, crisp-cooked and crumbled; and additional $\frac{3}{5}$ cup semisweet chocolate baking chips. Bake according to pkg. directions. Store covered in refrigerator up to 3 days. Serves 12 (1 each).

IT'S ALL IN THE TOPPINGS

Jazz up brownies with frosting, chips, sprinkles and more from Hy-Vee.



FROSTING Find buttercream, cream cheese, whipped and classic frosting in chocolate and vanilla flavors. 

BAKING CHIPS Mix in extra flavors like peanut butter, butterscotch, creamy white vanilla and more.



SPRINKLES Add color to brownies with bright rainbow jimmies or sparkling and sweet sanding sugar.



DECORATING ICING Draw on patterns, words, shapes and more with buttercream icing in a variety of colors. 

NUTS The crunch of chopped pecans and walnuts add texture to moist brownies.

GRASSHOPPER CHEESECAKE BROWNIES

Beat 1 (8-oz.) pkg. Hy-Vee cream cheese, softened, ¼ cup Hy-Vee granulated sugar, 1 Hy-Vee large egg, ½ tsp. peppermint extract and 3 drops green food coloring with an electric mixer until smooth; set aside. Prepare batter from 1 (18.3-oz.) pkg. Hy-Vee deluxe chewy fudge premium brownie mix according to pkg. directions; spread into a greased 9×9-in. baking pan. Drop cream cheese mixture by spoonfuls on top of brownie batter. Use a toothpick or knife to gently swirl cream cheese mixture into brownie mix. Bake according to pkg. directions. Store covered in refrigerator up to 3 days. Serves 9 (1 each)

CARAMEL COOKIE-STUFFED CONFETTI BROWNIES

Prepare batter from 1 (18.3-oz.) pkg. Hy-Vee deluxe chewy fudge premium brownie mix according to pkg. directions. Spread half of the batter into a greased 9×9-in. baking pan; set aside. Place 1 (11-oz.) pkg. caramel bits and 2 Tbsp. Hy-Vee heavy whipping cream in a medium microwave-safe glass measuring cup. Microwave on HIGH at 30-second intervals until melted, stirring each time. Drizzle melted caramel over brownie batter in pan to cover. Place 20 Crav'n Flavor golden sandwich cookies with vanilla crème evenly on top of caramel layer. Spread remaining brownie batter over cookies. Top with ½ cup rainbow jimmies. Bake according to pkg. directions. Store covered at room temperature up to 5 days. Serves 9 (1 each).

BERRY PATCH BROWNIES

Prepare, bake and cool 1 (18.3-oz.) pkg. Hy-Vee deluxe chewy fudge premium brownie mix according to pkg. directions for a 9×9-in. baking pan. Spread ½ (8-oz.) pkg. Hy-Vee frozen whipped topping, thawed, over top of cooled brownies. Top with 1 cup each blueberries, blackberries and raspberries. Garnish with fresh mint, if desired. Store covered in refrigerator up to 3 days. Serves 9 (1 each).











best BROWNIES

When you need an even quicker dessert, pick up fudgy, chewy and delicious brownie trays from the Hy-Vee Bakery.





Fudge Brownies Classic chocolate brownies topped with lush chocolate frosting.



Cream Cheese Brownies Chocolate brownies with cream cheese frosting and chocolate loops.



German Chocolate Brownies Classic icing includes coconut flakes with

chocolate drizzled on top.



Turtle Brownies Delicious and indulgent caramel frosting and chopped pecans.



Brownie Cocktail Tray An assortment of fudge, cream cheese, German chocolate and turtle brownies.

basics

HOW TO COOK BACON

The tools to have on hand and a few cooking methods to get the perfect chewy or crispy strips every time.

IF USING THICK-CUT BACON,

cook at least one minute more than the recommended timings in the chart to reach your desired level of doneness.

All Fried Up Experiment with these methods to cook bacon to the ideal crispiness.



SHIP TO HOME Nordic Ware Baking Sheet



STREAM. SHOP. SMILE.

LEVELS OF DONENESS

Use the following timings to cook regular-cut bacon to your favorite level of doneness, from chewy to extra crispy.



WAYS



STOVETOP Easily control the level of crispiness wanted. Start with an unheated skillet and drain drippings between batches.



OVEN Make large batches with strips that are evenly crisp without grease spattering. Line baking pan with foil for easier cleanup.



MICROWAVE

The fastest method and with little cleanup because the bacon is placed on paper towels to absorb the grease, but only small batches can be made.



AIR FRYER The trickiest method. To help prevent excessive smoking, drain the oil between each batch and only cook a few slices at a time.

CHEWY STOVETOP:

Cook over medium heat 13 to 18 minutes.

OVEN: Bake 18 minutes at 375°F.

MICROWAVE*: Cook on HIGH

AIR FRYER*: Fry 9 minutes at 375°F.

LESS CHEWY

STOVETOP:

4 minutes.

Cook over medium heat 14 to 19 minutes.

OVEN: Bake 19 minutes at 375°F.

MICROWAVE*: Cook on HIGH

5 minutes. **AIR FRYER*:** Fry 10 minutes

at 375°F.

CRISPY STOVETOP:

Cook over medium heat 16 to 21 minutes.

OVEN: Bake 21 minutes at 375°F.

MICROWAVE*: Cook on HIGH

at 375°F.

6 minutes. AIR FRYER*:

Fry 12 minutes

Cook over medium heat 17 to 22 minutes.

STOVETOP:

EXTRA CRISPY

OVEN: Bake 22 minutes at 375°F.

MICROWAVE*: Cook on HIGH 7 minutes.

AIR FRYER*: Fry 13 minutes at 375°F.

*Note: Cooking times may vary depending on quantity of bacon cooked, wattage of microwave or model of air fryer.



Find everything for cooking bacon to perfection at Hy-Vee.



Nordic Ware **Naturals** Nonstick **Quarter Sheet** Nonstick, natural aluminum helps keep bacon from burning.



Lodge 10.25-in. **Cast Iron** Skillet Cook bacon evenly and without burnt spots.

OXO 12-in. <u>Tongs</u> Safely turn and serve bacon with heat-resistant nylon heads.

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SPIRIT OF OF Sea and enjou chocolate with your special

Lift a glass and enjoy chocolate with your special someone. Hy-Vee has quality wine, fine chocolate and everything you need for exquisite cocktails.

WINES for Valentine's Day

Enjoy these Hy-Vee wines with dinner or pair with creamy chocolates.

CHANDON BRUT

This crisp, bubbly wine has notes of green apple, pear and citrus with a dry finish.

CHATEAU STE. MICHELLE HARVEST SELECT RIESLING

This sweet wine from Washington state captures the flavor of a fresh, juicy summer peach.

SANDEMAN FINE RUBY PORTO

The rich ruby red color of this elegant Port matches its balanced deep plum and red fruit flavors.

MEIOMI PINOT NOIR

Midpoint between dry and sweet, this fragrant red has hints of mocha, boysenberry and blackberry.

CLINE OLD VINE ZINFANDEL

Enjoy vanilla and floral aromas with clean cherry and red raspberry flavors.

MEIOMI

VINE ZINFANDEL LODI CALIFORNIA

CLINE

CHOCOLATE & WINE PAIRINGS

For the best-tasting combinations, choose wines slightly sweeter than your chocolates. Zöet chocolates offer rich, high-quality flavor.



hateau Mie

COLUMBIA VALLE

2020

SANDEMAL

FINE RUBY

MILK CHOCOLATE Easy to pair thanks to its

Easy to pair thanks to its creamy texture and lower cacao content. Select lighter-bodied Pinot Noir, Ruby Port or Sauternes. Pair with: Chandon Brut or Sandeman Fine Ruby Porto

WHITE CHOCOLATE

ÔΕ

Choose a sweet Riesling, Moscato d'Asti or Pinot Noir for chocolates without cacao. Pair with: Chateau Ste. Michelle Riesling



DARK SEMISWEET CHOCOLATE

Chocolates with between 35 and 60% cacao pair best with medium-bodied red Zinfandel, Ports, Pinot Noir and Merlot.





NONSWEET DARK CHOCOLATE

For bitter chocolates with 70% cacao or more, choose robust Cabernet, Zinfandel, vintage Ports or Banyuls. Pair with: Cline Old Vine Zinfandel

VALENTINE COCKTAILS Shake and pour festive drinks for you and your date,

then add romantic garnishes for extra allure.

VERY BERRY GARNISH

Slice strawberries in half, then use a small heart-shape cookie cutter to create cutouts. Thread two strawberry hearts and two blueberries on each cocktail pick.

Sweetheart's White Chocolate Cocktails

Pour ½ oz. grenadine syrup into each of 2 (8-oz.) martini glasses; set aside. Add 3 oz. Hy-Vee half & half or heavy whipping cream, 2 oz. white chocolate liqueur and 1 oz. silver tequila to an ice-filled cocktail shaker. Cover and shake well. Strain and pour over the back of a spoon into prepared glasses. Garnish with heart-shape strawberries, if desired. Serves 2 (4 oz. each).

Watch more drinks made with love on



And SHOP the items used in this episode as you watch.



My Sunshine **Orange Blossom** Cocktail

Cut 1 navel orange into 8 wedges. Place in a large cocktail shaker and muddle to release juices. Fill cocktail shaker with ice. Add 2 oz. extra dry vermouth, 1 oz. Cointreau liqueur, 1 oz. dry gin and ½ oz. grenadine syrup. Cover and shake well. Strain into an 8-oz. coupe glass. Garnish with orange peel blossom and sprigs of fresh herbs, if desired. Serves 1 (5 oz.).

HOW TO MAKE A CITRUS ROSE

Easily shape a long citrus peel into an elegant cocktail garnish.



STEP 1 Cut peel from orange in one continuous strip, about 1 in. wide, using a vegetable peeler.



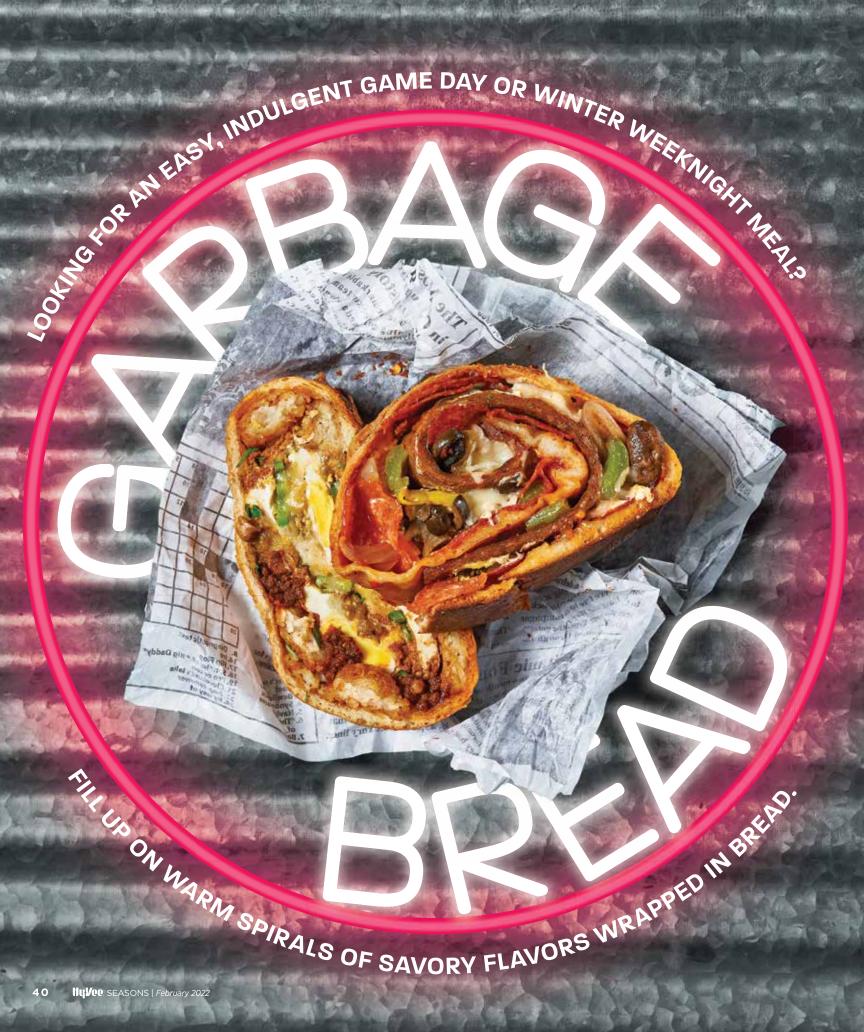
STEP 2 Beginning at one end of the strip, roll peel into a coil to resemble a flower blossom. Secure at bottom with a toothpick to maintain shape.

Sparkling Wine Ice-Pop Cocktails

Divide and loosely place ¹/₃ cup sliced strawberries, 18 raspberries and 1 Tbsp. pomegranate arils into 6 (3-oz.) pop molds; set aside. Stir together 8 oz. Hy-Vee lemonade, 2¹/₂ oz. St. Germain elderflower liqueur and 1 Tbsp. Hy-Vee honey. Pour into molds over fruit. Insert a craft stick into each mold. Cover and freeze 4 hours or until firm. To unmold the pops, dip the molds into warm water until the pops loosen. Place one pop in each of 6 (12-oz.) stemless wine glasses. Top evenly with 1 (750-mL) bottle sparkling wine. Garnish with frozen raspberries and additional pomegranate arils, if desired. Serves 6.

POPS OF SWEETNESS

Using elderflower liqueur in a sparkling wine cocktail adds a sweet floral layer. The slow release of flavor from this frozen pop helps prolong enjoyment of this bubbly drink.



WHAT IS GARBAGE BREAD?

SO NAMED BECAUSE YOU CAN USE PRETTY MUCH ANYTHING YOU HAVE ON HAND AND ROLL IT IN PIZZA OR BREAD DOUGH FOR SWIRLS OF INGREDIENTS IN A CRISPY OUTER CRUST.

HOW TO MAKE GARBAGE BREAD

STRETCH, DUMP AND ROLL—EASIER THAN TAKING OUT THE TRASH.



FLATTEN DOUGH Place thawed bread or pizza dough on parchment paper and roll out to 12×10 in. with a rolling pin or hands.



ADD FILLING Layer all ingredients to ensure even distribution of flavors.



ROLL UP Starting with short end, roll dough to make a log; transfer to a greased baking sheet.

Breakfast Garbage Bread

Hands On 50 minutes Total Time 1 hour 40 minutes plus resting and cooling time Serves 8

- 1 (16-oz.) loaf Hy-Vee frozen white bread dough, thawed
- Hy-Vee nonstick cooking spray
- 2 cups Hy-Vee frozen potato tater rounds
- 1 (9-oz.) pkg. ground Mexican pork chorizo 1 clove garlic, minced
- 7 Hy-Vee large eggs, divided
- ½ cup Hy-Vee mild salsa verde, plus additional for serving ½ cup Hy-Vee Short Cuts
- chopped white onions
- $^{\prime\!\!2}$ jalapeño pepper, seeded and chopped
- 1 Tbsp. chopped cilantro, plus additional for garnish

1 cup Hy-Vee finely shredded Mexican cheese 2 Tbsp. fresh lime juice 1 tsp. water

Hy-Vee Mediterranean sea salt, for garnish 1 tsp. lime zest, for garnish

1. PLACE thawed dough on a lightly floured surface. Cover and let rest 30 minutes.

2. PREHEAT oven to 450°F. Lightly spray a large baking sheet with nonstick spray. Spread frozen tater rounds on prepared baking sheet. Bake 12 to 14 minutes or until golden and slightly crisp, turning halfway through; set aside. Reduce oven temperature to 350°F. Spray another baking sheet with nonstick spray; set aside.

3. SPRAY a large nonstick skillet with nonstick spray; heat over medium heat. Cook chorizo 3 minutes, stirring occasionally to break into crumbles. Add garlic; cook 1 to 2 minutes or until chorizo reaches 165°F. Remove skillet from heat; make 6 indentations in the chorizo mixture. Crack 6 eggs into

indentations in chorizo. Return skillet to heat and cook 5 to 6 minutes or until egg whites have set and yolks begin to thicken.

4. ROLL out bread dough on the lightly floured surface to a 12×10-in. rectangle. Top with tater rounds, chorizo mixture, ½ cup salsa verde, onions, jalapeño and 1 Tbsp. cilantro to within 1 in. of edges. Top with cheese. Drizzle with lime juice.

5. TIGHTLY ROLL up into a spiral, starting from a short side; pinch edges together to seal. Place on prepared baking sheet, seam side down. Whisk together remaining egg and water in small bowl; brush over top of loaf. Sprinkle with salt to garnish, if desired.

6. BAKE 40 to 45 minutes or until golden brown. Cool 10 minutes. Cut into slices and serve with additional salsa verde. Garnish with lime zest and additional cilantro, if desired.

Per serving: 430 calories, 23 g fat, 8 g saturated fat, 0 g trans fat, 210 mg cholesterol, 920 mg sodium, 36 g carbohydrates, 2 g fiber, 2 g sugar (1 g added sugar), 20 g protein. Daily Values: Vitamin D 6%, Calcium 10%, Iron 15%, Potassium 6%

Bacon-Cheeseburger Garbage Bread

Hands On 45 minutes Total Time 1 hour 30 minutes plus resting and cooling time Serves 8

1 (16-oz.) loaf Hy-Vee frozen white bread dough, thawed Hy-Vee nonstick cooking spray 1 (1-lb.) pkg. 90% lean ground beef 2 tsp. Hy-Vee less-sodium Worcestershire sauce % tsp. Hy-Vee Mediterranean sea salt

- 1/8 tsp. Hy-Vee black pepper
- 2 Tbsp. Hy-Vee Dijon mustard
- 2 Roma tomatoes, sliced
- 1/2 cup Hy-Vee hamburger dill pickle slices, drained

- 3 thin slices red onion, separated into rings
- 6 slices Hy-Vee sharp Cheddar cheese 4 slices Hy-Vee thick-sliced bacon,
- crisp-cooked and chopped 1 Hy-Vee large egg 1 tsp. water
- 2 tsp. sesame seeds Hy-Vee Select sriracha mayo sandwich spread

1. PLACE thawed dough on a lightly floured surface. Cover and let rest 30 minutes.

2. PREHEAT oven to 350°F. Lightly spray a large baking sheet with nonstick spray; set aside.

3. PLACE ground beef in a large nonstick skillet; add Worcestershire sauce, salt and pepper. Cook over medium-high heat 8 to 10 minutes or until browned (165°F), stirring occasionally to break into small crumbles. Set aside; cool.

4. ROLL out bread dough on the lightly floured surface to a 12×10-in. rectangle. Spread mustard on top of dough to within 1 in. of edges. Top with beef mixture, tomatoes, pickles and onion. Arrange cheese slices on top to cover; sprinkle with bacon.

5. TIGHTLY roll up into a spiral, starting from a short side; pinch edges together to seal. Place on prepared baking sheet, seam side down. Whisk together egg and water in small bowl; brush over top of loaf. Sprinkle with sesame seeds.

6. BAKE 40 to 45 minutes or until golden brown. Cool 10 minutes. Cut into slices and serve with sriracha mayo, if desired.

Per serving: 350 calories, 17 g fat, 6 g saturated fat, 0 g trans fat, 85 mg cholesterol, 780 mg sodium, 29 g carbohydrates, 2 g fiber, 2 g sugar (1 g added sugar), 21 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 6%

IT'S ALL IN THE DOUGH

FOR THICKER, FLUFFIER ROLLS OF BREAD, USE FROZEN BREAD DOUGH. FOR A THINNER, CRISPIER OPTION, TRY A CLASSIC OR THIN CRUST PIZZA DOUGH.

Cheesy Supreme Garbage Bread

Hands On 45 minutes Total Time 1 hour 30 minutes plus resting and cooling time Serves 8

- Hy-Vee nonstick cooking spray 12 oz. fresh Graziano Bros. Italian sausage 1 (13.8-oz.) can Hy-Vee refrigerated pizza crust 3/4 cup Gustare Vita pizza sauce, plus additional for serving 1/2 cup Hy-Vee original pepperoni slices 1/2 cup seeded and chopped green bell pepper 1/4 cup canned Hy-Vee mushroom stems & pieces, drained 1/4 cup canned Hy-Vee sliced black olives, drained 2 Tbsp. Hy-Vee mild banana pepper rings, drained 3 thin slices red onion, separated into rings 1/2 tsp. Hy-Vee Italian seasoning
- 6 oz. Soirée fresh mozzarella cheese, sliced
- 2 Tbsp. Hy-Vee unsalted butter, melted
- 2 Tbsp. Hy-Vee grated Parmesan cheese with red pepper

1. PREHEAT oven to 350°F. Lightly spray 1 medium and 1 large rimmed baking pan with nonstick spray.

2. PLACE sausage in the medium prepared rimmed baking pan. Cover with plastic wrap. Press sausage into a 12×8-in. rectangle. Remove plastic wrap; bake 15 to 20 minutes or until sausage reaches 165°F, carefully turning halfway through. Cool slightly and pat dry with paper towels.

3. UNROLL pizza dough and press into a 12×8-in. rectangle on a lightly floured surface. Spread ¾ cup pizza sauce on top of dough to within 1 in. of edges. Top evenly with pepperoni, green pepper, mushrooms, olives and banana peppers. Arrange onion evenly over top. Sprinkle with Italian seasoning. Top with fresh mozzarella cheese slices. Place sausage rectangle on top.

4. TIGHTLY ROLL up into a spiral, starting from a short side; pinch edges together to seal. Place in the large prepared baking pan, seam side down. Stir together butter and Parmesan cheese in small bowl; brush over top of loaf.

5. BAKE 40 to 45 minutes or until golden brown. Cool 10 minutes. Cut into slices and serve with additional pizza sauce, if desired.

Per serving: 360 calories, 19 g fat, 8 g saturated fat, 0 g trans fat, 60 mg cholesterol, 970 mg sodium, 28 g carbohydrates, 1 g fiber, 5 g sugar (3 g added sugar), 17 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 15%, Potassium 4% HELPING HAND

PLACE DOUGH ON LIGHTLY FLOURED PARCHMENT PAPER TO MAKE IT EASIER TO LIFT AND ROLL ONCE IT'S LOADED WITH INGREDIENTS.



Learn how to take a pizza with all the fixings and turn it into a delicous rolled sandwich.



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WHAT YOU NEED

FIND THE NECESSARY INGREDIENTS AND TOOLS AT HY-VEE.



FROZEN DOUGH Grab your choice of bread dough or pizza dough for garbage bread recipes.



ROLLING PIN AND PAN Easily roll out dough, and bake garbage bread on a baking pan.

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Luncheon Meat **Fried Rice**

Total Time 25 minutes **Serves** 6 (1²/₃ cups each)

1 (20-oz.) can Hy-Vee pineapple chunks in pineapple juice ¼ cup Hy-Vee less-sodium soy sauce 2 Tbsp. seasoned rice vinegar 1½ tsp. bottled minced garlic 1 tsp. refrigerated ginger paste

- 1 (12-oz.) can Hy-Vee fully cooked luncheon meat, cut into ¾-in. pieces 1 Tbsp. Hy-Vee vegetable oil
- 1 (8-oz.) can Hy-Vee sliced water chestnuts, drained
- 3 Hy-Vee large eggs, beaten 4 cups cooked Hy-Vee long-grain
- white rice, chilled 1 (15-oz.) can Hy-Vee peas & diced
- carrots, drained 2 diagonally sliced green onions, plus
- additional for garnish

1. DRAIN pineapple, reserving ¼ cup juice. Whisk together reserved pineapple juice, soy sauce, rice vinegar, garlic and ginger in a small bowl; set aside.

2. HEAT a large nonstick skillet over medium-high heat. Add chopped meat; stir-fry 3 minutes or until lightly browned. Transfer to a bowl.

3. HEAT oil in same skillet over medium-high heat. Add pineapple chunks and water chestnuts; stir-fry 2 to 3 minutes or until lightly browned. Transfer to bowl with meat.

4. POUR eggs into skillet. Cook 15 seconds over medium heat or until eggs begin to set. Continue cooking and gently stirring to scramble eggs until eggs are cooked through but still glossy. Add cooked rice and pineapple juice mixture. Cook 2 to 3 minutes or until heated through, stirring often.

5. ADD meat and water chestnut mixture, peas and carrots and 2 sliced green onions to rice mixture in skillet. Cook and stir until mixture begins to crisp. Remove from heat and garnish with additional green onions, if desired.

Per serving: 580 calories, 21 g fat, 7 g saturated fat, 0 g trans fat, 135 mg cholesterol, 1,480 mg sodium, 76 g carbohydrates, 5 g fiber, 19 g sugar (4 g added sugar), 17 g protein. Daily Values: Vitamin D 6%, Calcium 4%, Iron 35%, Potassium 8%

try this

Add roasted seaweed to create a Hawaiian musubi bowl, a fusion dish combining rice, seaweed and luncheon meat.

CANNED GOODNESS

Food preserved through heating and vacuum-sealing is called "canned." These foods are packaged in jars as well as cans. Store them in a cool, dark place and avoid cans with bulging tops or jars with visible bubbles inside. These are signs the food is no longer safe to eat.

Hyvee SEASONS | hy-vee.com 45



ADDING CANNED BEANS IS A DELICIOUS, EASY WAY TO BOOST PROTEIN IN VEGETARIAN RECIPES. (ONE 15-OZ. CAN OF PINTO BEANS HAS MORE THAN 19 G OF PROTEIN!) TO REDUCE THE AMOUNT OF SODIUM, DRAIN AND RINSE BEANS BEFORE USING.



Simple Vegetarian **Taco Soup**

Hands On 10 minutes Total Time 20 minutes Serves 8 (1 cup each)

3 cups water

1 (15.25-oz.) can Hy-Vee no-saltadded whole kernel golden corn, drained

- 1 (15-oz.) can Hy-Vee no-salt-added chili-style beans in chili gravy
- 1 (15-oz.) can Hy-Vee no-salt-added pinto beans, drained and rinsed
- 1 (15-oz.) can Hy-Vee no-salt-added black beans, drained and rinsed
- 1 (10-oz.) can Hy-Vee no-salt-added diced tomatoes & green chilies
- 1 (8-oz.) can Hy-Vee no-salt-added tomato sauce
- 1 (1.25-oz.) pkg. Hy-Vee 30%-lesssodium taco seasoning mix

Queso fresco, crumbled, for garnish Fresh cilantro, for garnish Hy-Vee stone-ground restaurant-

style tortilla chips, for serving Lime wedges, for serving

1. COMBINE water, corn, chili beans in gravy, pinto and black beans, undrained tomatoes and chilies, tomato sauce and taco seasoning mix in a large saucepan. Bring to a boil; reduce heat. Gently simmer, uncovered. 10 minutes. **2. TO SERVE**, ladle soup into serving bowls. Garnish with cheese and cilantro, if desired. Serve with tortilla chips and lime wedges.

Per serving: 210 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 250 mg sodium, 37 g carbohydrates, 9 g fiber, 7 g sugar (0 g added sugar), 11 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 15%, Potassium 10%

Protein-Power Tuna Salad in Jars

Total Time 10 minutes plus chilling time **Serves** 2

1 cup cherry tomatoes

½ cup canned Hy-Vee no-saltadded garbanzo beans, drained and rinsed

 $\frac{2}{3}$ cup Italian mix giardiniera, drained 1 (5-oz.) can Hy-Vee Select solid white

- albacore tuna in water, drained 2 cups lightly packed mixed dark leafy salad greens
- 2 Hy-Vee Short Cuts hard-boiled eggs, quartered
- Hy-Vee salt and black pepper

1. SPOON 2 Tbsp. salad dressing into each of 2 (1-pt.) canning jars. Add in layers of tomatoes, garbanzo beans, giardiniera and tuna. **2. PLACE** salad greens on top of tuna in jars, firmly pressing down to compact layers. Top with eggs. Season with salt and pepper. Cover tightly; refrigerate up to 2 days.

3. TO SERVE, empty each jar into a serving bowl; toss salad to coat with dressing.

Per serving: 320 calories, 14 g fat, 2.5 g saturated fat, 0 g trans fat, 225 mg cholesterol, 1,230 mg sodium, 20 g carbohydrates, 5 g fiber, 5 g sugar (3 g added sugar), 29 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 10%, Potassium 15%

STOCK YOUR PANTRY

KEEP COMMONLY USED CANNED GOODS ON HAND FOR QUICK RECIPES.



BEANS Rinse and add to salads, pasta sauces and chili recipes for extra protein and fiber.



SOUPS Cream-based options add moisture to casseroles and can act as an easy starter for sauces.



VEGETABLES Eat plain for a healthy side dish or use to add nutrition to casseroles, soups and stews



TOMATOES Many sauces and soups use tomato paste or canned tomatoes as a base, including pasta sauce and vegetable soups

No-Churn Lemon-Blueberry **Ice Cream**

Total Time 15 minutes plus freezing and standing time Serves 10 (¾ cup each)

2 cups Hy-Vee heavy whipping cream 1 (21-oz.) can Hy-Vee blueberry pie filling or topping 1 (14-oz.) can Hy-Vee sweetened condensed milk 2 Tbsp. fresh lemon juice 1 tsp. lemon zest Food coloring, optional Waffle cones, for serving, optional Desired nonpareils and/or candies, for garnish

1. BEAT cream in a large mixing bowl with an electric mixer on high speed until stiff peaks form (tips stand straight).

2. BEAT pie filling, sweetened condensed milk, lemon juice and lemon zest in another large bowl with electric mixer on high speed until well combined.

3. FOLD cream into blueberry mixture until combined. Add food coloring, if desired. Spread mixture evenly in 2-qt. freezer-safe container or 9×5-in. loaf pan. Cover and freeze for 6 hours or overnight until firm.

4. TO SERVE, let stand at room temperature 15 minutes. Scoop ice cream into cones. Garnish with nonpareils and/or candies, if desired.

Per serving: 370 calories, 20 g fat, 13 g saturated fat, 0.5 g trans fat, 65 mg cholesterol, 90 mg sodium, 41 g carbohydrates, 1 g fiber, 35 g sugar (29 g added sugar), 4 g protein. Daily Values: Vitamin D 6%, Calcium 10%, Iron 0%, Potassium 4%

NO-CHURN STRAWBERRY ICE CREAM

Substitute 1 (21-oz.) can Hy-Vee strawberry pie filling or topping for the blueberry pie filling or topping.

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Sweetened condensed milk is evaporated milk with sugar added. This pantry mainstay (and ice cream sweetener) can last up to a year unopened.

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STORING CANNED FOODS

KEEP CANNED FOODS IN A COOL, DRY **PLACE SUCH** AS A PANTRY. ACCORDING TO THE USDA, **HIGH-ACID** CANNED **FOODS SUCH AS FRUITS** WILL KEEP **THEIR QUALITY** FOR UP TO **18 MONTHS,** WHILE LOW-**ACID CANNED FOODS SUCH AS MEAT AND** VEGETABLES WILL KEEP FOR 2 TO 5 YEARS.

After opening, transfer leftover canned foods to a glass or plastic storage container and refrigerate. Use within 4 days.



Thai Chicken Lettuce Cups

Total Time 25 minutes Serves 6 (2 each)

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⁵⁄₄ cup Hy-Vee Thai peanut sauce
2 Tbsp. Hy-Vee less-sodium soy sauce
¹⁄₄ tsp. Hy-Vee crushed red pepper
2 Tbsp. Hy-Vee vegetable oil, divided
1 (14-oz.) pkg. Hy-Vee coleslaw mix
1 tsp. bottled minced garlic

1 red bell pepper, seeded and chopped 1 (14-oz.) can fancy mixed stir-fry

vegetables, drained 1 (14.11-oz.) can whole baby corn, drained

1 (10-oz.) can Hy-Vee chunk chicken breast with rib meat in water, drained and halved 12 large Hy-Vee romaine lettuce heart leaves Asian-style crunchy noodles with wheat and

rice flours, for garnish

1. STIR together peanut sauce, soy sauce and crushed red pepper in a small bowl; set aside.

2. HEAT 1 Tbsp. oil in a large nonstick skillet over medium-high heat. Add coleslaw mix and garlic; stir-fry 2 to 3 minutes or until slightly softened and lightly browned. Transfer to a bowl.

3. HEAT remaining 1 Tbsp. oil in same skillet over medium-high heat. Add red bell pepper; stir-fry 2 minutes. Add stir-fry vegetables, baby corn and chicken; stir-fry 2 minutes.

4. STIR in peanut sauce mixture. Add coleslaw mixture; stir to coat. Divide mixture among lettuce leaves. Garnish with crunchy noodles, if desired.

Per serving: 230 calories, 10 g fat, 1.5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 940 mg sodium, 24 g carbohydrates, 5 g fiber, 13 g sugar (6 g added sugar), 12 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 15%

a guide to

Censie

LEARN HOW TO USE AND CARE FOR THE MOST COMMON COOKWARE MATERIALS, AND FIND SOME OF THE BEST NEW OPTIONS AT HY-VEE TO COMPLETE YOUR SET.

surface

Before using a pan in the oven, always make sure the handle is oven-safe. Pans with woodor plastic-coated handles should only be used on the stove.

Cast iron is best for searing because it conducts heat well. The coating (seasoning) is a layer of oil baked on by the manufacturer that protects the iron from rust. To re-season, rub unsaturated cooking oil over the surface, buffing away shiny spots. Heat on a burner set to HIGH. Cool and store. Hand-wash with soap, water and a soft dishcloth, and dry immediately.

Made of metal covered with a ceramic coating, a ceramic pan is nonstick, distributes heat evenly and often is oven-safe up to 500°F, but it can take a bit longer to heat. Use only wooden, silicone and plastic utensils on the surface to protect the coating. Ceramic is usually dishwasher-safe, but hand-washing with soap, water and a soft cloth will help the coating last longer.

options

Stainless steel cookware is usually lighter than cast iron and can sear foods well when it's labeled multi-ply or clad from bottom to rims. Metal utensils can be used, although nonmetal tools will better preserve the surface. Prevent sticking by adding oil to the pan before cooking. Stainless steel is dishwasher-safe, but handwashing can protect it from rust and spots.

Nonstick cookware is often aluminum coated with polytetrafluoroethylene to prevent food from sticking. The coating works well for delicate foods like eggs and fish, but it doesn't conduct heat as well as all-metal cookware. Use only on low or medium heat with non-metal utensils to avoid damaging the coating. Most are dishwasher-safe, but hand-washing will help preserve the coating.

PANS AT HY-VEE

Stock your kitchen with the best cookware available at Hy-Vee.



This multi-use Lodge 10.25-in. cast iron skillet can cook food on the stove and in the oven.



Bialetti Simply Italian's 12-in. nonstick fry pan is large enough to cook a meal for a crowd.



Cuisinart's 10-in. stainless steel skillet heats quickly to brown and sear food.

cookware **PRIMER**

Know how and when to use these popular kitchen pots and pans.



Ideal for homemade stock and large batches of soups and sauces, stockpots are usually 6 quarts or larger.



This kitchen workhorse can sear, sauté, stir-fry and pan-fry produce, proteins, sauces and more.



Extremely versatile, this pot can often go from the stove to the oven for roasts, stews and even bread.



Cook smaller batches of pastas, soups, stews and chilis in these pans, usually 4 quarts or smaller.



Sauté, stir-fry, panfry, roast, bake and broil a variety of foods on the stove or in the oven.

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<u>Just</u> One Pan

Use pans from Hy-Vee for one-dish breakfasts.

SKILLETS

Use Lodge's versatile 10.25-in. cast iron skillet on the stove and in the oven.



The Rock Starfrit 12-in. fry pan has an extra-thick base for heat distribution and even cooking.

SHEET PAN



Bake breakfast pizza and larger quantities of breakfast items with Nordic Ware Naturals Nonstick Quarter Sheet Pan.

1 Tbsp. plus ½ cup Hy-Vee vegetable oil, divided 1 lb. pork belly, cut into 1/2-in. pieces 8 Hy-Vee street tacos flour tortillas 3 green, yellow and/or red bell peppers, seeded and sliced 1/2 small white onion, chopped 6 Hy-Vee large eggs 1 tsp. Hy-Vee salt 1 tsp. Hy-Vee black pepper, plus additional for garnish 1 tsp. smoked paprika 2 Tbsp. fresh lime juice Cotija cheese, crumbled, for garnish Chopped fresh cilantro, for garnish Lime wedges, for serving Hy-Vee homestyle guacamole, for serving Mango-habanero salsa, for serving

 HEAT 1 Tbsp. oil in a heavy 12-in. skillet over medium-high heat. Add pork belly. Cook
 to 7 minutes or until very crisp, stirring occasionally. Remove with slotted spoon and transfer to paper towels to drain.

Pork Belly Breakfast **Fajitas**

Total Time 35 minutes

Serves 8

2. ADD remaining ½ cup oil to skillet; heat over medium-high heat. Fry tortillas, in batches, 1 to 2 minutes or until lightly browned, turning halfway through. Drain on paper towels. Reserve 1 Tbsp. oil in skillet; discard remaining oil.

3. ADD bell peppers and onion to skillet. Cook 4 to 5 minutes or until crisp-tender, stirring often. Transfer to a bowl; cover to keep warm.

4. WHISK together eggs, salt, 1 tsp. black pepper and smoked paprika in medium bowl until well combined. Add egg mixture to skillet. Cook over medium heat until set, stirring occasionally to form soft curds.

5. PUSH eggs to one side of skillet; place pork belly in center and bell pepper mixture on other side of skillet. Drizzle with lime juice. Garnish with additional black pepper, Cotija cheese and chopped cilantro, if desired. Serve on tortillas with lime wedges, guacamole and salsa, if desired.

Per serving: 530 calories, 46 g fat, 15 g saturated fat, 0 g trans fat, 180 mg cholesterol, 530 mg sodium, 17 g carbohydrates, 1 g fiber, 2 g sugar (0 g added sugar), 13 g protein. Daily Values: Vitamin D 6%, Calcium 4%, Iron 10%, Potassium 6%



One-Pan Croque Monsieur Breakfast Sandwich

Total Time 15 minutes Serves 1

3 Hy-Vee large eggs % tsp. Hy-Vee salt % tsp. Hy-Vee black pepper % tsp. Hy-Vee ground nutmeg 1 Tbsp. Hy-Vee salted butter 2 slices Hy-Vee Bakery brioche bread

2 slices Hy-Vee Deli Black Forest smoked ham

¼ cup Hy-Vee shredded mozzarella cheese

1 Tbsp. Soirée grated Parmesan cheese, plus additional for garnish

¼ cup microgreens, for garnish

1. WHISK together eggs, salt, pepper and nutmeg in a small bowl until combined.

2. MELT butter in a large nonstick skillet over medium heat. Add egg mixture, tilting skillet to

coat bottom of pan. Quickly dip one side of bread slices into egg mixture, then turn over slices to coat with remaining egg mixture in skillet. Cook bread slices for 1 to 2 minutes or until egg is set. Using a wide spatula, turn over both egg and bread slices together.

3. TOP one slice of bread with ham and Gruyère, mozzarella and 1Tbsp. Parmesan cheeses. Cook 1 to 2 minutes or until golden. Top with microgreens. Fold in any cooked egg pieces; flip remaining bread slice over and on top of sandwich. Transfer to a plate; cut sandwich in half. Garnish with additional Parmesan cheese, if desired.

Per serving: 770 calories, 50 g fat, 24 g saturated fat, 0.5 g trans fat, 680 mg cholesterol, 1,620 mg sodium, 37 g carbohydrates, 1 g fiber, 9 g sugar (6 g added sugar), 45 g protein. Daily Values: Vitamin D 20%, Calcium 50%, Iron 15%, Potassium 6%

<u>How to</u> <u>Make</u>



Dip each piece of bread in the egg mixture and place in the skillet.



2 Cook until the eggs are set. Use a spatula to flip bread and eggs at once.



Place toppings on one slice of bread. Use a spatula to fold any overhanging egg inward over the bread and toppings.



4 Flip one slice of bread on top of the other to create a sandwich with the toppings and egg in the center.

One-Pan English Breakfast

Total Time 30 minutes Serves 2

- 3 Tbsp. Hy-Vee unsalted butter, softened and divided
- 1 slice Hy-Vee Bakery sourdough bread 8 cherry tomatoes
- 4 oz. whole white mushrooms, trimmed $\frac{1}{2}$ tsp. chopped fresh thyme
- 3 slices Hy-Vee thick-sliced bacon 2 Hy-Vee frozen fully cooked pork sausage links, thawed
- 2 Hy-Vee frozen fully cooked sausage patties, thawed
- 2 Hy-Vee large eggs
- 1/2 cup Hy-Vee Homestyle Recipe oven baked beans
- Chopped Italian parsley, for garnish

1. HEAT a 10-in. cast iron skillet over medium heat. Spread 1 Tbsp. softened butter on both sides of bread; add to skillet. Cook until toasted on each side. Remove from skillet; cut bread slice in half and set aside.

2. MELT 1 Tbsp. butter in same skillet. Add tomatoes, mushrooms and thyme. Cook 5 to 7 minutes or until tomatoes are lightly blistered and mushrooms are tender, stirring frequently. Transfer to a bowl; cover to keep warm.

3. ADD bacon to same skillet. Cook over medium heat 5 minutes. Turn over bacon and add sausage links and patties; cook 8 to 10 minutes or until sausages reach 165°F and bacon is crisp, turning often. Transfer to a plate lined with paper towels; cover to keep warm.

4. WIPE skillet clean with paper towels. Melt remaining 1 Tbsp. butter in skillet. Break eggs into skillet. Reduce heat to low. Cook eggs 3 to 4 minutes or until whites are set and yolks begin to thicken.

5. RETURN tomato mixture to one side of skillet; place eggs on top. Add sausages, bacon and beans to other sides of skillet; heat through over medium-low heat. Serve with toasted bread. Garnish with chopped parsley, if desired. Serve immediately.

Per serving: 700 calories, 48 g fat, 21 g saturated fat, 0.5 g trans fat, 290 mg cholesterol, 1,110 mg sodium, 38 g carbohydrates, 1 g fiber, 12 g sugar (9 g added sugar), 28 g protein. Daily Values: Vitamin D 10%, Calcium 10%, Iron 20%, Potassium 15%

SHIP TO HOME Lodge Cast Iron Skillet







Total Time 35 minutes



Spray pancake molds with nonstick spray. Place the molds in the skillet. Pour pancake batter into each mold. Pour ¹/₄ cup water into the skillet.



2 Cover; cook the pancakes until tops spring back when lightly touched.



🗧 Flip each pancake and ring by gently sliding a spatula under each pancake. Use an oven mitt to help steady the hot ring as you flip it.

3/4 cup Hy-Vee complete pancake & waffle mix

2 Tbsp. Hy-Vee granulated sugar 2 Tbsp. Hy-Vee powdered sugar

1/4 tsp. Hy-Vee baking powder 1/2 cup Hy-Vee whole milk 2 Hy-Vee large eggs, separated 2 Hy-Vee large egg whites ¼ tsp. Hy-Vee vanilla extract ¹/₂ cup rainbow jimmies, plus additional for garnish

Hy-Vee nonstick cooking spray 1/2 cup water, divided

Hy-Vee frozen whipped topping, thawed, for garnish Fresh berries, for garnish

1. WHISK together pancake mix, granulated sugar, powdered sugar and baking powder in a large bowl. Add milk and 2 egg yolks; whisk just until combined. Set pancake batter aside.

2. BEAT 4 egg whites and vanilla in a large mixing bowl with an electric mixer on high until stiff peaks form (tips stand straight). Fold egg whites into pancake batter just until combined; do not overmix. Fold in 1/2 cup jimmies.

3. HEAT a large nonstick

skillet over medium-low heat. Place 2 (3×2¹/₈-in.) metal rings in skillet, with bottoms of rings resting flat in skillet. Spray rings with nonstick spray. Fill each ring with ³/₄ cup batter. Pour ¹/₄ cup water in skillet outside of rings.

4. COVER skillet and cook 15 to 18 minutes or until tops spring back. Turn over pancakes in metal rings. Cook, covered, 3 minutes more. Remove pancakes from skillet.

Using a narrow metal spatula or table knife, loosen sides of pancakes from rings. Remove pancakes from rings; transfer to a serving plate. Repeat with remaining pancake batter and 1/4 cup water for steaming.

5. TO SERVE, garnish pancakes with whipped topping, berries and additional jimmies, if desired.

Per serving: 600 calories, 20 g fat, 7 g saturated fat, 4 g trans fat, 205 mg cholesterol, 680 mg sodium, 92 g carbohydrates, 1 g fiber, 57 g sugar (26 g added sugar), 16 g protein. Daily Values: Vitamin D 10%, Calcium 15%, Iron 15%, Potassium 6%

> Sprinkle Time Discover a fun way to add color to your breakfast plate.



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Serves 2 (2 each)

TAKE TRADITIONAL BREAKFAST PIZZA UP A NOTCH BY ADDING PICKLED SHALLOTS, WHICH OFFER A MILDER FLAVOR THAN ONIONS AND A HINT OF GARLIC.

Sweet Baconand-Egg **Breakfast Pizza**

Hands On 25 minutes Total Time 45 minutes Serves 6

1 small shallot, thinly sliced 1/2 cup Gustare Vita white wine vinegar 1 (13.8-oz.) can Hy-Vee refrigerated pizza crust 2 Tbsp. Hy-Vee salted butter, melted 2 Tbsp. Soirée grated Parmesan cheese 2 Tbsp. vanilla-bean spreadable honey, or Hy-Vee honey 1 Tbsp. refrigerated garlic paste ¹/₂ cup thinly sliced small baby bella mushrooms 6 slices Hy-Vee fully cooked hickory smoked bacon, chopped 1/2 (8-oz.) pkg. Brie cheese, sliced 1/2 (8-oz.) pkg. Soirée fresh mozzarella cheese, sliced 6 Hy-Vee large eggs Coarse-ground black pepper, for garnish Baby arugula, for garnish Chopped fresh chives, for garnish

1. PREHEAT oven to 425°F. Separate shallot slices into rings. Place in a small bowl. Add vinegar. Press shallots into vinegar with back of spoon. Let stand at least 5 minutes. Drain and set aside.

2. LINE a large rimmed baking pan with parchment paper. Unroll pizza dough onto the parchment paper in pan. Press dough into a 12×10-in. rectangle; set aside.

3. STIR together melted butter and Parmesan. Brush mixture onto pizza dough. Bake 5 minutes. Cool slightly in pan on a wire rack.

4. STIR together honey and garlic paste; spread onto partially baked crust. Sprinkle with mushrooms and bacon. Cut Brie slices in half; top pizza with cheeses, alternating pieces of Brie and mozzarella slices. Crack eggs 2 in. apart on top of cheeses.

5. BAKE 17 to 20 minutes or until crust is golden brown, and egg whites are set and yolks begin to thicken. Remove from oven. Garnish with pickled shallot, pepper, arugula and chives, if desired.

Per serving: 480 calories, 25 g fat, 11 g saturated fat, 0 g trans fat, 235 mg cholesterol, 910 mg sodium, 40 g carbohydrates, 0 g fiber, 11 g sugar (10 g added sugar), 22 g protein. Daily Values: Vitamin D 6%, Calcium 15%, Iron 15%, Potassium 6%

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WITH FLOWERS AND EXPERTISE FROM HY-VEE FLORAL, YOU CAN CREATE AN UNFORGETTABLE ARRANGEMENT WORTHY OF ANY SPECIAL OCCASION.

FOR THE GRAND

Dream big! Work with a Hy-Vee Floral designer or dream up your own ideas for a memorable DIY arrangement to suit a major event such as a wedding or anniversary. This round trellis is rimmed with red, pink and white roses, stock, lisianthus, snapdragons, asparagus fern and huckleberry greens.

WHAT'S THE FLOWER SAY?

Flowers have carried meaning for centuries and were once presented as coded messages to recipients, with different species and sometimes colors representing various sentiments.

ALSTROEMERIA: devotion, support, friendship

BLUE THISTLE: nobility, endurance

CALLA LILY: beauty

EUCALYPTUS: strength, protection, abundance

FUCHSIA: elegance, good taste, confiding love

HYDRANGEA: gratitude for being understood

ITALIAN RUSCUS: thoughtfulness, abundance

LISIANTHUS: joy, happiness, positive energy

ORCHID: admiration, innocence

RANUNCULUS: charm, attractiveness

ROSE: (pink) joy, gratitude, grace; (lavender) fascination, adoration; (red) passion, love; (white) innocence, purity, everlasting love

SNAPDRAGON: grace, strength, protection

STOCK: happiness, lasting beauty

TULIP: (white) purity

FOR THE CLASSIC WITH A modern twist

A clean, contemporary, monochromatic arrangement catches the eye. The display features an elegant mix of white tulips, hydrangea, ranunculus and orchids—each sectioned into zones for grace and beauty.





INSPIRATIONAL BOUQUET

DEAS

Creative enough to catch the eye, easy enough to make on your own, these arrangements leave a memorable impression.

1 A frilly, artistic grouping of David Austin roses offers an ombré effect and a heady fragrance—all in the shape of a luxury perfume bottle.

2 Bottoms up! After you've emptied your growler (or other bottle of choice), put it to creative use as a quirky vase. This upcycled vessel holds calla lilies, blue thistle, Italian ruscus and asparagus fern.

PICK UP THESE FLORAL GIFTS AT YOUR



ALL MY LOVE: Curly willow, greens, lilies and roses

DOUBLE DOZEN ROSES: Baby's breath, roses and variegated greens



ELECTRIC LOVE: Alstroemeria, cushion daisies, mums, roses and snapdragons



MAD CRAZY LOVE: Alstroemeria, asters, carnations, mums, roses and statice

FOR THE trendsette

Big color is the hallmark of this lovely high-style arrangement. A contemporary chrome container highlights red and pink roses, hydrangeas, calla lilies, ranunculus, lilies and bay leaves.

FOR THE "DON'T BUY ME FLOWERS" type

You might say the recipient's delight is in the bag—in this case a simple canvas bag surrounding a vase. It offers textural contrast to the bouquet of snapdragons, ranunculus, stock, alstroemeria, David Austin roses and seeded eucalyptus.

Friendly reminder: Valentine's Day is on February 14th this year.



Hyvee FLORAL



Preorder today at hy-vee.com

to

HY-VEE CAN HELP YOU STEP OUT WITH CONFIDENCE ON A SPECIAL NIGHT WITH YOUR SPECIAL SOMEONE WITH GIFTS AND THE PERSONAL CARE ITEMS YOU NEED.

DINNER DATE

Hy-Vee has the essentials needed to plan your meal. Start with a main course you both can agree on, then grab sweet desserts and finish with drinks.



MAIN DISH

Order chef-prepared meals from Hy-Vee Catering, grab ready-toeat dinners from Mealtime To Go or choose a special dinner package with ingredients for a cooking session for two. If you're running late, opt for curbside pickup to make up lost time.



DESSERT

Top off the evening with a sweet treat, whether it's chocolate-covered strawberries from the Hy-Vee Produce Department or one of the desserts for two available from Hy-Vee Bakery like 40-oz. gourmet pies, assorted 20-oz. cream pies and more.



DRINKS

Ask the Hy-Vee Wine & Spirits Department for a wine or sparkling wine pairing for dinner. Or mix it up with a beer pairing by picking out a custom 6-pack of craft beer. If your date doesn't want alcohol, choose a neutral sparkling water to go with any meal.

REFRESH YOUR LOOK WITH NEW CLOTHES OR ACCESSORIES FROM JOE FRESH OR FIND EVENING SHOES FROM DSW, BOTH AVAILABLE AT SELECT HY-VEE LOCATIONS.



SAY IT WITH FLOWERS

The Hy-Vee Floral Department can help you make the best first impression. Call or visit for beautiful bouquets.



PERFECT GIFT

Hy-Vee has traditionally appropriate gifts including **flowers and/or a box of chocolates**. You can also have fun with an atypical gift like **a candle, their favorite candy, a cute stuffed animal or a gift card** to one of your date's favorite shops or restaurants.

3 TOP DATE TIPS

Manners always matter. Remember these tips for a perfectly proper night.

Be Punctual Being on time is a given for a first date if you want to make a good impression. But even if it's the 101st date, plan your day so you are ready on time.

No Phones Keep phones tucked away. Acceptable exceptions include Googling a needed fact, answering the babysitter's call or dealing with 911 emergencies. Listen It's easy to nod and smile, but pay attention to what is being said. Ask engaging questions to continue the topic or gently turn it in a new direction.

care and grooming Give as much

attention to yourself as you give to the menu. Shine up your smile with the Gleem rechargeable electric toothbrush. For the guys, get a fresh shave or trim with Harry's 5-Blade men's razor to look and feel your best for the special evening.

> For smooth lips with a pop of color, apply L'Oréal Paris Colour Riche Satin Lipstick for Moisturized Lips in the True Red shade.





SMOKY EYE The blendable colors of FLOWER Beauty Gimme Gold eye shadow palette intensify when wet.

LAQUERED UP Give your

terra-cotta rose color with

Essie's Mrs. Always-Right.

nails a glossy shine and a fierce

BOLD LASHES Add voluptuous length with L'Oréal Paris Voluminous Lash Paradise mascara.



HINT OF SCENT Inspire confidence with a mist of Estée Lauder Modern Muse, a contrast of floral and woodsy aromas.



FINAL TOUCH Keep hair touchable, but in place, with Nexxus Maximum finishing mist, a micro-fine flexible hair spray.

the W nail bar

THE W NAIL BAR

SET IT Spritz FLOWER

Beauty's Seal the Deal setting

spray to add a matte finish to

makeup that won't rub off.

The dress. The heels. The hair. And now the nails! It's your night to shine—pointer finger to pinky toe. Experts at The W Nail Bar can help. Just scan the code and get top tips for a perfectly

polished look. This squad knows how to get your nails noticed! Or visit The W Nail Bar in select Hy-Vee locations for an all-natural, acrylic-free manicure or pedicure.



ADD A SHINY

TOUCH WITH

ACCESSORIES FROM JOE FRESH.

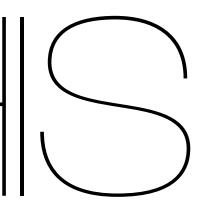
FINISHING

SCAN THE QR CODE to learn how The W Nail Bar can show nails love.



CONVERSATION STARTERS

Name a favorite childhood memory. • If you could relive one year, what age would you choose? • If you could only eat one meal for the rest of your life, what would it be? • What's something you never want to do again? • If you could live anywhere for one year, where would you live? • If you could have one superpower, what would it be? • What famous person would you like to meet?



Hy-Vee has a wide selection of beauty, skin care and hair care products for men and women to add the finishing touches to their date night look.



NEATLY TRIMMED Precisely trim your beard with 20 settings using the Braun electric beard trimmer.



PERFECTLY COIFED Add fullness and texture to short hair with American Crew Fiber, which also provides a pliable hold.



CLEAN SHAVE Edge facial hair accurately with King C. Gillette transparent shave gel that stays clear when applied.

get spiffy at Hy-Vee Once you have your

clothes picked out, make sure they are properly pressed and cleaned with help from the dry cleaning service at Hy-Vee. Drop off your dry-clean items at the customer service desk at least two days before the big night to ensure everything is in tip-top shape just in time. Call or visit the customer service desk at your local Hy-Vee for dry cleaning hours, availability and pricing.



MODERN CHIVALRY. **IT'S REALLY TRUE**— CHIVALRY IS NOT DEAD. SHOW YOUR DATE ATTENTIVENESS AND **RESPECT THROUGH** ACTS LIKE HOLDING THE DOOR FOR THEM, **CARING ABOUT THEIR** THOUGHTS AND **OPINIONS AND MAKING** SURE THEY GET HOME SAFELY. THESE SIMPLE MOMENTS OF THOUGHTFULNESS CAN MAKE YOUR DATE FEEL SPECIAL.



NATURALLY APPEALING

Stay clean and fresh with Old Spice GentleMan's Blend with zero parabens or dyes.



TOUCHABLY SOFT Keep beards and skin hydrated with Every Man Jack beard oil with a soothing sandalwood scent.



SCENT OF ADVENTURE

Giorgio Armani's Acqua di Gio blends bergamot and incense for an intense, sophisticated cologne.

NIGHT OUT IDEAS

• Visit a museum, art gallery or science center. • Browse a bookstore and share interesting passages over coffee or cocoa. • Sample wines or craft beers. • Sing karaoke. • Go to a play or musical. • Stargaze at the planetarium. • Play a board game at a cozy little hideaway.

LEARN HOW HY-VEE PARTNERS WITH BLACK ENTREPRENEURS AND HOW SUPPORTING THEIR BUSINESSES CAN HELP BUILD STRONGER COMMUNITIES.

SUPPORTING BAACKA-BAACKA-BAASACKA-BAASACKA-BAACKA-

BRIGHT & BALANCED

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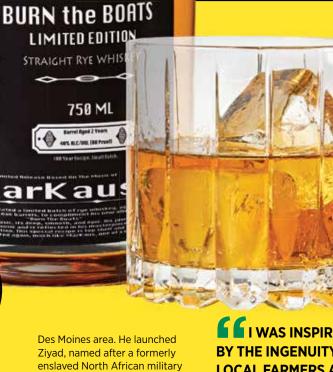
CASTOR OIL, CUCUMBE

WHAT IS BLACK HISTORY MONTH?

February is Black History Month, a national observance recognizing the achievements of Black people. The observance began as Negro History Week initiated by historian and author Carter G. Woodson in 1926 to teach schoolchildren about their heritage. Observed in the second week of February, it coincided with birthday celebrations for Abraham Lincoln and for writer and abolitionist Frederick Douglass. In the 1960s, the weeklong celebration evolved into Black History Month, and it was officially recognized by President Gerald Ford in 1976. Black History Month is also now honored internationally, with many European countries recognizing it in October.

Hy-Vee Celebrates Black History Month

In 2021, Hy-Vee employees recognized Black History Month by performing 5,000 hours of volunteer work for nonprofit organizations dedicated to social justice, racial equity and helping families in underserved communities. The week of service, starting February 22, was part of Hy-Vee's ongoing commitment to racial unity and to its campaign to donate \$1 million and one million volunteer hours to organizations working toward racial equality.



ZIYAD RYE WHISKEY

diatre

Marquas "MarKaus" Ashworth is a Des Moinesbased rapper, artist and producer who was inspired by 100-year-old traditions to create a new rye whiskey.

Through promoting his record label, Media Fresh Records, MarKaus learned the history of Prohibition-era whiskey in the Des Moines area. He launched Ziyad, named after a formerly enslaved North African military general, and began producing whiskey nearly identical to a recipe used by lowa bootleggers in the 1920s. In fact, the rye is grown in the same fields used a century ago. The sippable whiskey has prominent spice and grain flavors with slight floral notes. MarKaus' love for music is heavily tied to every bottle, with a download link to new songs, exclusive videos, concert tickets or private tastings. **S** I WAS INSPIRED BY THE INGENUITY OF LOCAL FARMERS AND THEIR ABILITY TO CREATE SUCH SMOOTH, HIGH-END SPIRITS UNDER NOT-SO-GLAMOROUS CONDITIONS. IT REMINDED ME OF MY OWN PERSONAL JOURNEY."

-MARQUAS ASHWORTH



One of the best ways to honor the spirit of Black History Month is to continue your support year-round. Become a regular at Blackowned businesses in your community, recommend them to others and give positive reviews online and on social media. All of these actions help businesses grow, which creates more jobs and wealth in your community. According to the Brookings Institute, each Black business creates an average of 10 jobs, compared to 23 jobs for non-Black businesses. If that average increased to 23 jobs for each Black business as well, it would create almost 1.6 million new jobs throughout the country.



utan Hydratim BRIGHT & BALANCED

URBAN HYDRATION

Psyche Terry was inspired to create her Psyche launched Urban natural beauty brand, **Urban Hydration**, after a lifelong struggle with eczema. She realized she couldn't even pronounce many of the chemical ingredients in the skin-care products she was using, and she wanted to create effective skin- and hair-care products with natural, recognizable ingredients. With her

husband Vontoba. Hydration in 2009. The line now has over 100 skin- and hair-care products made with ingredients such as coconut oil and aloe vera, and without parabens and paraffins. With every product sold, Urban Hydration donates 1 gallon of water to a community without access to fresh drinking water.

WHEN YOU SUPPORT AND BUY FROM BLACK-OWNED BRANDS. YOU ARE HELPING THAT BRAND GAIN VITAL VISIBILITY. WHICH WILL **OFTEN CATCH THE EYE OF IMPORTANT RETAILERS AND INVESTORS**, **ALLOWING THE BRAND TO CONTINUE TO GROW AND THRIVE.**"

urban Hydratim

8 RA

WITH PURE ALOE VERA LEAF

in thesteveral skin benefits as a result of its natural protective eran Ice are moisturizes skin without grease or stickiness, making it about sever for anyone's skin that is too oily and bumpy or has too man to and dry spots.

blended with

NO PARABENS - NO SILICONES - NO PHTHALATES - NO SULFATES.

ITAMINS A & E + FRUIT EXTRACTS

500 ML

16.9 FL 02



BEIGHT & BALANCED

WITCH HAZEL NON EXTRACT, 1

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BOD Hodration

Partnering <u>with</u> Entrepreneurs

According to the U.S. Census Bureau, in 2018 almost 125.000 businesses with at least one employee were owned by Black entrepreneurs. Hy-Vee is committed to supporting Blackowned-and-operated businesses. Investing in these businesses allows owners to reinvest in their communities, hire more workers and expand.

In 2015, Nicole **Bailey found a** way to share her grandmother **Pearlie's sweet** pickle recipe with her community. She began by bottling and selling just five flavors at farmers' markets in the St. Louis area. Pearlie's Pickles are now available at Hy-Vee stores throughout the Midwest, in flavors such as spicy hot garlic, pineapple and pink lemonade. Nicole's success exemplifies the values of hard work, determination and consistency that she learned from her grandmother.

OFFERING PRODUCTS AND SERVICES BY BLACK-**OWNED BUSINESSES IS** JUST ONE WAY HY-VEE **EMBRACES DIVERSITY AND REMAINS CONNECTED TO LOCAL COMMUNITIES."** SAYS HY-VEE SPOKESPERSON **RACHAEL TIBY, "FOR MORE THAN 90 YEARS, EACH HY-VEE STORE HAS UNIQUELY SOLD** LOCAL PRODUCTS."

-NICOLE BAILEY

PEARLIE'S

PICKLES

IN THE REPORT OF THE PROPERTY IN THE REPORT OF THE REPORT OF

Pickles

Sweet Garlie

Pickles

6 fl oz | 473 mL

OVER 50 FLAVORS OF PEARLIE'S PICKLES ARE AVAILABLE THROUGHOUT THE MIDWEST.

BIG DADDY'S BAR-B-Q SAUCE

Big Daddy's Bar-B-Q opened its doors in 1983 in Des Moines, Iowa. Owned by Ike "Big Daddy" Seymour and his wife Arnzie, the restaurant was beloved for its famous smokysweet barbecue sauces until it closed in 2002. "We wanted to keep the sauce going, because so at a time to make his many people love our

BIG DADDY'S

BAR-B-Q

Mild

sauces," Big Daddy's son, also named Ike Seymour, says. Big Daddy passed away in 2004, and the Seymour family has carried on his legacy by selling his sauces at Hy-Vee stores throughout the Midwest. "He wanted his sauce all over the world," Ike says. "We're taking one step dream come true."

IT'S ALWAYS HARD WORK, **BUT YOU JUST HAVE TO BELIEVE** IN YOUR DREAM AND KEEP YOUR **BUSINESS GOING, NO MATTER** WHAT IT TAKES." -IKE SEYMOUR

READY, PREP,

GET A HEAD START ON PARTY PLANNING WITH HELP FROM HY-VEE. FIND FOOD, CUSTOM-MADE CAKES AND FESTIVE DECORATIONS IO SET THE SCENE FOR CELEBRATING.

Kick-Start the Party

It's never too early to start planning for your favorite grad's party! While it may not be time to start placing the catering and floral orders just yet, jot down these theme ideas, essential planning steps and important dates to remember so you're prepared.



choose a theme

This is the fun part! Let the grad go wild with whatever funky or creative theme their heart desires—this is their day. Use the ideas and color schemes shown to ignite inspiration. After choosing the theme, set the day, time, location and guest list, which will influence the rest of the party planning.





select the food

Food is a huge part of a successful party—and Hy-Vee can help! Pick foods that correspond with the party theme, and discuss with the catering team the amount needed. Hy-Vee will prep and deliver everything to your door.



order the cake

The party will end on a sweet note with a one-of-a-kind crafted cake from the Hy-Vee Bakery. In addition to elaborate cakes, get grab-and-go favorites like sheet cakes, cookies, cupcakes and pies to fill out the dessert table.



choose the decor

Bring the theme to life with balloons, streamers, florals and more. Buy what you need from Hy-Vee or use one of the fun ideas to craft some unique and personalized DIY decor.

Asian Bar

Choice of two or three entrées: beef & broccoli, asparagus beef, cashew chicken, chicken & broccoli, chicken lo mein, garlic chicken, general chicken, Hunan pork, Kung Pao chicken, mixed vegetables, Mongolian beef, orange chicken, sesame chicken, sweet & sour chicken, Szechuan pork, Thai chili shrimp, walnut shrimp. Includes fried or steamed rice, egg rolls, fortune cookies and crab rangoon.

FORDERING DIEST



FOOD

HOW TO PLAN: Once you've established the number of people attending the party, the Hy-Vee catering team can help with deciding how much food is needed.

WHEN TO ORDER: Mark your calendar or planner to place large catering orders at least a month before the party. Have questions beforehand? The Hy-Vee catering team is always ready to help.

<u>trays</u>

Choose from a lineup of meat and cheese, fruit, veggie and sandwich trays from Hy-Vee.



Fruit Tray with Dip



Party Pleasing Snacking Tray



Cocktail Sandwich Tray

<u>drinks</u>

Keep thirsts quenched with coolers full of soda, juice and other beverages from Hy-Vee.



buffets

Whether the grad's favorite food is tacos, pizza, pasta or sandwiches, Hy-Vee has a buffet or specialty bar to fill the day with the flavors they crave.

How to Order

Call or visit the Hy-Vee Bakery or Catering Department to schedule your order for pickup or delivery. Online orders can also be made at *Hy-Vee.com/shop*



slider bar

IRE HY-VEE GRADUATION BARS

Choice of three meats: bacon & Cheddar, California turkey, certified ground chuck, Italian sausage, jalapeño pepper Jack pork, mushroom & Swiss and more. Includes buns, choice of two sides and condiments.



appetizer bar

Choice of four or six appetizers from more than 20 options that include antipasto skewers, assorted Nori sushi, bacon-wrapped smokies, Swedish meatballs, chicken wings, fried egg rolls and more.



hickory house bar

Choice of up to three meats: brisket, burnt ends, pulled pork, ribs, chicken, turkey (select stores), pork loin or barbecue pork. Includes choice of up to three sides, such as corn on the cob.





or activities while

attending school.

HOW TO PLAN:

Meet with a Hy-Vee cake designer to discuss the theme and any special or unique concepts you have for the cake.

WHEN TO ORDER:

Place your bakery order about one month before the date of the party. That means you'll need to meet with a cake designer and finalize the look of the cake well before then.



For more graduation ideas, watch

READY. SET.

elebrate.

#allmark And SHOP the items

used in this episode

as you watch.

STREAM, SHOP, SMILE,

color theme

Keep the cake simple and vibrant with bright colors that match the color scheme of the party. That could include the grad's high school or college colors.



sports theme If your grad played a sport throughout school, or is just a huge sports fan, get them a cake that reflects their competitive and sporty side.

How to Order

Call or visit the Hy-Vee Bakery or Catering Department to schedule your order for pickup or delivery. Online orders can also be made at Hy-Vee.com/catering

<u>stylish</u> sheet cakes

Hy-Vee has many ready-made options that are convenient, delicious and available for quick pickup when you're in a hurry.

hobbies Show off the grad's interests and passions with a cake designed to showcase their hobbies





DECOR

HOW TO PLAN: Decide on a focal point for the party decor: a balloon arch, photo booth, flowers or a sign. Then pick up decorations and items for DIY projects at Hy-Vee.

WHEN TO ORDER: Stop

by Hy-Vee Floral six weeks in advance to see options for flowers, balloons and photo props; place your order one month before the party.



number marquee

Cut the numbers of the graduation year out of cardboard. Paint the numbers to match the party theme and cut out holes to weave a string of party lights through. Light up the marquee as guests arrive for photo ops!



fringe lettering

Cut thin strips of colored tissue paper and then cut a fringe along one long side. Tape or glue the tissue paper in an alternating color pattern over numbers for the graduation year.



Party Decor Add festive pop to your party space with balloons, banners and other party-theme decor.



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Tableware

Extend the celebratory vibe with graduation-theme plates, napkins, utensils and more.



Gifts

Find gift cards at Hy-Vee for the grad's favorite places to eat and shop and tuck into a card as a thoughtful gift.

externation of the second sec

Create a fun backdrop for the grad and their friends to take photos and make memories! Order balloons from Hy-Vee to set the scene.

How to Order Call or visit the Hy-Vee Floral Department to schedule your order for pickup or delivery. Online orders can also be made at *Hy-Vee.com/shop*

WHAT YOU'LL NEED:

Anything to create a fun and photogenic background, goofy props, a camera and an award-winning smile!

Props

Buy props like hats and signs for guests to pose with for funny and silly photos together.

<u>Camera</u>

Consider getting an instant camera to print pictures to share with guests.

MAKE EVERY ROOM IN YOUR HOME SPARKLE WITH HY-VEE SUPPLIES AND SIMPLE CLEANING TIPS.

HO

According to the Centers for Disease Control and Prevention, disinfecting high-touch areas each day decreases your risk of infection. Using these products can help keep your family healthy.

BATHROOM

CLEAN AND ORGANIZE EVERY CORNER OF YOUR BATHROOM WITH THESE TIPS AND PRODUCTS.

TO REMOVE SOAP SCUM AND GRIME, SPRAY CLEANER ON THE TILES, THEN SCRUB AWAY WITH LIBMAN'S HEAVY-DUTY SCRUB BRUSH.



easy-clean toilet

Prevent stains with automatic toilet cleaners that sanitize with every flush, such as Scrubbing Bubbles Vanish Continuous Clean Drop-Ins.



clean grout

.....

Clean dirty grout lines by spraying on Goo Gone Grout & Tile Cleaner, then scrubbing with a sponge or brush.



CLOROX BATHROOM CLEANER

Sanitize and remove tough stains without using bleach. SIMPLY DONE DRAIN OPENER GEL Clear slowrunning drains

with gel and

boiling water.



fresh scent

Keep your bathroom smelling fresh by placing a Renuzit air freshener on your counter. It can be adjusted to release more or less fragrance as needed.

organize drawers

To prevent jumbled drawers and help ensure items are safe to use, separate hygiene products and makeup and store in individual Sterilite bins placed in each bathroom drawer. This way they can be easily accessed, and you can periodically discard expired products, and clean and disinfect bins before refilling.



KILL BACTERIA AND ELIMINATE ODORS BY SANITIZING BATHROOM **SPONGES AND SCRUB BRUSHES BETWEEN USES.** SUBMERGE **OVERNIGHT IN A CONTAINER OF WHITE** VINEGAR. **SQUEEZE OUT AND RINSE BEFORE USING.**



EXPOSURE TO HOUSEHOLD **DUST MITES** AND PET DANDER CAN **EXACERBATE** ALLERGIES AND ASTHMA. REGULAR CLEANING, **DUSTING AND** VACUUMING **CAN HELP** REMOVE **IRRITANTS FROM** EVERY ROOM.

remove pet hair

Clean pet hair from furniture by gently vacuuming cushions, or use Paws Happy Life Pet Hair Roller to quickly lift hair from smaller spots.

clean carpets

Many Hy-Vee stores have carpet cleaning machines available for 24-hour rentals. To keep carpets clean and free of dust, vacuum at least once per week and deep clean every season.

vacuum upkeep

Prevent clogs by changing the vacuum filter every 3 to 6 months. Empty or replace vacuum bags when they are $\frac{1}{2}$ to $\frac{2}{3}$ full.

LIVING ROOM

SOLVE COMMON CLEANING PROBLEMS IN YOUR LIVING AREA WITH HY-VEE'S HELP.

cover marks on furniture

Repair any scratches on wood furniture with a Weiman wood repair kit, which includes colored touch-up markers and filler sticks.

> FOUR COLORS OF MARKERS CAN QUICKLY TOUCH UP SCRATCHES, SMALL CHIPS AND WORN EDGES ON WOOD FURNITURE AND FLOORS.



PLEDGE DUST & ALLERGEN FURNITURE SPRAY Cleans dust and removes allergens from furniture.



WOOLITE CARPET & UPHOLSTERY CLEANER Eliminates odors, stains and dirt.



WINDEX ORIGINAL GLASS CLEANER Removes marks from glass and mirrors without leaving streaks.

CLEAN DUST AND SMUDGES OFF TV SCREENS WITH A SOFT MICROFIBER CLOTH. GENTLY WIPE IN A CIRCULAR MOTION. IF YOUR TV IS ON A TABLE OR STAND, USE ONE HAND TO STABILIZE IT AS YOU WIPE AWAY DUST.



SAV

Prescription savings you're sure to love.

Save up to 80%* with our free prescription discount card.

SAVE

The VCRx Savings Card offers discounts on more than 10,000 medications. Look for it at Hy-Vee and other pharmacy locations, or visit vcrx.org to check prices and print, text or email a coupon.



vcrx.org | 1-877-848-4379

*Savings vary by prescription and by pharmacy, and may reach up to 80% off cash price.

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Learn about your heart and immune system, check out new fitness equipment at Hy-Vee and spiff up your smile.

- **90** HEART OF THE MATTER
- **94** AT YOUR SERVICE
- **96** FOODS THAT SUPPORT YOUR IMMUNE SYSTEM
- **100** STRIKE UP THE BAND
- **104** JOHNSON FITNESS
- 106 WITH GOOD CARE COMES GREAT HEALTH
- 110 SOMETHING TO SMILE ABOUT
- 114 THE WAITING GAME
- 118 DIETITIAN Q&A: UNDERSTANDING PLANT-BASED EATING
- 121 \$4 GENERICS

IT'S WHAT MAKES EVERYTHING ELSE IN THE BODY WORK.

BUT TAKE HEART! THIS ALL-IMPORTANT ORGAN IS WELL EQUIPPED FOR THE TASK. TO TAKE CARE OF YOUR TICKER, CHECK OUT A FEW TIPS, RISK FACTORS AND TREATMENTS—AND SEE HOW HY-VEE CAN HELP.

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10 AMAZING TIPS FOR A HEALTHY

HEART HEART DISEASE HAS BEEN THE NUMBER ONE KILLER OF AMERICANS FOR MORE THAN A CENTURY. FORTUNATELY, THERE ARE WAYS TO PREVENT OR TREAT THIS TROUBLING DISEASE.

EAT HEALTHY Enjoy well-balanced meals that include fruits, vegetables, whole grains and sources of protein and calcium. Cut down on sugar, salt and fats and aim for five servings of fruits and vegetables per day. Find more at myplate.gov

LIVE AN ACTIVE LIFE

Strive for a minimum of 150 minutes a week of moderate aerobic activity, such as walking briskly. If you have a stationary job, make a point to get up and move for 5 minutes every hour.



MAINTAIN A HEALTHY WEIGHT

The body mass index (BMI), a measure of body fat based on height and weight, should fall between 18.5 and 24.9. To calculate yours, go to *nhlbi.nih. gov* and enter "BMI" in the search box.

CONTROL BLOOD PRESSURE

High blood pressure, or hypertension, is called the silent killer because it often has no symptoms. Check your blood pressure regularly and work with your doctor to lower it if needed.

WATCH THE ALCOHOL

Heavy alcohol consumption can cause high blood pressure, abnormal heart rhythms and even can damage the heart muscle. If you drink alcohol, the recommended limit is one drink per day for women, two for men.





LEVELS When you have too much cholesterol, it can build up inside blood vessels and clog them over time, leading to heart disease. Have your cholesterol checked

Have your cholesterol checked regularly and work to lower levels through exercise, healthy eating and medications, if necessary.

PREVENT/TREAT DIABETES

Diabetes heightens risks for heart disease. More than 10 percent of the U.S. population has diabetes and 35 percent of U.S. adults have prediabetes. Check blood glucose levels regularly—Hy-Vee Pharmacy offers A1C tests and biometric screenings—and work with your health care team to prevent or treat the disease.

MANAGE STRESS

Stress can cause serum cortisol to raise your blood pressure, so find ways to relax. Meditation, mindfulness, breathing exercises, walking, getting out in nature and listening to music are some effective ways to de-stress.



IIUYOO, SEASONS | hy-vee.com





Smoking is a major risk factor for heart disease, and secondhand smoke also raises the risk. Avoid both. If you are a current smoker and wish to quit, talk with a Hy-Vee pharmacist about the Quit for Good program.

REDUCE SALT AND SUGAR

Too much sodium can lead to high blood pressure, while too much sugar can cause inflammation. Look for foods that have reduced sodium and less added sugar.

Sources: health.gov/myhealthfinder/topics/health-conditions/heart-health/keep-your-heart-healthy mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702 cdc.gov/mmwr/preview/mmwrhtml/mm4830a1.htm heart.org/en/healthy-living/healthy-lifestyle/how-to-help-prevent-heart-disease-at-any-age



THESE HEALTH FACTORS AND BEHAVIORS RAISE THE RISK OF HEART DISEASE AND STROKE.

Nutrition.

 Smoking. Smokers lose at least 10 years of life expectancy compared to those who never smoked.

 Activity Level. More than 25% of U.S. adults are not active in their leisure time.

Fewer than 1 in 10 Americans eat enough produce. • Weight. About 42% of American adults are obese or overweight. Cholesterol. More than 38% of U.S. adults

have cholesterol

higher than recommended.

• Diabetes. Close to 10% of U.S. adults have been diagnosed with this disease.

• Blood Pressure. Approximately 47% of American adults have high blood pressure.

ALL DEATHS WORLDWIDE ARE CAUSED BY HEART-RELATED DISFASES SUCH AS HEART ATTACK AND STROKE. -WORLD HEALTH ORGANIZATION (WHO)

32

PERCENT OF

HY-VEE CAN HEIP

LOOK TO HY-VEE FOR ALL YOUR NEEDS, FROM HEART-HEALTHY FOODS TO HEALTH CLINICS.



PHARMACY Hy-Vee makes it easy to get your heart medications with automatic refill reminders, drivethru pharmacies, delivery and more than 990 pharmacists.

SCREENINGS

Hv-Vee clinics and Healthy You Mobiles offer biometric screenings to identify potential risk factors for heart disease. such as high blood pressure and cholesterol.



DIETITIAN SERVICES

Hy-Vee dietitians offer personal nutritional counseling and virtual store tours to help you find the heart-healthy foods you need.

WORRIED **ABOUT YOUR HEART?** A DOCTOR MAY RECOMMEND THESE TESTS.

ELECTROCARDIOGRAM, or ECG/ EKG, records electrical signals in the heart to identify abnormal heart rhythms.

STRESS TEST raises the heart rate with exercise or medicine to see how the heart responds.

CT SCAN, or cardiac computerized tomography scan, collects X-ray images of the heart and chest.

CARDIAC CATHETERIZATION

measures pressures in heart chambers and restrictions in blood flow through the heart, blood vessels and valves.

WHAT TO DO AFTER A HEART ATTACK

Most people survive their first heart attack and have many more productive years ahead of them, according to the American Heart Association. However, they will need to make changes in their lives based on how badly the heart was damaged and what their doctor advises.

TREATMENT This includes medications, lifestyle modifications and sometimes surgical procedures such as stents or open-heart surgery.

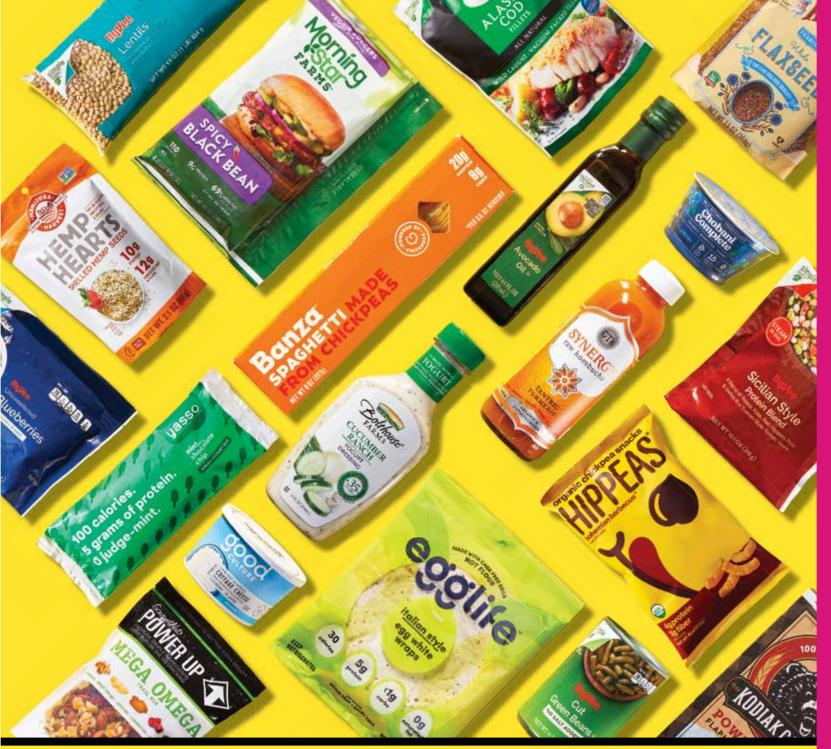
REST Depending on the severity of the heart attack, most people go back to work anywhere from two weeks to three months after their heart attack. Their doctor will determine whether their iob is suitable for a heart attack survivor.

REHABILITATION Cardiac rehabilitation programs help people improve their health and well-being through lifestyle changes. These medically supervised programs include education for heart-healthy living, exercise training and counseling to reduce stress or deal with the depression that may affect heart attack survivors.

Sources: mayoclinic.org/diseases-conditions/heart-disease/diagnosis-treatment/drc-20353124

heart.org/-/media/phd-files-2/science-news/2/2021-heart-and-stroke-stat-update/2021-heart_disease_and_stroke_statistics_update_fact_sheet_at_a_ heart.org/doi/full/10.1056/NEJMsal211128_cdc.gov/chronicdisease/resources/publications/factsheets/nutrition.htm_heart.org/en/health-topics/ heart-attack/life-after-a-heart-attack/heart-attack/recovery-faqs glance.pdf

who.int/en/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds)



DIETITIAN'S PICKS HY-VEE a

In addition to fresh fruit and vegetables, Hy-Vee dietitian Kristina Swanson recommends these convenient items that are higher in nutrients and lower in sodium, sugar or fat.

1. MEAT & SEAFOOD

- Boneless skinless
- chicken breast
- Cod and other
- white fish
- Morning Star spicy black bean burger
- Salmon
- 93%-lean ground turkey or beef

2. SNACKS

- Enlightened Bada Bean Bada Boom
- Full Circle salt-
- free rice cakes
- Gourmet
- Nut Power Up
- antioxidant mix
- Hy-Vee lightly
- salted popcorn
- Hippeas Puffs

3. DRINKS

- BodyArmor Lyte
- Kombucha
- Orange juice
- with vitamin D
- Skim or 1%
- reduced-fat milk
- Sparkling water

4. PANTRY ITEMS

- Avocado oil
- Lentils
- No-salt-

- Oats
- Seeds (chia/
 - flax/hemp)

5. REFRIGERATED

- Bolthouse Farms yogurt-based
- salad dressings Chobani Complete

Greek yogurt

- Egg Life wraps
- Egg whites
- Reduced-sodium cottage cheese
- Tofu

6. FROZEN

- Edamame • Frozen fruit &
- vegetables
- Hy-Vee Steam in
- **Bag Protein Blend**
- Kodiak Cakes
- Power Waffles
- Yasso frozen yogurt bars

93

- Unsweetened tea
- 100% fruit juice

• Banza pasta

- added beans
- Nuts (unsalted walnut/almond)

AT YOUR SERVICE

CONNECT WITH HY-VEE'S SKILLED DIETITIANS IN THREE STEPS FOR INDIVIDUAL NUTRITION GUIDANCE, MEAL PLANNING ADVICE AND MORE.

SET, MEET OR EXCEED YOUR WELLNESS GOALS WITH HELP FROM THE EXPERTS AT HY-VEE.



"DIETITIANS GET TO KNOW CUSTOMERS ON AN INDIVIDUAL LEVEL,

find your Hy-Vee dietitian

Visit Hy-Vee.com/health/hy-veedietitians, then enter your zip code or state and city to view all of the Hy-Vee dietitians available near you.

schedule a discovery session

Scroll to Dietitian Discovery Session. Click "schedule now" to use our health portal to set up a free 30-minute session. Select a date and time and choose to meet in person*, by phone or by video.

DIETITIAN PROGRAMS

Sign up for dietitian-led wellness programs:

 The 4-week Healthy Habits menu program includes grocery lists, simple recipes,
 7 days of meal and snack suggestions and dietitian advice and support.

 In the 10-week Begin™ program, dietitians teach habits supporting a healthy lifestyle such as meal planning and mindful eating.

• Dietitians host 30-minute virtual Wellness Wednesday every week to discuss new products and trends and offer healthy living advice.

• Attend monthly virtual Freezer Meal Prep workshops to learn how to prep five new recipes for your family in 60 minutes.



CONNECT THROUGH HEALTHIE

Stay in touch with your dietitian with a free Healthie account. This online platform makes it easy to schedule appointments, chat with your dietitian, track your progress and more.



choose a program

During your session, your dietitian will spend time getting to know you and learning your goals and health concerns. They can then review the services and programs Hy-Vee offers that will best fit your needs.

*Availability may vary by location.

NUTRITION STORE TOUR

Led by a Hy-Vee registered dietitian, each tour allows you to walk through the aisles virtually to discover healthy food choices and nutrition basics personalized for your wellness needs. Popular topics include navigating nutrition, diabetes, heart-healthy, plant-based eating, healthy eating on a budget and options for food allergies.

SO WE CAN GIVE PERSONALIZED NUTRITION ADVICE THAT FITS YOUR LIFESTYLE."

ganic chick

—Megan Callahan, MS, RD, LD

N ... / & A

📲 🛔 HyVee. 🚆

OND

SHORE UP YOUR IMMUNE SYSTEM WITH THE RIGHT BALANCE OF VITAMINS AND MINERALS. YOU'LL FIND HIGH LEVELS OF THESE IN PRODUCE, FISH, WHOLE GRAINS, NUTS AND SEEDS. FOODS T

HAT

he immune system is a network of organs and cells—including skin, bone marrow, thymus, tonsils, spleen, white blood cells and lymph nodes—that work together to protect the body from bacteria, viruses and other foreign invaders. These protections help shield the body from infections and disease. Eating a low-nutrient diet can compromise the immune system, leading to short- or long-term illness.

To ensure your immune system gets the nutrients it needs, consume a variety of foods with these vitamins and minerals.

VITAMIN A

BENEFITS

Research indicates eating foods rich in vitamin A may help prevent certain diseases. Vitamin A promotes respiratory health, bone strength, and intestine health.

FOODS broccoli, cantaloupe, carrots, eggs, kale, mangoes, milk, pumpkin, red bell peppers, spinach, summer squash, sweet potatoes, tomatoes

• VITAMIN C

BENEFITS Vitamin C is an antioxidant that helps the body increase white blood cell production. White blood cells aid the body in fighting against and preventing disease.

FOODS bell peppers, broccoli, Brussels sprouts, cantaloupe, grapefruit, kale, kiwi, mangoes, oranges, papaya, spinach, strawberries, tangerines, tomatoes

VITAMIN D

BENEFITS

Vitamin D may help control infections and reduce inflammation. Many dairy and cereal products in stores have been fortified with vitamin D.

FOODS beef liver, cheese, egg yolks, fortified cereals, mushrooms, orange juice fortified with vitamin D, salmon, sardines, swordfish, tuna

VITAMIN E

<u>BENEFITS</u>

Vitamin E contains antioxidant properties that help maintain a healthy immune system, keep skin glowing and promote blood vessel health.

FOODS almonds, avocados, butternut squash, hazelnuts, peanut butter, peanuts, safflower oil, soybean oil, spinach, sunflower oil, sunflower seeds, Swiss chard, trout

IRON

BENEFITS

Iron promotes healthy blood, growth in children and the production and function of hormones. It aids the body in carrying oxygen from the lungs to other body parts.

FOODS beans, beef, broccoli, chicken liver, clams, fortified breakfast cereals, kale, lentils, mussels, nuts, oysters, poultry, sardines, seeds, spinach

ZINC

BENEFITS Zinc aids in cell growth, the creation of DNA, healing injured tissue, and building proteins. Zinc is especially important during pregnancy, childhood, adolescence and other times of growth.

FOODS beef, cashews, chickpeas, crab, fortified breakfast cereals, legumes, lobster, oysters, pork, poultry, whole grains.



pro tip: STRIVE FOR BALANCE

The key to boosting your immune system doesn't lie in the hands of one specific food, rather a variety of different foods to provide the right balance of vitamins and minerals. Immune-boosting foods such as citrus fruits, bell peppers, broccoli and sweet potatoes may help lessen the severity and duration of a cold. Nuts and seeds help boost the immune cells' response. Lentils, lean meat and seafood help maintain cells and build new ones as we ward off infection."

—Jennifer Blaser, RD, LD Hy-Vee Dietitian

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FOODS TO AVOID

These foods may compromise the immune system, if not eaten in moderat<u>ion.</u>

• **Refined sugar** may cause an imbalance within the gut. This can negatively impact the immune system's response.

• Salty foods can intensify pre-existing autoimmune diseases and may cause tissue inflammation.

• **Processed meats** are high in saturated fat, which may harm immune function.

• Alcohol may weaken the immune system, increasing susceptibility to disease.

HEART-HEALTHY WALNUTS

WALNUTS CONTAIN OMEGA-3 FATTY ACIDS AND HAVE BEEN LINKED TO LOWERING BLOOD PRESSURE AND DECREASING INFLAMMATION.



No-Bake Lemon-Ginger Bites

Hands On 10 minutes Serves 5 (2 each)

 ½ cup pitted Medjool dates

 ½ cup Hy-Vee whole walnuts

 1 Tbsp. fresh lemon juice

 1 Tbsp. grated gingerroot

 ¼ cup Hy-Vee HealthMarket

 chia seeds

- 3 Tbsp. lemon zest
- 3 Tbsp. crystallized ginger, finely chopped
- Lemon slices, for garnish

1. PLACE dates, walnuts, lemon juice and gingerroot in a food processor. Cover and process for 1 to 2 minutes or until well combined and sticky. Add chia seeds; pulse to combine.

2. SHAPE mixture into 1-in. balls. Place balls on baking sheet and set aside. Combine lemon zest and crystallized ginger in a small, shallow bowl. Roll each ball in lemon mixture to coat evenly, gently pressing to adhere. Garnish with lemon slices, if desired. Store in an airtight container in the refrigerator up to 1 week.

Per serving: 190 calories, 10 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 25 g carbohydrates, 3 g fiber, 17 g sugar (4 g added sugar), 3 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 10%, Potassium 2%

Mango-Carrot Turmeric Smoothies

Place 1 cup Hy-Vee unsweetened coconut water; 1 cup Hy-Vee frozen unsweetened mango chunks; 1 medium carrot, peeled and chopped; ½ cup fresh orange juice; 1 Tbsp. Hy-Vee Select 100% pure maple syrup; 1 tsp. grated gingerroot and ½ tsp. ground turmeric in a blender. Cover and blend until smooth. Pour into 2 (12-oz.) glasses. Garnish with orange slices, if desired. Serves 2 (10 oz. each).

2 Anti-Inflammatory Vegetable Soup

Heat 2 Tbsp. Gustare Vita olive oil in a 3-qt. saucepan over medium heat. Add 1 cup chopped celery; 4 medium carrots, chopped; ½ cup chopped yellow onion and 1 Tbsp. bottled minced garlic. Cook 5 to 7 minutes or until carrots are tender, stirring occasionally. Stir in 2 tsp. chopped fresh thyme, ½ tsp. Hy-Vee salt and ½ tsp. Hy-Vee black pepper; cook 1 minute. Stir in 1 (32-oz.) container Hy-Vee vegetable stock and 1 (8-oz.) pkg. sliced white mushrooms. Bring to a boil; reduce heat. Simmer, uncovered, 10 minutes. Stir in 2 cups tightly packed chopped curly kale; heat until kale is wilted. Serves 4 (1½ cups each).

3 Avocado-Orange Salads

Combine ¼ cup fresh navel orange juice, 1 Tbsp. chopped fresh cilantro, 1 Tbsp. honey and ¼ tsp. Hy-Vee salt in a small bowl; set aside. Arrange 1 avocado, seeded, peeled and sliced and 1 each blood and navel orange, peeled and sliced, on 2 serving plates. Drizzle juice mixture over avocado and orange slices. Sprinkle with ¼ cup Hy-Vee walnuts and garnish with additional cilantro, if desired. Serves 2.

IMMUNE-BOOSTING RECIPES

These recipes include foods that can help you stay happy and healthy.

Strike up THE BAND

Resistance bands are not only an effective way to build strength, mobility and stability, they're also portable and affordable. Hy-Vee has a variety of options to keep you challenged.

RESISTANCE BANDS

were originally used to improve flexibility and muscle strength in nursing home residents. Now, many people are discovering the advantages of these versatile bands.

Resistance training builds muscle through a process called hypertrophy. It occurs when the fibers of the muscles sustain damage or injury. After working out, the body repairs those damaged fibers by fusing them, which increases the mass and size of the muscles.

The American College of Sports Medicine reports that several weeks of resistance training increases resting metabolic rate. A higher metabolic rate means that even while resting the body burns more calories naturally.

Resistance bands have many benefits:

- Compact for at-home and on-the-go workouts
- Compatible with full-body workouts
- Affordable
- Lightweight

CHOOSE A RESISTANCE LEVEL THAT CHALLENGES YOU, BUT MAINTAIN SLOW AND CONTROLLED MOVEMENTS TO AVOID POOR FORM OR INJURIES.

Safety Tips

INSPECT RESISTANCE BANDS FREQUENTLY TO ENSURE THERE AREN'T ANY CRACKS OR TEARS. WHEN USING A RESISTANCE BAND, NEVER RELEASE IT WHILE UNDER TENSION; IT COULD SNAP BACK AND STRIKE YOU.

RESISTANCE BAND BASICS

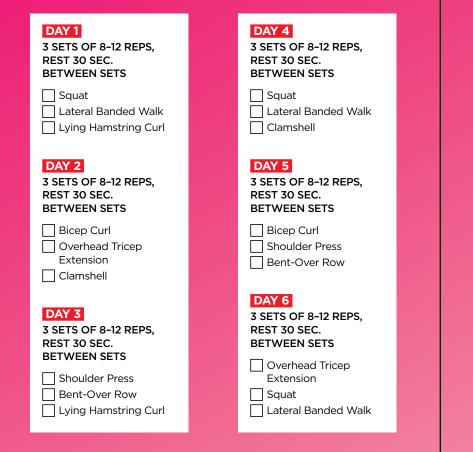
Hy-Vee carries both loop bands and tube bands with handles. Bands come in different resistances, just like dumbbells come in different weights. Typically, the thicker or wider the band, the harder it is to stretch, and the farther the band is pulled, the heavier the resistance feels.



Sources (for entire article): health.clevelandclinic.org/should-you-try-resistance-bands-for-strength-training/ journals.lww.com/acsm-csmr/Fulltext/2012/07000/Resistance_Training_is_Medicine__Effects_of.13.aspx journals.lww.com/acsa-jscr/fulltext/2010/10000/the_mechanisms_of_muscle_hypertrophy_and_their.40.aspx unm.edu/-lkravitz/Article%20folder/recoveryUNM.html

one week of workouts

USE THE EIGHT UPPER AND LOWER BODY MOVES TO CREATE A WORKOUT ROUTINE FOR ONE WEEK (WITH ONE REST DAY). VARY THE WORKOUTS SO SMALLER MUSCLES AREN'T WORKED MULTIPLE DAYS IN A ROW.



Take a Break

Rest days without a workout allow your body to recover and remove excess lactate from muscles to prevent soreness and pain. The downtime also allows the body to replenish glycogen (energy) stores that help prevent muscle fatigue. Proper nutrition and supplements also can maximize muscle recovery.



FIND PERFORMANCE INSPIRED PRODUCTS LIKE PLANT-BASED AND WHEY PROTEIN POWDER AT HY-VEE TO HELP BUILD MUSCLE AND RECOVER AFTER WORKOUTS.

THE MOVES

UPPER BODY



BICEP CURL BICEPS

Stand with one foot on the center of a band, holding a handle in each hand at sides. Rotate hands so palms are forward. Slowly curl both handles toward shoulders. In a controlled motion, return to starting position.

LOWER BODY



5 SQUAT

QUADRICEPS, HAMSTRINGS, GLUTES Stand on the center of a band with feet hipwidth apart, each hand holding a handle. Bring handles to shoulder height, palms forward. Bend knees until thighs are parallel to the floor. Push off from heels and return to starting position.



SCAN THE QR CODE to shop stylish Joe Fresh workout clothing.





2 SHOULDER PRESS DELTOIDS

Stand with one foot on the center of a band, each hand holding a handle. Bring handles toward shoulders, rotating hands so palms face forward. Press arms straight up. With control, return to starting position.



3 OVERHEAD TRICEP EXTENSION TRICEPS

Stand with one foot on the center of a band, each hand holding a handle. Raise arms straight above head. Keeping elbows close to sides of head, slowly lower handles behind back of head until arms reach 90-degree angles.



4 BENT-OVER ROW TRAPEZIUS, RHOMBOIDS Stand on the center of a band with feet hip-width apart, each hand holding a

handle. Bend forward at waist, with neck and back in straight line. Pull band up, keeping elbows in, and squeeze shoulder blades together.



6 LATERAL BANDED WALK GLUTES, QUADRICEPS

Wrap a looped band above ankles. With feet hip-width apart, bend slightly at knees. Step right foot to the right, slightly wider than shoulder-width, then step left foot to the right, returning to hip-width apart. Repeat, starting with left foot.



7 CLAMSHELL INNER THIGHS, GLUTES

Wrap a looped band above knees. Lie on left side with knees bent to almost 90 degrees. Rest head on left hand. Squeeze glutes and thigh muscles to lift right thigh toward ceiling, keeping feet together. Slowly return to starting position. Repeat, starting on right side.

8 LYING HAMSTRING CURL HAMSTRINGS

Loop or attach a band to an anchor (like a sturdy chair or table), then wrap, strap or loop ends around ankles. Lying on stomach, slowly bring heels toward glutes, bending at knees, then return to starting position.

MATRIX

Try out a variety of fitness equipment at in-store "shops" in select Hy-Vee locations.

The Johnson Fitness & Wellness showrooms feature treadmills, elliptical machines, exercise bikes and more from brands like Matrix Fitness, Vision Fitness, Horizon Fitness, Synca Wellness and more.

Johnson Fitness & Wellness' partnership with Hy-Vee makes it even easier for you to meet your wellness goals—in the place you shop every week.

PRODUCTS AT HY-VEE

Browse the different fitness equipment models to find the one that works for you.



<u>TREADMILL</u>

Find gym-quality models, including those that fold up, that work for your home and offer exercise in comfort.



<u>EXERCISE</u> BIKE

Hop on and take a floor model for a spin to see which one best fits your needs.



ELLIPTICAL MACHINE

Get a full cardio workout by working your arms and legs together. This lowimpact exercise is easy on joints.



FITNESS MIRRORS

With only a few feet of wall space, you can turn any room in your home into a personal fitness studio. Join live classes or use on-demand videos.



Hy-Vee cares about your overall wellness. The 24-hour gym offers the same friendly service and helpfulness that Hy-Vee is known for. Membership includes:

- Initial body composition analysis
- Personal training and nutrition coaching
- Group classes



ROWERS

These machines combine strength and cardiovascular exercises into one. The low-impact, flowing motion provides an intense workout, much like swimming. **OUR NEW** PARTNERSHIP WITH JOHNSON FITNESS & WELLNESS ALLOWS US TO DIVERSIFY AND EXPAND **UPON OUR** CURRENT HEALTH **OFFERINGS TO PROVIDE OUR CUSTOMERS** WITH ALL THE TOOLS THEY NEED TO LIVE A HEALTHY LIFESTYLE.

....

-Randy Edeker, Hy-Vee Chairman and CEO

HOW TO ORDER

The Hy-Vee showroom is digitally supported with a kiosk and QR codes, so you can easily order from Johnson Fitness' online site. Curbside home shipping is free, and in-home delivery and installation are available for a fee. WITH A MISSION TO MAKE LIVES EASIER, HEALTHIER AND HAPPIER, HY-VEE IS INVESTED IN YOUR WELLNESS JOURNEY.



Look to Hy-Vee for treatment and preventive health care services to help you live a healthier lifestyle.

Prevention and treatment are both important to a healthy lifestyle. In addition to in-store health clinics and mobile Healthy You services, Hy-Vee provides a variety of pharmacy services and wellness programs including smoking cessation, diabetes management and family fitness. Also, registered dietitians are available to help you plan, shop and cook for greater wellness.

GREAT



MEET HY-VEE'S CHIEF MEDICAL OFFICER.

DR. FICK

Daniel S. Fick, M.D., joined the Hy-Vee leadership team last summer. He oversees the company's health and medical initiatives and guides efforts to expand those services in the future. "Hy-Vee will continue to provide innovative ways to keep our customers healthy while being a leader in COVID vaccinations and testing," says Dr. Fick.

A 1989 graduate of the University of Iowa's Carver College of Medicine, Dr. Fick has been a practicing family physician and educator for more than 30 years. During that time he has managed providers and clinics, overseen health care operations and guided efforts at the University of Iowa in the areas of wellness, employer benefits and COVID-19 response.

"AS HEALTH AND WELLNESS CONTINUES TO PLAY A CENTRAL **ROLE IN OUR** CUSTOMERS' LIVES, WE **ARE FOCUSED ON MAKING HEALTH CARE** SERVICES MORE ACCESSIBLE AND CONVENIENT, WHILE **MAINTAINING A BEST-IN-CLASS** PATIENT CARE EXPERIENCE."

—KRISTIN WILLIAMS, EXECUTIVE VICE PRESIDENT, CHIEF HEALTH OFFICER, HY-VEE **HY-VEE HAS MORE THAN 50 IN-STORE RETAIL HEALTH CLINICS.** These clinics offer customers convenient access to affordable, highquality health care and medical services. In partnership with local health care providers, Hy-Vee retail health clinics offer health care, treatment and preventive care services for minor illnesses and ailments. To see a list of retail health clinics in Hy-Vee stores, visit Hy-Vee.com/health/ retail-health-clinics.aspx

luVee

HY-VEE HAS 276 RETAIL PHARMACIES, 21 SPECIALTY PHARMACIES AND 1,155 PHARMACISTS...

HY-VEE'S WELLNESS



just a few of Hy-Vee's many offerings.

This 10-week healthy lifestyle and weight management program, led by a Hy-Vee dietitian, includes meal planning, easy recipes, mindful eating and more. The cost is \$299 per participant. A 4-week program for families is \$99.

ttyvee. KIDSFIT.

Hy-Vee KidsFit is a free online personal trainer and nutrition program designed to get children, teens and families active and healthy. The program includes fitness videos, daily activities, monthly challenges and healthy recipes.

DIETITIAN Services

More than 50 Hy-Vee registered dietitians are available to help you start—or continue on—a path toward your health and wellness goals.

CONNECT WITH HEALTHIE

Chat with a Hy-Vee dietitian from the comfort of your own home. The online platform, Healthie, allows access to dietitian services by computer, tablet or smartphone. Once you have an account, you can schedule an appointment, create goals, track progress, chat with a dietitian and more. To learn more or to create an account, visit *Hy-Vee.com/health/hy-vee-dietitians*

EXPLORE SERVICES

Hy-Vee dietitians offer a range of free services, including virtual store tours, dietitian discovery sessions and monthly classes. Other services are available for a fee, such as personalized nutrition counseling packages or a Healthy Habits menu program that provides meal plans.

20 mobile health units offering immunizations and health screenings regularly travel across Hy-Vee's 8-state region.

AND COUNTING.



Led by a Hy-Vee pharmacist, these group classes cover six sessions and provide participants with class materials and access to a Hy-Vee dietitian. The cost is \$150 per participant.



Hy-Vee dietitians offer free virtual store tours to help customers navigate the aisles and shop for a diabetes meal plan. You can also schedule a complimentary Dietitian Discovery Session to learn about other available services.

A SMALL SAMPLING OF THE SERVICES AVAILABLE AT HY-VEE PHARMACIES.

IMMUNIZATIONS Along with COVID-19 vaccines, Hy-Vee Pharmacy locations administer a range of immunizations, including influenza, hepatitis, measles, mumps, polio, rabies, shingles and tetanus.

MEDICATION THERAPY

MANAGEMENT Through these specialty services, Hy-Vee pharmacists can help patients better understand their medications and detect and prevent adverse drug reactions.

SPECIALIZED PHARMACY SERVICES Hy-Vee

Pharmacy Solutions treats chronic, complex medical conditions such as anemia, arthritis, asthma, Crohn's disease, HIV/AIDS, multiple sclerosis and more.

MEDICARE PART D

CONSULTATIONS Each fall Hy-Vee Pharmacy locations offer a complimentary medication review and Medicare Part D plan comparison.





4 Steps to Good Dental Hygiene

Keep the mouth, teeth and gums clean, healthy and disease-free by following these practices.

Brush after meals, at least twice a day, for 2 minutes at a time with a fluoride toothpaste. Brushing removes food buildup that can lead to plaque, the sticky film of bacteria that forms on teeth and can cause tooth decay and cavities. Finish by brushing the tongue as well. If plaque buildup is an issue, use an anti-plaque prebrushing dental rinse beforehand.

Floss daily between teeth and along the gumline. Flossing dislodges food particles and debris that can build up and cause plaque, which can lead to gum disease and tooth loss. Furthermore, gum disease may play a part in other health issues. The Centers for Disease Control and Prevention (CDC) reports an association between oral infections and diabetes, heart disease, stroke and even preterm, low-weight births.

Rinse twice a day with a mouthwash, which can do more than just make your mouth feel clean. Cosmetic mouthwash freshens breath, whitens teeth and has fluoride to help fight cavities. Therapeutic mouth rinses, available over the counter and by prescription, help treat conditions such as gingivitis (a form of gum disease), tooth sensitivity, dry mouth and inflammation. Antiseptic mouth rinses are the most common and kill bacteria associated with bad breath.

Visit the dentist every six months. This will help you stay on top of oral care and prevent or treat any serious conditions.

WHAT CAUSES BAD BREATH. AND IS IT DUE TO MORE THAN WHAT YOU ATE FOR LUNCH?

- · Bacteria feeding on the food left in your mouth, leaving a foulsmelling waste product behind.
- Dry mouth, or a lack of saliva, due to salivary gland issues, taking certain medications or breathing through your mouth.
- Advanced gum disease. which is often accompanied by a constant bad taste in the mouth.
- Certain foods, including garlic, onions, spices and coffee.
- Smoking or chewing tobacco.
- Mouth infections, including tooth decay, mouth sores and surgical wounds.
- A medical condition such as sinus infection, gastric reflux, diabetes, some cancers and kidney or liver disease.

COMPARE TO LI

*TopCare. everyday. Antiseptic Mouthwash ANTIGINGIVITIS / ANTIPLAQUE

SPRING MINT®

· For better oral hygiene & fresher breath

Kills germs that cause bad breath, plaque & the gum disease gingivitis

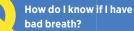
50.7 FL OZ (1 QT 1 PT 2.7 FL OZ) 1.5 L 🦯 🔹

50.7 FL OZ (1 QT 1 PT 2.7 FL OZ) 1.51

Oral-B CHARCOAL MINT FLOSS

54.6 YD (50 m)

Sources: cdc.gov/healthywater/hygiene/dental/index.html mouthhealthy.org/en/az-topics/b/bad-breath mayoclinic.org/diseases-conditions/bad-breath/symptoms-causes/syc-20350922 ada.org/en/member-center/oral-health-topics/mouthrinse colgate.com/en-us/oral-health/dental-visits/top-10-dental-questions-you-should-ask



One quick test-after thoroughly washing and drying the skin, lick the back of your hand or forearm, dentist, who can also identify the

What are some of the warning signs of gum disease?

Ξ

TOTAL CARE

Bleeding gums or gums that are red, swollen or tender. Also gums that have pulled away from teeth. If your permanent teeth are loose or separating or fit together differently when you bite, you may have gum disease.

Is flossing really necessary?

Daily flossing is a key part of good oral hygiene. It removes food debris-which can contribute to bad breathbetween teeth, where a Flossing also helps prevent cavities and gum disease by removing plaque, which hardens over time into toothand gum-damaging tartar.



ORAL CARE BRANDS

in 17 different categories, including dental whitening tools and rinses for dry mouth, are available at Hy-Vee.



ORAL CARE PRODUCTS

to maintain teeth and gums, freshen breath and promote good dental hygiene are available at Hy-Vee.

Is there really a connection between poor dental hygiene and serious diseases?

Studies have shown that people with poor oral health have higher rates of heart attack or stroke than those with good oral hygiene. Other research indicates a possible connection between poor oral health and both rheumatoid arthritis and the risk of pancreatic cancer.

0770

it all starts with toothpaste

Options in toothpaste have come a long way in the past 30 years, with myriad choices formulated for specific purposes. Toothpastes at Hy-Vee are designed to whiten teeth, fight cavities, remove plaque, freshen breath, restore gums and clean sensitive teeth. Some toothpastes are independently tested for safety and effectiveness by the American Dental Association and come with the ADA Seal of Acceptance.



All-in-one toothpaste to whiten teeth, freshen breath, fight cavities.



Micro-active foaming action and whitening, with sugar acid protection.



Natural toothpaste with no artificial colors, flavors, fragrance or preservatives.



Whitening toothpaste with micropolishers to safely remove stains.

TOOTHPASTE FORMULATIONS under 15 brand names are available at Hy-Vee.

tur



Kills plaque bacteria at the gumline.



activated charcoal th freshmint + coconut al



Natural toothpaste with activated charcoal.



Cavity protection in a fun, kid-friendly flavor.

INTERMITTENT FASTING IS SAID TO OFFER A NUMBER OF HEALTH BENEFITS, INCLUDING WEIGHT LOSS, LOWERED BLOOD PRESSURE AND REDUCED INFLAMMATION. BUT IS IT RIGHT FOR YOU?

THE MAINGGAME

TIME DELAY

INTERMITTENT FASTING isn't as much about limiting food as it is limiting the time spent eating food. Here's how intermittent fasting (IF) works:

WHAT

IF is a regimen that cycles between periods of fasting and eating, mimicking the patterns of the hunter-gatherer days of our distant past. The theory is that humans have evolved to accept this sort of eating pattern.

WHY

Weight loss is often the primary goal. Indeed, researchers reviewing IF trials for a report published by the National Institutes of Health concluded that IF may be a promising way to lose weight and improve metabolic health for those who don't mind the periods of no eating at all.

WHEN

The time you eat depends on the IF regimen. Under the 16:8 regimen, for example, a person typically eats just two daily meals, instead of three. during the 8-hour eating window, with no snacking in the remaining 16 hours. By eliminating a meal each day, they automatically drop their calorie intake.

WITHOUT *LONGER FOOD PE RIO MIGHT DS **Q** FASTING PROMPT ARE NOT BODY NECES _ O STORE SARILY MORE BET FAT. mi Z **G** -JOHNS HOPKINS MEDICINE OING TOO LONG



Water and zero-calorie beverages such as coffee and tea (served without cream or sugar) are allowed during fasting periods in some IF plans.

THINGS TO Consider



Level of Abstinence

Some IF plans call for total restriction of calories during the fasting period; others allow for reduced calorie intake during fasting periods.



kcal



With fewer hours available for eating, fewer calories are generally consumed. However, binge eating during non-fasting hours may sabotage weight loss goals.

Calorie Counting

IF plans with the shortest amount of time for eating say, the 20:4 regimen's 20 hours of fasting, four hours of eating—may allow you to eat as much as you wish. IF plans generally encourage dieters to pay attention to the quality of the food eaten as much as the timing.

The 24-Hour Version

Fasting for an entire 24-hour period is part of several IF regimens. Fasting for longer than that is discouraged, as it can be counterproductive and even dangerous.

FOR YOUR HEALTH

Johns Hopkins Medicine reports these potential benefits of IF.

Memory. Studies showed IF boosts working memory in animals and verbal memory in people.

Heart. IF improved blood pressure, resting heart rate and other cardiovascular measurements.

Performance.

Young men fasting for 16 hours lost fat while maintaining muscle mass.

Sources (for entire article): ncbi.nlm.nihg<mark>ov/pmc/articles/</mark>PMC4516560/ ncbi.nlm.nihgov/pmc/articles/PMC6983467/ hopkinsmedicine.org/health/wellness-and-prevention/intermittent-fastii mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-ans

THREE fasting plans

There are many fasting regimens with varying levels of difficulty. Here are a few examples.





WHOLE-DAY FASTING

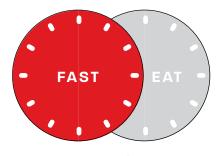
Also called intermittent calorie restriction, it requires fasting for 24 hours at a time, two to three times a week, with a week separating each fasting cycle.

PROS

Fasting is done on nonconsecutive days. Some versions allow snacking (500 calories for women, 600 for men) on fasting days.

CONS

Fasting for 24 hours can be difficult to maintain at the start.





ALTERNATE DAY FASTING

A 24-hour fast every other day, without a week separating fasting cycles.

PROS

Some alternate-day fasting regimens allow participants to consume 25% of their normal calorie intake on fasting days.

CONS

Fasting and eating periods are split evenly, and there is no "week off" between fasting as there is with whole-day fasting.





TIME-RESTRICTED FEEDING

The first number refers to sustained hours of fasting per day, the second number is sustained hours of eating. Variations include 12:12 and 16:8.

PROS

There are versions with smaller and larger windows of opportunity to eat, so the participant can decide how many hours each day's fast will last.

CONS

The 20:4 version, calling for 20 hours of fasting per day, is the most difficult, as it typically has time for just one meal per day.

LOW-CALORIE SNACKS These convenience foods from Hy-Vee can help you power through.



Smartfood Popcorn

Available in white Cheddar and sea salt, these popcorn snacks are a low-calorie option at 50 calories or less per cup.



Hy-Vee Cheese Snacks or Sticks

Satisfying snacks featuring a choice of Cheddar, colby Jack, jalapeño, mozzarella and pepper Jack flavors.



Halo Top Fruit Pops

At just 35 to 90 calories, these coconut, lime, mango, pineapple and strawberry fruit pops are a snacker's dream.

DIETITIAN SERVICES

Hy-Vee's nutrition experts can help you meet health and wellness goals. For details, visit hy-vee.com/health/hy-vee-dietitians

Healthy Habits: A 4-week program to help customers develop an eating plan for a balanced lifestyle. The program, which costs \$99, includes weekly one-on-one support from a Hy-Vee dietitian to answer questions and track progress. Simple dietitian-inspired recipes, grocery lists and balanced meal plans are also part of the program.

Nutrition Store Tours: Available virtually or in-person, these tours are led by a Hy-Vee dietitian, who focuses on a specific topic such as general wellness, heart health, diabetes, food and fitness, plant-based eating or one of the top nine food allergies.

pro tip: IS IF A FIT?

Intermittent Fasting [IF] isn't for everyone and may not be recommended for certain population groups such as athletes, anyone with diabetes, or people who are prone to getting 'hangry.' For those people, and really for anyone looking to make longterm, sustainable changes, I recommend working with a Hy-Vee dietitian and trying our Healthy Habits program instead of IF."

—Jena DeMoss, RD Hy-Vee Dietitian

OVERWEIGHT OR OBESE -NATIONAL INSTITUTES OF HEALTH NTERMITTENT FASTING RESULTED ADULTS Z Z TRIALS Þ ω .2% LASTING 0 8% WEIGHT LOSS 2 TO ດ MONTHS Z

FASTING CAVEATS

Talk to your doctor before starting an IF regimen. Also seek their advice if you experience anxiety, headaches or nausea after starting IF.

IF is not recommended

for children under 18 or for people with a history of eating disorders such as anorexia or bulimia. It is also not recommended for women who are pregnant or breastfeeding.

Stay on track by

filling up on these nutrient-dense foods suggested by Hy-Vee dietitian Jena DeMoss: yogurt, fruits, vegetables, hummus, string cheese, whole grains, edamame, trail mix, oatmeal, eggs, protein bars and nut butters.

REAL PROCESS

Hy-Vee Light Sliced Peaches

Yellow cling peaches in a blend of peach and pear juice concentrate are just 60 calories per half cup.



Diet Snapple Enjoy calorie-free iced teas in peach, raspberry and half tea/ half lemonade flavors.



Brach's Drops

Make fasting hours go faster with sugar-free hard candy in lemon and cinnamon flavors.

dietitian Q&A

UNDERSTANDING **PLANT-BASED EATING**

With a focus on plants and a limit on animal products, this diet is gaining popularity for its potential health benefits.

Note of the start of the supporting role of the support of the



Elisa Sloss, RD, LD Vice President, HealthMarket

Q: How is plantbased eating defined?

A: Plant-based eating is not a diet. Instead, it is an eating pattern with general guidelines. The focus is on fruits, vegetables and whole grains. Animal proteins and dairy can be included in moderate amounts. So unlike strict diets (vegan, keto, etc.) that eliminate food groups, this style of eating includes all of the food groups. That means you are less likely to have nutrient gaps, because you're not excluding food groups or specific types of foods.

Q: What are the benefits of plantbased eating?

A: Much research has been done on diets that are predominantly plant based, especially the Mediterranean diet, the DASH diet, and the MIND diet. Plant-based eating patterns have shown improved health outcomes, including lower levels of obesity, reduced risk of heart disease and lower blood pressure. Also, people eating plant-based meals tend to consume a lower proportion of calories from fat, fewer overall calories and more fiber, potassium and vitamin C beneficial to heart health. digestion and more.

Q: Are there other potential benefits?

A: Research is showing positive correlation between plant-based eating and slower cognitive decline. Evidence is also showing that exercising regularly and managing high blood pressure, diabetes and high cholesterol may lower risk of developing cognitive decline.

Q: How can Hy-Vee help customers try plant-based eating?

A: Start by attending one of our free Plant-Based Eating store tours, hosted virtually by a Hy-Vee dietitian. This will help you get jump-started and provide fresh ideas. If you want to engage more individually, Hy-Vee dietitians are available for one-on-one consultations virtually or sometimes in person. Also, our HealthMarket department is continually

adding to the variety of plantbased offerings, including sports nutrition, dairy and meat alternatives and frozen meal options. I would recommend using Short Cuts prepped produce. Changing eating patterns often includes new recipes in meal planning, and Hy-Vee Short Cuts can help save time while increasing fruit and vegetable intake.



Code to find a local dietitian and learn how Hy-Vee can help healthy lifestyle



ousm/2021/02/25/plant-based



MAKE SURE A PLANT-BASED DIET FILLS ALL YOUR PROTEIN, VITAMIN AND MINERAL NEEDS. FOCUS ON THESE KEY COMPONENTS.

CARBOHYDRATES

provide the body with glucose, which is converted to energy to support bodily functions and physical activity. **Sources:** tubers and starchy vegetables (corn, peas, potatoes and winter squash).

FIBER supports weight loss and protects against heart disease; helps keep blood sugar in check to prevent the development of diabetes. **Sources:** fruits, raw veggies, whole grains and legumes (black beans and lentils).

IRON is essential for the development of red blood cells to transfer oxygen from the lungs to the body's tissues and to store and release oxygen in the muscles. **Sources:** vegetables (broccoli, carrots, cauliflower, kale and spinach).

OMEGA-3 FATS are healthy fats that can reduce the risk of cardiovascular disease. **Sources:** almond butter, pumpkin seeds, tahini, soy foods, flaxseeds, chia seeds and walnuts.

PROTEIN provides enzymes that power chemical reactions and the hemoglobin that carries oxygen in the blood. **Sources:** legumes (black beans, chickpeas, lentils and pinto beans).

VITAMIN B12 is needed to keep the body's blood and nerve cells healthy and to prevent a form of anemia that makes a person feel tired and weak. Sources: bananas, blueberries, strawberries, fortified nutritional yeast.

Hyvee. KIDSFIT.



Scan the QR Code for tools from Hy-Vee KidsFit to help guide a conversation

about healthy eating. Join this FREE club for more education and challenges for the whole family.

PLANT-BASED OPTIONS

Enjoy alternatives to dairy, beef, chicken and cheese with these offerings from Hy-Vee.



ALMOND MILK Hy-Vee Almondmilk is available in unsweetened original, vanilla and all-natural chocolate flavors.



PLANT-BASED PATTIES Choose from a variety of brands including Beyond Meat, Impossible and Sweet Earth burger patties.



NON-DAIRY CHEESE Enjoy a range of types including Gouda, American and Cheddar.



CHICKEN SUBSTITUTES

Ready-to-cook plantbased chicken nuggets in breaded, BBQ and Buffalo flavors.



Generics as low as \$4

See your Hy-Vee pharmacist for details. A complete list is available at Hy-Vee.com.



Some restrictions may apply. Not applicable with all insurance plans, MN and WI state law restrictions apply

Generic medicines have the same dosages and effectiveness as their name-brand counterparts.

> Hy-Vee Pharmacy Offers Deep Savings for Many Prescriptions

\$4 GENERIC PROGRAM BASICS

YES, you can transfer a prescription easily online or by talking with your pharmacy team.

YES, standard 30-day prescriptions for \$4 and 90-day prescriptions for \$10 are available.

YES, you can get the discounted price even if you have insurance*.

NO membership needed.

NO enrollment needed.

NO fees to receive the price on the discount list.

Start Saving Today

Your Hy-Vee pharmacist can help you determine whether your medication is approved for the discount and the cost of any medication not approved, and also can help you transfer your prescription to Hy-Vee. The discounted medications on the list include antibiotics as well as prescriptions for diabetes, cholesterol, digestive issues and more.



SCAN THE QR CODE for more \$4 prescriptio program details.

*If you have insurance, continue using it. You will generally pay the list price OR your insurance plan's copay, whichever is less.

FOR A FULL LIST OF \$4 PRESCRIPTIONS, CONTACT YOUR HY-VEE PHARMACY OR GO TO HY-VEE.COM

FIND THEM IN THE SNACK AISLE!

GANGENNING CONTRACTOR

CICUPION IT'S SERIOUS SATISFACTION.



Crov'n puffed cheese snacks

ORIGINAL



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- other languages upon request

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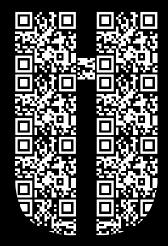
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