

HyVee[®]

FOOD | LIFE | HEALTH

seasons[®]



CHILL OUT

july
Prices good July 1-31, 2020



KEEP COOL AND SANDWICH ON

NO BY-PRODUCTS, ADDED HORMONES,* OR ARTIFICIAL FLAVORS.



Land O'Frost Premium or Bistro Favorites Sliced Lunchmeats select varieties 6 to 16 oz. 4.27



*Federal regulations prohibit the use of hormones. Excludes beef.

JULY 2020

food



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DONNA TWEETEN

EXECUTIVE VICE PRESIDENT,
CHIEF MARKETING OFFICER,
CHIEF CUSTOMER OFFICER

July may be the seventh month of the year, but it's ranked first by many Americans because of the Fourth.

Independence Day celebrates the freedoms we've enjoyed for nearly 250 years. Those freedoms seem even more precious as we navigate through our current challenges of COVID-19.

It's more important than ever to take care of ourselves and others, too. A few examples: preparing fast family-pleasing dinners, *page 62*; grooming our pets, *page 84*; and fortifying our immune systems, *page 108*.

Thankfully, we can still enjoy some of the small pleasures of life, like grilling, *page 10*; chilling, *page 42*; and those twin traditions of summer: ice cream, *page 22*, and s'mores, *page 48*.

Time to enjoy the wonders of summer!

FOLLOW US...



CONNECT WITH **HyVee**
@Hy-Vee.com

YOU CAN USE SOME YUM.
RIGHT NOW.



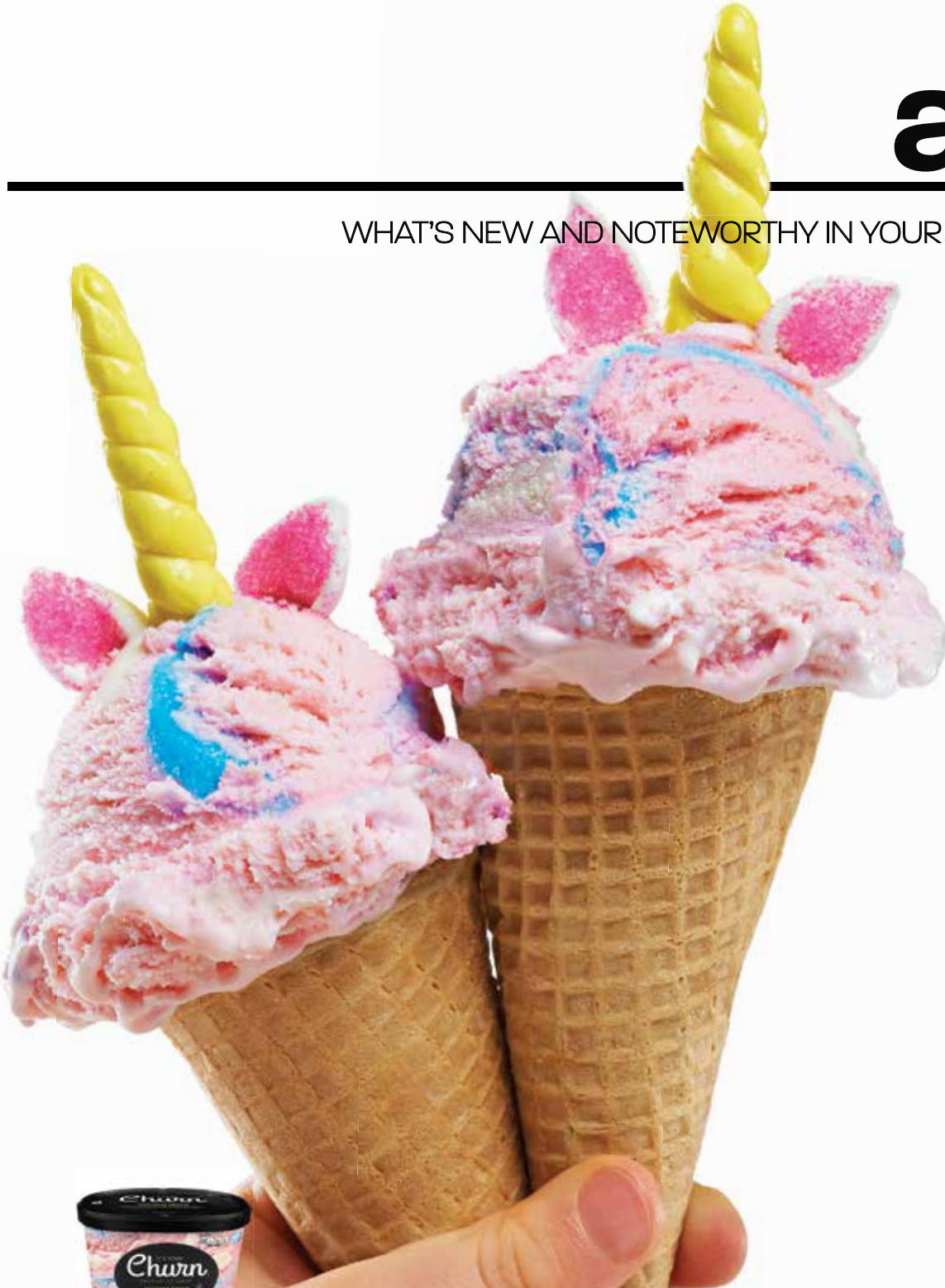
Blue
Bunny

FIND FUNLIGHTENMENT™

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aisles

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



UNICORN DREAM ICE CREAM

So popular last year that it's earned a return engagement. If you missed it last time, It's Your Churn to experience Unicorn Dream ice cream, available for a limited time only. And if you enjoyed it last time, then It's Your Churn to experience a most pleasant form of déjà vu. Unicorn Dream is a pink fruity ice cream with sour blue raspberry swirl, frosting swirl and glitter candy bits. Now if that's not enough to whet your appetite...



now
trending

SUMMER
REFRESHMENTS

Take your taste buds on a pleasant summer excursion with these drinks.



KOMBUCHA

Brewed in small batches with Rocky Mountain spring water, this organic kombucha comes in five flavors.



LEMONADE

What's summer without lemonade? Try traditional or raspberry flavored.



TEA

Enjoy Teavana craft iced tea in a range of flavors.

aisles



brand highlight

TWISTILLAS TORTILLA CHIPS

Punch up the flavor of the snack tray with spicy chili-and-lime-flavored rolled tortilla chips. Hy-Vee Twistillas are perfect for dipping—but so flavorful on their own that they really don't need any extra help!

donut of the month

ORANGE CREAM CAKE DONUT

Have a taste of the extraordinary this month with the Hy-Vee Bakery's featured attraction. Now, *orange* you glad it's July?



NEW AT HY-VEE!

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

MEAT

Shaved Meats



Your next sandwich will really stack up with Hy-Vee's shaved meats, among them 100% USDA choice beef and antibiotic-free Buffalo Style chicken breast.

DAIRY

Hy-Vee Tumblerz



These flip-and-serve yogurts include 4 flavors—key lime, vanilla, toasted coconut vanilla and salted caramel—perfectly paired with tantalizing toppers.

PRODUCE

Stemilt Red Cherries



One of summer's most irresistible fruits is also one of the freshest at Hy-Vee right now. Cherries from family-owned Stemilt Growers are at peak flavor.

DAIRY

Carolina Reaper Spicy Cheese



For a peppery kick to the palette, try Hy-Vee Deli Style Carolina Reaper's blend of Monterey Jack or Sharp Cheddar cheese and spicy peppers.



★ COLD CRAFTED ★

SNACK AT THE SPEED OF SUMMER

MADE WITH 100% BEEF

SMOKED & PAIRED WITH REAL WISCONSIN CHEESE



Jack Link's Cold Crafted Snacks select varieties 1.5 oz. 2/3.00

LOCATED IN THE REFRIGERATED SNACKING SECTION

POOL ESSENTIALS

SPLASH AWAY HAPPILY THIS SUMMER. HY-VEE HAS EVERYTHING NEEDED, FROM A SIMPLE WADING POOL TO ACCESSORIES MADE FOR PLAY OR RELAXATION.

BIG ANIMAL RINGS

Made of 7-gauge vinyl, these inflatable floats are sized for ages 3 to 6.



UNDERWATER DIVING RINGS

Dive right in because these Intex fish rings are great for kids or adults. Set includes 4 colors.

WATER BOMBS

Foam disks soak up water quickly and make a splash when they hit water—perfect for games of catch in the pool.



INFLATABLE GIANT TIRE TUBE

You won't tire of floating in the pool with this Intex 36-in.-diameter black vinyl floating tube.



SPORT GOGGLES

Keep chlorine from bothering eyes with Intex freestyle sport goggles in a choice of 3 colors.



SAND CASTLE AND SHOVEL TOYS

Perfect for sandbox play, little ones can create the castle of their dreams.



TIKI STRIPE TOWEL

This 30x60-in. towel is sized for pool duty, handling everything from drying off to sunbathing.

FUN BY THE BEACH POOL

At 5 ft. wide, 10 in. deep, this wading pool is waiting to cool off your summer!



BIG JOE ZOODLES

Bouyant, mesh-fabric pool floats squirt water through the mouth.



SEA BUDDY ARM BANDS

Help kids learn to swim with vinyl swim aids designed for ages 3 to 6.



WATER GUN

With its larger reservoir, this squirt gun has plenty of ammo for the next pool fight.

say g'day sunshine!

SUN PROTECTORS

The water's reflection amplifies glare. Safeguard skin and eyes with these products from Hy-Vee.



SPORT FORMULA

Broad-spectrum, water-resistant sunscreens for active lifestyles.



FOR KIDS

Gentle, non-irritating protection that's also water resistant.



GENERAL PURPOSE

Lightweight, oil-free sunscreens to protect against sun damage.



RW&B SUNGLASSES

Ramp up the cool and tamp down the glare with sporty sunglasses.

TASTE THE DIFFERENCE

Fresh, never frozen sausage



FIND IN THE REFRIGERATED MEATS SECTION

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food

Celebrate summer with whiskey marinades, ice-cold cocktails and frozen desserts.

- 10** FLAVORS FROM WHISKEY GRILL
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FLAVORS FROM

WHISKEY GRILL

BESIDES BEING A GREAT SIP, WHISKEY ADDS SIZZLE TO THE GRILL. STEAK, CHOPS, CHICKEN AND FISH ALL HARMONIZE WITH THE LIVELY SPIRIT. BE READY TO RAISE A GLASS!

Whether you spell it whiskey or whisky, which means *water of life*, this spirit has a rich flavor that has been a favorite of many through the centuries. In short, whiskey is a distilled spirit made from grain, such as corn, rye, wheat or barley. A distiller mashes the grain to release natural sugars, then ferments the mash into alcohol. That alcohol is then distilled to create a

more potent spirit. It then ages for years in a cask or barrel, adding more flavor characteristics. To learn about different types of whiskey, see [page 15](#). Discover how each one lends unique flavor to grilled meats and seafood. If you're just getting to know whiskeys, ask an expert in your Hy-Vee Wine & Spirits Department for recommendations.

BEEF Double-Spiked Whiskey Steaks

Hands On 30 minutes
Total Time 40 minutes
Serves 2

- 2 (10- to 12-oz.) Hy-Vee Choice Reserve beef New York strip steaks, 1¼ to 1½ in. thick
- 5 tsp. rye whiskey, such as Sazerac or Templeton rye; divided
- 1 tsp. coarse-ground Hy-Vee pepper supreme
- ½ tsp. kosher salt
- ¼ tsp. That's Smart! onion powder

- 1. **PAT** steaks dry with paper towels. Rub 4 tsp. of whiskey on both sides of steaks. Combine pepper, salt and onion powder. Sprinkle and rub pepper mixture on both sides of steaks. Let steaks stand at room temperature for 20 minutes.
- 2. **PREHEAT** a charcoal or gas grill for direct cooking over medium heat.
- 3. **GRILL** steaks for 7 to 10 minutes or until medium-rare (130°F), turning halfway

through. Transfer steaks to a clean cutting board. Drizzle 1 tsp. remaining whiskey on steaks. Loosely cover with foil; let rest for 5 minutes before serving.

Per serving: 510 calories, 30 g fat, 13 g saturated fat, 0 g trans fat, 150 mg cholesterol, 1,270 mg sodium, 1 g carbohydrates, 0 g fiber, 0 g sugar (0 g added sugar), 53 g protein.
Daily Values: Vitamin D 0%, Calcium 0%, Iron 30%, Potassium 0%



WHISKEY

HOW IT WORKS IN RECIPES

WHETHER IT'S BOURBON, RYE OR SCOTCH, WHISKEY ADDS DISTINCTIVE FLAVOR AND DEPTH TO FOOD, ESPECIALLY SAVORY MEATS.

It takes only a small amount to add a kick, and using good-quality whiskey makes all the difference. Many chefs compare

whiskey to salt in how it brings out flavor in food. Use whiskey in the following ways:

- A whiskey-based marinade or wet rub tenderizes meat while boosting flavor.
- A splash of whiskey to a sauce adds rich, robust character that complements grilled meat.
- A general rule is to use a lighter, lower-proof whiskey for lean, delicate chicken and seafood and a higher-proof whiskey for hearty meats like steaks. During cooking, evaporation of the alcohol concentrates the grain malt, and the spirit's sugar caramelizes.



GIVE IT A SHOT

- Add a whiskey with herb and citrus notes to a pan sauce to enhance a chicken dish.
- Wake up a salad. Add bourbon to an apple cider vinaigrette.
- Elevate the flavor of a T-bone or ribeye. Bourbon, rye and Scotch whiskeys hold up well to big, beefy, well-marbled meats.
- Pair whiskey with cheese. Try smoky Scotch with Roquefort, Irish whiskey with Brie, sweet bourbon with Manchego or spicy rye with Gouda or Gruyère.



BEEF

Whiskey 'n' Cola Flank Steak

Hands On 30 minutes

Total Time 45 minutes plus marinating and standing time

Serves 6

- 1 (1½- to 2-lb.) Hy-Vee Angus Reserve beef flank steak, about 1 in. thick
- 1 (12-oz.) can cola soft drink

1 cup Tennessee whiskey, such as Uncle Nearest 1884

½ cup packed Hy-Vee light brown sugar

3 Tbsp. fresh lemon juice

2 Tbsp. Hy-Vee Worcestershire sauce

2 tsp. Hy-Vee less-sodium soy sauce

½ cup Hy-Vee ketchup

Chopped arugula, for garnish

1. **PAT** steaks dry; place in a large resealable plastic bag. Combine cola, whiskey, brown sugar, lemon juice, Worcestershire sauce

and soy sauce. Transfer 1 cup marinade to a medium saucepan; pour remaining over steak. Seal bag. Marinate in refrigerator 8 to 24 hours, turning bag occasionally.

2. **WHISK** ketchup into marinade in saucepan. Bring to gentle boil; reduce heat. Simmer, uncovered, 10 minutes. Cool and refrigerate sauce.

3. **PREHEAT** a charcoal or gas grill with a greased grill rack for direct cooking over medium heat. Remove steak from

marinade; pat dry. Discard marinade. Heat sauce. Grill steak 12 to 15 minutes or until medium-rare (130°F); turn and brush with some sauce halfway through. Loosely cover steak; let rest 5 minutes. Thinly slice steak across the grain. Garnish with arugula, if desired. Serve with remaining sauce.

Per serving: 340 calories, 6 g fat, 2.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 390 mg sodium, 24 g carbohydrates, 0 g fiber, 22 g sugar (20 g added sugar), 25 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 10%

Whiskey Steak

See our tutorial on how to add whiskey to your grill routine.



Watch and learn at [HSTV.com](https://www.hstv.com) today!





Bourbon Peach & Chicken Grill

Hands On 35 minutes
Total Time 1 hour 25 minutes
Serves 4

1½ **tsp.** kosher salt
½ **tsp.** chipotle powder

¼ **tsp.** Hy-Vee black pepper
4 Hy-Vee chicken leg quarters (3 to 3½ lb.)
1 **Tbsp.** Hy-Vee canola oil
2 medium peaches, pitted and cut up
½ **cup** water, divided
½ **cup** bottled honey barbecue sauce
½ **cup** Kentucky bourbon, such as Woodford Reserve
Grilled pitted peach quarters, for garnish
Fresh basil, for garnish

1. PREHEAT a charcoal or gas grill with greased grill rack for indirect cooking over medium heat. Combine salt, chipotle powder and pepper. Pat chicken dry. Brush with oil; sprinkle and rub seasoning mixture all over chicken. Place chicken, bone sides down, on grill rack and cook for 35 minutes.

2. PLACE cut-up peaches and ¼ cup water in a food processor. Cover; process until smooth. Combine pureed peaches, remaining ¼ cup of the water, barbecue sauce and bourbon in a saucepan. Simmer, uncovered,

5 to 7 minutes or until slightly thickened. Reserve half the sauce for serving. Brush remaining sauce on chicken. Grill 10 to 15 minutes more or until done (175°F).

3. TRANSFER chicken to a serving platter; garnish with grilled peaches and basil, if desired. Serve with reserved sauce.

Per serving: 420 calories, 12 g fat, 2.5 g saturated fat, 0 g trans fat, 175 mg cholesterol, 770 mg sodium, 24 g carbohydrates, 1 g fiber, 20 g sugar (0 g added sugar), 38 g protein.
Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 15%

TYPES OF WHISKEY

Learn the difference between bourbon and Scotch—and more—in this beginner's guide to the most popular types of whiskey.



tennessee whiskey

Uncle Nearest 1856, an award-winning blend of premium whiskeys aged 9 to 14 years, is bold and spicy with a sweet caramel and maple finish.



kentucky bourbon

Woodford Reserve, a small-batch triple-distilled bourbon whiskey, ages at least 6 years. It has flavor notes of espresso beans, warm spices, toasty oak and rum.



scotch

Lagavulin (aged 8 years in ex-bourbon casks) is a single-malt Scotch whisky with a nice balance of smoke, vanilla and dried fruit flavors with peppery notes.



rye whiskey

Bold, crisp spices in Sazerac Rye (a whiskey blend from Kentucky) are softened by sweet notes, a result from 6 years aging in oak barrels.



irish whiskey

Finagren's Irish Whiskey, a versatile everyday whiskey, has green apple and tropical fruit flavor with slight peppery finish. It goes down smoothly.



canadian whisky

Pendleton, a whisky aged in oak barrels, has a freshly grated cinnamon aroma and fall fruit and honey flavor notes with hints of spice. It has a smooth finish.



japanese whisky

Suntory Whisky Toki, a blend of malt and grain whiskeys, has refreshing citrus and spicy notes that harmonize with grilled fish and fruit.



local whiskey

Crafted with Iowa corn, Cedar Ridge bourbon has sweet, fruity notes and a smooth finish, making it a very approachable sipping whiskey.

WHISKEY (OR IS IT WHISKY?)

The difference in spelling all comes down to location. United States and Ireland spell it whiskey, while the rest of the world, including Japan, Scotland and Canada, use whisky.



Maple-Scotch Salmon

Hands On 30 minutes
Total Time 50 minutes
Serves 4

1 (15×5-in.) cedar grilling plank
1 (1- to 1 ½-lb.) wild skin-on salmon fillet, ½ to ¾ in. thick
1 Tbsp. McCormick Grill Mates maple BBQ rub
¼ cup Hy-Vee Select 100% pure maple syrup
¼ cup smoky Scotch whisky, such as Lagavulin single-malt Scotch
1 Tbsp. packed Hy-Vee dark brown sugar
1 Tbsp. Hy-Vee salted butter, melted
Fresh chives, for garnish
Lemon wedges, for garnish

1. SOAK cedar plank in water for 30 minutes. Meanwhile, pat salmon dry with paper towels. Sprinkle salmon with maple BBQ rub; slightly pat into surface of salmon. Cover and refrigerate for 15 minutes.

2. FOR SAUCE, combine syrup, whisky, brown sugar and butter; reserve half of sauce for serving.

3. PREHEAT a charcoal or gas grill for direct cooking over medium-high heat. Toast plank on grill for 2 to 4 minutes or until slightly charred, turning once.

4. PLACE salmon, skin side down, on cedar plank. Grill for 15 to 20 minutes or until fish flakes easily with a fork (145°F), brushing with remaining half of the sauce after 10 minutes of grilling. Remove from grill. Brush or drizzle with reserved sauce. Garnish with chives and lemon wedges, if desired.

Per serving: 460 calories, 18 g fat, 5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 95 mg sodium, 35 g carbohydrates, 0 g fiber, 32 g sugar (7 g added sugar), 23 g protein. **Daily Values:** Vitamin D 60%, Calcium 4%, Iron 0%, Potassium 10%



Whisky-Glazed Halibut Kabobs

Hands On 20 minutes
Total Time 32 minutes
Serves 4

¾ cup Hy-Vee sesame teriyaki sauce
3 Tbsp. Japanese whisky, such as Suntory Whisky Toki
1 lb. skinless fresh halibut fillets, 1 in. thick
8 oz. Hy-Vee Short Cuts pineapple chunks
1 large orange bell pepper, seeded and cut into 1¼-in. pieces
1 small red onion, cut into 1¼-in. pieces
Toasted sesame seeds, for garnish

1. PREHEAT a charcoal or gas grill with greased grill rack for direct cooking over medium heat. Whisk together teriyaki sauce and whisky; reserve ¼ cup for serving.

2. PAT halibut dry; cut into 1¼-in. cubes. Alternately thread halibut, pineapple, pepper and red onion onto 4 (11-in.) skewers, leaving space between pieces.

3. GRILL kabobs for 8 to 12 minutes or until fish flakes (145°F) and vegetables are crisp-

tender, turning and brushing with some teriyaki-whisky sauce every 3 minutes. Transfer kabobs to a serving platter; brush with reserved ¼ cup teriyaki-whisky sauce. Garnish with sesame seeds, if desired.

Per serving: 250 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 55 mg cholesterol, 530 mg sodium, 29 g carbohydrates, 2 g fiber, 24 g sugar (16 g added sugar), 22 g protein. **Daily Values:** Vitamin D 25%, Calcium 2%, Iron 6%, Potassium 15%



PORK

Bourbon-Brined Pork Chops

Hands On 10 minutes
Total Time 40 minutes plus cooling, brining and standing time
Serves 4

- 1 cup plus 1 Tbsp. Hy-Vee refrigerated cold-pressed apple cider, divided
- 2 Tbsp. Morton kosher salt

- 6 Tbsp. packed Hy-Vee dark brown sugar, divided
- 2 cups ice cubes
- ⅔ cup Midwest handcrafted bourbon, such as Cedar Ridge Iowa Bourbon
- 1½ tsp. black peppercorns
- 2 large cloves garlic, peeled and quartered
- 1 fresh bay leaf
- 4 (8-oz.) Hy-Vee Midwest boneless pork top loin chops, 1 in. thick
- ½ tsp. Hy-Vee paprika
- Chopped fresh basil and/or thyme, for garnish

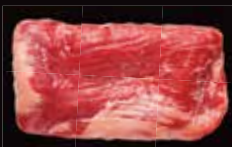
- 1. **COMBINE** 1 cup cider, salt and 3 Tbsp. of the brown sugar in a 2-qt. saucepan. Heat and stir until salt and brown sugar are dissolved. Remove from heat. Stir in ice, bourbon, peppercorns, garlic and bay leaf. Cool brine to 45°F. Place chops in large resealable plastic bag set in a shallow dish. Pour brine over chops; seal bag. Refrigerate for 2 to 4 hours.
- 2. **PREHEAT** a charcoal or gas grill with a greased grill rack for direct cooking over medium heat. Meanwhile, combine remaining 1 Tbsp. apple cider,

- 3 Tbsp. brown sugar and paprika until brown sugar is dissolved. Set aside.
 - 3. **REMOVE** chops from brine; pat dry. Discard brine. Grill chops 10 to 15 minutes or until done (145°F); turn after 6 minutes and brush with cider mixture. Let rest 5 minutes. Garnish with basil and/or thyme, if desired.
- Per serving: 390 calories, 10 g fat, 4 g saturated fat, 0 g trans fat, 120 mg cholesterol, 2,110 mg sodium, 16 g carbohydrates, 0 g fiber, 15 g sugar (15 g added sugar), 47 g protein.
Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 0%

TOP CUTS

AND WHISKEY PAIRINGS

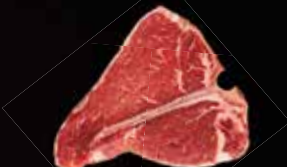
beef



FLANK STEAK
For exceptional flavor, marinate this lean, boneless cut in Tennessee rye or bourbon.



NEW YORK STRIP STEAK
Pair this meaty, well-marbled cut, also called Kansas City or strip steak, with a rich, full-bodied Scotch.



T-BONE/PORTERHOUSE STEAK
A well-marbled New York strip and tenderloin filet—connected by a T-shape bone—tastes heavenly with a Kentucky bourbon.



RIBEYE STEAK
Pair another well-marbled steak, cut from the center of the prime rib, with a robust Scotch or Lagavulin 16.



SIRLOIN STEAK
Boneless sirloin is lean and flavorful; a bourbon or Canadian whisky complements its savory flavor and lower fat content.

chicken



LEG QUARTERS
Includes thigh and drumstick; dark meat. A Scotch or bourbon brings out smoky, rich flavor notes of grilled leg quarters.



WINGS
A wing consists of three sections, a wing tip, a wingette (or flat wing tip) and a drumette. Pair sweet wings with bourbon and spicy wings with Canadian whisky.



BONELESS SKINLESS BREASTS
Each breast is split lengthwise, producing two halves. Consists of white meat only. Choose bourbon for a marinade or sauce.



WHOLE CHICKEN
Has all parts intact; consists of white and dark meat. Roast and serve with a bourbon- or Tennessee Whiskey-spiked gravy.



DRUMSTICKS
The bottom portion of the leg below the knee joint; all dark meat. Oven-roast and brush with a bourbon-honey glaze.

seafood



WILD SALMON
The lean texture and complex flavor of salmon stand up to a rye whiskey that has black pepper, cinnamon and ginger notes.



SEA SCALLOPS
The delicate texture and sweet taste of this shellfish go well with light vanilla-tinged Scotch whisky, matured in a bourbon cask.



JUMBO SHRIMP
Sweet, succulent and slightly briny shrimp cooked on the grill tastes fantastic with Tennessee whiskey.



HALIBUT
A mild-tasting single-malt whiskey sauce or glaze takes this sweet-tasting, lean white fish over the top.



LOBSTER TAILS
Served with citrus butter or with a cream sauce, a bold Irish whiskey adds a nice flavor contrast.

pork



BONELESS TOP LOIN CHOP
Top loin chops blend nicely with the bold, crisp flavor of a rye whiskey. Scotch draws out the smoky flavor of grilled chops.



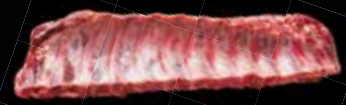
LOIN & TOP LOIN CHOPS
A T-shape bone defines this tender chop. Enhance its mild flavor with a light rye whiskey.



BONELESS BUTTERFLY CHOP
Cut from the center of the loin, these meaty chops get surprising complexity from the combination of apples and bourbon.



RIB CHOP
An Irish whiskey tastes amazing with this tender, juicy cut, which comes from the rib section of the loin.



BABY BACK RIBS
Pair any barbecued pork ribs with a bourbon or Tennessee whiskey that boasts lots of caramelized flavor.



New Kraft
Vinaigrettes!



TOP YOUR
SUMMER WITH
THICK, RICH
HEINZ
ESTD 1869



FIND THE GOODNESS

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GRATE
OCCASIONS



At Hy-Vee, you'll find more fresh choices for the grill — and a selection sure to make everyone happy. So, whether it's an average Tuesday or a special Saturday, get out the grill and turn any meal into an occasion.



BEAT-THE-HEAT TREATS



BAKED-ALASKA STYLE
EASILY TOAST
THIS MERINGUE
USING A KITCHEN
TORCH.

CHILL OUT WITH
HOMEMADE
INSTAGRAM-
WORTHY FROZEN
TREATS, INCLUDING
ROLLED ICE CREAM,
WAFFLE TACOS
AND MORE.



Easy Sherbet Cake

Hands On 45 minutes
Total Time 45 minutes
plus freezing time
Serves 24

1 (1.75-qt.) pkg. each Hy-Vee We All Scream! orange sherbet and pineapple sherbet, softened
½ (1.75-qt.) pkg. each Hy-Vee We All Scream! lime sherbet and raspberry sherbet, softened

1 cup plus 2 Tbsp. Hy-Vee 100% pasteurized liquid egg white product

Dash cream of tartar
¾ cup Hy-Vee granulated sugar

1. LINE 3 (8×2-in.) round pans with plastic wrap, extending wrap over edges. Divide orange sherbet between two prepared pans. Spoon lime sherbet into third pan. Smooth sherbet using a moistened spoon. Fold plastic wrap over sherbet. Freeze 2 hours.

2. REMOVE pans from freezer; unwrap. Spoon ½ pkg. pineapple sherbet on each frozen orange sherbet; spoon raspberry sherbet on frozen lime sherbet. Smooth sherbet, rewrap and freeze 2 hours.

3. REMOVE pans from freezer; unwrap. Transfer an orange/pineapple layer to a serving plate; invert raspberry/lime sherbet on top and follow with remaining orange/pineapple sherbet. Freeze 30 minutes.

4. BEAT egg whites and cream of tartar until soft peaks form. Beat in sugar, 1 Tbsp. at a time, until stiff peaks form. Spread meringue over frozen cake; swirl meringue in peaks. Use kitchen torch to lightly toast meringue. Serve immediately or store, covered, in freezer.

Per serving: 210 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 50 mg sodium, 52 g carbohydrates, 0 g fiber, 42 g sugar (38 g added sugar), 2 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 0%, Potassium 2%

ICY POPS VIBRANT FRUIT FLAVOR

BLEND AND FREEZE



Pineapple-Orange Pops

Combine 3 cups Hy-Vee frozen pineapple chunks, 1½ cups Hy-Vee orange juice and 2 Tbsp. Full Circle agave nectar in a blender. Cover and blend until smooth. Spoon mixture into 10 (3-oz.) molds and insert craft sticks. Freeze 4 to 6 hours or until frozen. Serves 10.



Strawberry- Raspberry Pops

Combine 2 cups Hy-Vee frozen unsweetened sliced strawberries, 1 cup Hy-Vee frozen raspberries, 1½ cups Full Circle coconut water and ¼ cup Full Circle agave nectar in a blender. Cover and blend until smooth. Pour mixture into 10 (3-oz.) molds and insert craft sticks. Freeze 4 to 6 hours or until frozen. Serves 10.



ICE CREAM WAFFLE TACOS

BREAKFAST FOR DESSERT!

Frozen Fusion
Watch our video to see how to combine familiar favorites into one amazing creation!



Watch and learn at [HSTV.com](https://www.hstv.com) today!

ICE CREAM ANY TIME!
MAKE THESE AHEAD TO HAVE ON HAND FOR A LAST-MINUTE DESSERT.

Cookies and Cream

Microwave 4 Hy-Vee frozen homestyle waffles on HIGH for 30 seconds or until soft. Gently fold each waffle in half; cool until set. Place 3 (1-Tbsp.) scoops Hy-Vee We All Scream! cookies & cream ice cream into center of each waffle shell. Sprinkle with crushed mint Oreo cookies. Drizzle with That's Smart! chocolate-flavored sauce. Serve immediately. Serves 4.

Unicorn-Cotton Candy

Microwave 4 Hy-Vee frozen homestyle waffles on HIGH for 30 seconds or until soft. Gently fold each waffle in half; cool until set. Dip waffle edges into melted Zöet dark chocolate and sprinkle with chocolate sprinkles; let set. Place 3 (1-Tbsp.) scoops It's Your Churn premium cotton candy ice cream into center of each waffle shell. Sprinkle with unicorn vanilla morsels. Serve immediately. Serves 4.

Strawberries and Cream

Microwave 4 Hy-Vee frozen homestyle waffles on HIGH for 30 seconds or until soft. Gently fold each waffle in half; cool until set. Dip waffle edges into melted Zöet dark chocolate and sprinkle with chocolate sprinkles; let set. Place 3 (1-Tbsp.) scoops Hy-Vee We All Scream! strawberry cream ice cream into center of each waffle shell. Sprinkle with Fruity Pebbles cereal. Serve immediately. Serves 4.

Birthday Cake

Microwave 4 Hy-Vee frozen homestyle waffles on HIGH for 30 second or until soft. Gently fold each waffle in half; cool until set. Place 3 (1 Tbsp.) scoops It's Your Churn premium cake & ice cream into center of each waffle shell. Sprinkle with nonpareils. Drizzle with That's Smart! chocolate-flavored sauce. Serve immediately. Serves 4.

Cherry-Red Velvet Ice Cream Cake

Hands On 30 minutes
Total Time 30 minutes plus freezing time
Serves 12

1/2 (1.75-qt.) pkg. Hy-Vee We All Scream! vanilla ice cream, softened
1 cup Hy-Vee frozen whipped topping, thawed
6 Hy-Vee Bakery unfrosted red velvet cupcakes, quartered
1/2 cup Hy-Vee frozen tart red cherries, divided
1/2 cup hot fudge topping
1/2 cup finely crushed Hy-Vee Dunksters chocolate sandwich cookies

1. LINE a 9×4×2½-in. loaf pan with plastic wrap, extending wrap over edges of pan.

2. COMBINE ice cream and whipped topping in a medium bowl. Spoon one-third of ice cream mixture into prepared pan. Place half of the cupcake quarters on ice cream. Add 1/4 cup cherries, pressing gently into ice cream. Repeat layers. Top with remaining ice cream mixture, spreading evenly. Freeze 20 minutes or until ice cream is set.

3. MICROWAVE hot fudge topping on HIGH at 30-second intervals until smooth; cool slightly. Remove ice cream cake from freezer. Evenly spread hot fudge over ice cream. Sprinkle crushed cookies evenly on top; press into hot fudge. Fold edges of plastic wrap over cookie crust to seal. Freeze for 4 hours or until completely frozen. Remove from pan by gently lifting plastic wrap. Invert cake onto a serving platter; cut into slices. Store, covered, in the freezer for up to 1 week.

Per serving: 210 calories, 9 g fat, 6 g saturated fat, 0 g trans fat, 20 mg cholesterol, 135 mg sodium, 30 g carbohydrates, 1 g fiber, 20 g sugar (14 g added sugar), 3 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 2%

try this

For a quicker ice cream cake, pair quartered Hy-Vee Bakery Fresh chocolate cupcakes with mint chip ice cream.

HOW TO MAKE ROLLED ICE CREAM



1 WHISK TOGETHER 2 cups Hy-Vee heavy whipping cream, 1 (14-oz.) can Hy-Vee sweetened condensed milk and 1 tsp. Hy-Vee vanilla extract in a medium bowl.



2 DIVIDE cream mixture between 2 (15×9-in.) rimmed baking pans; spread evenly. Freeze 4 hours or until set.



3 REMOVE one pan at a time from the freezer. Quickly, use a sharp knife to cut ice cream in half lengthwise, then cut four even segments in each half (8 sections).



4 USE a metal spatula to gently roll each section from one short edge to the other, returning to freezer if ice cream becomes soft. Transfer to serving bowls and top with desired toppers.

MAKE YOUR OWN

ROLLED ICE CREAM

Chocolate Brownie

Prepare vanilla rolled ice cream as directed, *left*; whisk in $\frac{1}{2}$ cup That's Smart! chocolate-flavored syrup. Freeze and roll ice cream as directed. Top rolls with thawed Hy-Vee frozen whipped topping, chopped Hy-Vee Bakery brownies, caramel sauce, and cookies-and-cream-covered biscuit sticks. Serves 4 (4 rolls each).

Strawberry Cheesecake

Prepare vanilla rolled ice cream as directed, *opposite*, except combine ingredients in blender with $1\frac{1}{2}$ cups thawed Hy-Vee frozen strawberry slices. Cover; blend until smooth. Top rolls with refrigerated ready-to-eat cheesecake filling, chopped fresh strawberries, and Hy-Vee honey graham, if desired. Serves 4 (4 rolls each).

Milk and Cereal

Prepare vanilla rolled ice cream as directed, *opposite*. Tint thawed Hy-Vee frozen whipped topping with blue food coloring. Top rolls with tinted whipped topping, Hy-Vee One Step fruit & frosted O's cereal and Hy-Vee vanilla wafers. Serves 4 (4 rolls each).

Mint-Chocolate

Prepare vanilla rolled ice cream as directed, *left*, except substitute 3 tsp. Hy-Vee mint extract for vanilla extract and tint with Hy-Vee green food coloring. Sprinkle Hy-Vee mini chocolate chips into pans before dividing mixture. Top servings with thawed Hy-Vee frozen whipped topping, That's Smart! chocolate-flavored syrup, Andes crème de menthe thins and mint M&M's. Serves 4 (4 rolls each).

Tropical

Prepare vanilla rolled ice cream as directed, *opposite*, except combine ingredients in blender with $1\frac{1}{2}$ cups thawed Hy-Vee frozen mango chunks and tint with Hy-Vee yellow food coloring. Cover and blend until smooth. Top frozen rolls with thawed coconut whipped cream, chopped mango and toasted coconut chips. Serves 4 (4 rolls each).

Birthday Cake

Prepared vanilla rolled ice cream as directed, *opposite*, except substitute 1 tsp. Hy-Vee almond extract for vanilla extract. Tint with Hy-Vee blue food coloring. Sprinkle nonpareils over baking pans before dividing mixture. Top rolls with thawed Hy-Vee frozen whipped topping, chopped Hy-Vee Bakery unfrosted vanilla cupcakes and additional nonpareils. Serves 4 (4 rolls each).

THICK NATURAL CHEESE SLICES FOR A RICH TASTE



A REFINED CHEESE FOR REFINED TASTES

Serving Suggestion

© 2020 Kraft Foods

basics KNIFE SKILLS

Follow these steps for the easiest, most efficient ways to prep an onion.



**STEP 1:
PEEL AND TRIM**
Using a chef's or santoku knife, halve onion through root end, then peel onion and trim top.



**STEP 2:
HORIZONTAL CUTS**
Place an onion half, flat side down, on a cutting board. Make several horizontal cuts from one end of onion to other, but don't cut through root end.



**STEP 3:
VERTICAL CUTS**
Make several vertical cuts about the same width as the horizontal cuts, cutting to but not through root end.



STEP 4: CHOP OR DICE
Make a series of vertical cuts, opposite the onion's root end, to create uniform small cube pieces. (Use your knuckles to guide the blade.)



STEP 5: MINCE
Lay one hand flat across the top of your knife and use a rocking motion to mince until pieces are evenly and finely diced.



THERE'S NO CRYING IN THE KITCHEN.
PREVENT TEARS BY FREEZING THE ONION OR PLACING IT IN A COLD WATER BATH 30 MINUTES BEFORE CUTTING.

TYPES OF CUTS

Slice: Remove outer paper layer and slice into rounds.



Chop: Small, uniform pieces, 1/2 to 3/4 in.



Dice: Small, uniform cubes, 1/4 to 1/8 in.



Mince: 1/8-in. pieces or smaller.



FANTASTIC FRESH FRUIT

Summer fills Hy-Vee produce aisles with a bonanza of fresh fruit at peak ripeness and flavor. Stock your cart with delicious in-season fruit now.



Hy-Vee Produce Departments are a fruit utopia this time of year, as growers supply their ripe and juicy best of the bunch. Berries, cantaloupe, cherries, peaches, plums and apricots are just some of summer's offerings ready for salads, desserts and the grill. Hy-Vee works only with the best growers

to ensure the highest quality produce for customers. Read about some of these dedicated professionals on the following pages. In addition, Hy-Vee works with more than 250 locally sourced growers across the Midwest to provide the freshest and most delicious fruits and vegetables.



fruit talk

WITH MIKE ORF, VICE PRESIDENT OF PRODUCE OPERATIONS

You'd be amazed and delighted at the ways to use summer-fresh fruit. We're in the heart of peach season. They're delicious when grilled—they caramelize beautifully and taste wonderful on homemade ice cream. Pineapples are buttery sweet when grilled. Try filling a caprese salad with sliced apricots instead of tomatoes. Ever had plumcots in a Monte Cristo sandwich? They add great flavor with Gruyère cheese and ham. Hy-Vee's store produce managers are eager to offer their expertise and can answer a variety of questions.

—Mike Orf
Vice President,
Produce Operations

HY-VEE STANDARDS FOR FRESH FRUIT



APRICOTS:
Fragrant fruits that give slightly to palm pressure
Store paper bag, room temp, 2–3 days (unripe); fridge up to 1 week (ripe)



BLACKBERRIES:
Plump with uniform color and strong berry scent
Store unwashed in refrigerator crisper 2–3 days



BLUEBERRIES:
Bright color with light powdery bloom
Store in moisture-proof container in fridge 5–7 days



CANTALOUPE:
Light beige rind; smooth netting; sweet, slightly musty fragrance
Store whole ripe cantaloupe in fridge up to 1 week



CHERRIES:
Dark, firm, glossy & vibrant with green stems
Store in fridge up to 1 week. Cherries absorb odors of other foods, so keep separate.



GOLDEN BERRIES:
Bright golden orange color; smooth skins
Store unwashed in fridge 5–7 days



GUAVA:
Soft yellow-green color; fruits give slightly to palm pressure
Store up to 4 days in fridge (ripe); room temp 1–2 days (unripe)



HONEYDEW MELONS:
Firm, juicy texture; sweet fragrance
Store room temp (whole); fridge up to 3 days (cut pieces)



KIWI:
Unblemished fruit that gives to slight pressure
Store ripe fruit in refrigerator 2–4 weeks



MANGOES:
Smooth undamaged skin; floral or fruity aroma
Store in paper bag with apple at room temp; move to fridge when ripe



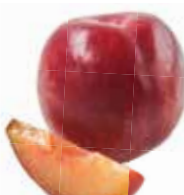
NECTARINES:
Red or pink background color, sweet smell
Store ripe fruit in fridge up to 1 week



PEACHES:
Sweet fragrance, dark yellow background color
Store ripe fruit in refrigerator up to 1 week



PINEAPPLE:
Bright green leaves, sweet fragrance
Store in fridge. Once cut, place in covered container in fridge up to 4 days.



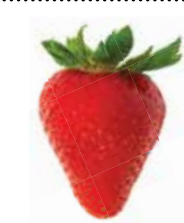
PLUMS:
Smooth firm skin, sweet fruity fragrance
Store ripe fruit in produce drawer of fridge up to 5 days



RASPBERRIES:
Bright uniform color; clean, plump fruits
Store unwashed in container in fridge; rinse just before eating



STAR FRUIT:
Firm; bright yellow; sweet-tart flavor
Store room temp 2–3 days (ripe); plastic bag in fridge up to 5 days (cut)



STRAWBERRIES:
Plump, firm, fragrant with fresh green leaves
Store with stems & leaves left on in crisper drawer of fridge up to 3 days



WATERMELON:
Firm, feels heavy for its size; outer rind free of bruises
Store wrap cut side in plastic to keep fresh in fridge up to 3 days



Herbed Berry Flatbread Pizzas

Hands On 10 minutes
Total Time 35 minutes plus cooling time
Serves 6 (2 pieces each)

½ a 16-oz. pkg. ready-to-bake flatbread pizza crusts (2 crusts)

1 cup Hy-Vee shredded mozzarella cheese
½ cup grated Parmigiano-Reggiano cheese

1 Tbsp. chopped fresh thyme leaves, plus additional for serving

½ cup Hy-Vee orange marmalade

2 Tbsp. fresh lemon juice
1 cup sliced fresh strawberries
½ cup fresh blueberries
½ cup fresh blackberries
¼ cup lightly packed small basil leaves

1. PREHEAT oven to 400°F. Place crusts on a rimmed baking pan. Bake 10 minutes. Remove crusts from oven. Sprinkle with cheeses and 1 Tbsp. thyme. Bake for 11 to 13 minutes or until cheeses begin to brown. Cool on a wire rack.

2. COMBINE orange marmalade and lemon juice in a medium bowl. Add berries; toss to coat. Arrange berries and basil on crusts. Sprinkle with additional thyme. Cut pizzas into wedges.

Per serving: 230 calories, 7 g fat, 4.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 390 mg sodium, 34 g carbohydrates, 2 g fiber, 16 g sugar (0 g added sugar), 10 g protein. **Daily Values:** Vitamin D 0%, Calcium 20%, Iron 6%, Potassium 2%

Driscoll's
Only the Finest Berries™



Family-owned and-operated for more than 100 years, Driscoll's grows superb strawberry, blackberry, raspberry and blueberry varieties. The California company has maintained its high standards throughout the years because of its sole focus on naturally growing only the finest berries.



Stemilt fruits are grown by sixth-generation farmers. As the company has grown, the family is still laser-focused on making sure the Stemilt brand stands for the best apples, pears, cherries



Cherry Relish

Pork Tenderloin

Hands On 30 minutes

Total Time 50 minutes plus chilling and standing time

Serves 8

2 (1-lb.) pkg. pork tenderloin
1 Tbsp. Gustare Vita olive oil
4 cloves garlic, minced
4 tsp. finely chopped fresh rosemary
4 tsp. finely chopped fresh sage
1½ tsp. kosher salt
½ tsp. Hy-Vee black pepper
1 lb. fresh sweet cherries, pitted and halved
1 Granny Smith apple, cored and chopped
¼ cup finely chopped yellow bell pepper
2 Tbsp. thinly sliced red onion
1 serrano pepper, seeded and chopped*
2 Tbsp. finely chopped fresh thyme and/or parsley
1 Tbsp. Hy-Vee apple cider vinegar

1. PAT pork dry. Combine olive oil, garlic, rosemary, sage, kosher salt and black pepper. Rub mixture all over pork tenderloins. Wrap each tenderloin in plastic wrap and refrigerate for 4 hours.

2. FOR RELISH, toss together cherries, apple, bell pepper, red onion, serrano, thyme and/or parsley and apple cider vinegar in a medium bowl. Cover and refrigerate until serving time.

3. PREHEAT a charcoal or gas grill with greased grill rack for direct cooking over medium heat. Unwrap pork; let stand at room temperature while grill is preheating. Grill pork for 15 to 20 minutes or until done (145°F). Cover and let rest for 5 minutes before slicing. Serve with relish.

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

Per serving: 190 calories, 4.5 g fat, 1 g saturated fat, 0 g trans fat, 75 mg cholesterol, 420 mg sodium, 14 g carbohydrates, 2 g fiber, 10 g sugar (0 g added sugar), 25 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 15%



KANDY

Martori Farms uses the best seeds and rigorous growing standards to bring you the sweetest Kandy melons. Grown in ideal climate, harvested at the peak of freshness and shipped to the store quickly, juicy Kandy melons uphold a tradition of quality that is more than 100 years old.



grilled honey-rum cantaloupe

Thread 2 cups (1-in.) cantaloupe chunks onto six skewers; place in large resealable plastic bag. Combine 3 oz. white rum, 3 Tbsp. fresh lemon juice, 2 Tbsp. Hy-Vee honey and 1 Tbsp. chopped fresh mint; pour over melon. Seal bag; refrigerate 2 hours, turning bag several times. Drain, reserving 2 Tbsp. marinade. Combine marinade with ¼ cup honey. Grill kabobs on a greased grill rack over direct, medium-high heat for 3 to 5 minutes or until slightly charred, turning occasionally and brushing with honey sauce. Season to taste with Hy-Vee Mediterranean sea salt. Garnish with additional mint, if desired. Serves 6.



Ripe 'N Ready fruits are grown by family farmers in California's San Joaquin Valley, one of the richest agricultural regions of the world. With generations of experience, they know the secrets to growing the sweetest and most flavorful peaches, plums and nectarines—always picked at the peak of perfection.



Peach & Burrata Salad

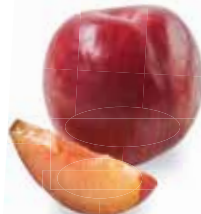
Total Time 20 minutes
Serves 6

1 head butter leaf lettuce, cored and separated into leaves
1 cup baby spinach
1 (8-oz.) tub Burrata cheese, drained
2 medium yellow peaches, pitted and sliced
½ cup halved multicolor grape tomatoes
Hy-Vee Mediterranean sea salt, to taste
2 Tbsp. white balsamic vinegar
½ tsp. orange zest
2 Tbsp. fresh orange juice
1 tsp. Hy-Vee honey
½ cup Gustare Vita olive oil
Hy-Vee coarse black pepper, to taste
Hy-Vee crushed red pepper, for garnish

1. ARRANGE lettuce leaves and spinach on a large serving platter. Top with cheese, peaches and tomatoes. Lightly sprinkle cheese with salt.

2. COMBINE vinegar, orange zest, orange juice and honey in small bowl. Slowly whisk in olive oil. Season to taste with salt and black pepper. Drizzle vinaigrette on salad. Garnish with crushed red pepper, if desired.

Per serving: 240 calories, 19 g fat, 6 g saturated fat, 0 g trans fat, 25 mg cholesterol, 125 mg sodium, 9 g carbohydrates, 1 g fiber, 7 g sugar, 1 g added sugar, 8 g protein.
Daily Values: Vitamin D 0%, Calcium 20%, Iron 6%, Potassium 4%



With a continued vision of growing the sweetest, ripest fruit possible, Family Tree Farms is committed to providing the highest quality in all of their operations—from the field all the way to the store. They provide customers with superior-flavored fruits such as yellow and white-flesh peaches, and nectarines, plumcots, blueberries and more.



plumcot crostini

Cut ½ loaf Hy-Vee Bakery French baguette into ¼-in. slices. Arrange on baking sheet; brush with 2 Tbsp. Gustare Vita olive oil. Bake at 350°F for 15 minutes or until lightly golden. Cool on a wire rack. Spread slices with 4 oz. softened Hy-Vee Select honey fresh goat cheese. Top with 1 cup lightly packed arugula and 3 medium seeded and sliced plumcots. Drizzle with Hy-Vee Select balsamic glaze. Serves 10 (2 each).

IN-SEASON AT HY-VEE

Many fruits, such as bananas and apples, are available year-round at Hy-Vee. However, look for these seasonal fruits during their peak months.

JULY

Apricots
Blackberries
Blueberries
Cantaloupe
Cherries
Kiwi
Mangoes
Nectarines
Peaches
Pears
Plumcots
Plums
Raspberries
Watermelon

AUGUST

Apricots
Blueberries
Cantaloupe
Cherries
Colorado peaches
Figs
Kiwi
Mangoes
Peaches
Pears
Plums
Raspberries
Strawberries
Watermelon

SEPTEMBER

Berries (all)
Cantaloupe
Figs
Grapes
Mangoes
Pears
Persimmons
Pomegranates



Ice Mountain Sparkling Water select varieties 8 pk. 2.99

LIFE IS SWEET ENOUGH

101

CHERRIES

Warm summer days mean cherry season is in full swing. Stop by Hy-Vee to fill up on the fresh, bold-flavored cherries.

Juicy cherries strike the perfect balance between sweet and sour, while featuring an equally impressive nutrition profile. Filled with beneficial antioxidants, cherries help defend cells from harmful free radicals linked to premature aging and certain diseases. Cherries also have strong anti-inflammatory properties and are a natural source of melatonin, a hormone that helps regulate sleep.

BUY Choose dark, glossy, firm cherries with vibrant, saturated coloring. Green stems are a good sign, too. For the best taste, bigger is better.

STORE Put them right in the fridge to preserve their taste for up to a week. Cherries can easily absorb other food odors, so be sure to keep them separate.

WASH Run cold water over cherries right before eating. Avoid rinsing cherries before storage, since storing them moist may cause them to spoil.

Sources: ncbi.nlm.nih.gov/pmc/articles/PMC5872786/

WAYS TO ENJOY

Plain

Simply remove the pit and they're ready to eat. If you don't have a cherry pitter handy, check out [page 40](#) for a few prep tips from a Hy-Vee Chef!

Smoothie

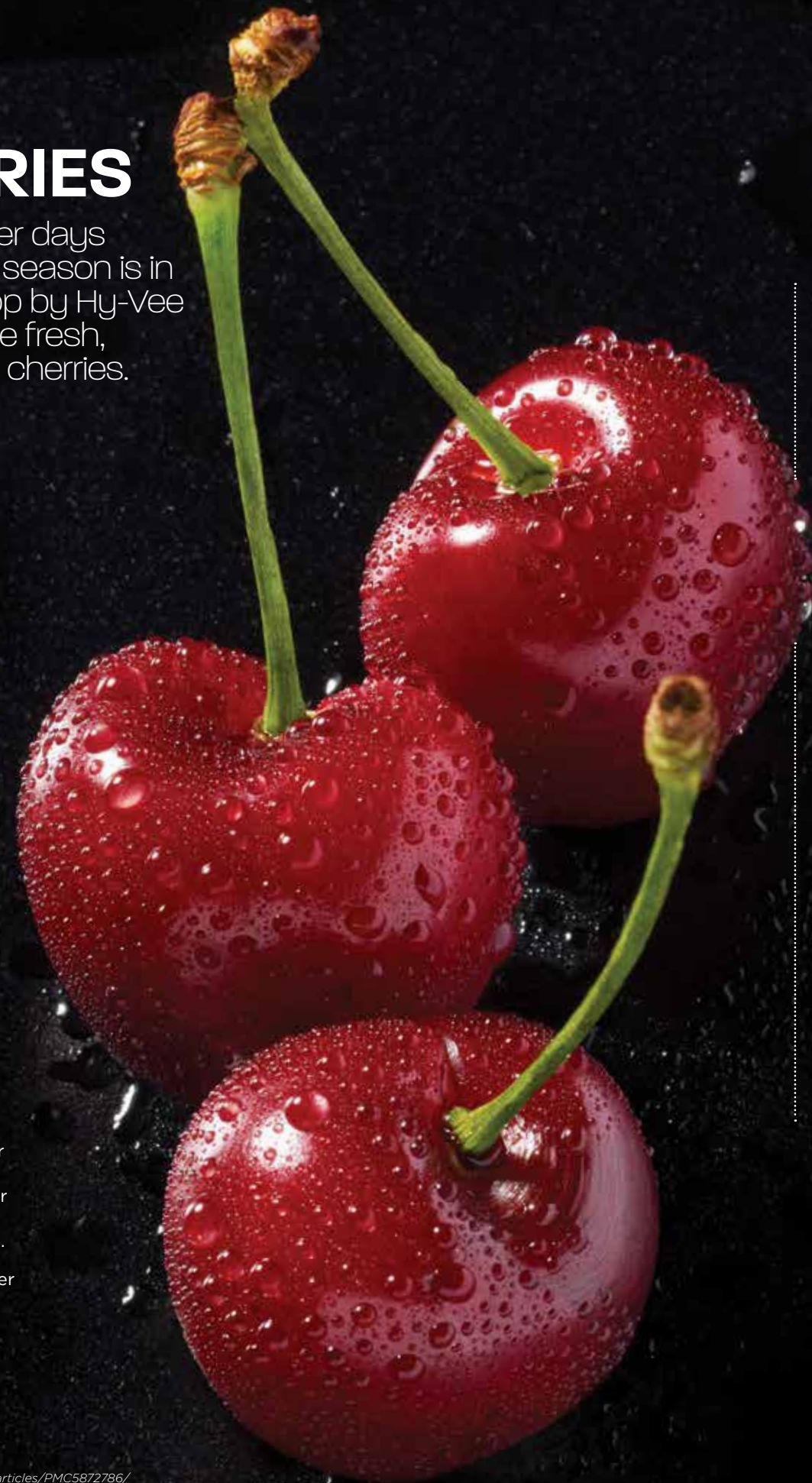
Pitted cherries are a perfect addition to any healthful smoothie. They add vibrant color, flavor and are packed with fiber, vitamins and minerals.

Dessert

For a quick cherry dessert, add pitted cherries to a boxed brownie mix before baking. Or top ice cream with pitted cherries and almonds.

Salad

Slice pitted cherries in half and add them to any salad for a boost in flavor and nutrition.



Cherry-Kombucha Lemonade

Hands on 20 minutes
Total Time 20 minutes
plus chilling time
Serves 6 (8-oz. each)
8 oz. fresh sweet cherries, pitted
1 cup water
¾ cup fresh lemon juice
½ cup Hy-Vee granulated sugar
2 (12-oz.) bottles ginger kombucha, chilled
Lemon slices, for garnish
Fresh sweet cherries, for garnish

1. PLACE pitted cherries, water, lemon juice and sugar in a food processor. Cover and process until pureed. Strain mixture into a 2-qt. pitcher. Cover and refrigerate for 2 hours or overnight.

2. JUST BEFORE SERVING, add kombucha to pitcher; gently stir. Serve immediately in ice-filled glasses. Garnish with lemon slices and cherries, if desired.

Per serving: 113 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 29 g carbohydrates, 1 g fiber, 26 g sugar (17 g added sugar), 1 g protein.
Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 3%



pro tip: PIT PROBLEM SOLVER

“If you don’t have a cherry pitter, score the top of the cherry with a paring knife and use a wooden chopstick to push the pit through the other end. Metal drinking straws are also excellent for pushing the pit through and make a very clean cut.”

—Mark Webster
Hy-Vee Certified Retail Chef
Lee’s Summit, Missouri

SIMPLY SWITCH UP THE FLAVOR BY SUBSTITUTING **LIME JUICE** FOR LEMON JUICE

VEGGIES MADE EASY



SUMMER MADE YUMMY

NEW!






ZIP IT REAL GOOD

Prepare these cocktail slushies and freeze in zip-close bags. When you're ready to serve refreshing treats, just reach in the freezer.

Watermelon-Vodka Slush

Combine 4 cups Hy-Vee Short Cuts watermelon, 8 oz. Row vodka, 4 oz. fresh lime juice and 4 oz. simple syrup in a blender. Cover; blend until smooth. Divide mixture among four Simply Done double-zipper, portion-pack snack bags. Seal and freeze at least 4 hours. Let stand at room temperature 15 minutes or until slushy before serving. Partially open each bag and insert a straw for sipping. Serves 4 (8 oz. each).




Frozen Piña Coladas

Combine 3 cups Hy-Vee Short Cuts pineapple chunks, 5½ oz. canned light coconut milk, 4 oz. Captain Morgan light spiced rum and 2 oz. simple syrup in a blender. Cover; blend until smooth. Divide mixture among four Simply Done zip-close snack bags. Seal and freeze at least 4 hours. Let stand at room temperature 10 minutes. To serve, pour each bag into an 8-oz. cocktail glass. Serve with skewered pineapple and lime wedges. Garnish with fresh mint, if desired. Serves 4 (6 oz. each).

try
this

For a mango colada, substitute frozen mango chunks for the pineapple.



Limeade Slush

Whisk together 16 oz. bottled limeade, 4 oz. Hendrick's gin and 1½ oz. simple syrup in a 1-qt. glass measuring cup. Divide mixture among four Simply Done zip-close snack bags. Seal and freeze at least 4 hours. Let stand at room temperature 15 minutes or until slushy before serving. Serves 4 (6 oz. each).

Blue Daiquiri

Combine 8 oz. blue curaçao, 4 oz. white Bacardi rum, 4 oz. Hy-Vee no-sugar-added 100% pineapple juice, 2 oz. fresh lime juice and 1½ oz. simple syrup in a 1-qt. glass measuring cup. Divide mixture among four Simply Done zip-close snack bags. Seal and freeze at least 4 hours. Let stand at room temperature 10 minutes or until slushy before serving. Serves 4 (6 oz. each).

Grapefruit Slush

Combine 16 oz. grapefruit juice, 4 oz. Grey Goose vodka, 4 oz. fresh lime juice and 1 oz. simple syrup in a 1-qt. glass measuring cup. Divide mixture among four Simply Done zip-close snack bags. Seal and freeze at least 4 hours. Let stand at room temperature for 15 minutes or until slushy before serving. Serves 4 (6 oz. each).



For a boost of vitamin K, substitute pomegranate juice for the grenadine.

Frozen Tequila Sunrise

Combine 16 oz. Hy-Vee orange juice and 6 oz. tequila in a 1-qt. glass measuring cup. Transfer mixture to a Simply Done double-zipper, quart-size bag. Seal and freeze at least 4 hours. Let stand at room temperature 10 minutes before serving. For each serving, spoon about ¾ cup slush into an 8-oz. cocktail glass. Drizzle 1 Tbsp. grenadine along edge of slush in glass. Let stand 3 minutes or until grenadine has flowed to bottom of glass. Serve with an orange wedge and maraschino cherries with stems, if desired. Serves 4 (6 oz. each).

Easy as 1, 2, 3

Watch the video for instruction on these delicious make-ahead drinks.



Watch and learn at [HSTV.com](https://www.hstv.com) today!

Purchase a specially marked Frito Lay® Variety Pack and Frito Lay® will make a charitable donation to our partner.

#PackedWithKindness



Whip Up This Simple Ice Cream Sandwich Cake

Prep Time: 15 Minutes • Total Time: 3 Hours 15 Minutes • Makes 12 Servings

INGREDIENTS:

- 2/3 cup candy-coated chocolate pieces, divided
- 1 (12 oz.) container frozen whipped topping, thawed
- 16 (3.5 oz.) frozen rectangular ice cream sandwiches, unwrapped
- 1 (11.75 oz.) jar **Smucker's® Hot Fudge Topping**, divided
- 1 (12 oz.) jar **Smucker's® Caramel Flavored Topping**, divided

DIRECTIONS:

1. FOLD 1/3 cup chocolate pieces into whipped topping. Arrange 8 sandwiches in 9-inch square pan to form a single layer. Spread half of whipped topping mixture on top.
2. HEAT fudge and caramel toppings according to label instructions. Drizzle 1/4 cup of each over whipped topping layer.
3. ARRANGE 8 remaining sandwiches on top, pressing together gently to form a single layer. Spread with remaining whipped topping mixture. Cover and freeze 3+ hours.
4. REMOVE from freezer 10 minutes before serving. Cut and place slices on serving plates. Heat remaining fudge and caramel toppings according to label instructions, and drizzle over slices. Sprinkle with remaining chocolate pieces.



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Find more recipes at **Smuckers.com** — and stock up on our full selection of **Smucker's®** ice cream toppings to make the whole summer sweet!



S'MORES WITH A SPIN

Indulge in gooey, chocolaty bars, shakes, pancake stacks and more. For s'more inspiration, set up a marshmallow-toasting station.

S'MORES BARS

Preheat oven to 350°F. Line a 13×9-in. baking pan with foil, extending foil beyond pan edges. Spray foil with Hy-Vee nonstick cooking spray. Combine 3¼ cups Hy-Vee graham cracker crumbs and 1 cup Hy-Vee salted butter. Press crumb mixture into prepared pan. Combine 1 (14-oz.) can Hy-Vee sweetened condensed milk and ¼ cup Hy-Vee caramel-flavored sauce; spread over crust. Sprinkle ¼ cup toasted Hy-Vee sweetened flake coconut, 1 cup Hy-Vee miniature marshmallows, 1 cup Hy-Vee semisweet chocolate chips and 1 cup broken Hy-Vee graham crackers on top. Bake 10 minutes. Sprinkle with 1 cup Hy-Vee miniature marshmallows. Bake 15 minutes more or until marshmallows are lightly browned. Arrange broken 3.5-oz. Zöet milk chocolate bar on top. Cool, then chill until firm. Cut into bars. Serves 20.

S'MORES SHAKES

Combine 1 pt. Till the Cows Come Home Please Sir, I Want S'more Ice Cream and ¼ cup Hy-Vee 2% reduced-fat milk in a blender. Cover and blend until smooth. Drizzle chocolate fudge sauce inside 2 (10-oz.) glasses. Spread Hy-Vee marshmallow crème on outer edges of glasses.

Coat with crushed Hy-Vee graham crackers. Pour shake into glasses. Top with thawed Hy-Vee frozen whipped topping.

Garnish with toasted Hy-Vee marshmallows, Hy-Vee honey grahams and Zöet dark chocolate bar pieces. Serves 2 (8 oz. each).



S'MORES PANCAKES

For chocolate chip pancakes, combine $\frac{3}{4}$ cup Hy-Vee complete pancake & waffle mix, $\frac{1}{2}$ cup water and $\frac{1}{4}$ cup Hy-Vee semisweet chocolate chips. For dark chocolate pancakes, combine $\frac{1}{2}$ cup Hy-Vee complete pancake & waffle mix and 2 Tbsp. Hy-Vee baking cocoa. Stir in $1\frac{1}{2}$ Tbsp. water and $\frac{1}{4}$ cup Hy-Vee creamy white vanilla baking chips. Cook each pancake batch according to package directions, using $\frac{3}{4}$ cup batter for each pancake. Alternately layer chocolate chip and dark chocolate pancakes; spoon 1 Tbsp. hot fudge sauce and 3 toasted Hy-Vee marshmallows between pancakes. Top with Hy-Vee miniature marshmallows; toast stack with a kitchen torch. Drizzle with That's Smart! chocolate-flavored syrup. Serves 2.

S'MORES 3 WAYS

Visit the Hy-Vee Bakery for fresh, ready-to-eat treats that'll make you rethink how you assemble s'mores.

PIÑA COLADA S'MORES

Layer 3 toasted Hy-Vee marshmallows; 4 maraschino cherries; 1 round slice fresh pineapple, brushed with coconut rum; 1 Tbsp. toasted coconut chips; and 1 oz. Zöet Cherry Dark Chocolate bar between 2 Hy-Vee Bakery white chocolate macadamia nut cookies. Repeat to make a second S'more. Serves 2.



BROWNIE-BERRY S'MORE

Halve 2 Hy-Vee Bakery fudge brownies crosswise. Layer 2 toasted Hy-Vee marshmallows, 2 sliced Hy-Vee Short Cuts strawberries and 3 fresh raspberries on unfrosted brownie half. Drizzle with red raspberry syrup. Top with frosted brownie half. Repeat layers and top with frosted brownie half; reserve remaining unfrosted brownie half for another use. Serves 1.



BACON-MAPLE DONUT S'MORES

Halve 1 Hy-Vee Bakery maple cake donut crosswise. Layer 2 peanut butter candy cups, 2 crisp-cooked Hy-Vee center-cut bacon slices and 3 toasted Hy-Vee marshmallows on unfrosted half. Add frosted donut half. Repeat to make a second S'more. Serves 2.



S'mores Station
Craft your own s'mores station with help from our video tutorial.



Watch and learn at HSTV.com today!

EASY DIY S'MORES

'Mallows don't need to be roasted 'round a campfire. Build a mini fire in a terra-cotta pot following the steps, *right*, then grab a stick and get toasting!



1 PREP THE POT Line inside of pot with aluminum foil, extending foil over edges. Add about 1 in. sand. Place pot on a trivet in an open outside area away from a building.



2 ADD CHARCOAL Add a single layer of charcoal briquettes plus a few more to the pot. Instant-light briquettes build a fire quickly. Pull up foil edges to shield fire from wind.



3 LIGHT THE FIRE Once coals are lit, allow about 10 minutes for charcoal to fully heat. When coals begin to turn gray, toast marshmallows.



Bring home more Simply Crafted magic!

NEW!
FLAVORS & PRODUCTS!



Discover them all at Kemps.com



BEYOND THE BROWN BAG

PLAN AHEAD AND PACK SMART, SO YOUR KIDS GET A DELICIOUS, WELL-BALANCED LUNCH.

Variety is the key to making sure kids eat well.

Paige Green, a Hy-Vee registered dietitian, recommends covering all food categories in a packed lunch, starting with a fruit, veggie and whole grain. They contain fiber and necessary vitamins to keep bellies full and bodies energized for a day full of learning. Lean proteins and good fats digest slowly, which can help keep young minds focused in the classroom through the end of the school day.



5 pro tips FOR A WELL-BALANCED LUNCH

1. KEEP IT SIMPLE

Follow the basic formula: protein + veggie + fruit + grain. Include a variety of food throughout the week.

2. MAKE IT FUN

Cut fruit and veggie slices or sandwiches into fun shapes with cookie cutters.

3. USE LEFTOVERS

Turn taco night extras into a wrap or breakfast waffles into PB&J sandwiches.

4. SWEETEN IT

Use natural fruit to add a sweet touch to lunch. Pair grapes with Cheddar cheese.

5. SHOW COLORS

Brighten a sandwich with layers of veggies or add an array of fruit.

—Paige Green, RD, LD
Hy-Vee Dietitian
Ames, IA

lunch box ideas list

Pack these items in lunch boxes the night before so they're ready to go in the morning.



PROTEIN

PICK ONE

- Cubed ham
- Hy-Vee Short Cuts hard-boiled eggs
- Hy-Vee Deli sliced turkey or roast beef
- Tuna pouches
- Hy-Vee shredded rotisserie chicken or chicken drumstick
- Roasted chickpeas
- Black beans
- Hummus
- Peanut butter

GRAINS

PICK ONE

- Whole wheat crackers
- Whole wheat bread
- Hy-Vee Bakery Classic 10-grain bread
- Whole grain pasta
- Brown rice
- Whole grain tortillas
- Flatout wraps
- Quinoa
- Whole grain pitas
- Multigrain chips
- Whole grain waffles



FRUITS & VEGETABLES

PICK TWO

- | | |
|--------------------------|----------------------------------|
| Hy-Vee Short Cuts | Hy-Vee Short Cuts |
| -Pineapple | -Carrot sticks |
| -Melon chunks | -Celery sticks |
| -Strawberries | -Broccoli or cauliflower florets |
| -Apple slices | Other |
| -Grapes | -Cherry tomatoes |
| -Clementines | -Cucumber slices |
| Other | -Sugar snap peas |
| -Banana | |
| -Unsweetened applesauce | |
| -Dried fruits | |

DAIRY

PICK ONE

- Cottage cheese
- Cheese sticks/cubes/slices
- Milk (8-oz. bottles)
- Greek or regular yogurt
- Kefir
- Baked cheese crisps
- Snacking cheese (Laughing Cow or Babybel brands)
- Frozen smoothie



build a better sandwich

Use a variety of breads and fillings and toss in a few surprises to keep kids happy and excited to open their lunch boxes every day. Here's a tip: Lightly toast the bread to prevent it from absorbing moisture from the fillings.

AVOCADO, EGG & TOMATO

- Hy-Vee Bakery wheat buttercrust bread
- Hy-Vee ranch dressing
- Shredded carrot
- Lettuce leaves
- Tomato slices
- Hy-Vee Short Cuts hard-boiled egg slices
- Avocado slices
- Sunflower seeds



CALL IT SALAD ON BREAD
EVEN WITHOUT MEAT, KIDS GET ADEQUATE PROTEIN, CARBS AND VITAMINS FROM VEGGIES ALL IN ONE PLACE.

PIZZA PITAS

- White pita bread
- Hy-Vee pepperoni slices
- Fresh mozzarella cheese slices
- Shredded Hy-Vee rotisserie chicken
- Chopped green bell pepper
- Hy-Vee pizza sauce



VARY THE BREAD
PITA BREAD IS A FUN SHAPE AND EASY FOR KIDS TO HANDLE. YOUR HY-VEE BAKERY CARRIES A VARIETY OF NUTRITIOUS MULTIGRAIN BREADS THAT BOOST NUTRITION.

HAM, APPLE & CHEDDAR

- Wholesome oatmeal bread
- Fig spread or Hy-Vee apple jelly
- Apple slices
- Hy-Vee Deli sliced ham
- Hy-Vee Cheddar cheese slices



THROW IN A SURPRISE
FRESH APPLE SLICES TUCKED BETWEEN LAYERS ADD PLEASING CRUNCH TO A STANDARD HAM AND CHEESE SANDWICH.

SOY BUTTER & BANANA

- Hy-Vee Bakery English muffin bread
- Soy butter
- Banana slices
- Hy-Vee strawberry jam
- Hy-Vee granola



SATISFY ALL PB&J LOVERS
SOY BUTTER AND SUNFLOWER NUT BUTTER ARE NUTRITIOUS OPTIONS, ESPECIALLY FOR KIDS WITH PEANUT ALLERGIES.

BEEF- PROVOLONE

- Marble rye bread
- Hy-Vee honey-Dijon mustard
- Hy-Vee dill pickle slices
- Hy-Vee Deli roast beef slices
- Hy-Vee provolone cheese slices



GIVE IT A FLAVOR BOOST
DIJON MUSTARD AND DILL PICKLES ADD PUNCH AND PIZZAZZ TO A MEAT AND CHEESE SANDWICH WITHOUT ADDING EXTRA FAT AND CALORIES.

TUNA+VEGGIE

- Whole wheat pita
- Plain hummus
- Lemon-pepper tuna
- Chopped celery
- Tomato slice
- Lettuce leaf



SPREAD SOME HUMMUS
BOOST FLAVOR AND NUTRITION IN A CLASSIC SANDWICH BY USING HUMMUS, A LOWER-FAT CHICKPEAS SPREAD THAT CONTAINS PROTEIN AND FIBER.

TURKEY-HAVARTI

- Hy-Vee Bakery classic 10-grain bread
- Bell pepper hummus
- Hy-Vee Deli turkey slices
- Havarti cheese slices
- Baby spinach leaves



CHANGE UP THE CHEESE
CREAMY HAVARTI CHEESE IS A WELCOME CHANGE FROM THE USUAL SWISS OR CHEDDAR.

bring it!

Hy-Vee carries the coolest lunch containers around—available in dozens of fun colors and patterns. They hold lunch-size portions, are easy to carry and built sturdy enough to keep delicate foods from getting crushed.



A CONTIGO AUTOSPOUT STRAW WATER BOTTLE Has spill-proof valve and carrying loop; holds 16 oz.

B IGLOO FLORAL MINI ESSENTIAL LUNCH TOTE Leak-resistant, easy-to-clean liner and zipper closure.

C FRIDGE PAK INSULATED LUNCH BOX Soft and durable; wide zipper opening and extra pocket.

D ZAKI DESIGNS KIONA WATER BOTTLE Push-button action and locking lid; carrying loop.

E IGLOO INSULATED LUNCH BAG Water-resistant interior and exterior, easy to clean, durable zipper.

F ECO ONE BENTO LUNCH BOX Collapsible, silicone, has three sections, includes spork.

G ZAKI SUMMER RIVERSIDE BOTTLE 16-oz. reusable water bottle with fun artwork.

H ZAKI BENTO BOX LUNCH CONTAINER Available in Spiderman or Disney Frozen designs.

5 tips FOR SAFE PACKING

1. CHILL THE PERISHABLE FOOD. Package cut-up fruits and veggies in snack-size baggies, fill containers with yogurt or hummus and fix deli-meat sandwiches the night before, then refrigerate. Food will be well-chilled when packed into a lunch box.

2. PACK SMALL PORTIONS. This will save you from having to throw away unsafe-to-eat food at the end of the school day.

3. FREEZE A JUICE BOX. Water bottles or smoothies also can be frozen to use as ice packs for perishable foods. According to the USDA, cold food should have at least two ice sources.

4. KEEP HOT FOOD HOT. Fill an insulated food container with boiling water and let it stand for a few minutes to heat before storing hot foods such as soup, chili or stew.

5. DO NOT REUSE DISPOSABLE PACKAGING. Toss sandwich bags or any other disposable packaging, which could harbor bacteria and cause illness. Thoroughly wash reusable containers.

FOOD SAFETY TIP Temps between 40°F and 140°F are the “danger zone” where bacteria can quickly multiply in food. Make sure you keep cold foods cold and hot foods hot.

6 better bentos

Incorporate these fun themes or peruse our lunch box ideas list on page 55 to make packing easy.



1. ALMOND BUTTER SANDWICH + MANDARINS + CHEESE
2. TURKEY ROLL-UPS + MIXED VEGGIES + RANCH DIP
3. CHICKEN + PITAS + BELL PEPPER + CUCUMBER + CHERRY TOMATOES + HUMMUS
4. DELI SAUSAGE + CHEESE + WHOLE GRAIN CRACKERS + APPLE SLICES + CARAMEL DIP
5. TOMATO + CHEESE + CORN + BLACK BEANS + LETTUCE + TORTILLA CHIPS + GUACAMOLE
6. GREEK YOGURT + FRESH BERRIES + GRANOLA + CANTALOUPE + HARD-BOILED EGGS

VERY **CHIP** & HAPPENING



RITZ Toasted Chips and RITZ Crisp & Thins select varieties 7.1 to 8.1 oz. 2.88

food chart

KITCHEN STAPLES

Having a well-stocked pantry, fridge and freezer saves time and gives you flexibility at mealtime. Keep these items on hand to save you time in the long run.



Oils, Vinegars & Condiments

- ☐ HONEY
- ☐ HOT SAUCE
- ☐ KETCHUP
- ☐ MAYONNAISE
- ☐ MUSTARD
- ☐ PEANUT BUTTER
- ☐ PESTO
- ☐ PICKLES & RELISH
- ☐ SALAD DRESSING
- ☐ SALSA

BEST OILS & VINEGARS

Choose olive oil for sautéing and canola or vegetable oil for deep-fat frying. Good vinegar options: apple cider, rice, and white or red wine vinegar.



Storage Produce

- ☐ APPLES
- ☐ AVOCADOS
- ☐ BANANAS
- ☐ BUTTERNUT SQUASH
- ☐ GARLIC BULBS
- ☐ POTATOES
- ☐ SHALLOTS
- ☐ TOMATOES
- ☐ WHITE ONIONS
- ☐ YELLOW ONIONS

POTATO PICKS

Choose russets for baking or frying; or fingerlings for roasting or boiling. All-purpose Yukon gold potatoes are good for mashing, baking or adding to salads and soups.



Canned Goods

- ☐ BEANS
- ☐ BROTH OR STOCK
- ☐ NUT BUTTERS
- ☐ ROASTED RED PEPPERS
- ☐ SAUCES (TOMATO, SPAGHETTI, PIZZA, BBQ)
- ☐ SOUP
- ☐ TOMATO PASTE
- ☐ TOMATOES
- ☐ TUNA

TOP TOMATOES

Canned fire-roasted tomatoes punch up a recipe with smoky flavor. Whole tomatoes are an easy way to add tomato flavor; diced tomatoes add texture to stews.



Seasonings

- ☐ BLACK PEPPER
- ☐ CAYENNE PEPPER
- ☐ CHILI POWDER
- ☐ CINNAMON, GINGER AND NUTMEG
- ☐ CUMIN
- ☐ GARLIC POWDER
- ☐ ITALIAN SEASONING
- ☐ ONION POWDER
- ☐ RED PEPPER FLAKES
- ☐ SALT

IN A PINCH

When substituting dried herbs for fresh, use about a third as much. Check for freshness by crumbling a small amount between your fingers and taking a whiff.



Baking Products

- ☐ BAKING POWDER
- ☐ BAKING SODA
- ☐ BISCUIT MIX
- ☐ COCOA POWDER
- ☐ FLOUR
- ☐ MAPLE SYRUP
- ☐ NUTS
- ☐ OATS
- ☐ SHORTENING
- ☐ SUGAR
- ☐ VANILLA EXTRACT

STORING FLOUR

Shelf life of flour is about one year. Store all-purpose flour in an airtight container in the pantry. Store whole wheat flour in the freezer because it contains natural oils that can go rancid.



Grains & Legumes

- ☐ BREAD
- ☐ BREAD CRUMBS
- ☐ CEREAL
- ☐ CRACKERS
- ☐ DRIED BEANS
- ☐ GRANOLA BARS
- ☐ LENTILS
- ☐ OATMEAL
- ☐ PASTA
- ☐ RICE/COUSCOUS
- ☐ TORTILLAS

PASTA POINTER

Buy both short and long pastas. Thick, chunky sauces go well with ziti, rigatoni and penne pasta. Thin, smooth or light sauces pair well with linguine or fettuccine.



Freezer Staples

- ☐ FISH & SHRIMP
- ☐ FRUITS
- ☐ MEAT (CHICKEN BREASTS, GROUND BEEF/TURKEY, PORK LOIN CHOPS, BEEF ROAST)
- ☐ ICE CREAM
- ☐ JUICE CONCENTRATE
- ☐ VEGETABLES
- ☐ WAFFLES

SAFETY RULES

Keep an ongoing list and mark the date on food as you place it in the freezer. For food safety, refrigerate-thaw meat and seafood and do not refreeze thawed food.



Refrigerator Staples

- ☐ 2% REDUCED-FAT MILK
- ☐ BUTTER
- ☐ CHEESE
- ☐ EGGS
- ☐ FRESH FRUITS
- ☐ FRESH VEGGIES
- ☐ LEMONS/LIMES
- ☐ SOUR CREAM
- ☐ YOGURT

WHY 2% MILK

It falls in between skim (0.5% fat) and whole milk (3.5% fat) and works in any recipe, including custards and puddings for richness.

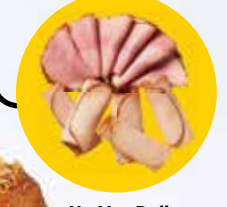
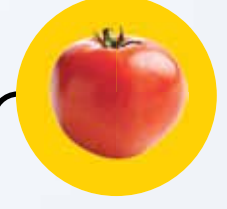


ON-DEMAND COOKING

Fix family-pleasing dinners in 20 minutes or less using convenient products from Hy-Vee and quick-cooking techniques.

MAKE YOUR SELECTION

1 2 3
4 5 6
7 8 9
* 0 #



Hy-Vee Bakery Grains of the Earth Bread

Tomato

Hy-Vee Deli Roast Turkey & Ham

Hy-Vee Mild Cheddar Cheese Slices

20 minutes or less Double-Decker Club Sandwiches

Total Time 20 minutes
Serves 4 (½ sandwich each)

- 6 slices Hy-Vee Bakery Grains of the Earth bread
- 1 recipe Basil, Ranch or Sriracha Mayonnaise, *be/ow*
- 8 oz. sliced Hy-Vee Deli roasted turkey
- 1 medium tomato, cut into slices
- ½ small red onion, cut into slices
- 3 slices Hy-Vee mild Cheddar cheese
- 8 oz. sliced Hy-Vee Deli ham
- 2 slices Hy-Vee fully cooked hickory-smoked bacon, cut in half
- 2 leaf lettuce leaves
- 4 sandwich picks
- Hy-Vee kosher dill pickle spears, apple slices or grapes, for serving

- PREHEAT** broiler on high. Place a wire rack on a rimmed baking pan. Add bread slices. Prepare desired mayonnaise.
- BROIL** bread 4 in. from heat for 1 to 2 minutes per side or until toasted.
- SPREAD** toasted bread slices with desired mayonnaise; layer turkey, tomato, onion and cheese on two slices. Place a toasted bread slice, mayonnaise side down, on each stack, then layer ham, bacon and lettuce. Top with remaining toast, mayonnaise side down.
- INSERT** picks into sandwiches and cut each in half. Serve with pickles, apple slices or grapes.

BASIL MAYONNAISE: Stir together ½ cup Hy-Vee mayonnaise and 1½ tsp. refrigerated basil paste. Makes ½ cup.

RANCH MAYONNAISE: Stir together ½ cup Hy-Vee mayonnaise and 2 tsp. Hy-Vee ranch salad dressing. Makes ½ cup.

SRIRACHA MAYONNAISE: Stir together ½ cup Hy-Vee mayonnaise and 1½ tsp. Sriracha. Makes ½ cup.

Per serving: 500 calories, 31 g fat, 8 g saturated fat, 0 g trans fat, 90 mg cholesterol, 1,660 mg sodium, 24 g carbohydrates, 1 g fiber, 3 g sugar (0 g added sugar), 31 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 2%



20
minutes
or less

Spicy Vegetarian Chili

Total Time 15 minutes
Serves 4 (about 1 cup each)

4 frozen spicy black bean burgers
1 (15-oz.) can Hy-Vee no-salt-added dark red kidney beans, drained and rinsed

1 (14.5-oz.) can Hy-Vee petite cut diced tomatoes, undrained
1 cup brewed coffee
¾ cup chopped Hy-Vee Short Cuts tricolor bell pepper strips, plus additional pepper strips for garnish
1 canned chipotle pepper in adobo sauce, finely chopped*
2 Tbsp. Hy-Vee chili powder
½ tsp. Hy-Vee granulated sugar
½ tsp. Hy-Vee salt
½ tsp. Hy-Vee ground cumin
Hy-Vee sour cream, for serving

Hy-Vee shredded Cheddar cheese, for serving

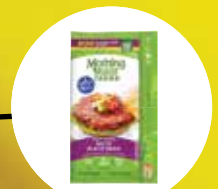
1. PLACE burgers on a microwave-safe plate. Microwave on HIGH for 20 to 30 seconds or until partially thawed. Cut burgers into ¾-in. cubes; set aside.

2. COMBINE beans, undrained tomatoes, coffee, chopped bell peppers, chipotle pepper, chili powder, sugar, salt and cumin in a large skillet. Add black bean burgers cubes. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes.

3. LADLE chili into bowls. Top with sour cream and cheese. Garnish with bell pepper strips, if desired.

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

Per serving: 210 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 870 mg sodium, 38 g carbohydrates, 17 g fiber, 7 g sugar (1 g added sugar), 12 g protein.
Daily Values: Vitamin D 0%, Calcium 4%, Iron 20%, Potassium 15%



Spicy Black Bean Burgers



Hy-Vee No-Salt-Added Dark Red Kidney Beans



Hy-Vee Petite Cut Diced Tomatoes



Hy-Vee Short Cuts Tricolor Bell Peppers

20
minutes
or less

Gyro Nachos

Total Time 20 minutes
Serves 8

1 (9-oz.) bag Hy-Vee Select Sea Salt pita chips
¾ cup Hy-Vee finely shredded mozzarella cheese
1 (5-oz.) container Soirée traditional feta cheese crumbles
1 (12-oz.) pkg. frozen fully cooked beef gyro meat slices
1½ cups chopped romaine lettuce
1 Roma tomato, chopped
¼ small red onion, chopped
½ cucumber, sliced
½ cup sliced Kalamata olives, drained
2 Tbsp. Hy-Vee 2% reduced-fat milk
¾ cup refrigerated tzatziki Greek yogurt dip

1. PREHEAT oven to 425°F. Spread pita chips on a large rimmed baking pan. Sprinkle with mozzarella and feta cheeses. Bake 4 to 5 minutes or until mozzarella is melted.

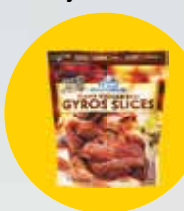
2. MEANWHILE, microwave frozen gyro slices according to package directions. Chop gyro meat.

3. SPRINKLE gyro meat on cheese layer. Top with lettuce, tomato, onion, cucumber and olives. Stir milk into tzatziki dip; drizzle over nachos.

Per serving: 400 calories, 22 g fat, 9 g saturated fat, 0 g trans fat, 55 mg cholesterol, 840 mg sodium, 30 g carbohydrates, 1 g fiber, 2 g sugar (0 g added sugar), 16 g protein. **Daily Values:** Vitamin D 0%, Calcium 20%, Iron 15%, Potassium 4%



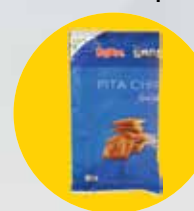
Fully Cooked Beef Gyros Slices



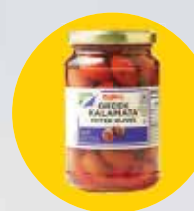
Cucumber



Hy-Vee Select Sea Salt Pita Chips



Kalamata Olives





20
minutes
or less
on
demand



Linguine Pasta



Hy-Vee Rotisserie
Chicken



Multicolored
Grape Tomatoes



Gustare Vita
Basil Pesto

TO ENSURE WARM SAUCE CLINGS TO PASTA, DRAIN PASTA (SAVING SOME COOKING WATER TO THIN SAUCE, IF NEEDED), BUT DO NOT RINSE THE PASTA, WHICH WOULD REMOVE THE STARCH THAT HELPS SAUCE ADHERE TO PASTA.

20 minutes or less Garlic-Chicken Pesto Linguine

Total Time 20 minutes
Serves 4

- ½ (9-oz.) pkg. refrigerated linguine pasta
- 8 oz. Hy-Vee shredded rotisserie chicken
- 1 Tbsp. Hy-Vee salted butter
- 2½ tsp. refrigerated minced garlic
- 1½ cups Hy-Vee half & half
- ½ cup Gustare Vita basil pesto
- ¼ cup grated fresh Parmesan cheese, plus shredded cheese for serving
- ½ lemon, juiced
- 1 (12-oz.) pkg. multicolor grape tomatoes, halved
- 3 Tbsp. chopped Italian parsley

- 1. COOK** linguine according to package directions. Meanwhile, place chicken in a large pasta serving bowl; set aside.
- 2. MELT** butter in a large skillet over medium-low heat. Add garlic; cook and stir for 30 seconds. Add half-and-half; whisk in pesto. Bring to a simmer; whisk in ¼ cup Parmesan cheese. Remove from heat. Squeeze lemon juice into sauce.
- 3. DRAIN** pasta, reserving 1 cup of the pasta water. Place hot pasta on chicken in serving bowl.

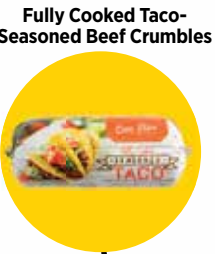
- 4. POUR** hot pesto sauce over pasta and chicken; toss to combine. Add tomatoes and parsley; toss. Add enough reserved pasta water to thin sauce, if needed. Serve with shredded Parmesan cheese, if desired.

Per serving: 490 calories, 30 g fat, 12 g saturated fat, 0 g trans fat, 95 mg cholesterol, 720 mg sodium, 34 g carbohydrates, 1 g fiber, 9 g sugar (0 g added sugar), 24 g protein.
Daily Values: Vitamin D 0%, Calcium 20%, Iron 15%, Potassium 8%

20
minutes
or less
on
demand



Avocado



Fully Cooked Taco-
Seasoned Beef Crumbles



Blue Corn
Taco Shells



Hy-Vee Finely Shredded
Mexican Cheese



Hy-Vee Pico
de Gallo

SWAP OUT
TACO-SEASONED
BEEF CRUMBLES
FOR FULLY COOKED
TURKEY SAUSAGE
CRUMBLES OR
CHOPPED HAM.



20 minutes or less Hearty Breakfast Tacos

Total Time 20 minutes
Serves 4 (2 tacos each)

- 7 Hy-Vee large eggs
- ½ cup Hy-Vee 2% reduced-fat milk

- 1 Tbsp. Hy-Vee salted butter
- ½ (12-oz.) pkg. fully cooked taco-seasoned beef crumbles
- Hy-Vee salt and black pepper, to taste
- 8 blue corn taco shells
- 1 avocado, seeded, peeled and cubed
- ½ cup Hy-Vee pico de gallo
- ½ cup Hy-Vee finely shredded Mexican cheese
- Chopped cilantro, for garnish

- 1. WHISK** together eggs and milk until well combined.
- 2. MELT** butter in a large nonstick skillet over medium heat; pour in egg mixture. Cook without stirring until mixture begins to set on the bottom and edges. Sprinkle with beef crumbles. Lift and fold partially cooked portion so uncooked portion flows underneath.
- 3. CONTINUE** cooking and folding until eggs are cooked through, glossy and

moist. Season to taste with salt and pepper.

4. SPOON eggs into taco shells. Top with avocado, pico de gallo and cheese. Garnish with cilantro, if desired.

Per serving: 550 calories, 38 g fat, 12 g saturated fat, 0 g trans fat, 375 mg cholesterol, 850 mg sodium, 28 g carbohydrates, 4 g fiber, 4 g sugar (0 g added sugar), 25 g protein.
Daily Values: Vitamin D 10%, Calcium 15%, Iron 10%, Potassium 8%

DO-IT-YOURSELF

Baby Food

FEED YOUR BABY PUREES MADE FROM FRESH FRUITS AND VEGGIES. DIY BABY FOODS ARE EASY TO MAKE, INEXPENSIVE AND FILLED WITH WHOLESOME ALL-NATURAL INGREDIENTS.



IF YOUR BABY IS READY FOR SOLID FOODS, BLEND BATCHES OF SIMPLE ONE- OR TWO-INGREDIENT PUREES FOLLOWING THIS SUGGESTED TIMETABLE PLUS RECIPES ON PAGE 70.

KNOW WHAT TO FEED YOUR BABY AND WHEN:

4-6 MONTHS

By this age most babies are ready to start foods to complement breast- or formula-feeding. Try single-food purees of avocado, bananas, pears, potatoes, carrots, green beans or rice.

6-8 MONTHS

Add pureed blueberries, melon, peas, asparagus or bell pepper. Introduce grains, such as quinoa, barley and oats, as well as pasta and proteins—cheese,

yogurt, tofu and cooked salmon or turkey.

8-10 MONTHS

Offer more vegetables and fruits: tomatoes, spinach, mango, pineapple. Your baby may be able to handle small pieces of soft, finely chopped fruits and veggies, pasta and cheese.

10-12 MONTHS

More foods to try: strawberries, cherries, citrus fruits, coconut, lentils, beef and chicken. Introduce chunky purees and mashed or ground foods.

12+ MONTHS

Offer cow's milk, which does not meet iron and other nutritional needs of babies younger than 1 year. Honey, which can cause serious health problems in infants younger than 1 year, can be introduced.



HOW TO INTRODUCE SOLIDS TO YOUR BABY

Offer small amounts—teaspoons or tablespoons—one food at a time. Start with purees, and eventually prepare soft-roasted, steamed or boiled veggie or pasta pieces, which encourage self-feeding skills. Babies' gums contain their teeth and are hard enough for them to chew foods. By 6 months, most infants begin to maneuver solid food from the front of their mouths to the back for swallowing.

↑
Pick a fresh fruit & puree it.



FEEDING TIPS

Smile and encourage your baby to eat from a spoon or with fingers. Offer water from a lidded cup without a valve during feedings so they learn to sip. Always stay with them throughout feeding and let them hold their own spoon to improve dexterity while you feed with another spoon. Stop feeding when your baby closes their mouth and turns away from food.

FAST FREEZER PUREES

Steam veggies until very tender. Process veggies and fruits until smooth, then spoon the puree into ice cube trays. Freeze 8 hours, then transfer cubes to a resealable plastic bag. Store in the freezer up to 3 months. To start, check out the ideas, *right*.



try this

After about 7 months, make thick purees with multiple ingredients, trying one new ingredient at a time.

Perfect Purees
See these vibrant baby formulas made in new video tutorial.



Watch and learn at HSTV.com today!



CARROTS
3 medium carrots, scrubbed and cubed
+ 5 Tbsp. water
Steam carrots 8-12 minutes. Blend with the water. Makes 1¼ cups.

HONEYDEW MELON
12 oz. Hy-Vee Short Cuts honeydew melon, cut up
Blend. Makes 1¾ cups.

BUTTERNUT SQUASH
8 oz. Hy-Vee Short Cuts butternut squash, cubed
+ 3 Tbsp. water
Steam squash 5-10 minutes. Blend with the water. Makes 1 cup.

MANGOES
2 medium mangoes, peeled, pitted and cut up
+ 2 Tbsp. water
Blend with the water. Makes 1 cup.

PARSNIPS
3 medium parsnips, peeled and cubed
+ ½ cup water
Steam 5-8 minutes. Blend with the water. Makes 1¼ cups.

RASPBERRIES
2 cups raspberries
+ 1½ Tbsp. water
Blend with water. Makes 1 cup.

PEAS
1 (10-oz.) pkg. Hy-Vee Steam Quick Frozen Peas
+ 6 Tbsp. water
Steam peas in microwave according to pkg. directions 9-11 minutes. Blend with the water. Makes 1¼ cups.

BEETS
3 medium red beets, peeled and cubed
+ ½ cup water
Steam beets 30-40 minutes. Blend with the water. Makes 1 cup.

Introduce one flavor at a time.



pro tip ALLERGY ALERT

“Gradually introduce your infant to foods, one at a time to detect any allergic reaction. Begin dairy, such as nut butters, eggs or soy, starting at about 6 months of age. With each new food, wait a few days to make sure your baby doesn't have a reaction such as diarrhea, vomiting or a rash.”

—Kimberly Proctor, RD, LD Hy-Vee Dietitian

TOOLS YOU NEED

Pick up these convenient essentials in the baby-products aisles at Hy-Vee. Make feeding your baby an enjoyable experience!



MAGIC BULLET
Baby Bullet setup blends a week's worth of baby food in less than 5 minutes. Includes six storage cups, silicone batch tray, spatula and recipe book.



NUK MASH & SERVE BOWL
Masher softens fruits and vegetables right in the bowl. Dishwasher- and microwave-safe.



OXO TOT BABY BLOCKS
Airtight containers store baby food portions in fridge or freezer. Microwave-safe. Blocks fit in stackable tray for space-saving storage.



TOPCARE TIPPY TOES DISPOSABLE SPOONS
Soft, rounded spoon bowls are gentle on gums; shallow bowl makes food accessible. For infants 9 months and older.



MUNCHKIN SNACK CATCHER
Spillproof toddler snack container holds up to 9 oz. of snacks. Easy-to-grasp handles and no-slip rubber bottom.



NEW CHERRYWOOD SMOKED HAM

Di Lusso Premium Thin
Sliced Cherrywood
Smoked Ham
7.98 lb.

Want a bold new take on a traditional lunchtime staple? You're going to love the rich, smoky flavor of this new deli favorite. Every delicious slice is hand trimmed, 100% natural* and made right here in the Midwest.

FIND IT IN YOUR DELI.

life

Learn ways to live eco-friendly, along with helpful pet grooming tips. Then, see what's new with Hy-Vee Aisles Online and more.

- 74** GREEN LIGHT TO A GREEN LIFE
- 81** ORDER: 8 GARAGE ORGANIZATION TIPS
- 84** PET GROOMING 101
- 87** ONE-HOUR SPEED CLEAN
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- 92** HY-VEE IN HAND

GREEN LIGHT

CONSIDER ORGANIC PRODUCE

Crops raised organically offer environmental benefits such as conserving water, reducing erosion and eliminating the use of chemicals.

TO A

REUSE AND RECYCLE

Limit the amount of material that goes to landfills by reusing or repurposing items, then recycle as much of the remainder as possible.

GREEN LIFE

PURCHASE ECO-FRIENDLY PRODUCTS

Green cleaning products (see page 76) are friendly to the environment. When you buy Seventh Generation cleaning products, you support planting trees throughout the Midwest.

We have one planet. So make a big difference with small changes to your life.

DESPITE WHAT KERMIT THE FROG SAYS, IT'S EASY BEING GREEN. IT CAN START WITH SOMETHING AS SIMPLE AS TURNING OFF THE WATER WHEN BRUSHING YOUR TEETH. ONE THING LEADS TO ANOTHER, AND BEFORE YOU KNOW IT, YOU'RE EATING ORGANIC FOOD, EMBRACING REUSABLE CONTAINERS AND RECYCLING MORE ITEMS THAN YOU TOSS.

Living green doesn't mean giving up all the conveniences and niceties of modern life. It means thinking about how our actions affect the environment.

Hy-Vee understands the importance of treading more lightly on the environment. That's why Hy-Vee has taken so many green initiatives—from making stores more energy-efficient to reducing waste and packaging to encouraging recycling and composting.

The One Step program takes Hy-Vee's

green worldview even further. Portions of the profits of One Step and Seventh Generation products go toward improving the lives of others through initiatives like planting trees in the Midwest and building wells for clean drinking water in developing countries.

Hy-Vee makes it easy for you to be eco-friendly, too, by offering a range of products such as LED lights that save energy, cleaning products that are gentle on the environment, and reusable containers and bags.

4 WAYS TO REDUCE energy use

1 LANDSCAPE SMARTLY

Shade trees planted on the east, west and northwest side of a home can reduce air-conditioning costs by up to 35 percent. Deciduous (leaf-dropping) trees are best.

2 LIMIT THE A/C

Save between 6 and 18 percent on your cooling bill this summer by running the air-conditioner at 78°F instead of 72°F. A ceiling fan can help maintain comfort.

3 LIGHT THE WAY

Replace inefficient incandescent lights with LED lights, which use 75 percent less energy and last about 25 times longer. Also, LED lights contain no mercury.

4 AVOID THE VAMPIRE

Vampire power is the standby power items use when turned off yet remain plugged in. With a power strip from Hy-Vee, you can conveniently turn off all items at once, preventing phantom energy loss.



Save up to \$100 per year by using an advanced power strip to reduce electricity waste (vampire power) when devices are idle.

Sources (this page and opposite): arborday.org/trees/climatechange/summershade.cfm
hy-vee.com/corporate/our-company/one-step/one-step-paper-towels
green.harvard.edu/tools-resources/poster/top-5-steps-reduce-your-energy-consumption
energy.gov/energysaver/save-electricity-and-fuel/appliances-and-electronics/reducing-electricity-use-and-costs
energy.gov/articles/top-11-things-you-didnt-know-about-saving-energy-home-summer-edition
blog.epa.gov/2014/04/30/earth-month-tip-wash-your-clothes-in-cold-water/

7 EVERYDAY GREEN cleaners

HY-VEE MAKES IT EASY TO BE GREEN AND CLEAN AT THE SAME TIME WITH THESE ECO-FRIENDLY PRODUCTS.



1 METHOD DISH SOAP

Made with plant-based ingredients, this biodegradable dish soap is fragrant and even comes in a stylish bottle.



2 MRS. MEYER'S CLEAN DAY LIQUID DISH SOAP

Plant-derived degreasers and a cruelty-free formula not tested on animals.



3 PALMOLIVE ECO+ DISHWASHER DETERGENT

Gel detergent is free of phosphates, which may harm lakes and streams.



4 SEVENTH GENERATION LAUNDRY DETERGENT

Free & Clear formula is plant-based and hypoallergenic for sensitive skin.



5 FULL CIRCLE FREE & CLEAR FABRIC SOFTENER

Non-toxic, nature-derived softening agents for soft, static-free clothes.



6 SEVENTH GENERATION SOFTENER SHEETS

Fabric softener sheets are naturally scented and 97-percent plant-based.



7 MRS. MEYER'S CLEAN DAY TOILET BOWL CLEANER

Powerful cleaning formula is freshly scented, biodegradable and made with essential oils.



Switching to cold water and running only full loads of laundry can save the average household \$40 annually and more than 3,400 gallons of water.

4 benefits OF REUSABLE FOOD STORAGE

1 FRESHNESS

Reusable food storage containers lock in freshness. Form-fitting lids are more efficient at sealing off food than a hastily closed box or bag of food.

2 CONVENIENCE

Reusable containers are convenient to wash and store when not in use. They are designed to be quickly opened and closed, so it's a snap to mix cereals.

3 EFFICIENCY

Reusable containers increase efficiency. Most are stackable to save space. They're usually transparent as well, allowing contents to be easily viewed at a glance.

4 ECOLOGICAL

Reusable containers reduce waste. Buying food in bulk and storing in durable containers lessens the need for single-use plastic bags and the resources needed to produce them.



Hy-Vee has a full selection of reusable food storage containers—from plasticware for freezing to glassware for microwaving. There is also a range of stackable storage for dried goods.

5

WAYS TO REDUCE water use

WATER IS A PRECIOUS RESOURCE WE CANNOT LIVE WITHOUT, SO IT'S IMPORTANT WE SAFEGUARD IT.



1 COOL BEFORE USE

Fill a jug with tap water and place it in the fridge so it's cold when you need it—no need to run the faucet waiting for colder water. Consider a water filtration pitcher to reduce the need for bottled water.

2 TURN OFF THE TAP

The average faucet releases 2 gallons of water per minute, so be sure to turn off the faucet when brushing your teeth. When shaving, rinse the razor in a pool of water in a stoppered sink rather than under running water.

3 GARDEN GENTLY

Water plants in the early morning or evening to reduce evaporation. Consider using a soaker hose, which slowly "sweats" moisture directly into the root zone to avoid waste. Also, mulch plants.

4 BE EFFICIENT

Along with installing high-efficiency appliances, use them less frequently. Wait to run a load of dishes when the dishwasher is full. And scrape plates rather than rinsing them to save even more water.

5 REUSE WATER

Boiling vegetables or pasta? Let the water in the pan cool and use it to water indoor or outdoor plants. When rinsing produce, collect excess water through a colander and use it to water the garden.



Instead of bottled water, bottle your own. Hy-Vee offers refillable water bottles and infusers for convenient on-the-go hydration.



When it comes to produce, give back to your roots and go local with Hy-Vee Homegrown. The Homegrown label indicates the produce was grown within 200 miles of your local Hy-Vee. That's why we say Go Fresh, Go Local.



4 ways Hy-vee IS GOING GREEN

1 OUTREACH

Purchases of Hy-Vee One Step products support regional and worldwide initiatives, including planting trees in the Midwest and building wells in villages without clean drinking water.

2 SUSTAINABILITY

Hy-Vee's Responsible Choice seafood is caught or farmed in a way that maintains a plentiful supply. Hy-Vee's sustainability efforts have been recognized by Greenpeace.

3 EFFICIENCY

The fuel efficiency of Hy-Vee's trucking fleet has increased through the use of fuel additives, alternate vehicle routing, new engine and tire designs and more efficient aerodynamics.

4 STEWARDSHIP

Hy-Vee's Misfits Produce offers slightly imperfect fruits and vegetables at a discount to avoid waste. Surplus produce that is safe to eat is donated to food banks.



✓ shop
✓ save
✓ get it done

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

simply
done™

order

8 GARAGE ORGANIZATION TIPS

Tools, sports gear, lawn items—how to fit them alongside your cars? With supplies from Hy-Vee! Put these to work to organize the garage.



Store hand tools efficiently with pegboards. Adjust the placement and type of hooks to suit your specific needs.

try
this

Arrange long-handled tools so their shapes dovetail. This allows for unimpeded access while maximizing wall space.

First off, leverage as much wall space as possible to hang hoses, long-handle tools and containers for loose items—hose nozzles, spray paints, cleaning supplies and gardening gloves.

Shop Hy-Vee for creative compartments. Use hooks to hang brooms, hoses, shovels, rakes and grilling supplies (also available at Hy-Vee), so they're easy to reach and off the floor.

Then put larger bins, baskets and hampers to work to store bulky or seasonal items like large bags of pet food, sports gear, garden pots, birdseed and holiday paraphernalia.

1. HOSE HANG-UP

Hoses last longer when stored under cover. Hard to coil neatly? Let the hose warm up in the sunlight before winding.

2. REPURPOSE POTS

Got some large pots hanging around? Use them to hold open bags of potting mix, seeds, fertilizer and more.

3. CATEGORIZE

Group like items to save time when tracking them down for designated jobs.



Overwinter summer bulbs. Store them in a pot filled with sawdust or peat moss in an attached garage.



STORAGE BINS

Sterilite 30-gallon heavy-duty storage bins are stackable. Get more sizes and make them nestable as well.



3M COMMAND HOOKS

Forgo nails and screws. Hang backpacks, jackets, wreaths, dog leashes, clipboards and more on a Command hook.

HAMPER HOLDER
Woolite Pop Hamper's lightweight and flexible construction makes it handy for holding sports balls.



Hamper includes convenient side pocket

Handi-Foil Eco-Foil 10-in.

Cut these aluminum pie plates in half and attach dark duct tape to sharp edges. Then, attach to the wall to hold cords, gloves, seed packets and other lightweight items.



FOOD-STORAGE TOY & PET BINS

OXO POP food storage sets, with varied-size containers, are useful to house supplies for pets and kids.



MORE POWER FOR YOU

NEW

ZERO SUGAR

**ION⁴
ELECTROLYTES**

B VITAMINS



Powerade
Power Water
select varieties
20 fl. oz.
5/\$5.00

PET GROOMING 101

IF FLUFFY'S LOOKING SCRUFFY AND ROVER NEEDS A MAKEOVER, HEAD TO HY-VEE FOR TOOLS AND PRODUCTS TO PAMPER YOUR PET. HERE'S HOW A LITTLE LOVING CARE MAKES YOUR BEST FRIENDS LOOK THEIR BEST.



DOG CARE

Bath Time

Wash only when needed, such as when the dog is smelly or has rolled in something. Washing too frequently can strip the dog of natural oils and cause skin issues. Use lukewarm to warm water, not hot or cold.

Clean & Dry

Apply an unscented dog shampoo and rinse thoroughly, leaving no residue. Wash the dog's face and snout gently with a damp cloth and avoid wetting the ears. Dry the dog's coat with clean towels.

Snip & Clip

Use blunt-nose safety scissors to snip long hair between paw pads and nail trimmers to trim nail tips as they develop "hooks." Be careful—cutting too deeply can injure the quick, the sensitive portion of the nail.

HERE COMES THE GROOM

Grooming is an essential part of caring for a dog or cat. It's not just about making them look and smell better with an occasional shampoo, it's also about improving the condition of their fur and skin with regular brushing. Grooming is also an opportunity to inspect coat and paws, and to spot abnormalities. Problems found early, through frequent grooming, could prolong your pet's life!

THE RIGHT TOOLS



SERGEANT'S FUR SO FRESH SHAMPOO eliminates odors as it cleanses, and it doesn't leave skin feeling dry and scratchy.



HARTZ GROOMER'S BEST WATERLESS SHAMPOO contains mild cleansing agents that freshen and deodorize.



PAWS HAPPY LIFE LARGE SLICKER BRUSH removes loose fur, dirt, dander and tangled mats.



PAWS HAPPY LIFE NAIL TRIMMER clips nails cleanly.

CAT CARE

BRUSH UP ON HAIRBALLS

Cats are adept at self-grooming, but weekly brushing helps prevent hairballs by removing loose fur before your cat can ingest it during self-grooming. Long-haired cats need more frequent brushing.

DISGUISE YOUR INTENTIONS

Get cats used to brushing by petting their fur, then easing in with a few gentle brush strokes. Provide a treat and repeat the process. Don't force grooming.



CATS DON'T TYPICALLY REQUIRE BATHING UNLESS THERE'S A DERMATOLOGICAL CONDITION OR SOMETHING NEEDS TO BE REMOVED FROM THEIR FUR IMMEDIATELY.

HOW TO KEEP 'EM HAPPY

Make grooming a positive experience. Wait till they're relaxed (for instance, after a walk), offer lots of praise and petting, and finish with treats. That way your pet associates grooming sessions with fun times!



PHOTOS: TATY/Shutterstock (bathtub); Elles Ripstijk/EyeEm/Getty Images (dog); Sergey Gerashchenko/Shutterstock (cat)

Pre-rinsing Wastes Up to
**20 GALLONS
 OF WATER**

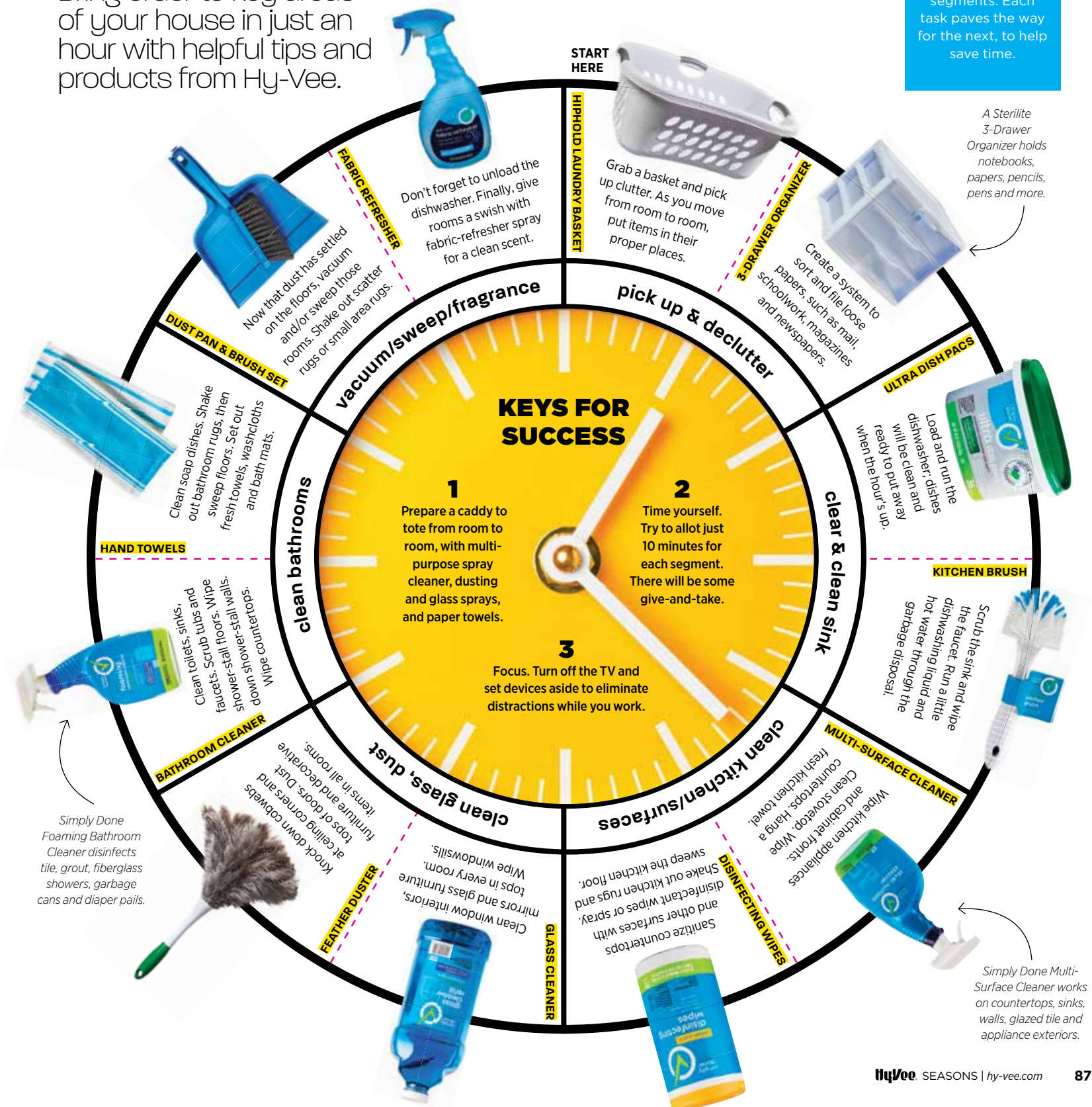
**SKIP THE
 RINSE** 
 with Finish® Quantum®
 for Dishes So Clean They Shine



life chart

ONE-HOUR SPEED CLEAN

Bring order to key areas of your house in just an hour with helpful tips and products from Hy-Vee.



HOW THE CLEANING WHEEL WORKS

Start at the top of the dial and move clockwise to divide the hour into 10-minute segments. Each task paves the way for the next, to help save time.

BACK-TO-SCHOOL Hair Help

GET KIDS' HAIR COOL FOR SCHOOL WITH ON-TREND STYLES THAT ARE EASY TO PULL OFF AND PRODUCTS—ALL AVAILABLE AT HY-VEE—THAT CLEAN, CONDITION AND TAME NO MATTER WHAT THE HAIR TYPE.

WRAPPED PIGTAILS
Create high pigtails and secure with elastic bands, then grab a section from each and wrap around the pigtail. Pin in place.



PHOTOS: PROSTOCK-STUDIO/Shutterstock (opposite); Mark Nazki/Shutterstock (top, right); Amelia Fox/Shutterstock (middle, right); Dmitry Lobanov/Shutterstock (bottom, right)

STYLE



SHOWING THEIR CREATIVE SIDE
L'Oréal Colorista Semi-Permanent Hair Color in blue, pink or purple lets kids play with color that fades away gradually with shampoos. **It's Time to Shine** gel-based hair glitter adds sparkle. **Fairy Tales Curly-Q Styling Spray Gel** strengthens and defines curls and waves. **Götz2b Spiked-Up Styling Gel** holds those spiky, stiff or sleek styles in place throughout the day.



try this
Rub product on palms first, then through slightly damp hair. Also smooth down the sides.

WASH



SOFTNESS FOR COILED HAIR
Johnson's Shiny and Soft Shampoo contains argan oil to smooth and soften. **Suave Kids 2 in 1 Smoothing Coconut Splash** shampoo & conditioner works on split ends. **SoCozy Kids 3-in-1 Shampoo Conditioner Wash** adds moisture as it cleans.

Shampoos with conditioners smooth as they cleanse.



NO-WASH



GET RID OF BEDHEAD FAST
SoCozy Kids Detangler + Leave-In Conditioner spray loosens and smooths knots, mats and cowlicks. **Aussie Kids Bloomin' Apple Detangler** has a pleasing scent. **Honest Conditioning Detangler** softens and smooths hair with argan oil, shea butter and quinoa extract. **Johnson's No More Tangles** makes toddlers' and kids' hair easier to comb and style.



3 SUPER STYLIN' LOOKS FOR ALL AGES

BRAIDED BUNS



TOOLS Scunci elastic bands, Conair hair pins, Not Your Mother's Beach Babe Texturizing Spray



1. SECTION off one-third of hair and make a basic braid. Secure the end with an elastic band.



2. MAKE two more braids, evenly sectioning hair. Secure each braid with an elastic band.



3. LOOSEN the hair a bit in each section of each braid to make them fuller.



4. COIL each braid into a bun and secure with hair pins. If needed, spray with a texturizing spray.

HALF BACK



TOOLS Infiniti by Conair Tourmaline Ceramic Curling Iron, Scunci clear elastic bands, göt2b Blasting Freeze Spray



1. COMB hair out with a middle or off-center part.



2. CURL hair into loose waves, starting around mid-length, using a curling iron.



3. GATHER two sections starting at ear and up to crown. Connect the sections at the back; secure with clear elastic band.



4. LOOP two small sections of hair above the ear into the secured hair. Spray with light to medium hairspray.

SIDE PONY



TOOLS göt2b High Insta Hold hairspray, Conair comb, Scunci medium no-damage elastic bands



1. CREATE loose waves with a curling iron if hair is straight.



2. GATHER hair into loose, low ponytail to the side; secure with elastic band.



3. DIVIDE hair just above band, then flip band and pull it through the "trough" created by the divide.



4. SPLIT ponytail and pull tight. Add fullness by gently pulling strands out slightly. Spray with medium-hold hairspray.



PHOTO: PROSTOCK-STUDIO/Shutterstock

CURL-FRIENDLY PRODUCTS



CONAIR
DETANGLING &
SMOOTHING
COMBS



FAIRY TALES
CURLY-Q
HYDRATING
SHAMPOO
GARNIER
FRUCTIS CURL
NOURISH
SHAMPOO



AUSSIE
MIRACLE CURLS
CONDITIONER
NOT YOUR
MOTHER'S
CURL TALK 3-IN-1
CONDITIONER



GARNIER
FRUCTIS STYLE
CURL SHAPE
DEFINING
SPRAY GEL
AUSSIE
SPRUNCH
MOUSSE
AND LEAVE-IN
CONDITIONER

CURL CARE 101

GIVE CURLY LOCKS EXTRA CARE WITH STEPS AND PRODUCTS THAT ADD SOFTNESS AND SHINE.



STEP 1: CLEANSE

Wash weekly or more often as needed with sulfate-free shampoo. Gently massage scalp—don't scrub. For extra-dry hair, apply conditioner before and after shampooing.



STEP 2: CONDITION

Condition liberally—natural scalp oils take longer to reach the ends of curls than the ends of straight strands. Leave in a bit of humectant conditioner while rinsing; thoroughly rinse protein conditioner. Deep-condition weekly.



STEP 3: DRY & STYLE

Blot with microfiber towel, not terry cloth, which roughens the cuticle. Opt for alcohol-free styling gels. To prevent frizz, style gently with fingers while curls dry.



**HY-VEE
IN
HAND**

Hy-Vee Aisles Online makes it easier than ever to shop for groceries, pick them up, fill prescriptions and save money.

GROCERY SHOPPING, PRESCRIPTION REFILLS, COUPONS AND MORE IN THE PALM OF YOUR HAND.



GET APP-QUAINTED

Download from the App Store or Google Play. Then:



Shop from anywhere—work, home—by using Aisles Online. Shop by category, sale items and for products with Fuel Saver rewards.



Order groceries in minutes and schedule a pickup or delivery time

Hy-Vee employees shop for your items and get them ready for delivery or pickup. Check your local store for details.



Track the status of your order

When you're ready to pick up your items, tap "I'm on my way," and staff will be ready to roll out your order.



Track your savings

No need to have your Fuel Saver + Perks card on you at the store—just scan the Fuel Saver QR code into the app to get fuel discounts. Also use the app to check your Fuel Saver balance and see when your rewards expire.



Manage prescriptions

Set up a Hy-Vee Pharmacy account to quickly refill prescriptions. Hy-Vee will notify you when refills are ready.

EASY GROCERY PICKUP

Order your groceries and reserve a pickup time online. Hy-Vee staff will shop your list and have your order totaling at least \$30 ready for free pickup at the store. Park in the reserved spot and call the phone number on the sign. Store staff will roll your groceries right to your vehicle.



SAVE TIME!
RESERVE
A PICKUP
TIME SLOT
WHILE
FILLING
YOUR CART
ONLINE.

**SAVE BIG
WITH
AISLES
ONLINE**

Browse this week's deals and digital coupons on your phone, then tap to add them to your online shopping list or load digital coupons to your Fuel Saver + Perks card.

Hy-Vee[®] pharmacy

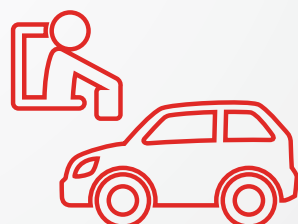
CONTACT FREE DELIVERY & PICKUP



DELIVERY



SHIP
TO HOME



DRIVE-THRU
OR CURBSIDE
PICKUP

Restrictions apply. See your Hy-Vee pharmacist or Hy-Vee.com for details.

health

Find out about
a diet to keep
skin strong,
methods for
fending off
illness and the
best snacks to
serve kids
after school.

- 96 FOODS THAT
IMPROVE SKIN
HEALTH
- 102 FAMILY FITNESS
WITH HY-VEE KIDSFIT
- 108 BEST DEFENSE
- 113 DIETITIAN Q&A:
NUTRITIOUS AFTER-
SCHOOL SNACKING
- 116 INTRODUCING
HY-VEE MEDLINK

FOODS THAT

Improve Skin Health

FILL UP ON THESE NUTRIENTS THAT HELP THE BODY'S LARGEST ORGAN MAINTAIN ELASTICITY, GROW NEW CELLS, DEVELOP SUN PROTECTION AND MORE.



THE SKIN IS THE BODY'S FIRST LINE OF DEFENSE.

Skin acts as a barrier that blocks other organs from environmental hazards like extreme temperatures, UV rays from the sun, chemicals and potentially harmful bacteria. Like all organs, the skin needs nutrients to stay strong and do its job. Eat adequate amounts of these nutrients every day to maintain healthy skin.

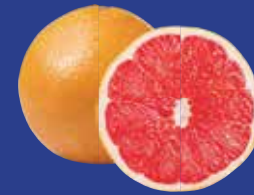


VITAMIN A

What it does: Plays an important role in repairing skin tissue and replacing cells that contribute to the structure of the skin. Helps prevent dry, rough skin, which may be a sign of deficiency.

FOODS: Cantaloupe, carrots, leafy greens, pumpkin, red bell pepper, squash, sweet potato, tomato

What you need: 700–900 mcg/day



VITAMIN C

What it does: A powerful antioxidant that helps protect skin cells by warding off harmful free radicals from UV rays. Vitamin C is necessary for wound healing and collagen synthesis.

FOODS: Berries, Brussels sprouts, grapefruit, green bell pepper, kiwi, oranges, red bell pepper

What you need: 70–90 mcg/day



PROTEIN

What it does: Collagen, a type of protein that makes up to 80 percent of the skin, helps fend off fine lines and wrinkles. Protein-rich foods may encourage collagen production, and many contain B vitamins, like biotin, which forms the basis of skin, and pantothenic acid, which preserves moisture and may help prevent acne.

FOODS: Beans, beef, bone broth, chickpeas, eggs, Greek yogurt, legumes, nuts, poultry, seafood, seeds, whole grains

What you need: 46–56 g/day



VITAMIN E

What it does: Absorbs energy from UV light and helps prevent sun damage. Vitamin E may also play an anti-inflammatory role in the skin.

FOODS: Almonds, asparagus, avocado, collard greens, mango, peanuts, pumpkin, red bell pepper, spinach

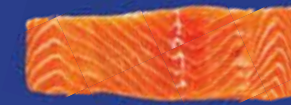
What you need: 15 mg/day



WATER

What it does: Skin that is dehydrated may turn dry, tight and flaky. According to research in *Clinical, Cosmetic and Investigational Dermatology* journal, diets with a higher water intake lead to a positive impact on skin physiology, most profoundly among individuals who previously had lower water intake.

What you need: 11.5–15.5 cups/day



OMEGA-3S

What it does: This type of fat is critical for maintaining skin function and appearance. It also protects against sun-induced damage and aging. According to a study from the University of Manchester, omega-3 fish oil supplements may help prevent skin cancer.

FOODS: Chia seeds, flaxseeds, salmon, walnuts

What you need: 1.4–1.6 grams/day

Sources: ncbi.nlm.nih.gov/pmc/articles/PMC3936685/, ummc.rochester.edu/encyclopedia/content.aspx?contenttypeid=19&contentid=VitaminA, lpi.oregonstate.edu/mic/health-disease/skin-health/vitamin-e, health.clevelandclinic.org/the-best-way-you-can-get-more-collagen/, tricitymed.org/2018/08/b-vitamins-secret-good-skin-health/, scienceDaily.com/releases/2013/02/130226092002.htm, lpi.oregonstate.edu/mic/health-disease/skin-health/essential-fatty-acids#skin-sensitivity, ncbi.nlm.nih.gov/pmc/articles/PMC4529263/, myclevelandclinic.org/health/articles/10978-skin, hsph.harvard.edu/nutritionsource/vitamins/, aad.org/public/parents-kids/healthy-habits/parents/kids/how-skin-grows, ncbi.nlm.nih.gov/books/NBK56068/table/summarytables.t4/?report=objectonly

19

MILLION

THE AMOUNT OF CELLS PER INCH OF SKIN.



pro tip: BALANCING ACT

“The skin is your body's largest organ and no single nutrient can maintain healthy skin. You need a balanced diet composed of a colorful variety of fruits, vegetables, lean meats, olive oil, nuts and seeds. Each of these food groups holds important nutrients for skin health.”

—Teequa Knapp, RD, LD
Hy-Vee Dietitian

1 Iced Citrus Green Tea

Pour 3 cups boiling water over 2 bags Hy-Vee green tea in a 2-quart measuring cup; cover and brew for 5 minutes. Remove and discard tea bags. Whisk in $\frac{3}{4}$ cup fresh orange juice, $\frac{1}{2}$ cup fresh lime juice and 3 Tbsp. agave nectar. Cover and chill 2 hours. Strain, if necessary. Serve in ice-filled 10-oz. glasses. Garnish with orange slices and chopped mint, if desired. Serves 5 (6 oz. each).

2 Scrambled-Egg Toast

Top toasted whole grain bread slice with sautéed spinach, scrambled eggs and cut-up cherry tomatoes. Season with Hy-Vee salt and black pepper.

3 Pistachio-Crusted Salmon Fillets

Preheat oven to 450°F. Line a baking sheet with foil and lightly spray with Hy-Vee nonstick cooking spray. Pat salmon fillets dry with paper towels. Place, skin side down, on prepared baking sheet. Brush with Gustare Vita olive oil and sprinkle with finely crushed pistachios. Bake for 15 to 17 minutes or until salmon flakes easily with a fork (145°F).

4 Mediterranean Sweet Potatoes

Top baked sweet potatoes with sautéed kale leaves, canned chickpeas and a spoonful of tahini sauce. Garnish with fresh cilantro, if desired.

5 Citrus-Avocado Salad

Arrange grapefruit slices and orange slices on a serving platter. Top with avocado chunks and toasted Hy-Vee sliced almonds or sunflower seeds. Drizzle with lime juice and, if desired, garnish with fresh mint.

EASY IDEAS FOR HEALTHIER SKIN

THESE MEALS ARE LOADED WITH KEY NUTRIENTS THAT HELP SKIN LOOK AND FEEL ITS BEST. FIND ALL THE INGREDIENTS YOU NEED AT YOUR LOCAL HY-VEE AND START NOURISHING YOUR SKIN TODAY!

GREEN GOODNESS

Green tea contains polyphenols, a type of plant compound that may help reduce damage from UV rays.



30
minutes
or less

Berry Salsa and Chicken Lettuce Cups

Hands On 20 minutes

Total Time 30 minutes

Serves 4

$\frac{1}{2}$ cup chopped strawberries

$\frac{1}{2}$ cup blueberries

$\frac{1}{2}$ cup halved blackberries

$\frac{1}{2}$ cup raspberries

$\frac{1}{4}$ cup Hy-Vee Short Cuts chopped

red onions

1 jalapeño, seeded and chopped*

2 Tbsp. finely chopped cilantro, plus additional for garnish

2 Tbsp. fresh lime juice

2 tsp. agave nectar

Hy-Vee salt and black pepper, to taste

1 (8- to 10-oz.) Hy-Vee True boneless, skinless chicken breast

1 $\frac{1}{2}$ tsp. Gustare Vita olive oil

1 tsp. Hy-Vee ground paprika

$\frac{1}{4}$ tsp. Hy-Vee garlic powder

8 large butter lettuce leaves

Hy-Vee Greek plain yogurt, for serving

Lime zest and lime wedges, for garnish

1. FOR BERRY SALSA, toss together berries, red onions, jalapeño, 2 Tbsp. cilantro, lime juice and agave nectar. Season

to taste with salt and black pepper. Cover and refrigerate until serving time.

2. PREHEAT a charcoal or gas grill with greased grill rack for indirect cooking over medium heat. Pat chicken dry; lightly pound to an even thickness. Rub chicken with olive oil. Combine paprika and garlic powder; rub mixture on chicken. Grill 16 to 20 minutes or until done (165°F).

3. TO SERVE, arrange four stacks, 2 lettuce leaves each, on a platter. Slice chicken and divide among lettuce stacks. Top each with berry salsa and yogurt.

Serve with remaining salsa. Garnish with additional cilantro and lime zest and wedges, if desired.

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

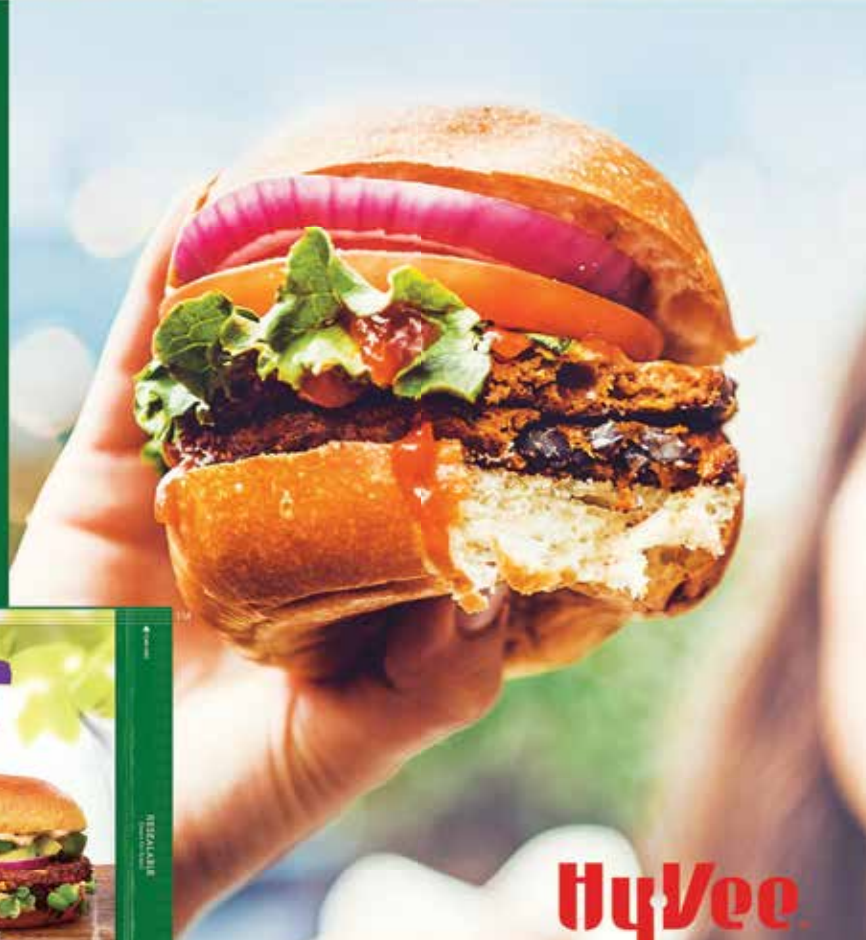
Per serving: 140 calories, 3.5 g fat, 0.5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 30 mg sodium, 13 g carbohydrates, 3 g fiber, 8 g sugar (3 g added sugar), 14 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 8%

MAKE MEAT JEALOUS.



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FIRE UP THE GRILL FOR AMERICA'S #1 VEGGIE BURGER BRAND



FIND US IN THE FREEZER AISLE
SERVING SIZE 1 BURGER



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Nielsen xAOC Total Units Sold Cal Yr 2019



INDUSTRY-BEST MULTIVITAMINS FOR MEN



GNC MEGA MEN® TARGETED MULTIVITAMIN FORMULAS

Men have unique nutritional needs & goals: choose the right multi for you from **Sport, Energy & Metabolism, 50 Plus** & more. Targeted, science-backed formulas fight cell damage with antioxidants & more.



SUPER DELICIOUS PROTEIN



MEAL REPLACEMENTS & MEAL BARS

Fuel your weight loss journey with convenient, protein-packed shakes & bars. Snacking on protein and fiber between meals can help you feel fuller, longer.



INDUSTRY-BEST MULTIVITAMINS FOR WOMEN



GNC WOMEN'S TARGETED MULTIVITAMIN FORMULAS

Women want more than a traditional multi: choose the right formula for you from **Active, Energy & Metabolism, 50 Plus** & more. Targeted formulas for unique goals to support your immune health & more.



These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

Family Fitness

EXERCISE AS A FAMILY TO PROMOTE PHYSICAL ACTIVITY AND FOSTER LIFELONG HABITS. PARENTS WHO LEAD BY EXAMPLE CREATE LASTING MEMORIES FOR CHILDREN, AS WELL AS A BRIGHT, HEALTHY FUTURE.



WITH
HY-VEE
KIDSFIT

PRESS PLAY

Active kids have a reduced risk of obesity and have stronger muscles and bones than kids who aren't regularly active. Higher rates of activity in children have also been associated with higher test scores in reading and math, and frequent physical activity has been associated with improved behavior, as well as decreased symptoms of depression and anxiety and improved self-image.



THE PATH TO FAMILY FITNESS STARTS WITH HY-VEE KIDSFIT. FROM EXERCISE TUTORIALS TO NUTRITIOUS RECIPES, HY-VEE KIDSFIT HAS SOMETHING FOR EVERYONE!

Jump-Start Fitness

The World Health Organization recommends that kids ages 5 to 17 get at least 60 minutes of moderate- to vigorous-intensity physical activity daily. However, only 24 percent of children meet those recommendations. Moreover, the average American child spends more than seven and a half hours per day in front of a screen.

To help boost activity, turn to Hy-Vee KidsFit, an interactive online training program for kids and families. Daira Driftmier,

certified personal trainer and director of Hy-Vee KidsFit and Hy-Vee Fitness, leads the way with exercise tutorials that teach proper form and informative blog posts on nutrition and wellness habits.

"Hy-Vee KidsFit makes exercise fun," Driftmier says. "Parents can sit back and enjoy watching their kids progress as they prepare for all the challenges that life throws at us physically, mentally and emotionally."

Find Your Smile

Fitness and nutrition are just two components of health and wellness. Learn how to shine in all areas by entering the Eight Dimensions of Wellness Challenge. Head to your local Hy-Vee to pick up challenge booklets to learn more about each dimension and complete challenges tied to all eight:

- Financial
- Physical
- Emotional
- Social
- Intellectual
- Career
- Spiritual
- Environmental

Go to hy-veekidsfit.com to learn more about the Eight Dimensions of Wellness Challenge and more!



REGULAR PHYSICAL ACTIVITY MAY GIVE KIDS MORE CONFIDENCE AND A BETTER OUTLOOK ON LIFE.

6 partner exercises

PERFORM EACH MOVE FOR 2 SETS OF 20 SECONDS.
REST 1 MINUTE BETWEEN MOVES AND SETS.



1 PARTNER HOP-OVERS

Partner A lies on the floor while Partner B stands about 6 inches away. Partner B jumps over Partner A's lower body. Partner B turns around and jumps back to the starting side. Repeat five times. Switch places.



2 PARTNER SEATED TWIST

Partners sit back-to-back, knees bent, feet flat on the floor. Partner A twists to the left while partner B twists to the right. Partners high-five and twist to the opposite side.



3 PUSHUP HIGH-FIVES

Both partners begin in a high-plank position about 1 foot away from each other. Partner A bends at the elbows until chest nearly touches floor and pushes back to starting position. Partners high-five. Partner B repeats.



5 HIVE-FIVE SQUATS

Partners face each other, feet shoulder-width apart, hands clasped in front of chest. Bend at the knees until thighs are parallel to the floor. Return to standing position and high-five.



6 ALTERNATING BURPEES

Partners stand facing each other, feet shoulder-width apart. Partner A squats down, places hands on the floor and shoots legs backward, then immediately brings legs back into squat position and jumps for a high-five. Partner B repeats.



4 PLANK HIGH FIVES

Both partners begin in a high-plank position about 1 foot away from each other. Reach out with opposite hands and high five. Repeat with opposite hands.

24%

STUDENTS WHO ARE PHYSICALLY ACTIVE FOR 60 MINUTES A DAY ARE 24 PERCENT MORE LIKELY TO BE PROFICIENT IN READING.

-2017 STUDY, MINNESOTA DEPARTMENT OF HEALTH



PHOTO: Olimpik/Shutterstock

PLAYTIME ALTERNATIVES

EXERCISE COMES IN MANY FORMS. WHAT MATTERS MOST IS THAT KIDS KEEP MOVING. SOME EASY IDEAS INCLUDE:

- Backyard Race
- Basketball
- Bike Ride
- Dance
- Playground
- Hopscotch
- Play Catch
- Swimming
- Tennis
- Touch Football



pro tip:
SETTING SCREEN TIME

“Parents should lead by example when it comes to screen time. If they stay off their devices, kids will spend less time thinking about electronics. When you do allow screen time, try using it for educational activities and do more as a family. Hy-Vee KidsFit is a great resource, especially the equipment-free workouts that allow families to follow along with the KidsFit team.”

—Daira Driftmeyer
Certified Personal Trainer
and Director of Hy-Vee
KidsFit and Hy-Vee Fitness

NEW



CRISPY. MELTY.
READY IN MINUTES.



WE'VE *whipped* UP
SOMETHING DELICIOUS!



EDWARDS® ORIGINAL
WHIPPED CHEESECAKE

OWN YOUR
STRENGTH



Muscle Milk Genuine
or Pro Series
select varieties
14 fl. oz.
2/5.00

BEST WAYS TO STAY SAFE



SMALLPOX

COMMON

COLD

PNEUMONIA

IN FLUENZA

CORONAVIRUS

MEASLES

Infectious diseases are a part of life. They come and go, mutate, sometimes disappear only to reappear years or even decades later. The more we learn about these diseases, the more apparent it becomes that we need to protect ourselves.

As resourceful as they are relentless, infectious diseases continually find new and different ways of making trouble. Fortunately, science has its own brand of resourcefulness.

Infectious diseases are caused by pathogenic microorganisms such as bacteria, viruses or fungi and can be spread from one person to another. They include everything from measles to influenza to pneumonia.

Given time, science finds answers. From vaccines that

prevent outbreaks, prescription medications to treat a disease or over-the-counter remedies to soothe symptoms, today's consumer has many options.

Of course, those options are limited when a new disease such as the novel coronavirus appears and extreme preventive measures such as social distancing are required. In most cases, however, preventive measures are less extreme, ranging from washing hands and avoiding contact with those who are

sick to fortifying the body with vitamins, supplements and good nutrition.

It's also important to consider emotional health, which is why scientists are studying the effect of stress on immune function. Chronic stress in particular is thought to contribute to a range of physical ailments.

Age is another factor. Studies show that the elderly are more likely to contract infectious diseases—and more likely to die from those diseases—than younger people. The good news is, regardless of age, everyone can take steps to reduce or even prevent infections. Read on to find out how.

While preventing all disease is impossible, following CDC guidelines can reduce risk and help prevent the spread.

Sources: health.harvard.edu/staying-healthy/how-to-boost-your-immune-system
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epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

HEALTHY HABITS

- Don't smoke
- Eat a balanced diet high in fruits and vegetables
- Exercise regularly
- Keep a healthy weight
- Avoid excess alcohol
- Get plenty of rest
- Minimize stress
- Meditate
- Practice positive thinking

DISINFECT SURFACES WITH A PRODUCT APPROVED BY THE ENVIRONMENTAL PROTECTION AGENCY (SEE EPA LINK IN "SOURCES"). OR, IF APPROPRIATE FOR THE SURFACE, USE A SOLUTION OF 4 TSP. BLEACH PER 1 GAL. WATER.

15+

THE AVERAGE NUMBER OF TIMES A PERSON TOUCHES THEIR EYES, NOSE OR MOUTH IN AN HOUR, ACCORDING TO UNIVERSITY OF CALIFORNIA, BERKELEY.

PHOTO re2-studio/Shutterstock

"Even though a direct beneficial link hasn't been established, it's reasonable to consider moderate regular exercise to be a beneficial arrow in the quiver of healthy living, a potentially important means for keeping your immune system healthy."

—HARVARD MEDICAL SCHOOL

HY-VEE HAS YOU COVERED

VACCINES

Vaccines imitate an infection to help the body develop immunity. Once this imitation infection disappears, the body retains cells that "remember" how to fight the disease. While some vaccinations require only one or two doses, flu vaccinations are needed annually because viruses may change from season to season. Flu vaccines are geared toward the strains research predicts will be the most common that season. Most Hy-Vee pharmacies offer vaccines.

SUPPLEMENTS

Nutritionists agree the best way to get nutrients is through healthful foods, but vitamins and supplements can fill gaps. Key immune boosters include vitamins A, C, B₆, B₉ (folic acid), D and iron, selenium and zinc.

PROBIOTICS

Probiotics are "good" bacteria said to maintain digestive health and boost immunity. These tiny health-promoting microorganisms are available as supplements or in foods such as yogurt, sauerkraut, miso soup, soft cheeses, kefir, and pickles. Prebiotics feed the good bacteria. You can find prebiotics in foods such as: asparagus, bananas, oatmeal, red wine, honey and legumes.

MEDICATIONS

FDA-approved antiviral drugs available by prescription at Hy-Vee pharmacies include:

- Oseltamivir phosphate (generic or Tamiflu®), pill or liquid suspension
- Zanamivir (Relenza®), inhaler
- Peramivir (Rapivab®), intravenous solution
- Baloxavir marboxil (Xofluza®), pill

WHAT YOU SHOULD KNOW

ABOUT ANTIBIOTICS AND ANTIVIRALS, FROM ANGIE NELSON, VICE PRESIDENT OF PHARMACY OPERATIONS AT HY-VEE.

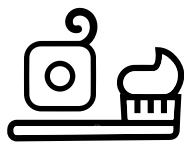
"Antibiotics and antivirals are sometimes confused. Both are prescription drugs, but antibiotics are used for an infection caused by bacteria, while antivirals treat infections caused by a virus. Antibiotics are great for strep throat, but they won't work on influenza. That's a job for antivirals. Studies show that antiviral medications have the greatest effect when taken within two days of getting the flu, but they can still help even when started later, especially when patients are at risk of serious flu complications or have another severe illness."

PRACTICE GOOD HYGIENE

Avoid touching eyes, nose or mouth because many illnesses are spread by contaminated hands.



WASH YOUR HANDS
The CDC recommends washing hands often with soap and water for at least 20 seconds.



BRUSH & FLOSS
Good oral hygiene is key because certain bacteria can migrate from mouth to lungs and cause respiratory diseases.



SLEEP TIGHT
A good night's rest can strengthen the immune system. Adults should get 7 to 8 hours of sleep, children even more.

Sources: health.harvard.edu/staying-healthy/how-to-boost-your-immune-system/
health.clevelandclinic.org/eat-these-foods-to-boost-your-immune-system/
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10 IMMUNE-BOOSTING FOODS



pro tip:
LEAF IT BE

Dark leafy greens such as spinach, kale and arugula are an important component of healthy eating. And they're so easy to incorporate into everyday meals. Salads are a given, especially if you switch up the dressings, toppers and ingredients to avoid monotony. You can also slip greens into sandwiches and wraps, soups and stews, stir-fries and omelets. That way you get nutrition and fiber without effort."

—Stacey Loftus, RD, LD
Corporate Dietitian
Hy-Vee

CITRUS

Citrus fruits are known for their high concentration of vitamin C, which is needed to produce infection-fighting white blood cells. The body does not store vitamin C, so daily intake is important. Citrus fruits include oranges, tangerines, clementines, grapefruit, lemons and limes.

GARLIC

For centuries, garlic has served culinary and medicinal uses. Preclinical studies have shown compounds from garlic could have antioxidant, anti-inflammatory and antimicrobial properties. One study showed aged garlic extract significantly reduced the severity of self-reported cold or flu symptoms.

GINGER

Ginger is a strong antioxidant and anti-inflammatory. Research suggests ginger has antimicrobial potential to treat infectious diseases.

HONEY

Since ancient times, honey has been valued for its antimicrobial properties and ability to treat wounds. Honey has been shown to inhibit the growth of a bacterial species that cause gastric infections, including E. coli, and may shorten the duration of bacterial diarrhea.

LEAFY GREENS

Kale, spinach and other dark leafy greens are full of nutrition, particularly

vitamins A, C, E and K. Add in broccoli and you have many of the B vitamins too.

PAPAYA

One cup of papaya offers 144 percent of the daily requirement of immune-boosting vitamin C.

PEPPERS

Packed with antioxidants, bell peppers are full of vitamin C. Red bell peppers have the highest concentration of the immune-boosting vitamin. Studies suggest the capsaicin found in hot peppers can enhance select immune functions.

PINEAPPLE

A good source of vitamins B₂ and C, manganese and phytochemicals—pineapple has been linked to immunity. In one study, those who ate canned pineapple had a much shorter period of infection than those who didn't eat it.

PLAIN YOGURT

Boosts probiotics and supports your microbiome—the good bacteria in your body—so you're less vulnerable to infections.

TURMERIC

Turmeric is a spice commonly used in Indian cuisine. It contains curcumin, an antioxidant and anti-inflammatory that has also been shown to enhance antibody response in the immune system.

Sources: lpi.oregonstate.edu/mic/food-beverages/garlic#biological-activities
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NEW!

COLLAGEN
ANTIOXIDANTS
SUPER DELISH

YOU DO YOU

INTRODUCING THE FIRST YOGURT YOUR
WELLNESS ROUTINE WILL THANK YOU FOR.



Danimals
LUNCH BOX
HEROES



Here to save Back-to-School from
boring breakfasts, snacks, and lunches.

dietitian Q&A

NUTRITIOUS AFTER-SCHOOL SNACKING

Make snack time the best part of the day by serving options that are both tasty and nutritious.



Elisa Sloss, RD, LD
Vice President,
HealthMarket

B6, B12 and C, and folate, iron, zinc and calcium are associated with lower grades and high rates of absenteeism and tardiness.

Q: What are some nutritious on-the-go options?

A: Hy-Vee Short Cuts are ideal options for parents who have to shuttle kids straight to a practice or lesson after school. Each container comes with prewashed and precut fruits or vegetables to help save you time during snack prep. There are more than a dozen options from which to choose, including apple slices, celery sticks, mandarin oranges, watermelon and much more.

Q: Do you have any tips for easy snack prep?

A: Pick some simple snacks in advance and keep them in a sealed container or plastic baggie at the front of the refrigerator or pantry so you don't spend time trying to find ingredients. We all know life happens and you can't plan for everything. Those are the moments when fresh fruit or vegetables come in handy.

Q: How can I help older kids make smart food choices?

A: It all starts with you, the parent. Explain to kids the importance of nutrition and lead by example. Younger kids



who see parents make smart snack choices will want to do the same. By setting the example early on, you'll set kids up for success when it's time for them to make their own decisions. To help those decisions, keep the pantry or refrigerator stocked with nutritious options instead of sugary treats that offer little or no nutritional value.

Sources: [cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf](https://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf)



WHOLE GRAIN SUNDRIED TOMATO AND BASIL WHEAT THINS WITH SNACK SIZE SABRA HUMMUS



HOMEMADE TRAIL MIX: ROASTED PECANS, ALMONDS, PEANUTS, CASHEWS, PEPITAS, DARK CHOCOLATE CHIPS AND DRIED CRANBERRIES



TWIST PRETZELS WITH MOZZARELLA, COLBY JACK AND CHEDDAR HY-VEE CHEESE STICKS

9 healthy snacks

Tasty, nutritious bites from Hy-Vee that require minimal prep time (or none at all)!



SLICED TURKEY, CHEDDAR CHEESE AND LIGHT MAYO ON SPINACH TORTILLA



SKINNY POP POPCORN



HY-VEE SHORT CUTS CELERY WITH ALMOND BUTTER, RAISINS AND CHIA SEEDS



HY-VEE SHORT CUTS APPLE SLICES WITH PEANUT BUTTER



HY-VEE CHOCOLATE CHIP ENERGY BITES



HY-VEE PLAIN GREEK YOGURT WITH HY-VEE SHORT CUTS TRIPLE BERRY MEDLEY

ALMOND BUTTER IS A GOOD SOURCE OF HEALTHY FATS AND PROTEIN.

Tropicana

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MEDS MADE EASY

MedLink, a new program offered by Hy-Vee, aligns prescriptions so customers receive them all at once instead of making multiple orders and trips throughout the month. Aligning medication with MedLink relaxes the burden on those who order and organize multiple medications, especially the elderly, chronically ill or family members caring for loved ones. Picking up prescriptions at the same time may also reduce the chance of missing a dose. “Lack of medication adherence or the inability

to take one’s medications correctly is one of the leading issues that leads to ineffective drug therapy,” says Jonathan Fransen, director of Hy-Vee Pharmacy Fulfillment Center. “MedLink offers customers an easy way to take each individual dose.”

HEALTHY SAVINGS
According to the American Heart Association, an estimated three out of four Americans do not take medication as directed, which can have costly health and financial outcomes. MedLink makes it easy to manage multiple prescriptions and saves you time and money by reducing refill orders, trips to the pharmacy and medical bills stemming from non-adherence.



pro tip: ALL-IN-ONE

“I recommend MedLink to anyone who manages multiple medications. The potential to help patients take their medications regularly is a big step toward preventing costly health issues and preventing avoidable doctor visits.”

—Tim Goodhall
Pharmacy Manager
Hy-Vee, West Des Moines,
Iowa

HOW MEDLINK WORKS



ENROLL
Stop by or call your local Hy-Vee pharmacy to see if it offers the MedLink program. A staff member will discuss your options and prescription needs before you enroll.



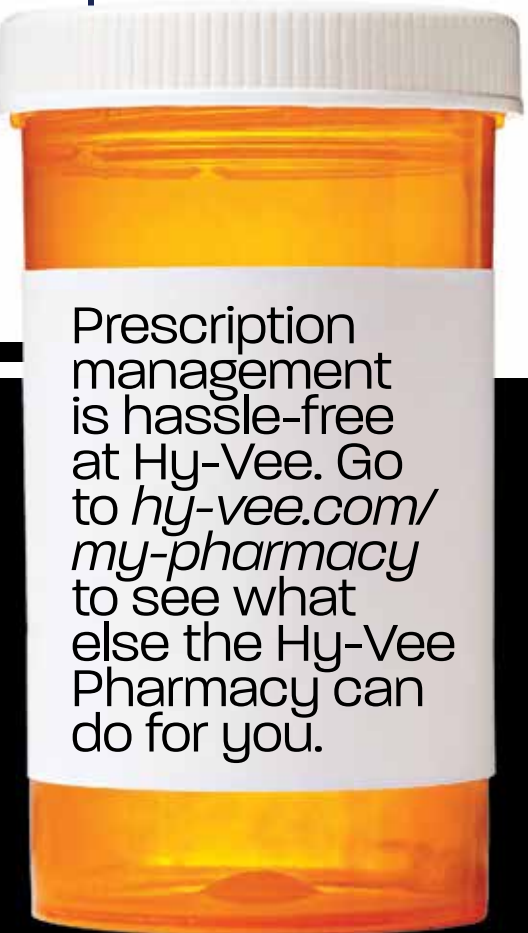
FILL
Approximately a week ahead of time, you’ll receive a text or call to confirm your medications to be filled. After confirming, you’ll receive a date to pick up the medications.



RECEIVE
When it’s time for pickup, come into the store for your medications.

INTRODUCING HyVee MedLink™

REFILLING MULTIPLE PRESCRIPTIONS HAS NEVER BEEN EASIER WITH THE HELP OF YOUR LOCAL HY-VEE PHARMACY. CHECK OUT HOW THE MEDLINK PROGRAM SIMPLIFIES PRESCRIPTION MANAGEMENT.



Prescription management is hassle-free at Hy-Vee. Go to *hy-vee.com/my-pharmacy* to see what else the Hy-Vee Pharmacy can do for you.

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WHEN YOU BUY 3 OR MORE
PARTICIPATING PRODUCTS**!



Use products
only as directed.

Visit www.activaterewards.com/studentessentials/details for full offer details.

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Purchase 3 or more participating
products in one transaction
between 7/5/20 and 8/2/20.
Retain your receipt.

UPLOAD

Visit www.activaterewards.com/studentessentials, enter your
information, and submit the image
of your full receipt by 8/2/20.

RECEIVE

Submissions are reviewed within 2–5
business days. Once your submission
has been validated, you will receive an
email with a link to choose your reward.

*Reward must be chosen and activated by 9/30/20. Reward choices include a FandangoNOW Promo Code, Visa® Rewards Virtual Account, Visa Rewards Card and Spotify eGift Card. Limit 2 rewards (any combination) per household. No manual reproductions will be accepted. One reward per receipt submission. Must be a resident of the U.S. or D.C. Must be 18 or older or the age of majority to participate. Limits and restrictions apply. See www.activaterewards.com/studentessentials/details for full offer details. Offer valid only in the U.S. and D.C., excluding U.S. territories. The Virtual Account can be redeemed at every internet, mail order and telephone merchant everywhere Visa debit cards are accepted for purchase(s) up to \$10. No ATM access. Rewards Card can be used everywhere Visa debit cards are accepted. No cash access. Virtual Account and Rewards Card are issued by MetaBank®, N.A., Member FDIC, pursuant to a license from Visa U.S.A. Inc. This optional offer is not a MetaBank, nor Visa, product or service nor does MetaBank, nor Visa, endorse this offer. Sponsor: Johnson & Johnson Consumer Inc., McNeil Consumer Healthcare Division, 7050 Camp Hill Road, Fort Washington, PA 19034
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**Participating products:

Motrin

Neutrogena



NEUTROGENA® and CLEAN & CLEAR® are brands marketed by Johnson & Johnson Consumer Inc. MOTRIN® is a brand marketed by Johnson & Johnson Consumer Inc., McNeil Consumer Healthcare Division.

GET THE GOODS

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

fridge & freezer



Red Baron Pizza Melts
select varieties
5.34 or 5.98 oz.
2.99



NEW Bosco Sticks
select varieties
14.5 or 16 oz.
3.49



Brew Pub Lotzza
select varieties
22.75 to 30.75 oz.
6.99



Raised & Rooted
Nuggets or Tenders
select varieties
8 to 8.1 oz.
3.99



State Fair Family
Size Corn Dogs
22 ct.
8.99



Top the Tater Dips
select varieties
12 oz.
2/4.00



Oscar Mayer
Natural Lunchables
select varieties
3.33 to 4.3 oz.
2.28



Land O'Frost Deli
Shaved Lunchmeat
or Canadian Bacon
select varieties
6 to 9 oz.
2/5.00



Wimmer's Wieners,
Dinner Links or Smokies
select varieties
12 to 16 oz.
3.98



Marzetti Dressing
or Veggie Dips
select varieties
12 to 20 fl. oz.
3.99



Jimmy Dean
Breakfast Sausage
select varieties
9.6 to 16 oz.
2/7.00



Wimmer's Summer Sausage
select varieties
18 oz.
5.88



Fast Fixin'
Breaded Chicken
select varieties
20 to 24 oz.
3.79



Land O'Frost
Breakfast Cuts
select varieties
7 oz.
2.99



Kemps Simply Crafted
Ice Cream or Kemp's
Ice Cream Sandwiches
select varieties
16 oz. or 4 to 12 ct.
2/6.00



Blue Bunny Ice Cream,
Novelties or Bomb
Pop Middles
select varieties
46 or 48 oz.,
6 to 10 ct.
2/7.00



Kemps Ice Cream, Frozen
Yogurt or Sherbet
select varieties
48 oz.
3/10.00



Kemps Simply
Crafted Ice Cream
select varieties
48 oz.
3.99



Kemps IttiBitz
Ice Cream
select varieties
2.9 oz.
5/5.00

pantry



Edwards
Crème Pie
select varieties
11.02 to 36 oz.
6.99



Zöet
Chocolate Bars
select varieties
3.5 oz.
2/4.00



Smucker's Ice
Cream Toppings
select varieties
7.25 to 12.25 oz.
2/4.00



Smucker's Jams,
Jellies or Preserves
select varieties
18 or 32 oz.
2/5.00



Planters
Breakfast Blends
select varieties
5 oz.
3.49



Frito-Lay Off The
Eaten Path Snacks
select varieties
4.5 to 6.25 oz.
3.29



Easy Cheese
select varieties
8 oz.
3.98



Pringles Mega Stack
select varieties
6.8 to 7.2 oz.
2/4.00



Stacy's Pita Chips
select varieties
18 oz.
5.99



Planters
NUT•rition
select varieties
5 or 5.5 oz.
2.99



Heinz Ketchup, Mustard
or BBQ Sauce
select varieties
19.8 to 21.4 oz.
2/4.00



Heinz Mashup Sauces
select varieties
16.6 to 20.2 oz.
2/7.00



Frito-Lay Multipacks
select varieties
8 to 12 ct.
3.99



Planters
Pop & Pour
select varieties
6.5 oz.
3.99



Frito-Lay Munchies
Sandwich Crackers
select varieties
8 ct.
2/4.00



Lighthouse Dressings or
Instantly Fresh Herbs
select varieties
6.76 to 13 fl. oz.
3.99



Kraft Vinaigrette
select varieties
14 oz.
1.87



Folgers Simply
Gourmet Coffee
select varieties
10 oz.
5.99



Folgers K-Cups
select varieties
32 ct.
14.99



Dunkin' Donuts K-Cups
select varieties
32 ct.
19.99

beverages



Stök Cold Brew
select varieties
48 or 64 fl. oz.
4.99



Tropicana Premium
Drinks or Pure
Leaf Tea
select varieties
52 or 59 fl. oz.
2/5.00



7UP
2 l.
4/4.00
with purchase of 4



Pepsi
2 l.
3/4.00



Pepsi
6 pk. bottles 16.9 fl. oz.
4/12.00
with purchase of 4

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 - Qualified interpreters
 - Information written in other languages upon request

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Powerade Powder Water select varieties 6 pk. 16.9 fl. oz. **2.99**



Propel select varieties 6 pk. **2/7.00**



Gatorade Juiced select varieties 6 pk. **2/6.00**

other



Core Organics, Xyience, Core, Evian, HyDrive or Neuro select varieties 14.5 to 33.8 fl. oz. **3/5.00**



Gillette or Venus Disposable select varieties 2 or 3 ct. **6.99**



Clean & Clear select varieties 1 to 8 fl. oz. or 50 ct. **4.97**



Neutrogena Bright Boost or Hydro Boost select varieties .3 to 16 oz. or 1 to 25 ct. **Buy 1, Get 1 50% off**



Adult Motrin select varieties 24 to 100 ct. **Buy 1, Get 1 25% off**



Listerine Premium Mouthwash select varieties 1 or 1.5 l. **6.67**



Rid-X Septic Treatment Powder select varieties 9.8 oz. **5.99**



Resolve Spray 'N Wash select varieties 16 or 22 fl. oz. **2.99**



Benadryl select varieties 1 to 8 oz. or 20 to 100 ct. **Buy 1, Get 1 25% off**



Woolite Laundry, Finish Automatic Dishwasher Detergent, AirWick or Jet Dry Rinse select varieties 1 or 5 ct., 23 to 50 oz., 37 to 62 ct. **9.99**



Finish Automatic Dishwasher Detergent, Finish Jet Dry Rinse or AirWick select varieties 2 ct. - .67 oz., 5.89 to 8.45 oz., 15 to 19 ct. or 75 oz. **4.99**



Resolve Carpet Cleaner select varieties 22 oz. **4.99**

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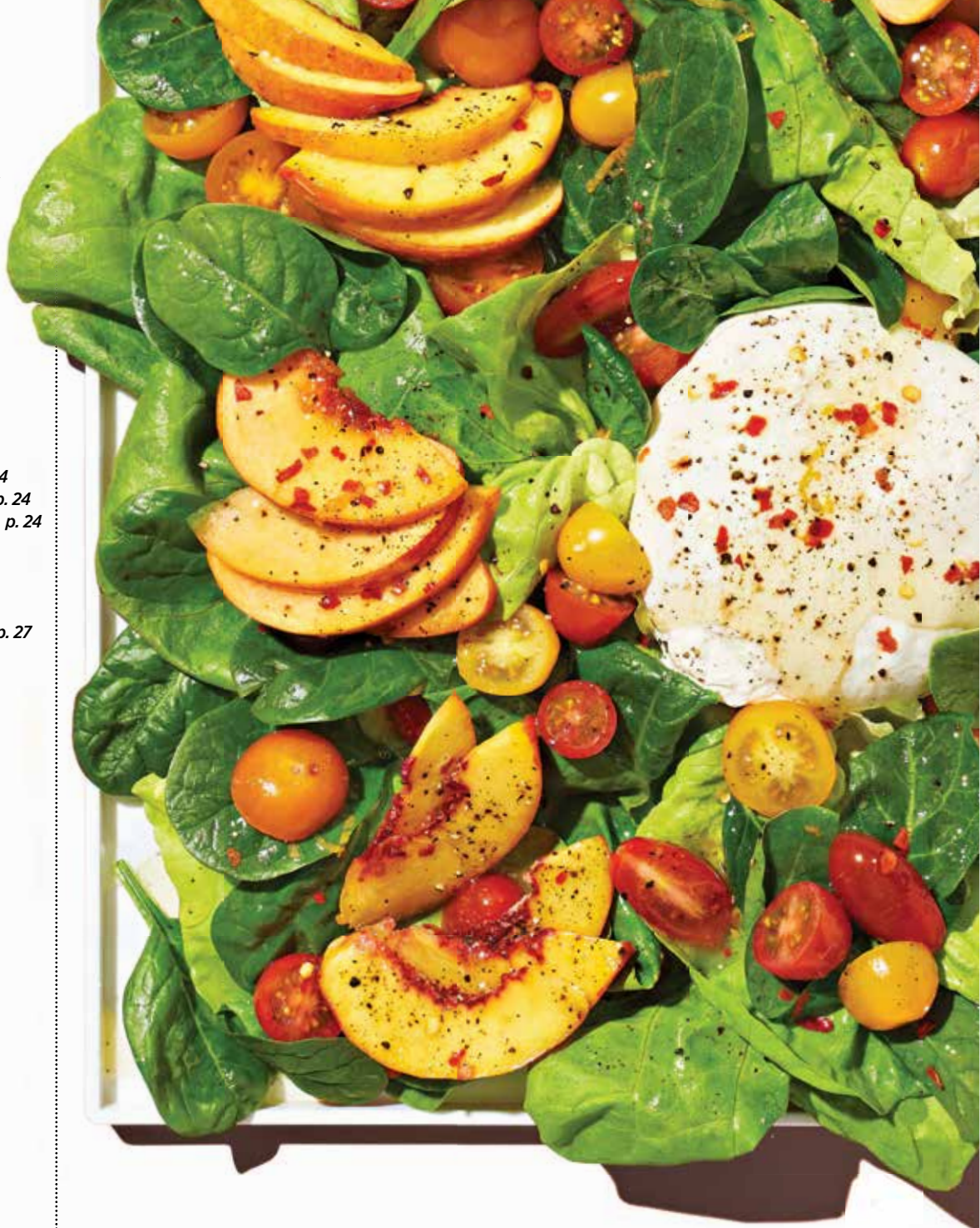
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30
minutes
or less
**30 MINUTES
OR LESS**

20
minutes
or less
**20 MINUTES
OR LESS**

10
minutes
or less
**10 MINUTES
OR LESS**

GF
option
**GLUTEN
FREE**

V
option
**VEGETARIAN
DISH**

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