CHILL OUT
JULY 2020

food

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

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!
YOU CAN USE SOME YUM. RIGHT NOW.

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.

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...
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.

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

**NEW AT HY-VEE!**

**DAIRY**

* Hy-Vee Tumblerz

**MEAT**

* Shaved Meats

**PRODUCE**

* Stemilt Red Cherries

**DAIRY**

* Carolina Reaper Spicy Cheese

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.

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

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.

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.

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.

**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. 2/2020
SPLASH AWAY HAPPILY THIS SUMMER. HY-VEE HAS EVERYTHING NEEDED, FROM A SIMPLE WADING POOL TO ACCESSORIES MADE FOR PLAY OR RELAXATION.

**POOL ESSENTIALS**

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

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

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

**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.

**WATER BOMB SLINGSHOT**
Put some zing in your next sling with a slingshot loaded with soft sponge balls.

**BIG JOE ZOODLES**
Bouyant, mesh-fabric pool floats squirt water through the mouth.

**SEA BUDDY ARM BANDS**
Help kids learn to swim with vinyl arm bands designed for ages 3 to 6.

**INFLATABLE GIANT TIRE TUBE**
You won’t tire of floating in the pool with this Intex 36-in.-diameter black vinyl floating tube.

**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.

**SUN PROTECTORS**
The water’s reflection amplifies glare. Safeguard skin and eyes with these products from Hy-Vee.

**PLAYBALLS**
Hedstrom vinyl playballs are smooth and bouncy, offering fun in the pool or out.

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

**WATER GUN**
With its larger reservoir, this sport gun has plenty of ammo for the next pool fight.

**INFLATABLE GIANT TIRE TUBE**
You won’t tire of floating in the pool with this Intex 36-in.-diameter black vinyl floating tube.
Celebrate summer with whiskey marinades, ice-cold cocktails and frozen desserts.

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68 DO-IT-YOURSELF BABY FOOD
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, developing 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.

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
3 tsp. rye whiskey, such as Sazerac or Templeton rye; divided
1 tsp. coarse-ground Hy-Vee pepper supreme
½ tsp. kosher salt
½ 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

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.

HOW IT WORKS IN RECIPES

WHISKEY WHISKEY WHISKEY WHISKEY WHISKEY

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 ribeye or ribeye. Bourbon, rye and Scotch whiskies 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.

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
¾ cup packed Hy-Vee light brown sugar
3 Tbsp. fresh lemon juice
2 Tbsp. Hy-Vee Worcestershire sauce
1 Tbsp. Hy-Vee low-sodium soy sauce
¼ 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 (calories, % Daily Values):
340, 6 g total 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: 0% Vitamin D, 4% Calcium, 10% Iron, 10% Potassium
1½ tsp. kosher salt ½ tsp. chipotle powder

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 fi ber, 20 g sugar (0 g added sugar), 38 g protein.

Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 15%

**Bourbon Peach & Chicken Grill**

<table>
<thead>
<tr>
<th>Bourbon</th>
<th>Peach</th>
<th>Chicken</th>
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<tbody>
<tr>
<td>Suntory Whisky Toki, a blend of malt and grain whiskeys, has refreshing citrus and spicy notes that harmonize with grilled fish and fruit.</td>
<td>Finaglen’s Irish Whiskey, a versatile everyday whiskey, has green apple and tropical fruit flavor with slight peppery finish. It goes down smoothly.</td>
<td>Pendleton, a whiskey aged in oak barrels, has already grilled cinnamon-sugar and fall fruit and honey flavor notes with hints of spice. It has a smooth finish.</td>
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Maple-Scotch Salmon

**Hands On** 30 minutes  
**Total Time** 50 minutes  
**Serves** 4

- 1 (15 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 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%.

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Whisky-Glazed Halibut Kabobs

**Hands On** 20 minutes  
**Total Time** 32 minutes  
**Serves** 4

- ½ cup Hy-Vee sesame teriyaki sauce  
- 2 Tbsp. Japanese whisky, such as Suntory Whisky Toki  
- 1 lb. skinless fresh halibut fillets, ½ to ¾ 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%.
Bourbon-Brined Pork Chops

Hands On 10 minutes   Total Time 40 minutes   Serves 4

1 cup plus 1 Tbsp. Hy-Vee refrigerated cold-pressed apple cider, divided
2 Tbsp. Morton kosher salt
1 large clove garlic, peeled and quartered
1 fresh bay leaf
2 large cloves garlic, peeled and quartered
1½ tsp. black peppercorns
6 Tbsp. packed Hy-Vee dark brown sugar, divided
2 tsp. paprika

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 to 40°F. Place chops in a large renewable 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 raised grate over the direct heat. Coarsely chop fresh basil and/or thyme, for garnish.
3. REMOVE chops from brine; pat dry. One minute before cooking, pour 1 Tbsp. apple cider, divided, over chops. Grill chops 10 to 15 minutes or until done (145°F); turn after 6 minutes and discard brine. Garnish with basil and/or thyme, if desired. Per serving: 10 g fat, 38 g protein, 4 g carbohydrate, 120 mg sodium, 0 g added sugar, 0% Daily Values: Vitamin D 0%, Calcium 0%, Iron 10%, Potassium 2%.

4. TO SERVE, serve chops on a bed of grits or fresh green beans. Garnish with chopped fresh basil and/or thyme, if desired.
CHILL OUT WITH HOMEMADE INSTAGRAM-WORTHY FROZEN TREATS, INCLUDING ROLLED ICE CREAM, WAFFLE TACOS AND MORE.

BEAT-THE-HEAT TREATS

Baked Alaska Style Easily Toast the Meringue Using a Kitchen Torch.

ICY POPS

VIBRANT FRUIT FLAVOR

BLEND AND FREEZE

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
1 (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-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, rearrange 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 2%, Potassium 2%.

Strawberry-Raspberry Pops

Combine 2 cups Hy-Vee frozen unsweetened sliced strawberries, 1 cup Hy-Vee frozen raspberries, ½ cup Full Circle coconut water and 2 Tbsp. 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.

Pineapple-Orange Pops

Combine 3 cups Hy-Vee frozen pineapple chunks, ½ cup 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.

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
1 (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-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, rearrange 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 2%, Potassium 2%.
**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 Hy-Vee We All Scream! strawberry cream ice cream into center of each waffle shell. Sprinkle with Fruity Pebbles cereal. 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! vanilla 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 seconds or until soft. Gently fold each waffle in half; cool until set. Place 3 (1-Tbsp.) scoops Hy-Vee We All Scream! vanilla ice cream into center of each waffle shell. Sprinkle with Pocky cookies. Serve immediately. Serves 4.

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**Ice Cream Waffle Tacos**

Breakfast for Dessert!

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

**Frozen Fusion**

Watch and learn at HSTV.com today!
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-/multiply.tab9-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 while in ½ 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 ½ cups thawed Hy-Vee frozen strawberry slices. Cover and 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, left; whisk in ½ 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).

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 creme de menthe thins and mint M&Ms. Serves 4 (4 rolls each).

Tropical
Prepare vanilla rolled ice cream as directed, opposite, except combine ingredients in blender with ½ 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
Prepare 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).

Milk and Cereal
Prepare vanilla rolled ice cream as directed, opposite, except combine ingredients in blender with ½ cups thawed Hy-Vee frozen whipped topping, chopped Hy-Vee Bakery frozen whipped topping, Hy-Vee Dine-In Sophs Fruit & Nut-O’s cereal and Hy-Vee vanilla wafers. Serves 4 (4 rolls each).

Strawberry Cheesecake
Prepare vanilla rolled ice cream as directed, opposite, except combine ingredients in blender with ½ cups thawed Hy-Vee frozen whipped topping, chopped Hy-Vee Bakery frozen strawberries, and Hy-Vee honey graham, if desired. Serves 4 (4 rolls each).

ROLLING TIPS
- Use a rolling pin 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.

CHOCOLATE INFUSION
- Whisk together 2 cups heavy whipping cream, 1 (14-oz.) can sweetened condensed milk and 1 tsp. vanilla extract in a medium bowl.

DIVIDING THE MIXTURE
- Divide cream mixture between 2 (15-/multiply.tab9-in.) rimmed baking pans; spread evenly. Freeze 4 hours or until set.

ROLLING THE ICE CREAM
- 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.
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.

**TYPES OF CUTS**
- **Slice:** Remove outer paper layer and slice into rounds.
- **Chop:** Small, uniform pieces, ½ to ¾ in.
- **Dice:** Small, uniform cubes, ¼ to ⅛ in.
- **Mince:** ⅛-in. pieces or smaller.

**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.
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.

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 buttersweet 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.

Hy-Vee Produce Departments are a fruit utopia this time of year, as growers supply their ripe and juicy best of the bunch. Berries, cantaloupes, 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.
**HY-VEE STANDARDS FOR FRESH FRUIT**

**APRICOTS:** Fragrant fruits that give slightly to palm pressure. Store in a paper bag, room temp. 2–3 days (ripe), 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 keg-shaped, smooth netting; sweet, slightly musky 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 (ripe).

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

**KIWI:** Unblemished fruit that gives slight pressure. Store ripe fruit in refrigerator up to 1 week.

**MANGOS:** 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, slightly sour. 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 5 days.

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

**CANTALOUPE:** 1–2 days (unripe), fridge to room temp, 2–3 days (ripe); room temp in paper bag, room temp, 2–3 days (unripe); fridge 5–7 days. Store in proof container in refrigerator 2–4 weeks.

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.

*Additional for serving:

**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 Thyme. Bake for 9 to 10 minutes or until cheese begins to brown. Cool on a wire rack.

**2. HERBED BERRY FLATBREAD PIZZAS:**

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

- ⅓ cup Hy-Vee orange marmalade
- 1 Tbsp. chopped fresh thyme leaves
- ½ cup grated Parmigiano-Reggiano cheese
- 1 cup Hy-Vee shredded mozzarella cheese
- ½ a 16-oz. pkg. ready-to-bake flatbread (6 pieces)

**Blackberries:** 1 cup sliced fresh blackberries
**Blueberries:** ½ cup fresh blueberries 1 cup Hy-Vee shelled mozzarella cheese
**Strawberries:** 1 cup sliced fresh strawberries
**Firm:** ½ cup Hy-Vee orange marmalade

**Calcium:** 230 mg  
**Potassium:** 990 mg  
**Vitamin D:** 22 mcg  
**Iron:** 0 mg  
**Fiber:** 4 g  
**Sugar:** 33 g  
**Carbohydrates:** 34 g  
**Sodium:** 15 mg  
**Trans Fat:** 0 g  
**Protein:** 10 g

**Daily Values:** 20%, 20%, 4%, 2%, 8%, 230, 0%, 390, 0, 390, 4.5

**The California company that Driscoll’s grows superb strawberry, blackberry and blueberry varieties. The California company has maintained its high standards throughout the years because of its sole focus on naturally grown only the finest berries.**

**SEASONS | hy-vee.com**
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, 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, 13 g carbohydrates, 6.3 g protein, 330 mg sodium, 13 g total sugars, 2 g fiber, 2 g sugar alcohol.

Vitamin D 0%, Calcium 6%, Iron 0%, Potassium 15% 

Cherry Relish
Pork Tenderloin
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
¾ 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
⅓ 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, 6 g carbohydrates, 3 g dietary fiber, 6 g protein.

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.
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.

**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.

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

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

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

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SEASONS | July 2020

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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, 6 oz. Botto 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 (6 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).

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).

Grapefruit Slush

Combine 11 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 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).

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 and freeze at least 4 hours. Let stand at room temperature 10 minutes before serving. For each serving, spoon about ½ cup slush into an 8-oz. cocktail glass. Decorate 1 Tbsp. grenadine along edge of slush in glass. Let stand 5 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.

Try this

For a boost of vitamin K, substitute pomegranate juice for the grenadine.
Pack a specially marked Frito Lay variety pack and Frito Lay will make a charitable donation to our partner. #PackedWithKindness

Cool Treats

Whip up this simple ice cream sandwich cake

Prep Time: 15 Minutes • Bake Time: 7 to 10 Minutes • Makes 12 Sandwiches

Ingredients:
- 16 oz container of ice cream
- 8 chocolate sandwich cookies
- 1 cup hot fudge

DOUGH SHEET:
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup (1 stick) unsalted butter, softened
- 1/2 cup granulated sugar
- 1 large egg
- 1 large egg yolk
- 1 1/2 teaspoons vanilla extract

1. Preheat oven to 350°F (175°C). Line a 9x13-inch baking dish with parchment paper. Set aside.
2. In the bowl of a stand mixer fitted with the paddle attachment, combine flour, baking powder, and salt. Add butter and sugar and beat until the mixture resembles coarse meal, about 3 minutes. Add egg and egg yolk, then vanilla, and beat until combined. Turn the mixture into the prepared pan and spread into an even layer. Bake until a toothpick inserted into the center comes out clean, about 25 minutes. Cool completely in the pan on a wire rack.
3. Spread ice cream on half of the sheet, top with chocolate sandwich cookies, spread hot fudge on the other half of the sheet, and top with remaining cookies. Cover with a sheet of plastic wrap and press down gently. Put the pan in the freezer for 3 hours, or until firm. Cut into 12 squares. Serve immediately.
**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**

**S’MORES PANCAKES**

For chocolate chip pancakes, combine 1/3 cup Hy-Vee complete pancake & waffle mix, 1/2 cup water and 1/4 cup Hy-Vee semisweet chocolate chips. For dark chocolate pancakes, combine 1/4 cup Hy-Vee complete pancake & waffle mix and 2 Tbsp. Hy-Vee baking cocoa. Stir in 1 1/2 Tbsp. water and 1/4 cup Hy-Vee creamy white vanilla baking chips. Cook each pancake batch according to package directions, using 1/3 cup batter for each pancake. Alternately layer chocolate chip and dark chocolate pancakes; spoon 1 Tbsp. hot fudge sauce and 1 Tbsp. toasted coconut chips between pancakes. Top with 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.

**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.

**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. Top with frosted brownie half. Repeat layers and top with frosted brownie half. 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 2 fresh raspberries; top with a kitchen torch. Top with 1 oz. Zöet Cherry Dark Chocolate bar between 2 Hy-Vee Bakery white chocolate macadamia nut cookies. Repeat layers and top with frosted brownie half; reserve remaining unfrosted brownie half for another use. Serves 1.

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

Watch and learn at HSTV.com today!
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.

PACK THESE ITEMS IN LUNCH BOXES THE NIGHT BEFORE SO THEY’RE READY TO GO IN THE MORNING.

**BEYOND THE BROWN BAG**

**LUNCH BOX IDEAS LIST**

**PROTEIN**

- 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
- Baked cheese crisps
- Black beans
- Hammu
- Peanut butter

**GRAINS**

- 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
- Multi-grain chips
- Whole grain waffles

**DAIRY**

- Cottage cheese
- Cheese sticks/sticks/slices
- Nuts (1-oz. bottle)
- Greek or regular yogurt
- Kefir
- Baked cheese crisps
- Snacking cheese (Laughing Cow or Babybel brands)
- Frozen smoothies

**FRUITS & VEGETABLES**

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

**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 vegetable 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
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**
- White bread
- Hy-Vee raspberry preserves
- Shredded lettuce
- Sliced tomatoes
- Sliced avocado
- Sliced turkey
- Sliced cheddar cheese

**PIZZA PITAS**
- Whole wheat bread
- Hy-Vee pepperoni slices
- Fresh mozzarella cheese slices
- Shredded Hy-Vee rotisserie chicken
- Chopped green bell pepper
- Hy-Vee pizza sauce

**HAM, APPLE & CHEDDAR**
- Whole wheat bread
- Fig spread or Hy-Vee apple jelly
- Apple slices
- Hy-Vee Deli sliced ham
- Hy-Vee Cheddar cheese slices

**SOY BUTTER & BANANA**
- Hy-Vee Bakery English muffin bread
- Soy butter
- Banana slices
- Hy-Vee strawberry jam
- Hy-Vee granola

**BEF-FRITO**
- Marbled rye bread
- Hy-Vee honey-Dijon mustard
- Hy-Vee dill pickle slices
- Hy-Vee Deli roast beef slices
- Hy-Vee provolone cheese slices

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

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

**CALL IT SALAD ON BREAD**
Even without meat, kids get adequate protein, carbs and vitamins from veggies all in the place.

**VARY THE BREAD**
Finish breads a fun share and easy for kids to handle. Your Hy-Vee bakery carries a variety of nutritious multigrain breads that boost nutrition.

**THROW IN A SURPRISE**
Fresh apple slices tucked between layers add pleasing crunch to a standard ham and cheese sandwich.

**BEHRIMY ALL PIB&J LOVERS**
Soy butter and sunflower nut butters are nutritious options, especially for kids with peanut allergies.

**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.

**SPREAD SOME HUMMUS**
A lower-fat chickpea spread that contains protein and fiber.

**CHANGE UP THE CHEESE**
Creamy and buttery Havarti is a welcome change from the usual Swiss or Cheddar.
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**
ZAK! DESIGNS KIONA WATER BOTTLE
Push-button action and locking lid; carrying loop.

**E**
ZAK! SUMMER AVOCADO LUNCH BOTTLE
Wet or reusable water bottle with fun artwork.

**F**
ECO ONE BENTO LUNCH CONTAINER
Available in Spiderman or Disney Frozen designs.

**G**
ZAK! SUMMER RIVERSIDE BOTTLE
16-oz. reusable water bottle with fun artwork.

**H**
ZAK! BENTO BOX LUNCH CONTAINER
Available in Spiderman or Disney Frozen designs.

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#### 5 tips FOR SAFE PACKING

1. **CHILL THE PEROISHABLE FOOD.**
   - Pack whole fresh 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, chill 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.

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#### 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.

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#### 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**
**KITCHEN STAPLES**

**Overview**

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.

**Food Chart**

### Oils, Vinegars & Condiments
- 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.

### Oils, Vinegars & Condiments
- CHAMPIONS
  - HOT SAUCE
  - KETCHUP
  - MUSTARD
  - PESTO
  - SALSA

### Canned Goods
- Canned Goods
  - CHAMPIONS
  - BEEF BROTH OR STOCK
  - BUTTERMILK
  - CARROTS
  - CUCUMBER
  - DACKEY
  - MACARONI & CHEESE
  - TUNA

### Baking Products
- Baking Products
  - BAKING POWDER
  - BAKING SODA
  - BISCUIT MIX
  - COCONUT FLAKES
  - CORNMEAL
  - FLOUR

### Storage Produce
- Seasonings
  - BLACK PEPPER
  - CAYENNE PEPPER
  - CHILI POWDER
  - CUMIN
  - GINGER
  - GARLIC POWDER
  - OREGANO
  - PECORINO
  - PINEAPPLE

### Refrigerator Staples
- Refrigerator Staples
  - 2% REDUCED-FAT MILK
  - CHEESE
  - EGGS
  - FRESH FRUITS
  - FRUIT JUICE CONCENTRATE

### Freezer Staples
- Freezer Staples
  - FISH & SHRIMP
  - BEEF BEEF ROLLS
  - MEATBALLS
  - PASTA
  - PORTOBELLO MUSHROOMS

### IN A PINCH
- 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.

### Best Oils & Vinegars
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  - Choose olive oil for sautéing and canola or vegetable oil for deep-fat frying.

### Storing Flour
- 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.

### Top Tomatoes
- 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 soups.

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ON-DEMAND COOKING

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

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, below
- 8 oz. sliced Hy-Vee Deli roasted turkey
- 1 medium tomato, cut into slices
- 2 small red onions, 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 half-foot-long buns
- 4 sandwich picks
- Hy-Vee Dill Pickle spears, apple slices or grapes, for serving

1. PREHEAT broiler on high. Place a wire rack on a rimmed baking pan. Add bread slices. Prepare desired mayonnaise.
2. BROIL bread 4 in. from heat for 1 to 2 minutes per side or until toasted.
3. 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.
4. 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.

Per serving: 500 calories, 31 g fat, 8 g saturated fat, 0 g trans fat, 80 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%
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
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, 3 g fiber, 7 g sugar (1 g added sugar)
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
- ¼ 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%.

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.

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
- 1 (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. Season to taste with salt and pepper.

3. 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%.

SWAP OUT TACO-SEASONED BEEF CRUMBLES FOR FULLY COOKED TURKEY SAUSAGE CRUMBLES OR CHOPPED HAM.
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 WHOLESLME 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-fruit purees of avocado, bananas, pears, potatoes, carrots, green beans or rice.

6-8 MONTHS
Add puréed 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 purées 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—of new foods at a time. Start with puréed or pureed soft-cooked vegetables or pasta. Try endearing self-feeding skills. Babies who can use their teeth and are hard enough for them to chew foods by 6 months begin to eat solid food from the front of their mouths to the back for swallowing.

FEEDING TIPS
Smile and encourage your baby to eat from a spoon or with fingers. Offer water from a sippy 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.

Sources:
infantandtoddlerforum.org/babies-the-first-year/ten-steps-for-feeding-babies-0-12-months/
mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/healthy-baby/art-20046200
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.

**FAST FREEZER PUREES**

- **CARROTS**
  - 3 medium carrots, scrubbed and cubed
  - 1 ¼ cups water
  - Steam carrots 8–12 minutes. Blend with the water. Makes 1 ¼ cups.

- **HONEYDEW MELON**
  - 12 oz. Hy-Vee Short Cuts honeydew melon, cut up
  - Blend. Makes 1 ¾ 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
  - ⅔ cup water
  - Steam 5–8 minutes. Blend with the water. Makes 1 ¼ cups.

- **RASPBERRIES**
  - 2 cups raspberries
  - 1½ Tbsp. water
  - Blend with the 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 1 ¼ cups.

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

**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 a rash, vomiting or a sneeze.

—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.

- **MUNCHKIN SNACK CATCHER**
  - Spillproof toddler snack container holds up to 9 oz. of snacks. Easy-to-grasp handles and no-slip rubber bottom.
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
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87 ONE-HOUR SPEED CLEAN
88 BACK-TO-SCHOOL HAIR HELP
92 HY-VEE IN HAND
We have one planet. So make a big difference with small changes to your life.

**GREEN LIGHT**

**TO A CONSIDER ORGANIC PRODUCE**

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

**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.

**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.

**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.

**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.

Sources (this page and opposite): arborday.org/trees/climatechange/summershade.cfm


green.harvard.edu/tools-resources/poster/top-5-steps-reduce-your-energy-consumption


blog.epa.gov/2014/04/30/earth-month-tip-wash-your-clothes-in-cold-water/
EVERYDAY GREEN cleaners

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.

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.

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

EVERYDAY GREEN benefits

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’re 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.

4 benefits
OF REUSABLE FOOD STORAGE

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.

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.

REUSABLE FOOD STORAGE

1 FRESHNESS
2 CONVENIENCE
3 EFFICIENCY
4 ECOLOGICAL

Benefits

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

1 COOL BEFORE USE
Fill a jug with tap water and place it in the fridge so it’s cool 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
Baking veggie or pasta? Let the water in the pan cool and use it for water indoor or outdoor plants. When rinsing produce, collect excess water through a colander and use it to water the garden.

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.
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.

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

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

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

7. USE BIN SYSTEMS
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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.

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.
3M COMMAND HOOKS
Forge nails and screws. Hang backpacks, jackets, wreaths, display cases, clipboards and more on a Command hook.

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

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

FOOD-STORAGE TOY & PET BINS
Oxo Pop food-storage sets, with varied-size containers, are useful to house supplies for pets and kids.

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.
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
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.

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.

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!
ONE-HOUR SPEED CLEAN

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

life chart

Pre-rinsing Wastes Up to 20 GALLONS OF WATER

SKIP THE RINSE

with Finish® Quantum® for Dishes So Clean They Shine

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.

START HERE

1. Focus. Turn off the TV and set devices aside to eliminate distractions while you work.

2. Prep. Try to allot just 10 minutes for each segment. There will be some give-and-take.

3. Time yourself. Try to allot just 10 minutes for each segment. There will be some give-and-take.

KEYS FOR SUCCESS

START HERE

1. Pre-rinse dishes. Fill a sink with hot water and soap. Swish it around to loosen food and debris.

2. Pick up & declutter. As you move from room to room, put items in their proper places. Create a system to sort and file loose papers, such as mail, schoolwork, magazines and newspapers.

3. Vacuum/sweep/fragrance. Set out fresh towels, washcloths and bath mats.

Cleaning the kitchen:

- Scrub the sink and wipe the faucet. Run a little dishwashing liquid and hot water through the garbage disposal.
- Wipe kitchen appliances and cabinet fronts.
- Clean stovetop. Wipe countertops. Hang a fresh kitchen towel.

Cleaning bathrooms:

- Sanitize countertops and other surfaces with disinfectant wipes or spray.
- Vacuum or sweep floors.
- Shake out bathroom rugs, then sweep floors.
- Set out fresh towels, washcloths and bath mats.

Cleaning windows:

- Clean window interiors, mirrors and glass furniture tops in every room.
- Wipe windowsills. Knock down cobwebs at ceiling corners and tops of doors. Dust furniture and decorative items in all rooms.

Cleaning other areas:

- Don’t forget to unload the dishwasher. Finally, give dishes a second with Finish® Quantum® for sparkle and shine.
- Simply Done Multi-Surface Cleaner works on countertops, sinks, walls, glazed tile and appliance exteriors.

Tips:

- Simply Done Foaming Bathroom Cleaner disinfects tile, grout, fiberglass showers, garbage cans and diaper pails.
- A Sterilite 3-Drawer Organizer holds notebooks, papers, pencils, pens and more.
- Load and run the dishwasher; dishes will be clean and ready to put away when the hour’s up.

A Sterilite 3-Drawer Organizer holds notebooks, papers, pencils, pens and more.

Simply Done Multi-Surface Cleaner works on countertops, sinks, walls, glazed tile and appliance exteriors.

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3-DRAWER ORGANIZER

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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.

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 shampoo. It’s Time to Shine gel-based hair glitter adds sparkle. Fairy Tales Curly-Q Styling Spray Gel strengthens and defines curls and waves. Göt2b Spiked-Up Styling Gel holds those spiky, stiff or sleek styles in place throughout the day.

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 Tangies makes tiddler’s and kid’s hair easier to comb and style.

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.

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

PHOTOS: PROSTOCK-STUDIO/Shutterstock (opposite); Mark Nazh/Shutterstock (top, right); Amelia Fox/Shutterstock (middle, right); Dmitry Lobanov/Shutterstock (bottom, right)
SUPER STYLIN’ LOOKS FOR ALL AGES

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

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

3. LOOSEN the hair slight in each section of hair to make them fuller.

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

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

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

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

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

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

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

BRAIDED BUNS

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

HALFBACK

TOOLS: Feather by Conair Tourmaline Ceramic Curling Iron, Scunci clear elastic bands, got2b glued Blasting Freeze Spray

SIDE PONY

TOOLS: got2b High Hold hair spray, Conair comb, Scunci medium no-damage elastic bands

CURL-FRIENDLY PRODUCTS

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.

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

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 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

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

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.

FOODS: Chia seeds, flaxseeds, salmon, walnuts
What you need: 1.4–1.6 grams/day

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.

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

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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

THE AMOUNT OF CELLS PER INCH OF SKIN.
97
98
SEASONS | Hy-vee.com
SEASONS | Hy-vee.com
19
MILLION

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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!

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. While in 1 1/2 cups fresh orange juice, 1/2 cup fresh lime juice and 3 Tbsp. agave nectar. Cover and chill 1 hour. 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.

Berry Salsa and Chicken Lettuce Cups
Hands On 20 minutes
Total Time 30 minutes
Serves 4

2 Tbsp. agave nectar
Hy-Vee salt and black pepper, to taste
1 1/2 tsp. Hy-Vee True boneless, skinless chicken breast
1/2 tsp. Gustare Vita olive oil
1 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, jalapeños, 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. Garnish 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.
MAKE MEAT JEALOUS.

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.
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

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.”

The path to family fitness starts with Hy-Vee KidsFit from exercise tutorials to nutritious recipes, Hy-Vee KidsFit has something for everyone!

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-vee-kidsfit.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.

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.
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 the starting position. Partners 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.

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.

**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

**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
- Hops, Scat
- 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 KidFit is a great resource, especially the equipment-free workouts that allow families to follow along with the KidFit team.

—Daira Driftmier
Certified Personal Trainer and Director of Hy-Vee
KidFit and Hy-Vee Fitness

**Source:** https://www.health.state.mn.us/communities/ship/reports/docs/schoolsreport.pdf
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.

**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**

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

While avoiding touching the eyes, nose or mouth, according to the Environmental Protection Agency, a detergent or alcohol-based solution is effective against COVID-19 on most non-porous surfaces.

**In the News**

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"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 healthy foods; but vitamins and supplements can fill gaps. Key immune boosters include vitamins A, C, B6, B12 (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 probiotics. Probiotics 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 ANTIVIRAL MEDICATIONS FROM ANGIE NELESON, PHARMACY OPERATIONS VICE PRESIDENT OF PHARMACY OPERATIONS—ANGIE NELSON, PHARMACIST**

“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 acute illness.”

**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, lemons, limes, grapefruit and tangelos.

**GARLIC**

Garlic contains allicin, 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 inhibit the growth of bacteria, fungi and yeast. Ginger can also slip greens into soups and stews, stir-fries or in foods such as asparagus, bananas, oatmeal, red wine, honey and legumes.

**HONEY**

Since ancient times, honey has served as a natural sweetener for foods that can also slip greens into soups and stews, stir-fries or in foods such as asparagus, bananas, oatmeal, red wine, honey and legumes. Honey can be used to inhibit the growth of bacteria, fungi and yeast. Honey can also be used to treat wounds, infections and burns. Honey is also known to boost the immune system.

**LEAFY GREENS**

Kale, spinach and other dark leafy greens are full of vitamins A, C, E and K. Add in broccoli and you have many of the B vitamins too.

**PAPAYA**

Papayas contain papain, which breaks down protein. Papain has been linked to helping the immune system. Studies suggest the carotenoids found in vegetables can enhance immune function.

**PEPPERS**

Peppers packed with antioxidants, like vitamin C, red bell peppers contain the highest concentration of the powerful disease-fighting vitamin. Studies suggest the capsaicin found in hot peppers can enhance immune function.

**PINEAPPLE**

A good source of vitamins C and E, pineapple is known for its health-promoting properties—ginger, garlic and pineapple have been linked to immunity. In one study, those who ate pineapple had a much shorter period of infection than those who didn’t eat pineapple.

**PLAIN YOGURT**

Boats probiotics and supports the 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 wound healing and function in the immune system.

**PRO TIP: LEAF IT BE**

Dark leafy greens, such as spinach and kale, are an important component of healthy eating. And they’re so easy to incorporate into everyday meals. Seeks are a given, especially if you stick to the healthy vegetables, toppers and ingredients to avoid mononutrients. You can also slip greens into soups and stews, stir-fries or in foods such as asparagus, bananas, oatmeal, red wine, honey and legumes. That way you get nutrition and fiber without a lot of effort.”

—Stacey Loftus, RD, LD Corporate Dietitian—Stacey Loftus, RD, LD

**PRACTICE GOOD HYGIENE**

**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.
Elisa Sless, RD, LD  
Vice President,  
HealthMarket

Q: What are the best snacks for kids?
A: Any foods or combination of foods that provide an assortment of healthful nutrients. Protein, carbohydrates, healthy fats, vitamins, and minerals are all vital for growth and development. Some foods are higher in certain nutrients than others, so it’s important that kids eat a varied diet throughout the day. Most importantly, an after-school snack is something that kids should enjoy and look forward to! Never force them to eat something they don’t enjoy.

Q: Does nutrition play a role in academic performance?
A: There’s a clear connection between nutrition and academic performance. According to the Centers for Disease Control and Prevention, students whose diets lack fruits, vegetables and dairy products tend to have lower grades. And specific nutrient deficits in vitamins A, B6, B12 and C, and folate, iron, 25(OH)D, and calcium are associated with lower grades and high rates of absentmindedness 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 sticks, 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.
9 healthy snacks

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

- **HOMEMADE TRAIL MIX**: ROASTED PECANS, ALMONDS, PEANUTS, CASHEWS, PEPITAS, DARK CHOCOLATE CHIPS, AND DRIED CRANBERRIES
- **HY-VEE PRETZELS WITH MOZZARELLA, COTTON, AND ALMOND HY-VEE CHEESE STICKS**
- **HY-VEE SHORT CUTS CELERY WITH ALMOND BUTTER, RAISINS AND CHIA SEEDS**
- **HY-VEE PLAIN GREEK YOGURT WITH HY-VEE SHORT CUTS TRIPLE BERRY MEDLEY**
- **HY-VEE CHOCOLATE CHIP ENERGY BITES**
- **SKINNY POP POPCORN**
- **SLICED TURKEY, CHEDDAR CHEESE AND LIGHT MAYO ON SPINACH TORTILLA**
- **WHOLE GRAIN SUN DRIED TOMATO AND PARMA HAM WITH SNACK SIZE SABRA HUMMUS**

**ALMOND BUTTER** is a good source of healthy fats and protein.

**SEASONS | July 2020**
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.

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 relieves 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.

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.

Sources: heart.org/heart-topics/consumer-healthcare/medication-information/medication-adherence-taking-your-meds-as-directed
Hy-Vee shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### fridge & freezer

<table>
<thead>
<tr>
<th>Product</th>
<th>Select Varieties</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>Jimmy Dean Breakfast Sausage</td>
<td>3 to 16 oz.</td>
<td>2.79</td>
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<tr>
<td>Neutrogena</td>
<td></td>
<td></td>
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<tr>
<td>Motrin</td>
<td></td>
<td></td>
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<tr>
<td>Red Baron Pizza Melts</td>
<td>5.98 oz. to 6.34 oz.</td>
<td>2.99</td>
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<tr>
<td>Red Baron Pizza Melts</td>
<td>7 oz. to 7.68 oz.</td>
<td>2.99</td>
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<tr>
<td>Jimmy Dean Breakfast Sausage</td>
<td>3.33 oz. to 4.5 oz.</td>
<td>2.28</td>
</tr>
<tr>
<td>Land O'Frost Deli Shaved Lunchmeat or Canadian Bacon</td>
<td>6 oz. to 9 oz.</td>
<td>2.00</td>
</tr>
<tr>
<td>Jimmy Dean Breakfast Sausage</td>
<td></td>
<td>2.79</td>
</tr>
<tr>
<td>Woman's Whim Dinner Links or Smokies</td>
<td>12 to 16 oz.</td>
<td>3.99</td>
</tr>
<tr>
<td>Marzetti Dressing or Veggie Dips</td>
<td>Select Variety</td>
<td>3.99</td>
</tr>
</tbody>
</table>

**Participating products:**

- 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. **

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**Rewards must be chosen and activated by 9/30/20. Reward choices include a Pantene®NW Promo Code, Visa® Rewards Virtual Account, Visa Rewards Card and Spotify® gift Card. Limit 2 rewards per identification per household. No manual requests. Must be 18 years old or older. Cannot be transferred or redeemed for cash. Must be redeemed during original enrollment period. **Participating products: **

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