

HyVee[®]

FOOD | LIFE | HEALTH

seasons[®]



JAR CUTERIE

june

NEW!

BREAKFAST WITH A PUNCH

DELICIOUS HOMEMADE
BREAKFAST
AVAILABLE NOW
AT HY-VEE.
DINE IN AT SELECT
LOCATIONS OR ORDER
CURBSIDE PICKUP.
VIEW THE ENTIRE MENU
AND ORDER AT
HY-VEE.COM/MEALTIME



BERRY
BLISS
FRENCH
TOAST



CRANBERRY
MIMOSA

WAKE UP
WITH HEARTY
BREAKFAST
MEALS LIKE
THESE AND MORE
FROM HY-VEE.



BREAKFAST BURRITO



APPLE PIE PANCAKES



BANANA NUTELLA WAFFLES



Hy-Vee PLUS

**EXCLUSIVE
JUNE OFFERS**

for **Hy-Vee** Plus™ Premium Members

**OVER \$100 WORTH OF SAVINGS
WITH THESE OFFERS!**



**WITH ANY AISLES ONLINE
PURCHASE OF \$150 OR MORE***

Minimum \$150 purchase required. Some exclusions apply. See store for details.



FREE

**8 ct. Hy-Vee Bakery
Fresh Hot Dog Buns***

with purchase of Oscar
Mayer Beef Hot Dogs
select varieties 14 to 16 oz.



**2 FREE
Hy-Vee Pre-Packed
Salads***

(select varieties 15 or 16 oz.)
with purchase of Hickory
House Full Slab Ribs 24 oz.



**FREE
Hy-Vee Krystal
Klear Ice 8 lb.***

with purchase of Red Bull
select varieties 12 pack 8 fl. oz.



Don't have a membership? Sign up today. hy-vee.com/plus

See reverse side for MORE exclusive offers.

*Offer available only to Hy-Vee Plus members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Just swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires June 30, 2021. Void where prohibited.



BUY ONE, GET ONE
FREE
Hy-Vee Take & Bake
Flatbread Pizza*
select varieties 7.4 or 9.6 oz.



BUY ONE, GET ONE
FREE
Hy-Vee Bakery Fresh
Crispy Cookies*
select varieties 12 ct.



FREE
1 liter Hy-Vee Club
Soda or Tonic Water*
with the purchase of spirits
750 ml. or larger



\$5 OFF
2 lb. Di Lusso
Sliced Deli Meat*
select varieties
(minimum 2 lb. purchase required)

\$10 OFF

Hy-Vee Meat Bundle Packs*

*For a full list of Hy-Vee Meat Bundle Packs, visit
Hy-Vee.com/shop and select "Catering." Delivery not
available. Please provide 24-hour notice for preparation.



\$3.99
Tenderloin
Sandwich Meal*
with potato salad
or baked beans



JUNE 2021

food



- 10 GRILL TO THRILL**
These recipes showcase how you can grill almost anything.
- 20 JARCUTERIE**
Individual-size takes on popular charcuterie boards.
- 26 BASICS: HOW TO MAKE COMPOUND BUTTER**
Blend flavor into your butter to accent meals.
- 28 FRESH CROP: SUMMER FRUIT**
Tips and recipes for in-season fruit at Hy-Vee.
- 34 THE BIG CHEESE**
Eight ways to use your grill to add cheese to meals.
- 37 101: MANGOES**
Learn how to select, prep and store this tropical treat.
- 40 MATCH GAME**
Match Dad's personality to a bourbon or beer.
- 46 CREAM OF THE CROP**
Discover the local farmers behind the dairy items in your kitchen.
- 52 WAFFLE MAKER: HOT OFF THE PRESS!**
This handy appliance isn't just for making breakfast anymore.
- 56 EAT ALL WEEK WITH 20 INGREDIENTS**
Build a week of meals with 20 grocery items plus pantry staples.
- 66 SEAFOOD PACKETS**
Mess-free and easy options for cooking seafood.

life



- 72 OUTDOOR LIVING**
Everything you need to create an outdoor cooking oasis.
- 78 HY-VEE & NLBM TEAM UP**
Hy-Vee supports the Negro League Baseball Museum.
- 82 FATHER KNOWS BEST**
Customers share best parenting advice learned from their dads.
- 88 POOL TIME**
Find all your pool essentials and learn pool safety tips.
- 90 AT THE HEART OF THE MATTER**
Simple, heartfelt gestures to extend to those in need.
- 94 RED, WHITE & BLOOMS**
Create your own Fourth of July displays with help from Hy-Vee Floral.

health



- 100 READY, SET, GO**
Various physical activities get the whole family moving.
- 106 NAVIGATING FOOD ALLERGIES**
Understand the big 8 food allergies for safe and healthy eating.
- 112 FOODS THAT PROTECT YOUR SKIN**
Get an extra boost of sun protection from these foods.
- 118 DIETITIAN Q&A: MEN'S HEALTH**
Suggestions for keeping men in optimal health.
- 121 TRANSFER PRESCRIPTIONS**
How to easily switch prescriptions to your Hy-Vee Pharmacy.



DONNA TWEETEN
EXECUTIVE VICE PRESIDENT,
CHIEF OF STAFF,
CHIEF MARKETING OFFICER

As the beautiful weather entices us outdoors, the heart of the home remains the kitchen. So to fully enjoy the warmer days and nights, and to keep friends and family close, take the kitchen outside.

See amazing ideas and accessories for outdoor cooking, *page 72*, and treat guests to dishes made solely on the grill, *page 10*, that will make incredible summer memories for years to come.

June is also when we celebrate dads—find Father's Day gift ideas and gain some fatherly advice, *page 82*. And in the tradition of giving, learn a few creative ways to spread compassion to the people in your life who may need it, *page 90*. A simple gathering with food, friends and family can often be a good start.

HY-VEE SEASONS GOES DIGITAL!

Look for the **NEW Hy-Vee Seasons Digital Experience**, a free online platform for you to enjoy an enhanced, highly interactive version of *Hy-Vee Seasons Magazine*. See it for yourself at **Seasons.Hy-Vee.com**—we look forward to connecting with you!



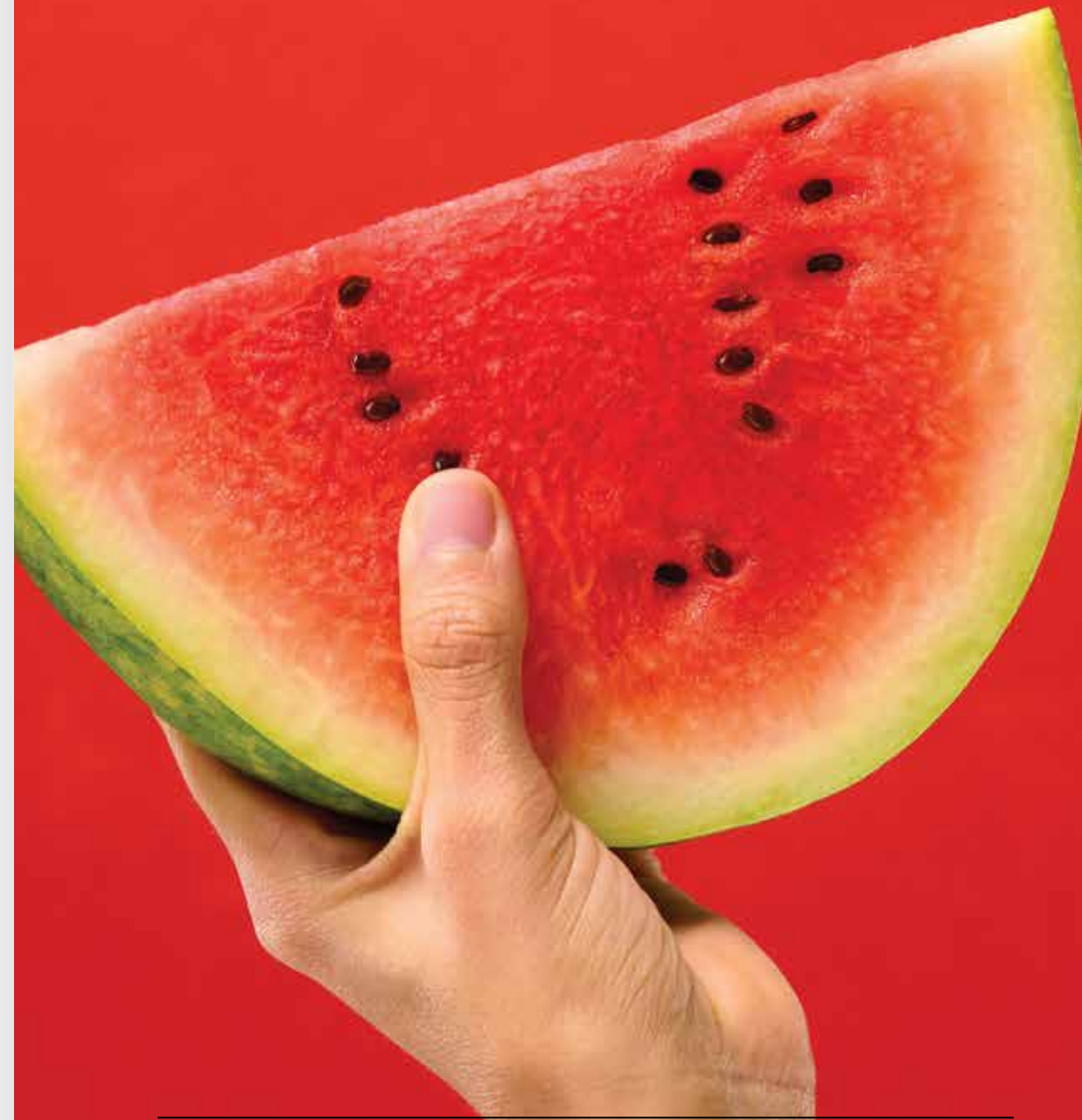
SCAN TO DOWNLOAD
OUR MOBILE APP



Hy-Vee
aisles
online

aisles

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



RIPE FOR THE PICKING

Kick off summer with sweet and fresh flavors from Hy-Vee! Watermelon is the quintessential summertime fruit, so enjoy it on a fruit kabob, cooked on the grill or eaten right off the rind in big juicy bites. Hy-Vee

carries the best selection of seasonal fruits for hot summer days spent basking in the sun. Get pineapple, cantaloupe, plums and so much more to pair with watermelon for a bright and colorful bowl of fruit salad.

now trending



PLANT-BASED ICE CREAM

Full of flavor, from nature.



BEN & JERRY'S

The famously delicious flavors you know and love are certified vegan.



HALO TOP

Great-tasting dairy-free alternative that's also low in calories.



OATLY!

Get flavors like mint chip and strawberry with this trendy oatmilk frozen dessert.



SO DELICIOUS

Luscious flavors made with coconut, cashew, almond, oat or soy milk.



brand highlight

THAT'S SMART!

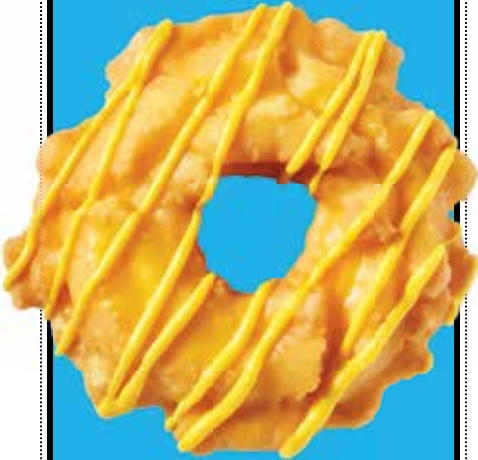
Summertime calls for sweet and melty campfire s'mores. Make them with gooey marshmallows and crispy graham crackers from That's Smart!



donut of the month

LEMON SQUEEZE OLD-FASHIONED DONUT

When life gives you lemons... make donuts! This lemon-flavor treat is light and refreshing, and pairs well with sunny weather.



NEW AT HY-VEE!

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

DELI Cello Cheese Flights



Take some of the prep work out of your charcuterie board creations (or "Jarcuterie," page 20) with a set of artisan cheeses.

HY-VEE DINING Breakfast—Now Available!



Satisfy morning cravings with new, fresh-prepared breakfast offerings like berry bliss French toast. Order from Hy-Vee Mealtime or dine in-store.

WINE & SPIRITS Goose Island 312 Lemonade Shandy



Find this limited-edition urban wheat ale at Hy-Vee. The refreshing lemony taste is reminiscent of all things summer.

DELI Culinary Tours Diced Pancetta



Add flavor to pastas, pizzas and more when you pick up this crowd-favorite cured Italian pork belly at Hy-Vee.

now trending

STARS & STRIPES

NOW IS THE TIME TO STOCK UP ON RED, WHITE AND BLUE PARTY SUPPLIES FOR FOURTH OF JULY FESTIVITIES.



AMERICAN FLAG STICK
Decorate the cookout tabletop with these classic American flags.



AMERICAN FLAG SERVING TRAY
Pick up a couple of these to showcase all of the delicious treats you made.



STARS SERVING BOWL
Guests will be starry-eyed at how great snacks look served in this bowl.

STARS & STRIPES PLASTIC CUPS
Sip in style with a stack of Fourth of July-theme plastic cups.



OVEN MITT
Show off your holiday flair while baking.

PATRIOTIC PAPER PLATES
Pile these plates high with burgers, brats, potato salad and fresh summer fruit from Hy-Vee.



STARS & FIREWORKS NAPKINS
Wipe up spills and keep hands clean with these fun napkins.



CITRONELLA CANDLE BUCKETS
Keep pesky bugs away during Independence Day cookouts or any summer gatherings.



IGLOO BLUE ROLL COOLER
Chill and transport drinks in this sturdy rolling cooler.





Scan the QR Code to see more cake ideas.

CAKE
this!
presented by
DECOPAC

Watch and learn at **HSTV.com** today!

Get Growing Cake
Watch one of Hy-Vee's cake decorators bring this masterpiece to life.



GARDEN PARTY

Cake Designer: Sara V. Ankeny, Iowa

Celebrate garden season with an elaborate cake that showcases your green thumb. All of the unique details included in this gardening-lover's dream cake demonstrate the talent of the designers in the Hy-Vee Bakery. Whether it's for

a birthday party of a garden enthusiast, or for a gathering of a garden club, find the most delightful and delectable blooming cakes at Hy-Vee. Contact the Hy-Vee Bakery for more impressive, sweet treats like this.



The flowerpot is shaped from four 7-in. white cake layers.



Covered with green fondant with grooves created using a ball tool, there's no water in this hose.



Once the flower pot and garden hose cakes are on the board, details are airbrushed on.



No flowerpot is complete without bright blossoms. Vibrant red is airbrushed on to the outer petals.



A gum paste trowel is placed in the flower pot cake and topped with crushed cookies for dirt.



also try
Cinnamon Swirl
With Natural Flavors

**LET'S CUT TO THE
MEAT OF THE MATTER.**



**WE HAVE HIGHER TRIM STANDARDS
SO YOU GET LESS FAT AND **MORE BEEF.****

At Hy-Vee, we allow no more than one quarter inch of fat on any cut — ensuring you get to enjoy more of what you pay for when you buy beef.

**FOR MORE WAYS WE'RE MAKING SURE YOU GET ONLY
THE BEST BEEF, VISIT [MEATTHEFACTS.HY-VEE.COM](https://meatthefacts.hy-vee.com)**

HyVee

food

Grill with high-quality beef, try a new charcuterie trend and add flavor to butter.

- 10** GRILL TO THRILL
- 20** JARCUTERIE
- 26** BASICS: HOW TO MAKE COMPOUND BUTTER
- 28** FRESH CROP: SUMMER FRUIT
- 34** THE BIG CHEESE
- 37** 101: MANGOES
- 40** MATCH GAME
- 46** CREAM OF THE CROP
- 52** WAFFLE MAKER: HOT OFF THE PRESS!
- 56** EAT ALL WEEK WITH 20 INGREDIENTS
- 66** SEAFOOD PACKETS

GRILL TO

ANY FOOD IS FAIR GAME WHEN IT'S GRILLING TIME. PIZZA? YES. VEGGIES? OF COURSE. DESSERT? GO FOR IT! FIND NEW AND EXCITING WAYS TO GET THE MOST OUT OF GRILLING SEASON.



Corn-fed Midwest beef from Hy-Vee is tender and very flavorful.

4 REASONS TO

GRILL EVERY MEAL

FLAVOR: there's no other way to get the fiery, char-grilled flavor that comes from grilling over an open flame. It's no wonder this is a popular reason people choose to grill.

FRESH AIR: getting outside and enjoying warm summer nights can be a good reason to give the stove a rest for the night (or for the whole summer!).

ENTERTAINMENT: having a cookout, or dinner party centered around food from the grill, is one of the best ways to make memories with friends and family during warmer months.

CONVENIENCE: since the options of what you can grill are endless, once the grill is warmed up and ready, your weeknight cooking will be easy to accomplish.

WITH SO MANY REASONS TO GRILL, you may want to expand the menu beyond the usual burgers, steaks and brats to get some variety. The good news is there are so many surprising foods that can be cooked on the grill, and while you can of course still use the stovetop or oven for summertime recipes, the benefits of flavor, time spent outside and added convenience might sway you to utilize all your grill has to offer.



GRILL PARTY! If you're grilling for a large group, ask about pre-arranged Hy-Vee Meat Bundle Packs.

TRY THESE GRILL-READY FOODS FOR ADDED VARIETY AND COOKING CONVENIENCE:

- Gourmet Steakhouse beef burgers
- Our famous Chicken Grillers
- Our famous brats
- Chicken brats
- Bratwurst burgers
- Choice Reserve steaks
- Plant-based burgers
- Beef or chicken and vegetable kabobs
- Salmon burgers
- Midwest pork chops
- Marinated chicken breasts
- Shrimp skewers
- Bacon-wrapped asparagus spears
- Stuffed mushrooms



THE BIG MOE SHOW Tune in to HSTV to watch how pit master Moe Cason preps for competition.

SEASON LIKE A PIT MASTER

WITH SPICE RUBS AND SAUCES FROM AWARD-WINNING BARBECUE EXPERT MOE CASON.



CHICKEN RUB

With savory and sweet notes, this uniquely flavorful rub creates meals to remember.



BEEF RUB

A mixture of black pepper, garlic, coarse salt and more creates a traditional Texas taste.



PORK RUB

Bring out pork's flavor with a blend of pink sea salt, sugar, chili powder and lemon peel.



I-80 SAUCE

Get Kansas City style barbecue sauce with a tangy kick at the end.

GETTING STARTED

• To create such unique and versatile grilling recipes, start with the grill, *page 12*.

- Add outdoor furniture to include guests. See examples, *page 72*.
- Make your grocery list and shop from a wide selection of grilling foods, *left*.

GRILL-TIME READY

HY-VEE CARRIES RELIABLE GRILLS AND COOKING UTENSILS TO KEEP YOU COOKING ALL SUMMER.

GET THE GRILL

Find ceramic smokers and gas and charcoal grills at Hy-Vee to get the grilling started this season.

FUEL UP

Stock up on propane to power gas grills or charcoal, lighter fluid and wood chips for smoking.

HANDY TOOLS

Hy-Vee carries assorted grill baskets and stainless-steel grilling utensils to assist you.



GRILL MATCH

Learn a bit about the types of grills available at Hy-Vee, so you can pick the best grill for you cooking needs.

GAS GRILL

Get exciting grilled recipes on the table quickly and easily thanks to the speed and convenience of gas grills. Pick from a variety of options to buy from Hy-Vee.

CHARCOAL GRILL

Bring the classic flavors of grilling to any food with a charcoal grill. Surprise guests with delicious char-grilled pizzas and desserts.

SMOKERS

Elevate the grilling experience and embrace your inner pit master by using a smoker at home. Use this device for quick cooking or for low-and-slow for tender, fall-apart meats.

HOW TO

CROWN A ST. LOUIS RIB ROAST



1 TRIM excess fat from ribs after removing them from the packaging. Trimming your ribs helps them cook more evenly.



2 SHAPE the rack into a circle. Tie the ribs tightly together using kitchen twine or pin the ends with metal skewers.



3 BRUSH with a liberal coating of barbecue sauce or marinade on the ribs for a glaze. Or season ribs with a rub (see *page 17*).

TO COOK Place directly on the grill to cook for about 3 hours at 250°F. Remove the twine or meat skewers before serving.

BBQ Crown Rib with Jalapeño Stuffed Cornbread

Hands On 1½ hours

Total Time 4¾ hours

Serves 8

6 cups hickory wood chips
1 (3-liter) box white wine
1¼ cups yellow cornmeal
¾ cup Hy-Vee all-purpose flour
2 Tbsp. Hy-Vee granulated sugar
2 tsp. Hy-Vee baking powder
1 tsp. kosher salt
½ tsp. Hy-Vee ground cinnamon
2 Hy-Vee large eggs
1 cup buttermilk
1 (4-oz.) can Hy-Vee mild diced green chiles, undrained
¼ cup melted Hy-Vee unsalted butter plus
¾ cup softened unsalted butter, divided
1 (3- to 3¼-lb.) St. Louis full slab pork spare ribs
Hy-Vee vegetable oil

2 (16-oz.) bottles Moe Cason I-20 BBQ Sauce

¾ cup Hy-Vee honey

1 medium jalapeño pepper, thinly sliced and seeded; for garnish

1. SOAK wood chips overnight in enough wine to cover; drain. Place soaked chips on one-half of a large double sheet of heavy foil. Fold other half of foil up and over to cover wood chips; seal edges of foil with a double fold. Poke holes on top of packet to allow smoke to come out. Set packet aside.

2. PREHEAT a charcoal or gas grill with two grilling zones: direct grilling over medium heat (350°F) and indirect grilling over low heat (250°F).

3. PREHEAT a 10-inch cast-iron skillet on grill rack over direct heat until hot. Meanwhile, whisk together cornmeal, flour,

sugar, baking powder, salt and cinnamon in a large bowl; set aside. Whisk together eggs, buttermilk, green chiles and ¼ cup melted butter in a medium bowl. Pour egg mixture over cornmeal mixture; gently stir until combined (do not overmix); set aside.

4. MELT ¼ cup softened butter in the hot skillet; swirl to coat bottom and side of skillet. Pour cornmeal batter into hot skillet. Close grill and bake over indirect heat for 20 to 30 minutes or until a toothpick inserted near center comes out clean. Remove from grill and cool.

5. PLACE wood-chip packet on grill rack over direct heat. Cover grill. Meanwhile, remove silver skin from ribs. Form rib rack into a circular crown shape with meat side out; use kitchen twine or metal skewers to hold crown together. Generously brush both sides with barbecue sauce.

6. WHEN CHIPS BEGIN TO SMOKE, oil grill rack for indirect grilling. Place rib crown, standing up, on grill rack. Close grill and smoke for 2 hours, brushing with barbecue sauce every 30 minutes. Continue smoking for 30 to 50 minutes more or until ribs reach 180°F. Remove rib crown from grill; tent with foil and let stand for 20 minutes.

7. WHILE THE MEAT IS GRILLING, also prepare smoked honey. Pour honey in an 8x8-in. oven-safe baking dish. Place baking dish over indirect heat, next to rib crown. Smoke for 1 hour. Remove honey from grill and cool to room temperature. Transfer honey to a mixing bowl. Add remaining ½ cup softened butter. Beat with an electric mixer on low until light and fluffy. Set aside.

8. TO SERVE, cut cornbread into 1-in. cubes and place in center of rib roast; dollop with smoked honey. Garnish with sliced jalapeños.

Per serving: 1070 calories, 53 g fat, 24 g saturated fat, 1 g trans fat, 205 mg cholesterol, 2060 mg sodium, 128 g carbohydrates, 2 g fiber, 102 g sugar (100 g added sugar), 24 g protein.
Daily Values: Vitamin D 15%, Calcium 10%, Iron 15%, Potassium 8%

Sweet and tangy homemade barbecue sauce makes for an enticing glaze.



Crowning Glory

Learn how to prepare this crown rib roast that will impress friends and family.

Hy-Vee seasons



Watch and learn at **HSTV.com** today!



Sausage & Veggie Grilled Pizza

Hands On 25 minutes
Total Time 47 minutes
Serves 6

1 cup baby kale, stems removed and torn
1 cup boiling water
3 Tbsp. Gustare Vita olive oil, divided
3 cloves garlic, smashed
1 cup cherry tomatoes, halved
½ shallot, thinly sliced
¼ tsp. Hy-Vee salt
½ tsp. Hy-Vee black pepper
½ lb. Hy-Vee fresh ground mild Italian pork sausage
½ tsp. Hy-Vee paprika
1 (21-oz.) loaf Hy-Vee Bakery sourdough bread

1 (8-oz.) pkg. smoked fresh mozzarella, shredded
Hy-Vee crushed red pepper, for garnish

1. PLACE kale in a large bowl. Pour boiling water over kale; let stand for 10 minutes or until wilted. Drain; let cool. Squeeze excess water from kale and set aside.

2. MEANWHILE, prepare a charcoal or gas grill for direct cooking over medium-high heat.

3. PLACE a 12-in. cast-iron skillet on the grill rack; add 1 Tbsp. olive oil to skillet and heat. Add garlic to skillet; stir. Then add cherry tomatoes, shallots, salt and pepper. Cook for 5 minutes or until tomatoes slightly burst, stirring occasionally. Add Italian sausage and paprika; cook for 10 to 12 minutes or until sausage is cooked through (165°F). Stir in kale and remove from grill. Transfer to a large bowl and set aside.

4. WIPE skillet clean with paper towels. Heat 1 Tbsp. oil in the skillet on the grill. Meanwhile, cut bread loaf in half. Wrap and reserve top half for another use.

5. PLACE bread in the heated skillet, crust side up. Cook on grill for 5 minutes. Add remaining 1 Tbsp. oil to skillet; turn bread over and cook 5 minutes. Top cut side of bread with shredded mozzarella and sausage mixture. Close grill and cook for 10 to 12 minutes or until the cheese is melted. To serve, remove bread from cast-iron skillet. Garnish with crushed red pepper, if desired.

Per serving: 400 calories, 26 g fat, 9 g saturated fat, 0 g trans fat, 55 mg cholesterol, 780 mg sodium, 27 g carbohydrates, 2 g fiber, 3 g sugar (0 g added sugar), 16 g protein. Daily Values: Vitamin D 0%, Calcium 20%, Iron 6%, Potassium 2%



HY-VEE BAKING STONE SOURDOUGH
HEARTY, CRUSTY BREADS LIKE THIS GET EVEN MORE FLAVORFUL ON THE GRILL.

TIPS FOR GRILLING BREAD

Getting the best flavor and texture can be done in three simple steps.

TIP 1 | Grill sourdough loaves or hearty ryes in thick slices to ensure the inside is soft and chewy, not hard or crunchy.

TIP 2 | Brush both sides of each slice with olive oil, canola oil or melted butter to prevent charring and add a boost of flavor.

TIP 3 | Grill slices on medium-high heat, covered, for 2 to 3 minutes on each side. Bread should be lightly toasted and have grill marks.

SMASHING BURGERS

THE CLASSIC SMASH BURGER

Combine ¼ cup melted Hy-Vee unsalted butter, 1 Tbsp. Hy-Vee Worcestershire sauce and ½ Tbsp. fish sauce in a medium bowl. Add 1 lb. 90% lean Hy-Vee fresh ground beef; gently mix. Shape into 4 meatballs. Cover with plastic wrap and refrigerate for 30 minutes. Meanwhile, preheat a charcoal or gas grill for direct cooking over high heat. Place a large cast-iron griddle on grill rack to preheat. Remove meatballs from refrigerator; sprinkle with Hy-Vee kosher salt and Hy-Vee coarse-ground black pepper. Place meatballs 1 in. apart on hot griddle. Sear for 30 seconds. Smash burgers to ¼-in. thickness using a large spatula. Cook for 6 to 8 minutes or until edges begin to brown. Turn burgers over; place 1 slice Hy-Vee Cheddar cheese on top of each patty. Cook 1 to 2 minutes more or until cheese melts and burgers reach 160°F. Butter and toast 2 split Hy-Vee Bakery sesame seed hamburger buns. To assemble, place a lettuce leaf on bun bottoms; top each with 2 burgers, That's Smart! hamburger dill pickle slices, red and yellow tomato slices, red onion, Hy-Vee ketchup and bun top. Serves 2 (1 sandwich each).

PORK AND PINEAPPLE SMASH BURGER

Combine ¼ cup Hy-Vee teriyaki sauce, 1 Tbsp. bottle minced garlic, 1 Tbsp. grated gingerroot and 1 Tbsp. chopped fresh parsley in a medium bowl. Add 1 lb. fresh ground pork; gently mix. Shape into 4 meatballs. Cover with plastic wrap and refrigerate for 30 minutes. Meanwhile, toss 4 fresh pineapple slices with 2 Tbsp. teriyaki sauce; marinate at room temperature for 10 minutes. Preheat a charcoal or gas grill for direct cooking over high heat. Place a large cast-iron griddle on grill rack to preheat. Remove meatballs from refrigerator; sprinkle with Hy-Vee kosher salt and Hy-Vee coarse-ground black pepper. Place meatballs 1 in. apart on hot griddle. Sear for 30 seconds. Smash burgers to ¼-in. thickness using a large spatula. Cook 6 to 8 minutes or until edges begin to brown. Turn over burgers; cook 4 to 6 minutes more or until burgers reach 160°F. During the last 3 to 5 minutes, place pineapple slices on grill grate; grill until charred and softened. Butter and toast 4 split Hy-Vee Bakery brioche hamburger buns. To assemble, brush bun bottoms with honey barbecue sauce; top each with a burger, avocado slices, pickled jalapeño slices, Hy-Vee lightly salted crispy onions, additional barbecue sauce and bun top. Serves 4 (1 sandwich each).

CHICKEN BACON RANCH SMASH BURGER

Place 1 lb. fresh 99% lean ground chicken, ¾ cup Hy-Vee plain panko bread crumbs, 2 Tbsp. dry Hy-Vee ranch dressing mix and 1 Tbsp. dried minced onion in a medium bowl; gently mix. Shape into 4 meatballs. Cover with plastic wrap and refrigerate 30 minutes. Meanwhile, cook 8 slices thick-sliced Hy-Vee bacon to desired crispiness; set aside. Preheat a charcoal or gas grill for direct cooking over high heat. Place a large cast-iron griddle on grill rack to preheat. Remove meatballs from refrigerator; sprinkle with Hy-Vee kosher salt and Hy-Vee coarse-ground black pepper. Place meatballs 1 in. apart on hot griddle. Sear for 30 seconds. Smash burgers to ¼-in. thickness using a large spatula. Cook 6 to 8 minutes or until edges begin to brown. Turn burgers over; place 1 slice dill Havarti cheese on top of each patty. Cook 2 to 3 minutes more or until cheese melts and burgers reach 165°F. Butter and toast 4 split Hy-Vee Bakery sesame seed hamburger buns. To assemble, place a burger on each bun bottom; top with tomato slices, lettuce leaves, bacon, prepared Hy-Vee ranch salad dressing and bun top. Serves 4 (1 sandwich each).

WHAT IS A SMASH BURGER?

Smashed burgers are appetizing diner-style burgers that are flattened into thin patties that result in deliciously crispy edges.

MAKE A SMASH BURGER ON A GRILL

1 PREP YOUR MEAT
Scoop ground meat into 4-oz. balls, cover in plastic wrap and chill for about 30 minutes. Preheat a skillet on a grill to 450°F.

2 SMASHING TIME
Sprinkle salt and pepper on the burgers. Sear in skillet on the grill for 30 seconds, then smash them all the way down until flat with a spatula.

3 MELT THE CHEESE
Cook patties for 3 to 4 minutes or until the edges start to brown; flip and place slices of cheese on top. Once the cheese melts, it's time to enjoy!





Hy-Vee Short Cuts takes on the prep work so you get sliced fresh veggies fast.

Hy-Vee
Homegrown
GO FRESH GO LOCAL

The Homegrown logo on Hy-Vee produce means the fruit and vegetables were grown within 250 miles of your local Hy-Vee. You can feel good about supporting your local farmers and economy while being ensured you're getting the best produce around.

PLANT-BASED

USE GRILLED VEGGIES AS THE BASE FOR HOMEMADE SOUPS, SAUCES, DIPS AND MORE TO GIVE FOOD AN EXTRA DEPTH OF FLAVOR.

GRILLED VEGETABLE SALSA

Prepare a charcoal or gas grill for direct cooking over medium-high heat. Combine 2 heirloom tomatoes, 3 small Campari tomatoes, 6 tomatillos, husked, ½ poblano pepper, 1 jalapeño pepper, 1 shallot, peeled and halved and 1 small garlic head, halved in large bowl. Drizzle with 2 Tbsp. Gustare Vita olive oil; sprinkle with 1 tsp. Hy-Vee salt in a large bowl. Toss to coat. Grill vegetables for 10 to 15 minutes or until vegetables blister, turning occasionally. Remove vegetables from grill; cool. Remove seeds from peppers and skins from garlic. Place vegetables in food processor; cover and pulse to desired consistency. Stir in 1 to 2 Tbsp. fresh lime juice; season to taste with Hy-Vee salt. Garnish with fresh jalapeño slices, if desired. Serves 20 (¼ cup each).

GRILLED BROCCOLI HUMMUS

Prepare a charcoal or gas grill for direct cooking over medium-high heat. Trim 1 (9-oz.) head broccoli and cut lengthwise into 1-in.-thick steaks. Toss with 1 Tbsp. Gustare Vita olive oil and ½ tsp. Hy-Vee salt. Grill broccoli for 12 to 16 minutes or until charred, turning halfway through. Remove from grill; cool. Meanwhile, combine ¼ cup Gustare Vita olive oil, 2 Tbsp. chopped fresh parsley, 2 Tbsp. sesame oil, 2 Tbsp. tahini paste, 2 cloves garlic, minced and ½ tsp. fresh lemon juice in a food processor. Cover and pulse just until combined. Add broccoli and pulse until smooth. Transfer mixture to a serving bowl. If desired, drizzle with additional olive oil and sprinkle with toasted sesame seeds, if desired. Serves 10 (2 Tbsp. each).

SWEET CORN GAZPACHO

Prepare a charcoal or gas grill for direct cooking over medium heat. Brush 4 ears Hy-Vee Short Cuts sweet corn, 1 large heirloom tomato and 6 mini sweet peppers with 1 Tbsp. Gustare Vita olive oil. Grill vegetables for 8 to 12 minutes or until charred on all sides, turning occasionally and brushing with an additional 1 Tbsp. olive oil. Remove from grill; cool. Cut corn kernels from cobs; set aside ½ cup kernels for garnish. Chop tomato; remove stems and seeds from peppers. Peel and slice ½ cucumber. Combine remaining corn kernels, chopped tomato, peppers and cucumber in a high-powered blender. Add ¼ cup olive oil, 2 Tbsp. sherry vinegar, ½ tsp. each Hy-Vee salt and Hy-Vee black pepper. Cover and blend until smooth. Chill before serving. To serve, pour soup into serving bowls; top with reserved corn kernels and sliced cherry tomatoes, if desired. Serves 4 (1 cup each).

Grilled Bananas Foster

Hands On 10 minutes

Total Time 40 minutes

Serves 8

4 medium unpeeled bananas, trimmed
7 Tbsp. Hy-Vee unsalted butter, divided
2 Tbsp. packed Hy-Vee light brown sugar, divided
4 Tbsp. Hy-Vee Select 100% pure maple syrup
2 Tbsp. Cross Keys Barbados rum
8 (2×2-in.) pieces Hy-Vee Bakery chocolate picnic cake
Hy-Vee vanilla ice cream, for serving

- 1. PREPARE** a charcoal or gas grill with a greased grill rack for direct cooking over medium heat.
- 2. CUT** unpeeled bananas lengthwise in half; brush cut sides with 1 Tbsp. melted butter and sprinkle with 1 Tbsp. brown sugar.
- 3. ARRANGE** bananas, cut sides down, on grill rack. Grill for 5 to 6 minutes or until peels are dark brown and bananas are softened. Remove from grill; cool slightly. Remove peels from bananas; cut each crosswise in half.
- 4. PLACE** a large cast-iron skillet on grill rack to preheat. Remove skillet and add remaining 6 Tbsp. butter, maple syrup and rum. Return skillet to grill. Cook and stir for 4 to 5 minutes or until bubbly. Stir in remaining 1 Tbsp. brown sugar until dissolved. Add bananas and cook for 4 minutes more. Remove skillet from grill.
- 5. TO SERVE**, place 2 banana pieces on each piece of cake; top with a scoop of ice cream and rum sauce.

Per serving: 225 calories, 11 g fat, 7 g saturated fat, 1 g trans fat, 30 mg cholesterol, 60 mg sodium, 29 g carbohydrates, 1 g fiber, 20 g sugar (3 g added sugar), 1 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 3%, Potassium 5%



BECAUSE THE GRILL IS ALREADY WARMED UP, GO AHEAD AND USE IT TO COOK DESSERTS LIKE THIS OOEY, GOOEY GOODNESS, TOO.

SIMPLE GRILLED SWEETS

SURPRISINGLY EASY 3-INGREDIENT DESSERTS.

GRILLED PEACHES WITH VANILLA ICE CREAM

Fresh peaches from Hy-Vee
+
Cinnamon
+
Vanilla ice cream

CAMPFIRE CONES

Waffle ice cream cones
+
Mini marshmallows
+
Chocolate chips

GRILLED DONUT ICE CREAM SANDWICHES

Hy-Vee Bakery Fresh donuts
+
Choice of ice cream flavor
+
Sprinkles to coat edges



For grilling recipes and tips, visit McCormick.com.



BROWN SUGAR BOURBON & HONEY MUSTARD PORK

10m PREP TIME 30m COOK TIME 189 CALORIES 6 INGREDIENTS

INGREDIENTS | 8 Servings

- 1 package McCormick® Grill Mates® Brown Sugar Bourbon Marinade
- ¼ cup oil
- 2 tablespoons cider vinegar
- 2 tablespoons French's® Honey Mustard
- 2 tablespoons water
- 2 pounds Hy-Vee Midwest pork tenderloin

INSTRUCTIONS

Mix Marinade Mix, oil, vinegar, Mustard and water in small bowl. Reserve 2 tablespoons of the marinade; set aside. Place meat in large resealable plastic bag or glass dish. Add remaining marinade; turn to coat well.

Refrigerate 30 minutes or longer for extra flavor. Remove pork from marinade. Discard any remaining marinade.

Grill pork over medium heat 25 to 30 minutes or until desired doneness, turning occasionally and brushing with reserved marinade mixture during last few minutes of grilling. Let stand 5 minutes before slicing.



BRING FRESH FLAVORS TO THE FLAME

Step up your cookouts with Nathan's Famous® Franks and Eckrich® Hardwood Smoked Sausage



JARcuterie



TAKE CHARCUTERIE IN A NEW DIRECTION THAT'S FUN, QUIRKY AND DOWNRIGHT CONVENIENT. INSTEAD OF USING TRADITIONAL BOARDS, FILL INDIVIDUAL JARS WITH A CREATIVE ASSORTMENT OF ENTICING FLAVORS.

Jarcuterie in a Nutshell

Jarcuterie is a savvy take on charcuterie (pronounced: *shar-KOO-tuh-ree*). It's easy to serve, easy to enjoy. Just like charcuterie, jarcuterie involves creatively combining foods that have different colors, textures and flavors. And individual containers make it easy to customize pairings to suit any taste.

How to Make Jarcuterie

- Gather jars, cups or glasses.
- Decide on a theme, such as appetizer or dessert.
- Assemble foods with flavors that balance each other, such as sharp cheese and sweet grapes.
- Line the base of the jar with nuts or dipping sauce so they don't gravitate to the bottom on their own.
- Roll or cut ingredients to a suitable size (e.g., Jazz apple slices, rolled prosciutto, cheese).
- Use skewers to place foods like rolled meats, olives, pickles, cherry tomatoes and cheese cubes at varying heights.
- Garnish with fresh herbs for fragrance. Or substitute olives, pickles, fruit wedges or pepperoncini.



Hy-Vee Salted Mixed Nuts



Grilled Hy-Vee Bakery Sourdough Bread Slices



Jazz Apple Slices



Prosciutto

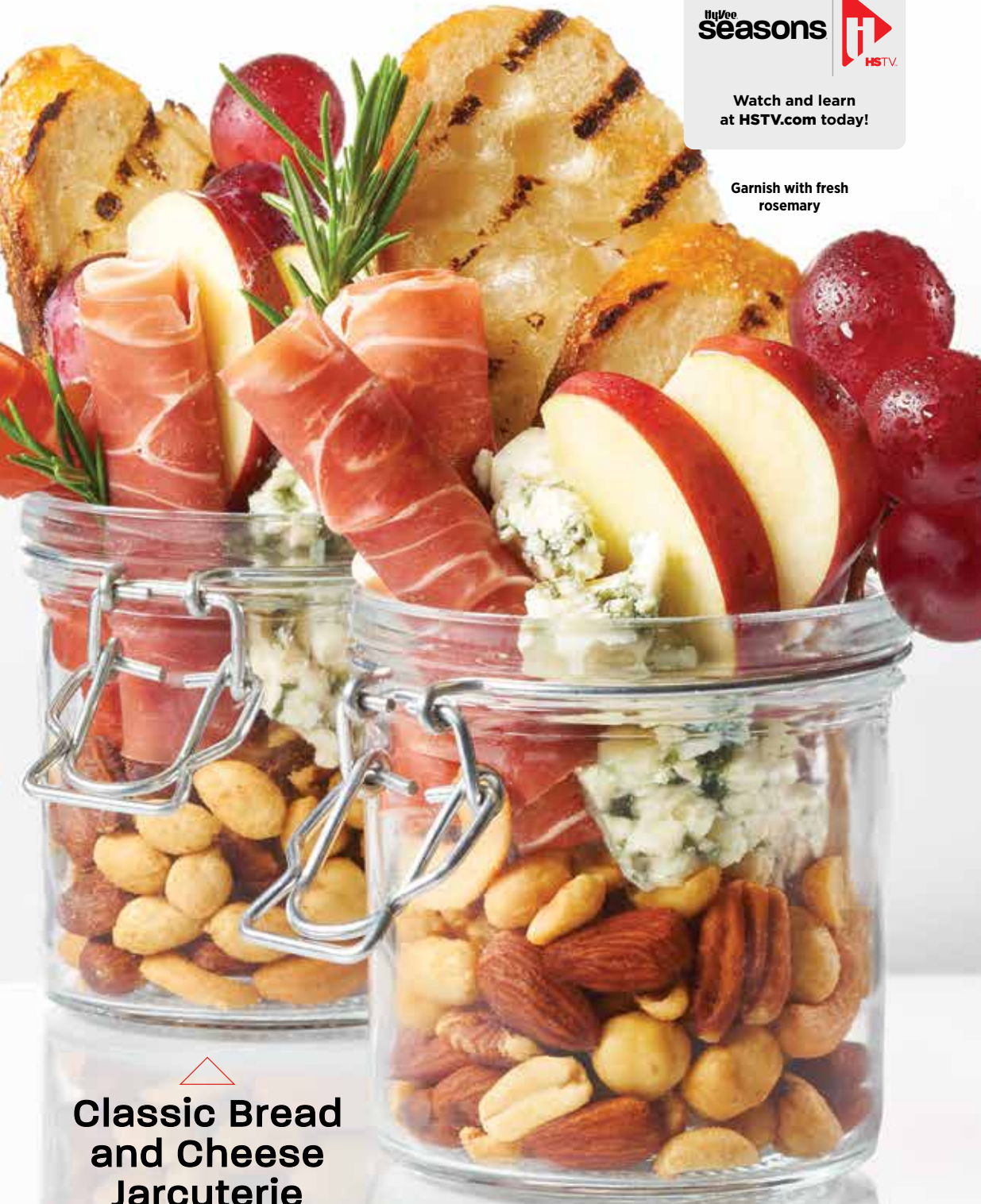


Blue Cheese, Crumbled



Red Grapes

Classic Bread and Cheese Jarcuterie



Get Packing

Watch our video to learn more about packing jarcuterie with great food combinations.



Watch and learn at HSTV.com today!

Garnish with fresh rosemary

SAVORY

Create interesting combinations to tantalize the taste buds—visualizing not only how tastes go together but also colors and shapes. You can take inspiration from familiar dishes and put your own spin on them.

JARCUTERIE COMPONENTS

Traditional charcuterie features cured meats along with a range of other foods. Here are some basic building blocks:

1 MEAT: cured (e.g., salami, prosciutto)

2 CHEESE: soft (e.g., brie, blue) and hard (e.g., Parmesan, Cheddar)

3 FRUIT: dried (e.g., figs, apricots) and fresh (e.g., grapes, berries, cherries)

4 NUTS: almonds, walnuts, cashews, hazelnuts

5 BREAD & CRACKERS: crusty bread, bread sticks, crackers

6 FERMENTED FOODS: olives, pickles, artichoke hearts

7 SWEETS: cookies, spreads, chocolates

pro tip: SAY CHEESE



“When selecting cheeses, look for different milk types (cow, goat, sheep, buffalo), different colors, and different styles. This will ensure that you have a variety of flavors, textures, aromas and appearances.”

—Tyler Coenen
ACS Certified Cheese Professional
Hy-Vee, Ankeny, Iowa



Greek Jarcuterie



Tropical Jarcuterie



Fiesta Jarcuterie



Caprese Jarcuterie

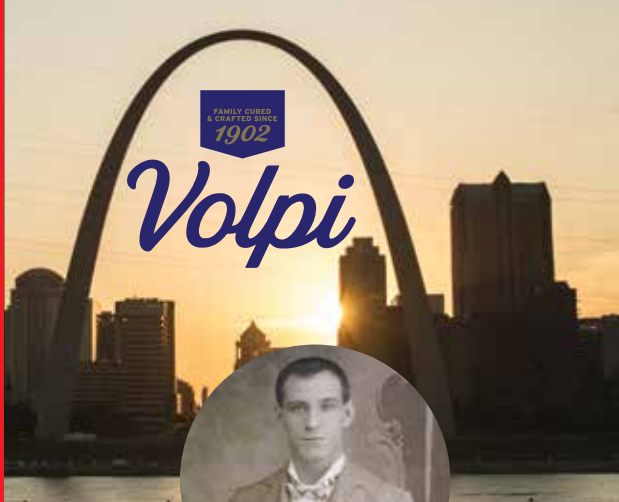


ON THE SIDE
Olive oil, jam, mustard, honey and pâté are also popular dips or spreads for jarcuterie.



Bloody Mary Jarcuterie

Garnish with fresh parsley



FAMILY AFFAIR The Volpi Story

A PASSION BORN IN THE PAST

When company founder John Volpi emigrated from Italy in 1899, he wanted to bring a centuries-old tradition of dry-curing meats to the Midwest. Three years later in St. Louis, John opened his first store and started a family tradition.

DRY-CURING AT ITS FINEST

John's old-world dry-curing involved opening and shutting windows to control temperature and humidity, a process he learned in Italy before the advent of electricity or refrigeration. As a result, John knew the curing process so well he could actually feel the proper conditions in the air.

A TRADITION CONTINUES

Today, Volpi Foods sells its products across the U.S. and is operated

by John's great-niece Lorenza Pasetti. She took over from her father, Armando, in 2002, 100 years after her great-uncle opened the first store. The business is still headquartered in "The Hill" neighborhood of St. Louis.

THE VOLPI WAY

Volpi Foods believes delicious food doesn't need to be complicated. Volpi works with trusted farmers to source meat from responsibly raised and harvested hogs primarily fed a vegetarian and grain diet with no steroids.

EXPERTLY CRAFTED

From bresaola and prosciutto to coppa and pancetta, Volpi dry-cured meats are made with family recipes passed down through the generations. Look for Volpi meats at your local Hy-Vee.

Sweet and Salty Jarcuterie



SWEET



Breakfast Jarcuterie



basics

HOW TO MAKE COMPOUND BUTTER

Accomplish big flavor with little effort by mixing ingredients into softened butter. Try one of these creamy combinations at your next meal.

5 COMPOUND BUTTER RECIPES TO GET YOU STARTED

BRANDY-PECAN

½ cup Culinary Tours salted butter, softened + ¼ cup finely chopped Bella Maria caramelized pecans + 1 Tbsp. brandy + 1½ tsp. packed Hy-Vee brown sugar + ½ tsp. Hy-Vee ground cinnamon

Try it on: grilled peaches

APRICOT

½ cup Culinary Tours unsalted butter, softened + 2 Tbsp. Hy-Vee apricot preserves + 2 Tbsp. finely chopped Hy-Vee dried apricots rehydrated in 1 Tbsp. hot water

Try it on: Hy-Vee Bakery sliced baguette

MOCHA

½ cup Hy-Vee salted butter, softened + 2 Tbsp. Hy-Vee powdered sugar + 1 Tbsp. unsweetened dark cocoa powder + 1½ tsp. instant espresso powder dissolved in 1 tsp. warm water + ¼ tsp. Hy-Vee vanilla extract

Try it on: baked Hy-Vee homestyle biscuits

BACON-ONION-CHIPOTLE

½ cup Hy-Vee salted butter, softened + 5 slices Hy-Vee sweet smoked bacon, crisp-cooked and finely crumbled + 2 Tbsp. finely chopped white onion sautéed in 1 Tbsp. bacon drippings + 1 canned chipotle pepper, finely chopped (1 tsp.)

Try it on: grilled Hy-Vee beef steaks

CHILI-LIME-CILANTRO

½ cup Hy-Vee salted butter, softened + 3 Tbsp. finely chopped cilantro + 1¼ tsp. Hy-Vee chili powder + ½ tsp. lime zest + 1½ Tbsp. fresh lime juice + ¼ tsp. Hy-Vee honey

Try it on: grilled Hy-Vee Short Cuts sweet corn

3 EASY STEPS



STEP 1: WHIP BUTTER

Beat butter in a small bowl with an electric mixer on medium for 30 seconds. If you don't have a mixer, use a fork.



STEP 2: STIR IN SEASONING

Beat or stir in desired flavorings. If necessary, refrigerate for 15 to 30 minutes or until firm enough to shape into a log.



STEP 3: ROLL AND CHILL

Shape butter mixture into a 4½- to 5-in.-long log using plastic wrap or parchment paper. Wrap tightly and refrigerate for 30 minutes or until firm.



**SAMPLING THE BEST SUMMER
PRODUCE IS EASIER THAN EVER WITH
THIS GUIDE TO CHOOSING FRESH
MELONS, CITRUS AND MORE AT HY-VEE.**

FRESH FLAVOR

Summer is peak season for melons, berries and stone fruits, so they taste especially delicious in the warmer months. Biting into a juicy, refreshing slice of watermelon is as essential to summer as spending an afternoon at the pool or hosting a backyard barbecue. Summer is also one of the best times to try new fruits or pick up seasonal favorites for healthy snacks and juicy, mouthwatering desserts. Find the highest quality produce at Hy-Vee, no matter what you crave.



**HyVee
Short
CUTS**

SAVE TIME AND EFFORT

Enjoy fresh Hy-Vee produce without the prep. Hy-Vee Short Cuts fruits and vegetables are prewashed, precut and ready for you to enjoy. Pick from over 40 varieties of fruits and vegetables.

melons & tropicals



CANTALOUPE

Flavor: Sweet, tender

Choose: Fruit that's heavy for its size with golden beige color underneath the light webbing and fresh, fragrant smell

Store: Unripe at room temp; ripe in fridge up to 5 days



HONEYDEW MELONS

Flavor: Light, sweet and subtle

Choose: Fruit that's heavy for its size with dull, pale yellow skin and fresh, fragrant smell

Store: Unripe at room temp; ripe in fridge up to 5 days



WATERMELONS

Flavor: Sweet, refreshing

Choose: Fruit that's heavy for its size with dull skin and large yellow spot; should make a deep thud sound when tapped with fingers

Store: Whole ripe fruit in fridge up to 1 week



KIWIS

Flavor: Sweet, slightly acidic

Choose: Fruit that gives slightly when gently pressed with thumb

Store: At room temp up to 1 week



PINEAPPLES

Flavor: Very sweet, slightly tangy

Choose: Fruit that's heavy for its size with fresh green leaves and strong sweet smell; should be easy to pluck one leaf from crown

Store: Whole ripe fruit in fridge up to 5 days

stone fruit



CHERRIES

Flavor: Sweet or sour-sweet

Choose: Shiny and plump fruit with fresh green stems and dark color

Store: Unwashed in fridge up to 1 week



NECTARINES

Flavor: Slightly tart

Choose: Dark orange fruit with fruity smell and gives slightly when pressed; avoid brown or green spots

Store: At room temp up to 5 days



PEACHES

Flavor: Sweet, slightly tart when unripe

Choose: Fruit with a well-defined crease, fruity smell and that give slightly when gently squeezed

Store: At room temp up to 5 days



PLUMS

Flavor: Sweet to tart

Choose: Fruit with vibrant skin color, dusty white powder on skin and that give slightly when gently squeezed

Store: At room temp up to 5 days



MANGOES

Flavor: Sweet, slightly floral

Choose: Fruit that have a fruity smell and give slightly when gently squeezed

Store: At room temp up to 5 days



APRICOTS

Flavor: Tart, tangy, slightly sweet

Choose: Fruit with no green color, strong fruity smell and that give slightly to gentle pressure when held in palm of hand

Store: At room temp up to 5 days

berries



BLACKBERRIES

Flavor: Sweet and slightly tart

Choose: Glossy, uncrushed fruit with deep color

Store: Unwashed in fridge up to 3 days



STRAWBERRIES

Flavor: Sweet, may be slightly sour

Choose: Brightly colored firm, plump fruit with fresh green stems attached and no white coloring

Store: Unwashed in fridge up to 4 days



BLUEBERRIES

Flavor: Slightly sweet and acidic

Choose: Uncrushed fruit with silvery coating and no red color

Store: Unwashed in fridge up to 2 weeks



RASPBERRIES

Flavor: Sweet and tart

Choose: Bright, uniformly colored uncrushed berries

Store: Unwashed in fridge up to 4 days

citrus



NAVEL ORANGES

Flavor: Sweet with slight tartness

Choose: Fruit that's heavy for its size with bright orange color; should feel firm when gently squeezed

Store: In fridge up to 2 weeks



RUBY RED GRAPEFRUITS

Flavor: Sweet and tangy

Choose: Medium to large fruit with pale, orange-yellow skin that feels heavy for its size

Store: At room temp up to 1 week



LIMES

Flavor: Tart and slightly sour

Choose: Fruit that is heavy for its size and gives slightly when gently squeezed

Store: At room temp up to 1 week



TIP: Fruits usually get softer and sweeter over time, and ripe fruits are at their peak flavor and texture.

Stone fruits, honeydew and cantaloupe continue to ripen after being harvested, but watermelon, most berries and citrus do not.

Garnish
with
Fresh
Mint Leaves

Mint and Lime Melon Sticks

Combine ½ cup Hy-Vee plain nonfat Greek yogurt, 2 Tbsp. fresh lime zest and 4 tsp. Hy-Vee agave nectar in a small bowl. Cover and chill until serving time. Cut 1 small watermelon, 1 cantaloupe and 1 honeydew melon into sticks. Sprinkle sticks with 1 Tbsp. fresh lime zest and ¼ tsp. Hy-Vee ground cinnamon. Garnish with fresh mint leaves. Serve with yogurt mixture for dipping.

MELONS

Grilling melons caramelizes their sweetness and adds smokiness. Slice watermelon, cantaloupe or honeydew into cubes and thread onto skewers, or cut into wedges and place directly on the grill rack. Cook just until grill marks form.



TO SLICE A MELON INTO STICKS, CUT MELON IN HALF. PLACE A CUT SIDE DOWN, AND CUT INTO 1-INCH SLICES. ROTATE MELON 90 DEGREES AND AGAIN CUT 1-INCH SLICES.

Stone Fruit Summer Salsa

Combine ½ cup chopped black plum; ½ cup chopped nectarine; ½ cup chopped peach; ½ cup quartered cherry tomatoes; ½ cup Hy-Vee canned corn, drained; and ¼ cup chopped red bell pepper in a medium bowl. Add 1 Tbsp. fresh lime juice, ½ tsp. Hy-Vee chili powder, ½ tsp. Hy-Vee salt and ¼ tsp. Hy-Vee ground cumin. Stir until combined. Garnish with chopped cilantro, if desired. Cover and chill 30 minutes. Serve with Hy-Vee restaurant-style corn tortilla chips. Makes 2 cups.

TO RIPEN STONE FRUIT, PLACE IN A PAPER BAG AND STORE AT ROOM TEMPERATURE. THE BAG TRAPS THE ETHYLENE GAS RELEASED FROM THE FRUIT, CAUSING THEM TO RIPEN FASTER.

Stone fruit
and chili powder
lend sweet and spicy
flavors



savor summer

WITH HY-VEE CHEF ALEX STRAUSS, WEST DES MOINES, IOWA

"To me, stone fruits are at their best in summer," says Hy-Vee Chef Alex Strauss. "These include peaches, plums, apricots and my favorite, cherries." Summer is also peak season for berries and melons, and Alex has tips for preparing all three to highlight their juiciness and fresh flavors.

3 WAYS TO EAT SUMMER FRUIT

GRILLED PEACHES

Give peaches new life by grilling them. "One of my favorite summer desserts is grilled peaches drizzled with local honey and topped with mascarpone," Alex says.

FRESH BERRIES

"While summer berries are fantastic on their own, you can up the game by adding some Cointreau (or any other liqueur), drizzle them with honey and add some fresh chopped mint."

FRUIT SALAD

"To me, summer means watermelon," Alex says. "One of my favorite summer salads is watermelon, feta cheese, thinly sliced red onion and mint tossed in red wine vinegar and olive oil."

Mixed Berry Compote

Combine $\frac{3}{4}$ cup quartered strawberries, $\frac{3}{4}$ cup raspberries, $\frac{3}{4}$ cup blueberries and $\frac{3}{4}$ cup blackberries in a medium bowl. Set aside 1 cup berries. Combine remaining berries, $\frac{1}{2}$ cup Hy-Vee granulated sugar and 2 Tbsp. fresh lemon juice in a small saucepan. Cook over medium heat 2 to 4 minutes or just until berries begin to break down, stirring occasionally. Remove from heat; stir in reserved 1 cup berries. Serve over Hy-Vee Bakery vanilla picnic snack cake, if desired. Makes 2 cups.

HOW TO FREEZE FRESH BERRIES

Arrange in a single layer on a sheet pan lined with parchment paper. Freeze overnight, then transfer berries to resealable freezer bags. Store in the freezer up to 6 months.



Try *Hy-Vee* mixed berry compote with ANGEL CAKE

LET THE FRUIT IN MIXED BERRY COMPOTE SHINE AS AN ICE CREAM TOPPER, SPOONED OVER PANCAKES, MIXED INTO OATMEAL OR SERVED ALONGSIDE WHIPPED CREAM.

Use A Microplane For Finely Grated Orange ZEST

Citrus and Thyme Biscuits

Hands On 20 minutes
Total Time 35 minutes plus cooling time
Serves 6

1 cup Hy-Vee all-purpose flour
1½ tsp. Hy-Vee baking powder
6 Tbsp. Hy-Vee salted butter, cold
 $\frac{1}{4}$ cup Hy-Vee 2% reduced-fat milk
1 Hy-Vee large egg, beaten
Coarse white sugar, optional
3 oranges, peeled and sliced
 $\frac{1}{4}$ cup Hy-Vee unsalted butter
2 Tbsp. packed Hy-Vee light brown sugar
 $\frac{1}{2}$ cup Hy-Vee heavy whipping cream
2 Tbsp. Hy-Vee powdered sugar
1 tsp. orange zest
 $\frac{1}{2}$ tsp. chopped fresh thyme

1. PREHEAT oven to 375°F. Line a baking sheet with parchment paper; set aside. Combine flour and baking powder in a medium bowl. Cut in 6 Tbsp. of cold salted butter with a pastry blender. Whisk together milk and egg in another medium bowl. Stir milk mixture into flour mixture until moistened. Drop mixture by spoonfuls onto prepared baking sheet, about 2 Tbsp. per biscuit. Sprinkle tops with coarse sugar, if desired. Bake for 15 minutes or until golden brown; cool.

2. COMBINE orange slices, $\frac{1}{4}$ cup unsalted butter and brown sugar in a small saucepan. Cook and gently stir over medium heat for 2 minutes or until butter is melted and brown sugar is dissolved. Remove from heat; cool.

3. COMBINE cream and powdered sugar in a medium bowl. Beat with an electric mixer on medium until soft peaks form. Stir in orange zest and thyme.

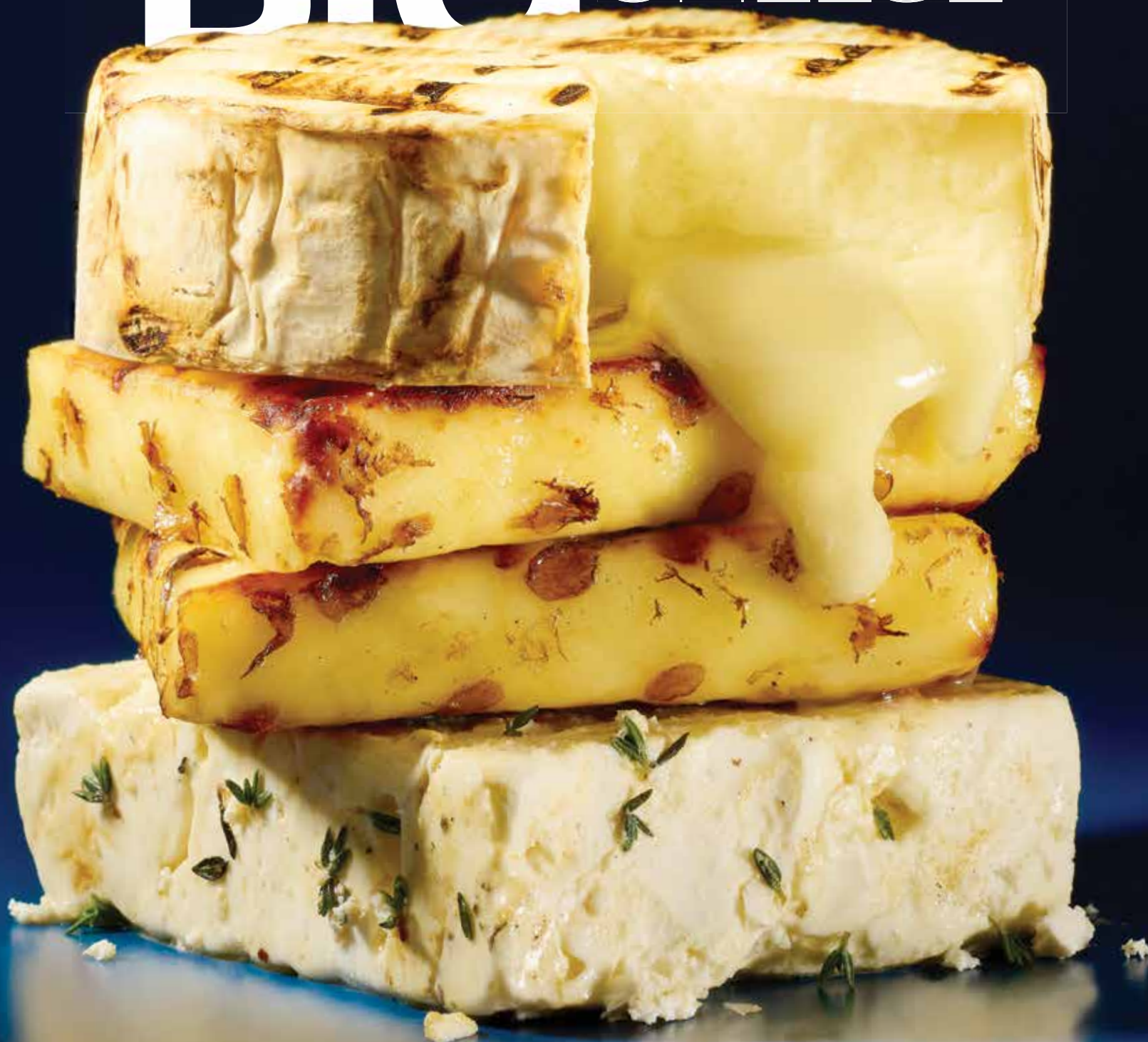
4. CUT each biscuit in half crosswise. Spoon whipped cream mixture onto each biscuit bottom. Top with orange mixture and biscuit tops.

Per serving: 290 calories, 16 g fat, 10 g saturated fat, 0.5 g trans fat, 75 mg cholesterol, 160 mg sodium, 34 g carbohydrates, 2 g fiber, 14 g sugar (7 g added sugar), 5 g protein. **Daily Values:** Vitamin D 6%, Calcium 8%, Iron 6%, Potassium 4%



HOW TO SECTION CITRUS Sectioning grapefruits and oranges creates individual slices that are easy to eat and cook. First, use a sharp knife to slice off the two ends of the fruit. Then cut away the peel and the white pith. Cut between each section of fruit and the membrane separating it from the next section until slices can be easily removed.

the BIG CHEESE



COOK CHEESE ON THE GRILL FOR THE ULTIMATE OOZING, MELTY MEAL.
CHOOSE GRILLING CHEESES THAT CAN TAKE THE HEAT, OR USE A GRILL PAN.



HALLOUMI CAPRESE SKEWERS

Thread cubes of Kryssos Company Halloumi cheese, cherry tomatoes and cubes of Hy-Vee Bakery sourdough bread on pre-soaked skewers. Grill 3 minutes on each side over medium-high heat. Drizzle with Gustare Vita balsamic glaze and garnish with fresh basil, if desired.



GRILLED QUESADILLA

Fill tortillas with Hy-Vee finely shredded Mexican cheese and desired fillings. Spray both sides with cooking spray and grill over medium-high heat for 2½ minutes per side.



CEDAR PLANK BRIE

Soak cedar plank for 2 hours. Place 1 (8-oz.) wheel Président Brie soft-ripened cheese on plank. Grill over medium-high heat for 10 minutes or until softened. Top with blueberries and drizzle with Hy-Vee honey.



PEPPER JACK QUESO DIP

Combine 2 cups Hy-Vee shredded pepper Jack cheese and 1 cup Hy-Vee heavy whipping cream in a 6×2-in. cast-iron skillet. Cover with foil. Grill over medium-high heat for 10 minutes, stirring occasionally. Garnish with jalapeño slices and Hy-Vee crushed red pepper; serve with tortilla chips.



BACON-WRAPPED STUFFED DATES

Stuff pitted dates with Soirée original goat cheese. Wrap with bacon. Transfer dates to a cast-iron skillet. Grill 15 minutes over medium-high heat or until bacon is crisp.

BUNLESS BURGER

Swap your burger bun for two slices of Carr Valley Cheese bread cheese. Grill cheese slices 5 minutes over medium-high heat, then stack with grilled Hy-Vee Steakhouse burger and desired toppings.

8 ways to grill with cheese

Get cheesy and try these delicious recipes to enhance your cheese experience.



HALLOUMI TACOS

Grill slices of Kryssos Company Halloumi cheese over medium-high heat for 10 minutes, flipping once. Fill tortillas with chopped grilled cheese and desired toppers.



GRILLED FETA

Place 1 (8-oz.) block Soirée traditional feta cheese block in the center of a large piece of aluminum foil. Drizzle with Gustare Vita olive oil; top with fresh thyme sprigs. Wrap foil to seal. Grill over medium-high heat for 15 minutes.



grilled cheese, please

Although many cheeses can be warmed on the grill, *grilling cheeses* have a high melting point, so they hold their shape without oozing away through the grates. One grilling cheese is Halloumi, usually made with goat's or sheep's milk. Another is bread cheese, a semi-soft Finnish cheese made with cow's milk in the U.S. They develop a crispy outer coating or caramelized brown crust on the outside while the inside gets melty. Ask a Hy-Vee cheese expert to help you identify the right cheeses for you.

Grilling Cheese Is a Breeze Learn how to cook with grilling cheese and find tips for these extra-melty recipes.

Hy-Vee seasons **H**STV

Watch and learn at **HSTV.com** today!



Less Cook Time More Summertime

tasty meals, 25 minutes or less.

NEW



No artificial flavors

©2021 Conagra Brands, Inc. All Rights Reserved.

101

MANGOES

Known around the world as the king of fruits, nutrient-rich mangoes reach their peak in summer. Find these juicy and sweet tropical fruits at Hy-Vee.

Native to India, mangoes are similar to peaches in flavor and texture. When ripe, they're juicy and have a sweet, slightly tart flavor, sometimes with floral or pine notes. Mangoes are tasty in desserts, drinks and even savory recipes. They're an excellent source of vitamins A and C, which help with organ and immune system functions.

BUY fruits that feel heavy for their size and don't have any cuts or bruises. Hold one in the palm of your hand and gently squeeze; ripe mangoes should give slightly.

STORE unripe mangoes at room temperature. To speed ripening, place them in a paper bag. Store ripe fruits in the fridge for up to 5 days.

PREP by gently rinsing them with water and drying. Cut the mango lengthwise on either side of the stem to avoid the pit. Score the fruit into cubes and remove from peel with a spoon.

MANGOES KEEP RIPENING AFTER THEY ARE PICKED; THE RIPER THEY ARE, THE MORE VITAMIN A THEY CONTAIN.

WAYS TO ENJOY

Raw

Eat fresh mango slices plain as a snack or side, or add a squeeze of lime juice and a pinch of chili powder and salt on top.

Smoothie

Toss fresh or frozen mango cubes into a blender with other favorite fruits to give drinks a tropical flavor twist.

Salsa

Mix chopped fresh mango with diced bell peppers, red onion, jalapeño, cilantro and lime juice. Scoop up salsa with chips or use it as a topping on tacos.

Sources: ods.od.nih.gov/factsheets/VitaminA-Consumer/
ods.od.nih.gov/factsheets/VitaminC-Consumer/
fdc.nal.usda.gov/fdc-app.html#/food-details/169910/nutrients
dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/fact-sheet-mango.pdf



Make this delicious dessert with the no-churn method—ice cream maker not required!

Coconut-Rum Mango Ice Cream

Total Time 30 minutes plus freezing and standing time

Serves 14 (½ cup each)

3 large ripe mangoes, pitted and peeled

1 (14-oz.) can Hy-Vee sweetened condensed milk

½ cup canned unsweetened coconut cream

2 Tbsp. dark rum or 1 Tbsp. rum flavoring

2 Tbsp. lime zest, plus additional for garnish

2 Tbsp. fresh lime juice

1½ cups Hy-Vee heavy whipping cream

¾ cup Hy-Vee unsweetened flaked coconut, toasted; plus additional for garnish

Waffle cones, for serving, if desired

1. CHOP 1 mango; set aside. Cut remaining 2 mangoes into large chunks.

2. PLACE the 2 cut-up mangoes in a food processor. Add sweetened condensed

milk, coconut cream, rum or rum flavoring and 2 Tbsp. lime zest and lime juice. Cover and process until smooth; set aside.

3. PLACE heavy cream in a large bowl. Use an electric mixer to beat cream to soft peaks (tips curl). Gently cream into mango mixture; fold in reserved chopped mango and ¾ cup toasted coconut.

4. SPREAD mixture into an 8×8-in. baking dish. Cover and freeze for 8 hours or overnight.

5. TO SERVE,

let stand at room temperature for 45 minutes. Scoop ice cream into cones or bowls. Garnish with additional lime zest and toasted coconut, if desired.

Per serving: 260 calories, 14 g fat, 9 g saturated fat, 0 g trans fat, 35 mg cholesterol, 35 mg sodium, 29 g carbohydrates, 0 g fiber, 26 g sugar (13 g added sugar), 4 g protein. **Daily Values:** Vitamin D 0%, Calcium 8%, Iron 0%, Potassium 6%

new

on the scene with caffeine

no calories.
no sweeteners.
a little kick of caffeine.

47mg
caffeine



©2021 BUBLY and the Bubly Designs are trademarks.

MATCH GAME



SOME SAY PERSONALITY
INFLUENCES DRINK CHOICES.
CONSIDER THESE PLAYFUL
DESCRIPTIONS TO DECIDE
WHICH BOURBON OR
BEER FITS YOUR DAD FOR
FATHER'S DAY.

WHY BOURBON?
Bourbon, a form of whiskey, has a distinctive flavor sweeter than other types of whiskeys. Bourbon is distilled from a mixture of grains—including at least 51 percent corn—and aged in new charred-oak barrels. Moreover, it contains no additives or colorings.

WHERE IS IT MADE?
All bourbons are made in America and most (but not all) come from one state. To be called a Kentucky bourbon, whiskey must be distilled and aged in Kentucky. To be designated "straight bourbon whiskey," the spirit must be aged in new charred-oak barrels for at least 2 years.

WHAT'S THE FLAVOR?
Bourbon's flavor depends on length of aging and type and amount of grains used. Typical bourbons are made from about 70 percent corn, with rye, malted barley or wheat added as flavor grains. Below are some recommendations from Eric Dodge, Hy-Vee wine & spirits manager and certified bourbon steward, Waterloo, Iowa.

BEST BOURBON FOR DAD

Match the bourbon with the man and his mood.

If he likes gaming in the basement: He could decide to save the excitement for the video game and pour Basil Hayden's, a deliciously smooth bourbon. At 80 proof, it keeps the burn to a minimum.

If he'd rather watch his team in a nail-biter than a blowout: He enjoys good competition and will embrace Wild Turkey bourbon, a silver medalist in several international spirits competitions.

If he considers it a good thing when told to "take a hike": He's a natural adventurer and might like to check out Elijah Craig Small Batch Bourbon—with great flavor, nice bite, but not too bold.

If he listens to soft rock: He may go for the mellow flavor of Maker's Mark, a wheated, small-batch bourbon soft enough to sip straight even for beginners.

If he's a stickler for details: He'll appreciate Evan Williams Bottled-in-Bond, made to the exact requirements of the Bottles-in-Bond Act of 1897.



WHAT ARE THE CATEGORIES OF BOURBON?

Single Barrel
Flavor can differ slightly from barrel to barrel.

Cask strength
Intense, concentrated taste and high alcohol content.

Wheated
Softer mouthfeel, with 10 percent or more wheat.

High rye
Bolder, spicier, with 20 to 35 percent rye.

High corn
Sweeter, with more than 70 percent corn.

Small batch
Bourbon produced by mixing up a relatively small number of select barrels—generally 10 to 50.

DAD HAS MET HIS MATCH

HY-VEE'S INCREDIBLE BEER SELECTION COVERS A FULL RANGE OF FLAVORS. ONE IS BOUND TO SUIT DAD.



IOWA EAGLE

If his idea of yard work is setting up a hammock:

He knows something about relaxation and will dig the laid-back attitude of this traditional American lager from Iowa.



TOPPLING GOLIATH PSEUDO SUE

If he continually flips channels between

two games on TV: He's an explorer and will enjoy investigating the mild bitterness of this hoppy Iowa pale ale.



NATURAL LIGHT NATURDAYS

If he thinks pop music died with disco:

He is confident in his taste (no matter what anyone else says) and won't mind this strawberry-lemonade beer dancing around his taste buds.



SINGLESPEED TIP THE COW

If he gets all philosophical around the campfire:

He's a big thinker and needs a beer with real fortitude to see him through, like this rich and creamy cocoa espresso milk stout from Iowa.



GRAIN BELT NORDEAST

If he still debates the designated hitter rule:

He may like to take a swing at a Minnesota brew lots of dads grew up with—now with the light maltiness and soft hop bitterness of amber lager.



BREWDOG PUNK AF

If he balances his intake of superhero movies with

a few rom-coms: He's flexible enough to go for this juicy non-alcoholic pale ale from Ohio with just 37 calories.



NEW BELGIUM FAT TIRE

If he likes long bike rides:

He'll roll with this amber ale, conceived by the brewery's founder as he biked through Europe seeking inspiration to make his own beer.



GOOSE ISLAND 312 URBAN WHEAT ALE

If he'd rather watch a classic movie than the latest reality TV show:

He's sure to appreciate this classic, easy-drinking wheat beer with Chicago lineage.



LAKE TIME OREO SPEEDWAGON

If he cooks a meal and does the dishes

afterwards: He is definitely a sweetheart and deserves an equally sweet Iowa stout with a flavor that calls to mind delicious cookies.

SEE WHAT'S BREWING

TURN TO PAGE 44 TO LEARN MORE ABOUT THE BEER STYLES INCLUDED IN THESE RECOMMENDATIONS FROM CERTIFIED CICERONE ERIC DODGE.

BREW 101

DOMESTIC

Traditional American beers are lighter-bodied lagers and pilsners. Classics include Budweiser, Miller, Coors and Pabst Blue Ribbon.

CRAFT

The craft beer segment has been growing since the early 1970s. Brewed in small batches, often by independent brewers, craft beers include styles such as IPAs, pale ales and wheat beers.

SPECIALTY

Specialty beers include distinct styles such as bock or sour, as well as those made with unique ingredients such as fruits, herbs and spices.



BEER STEWARD

& CERTIFIED CICERONE ERIC DODGE SAYS:

"The Hy-Vee Wine & Spirits Department has two great Father's Day gift options. For bourbon lovers, be on the lookout for Hy-Vee exclusive bourbon picks, where our managers hand-select barrels with a signature flavor profile, then have bourbon bottled for our stores. Or give Dad a Mix & Match six-pack so he can enjoy a variety of beers."

BEER STYLES

FIND DAD'S PERFECT BEER MATCH AT
HY-VEE FOR A FATHER'S DAY GIFT
HE WILL TRULY ENJOY.

CRAFT BEER GUIDE

Learn more about
craft beers at
[hy-vee.com/
craft-beer](http://hy-vee.com/craft-beer)



SUMMER TASTES BETTER WITH *Coca-Cola*



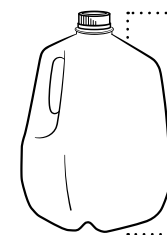
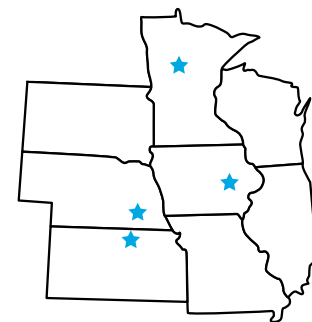
Coca-Cola

cream

OF THE CROP

WORKING WITH LOCAL DAIRY FARMS FOSTERS COMMUNITY AND PROVIDES HY-VEE SHOPPERS WITH FARM-FRESH PRODUCTS AT REASONABLE PRICES. MEET SOME OF THE FAMILY FARMERS WHO WORK HARD TO BRING DAIRY TO YOU.

Dairy is a key part of a well-balanced diet, providing calcium for strong bones, plus essential nutrients such as vitamins A and D, potassium and protein. But more than nutrition and farm-fresh taste, when you buy dairy from Hy-Vee, you support family farmers like those featured in this story—hailing from Minnesota, Iowa, Nebraska and Kansas—as well as many other farmers throughout our 8-state region.



48

HOURS

IT ONLY TAKES ABOUT 48 HOURS FOR MILK TO REACH GROCERY SHELVES AFTER IT LEAVES MIDWEST DAIRY FARMS.

DAIRY HAS ITS PLACE—AND IT'S USUALLY LOCAL

Dairy products have been staples in American diets for generations, encompassing a range of foods including milk, yogurt, cheese, butter, ice cream, cream cheese and sour cream.

About 90 percent of Americans do not get enough dairy in their diets, according to the United States Department of Agriculture (USDA), which says most people would benefit from increasing their intake of fat-free or low-fat dairy. The recommended daily amount differs by age, the USDA says, ranging from 1½ cups for toddlers up to 3 cups for adults.

Dairy also offers great taste. There's undeniable

comfort in dairy foods—the chocolate milk in the fridge, ice cream in the freezer or melty cheese on the pizza in the oven.

Hy-Vee works with many Midwest farms to bring the best products to its dairy cases. The four dairy farms spotlighted on these pages are just a few of the many farms Hy-Vee works with to bring the best products to its stores.

You can feel good about the dairy products you get at Hy-Vee. They're full of nutrition, loaded with taste and delivered farm-fresh. Plus, they give a boost to the local economy. A win-win.

Brooke and Adam Engelman

run Classic Dairy, near Jansen, Nebraska, along with Adam's parents, brother and sister. The Engelmans' children—Preston, Allison and Sidney—will be the fifth generation to farm.

"At Classic Dairy, we pride ourselves on our sustainability efforts. We work hard to recycle and reuse as much water as possible. Cold water from the well is used to cool the milk, then it goes into a holding tank to be used to flush manure out of the barns. As a final step, the water is injected into our farm ground as fertilizer for the crops.

"Cow care and comfort are our main priorities, enabling us to produce a high-quality product. We work closely with our nutritionist and veterinarians to give our cows the best feed and care.

"Health and safety of our family are important. By taking good care of our cows, we are guaranteeing a healthy and safe product for all of us."

—Brooke Engelman



BY TAKING GOOD CARE OF OUR COWS, WE ARE GUARANTEEING A HEALTHY AND SAFE PRODUCT FOR ALL OF US. —BROOKE ENGELMAN

A TYPICAL DAY IN THE LIFE OF A DAIRY FARMER

3 AM | Milk the cows. Each cow spends 10 minutes in the milking parlor.

6 AM | Breakfast time for the cows. Morning feed distributed; fresh water provided.

7 AM | Breakfast time for the farmer.

8 AM | Feed baby calves bottles of warm milk.

10:30 AM | Load the milk truck to get ready for delivery.

NOON | Lunch

1 PM | General farm chores; sometimes meet with nutritionist, veterinarian or milk inspector.

3 PM | Milk the cows. Most farms milk twice a day, some three times a day.

6 PM | Feed the baby calves again.

7 PM | Check on corn and hay fields that will feed cows next year.

7:45 | Dinner

9 PM | Bedtime. Next milking is just 6 hours away.



THE SCOOP ON DAIRY

Milk tastes great with cereal (or cookies!), but it's not the only dairy product cows take credit for. Here are some others.

CHEESE

Natural cheese is a fermented food made with milk, salt, good bacteria and enzymes.



FROZEN DESSERTS

Frozen dairy desserts include ice cream, ice milk, gelato, sherbet and frozen yogurt.



COTTAGE CHEESE

Fresh cheese curd products are made by draining the cheese instead of pressing it.



BUTTER

Made with fat and protein from milk or cream, butter is a spread and an ingredient in baking and cooking.



YOGURT

Made through the fermentation of lactose, yogurt provides probiotics that aid digestion.



CREAM CHEESE

Soft, fresh cheese made from milk and cream contains at least 33% milk fat.



CREAM

Skimmed from the top of fresh milk, cream is sold as half-and-half and heavy whipping cream.



SUSTAINABLE FARMING PRACTICES ARE NETTING POSITIVE RESULTS:

• THE DAIRY INDUSTRY AIMS TO CUT GREENHOUSE GAS EMISSIONS FOR MILK PRODUCTION BY 25 PERCENT FROM 2007–2008 LEVELS.

• UNDER ITS NET ZERO INITIATIVE, THE U.S. DAIRY INDUSTRY HOPES TO ACHIEVE NET ZERO GREENHOUSE GAS EMISSIONS BY 2050.

Hy-Vee.

ONE STEP MILK DRIVE

Milk is a vital component to a healthy diet. That is why Hy-Vee will partner with dairy suppliers this month to donate milk to food banks. For each gallon or half-gallon sold, dairy suppliers will donate to Feeding America food banks across our eight-state region at the end of the drive. Help us give milk to those families in need by purchasing milk at your local Hy-Vee store.



The Ohlde family has been in the dairy business since migrating from Germany, but have been milking cows on their current farm near Linn, Kansas, since 1955 when Bob and Norma Ohlde were married. They both grew up on dairies and shared in this passion. Bob had three milk cows he bought during high school and from there the Ohldes continued to build their herd.

"In 1996 the family decided to do a large-scale expansion. We wanted to focus on increasing cow comfort, sustainability, and being good stewards of the environment. An expansion would also allow future generations a chance to be part of the family business.

"We are most proud of having a family-owned, multi-generational business. We are also proud of the dependability in

our employees and the pride they take in their individual roles. The care and compassion everyone shows for the animals and each other is incomparable.

"We enjoy partnering with Hy-Vee to bring a safe, quality product to local shelves. From start to finish, it is imperative that the best efforts are made to produce, handle, ship and store our product so it is as safe and fresh as possible.

"We'd like consumers to know that our product is safe and healthy! We work extremely hard to make sure our cows receive the best treatment and care possible, which results in them giving us their best milk. And there are numerous health benefits dairy products provide to our bodies."

—Melissa Ohlde

Melissa Ohlde, shown with her husband Levi (right) and brother-in-law Justin, helps run the multigenerational Ohlde Family Farm near Linn, Kansas.



Typical Milk Production Schedule

8 AM | Milk cooled on farm to under 42°F.

10 AM | Milk delivered to milk plant.

1 PM | Milk tested for cleanliness and purity; it's not unloaded unless given a clear grade.

2 PM | Milk is pasteurized for safety, enhanced shelf life and consistency; then instantly cooled back down to 42°F.

3 PM | Milk is skimmed to appropriate amount of fat and protein.

3:30 PM | Milk is bottled and loaded on a delivery truck.

Kristine and Mark Spadgenske

have co-owned Spadgenske Dairy near Menahga, Minnesota, with Mark's twin brother, Mike, since 1994.

"We currently milk 350 cows and farm about 1,500 acres of corn and hay to feed our cows. Their care is always top priority. The Ladies, as we affectionately call them, receive regular veterinary care including checkups and vaccinations. The Ladies have access to clean, dry stalls where they can lay down to rest, and they have 24/7 access to fresh feed and water. They are also able to go outside to pasture as weather allows.

"We use innovation and technology to make the work on the farm not only easier but also more efficient and cost-effective. When our cows are healthy, they are able to produce high-quality milk, which is processed into many dairy products. I believe dairy products can be a part of a happier life. Who doesn't feel just a bit happier enjoying a bowl of ice cream on a warm summer evening?"

"When the milk truck comes to pick up the milk we have produced, that milk has our name on it. We have a responsibility to see that it is the highest quality. We are also committed to preserving our land, water and air for the next generation. Our goal has always been to leave the land we farm in even better condition than when we started. It is only ours to borrow for the time being until we can pass that land on to the next generation."

—Kristine Spadgenske



Josie Rozum's parents, Dan and Debbie Takes, are first-generation dairy farmers who started milking in the late 1990s.

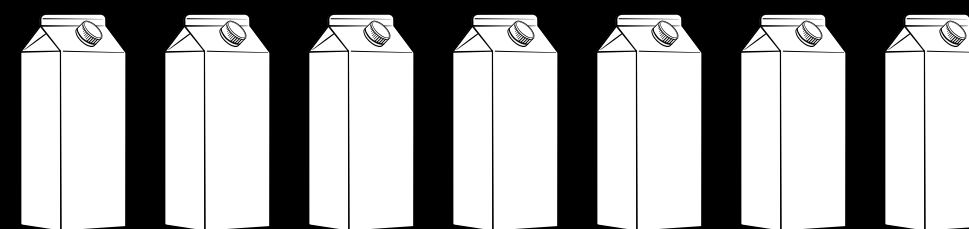
"They had so much love for their farm and the land they wanted to have more control over the process from the farm to consumers' tables, so together, my parents and siblings started Dan and Debbie's Creamery just a few miles from our family farm.

"We're a modern-day farm-to-table dairy operation celebrating our 5-year anniversary this year. At the creamery, we bottle cream top milk and make butter, cheese curds, aged cheeses and ice cream.

"Our life is on the farm. We love what we do and watching our product go from farm to table is such a neat thing to see. We take great pride in knowing that we are helping feed our community."

Hy-Vee has been such a wonderful partner for us to work with. They have been instrumental in getting our creamery up and going through their support, encouragement and ongoing space they provide us on their store shelves so our products are more accessible to more consumers. —JOSIE ROZUM

Josie Rozum is director of operations for Dan and Debbie's Creamery, a family dairy farm she runs with her parents and siblings in Ely, Iowa.



7 GALLONS

THE AMOUNT OF MILK ONE DAIRY COW PRODUCES EACH DAY.

WE ENJOY PARTNERING WITH HY-VEE TO BRING A SAFE, QUALITY PRODUCT TO LOCAL SHELVES. —MELISSA OHLDE

THE GREAT SHAKE-UP

Use delicious local dairy products from Hy-Vee to make these super-sweet milkshakes.

CHERRY PIE MILKSHAKE

Combine 1 cup It's Your Churn black jack cherry ice cream, ½ cup Hy-Vee 2% reduced-fat milk and ¼ cup Hy-Vee cherry pie filling in a blender. Cover and blend until smooth. Pour mixture into a 12-oz. glass. Spoon additional cherry pie filling along rim of glass and over top of milkshake. Garnish with thawed Hy-Vee frozen whipped topping, a maraschino cherry and shards of baked pie crust, if desired. Serves 1 (12 oz.).

UNICORN MILKSHAKE

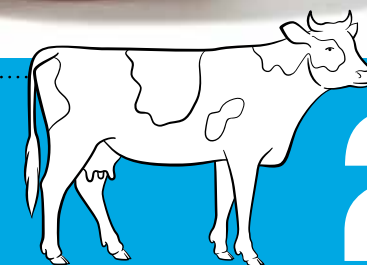
Dip rim of a 20-oz. glass into melted white chocolate and sprinkle with Hy-Vee fruity crisp rice cereal; let dry. Dip a sugar ice cream cone into melted white chocolate and sprinkle with gold sprinkles; let dry. Combine 2 cups pink cherry-flavor cotton candy, 1½ cups Hy-Vee We All Scream! vanilla ice cream and ¾ cup Hy-Vee 2% reduced-fat milk in a blender. Cover and blend until smooth. Pour half of mixture into prepared glass. Tint remaining mixture with blue food coloring. Pour blue mixture over pink layer in glass. If desired, tint thawed Hy-Vee frozen whipped topping with purple food coloring. Top milkshake with whipped topping; add prepared ice cream cone. Garnish with rainbow sprinkles, if desired. Serves 1 (20 oz.).

CHOCOLATE PEANUT BUTTER MILKSHAKE

Pipe melted dark chocolate along rims of 2 (12-oz.) glasses and sprinkle with Over the Top so chocolate jimmies; let dry. Combine 2 cups Hy-Vee We All Scream! chocolate ice cream, 1 cup Hy-Vee 2% reduced-fat milk and ½ cup Hy-Vee creamy peanut butter in a blender. Cover and blend until smooth. Pour mixture into prepared glasses. Garnish with thawed Hy-Vee frozen whipped topping, peanut butter chocolate candies, crushed peanuts and Crav'n fudge-striped shortbread cookies; sprinkle with cocoa powder, if desired. Serves 2 (12 oz. each).

RED VELVET MILKSHAKE

Remove paper and chocolate garnishes from 2 (1¼-oz.) Hy-Vee Bakery mini red velvet cupcakes; set chocolate garnishes aside. Combine 1 cup It's Your Churn vanilla ice cream, cupcakes and ½ cup Hy-Vee 2% reduced-fat milk in a blender. Cover and blend until smooth. Pour mixture into a 14-oz. glass. Top with thawed Hy-Vee frozen whipped topping. Garnish with additional red velvet cupcake crumbles and reserved cupcake garnishes. Serves 1 (14 oz.).



2.4

MILLION
DAIRY COWS,
APPROXIMATELY,
ARE IN HY-VEE'S
8-STATE REGION.

WAFFLE MAKER

HOT OFF THE PRESS!

Whip up simple and tasty meals any time of day with this surprisingly practical appliance.

6 Reasons You Should Use One

Ancient Greeks made a dish similar to waffles using wood-handled iron plates held over a fire. Today's waffle makers have come a long way and can be used for more than waffles. Here are a few benefits:

1 FLEXIBILITY

Make sweet, savory or spicy dishes for breakfast, lunch, dinner, snacks and dessert.

2 ENERGY-EFFICIENCY

Waffle makers use less energy than a stove or oven, saving energy, and dollars.

3 SAFE OPERATION

The closed lid makes it easier to avoid burning yourself than using a pan on the stove.

4 SPACE-SAVER

Waffle makers fit in cabinets, sit on counters and are portable for road trips, tailgating and camping excursions.

5 TIME-SAVER

Waffle makers heat both sides of your food at the same time, making for a very quick cooking process.

6 EASY CLEANUP

Cleaning nonstick waffle makers is just a quick wipe over the plates and exterior with a damp cloth. Some models have removable plates that can be soaked and washed in warm soapy water.

A FEW HANDY FEATURES

• **CONVENIENT STORAGE**
TO ENSURE THE WAFFLE MAKER FITS IN CABINETS OR SITS OUT OF THE WAY ON COUNTERTOPS, LOOK FOR A MODEL WITHOUT A LONG HANDLE.

• **NONSTICK SURFACE**
CHOOSE A WAFFLE MAKER WITH A NONSTICK SURFACE TO ENSURE FOODS POP OUT EASILY AND ALLOW FOR HASSLE-FREE CLEANUP.

• **DONENESS INDICATORS**
LIGHTS OR ALARMS ALERT WHEN THE FOOD IS DONE SO NOTHING IS OVER- OR UNDER-COOKED.

• **TEMPERATURE CONTROL**
THIS HELPFUL KNOB ALLOWS YOU TO PRECISELY SET YOUR DESIRED TEMPERATURE.

BLUEBERRY WAFFLES

WAFFLE ADD-INS:

½ cup blueberries + 1 Tbsp. lemon extract + ½ tsp. salt

WHIPPED CREAM

ADD-INS: Omit vanilla extract + 1 Tbsp. lemon extract + zest of 1 lemon

BLUEBERRY COMPOTE:

1½ cups blueberries + 2 tsp. Hy-Vee cornstarch dissolved in ½ cup cold water + ¼ cup Hy-Vee Select 100% pure maple syrup + 1 tsp. lemon zest + Dash Hy-Vee ground cinnamon + simmer until thickened

FLAVOR BLENDS

Use these base recipes to create a variety of flavorful waffles.

WAFFLES:

- 2 cups Hy-Vee Complete Pancake & Waffle Mix
- 1½ cups water
- ½ cup Hy-Vee vegetable oil
- Waffle Add-Ins

Mix all ingredients, including add-ins, until smooth; let rest 5 minutes. Cook in preheated waffle maker on medium heat. Makes 4 (7-in.) waffles.

FROSTING:

- 1 (8-oz.) pkg. Hy-Vee cream cheese, softened
- ¼ cup Hy-Vee unsalted butter, softened
- 2 Tbsp. Hy-Vee sour cream
- 1 Tbsp. Hy-Vee vanilla extract
- 4 cups Hy-Vee powdered sugar
- Frosting Add-Ins

Beat cream cheese, butter, sour cream and vanilla with an electric mixer until smooth. Beat in powdered

sugar and add-ins until combined. Makes 3 cups.

WHIPPED CREAM:

- 1 cup Hy-Vee heavy whipping cream
- 3 Tbsp. Hy-Vee powdered sugar
- 1 Tbsp. Hy-Vee vanilla extract
- Whipped Cream Add-Ins

Beat all ingredients, including add-ins, with an electric mixer until stiff peaks form. Cover and refrigerate until ready to serve. Makes 2 cups.



RED VELVET WAFFLES

WAFFLE ADD-INS:

2 Tbsp. Hy-Vee baking cocoa powder + 1 Tbsp. Hy-Vee red food coloring + ½ tsp. Hy-Vee salt

FROSTING ADD-INS:

1 cup raspberries mashed + ½ tsp. Hy-Vee salt

DESIRED GARNISHES: 2 cups raspberries + chocolate curls



DOUBLE ESPRESSO WAFFLES

WAFFLE ADD-INS: 1 Tbsp. instant espresso powder + 1 Tbsp. packed Hy-Vee brown sugar + ½ tsp. Hy-Vee salt

WHIPPED CREAM ADD-IN:

2 Tbsp. instant espresso powder
DESIRED GARNISH: Instant espresso powder



CINNAMON-ROLL WAFFLES

WAFFLE ADD-INS: 1 Tbsp. Hy-Vee ground cinnamon + ½ tsp. Hy-Vee salt

FROSTING ADD-INS:

1 Tbsp. Hy-Vee ground cinnamon + ½ tsp. Hy-Vee salt

DESIRED GARNISH:

Hy-Vee caramel-flavored syrup



QUESADILLA WAFFLES

WAFFLE ADD-INS: ½ cup Hy-Vee finely shredded taco cheese + ¼ cup Hy-Vee Mexican-style corn, drained + 2½ Tbsp. Hy-Vee original taco seasoning mix

DESIRED GARNISHES:

Sliced avocado + Hy-Vee Mexican-style corn + Hy-Vee sour cream + Hy-Vee salsa + Dash Hy-Vee original taco seasoning mix

ADD TO CART!

THE OSTER BELGIAN DURACERAMIC NONSTICK SURFACE COOKS UP TO 30 PERCENT FASTER THAN OTHER NONSTICK COATINGS. FIND THIS WAFFLE MAKER AND MORE AT HY-VEE.

FAST WAFFLE HACKS



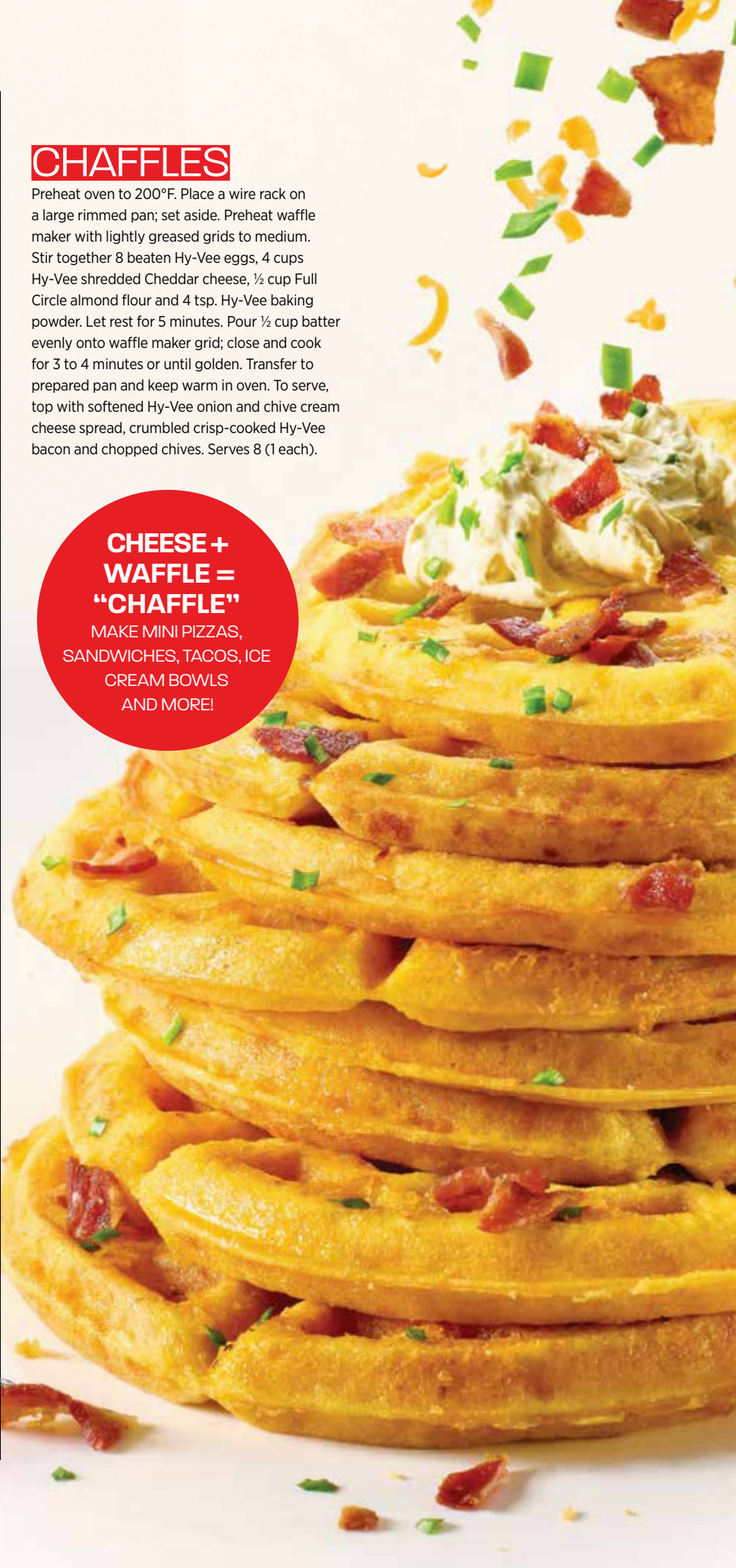
PIZZA POCKET WAFFLES
Preheat waffle maker with lightly greased grids to medium. Divide 1 (13.8-oz.) can Hy-Vee refrigerated pizza crust into 4 pieces. On a lightly floured surface, roll out each piece to about a 6½-in. circle; then use a 6-in. cookie cutter or bowl to cut dough. Spread 2 dough rounds each with 2 Tbsp. Hy-Vee rich & zesty pizza sauce. Top each with ½ cup Hy-Vee shredded mozzarella cheese and ½ (6-oz.) pkg. Hy-Vee original pepperoni slices. Place remaining 2 dough circles on top; crimp edges to seal. Cook, one at a time, for 10 to 12 minutes or until golden brown. Serves 2 (1 each).

BACON CHEESEBURGER WAFFLES
Preheat waffle maker with lightly greased grids to high. Lightly sprinkle 1 (16-oz.) can Hy-Vee jumbo biscuits with gourmet burger seasoning. Arrange 4 biscuits, each on a section of the waffle grid; cook for 5 to 6 minutes or until golden. Repeat with remaining 4 biscuits. Gently mix together 1 lb. 80% lean ground beef and 2 Tbsp. gourmet burger seasoning; form into 4 patties. Cook patties in waffle maker, one at a time, for 4 to 6 minutes or until 160°F. Top each with 2 slices Hy-Vee fully cooked hickory smoked bacon; cook for 1 minute more. To assemble, spread half of the biscuits with Hidden Valley smokehouse ranch sauce. Top with bacon-topped burgers, Hy-Vee American cheese, lettuce, tomato, red onion and remaining biscuits. Serves 4 (1 each).

CHAFFLES

Preheat oven to 200°F. Place a wire rack on a large rimmed pan; set aside. Preheat waffle maker with lightly greased grids to medium. Stir together 8 beaten Hy-Vee eggs, 4 cups Hy-Vee shredded Cheddar cheese, ½ cup Full Circle almond flour and 4 tsp. Hy-Vee baking powder. Let rest for 5 minutes. Pour ½ cup batter evenly onto waffle maker grid; close and cook for 3 to 4 minutes or until golden. Transfer to prepared pan and keep warm in oven. To serve, top with softened Hy-Vee onion and chive cream cheese spread, crumbled crisp-cooked Hy-Vee bacon and chopped chives. Serves 8 (1 each).

CHEESE + WAFFLE = "CHAFFLE"
MAKE MINI PIZZAS, SANDWICHES, TACOS, ICE CREAM BOWLS AND MORE!



ONE-STOP WAFFLE SHOP

FROM KITCHEN ESSENTIALS TO INGREDIENTS—FIND ALL OF YOUR WAFFLE MAKING NEEDS AT HY-VEE.



start a **BREW**-mance



LOVE YOUR MORNING



LIMITED EDITION FLAVOR!

EAT ALL WEEK

with

INGREDIENTS

SHOP ONCE TO FEED YOUR FAMILY THREE SQUARES A DAY WITH
HELP FROM HY-VEE AND A WELL-STOCKED PANTRY.

Meal Planning

Take the stress out of weekday meals with a carefully thought-out schedule. Planning ahead can reduce your shopping list by efficiently using all of the ingredients you buy. This 20-ingredient list supplemented with items you likely already have in your pantry or fridge will keep your family happily full Monday through Friday—breakfast, lunch and dinner. And while the ingredients may repeat, the meals don't.

The Menu

MONDAY

BREAKFAST:

Tropical Smoothie Bowl

LUNCH: Open-Face Caprese Sandwich

DINNER: Honey Garlic Salmon with Roasted Cherry Tomatoes and Zucchini

TUESDAY

BREAKFAST:

Granola Muffins

LUNCH: Salmon Lettuce Wraps with Mango Salsa

DINNER: Roasted Balsamic Chicken with Panzanella Salad

WEDNESDAY

BREAKFAST: Fruit & Granola Parfait

LUNCH: Creamy Zucchini Soup with Homemade Croutons

DINNER: Chicken Milanese with Herbed Rice and Mixed Greens

THURSDAY

BREAKFAST:

Avocado-Egg Toast

LUNCH: Thai Chicken Flatbread

DINNER: Seared Balsamic Steak Salad

FRIDAY

BREAKFAST: Zucchini-and-Onion Frittata

LUNCH: Thai Chicken Lettuce Rolls

DINNER: End-of-the-Week Steak Sandwiches

SHOPPING LIST

Pick up these 20 ingredients for a workweek full of meals.

- AVOCADOS (6)
- BUTTERHEAD LETTUCE (3 heads)
- CHERRY TOMATOES (3 [10.5-oz.] pints)
- FRESH BASIL (3 [0.8-oz.] containers)
- FRESH SALMON FILLETS (8 4-oz.)
- HY-VEE BONELESS SKINLESS CHICKEN BREASTS (6)
- HY-VEE CHOICE RESERVE NEW YORK STRIP STEAKS (8 [8-oz.], 1 in. thick)
- HY-VEE FROZEN WHITE BREAD DOUGH (1 [5-ct.] pkg.)
- HY-VEE FROZEN UNSWEETENED TROPICAL FRUIT BLEND (1 [48-oz.] pkg.)
- HY-VEE FRUIT & NUT GRANOLA (1 [11-oz.] box)
- HY-VEE PLAIN GREEK YOGURT (1 [32-oz.] tub)
- HY-VEE THAI PEANUT SAUCE (1 [11.8-oz.] bottle)
- HY-VEE SKIN ON, BONE IN CHICKEN THIGHS (8)
- ITALIAN PARSLEY (1 bunch)
- JALAPEÑO PEPPER (1)
- LEMONS (5)
- MIXED SALAD GREENS (3 [5-oz.] pkg.)
- RED ONIONS (6)
- SOIRÉE FRESH MOZZARELLA CHEESE (2 [16 oz.] logs)
- ZUCCHINI (9 medium)

PANTRY STAPLES

Use these items you might already have.

- GARLIC, fresh or jarred
- GUSTARE VITA OLIVE OIL
- HY-VEE 2% REDUCED-FAT MILK
- HY-VEE ALL-PURPOSE FLOUR
- HY-VEE BAKING POWDER
- HY-VEE BAKING SODA
- GUSTARE VITA BALSAMIC VINEGAR
- HY-VEE BLACK PEPPER
- HY-VEE BROWN SUGAR
- HY-VEE CRUSHED RED PEPPER
- HY-VEE DIJON MUSTARD
- HY-VEE EGGS

- HY-VEE DRIED DILL
- HY-VEE DRIED THYME
- HY-VEE GROUND CINNAMON
- HY-VEE HONEY
- HY-VEE LARGE EGGS
- HY-VEE MAYONNAISE
- HY-VEE NONSTICK COOKING SPRAY
- HY-VEE SALT
- HY-VEE PANKO BREAD CRUMBS
- HY-VEE UNSALTED BUTTER
- HY-VEE VANILLA EXTRACT
- HY-VEE VEGETABLE OIL
- HY-VEE VEGETABLE STOCK
- HY-VEE LONG-GRAIN WHITE RICE
- HY-VEE WHITE DISTILLED VINEGAR

Plan ahead

Several parts of the meals can be made and safely stored up to five days. Bake the bread (except one loaf), days ahead. And prepare and store the pesto for Monday's lunch and Friday's dinner.

Creative leftovers

You can cook more food than needed for one meal to create whole new meals that don't look or taste like leftovers. Chicken thighs are great alone and on pizza later in the week. Gremolata made for chicken one night tastes great on steaks the next night. And those steaks for dinner lead to delicious sandwiches for lunch the next day.

DAY 1 Monday

Bake frozen bread dough and make pesto ahead of time.

OPEN-FACE CAPRESE SANDWICHES

Bake 4 Hy-Vee frozen white bread dough loaves according to pkg. instructions; let cool. Wrap and store at room temperature. Prepare Basil Pesto as directed. For sandwiches, preheat broiler to HIGH. Drizzle 4 (½-in.) slices of baked bread with 1 Tbsp. Gustare Vita olive oil. Broil 5½ in. from heat 2 to 3 minutes or until lightly toasted. Rub toasted sides of bread with sliced garlic cloves; discard cloves. Spread each slice with 1 Tbsp. pesto. Top each with ¼ cup cherry tomatoes, halved, and 2 slices Soirée fresh mozzarella cheese. Drizzle with olive oil; sprinkle with Hy-Vee salt and black pepper. Garnish with small basil leaves, if desired. Serves 4.

HONEY GARLIC SALMON WITH ROASTED CHERRY TOMATOES AND ZUCCHINI

Preheat oven to 400°F. Line a large baking pan with parchment paper; set aside. Whisk together ¼ cup fresh lemon juice; 1 Tbsp. dried dill; 2 Tbsp. Hy-Vee honey; 3 cloves garlic, minced; ½ tsp. each Hy-Vee salt and black pepper in a small bowl. Place 4 (4-oz.) fresh salmon fillets in the middle of the prepared baking pan; spoon lemon juice mixture over salmon. Place 2 thin lemon slices on each fillet. Slice 2 medium zucchini; cut slices in half and place in large bowl. Add 1½ cups whole cherry tomatoes, and ½ tsp. each Hy-Vee salt and black pepper; toss with 1 Tbsp. Gustare Vita olive oil. Arrange vegetables around salmon. Bake 13 to 17 minutes or until salmon reaches 145°F. Garnish with fresh dill, if desired. Serves 4.

TROPICAL SMOOTHIE BOWL

Combine 1 cup Hy-Vee frozen unsweetened tropical fruit blend, ½ cup Hy-Vee 2% reduced-fat milk, ½ cup Hy-Vee plain Greek yogurt in a blender. Cover and blend until smooth, stopping to scrape down the sides as needed. Divide between 2 serving bowls. Top each bowl with ¼ cup Hy-Vee fruit and nut granola and ¼ cup Hy-Vee frozen unsweetened tropical fruit blend. Serves 2.

BASIL PESTO

Place 2 cups packed basil leaves and 2 garlic cloves in a food processor. Cover and pulse until chopped, stopping to scrape down sides as needed. With food processor running, slowly add ½ cup Gustare Vita olive oil; process until well combined. Season to taste with Hy-Vee salt and black pepper to taste. To store, place plastic wrap on surface of pesto; store in a tightly covered container in the refrigerator up to 5 days. Makes ¾ cup.

DAY 2 Tuesday

Thaw fruit before lunch, and save half the chicken for Thursday.

ROASTED BALSAMIC CHICKEN WITH PANZANELLA SALAD

Cut baked bread into ½-in. slices and cube. Preheat oven to 400°F. Arrange cubes on a large rimmed baking pan. Drizzle with 2 Tbsp. Gustare Vita olive oil, season with Hy-Vee salt and black pepper. Bake 8 to 12 minutes or until toasted; cool. Combine toasted bread cubes, 2 cups quartered cherry tomatoes and ½ cup chopped fresh basil in a medium bowl. Drizzle with 1 Tbsp. Gustare Vita olive oil; season with Hy-Vee salt and black pepper. Cover and chill until serving time. Pat 8 Hy-Vee chicken thighs dry with paper towels; place in a large resealable plastic bag. Whisk together 3 Tbsp. Gustare Vita balsamic vinegar, 2 Tbsp. Gustare Vita olive oil, 1 Tbsp. minced garlic, 1 tsp. Hy-Vee Dijon mustard, ½ tsp. each of Hy-Vee salt and black pepper in a small bowl. Pour mixture over chicken, close bag. Turn to evenly coat chicken; marinate 10 minutes. Remove chicken from marinade; discard marinade. Place chicken on a parchment-lined rimmed baking pan. Bake 40 to 50 minutes or until the internal temperature reaches 165°F. Set aside 4 pieces of chicken to cool; then cover and refrigerate for Thursday's lunch. Serve remaining chicken with salad. Season to taste with salt and black pepper. Serves 4.

GRANOLA MUFFINS

Preheat oven to 400°F. Lightly spray 12 (2½-in.) muffin cups with Hy-Vee nonstick cooking spray; set aside. Whisk together 2 cups Hy-Vee all-purpose flour, 1 cup packed Hy-Vee brown sugar, 1 tsp. Hy-Vee baking powder, ¾ tsp. Hy-Vee salt, ¾ tsp. Hy-Vee ground cinnamon and ½ tsp. Hy-Vee baking soda in a large bowl; set aside. Whisk together 1½ cups Hy-Vee 2% reduced-fat milk, ½ cup Hy-Vee vegetable oil and 1 tsp. Hy-Vee vanilla extract in a medium bowl. Pour milk mixture over flour mixture; gently stir just until combined (do not overmix). Spoon ¼ cup of the batter into each prepared muffin cup. Top each with 1 Tbsp. Hy-Vee fruit and nut granola. Bake for 13 to 17 minutes, or until a toothpick inserted comes out clean. Remove muffins from muffin cups. Cool on a wire rack. Makes 12 muffins.

SALMON LETTUCE WRAPS WITH MANGO SALSA

Combine ¼ cup mayonnaise, 1 Tbsp. dried dill, 2 Tbsp. Hy-Vee honey, 2 Tbsp. Hy-Vee Dijon mustard and ½ tsp. each Hy-Vee salt and black pepper in a medium bowl. Stir in ½ small red onion, minced; set aside. Chop 4 (4-oz.) fresh salmon fillets; gently stir into mayonnaise mixture and marinate in refrigerator 10 minutes. For salsa, combine 2 avocados, seeded, peeled and diced; ½ cup mango from Hy-Vee frozen unsweetened tropical fruit blend; 1 seeded and chopped jalapeño; 2 Tbsp. chopped red onion; 2 Tbsp. chopped Italian parsley; 1 Tbsp. freshly squeezed lemon juice, and ¼ tsp. Hy-Vee salt. Set salsa aside. Heat 1 Tbsp. Hy-Vee vegetable oil in a 12-in. nonstick skillet over medium heat. Add salmon; cook 4 to 5 minutes or until an internal temperature reaches 145°F. Remove from heat. Spoon salmon mixture into 8 butterhead lettuce cups; top with salsa. Garnish with additional chopped Italian parsley, if desired. Serves 4 (2 each).



FRUIT & GRANOLA PARFAIT

Spoon 1 Tbsp. Hy-Vee fruit and nut granola into bottom of 4 (12-oz.) glasses. Layer each with 2 Tbsp. Hy-Vee frozen unsweetened tropical fruit blend and ¼ cup Hy-Vee plain Greek yogurt. Repeat layers, topping with granola; drizzle with Hy-Vee honey. Serve immediately or cover, refrigerate for up to 2 hours. Serves 4.



CREAMY ZUCCHINI SOUP WITH HOMEMADE CROUTONS

Preheat oven to 400°F. Drizzle 2 (½-in.) slices of baked bread with 2 Tbsp. Gustare Vita olive oil. Place, oil sides up, on a baking sheet. Top with ¼ cup shredded Soirée fresh mozzarella cheese; lightly sprinkle with Hy-Vee salt and black pepper. Bake 6 to 8 minutes until cheese is melted. Cool for 5 minutes; cut into cubes. Heat 2 Tbsp. Gustare Vita olive oil and 1 Tbsp. Hy-Vee unsalted butter in a large saucepan over medium heat. Add 1 medium red onion, chopped, and 1 Tbsp. minced garlic. Lightly sprinkle with Hy-Vee salt and black pepper. Cook 7 to 8 minutes or until translucent, stirring occasionally. Add 2 medium zucchini, chopped; cook 8 to 12 minutes or until softened. Stir in 1½ cup of water and ⅔ cup Hy-Vee vegetable stock. Cover and simmer for 10 minutes or until zucchini is softened. Cool slightly; transfer mixture to a blender. Cover and blend until smooth. Ladle soup into serving bowls; top with croutons. Garnish with spiralized fresh zucchini and Hy-Vee crushed red pepper. Serves 4 (1 cup each).

CHICKEN MILANESE WITH HERBED RICE AND MIXED GREENS

Cook 2 cups Hy-Vee long-grain white rice according to pkg. instructions. For gremolata, combine 2 Tbsp. finely chopped fresh basil, 2 Tbsp. finely chopped Italian parsley, 1 Tbsp. minced garlic and 1 Tbsp. lemon zest in a small bowl; set aside. Pat 2 Hy-Vee boneless skinless chicken breasts dry with paper towel. Using a sharp knife, cut the chicken breast horizontally into 2 even pieces. Place each chicken piece between 2 pieces of plastic wrap. Using the flat side of a meat mallet, lightly pound chicken into ¼-in. thickness; lightly sprinkle chicken with Hy-Vee salt and black pepper. Place 2 cups Hy-Vee plain panko bread crumbs in another shallow bowl. Dip chicken cutlets, one at a time into egg mixture and then immediately into bread crumbs, turning to coat. Heat 2 in. of Hy-Vee vegetable oil to 375°F in a large saucepan. Fry chicken, in batches, 10 minutes or until an internal temperature reaches 165°F, turning halfway through. Combine 2 cups mixed salad greens and 1 medium red onion, thinly sliced in a medium bowl. Drizzle with a mixture of 3 Tbsp. freshly squeezed lemon juice and 2 Tbsp. Gustare Vita olive oil; toss to coat. Cover and refrigerate half of the gremolata for Thursday's dinner. To serve, toss remaining gremolata with cooked rice. Serve chicken with rice and salad. Garnish with lemon wedges, if desired. Serves 4.

DAY 3

Wednesday

Reserve half the gremolata for Thursday.



Save time by purchasing breaded chicken from the Frozen Foods aisle. Season according to the recipe.



DAY 4

Thursday

Prepare the steaks, reserving four for Friday's dinner.



AVOCADO-EGG TOAST

Cut baked bread into 4 (½-in.) pieces and toast. Seed, peel and mash 2 avocados. Spread mashed avocados on toast. Lightly sprinkle with Hy-Vee salt and black pepper; set aside. Fill a medium saucepan with water. Add 1 Tbsp. Hy-Vee white distilled vinegar; bring to a gentle boil. Reduce heat to a simmer. Use a large spoon to stir water. While water is moving, carefully crack 4 Hy-Vee large eggs into the water. Gently simmer, uncovered, 3 to 4 minutes or until yolks just begin to thicken. Using a slotted spoon, remove eggs and place on top of prepared toast. Lightly drizzle poached eggs with Gustare Vita olive oil; sprinkle with Hy-Vee salt and Hy-Vee crushed red pepper. Serves 4.



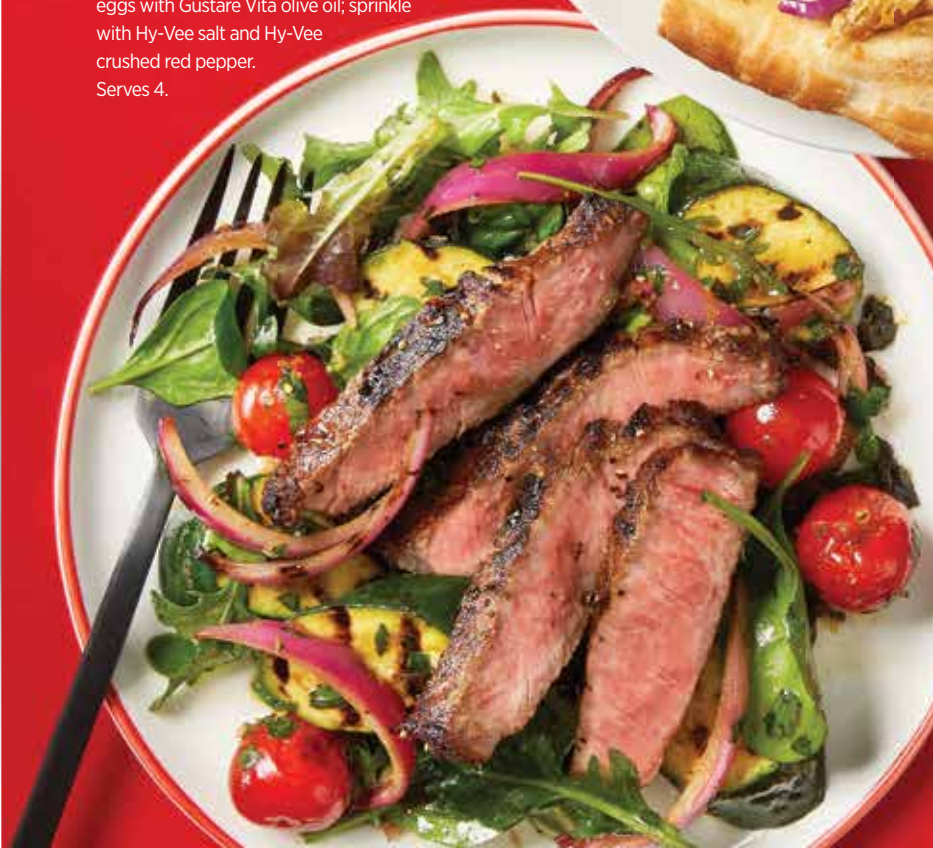
THAI CHICKEN FLATBREAD

Preheat to 425°F. Shred 4 reserved chicken thighs from Tuesday's dinner, set aside. Brush a large baking sheet with 1 Tbsp. Gustare Vita olive oil. Pat 1 Hy-Vee frozen white bread dough loaf, thawed, into an 11×15-in. rectangle on prepared baking sheet. Bake 12 minutes or until lightly browned. Remove from oven; spread ¾ cup Hy-Vee Thai peanut sauce and sprinkle with 4 oz. sliced Soirée fresh mozzarella cheese. Top with shredded chicken and 1 small red onion, thinly sliced. Bake 8 to 10 minutes or until crust is golden and cheese is melted. Garnish with chopped Italian parsley, if desired. Serves 4.

SEARED BALSAMIC STEAK SALAD

Pat dry 8 (8 oz.) Hy-Vee Choice Reserve New York Strip steaks, about 1 in. thick, dry with paper towels; place in a 2-gal. resealable plastic bag. Whisk together 2 cups Gustare Vita olive oil, 2 Tbsp. Gustare Vita balsamic vinegar, 1 tsp. Hy-Vee Dijon mustard, 1 tsp. Hy-Vee salt and ½ tsp. Hy-Vee black pepper in a medium bowl. Pour mixture over steaks; seal bag. Turn bag to evenly coat steaks; marinate in refrigerator for 30 minutes. Prepare a charcoal or gas grill with greased grill rack for direct grilling over medium heat. Remove steak from marinade; discard marinade. Grill steaks for 8 to 10 minutes or until an internal temperature reaches 130°F for medium-rare doneness, turning once halfway through. Remove steaks from grill and loosely cover with foil; let stand 15 minutes. Slice 2 zucchini and 2 red onions. Transfer to a large bowl; add ¾ cup cherry tomatoes. Drizzle with 1 Tbsp. Gustare Vita olive oil; lightly sprinkle with Hy-Vee salt and black pepper. Toss to coat. Grill vegetables on grill rack 9 to 11 minutes or until tomatoes blister and vegetables soften, turning halfway through. Remove from grill. Set aside half of the grilled onions and 4 steaks for Friday's dinner. Thinly slice the remaining 4 steaks against the grain. For gremolata vinaigrette, whisk together ½ cup Gustare Vita olive oil, 3 Tbsp. Gustare Vita balsamic vinegar, ½ tsp. Hy-Vee Dijon mustard and ½ tsp. each of Hy-Vee salt and black pepper. Stir in the reserved gremolata from Wednesday's dinner. Toss together 8 cups mixed salad greens, grilled vegetables and half of the gremolata vinaigrette in a large bowl. Divide salad greens mixture among 4 serving plates; arrange sliced steak on top. Drizzle with remaining gremolata vinaigrette, if desired. Serves 4.

THE BREAD DOUGH FOR THE FLATBREAD NEEDS TO THAW FOR SEVERAL HOURS. SET IT OUT SHORTLY AFTER BREAKFAST SO IT IS READY WHEN YOU NEED IT.



ZUCCHINI-AND-ONION FRITTATA

Preheat oven to 375°F. Whisk together 10 Hy-Vee large eggs, ½ tsp. Hy-Vee salt and ⅓ tsp. Hy-Vee black pepper in a medium bowl; set aside. Heat 1 Tbsp. Hy-Vee vegetable oil in a 12-in. cast-iron skillet over medium heat. Add 1 small red onion, thinly sliced, and 1 medium zucchini, thinly sliced. Cook 8 to 10 minutes or until the onion begins to caramelize. Stir 1 Tbsp. lemon zest, ¼ tsp. Hy-Vee crushed red pepper and a dash of dried thyme. Carefully pour egg mixture over vegetable mixture in the skillet. Reduce heat to medium-low. Arrange additional medium zucchini, thinly sliced in a circular fashion on top; sprinkle with 1 cup shredded Soirée fresh mozzarella cheese. Cook, uncovered, 4 to 6 minutes or until bottom and edge of the egg mixture begin to set. Transfer skillet to oven; bake for 15 to 18 minutes or until center is set and edge is golden. Let stand for 5 minutes. Garnish with fresh thyme leaves and Hy-Vee crushed red pepper, if desired. Cut into 8 wedges to serve. Serves 4 (2 wedges each).

SAVING THE BEST FOR LAST

The end of the week doesn't mean your meals can't still be great. Start the day with a hearty frittata that uses the rest of your vegetables and end the work week with a hearty steak and cheese sandwich that finishes up your remaining 20 ingredients.



THAI CHICKEN LETTUCE ROLLS

Preheat oven to 400°F. Line a large rimmed baking pan with parchment paper; set aside. Pat 4 Hy-Vee boneless skinless chicken breasts dry with paper towels; sprinkle with ½ tsp. each of Hy-Vee salt and black pepper. Place chicken on prepared baking pan. Bake 20 to 25 minutes or until an internal temperature reaches 165°F. Shred chicken using 2 forks; transfer to a medium bowl. Add ½ cup Hy-Vee Thai peanut sauce; toss to coat. Spoon chicken mixture into 8 butterhead lettuce cups; top with 2 avocados, seeded, peeled and diced. Garnish with chopped fresh parsley and Hy-Vee crushed red pepper, if desired. Serves 4.

DAY 5

Friday

Combine leftover steak and pesto for a tasty sandwich.



END-OF-THE-WEEK STEAK SANDWICHES

Preheat broiler to HIGH. Remove reserved pesto from Monday's lunch and 4 grilled balsamic steaks and grilled onions from Thursday's dinner from refrigerator. Thinly slice steaks across the grain; set aside. Lightly brush both sides of 8 (½-in.) slices of baked bread with Gustare Vita olive oil; place on a large baking sheet. Broil 5½ in. from heat for 2 to 3 minutes on each side or until lightly toasted. Top half of the toasts each with 2 slices Soirée fresh mozzarella cheese; broil 2 to 3 minutes or until cheese begins to melt. To assemble sandwiches, layer steak, onions and 1 cup mixed salad greens on top of the mozzarella. Spread remaining toasts with pesto; place pesto side down on salad greens. Serves 4.



Hy-Vee
mealtime
TO GO

Take a Break From the Kitchen

After a week of cooking, treat yourself to a variety of meals from Hy-Vee that are ready to eat or ready to heat and eat. Choose from The Hibachi, Mia Pizza, Hy-Vee Market Grille, Wahlburgers, Nori Sushi or #HyChi to meet the demands of your whole family. Order online or by calling your local Hy-Vee. Head to the store and call to let them know you've arrived. Your food will be brought to your car. Delivery is available in select locations.



Scan the QR Code to order your next meal.





CRUST STUFFED WITH
MELTY CHEESE?
YES PLEASE.



© 2021 Schwan's Consumer Brands, Inc.
All rights reserved.



A KOREAN
RESTAURANT
OPENED IN
YOUR FREEZER.

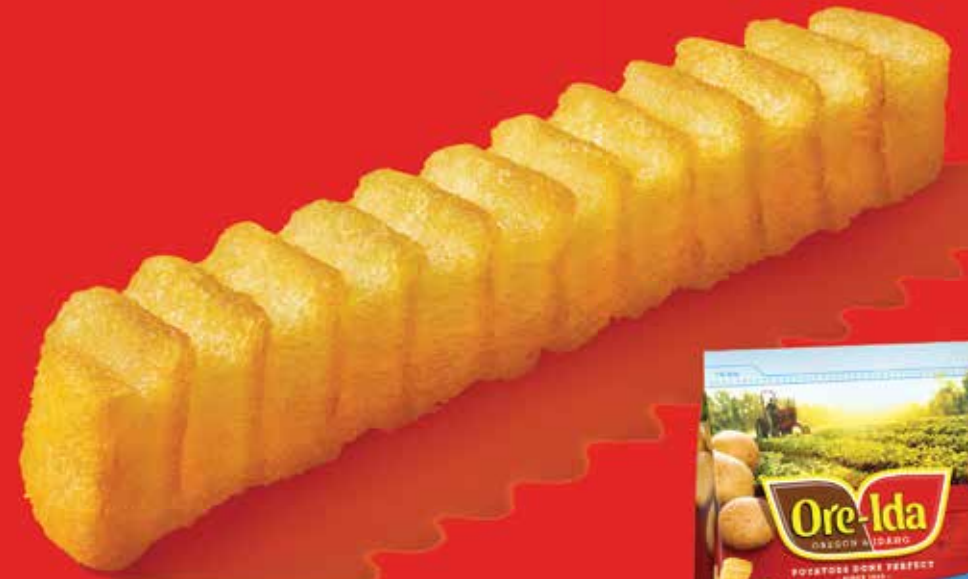


Authentic Korean
dumplings and
meals now in the
freezer aisle.



The fry you'll
always love.

Deliciously crispy.
Unmistakably fluffy.



© 2021 H.J. Heinz Company Brands LLC

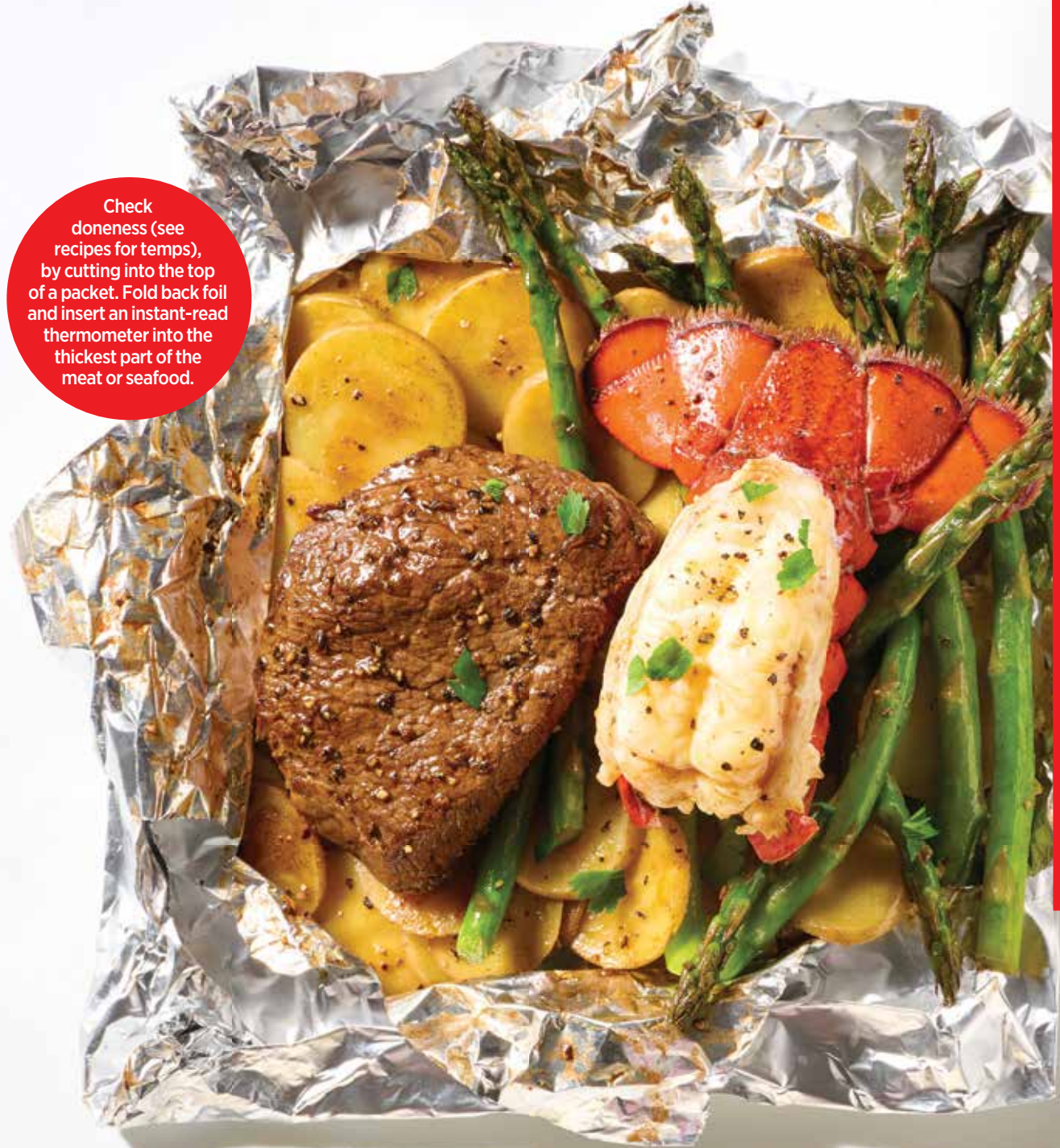


Versatile,
simple and
bursting with
fresh flavors:
everything
weeknight
dinners ought
to be.

seafood PACKETS

NO MESS • READY IN 30 MINUTES OR LESS

Check
doneness (see
recipes for temps),
by cutting into the top
of a packet. Fold back foil
and insert an instant-read
thermometer into the
thickest part of the
meat or seafood.



Surf 'n' Turf Packet Dinner

Hands On 45 minutes
Total Time 57 minutes
Serves 4

- 2 (8-oz.) Hy-Vee Choice Reserve boneless top sirloin steaks, 1 in. thick**
- 1 tsp. kosher salt**
- ½ tsp. Hy-Vee coarse-ground black pepper**
- 6 Tbsp. Hy-Vee salted butter, melted**
- ¾ tsp. Hy-Vee garlic powder**
- 4 (4-oz.) shell-on lobster tails**
- 12 Hy-Vee Smart Bite baby blonde potatoes, sliced ½ in. thick**

1 lb. fresh asparagus, trimmed
Italian parsley, chopped; for garnish

- 1. PAT** steaks dry with paper towels. Rub both sides with salt and pepper. Cut steaks crosswise in half. Let stand at room temperature for 20 minutes.
- 2. STIR** together melted butter and garlic powder; set aside. Prepare a charcoal or gas grill for direct cooking over medium-high heat (375°F to 400°F).
- 3. USING KITCHEN SHEARS**, cut through the top of the lobster tails and down the center just to the tails. Split the shells.

Use thumbs and fingers to spread shells open. Gently loosen lobster meat from shells; pull meat away from bottom shells, leaving tail portions attached. Close shells and carefully place row of meat on top.

4. TO ASSEMBLE PACKETS, cut four 18×12-in. sheets of heavy foil. Fold sheets in half; then open. Place potatoes evenly in the center on one-half of each sheet of foil; spread to a single layer. Arrange asparagus on half of the potatoes near folded edge. Place lobster on top of asparagus; top each lobster tail with 1 tsp. butter mixture. Place steak pieces

on other half of potatoes next to lobster tails. Fold other half of foil up and over lobster and steak; double-fold to seal.

5. GRILL packets for 8 to 12 minutes or until lobster is opaque (145°F) and steaks reach 130°F for medium-rare doneness. Brush lobster and steaks with melted garlic butter before serving. Garnish with chopped parsley, if desired.

Per serving: 520 calories, 32 g fat, 17 g saturated fat, 0.5 g trans fat, 150 mg cholesterol, 730 mg sodium, 24 g carbohydrates, 4 g fiber, 2 g sugar (0 g added sugar), 34 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 30%, Potassium 25%



LOOK FOR THE “RESPONSIBLE CHOICE” LABEL ON ALL FISH AND SHELLFISH PRODUCTS AT HY-VEE. IT MEANS YOUR SEAFOOD WAS CAUGHT OR FARMED IN A SUSTAINABLE, SAFE WAY. THIS INCLUDES ALLOWING THE FISH POPULATION TO REPLENISH ITSELF BY NOT OVERFISHING ANY ONE AREA.

Leading Sustainability: Since 2017, 100 percent of Hy-Vee’s fresh and frozen seafood and sushi has come from sources that protect the environment and ocean ecosystems.

4 FINISH

3 PROTEIN

2 VEGGIES

1 CARBS

PACKET BASICS

**FOLLOW THESE
FOUR SIMPLE STEPS
FOR THE BEST-
TASTING
SEAFOOD PACKETS
EVERY TIME.**

SEASON AND GRILL
Top packets with herbs, spices, sauces or marinades to flavor the seafood, chopped vegetables and carbs. Place on the grill or in the oven to cook. Quick and easy meals are on the way!

PICK THE SEAFOOD
Choose from shrimp, lobster, salmon, scallops and mussels or swai fillets to fill packets. Hy-Vee Meat & Seafood has a variety of quality, fresh seafood available.

GET YOUR GREENS
Add pre-washed and pre-sliced Hy-Vee Short Cuts sweet corn, diced green bell peppers or summer squash coins to the packet to save on prep time.

CREATE THE BASE
Healthy carbs offer a nutritious foundation for the flavorful seafood and veggies. Try options like cooked rice, pasta or potatoes for the bottom of the seafood packets.

smoky maple salmon seafood packets

Prepare a charcoal or gas grill for direct cooking over medium-high heat (375°F to 400°F). Toss 1 lb. sweet potatoes, peeled and sliced ½ in. thick, with 2 tsp. Gustare Vita olive oil and ¼ tsp. sea salt; set aside. Toss 12 oz. trimmed fresh green beans with 2 tsp. olive oil and ¼ tsp. sea salt in another bowl; set aside. For sauce, combine ½ cup Hy-Vee Select 100% pure maple syrup, 1 Tbsp. packed Hy-Vee brown sugar, 1 tsp. smoked paprika, ½ tsp. chipotle chili powder, ½ tsp. Hy-Vee stone-ground Dijon mustard and ¼ tsp. sea salt.

Pat 4 (6-oz.) skinless salmon fillets, ¾ to 1 in. thick, dry with paper towels. On four 16×12-in. sheets of heavy foil, spread potatoes on one-half of each sheet. Top with salmon, tucking under thin edges. Place beans around salmon; drizzle with sauce mixture. Fold other half of foil over salmon and beans; double-fold to seal edges. Grill packets for 9 to 12 minutes or until salmon flakes easily with a fork (145°F). Garnish with crisp-cooked crumbled Hy-Vee bacon and toasted Hy-Vee chopped pecans, if desired. Serves 4.

teriyaki shrimp dinner

Thaw and peel 1 (1-lb.) pkg. Hy-Vee FishMarket EZ peel deveined raw shrimp (16–20 ct.), leaving tails attached. Prepare a charcoal or gas grill for direct cooking over medium-high heat (375°F to 400°F). Microwave 2 (10-oz.) pkg. frozen long-grain white rice on HIGH, for 2 minutes or just until thawed; set aside. Combine 12 oz. Hy-Vee Short Cuts pineapple, halved lengthwise; 3 baby bok choy, cut crosswise into ½-in. slices; ⅔ cup thawed, frozen shelled edamame and ½ cup Hy-Vee Short Cuts chopped red bell peppers in a large bowl. Add ¾ cup teriyaki

marinade and sauce; toss. Toss shrimp with ¼ cup additional teriyaki sauce in another bowl. On four 16×12-in. sheets of heavy foil, spoon 1 cup rice on one-half of each sheet. Top with vegetable mixture. Arrange shrimp on outer edges of vegetables. Fold other half of foil over shrimp and vegetables; double-fold to seal. Grill packets 6 to 8 minutes or until shrimp are opaque (145°F). Warm an additional ½ cup teriyaki sauce; drizzle 2 Tbsp. over each serving. Garnish with sesame seeds, if desired. Serves 4.

fiesta fish and rice

Prepare a charcoal or gas grill for direct cooking over medium-high heat (375°F to 400°F). Combine 2 cups Hy-Vee instant long-grain white rice and 1 cup warm water in a large bowl. Stir in 1 (14.5-oz.) can undrained Hy-Vee petite-diced tomatoes and 1 (1.25-oz.) pkg. Hy-Vee original taco seasoning mix; let stand 15 minutes or until most of the liquid is absorbed. Cut kernels from 1 Hy-Vee Short Cuts sweet corn on the cob. Stir corn and 1 (15-oz.) can drained and rinsed Hy-Vee black beans into rice mixture. Pat 6 thawed Hy-Vee FishMarket frozen

swai fillets dry with paper towels. On six 16×12-in. sheets of heavy foil, spoon ¾ cup rice mixture on one-half of each sheet. Top with fish. Cut 12 oz. Hy-Vee Short Cuts julienne bell pepper strips in half; place next to rice and fish. Combine 6 Tbsp. melted Hy-Vee salted butter, 1½ tsp. lime zest, 1½ Tbsp. fresh lime juice and 1½ tsp. Hy-Vee chili powder; drizzle over fish. Fold other half of foil over fish and peppers; double-fold to seal. Grill packets 8 to 10 minutes or until fish flakes easily (145°F). Serve with lime wedges, if desired. Serves 6.

linguine with scallops and mussels

Prepare a charcoal or gas grill for direct cooking over medium-high heat (375°F to 400°F). Stir together 2½ cups Alfredo pasta sauce and ¾ cup dry white wine; set aside. Pat 1½ lb. fresh sea scallops dry with paper towels. Rinse 20 fresh mussels. On four 16×12-in. sheets of heavy foil, divide and place 1 (9-oz.) pkg. refrigerated linguine on one-half of each sheet of foil. Sprinkle with 8 oz. Hy-Vee summer squash coins, quartered, and 8 oz. Hy-Vee sweet grape cherry

tomatoes, halved. Top with scallops and mussels. Evenly drizzle each packet with ½ cup sauce mixture. Fold other half of foil over pasta and seafood; double-fold to seal. Grill packets 6 to 8 minutes or until scallops are opaque (145°F) and mussels open. Discard any unopened mussels. Warm remaining pasta sauce mixture; drizzle ¼ cup over each serving. Garnish with black pepper, chopped parsley and lemon wedges, if desired. Serves 4.

Fish Dinners Fast
Visit HSTV.com to watch a video on how to easily put together one of these seafood packets.

Hy-Vee
seasons



Watch and learn
at HSTV.com today!



Keep It Simple

BRITTNEE SMITH,
HY-VEE SEAFOOD
MANAGER,
PEORIA, ILLINOIS

We set the bar high when purchasing seafood. Our goal is to protect our customers and the environment, while providing a variety of fresh seafood options. The thought of cooking seafood may seem very intimidating, but it's easier than you think. Fresh herbs, garlic and a hint of Cajun seasoning (or your favorite salt) can be all you need to create a flavorful, unique dish. Have fun with it!



Scan the QR Code
to see more
Responsible Choice
seafood options to
buy at Hy-Vee.

ZERO SUGAR ***ALL DEW***[®]



DEW, MTN DEW, the MTN DEW Logo, the Mtn Dew Landscape and DO THE DEW are registered trademarks of PepsiCo, Inc. 25929016

life

**Spend time
with the family
enjoying pool
games, cooking
outdoors and
honoring Dad.**

72 OUTDOOR LIVING

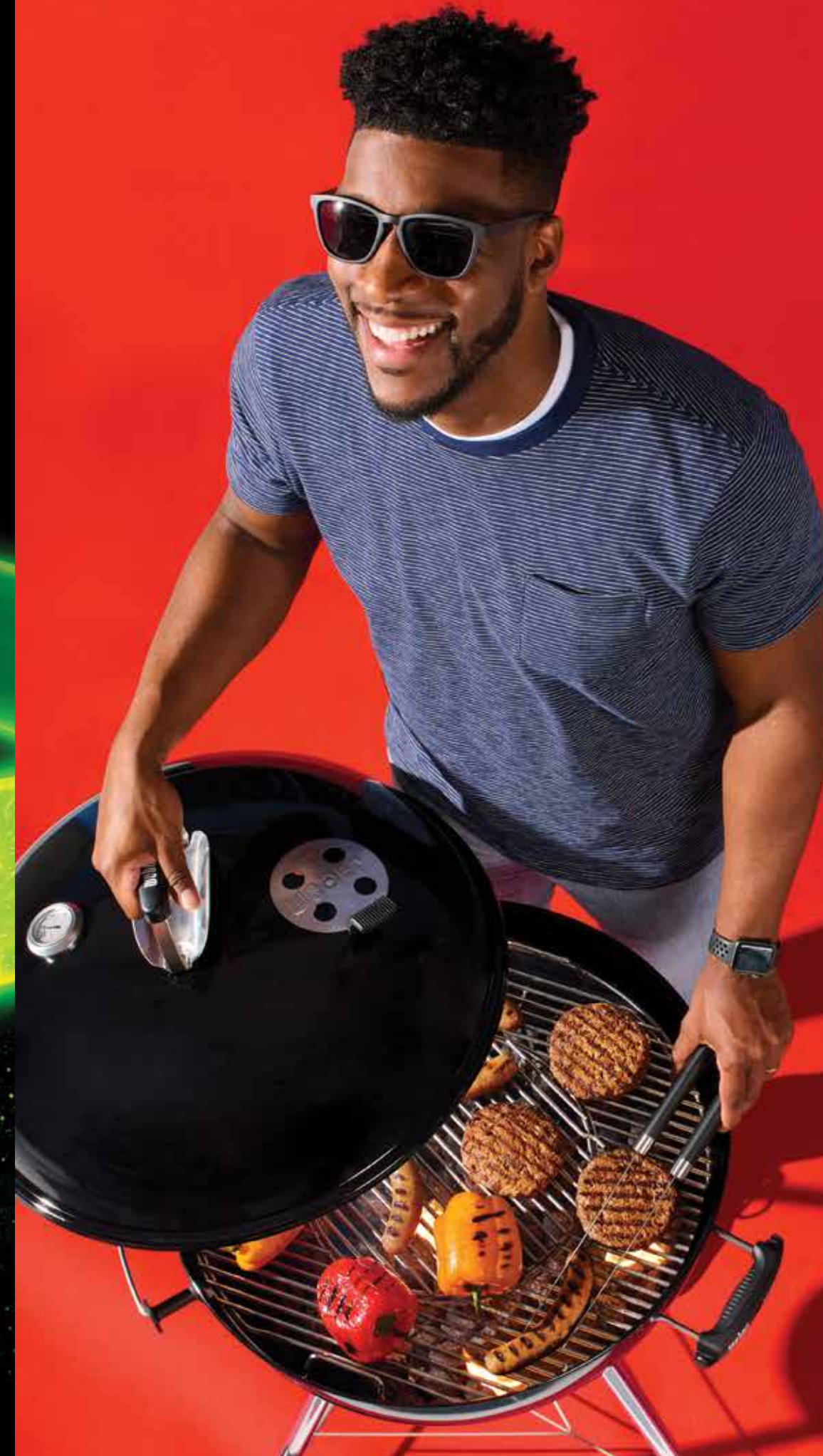
78 HY-VEE & NLBM
TEAM UP

82 FATHER KNOWS
BEST

88 POOL TIME!

90 AT THE HEART
OF THE MATTER

94 RED, WHITE &
BLOOMS





GET GRILLING.
HY-VEE MAKES
IT EASIER WITH
THE RIGHT
TOOLS AND
EQUIPMENT—
AND MORE
ENJOYABLE
WITH COMFY
FURNITURE.

OUTDOOR LIVING

grill set-up basics

- **Set up your grill** in an open, well-ventilated area away from structures and flammable objects such as dry leaves and brush.
- **Keep the grill stable** by setting it on a flat surface so it can't tip over.
- **Use a heat-resistant grill pad** beneath the grill to protect deck or patio from any grease that misses the drip pan.
- **Read the owner's manual** before use. This is particularly important for gas grill safety.
- **Always be ready** with a water squirt bottle for flare-ups, baking soda for a grease fire, and bucket of sand or garden hose for an out-of-control fire.
- **Don't:** leave a fire unattended, move the grill when it is hot, or cover the grill until it has cooled down completely.
- **Do:** clean the grill after each use, scraping the cooking surface with a wire brush while it is still hot.

CHOOSING A GRILL

THE RIGHT GRILL IMPACTS THE EASE, EFFICIENCY AND FREQUENCY WITH WHICH YOU FIRE UP THE FLAMES.

CHARCOAL GRILLS

continue a time-honored tradition of cooking on open flame. **Pros:** superior taste and aroma, attractive grill marks on food, comparatively inexpensive to buy, lightweight and easy to move or store. **Cons:** takes time to start and cool down, must buy charcoal.

GAS GRILLS

are utterly convenient, which might explain why 61% of recent survey respondents cook on gas grills, compared to 49% using charcoal grills* (some people have both). **Pros:** simple start-up and quick readiness, easy temperature change. **Cons:** refilling the propane tank.

OTHER GRILLS

include portable grills that are easy to transport but have limited capacity. Smokers are a popular way to slow-cook meats for fall-off-the-bone texture, but cook food indirectly and require much more cooking time. Ceramic grills are versatile enough to prepare food in a variety of ways.

* Source: Hearth, Patio & Barbecue Association

CERAMIC GRILLS

Multipurpose ceramic grills can do it all: grill, smoke, roast and double as a pizza oven. The dome shape and ceramic walls retain heat to cook food evenly.



SET UP YOUR SPACE

Whether cooking for yourself, your family or a small group of your friends, a well-designed and nicely appointed outdoor room beckons fun, relaxation and good eating while keeping the mess outdoors.

1 LOCATION Consider the proximity of the outdoor cooking area to the house. A cooking area should be convenient to the kitchen so you can easily take food in and out. If the space will be used for dining and entertaining, consider the view and the amount of privacy available. Protection from the elements will also be important, whether it's provided by an overhead shade tree, arbor, pergola or awning.

2 LAYOUT The design of your area will be contingent on the amount of space available. A small yard necessitates a small outdoor living space, but you can still make it efficient. Configure the outdoor space into zones for different purposes (cooking/eating/relaxing), keeping in mind how people will move about the space. For example, while the cooking area should be close to the house, the dining and relaxation area could be farther away and more secluded.

3 FURNISHINGS While style is a personal preference, you will want to tailor the outdoor furniture to the space's intended purpose: table and chairs for eating, egg chair for reading, outdoor sofa for entertaining, etc. A grill and side table are always useful, and some outdoor cooking areas include built-in appliances such as a refrigerator and sink.



FABULOUS FURNISHINGS
Find a fine selection of outdoor furniture in timeless designs at Hy-Vee. For great decorating ideas, visit [hy-vee.com](https://www.hy-vee.com) and search "outdoor ideas."



GRILL

A compact gas grill fits just about anywhere and opens up a world of possibilities because it can be fired up in just 10 or 15 minutes' time. This 3-burner Weber Spirit S-315 includes convenient side trays and tool holders, plus a fully enclosed cart to hide the propane tank.

FURNITURE

Look to Hy-Vee for stylish outdoor furniture to provide many years of enjoyment. Styles include contemporary woven wicker furniture, a cushioned Wicker Egg Design Chair and a 5-piece Clear View Sling Dining Set.

ACCESSORIES

Make it easy with TableCraft BBQ tongs, fork and turner. Make it tasty with Hy-Vee gourmet burgers, Bakery Fresh buns and Short Cuts corn on the cob. Make it special with Sensations paper plates, silverware, cups and napkins.



TOOLS

A grill brush and 3-piece tool set with tongs, fork and turner are just the start. At Hy-Vee, you'll find other handy tools for your next cookout: flavor injector, dry rub shaker, stainless steel meat claws, a pizza round and barbecue skewer set.

NIFTY GADGETS

Find even more grilling goodies at Hy-Vee, including grilling woks and baskets, digital thermometer, smoker box, charcoal chimney and more.

ALL THE RIGHT TOOLS

Just as equipment and furnishings make an outdoor space more functional and welcoming, the right tools make cooking outdoors more efficient. Find everything needed at Hy-Vee.

UTILITY TOOLS

Chimney Charcoal Starter allows you to easily start a charcoal fire with charcoal and newspaper—no starter fluid needed.

Food Thermometer quickly and accurately tells whether meat or fish has been cooked to a safe temperature with a digital readout.

COOKING TOOLS

Barbecue Tongs turn everything from franks and brats to corn on the cob.

Barbecue Fork is a two-pronged fork for lifting and turning food.

Barbecue Turner is your best buddy for burger flipping.

Basting Brush coats foods safely, even over high heat.

Grill Basket allows you to grill fish or diced vegetables.

CLEANUP TOOLS

Grill Grate Brush serves as a real helpmate when cleaning a grill. It has a wire brush on one side and a scraper at the top. (Note: Always wipe the grill racks with a clean rag before use to remove dirt and any wire fragments that accidentally escape from the brush.)



essential grill kit



TableCraft
Easy-Read Digital
Thermometer

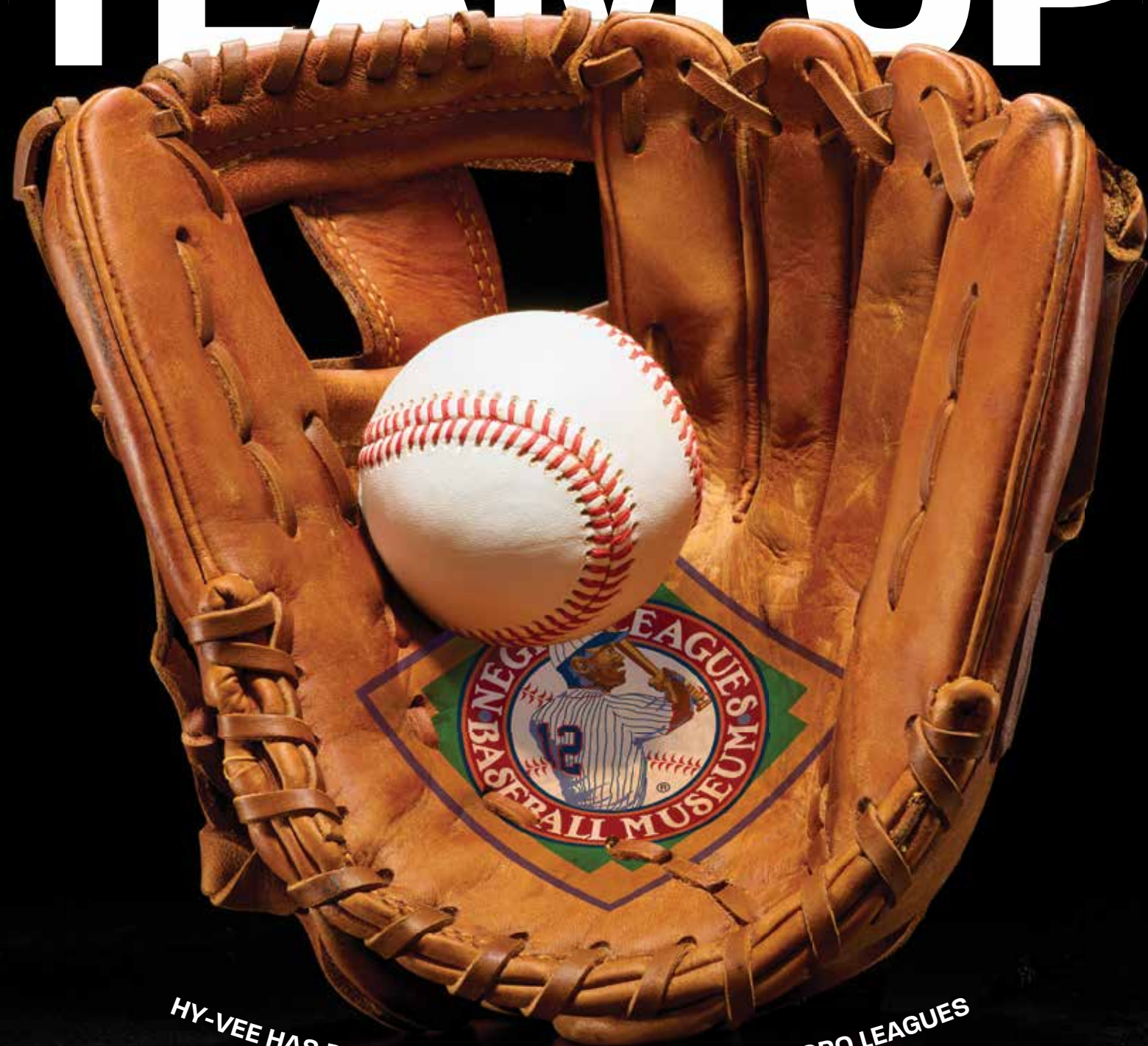


TableCraft Heavy-Duty
Grill Brush



TableCraft
9" Stainless Steel
Turner

HY-VEE & NLBM TEAM UP



HY-VEE HAS BEEN A PROUD SUPPORTER OF THE NEGRO LEAGUES
BASEBALL MUSEUM SINCE 2014.

PEOPLE KNOW THE NAMES

Jackie Robinson, Satchel Paige, Willie Mays, Hank Aaron and Ernie Banks. They all got their start in the Negro Leagues before moving up to play for Major League Baseball teams and becoming household names. But what about Oscar Charleston? Or Cool Papa Bell, Smokey Joe Wilson, Judy Johnson or Josh Gibson? They were some of the greatest players of their time—a time before the color barrier in baseball was broken.

“I think [the museum] is a natural way for people to understand not just the history of baseball and the Negro Leagues, but the history of the United States. It’s an example of what happens when you come together and work to change things. That’s why our partnership with this organization is important. This museum makes history personal, which in return makes it even more impactful to those who experience it and its outreach,” says Hy-Vee CEO Randy Edeker.

HyVee

ONE STEP

NEGRO BASEBALL
LEAGUE
DOCUSERIES

Check out our docuseries on the Negro Leagues Baseball Museum in Kansas City, which aims to preserve and celebrate the rich history of African-American baseball and its impact on the social advancement of America.

Juneteenth Recognition

In honor of Juneteenth and the 100th Anniversary of the formation of the Negro Leagues Baseball Museum (NLBM), Hy-Vee donated \$50,000 to the organization. The gift was part of Hy-Vee’s \$1 Million & 1 Million Volunteer Hours pledge.



FIELD OF LEGENDS

Bronze sculptures of 10 key players from the leagues is the centerpiece and endpoint of the museum. Many of the players have been inducted into the National Baseball Hall of Fame in Cooperstown.

ADDITIONAL SUPPORT

Hy-Vee is the presenting sponsor of the Hall of Game award, which honors MLB players who show the same grit and passion for the game as the Negro League heroes. For 5 years, Hy-Vee also has sponsored the NLBM Bobble Head series.

ENTERING THE

NLBM takes you back in time with exhibits not only about the players and teams but also encompassing what life was like on the road and at home. And you notice chicken wire that separates one exhibit from another.

“YOU HAVE TO ENDURE THE

HISTORY to learn the history,” NLBM Vice President and Curator Raymond Doswell says. Chicken wire was used to separate Black seating at segregated baseball fields during the “separate but equal” era.



INFO FOR VISITING

THE MUSEUM is open Tuesday through Sunday. The self-guided tour should take about an hour.

NLBM IS LOCATED at 1616 E. 18th St., Kansas City, MO. Admission is \$10 for adults, \$9 for seniors (65+) and \$6 for children (5–12 years old).

“THE LEAGUES

existed because of racism and segregation in our country. But I want visitors to embrace the history as American history, not just African-American history,” Doswell says. “I don’t care what you are, if you’re interested, come and learn. We want to get you in the fold and be an advocate for teaching this history. We need to understand the past to understand the present.”

BARRIER BREAKERS

An exhibit featuring players who were the first to integrate Major League Baseball, effectively ending the need for the Negro Leagues.



WHO COULD BE THE FIRST

Black player to move into the modern Major Leagues? Brooklyn Dodgers General Manager Branch Rickey signed Jackie Robinson in 1945. Robinson played for the Dodger's minor league team, the Montreal Royals, in 1946 before moving to the Dodgers in 1947, becoming the first Black Major League player in the 20th century. He was inducted into the Hall of Fame in 1962, and every April 15, in honor of his first game, MLB teams celebrate Jackie Robinson Day. On April 15, 1997, his number, 42, was permanently retired; the only player to have his number retired across all MLB teams.



THE REASON FOR BEING

Not allowed to play on the all-white professional teams, Black players formed their own teams and barnstormed across the country, playing any teams they could, including those all-white Major League teams, and often beating them. But without organization, some teams found it hard to make money and pay players, as they were often at the mercy of white booking agents who could block them from entering the field of play or keep a higher percentage of the gate receipts than had been agreed to. Rube Foster—a former player and founder of the Chicago American Giants, which was one of the best Black teams in the country—convinced other team owners to join together to form the Negro National League (NNL), the first of several Black leagues.

THE NEGRO LEAGUES were a conglomeration of 7 leagues that played at various times from 1920 to 1960.



SATCHEL PAIGE IS ONE OF THE MOST WELL-KNOWN

players from the Negro Leagues and was the first player to be inducted into the National Baseball Hall of Fame based solely on his Negro Leagues career. In 1948, at age 42, he was a rookie for the Cleveland Indians.

LASTING LEGACY

The Negro Leagues were the first to adopt several practices that are common in modern baseball, including night games and the All-Star Game.

Breaking the Barrier

Once Major League Baseball (MLB) was integrated, many players used the Negro Leagues as a launchpad into the Majors, leading to the decline of the Negro Leagues.

THE HISTORY OF BASEBALL AND THE NEGRO LEAGUES is a microcosm of the larger societal issues at play during the time. It took 12 years before all MLB teams were integrated; in that time the U.S. military was desegregated and the “separate but equal” doctrine was struck down. In 1964, Congress passed the Civil Rights Act.

NEGRO LEAGUES ARE MAJOR LEAGUE

RIGHTING A WRONG
In 2020, Major League Baseball made a big move in an effort to correct the past. The organization officially recognized the stats and records of some 3,400 Negro Leagues players, incorporating them as professional Major Leaguers. The move was a culmination of several planned celebrations of the 100th anniversary of the Negro Leagues that were interrupted due to the COVID-19 pandemic.

“Jackie Robinson made my success possible. Without him, I would never have been able to do what I did.”

—Martin Luther King, Jr.

By 1887, major and minor league owners had entered a “gentlemen’s agreement” to keep teams segregated. Along with Jim Crow laws, black players were shut out of professional baseball.

BASEBALL WAS INTEGRATED... FOR A WHILE.

Bud Fowler was the first Black player to play professional baseball in 1878. Moses Fleetwood Walker was the first Black player to play in the major leagues in 1884.

Jackie Robinson was the first player to re-integrate Major League Baseball when he joined the Brooklyn Dodgers in 1947. Larry Doby integrated the American League a few months later. The Boston Red Sox were the last team to integrate in 1959 when Pumpsie Green joined the team.

35
NEGRO LEAGUES PLAYERS IN THE HALL OF FAME.

The fans turned out to watch the games. >>>

In 1921, the Chicago American Giants attracted nearly 200,000 fans during the 1921 season. By 1942, an estimated 3 million fans

filled the ballparks. Black baseball had also become a \$2 million-a-year business by WWII, leading to larger paydays for players.

FATHER

KNOWS BEST



This Father's Day, Hy-Vee can help you thank your dad for everything he does with creative gifts fit for the world's best dad. And in honor of the holiday, we celebrate some of the fatherly common-sense Hy-Vee customers have gained over the years.

SHAVING

FACE

FOR DADS WHO SPEND EVERY MORNING REMOVING ANY STUBBLE, ASSEMBLE A SHAVING KIT FILLED WITH THE ESSENTIALS.



• INCLUDE BASICS LIKE A SHAVING CREAM AND RAZOR, PLUS EXTRAS LIKE COOL, SOOTHING AFTERSHAVE.

1 DOLLAR SHAVE CLUB SHAVE BUTTER

Make precise shaving easier with a gentle, transparent butter that softens hair and prevents razor bumps.

2 SCHICK HYDRO SKIN COMFORT STUBBLE ERASER RAZOR

A built-in comb helps align and easily shave away up to seven days of stubble.

3 CREMO MEN'S COOLING FORMULA SHAVE CREAM

Slick and smooth, this cream helps any razor glide over skin to create a close shave.

4 PACIFIC SHAVING CO. NICK STICK

Soothe any accidental nicks almost instantly with a liquid roll-on stick that dries completely clear.

5 DUKE CANNON ICE COLD AFTER SHAVE BALM

This sandalwood-scented cooling cream quickly heals any razor burn.

MOST DADS CAN OFFER THEIR SHAVING WISDOM, BUT SOME MIGHT BE A LITTLE OUT OF PRACTICE. FOR FATHERS WHO DON'T SHAVE, PUT TOGETHER A GIFT BASKET WITH CARE ITEMS LIKE BEARD BALM, TRIMMERS, CONDITIONER AND MOISTURIZER—EVERYTHING THEY'LL NEED TO MAINTAIN THE BEST BEARD ON THE BLOCK.

UNIVERSAL DAD-ISMS

HERE ARE SOME OF THE MOST COMMON KERNELS OF WISDOM FROM FATHERS, ACCORDING TO HY-VEE CUSTOMERS.

- Turn off the lights when you leave a room
- Have a firm handshake
- Always be on time and on time is late
- Keep the gas tank full (it doesn't cost any more to fill the top half of your gas tank than the bottom half)
- Righty-tighty, leftie-loosie
- Be a sponge, not a rock

“Always make new mistakes.” —JEFFREY G.

DAY TO TREAT DAD

DADS NEED TIME FOR THEMSELVES TOO. MAKE IT EASIER WITH A GIFT FOCUSED ON SELF-CARE.

1 OLIVINA MEN EXFOLIATING SOAP
Kaolin clay and ground olive stone help deep clean pores without irritating skin.

2 BASIN GOAT'S MILK SOAP
Cleanse sensitive or dry skin with unscented soap made with goat's milk and coconut oil.

3 NEUTROGENA MEN FACE LOTION
Moisturize, soothe and protect skin with a light facial lotion equipped with SPF protection.

4 REBELS REFINERY ACTIVATED CHARCOAL FACE SCRUB
Make skin look healthier and younger with a scrub that removes dead cells and unclogs pores.

5 KING C. GILLETTE SOFT BEARD BALM
Keep facial hair soft and healthy with rich ingredients like cocoa and shea butter.

6 HARRY'S FACE WASH WITH PEPPERMINT
Eucalyptus and mint leave a clean, fresh feeling while volcanic rock gently exfoliates.

7 BRISK BEARD OIL
Beards (and skin) stay hydrated, healthy and fresh with a blend of natural citrus oils.

CHOOSE A VARIETY OF SKINCARE OR SELF-CARE ITEMS TO MAKE DAD'S MORNING ROUTINE FEEL A LITTLE MORE LUXURIOUS.

MORE DAD-ISMS

- If you watch your pennies, the dollars will take care of themselves
- Measure twice, cut once
- It's nice to be important, but it's more important to be nice
- If it's worth doing, it's worth doing well
- If you don't learn something new every day, you're not paying attention
- Put your grocery cart back

“Walk slow; life is a short aisle.” —ANDREA A.

Great Gift Baskets

When putting together a Father's Day gift, think about the hobbies dad loves most. If it's spending time with family, give games to bring everyone together. If he loves building a new project, look for a new tool or two.



Gather on the patio and celebrate the day with a few competitive card games and ice cold, refreshing beverages.



GIFT CARDS GALORE
Hy-Vee carries dozens of gift cards for restaurants, retail stores and more. Plus, earn tiered Fuel Saver Rewards toward gas when you buy gift cards at Hy-Vee.

5¢ off when you spend \$25
10¢ off when you spend \$50
20¢ off when you spend \$100

HELP DAD GRILL THE BEST STEAK EVER WITH ESSENTIAL GRILLING TOOLS AND A BUNDLE OF HIS FAVORITE MEATS, ALL FROM HY-VEE.



KING OF THE GRILL

FOR THE DAD ALWAYS EXPERIMENTING WITH A NEW RECIPE, GIVE TOOLS HE'LL USE ALL SUMMER.

1 TABLECRAFT STEAK WEIGHT
Speed up the grilling process for burgers and steak by applying pressure to cook both sides at once.

2 HY-VEE MEAT BUNDLE #4
Grill a feast with six pork bratwurst links, two chicken breasts, two pounds ground chuck and six pork chops.

3 TABLECRAFT LONG-HANDLED TURNER
Flip meat safely with a long-handled spatula that keeps hands away from the flames.

4 TABLECRAFT GRILL BRUSH
A long-handled brush easily cleans grill grates and removes residue with durable stainless-steel bristles.

5 TABLECRAFT DRY RUB SHAKER
Spice blends stay fresh in a stainless-steel shaker with a rotating lid and fine, medium and coarse holes.

EARN UP TO
\$20 IN GIFT CARDS*

WHEN YOU BUY
UNILEVER PRODUCTS.

mix & match
GROCERY REWARDS

POWERED BY
fetch
REWARDS



BUY \$15 of Unilever products in participating grocery stores.*

SNAP a photo of your receipt(s) in the Fetch Rewards® app.

EARN a \$5 gift card of your choice. Redeem up to 4 times for \$20 in rewards.

TEXT **UNILEVER** TO **467-467** TO START EARNING NOW**

Download the Free Fetch Rewards® app.



*Offer valid 5/23/21-6/19/21. The offer will be live until 6/19/21 or until 150,000 offers have been redeemed. Limit 4 redemptions per household, equating to a maximum of 20,000 points or a \$20 gift card. Offer valid in the U.S. only and open to legal U.S. residents 18 and older. Must download the Fetch Rewards® app, create a user account, and agree to Fetch Rewards® terms and conditions to participate. Limits and restrictions apply. See www.unilevergroceryrewards.com for full offer details, participation instructions, participating retailers, and terms and conditions.

**Message and data rates may apply.

Say Thanks by Keeping Him Fresh

Celebrate Dad this Father's Day with his favorite grooming products.



©2021 Unilever HYV21005

GET YOUR SUMMER'S WORTH

GET A \$10 REWARD*

WHEN YOU BUY \$25 (EXCLUDING TAX) OF PARTICIPATING PRODUCTS** IN ONE TRANSACTION BETWEEN

05/23/2021 – 07/10/2021



Use products only as directed.

Aveeno Aveeno baby BAND-AID Benadryl Children's Benadryl Desitin Imodium Johnson's Lactaid Motrin NEOSPORIN Neutrogena Pepcid TENA Children's ZYRTEC ZYRTEC

BUY

Purchase \$25 (excluding tax) of participating products in one transaction between 05/23/2021–07/10/2021. Retain your receipt.

UPLOAD

Take a photo of your entire receipt showing the qualifying item(s) starred or, for online purchases, take a screenshot of your shipping, pickup or delivery confirmation. Visit www.activaterewards.com/summersworth, enter your information and submit the photo or screenshot, as applicable, by 07/10/2021.

RECEIVE

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

*Purchase at least \$25 (exclusive of tax) of participating products in a single transaction and choose a \$10 reward. Retain receipt or, for online purchases, take a screenshot of your shipping, pickup or delivery confirmation. Submit a photo of your receipt or a screenshot of your shipping, pickup or delivery confirmation, if applicable, at www.activaterewards.com/summersworth by 07/10/2021. Submissions are reviewed within 2–5 business days. Reward must be chosen and activated by 07/31/2021. Limit 3 rewards (any combination) per household. No manual receipt reproductions will be accepted. One reward per receipt submission. Must be a legal resident of the U.S. or D.C. Must be 18 or older or the age of majority to participate. See www.activaterewards.com/summersworth/details for full offer details and reward options. Offer valid only in the U.S. and void where prohibited. Limits and restrictions apply.

Sponsor: Johnson & Johnson Consumer Inc., McNeil Consumer Healthcare Division, 7050 Camp Hill Road, Fort Washington, PA 19034 © Johnson & Johnson Consumer Inc. 2021
**Visit www.activaterewards.com/summersworth/details for full list of participating products. Excludes Adult ZYRTEC® 40 ct. or larger and Adult ZYRTEC-D® 24 ct. Excludes trial & travel sizes of any Adult MOTRIN® product. Excludes trial & travel sizes and gift sets of any JOHNSON'S®, AVEENO® Baby, and DESITIN® products. Excludes trial & travel sizes for BAND-AID® Brand Adhesive Bandages and NEOSPORIN®. Excludes AVEENO® Sun 12 oz. or larger. Excludes LACTAID® dairy products. Limit 1 participating IMODIUM® product per qualifying purchase.

BAND-AID® is a registered trademark of Johnson & Johnson. TENA® and Serenity® are registered trademarks of Essity Hygiene and Health, AB. ©2021 Essity



Joe Fresh swimwear Cannonball into quality and style with this collection found at Hy-Vee.

HY-VEE CAN HELP YOU SOAK UP THE SUN AND FUN AT THE POOL THIS SUMMER. STOCK UP ON POOLSIDE ESSENTIALS LIKE FLOATIES, TOYS AND SUNSCREEN—PLUS CHECK OUT FOUR SIMPLE POOL SAFETY TIPS.

SPLASH IN!

Keep the good times rolling all summer long with fun-filled and helpful products from Hy-Vee.

Pool Rafts

Stretch out on a full-length rainbow mat or float in style with an animal-theme inner tube.



Diving Toys

Toss them in and let them sink. Then challenge others to see who can dive the deepest.



Water Guns

Kids (and kids at heart) will have a blast spraying each other during a water squirt gun fight.

Beach Balls

Grab this classic pool accessory at Hy-Vee. Play catch or volley it above the water.



Goggles

Protect the eyes and nose from harsh chlorine chemicals with masks and goggles.



Beach Towels

Dry off and cozy up after a long day of swimming with a colorful, plush beach towel.



Tumblers

Prevent drinks from spilling in and around the pool with a convenient lidded tumbler.



Coolers

Drinks and snacks stay cool packed inside as you splash around in the pool.



Flip-Flops

These summertime staples are simple to slip on and off as you take trips to and from the pool.



Floaties

Keep enough floaties and life jackets on hand to ensure everyone's safety.



4 Pool Safety Tips

1. Teach kids they should never go swimming without an adult.
2. Get kids acquainted with the water with swim lessons.
3. Play nice with others: no pushing, playing rough or hanging on each other.
4. Have an emergency plan in mind for worst-case scenarios.

ALL-DAY SUNNY PLAY PROTECTION

Protect skin from sunburn with sunscreen products from Hy-Vee, available in stick, spray and lotion.

NEUTROGENA WET SKIN SPRAY SUNSCREEN

The spray applies to wet or dry skin and is water-resistant up to 80 minutes.

SUN BUM BABY SUNSCREEN FACE STICK

Easily fits into your bag or purse for sun protection wherever you go.

BANANA BOAT ULTRA SPORT SUNSCREEN

A classic lotion sunscreen for families always on the go.





AT THE

5
2
3
4
5
6
7
8
9
10

OF THE
MATTER

SOMEONE ELSE MAY
NEED A HELPING HAND.
SEE HOW OTHERS HAVE
REACHED OUT TO THEIR
COMMUNITIES. THEN
KEEP THE MOMENTUM OF
KINDNESS GOING WITH
SOME INSPIRING IDEAS
YOU CAN TRY.

How People are Helping

Here are some examples of how people in your community are making a difference.

• **Kits for the Homeless.** Nebraska 8th grader Isabella Nuss received a Fremont Area Community Foundation Youth Philanthropy grant to create homeless helper kits through Care Corps Inc. Hy-Vee partnered with Isabella and her classmates to pack 100 kits full of everyday essentials, giving students a unique perspective on homelessness in their community. Plus, they learned what we can do when we join together to help others.

• **Care Packages.** When COVID-19 struck last spring, Jenn and Brian Wolfe knew friends and family would be in lockdown for a while and decided to help their son McKane, who has autism, lift their spirits. "We started planning weekly door dashes, making baskets and gathering supplies," Jenn says. "It was a great way for

McKane to put things together for people and have some safe fun while doing it." Brian, who has worked for Hy-Vee for over 30 years, helped get supplies, while Dee Olson of Tweedle Dee's Gift Shop in Ankeny, Iowa added decorating ideas. McKane did more than 30 of these surprise deliveries, Jenn says.

• **Meals and More.** Cynthia Kreps has gone the extra mile more than once. At first she delivered meals around town, then donated blood and passed along her stimulus checks to food banks, missions and kitchens in Lincoln, Nebraska. Knowing the pandemic was tough on restaurants, she ordered takeout from local restaurants and gave a break to renters who worked in the restaurant industry. All this while she taught community college classes from home. "What I did was nothing compared to health care providers," she says.

51%
of all food programs* in
the U.S. rely solely on
volunteers

*food banks, food pantries, meal programs

Sources: feedingamerica.org/take-action/volunteer
mayoclinichealthsystem.org/hometown-health/speaking-of-health/helping-people-changing-lives-the-6-health-benefits-of-volunteering
hy-vee.com/corporate/news-events/news-press-releases/hyvee-donates-nearly-1-million-pounds-of-food-to-food-banks-across-the-midwest/



WITH THE
HELP OF
FOOD
SUPPLIERS,
HY-VEE
RECENTLY
DONATED
NEARLY
1 MILLION
POUNDS
OF FOOD
TO 17
FEEDING
AMERICA-
AFFILIATED
FOOD
BANKS
ACROSS
THE
MIDWEST.
HY-VEE
ALSO
DONATED
MORE THAN
\$250,000
IN FOOD TO
THE EFFORT
AS PART OF
ITS MISSION
TO COMBAT
FOOD
INSECURITY.

SIMPLE ACTS OF KINDNESS

There's an ongoing
need for volunteers—
and it doesn't have
to mean a huge
commitment.

• Food Banks.

Because the pandemic
has led to job losses,
more people than
ever rely on food
donations. That's
one reason
Hy-Vee has teamed
up with Feeding
America, a hunger
relief organization,
to combat food
insecurity. Feeding
America needs
volunteers to help
sort, pack and
distribute food.
You also can donate
shelf-stable pantry
items or fresh produce
from your own garden.

• Volunteer Organizations.

Loneliness, isolation
and despair are also
more prevalent due
to the pandemic.
Contact a volunteer
organization such
as United Way or
VolunteerMatch if you
want to help.

• Local Groups.

Inquire with local
faith communities or
service organizations
whether they know
of anyone struggling
who might need help
with things like
yard work, running
errands or picking
up groceries.

PLANT HAPPINESS

Being around nature reduces stress, according to the University of Minnesota, and makes people feel better emotionally. A houseplant or bouquet from Hy-Vee Floral will surely raise anyone's spirits. Or give a garden-starter kit complete with container, potting mix and plants. Another option: Mail a packet of flower seeds with a note explaining the significance of the flowers. For example, you might write, "These cheerful marigolds remind me of better days to come."



animal house

KNOW SOMEONE WITH A PET IN THE HOUSE? A GIFT BASKET FILLED WITH TREATS, CHEW TOYS AND OTHER TOYS WILL WARM THEIR HEART. ADD A NOTE WITH A CUTE STORY ABOUT THEIR PET OR A REMINDER OF WHAT JOY ANIMALS BRING TO PEOPLE.



CARE PACKAGE

In stressful times, a phone call or text message might be all someone needs to lift their spirits. But imagine the mood-boosting power of a care package tailored specifically to them.

For example:

- **Stress Buster** basket of Basin personal care products, a scented candle, chocolates and wine.
- **Healing** basket with an inspirational book, devotional candle and immune-boosting fruits, vitamins and supplements.



dinner and a movie

Every time-pressed parent appreciates when dinner preparation is taken off their menu of tasks—at least for one night. Treat a family with a Take-and-Bake entrée from Hy-Vee. While you're at it, throw in some popcorn and candy in case they decide to stream a movie later on.



“GIVING ALSO CONNECTS US TO OTHERS, CREATING STRONGER COMMUNITIES AND HELPING TO BUILD A HAPPIER SOCIETY FOR EVERYONE. AND IT'S NOT ALL ABOUT MONEY—WE CAN ALSO GIVE OUR TIME, IDEAS AND ENERGY.”

—ACTION FOR HAPPINESS



deliver the goods

NEXT TIME YOU'RE HEADED TO HY-VEE, CHECK IN WITH AN ELDERLY NEIGHBOR OR SOMEONE ELSE WHO MIGHT NOT BE ABLE TO GET OUT OFTEN FOR GROCERIES. OFFER TO PICK UP A FEW NECESSITIES AND DROP THEM OFF AT THEIR DOOR ON YOUR WAY HOME.



care for kids

COVID-19 can take a toll on children, especially when they're not seeing friends as much as they'd like. Give a family dealing with bored kids an activity kit filled with age-appropriate items such as coloring and activity books, sidewalk chalk, puzzles and board games.



WHAT'S COOKING?

A home-cooked meal is always appreciated, whether it's for someone you know (an elderly neighbor perhaps) or someone in need (your local faith community or service organization should know of a deserving person or family). Another idea: Print out a family recipe and a note about why it's special to you. Take the note, recipe and all the required ingredients to a person who needs a boost to their spirits.

Source: takingcharge.csh.umn.edu/how-does-nature-impact-our-wellbeing actionforhappiness.org/how-to-be-happy



“One of the most important things you can do on this earth is to let people know they are not alone.”

—Shannon L. Alder, author and therapist





Brighten your Fourth of July with patriotic do-it-yourself decorations using flowers and plants from Hy-Vee Floral.

RED, WHITE & BLOOMS

1. MINI BOUQUETS

(opposite) Combine two of the best parts of summer—fresh blooming flowers and sweet ice cream cones—for gorgeous Fourth of July decorations. Pick up a few small, festive bouquets at Hy-Vee. Before placing flowers in ice cream cones, line each cone with a plastic pastry bag with an inch or two of water in the bottom to keep the flowers fresh. When it's time to celebrate, place bouquets inside pastry bags within waffle cones. Wrap red gingham cloth around each cone for more Fourth flair, and use cones as centerpieces or party favors.

2. STARS & STRIPES

Recycle glass jars and turn them into planters for an American flag-inspired centerpiece. Paint two glass jars with red and white stripes using acrylic paint. Paint a third jar blue with white stars, using masking tape to outline the shape of each star. Once the paint has dried, fill each jar to 1 in. below the rim with well-draining potting soil. Then plant live succulents in each jar and line jars up in the order of the American flag.

3. WATER COLOR BOUQUETS

Make a super simple centerpiece or last-minute decoration with just a few drops of food coloring. Pour water into clear vases, then add a few drops of red or blue food coloring to each vase (you might need to stir a little to distribute the color). Leave one vase with clear, plain water. Add flowers of the same color to each vase, adding white flowers to the vase with no dye. The dye won't affect brightly colored flowers like red Gerbera daisies.

4. CARNATION LINEN TIES

Even napkins can get a little festive for Independence Day. Create fun, fresh linen ties with bright red carnations and use them to hold napkins or utensils together. Cut a carnation stem to about 1 in. long. Tie a white ribbon securely around the stem, leaving several extra inches of loose ribbon hanging from each side of the knot. Tie the loose ribbon around napkins or utensils.

2



3



4



5

FARMERS MARKET BOUQUET

Add a rustic feel to a fresh bouquet from the Hy-Vee Floral Department by wrapping the stems in burlap and tying with a red gingham ribbon. Choose red, white and blue flowers for the holiday, or arrange summer favorites like sunflowers into a colorful centerpiece.

BOUQUET 101



Step 1 Lay down ribbon, then burlap. Place flower stems in plastic bag; secure with a rubber band.



Step 2 Fold bottom corner of burlap up 2 in. to form straight edge. Fold bottom half of burlap up over stems.



Step 3 Tuck bottom edge of burlap around stems. Fold top two corners down to the bottom of the bundle.



Step 4 Fold two sides of burlap to the center, tucking one side under the other. Tie with ribbon to secure wrap.



— NEW ITEMS —
YOU'LL
LOVE

LET'S
BREAKFAST
TOGETHER



What are *you* looking forward to most once you get your vaccine?

COVID-19 vaccines available at all Hy-Vee
Pharmacy locations.*

Visit [Hy-Vee.com/covidvaccine](https://www.hy-vee.com/covidvaccine) for details.



Scan here to schedule
your COVID-19 vaccine
appointment. Available during
regular pharmacy hours.

HyVee® pharmacy

*Some restrictions apply.

health



Manage food
allergies, protect
your skin through
diet and get the
whole family active
this summer.

100 READY, SET, GO

106 NAVIGATING FOOD
ALLERGIES

112 FOODS THAT PROTECT
YOUR SKIN

118 DIETITIAN Q&A:
MEN'S HEALTH

121 TRANSFER
PRESCRIPTIONS

FIND TRENDY AND
COMFORTABLE JOE FRESH
CLOTHES AT HY-VEE.



SCAN THE
QR CODE
to shop Joe Fresh
selections.

→ **READY, SET,**

STAYING ACTIVE AS A FAMILY CAN HELP KEEP EVERYONE HEALTHY AND INFLUENCE CHILDREN'S HABITS LATER IN LIFE. HY-VEE HELPS TEACH KIDS ABOUT FITNESS AND NUTRITION, PLUS MAKES EXERCISE FUN FOR THE WHOLE FAMILY!



KICK-START SUMMER

According to the U.S. Department of Health and Human Services' Physical Activity Guidelines, children ages 3 to 5 need at least three hours of daily activity. Children and teens ages 6 to 17 should try to do at least 60 minutes daily of moderate- to vigorous-intensity physical activity, including bone- and muscle-strengthening exercises three times each week.

76% of children between the ages of 6 and 17 don't get enough physical activity.



STAY ACTIVE

Exercising as a family is one of the best ways to help children be more physically active. Research has shown that when parents and caregivers are active, kids are more likely to be active as well. A 2018 study published in the *Archives of Medical Science* found that almost 89 percent of children between the ages of 7 and 12 copied their parents' physical activity habits and that they're likely to continue those habits as adults. According to the American Heart Association, active kids typically have stronger

bones and muscles, lower long-term risk of cardiovascular diseases and better brain health and function. A good way to encourage children to be more active is to find activities they enjoy that you can do as a family, like taking a bike ride, roller-skating or playing a sport like soccer or basketball. Not every activity has to last a full 60 minutes to count, either. Even small amounts of physical activity, like taking a family walk after dinner or playing together at the park for a few minutes, can improve health.

family first

FIND SHOES FOR THE WHOLE FAMILY AT DSW AT HY-VEE.



SCAN THE QR CODE to shop now at dsw.hy-vee.com

Sources: heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-children
ncbi.nlm.nih.gov/pmc/articles/PMC5778431/
health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf
cdc.gov/physicalactivity/downloads/trends-in-the-prevalence-of-physical-activity-508.pdf

Join the Hy-Vee KidsFit Club to complete monthly challenges to build healthy habits!

Hy-Vee KIDSFIT

Learn more about fitness and nutrition as a family with Hy-Vee KidsFit. Log in to this free online program from anywhere on a computer, smartphone or tablet to access simple, fun workouts and healthy recipes. Kids and adults alike can follow along with daily workout videos targeting each area of the body and teaching how to safely perform each exercise. Suggestions for movement breaks can help everyone in the family stay active throughout the day, and sport-specific videos provide advice for improving skills like balance, speed and endurance. Plus, find dietitian-approved recipes and snack ideas that kids can help make and everyone in the family will enjoy.



SCAN THE QR CODE to sign up for the Hy-Vee KidsFit Club.

Hy-Vee KIDSFIT AT HOME

Follow along with free fitness videos from the Hy-Vee KidsFit Team to boost your heart rate and learn the importance of taking care of your body. Educate yourself further by taking the 5-Week Challenge. Complete the challenge as a Rookie, Pro or All-Star and watch the whole family's health improve while you earn virtual badges and trophies for making the healthy choice!



Earn rewards by sending in your monthly KidsFit Club Challenge. Each month we focus on different areas of health, including emotional, physical, intellectual and social wellness. The whole family can participate and track their progress to make building healthy habits easy, fun and rewarding.

grab the games

10

WAYS TO MAKE FITNESS FUN

Encourage kids to turn off their devices and get moving with outdoor games for the whole family. Hy-Vee has all the toys and equipment you need to have fun in the sun while staying active.

1 Water Gun Tag Cool down while playing tag or freeze tag by having the person who's "it" try to spray other players with a squirt gun.

2 Hopscotch Grab sidewalk chalk and draw a hopscotch board. Play traditionally or create new games by adding squares or setting a timer.

3 Badminton Set up a badminton net and host a tournament, or try hitting the birdie back and forth as many times as possible.

4 Diving for Treasure Toss rings or waterproof prizes into the pool, then have kids put on goggles and swim to collect as many as they can.

5 Keep It Up Play in the backyard or the pool, and have everyone work together to prevent a beach ball from touching the ground or water.

6 Disc Golf Choose targets in the backyard or at a park, then see who can hit them with a plastic disc in the fewest number of throws.

7 Plastic Hoop Contest Give everyone a hoop and see who can keep theirs spinning the longest.

8 Pool Float Race Have everyone choose a pool float to ride, then paddle the length of the pool as fast as possible.

9 Water Balloon Fight Divide into teams and dodge water balloons while trying to hit the other players.

10 Jump Rope

Jump individually, take turns swinging a rope for each other or try more challenging games such as double Dutch or two people jumping together.



Help your family reduce screen time and accept the Hy-Vee KidsFit Club Challenge to be Screen-Free today! See Hy-VeeKidsFit.com to sign up and for additional details.

According to the CDC, children and teens ages 8 to 18 spend an average of 6 to 9 hours in front of a screen for entertainment each day.



NEW



BREW CAFÉ QUALITY ICED COFFEE AT HOME WITH BREW OVER ICE



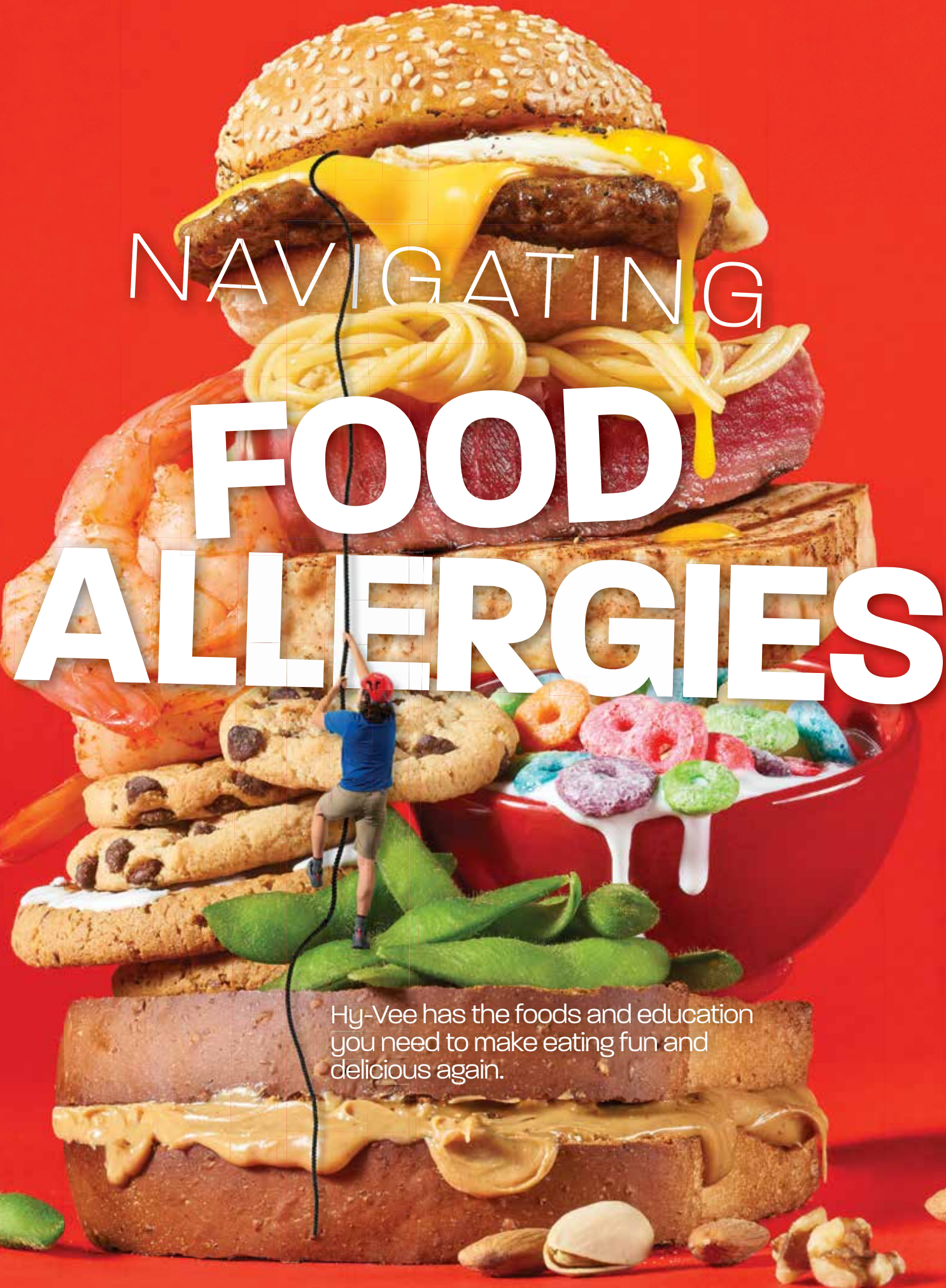
SAVE \$1.00

on ONE (1) 12ct GMCR Brew Over Ice
K-Cup® Pods
with digital coupon

Visit Hy-Vee.com to add the coupon to your digital Fuel Saver + Perks card.
Must clip to save.

STOCK UP ON SUMMER'S GREATEST HITS





NAVIGATING FOOD ALLERGIES

Hy-Vee has the foods and education you need to make eating fun and delicious again.

COUNT ON HY-VEE FOR FOOD ALLERGY RELIEF

As the number of food allergy-friendly products increases, so do awareness and curiosity. What is a food allergy? When the immune system believes a food is harmful, an antibody (immunoglobulin E) is released to ward off the threat, causing immediate physical symptoms (allergic reactions).

The exact number of people in the U.S. with food allergies is unknown, but is estimated at 32 million. Survey data suggest almost 11 percent of the population has food allergies, while almost 20 percent believe they do. This may be due to the symptom similarities between intolerances and allergies.

Most allergies begin in childhood and can decrease, increase or disappear with age. Adult-onset food allergies require more study, but may develop due to hormonal, environmental, viral or bacterial changes. There is currently no cure, but medical intervention (oral medications, emergency epinephrine) are available for symptom relief.

Up until this year, eight foods accounted for 90 percent of U.S. reactions. In April 2021, the U.S. government designated sesame a ninth major food allergen. Avoid triggers by having safe-for-you foods on hand. And schedule an appointment with a Hy-Vee dietitian for food label and allergy education.

SYMPTOMS

ALLERGY AND INTOLERANCE REACTIONS RANGE FROM IRRITATING TO POTENTIALLY FATAL.

- Itchy mouth
- Hives or eczema
- Swelling tongue
- Wheezing
- Abdominal pain
- Vomiting
- Dizziness/fainting
- Anaphylaxis

! ANAPHYLAXIS IS A LIFE-THREATENING ALLERGIC REACTION. TO TREAT, INJECT ADRENALINE (EPINEPHRINE) WITHIN MINUTES OF ONSET.

Sources: jamanetwork.com/journals/jamanetworkopen/fullarticle/2720064
foodallergy.org/resources/facts-and-statistics
mayoclinic.org/diseases-conditions/food-allergy/expert-answers/food-allergy/faq-20058538
<https://pubmed.ncbi.nlm.nih.gov/30646188/>
mayoclinic.org/diseases-conditions/food-allergy/symptoms-causes/syc-20355095
webmd.com/allergies/news/20190111/adult-onset-food-allergies-increasing-confusing
whitehouse.gov/briefing-room/legislation/2021/04/23/bills-signed-s-164-s-415-s-422-s-578/

EVERY YEAR IN THE U.S., 200,000 PEOPLE REQUIRE MEDICAL CARE FOR ALLERGIC REACTIONS TO FOOD.



ALLERGY OR INTOLERANCE

WHAT'S THE REALITY BEHIND YOUR BODY'S REACTION TO FOOD?

Allergy: Food allergies are linked to our immune systems. The only way to be certain a food allergy exists is through diagnosis by a trained medical professional.

Intolerance: An intolerance is not a food allergy. It may cause similar symptoms, but those symptoms are due to different factors. For example, if a person is missing an enzyme needed to digest a certain food or is sensitive to an additive, a reaction similar to a food allergy reaction can occur. Prevent symptoms by eating alternatives to the foods that trigger reactions.

REACH OUT TO A MEDICAL PROFESSIONAL FOR FOOD ALLERGY TESTING AND TREATMENT, THEN LET A HY-VEE DIETITIAN HELP FIND THE FOODS YOU CAN ENJOY.

BIG 8 FOOD ALLERGIES

Avoid these major allergy triggers with a bit of food label education and some creative substitutions.



EGGS

2.6 MILLION AMERICANS AFFECTED
CHILDREN CAN OUTGROW EGG ALLERGIES.

LOOK OUT FOR: albumin, globulin, mayonnaise, “ovo-” powdered eggs, some artificial flavors, nougat, pasta



TREE NUTS

3.9 MILLION AMERICANS AFFECTED
SEVERE TREE NUT ALLERGIES ARE USUALLY LIFELONG.

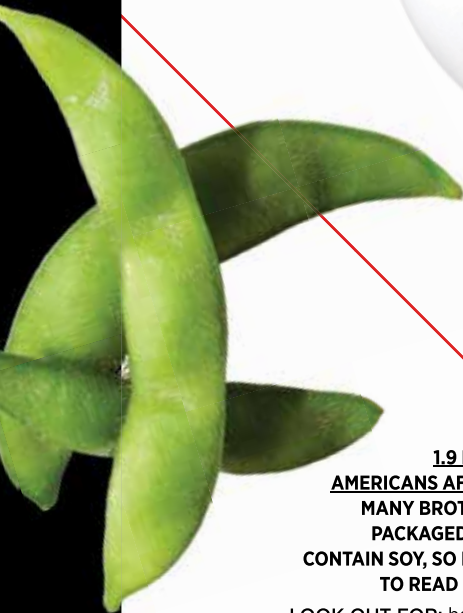
LOOK OUT FOR: baked goods, candy, granola, trail mix, bread



MILK

6.1 MILLION AMERICANS AFFECTED
A MILK ALLERGY OFTEN SIGNALS AN ALLERGY TO AN INGREDIENT IN MILK. CHECK WITH A DOCTOR TO FIND THE RIGHT ALTERNATIVE FOR YOU.

LOOK OUT FOR: casein, whey, lactose, hidden dairy in powdered products



SOY

1.9 MILLION AMERICANS AFFECTED
MANY BROTHS AND PACKAGED FOODS CONTAIN SOY, SO BE SURE TO READ LABELS.

LOOK OUT FOR: bean curd, tofu, tamari, tempeh, artificial flavors and colors

FISH

2.6 MILLION AMERICANS AFFECTED
FISH CAN BE A HIDDEN INGREDIENT IN SAUCES, MEDICATIONS AND TOILETRIES. STICK TO FRESH FOODS AND READ PACKAGED FOOD LABELS.

LOOK OUT FOR: Worcestershire sauce and Caesar salad dressing (may contain anchovies), barbecue sauces



PEANUTS

6.1 MILLION AMERICANS AFFECTED
THE LEADING CAUSE OF SEVERE FOOD-RELATED ALLERGIC REACTIONS IS PEANUTS.

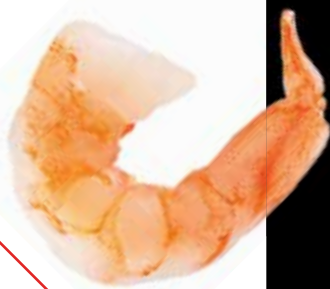
LOOK OUT FOR: artificial flavoring, baked goods, candy, chili, chocolate, sauces, fried foods, marzipan, nougat



WHEAT

2.4 MILLION AMERICANS AFFECTED
GLUTEN FREE DOES NOT MEAN WHEAT FREE. CHECK WITH A DOCTOR BEFORE EATING GRAIN ALTERNATIVES.

LOOK OUT FOR: bran, bulgur, couscous, pasta, semolina



SHELLFISH

8.2 MILLION AMERICANS AFFECTED
MOST PEOPLE ALLERGIC TO CRUSTACEANS ARE ALSO ALLERGIC TO MOLLUSKS.

LOOK OUT FOR: crab, lobster, shrimp, mussels, scampi, octopus, oysters, scallops, clam juice, bouillabaisse



FIND THESE ALLERGEN-FRIENDLY FOODS IN THE HY-VEE HEALTHMARKET.

EAT RIGHT EASILY

HY-VEE OFFERS MANY ALLERGY-SAFE FOODS FOR STRESS-FREE COOKING AND TASTY EATING FOR ANY MEAL OR SNACK. TRY THESE FOOD SWAP ALTERNATIVES TO THE BIG 8.

TREE NUTS

Peanuts can be substituted unless separate peanut allergy exists. Try sunflower or pumpkin seeds or edamame (soybeans).

MILK

The 1:1 swap options include almond, soy and macadamia milk or lactose-free products. Many non-dairy yogurt, ice cream and cheese choices also are available.

SHELLFISH

Swap in animal meats, eggs, tofu, beans, quinoa and plant-based products.

WHEAT

Try bread with potato starch, rye meal, potato flour or oat flour. Many wheat-free items are available as well.

PEANUTS

Eat seeds, pretzels and tree nuts for crunch. Try nut butters for sandwiches.

FISH

Opt for jackfruit flavored with seaweed extract or try plant-based fish fillet choices.

SOY

Switch to dairy or oat milk, use liquid amino acids for soy sauce and enjoy lima beans instead of edamame.

EGGS

Find egg substitutes for recipes, and buy protein alternatives like meat, tofu and beans.

TALK WITH YOUR HY-VEE DIETITIAN ABOUT FOOD LABELS, SAFE PRODUCTS, A PERSONALIZED STORE WALK-THROUGH AND ONE-ON-ONE MENU PLANNING.

FROM THE MAKER OF
#1
RECOMMENDED
INFANT FORMULA
BRAND BY
PEDIATRICIANS

All Enfamil formulas offer
expert-recommended DHA



Enfamil NeuroPro™
For promoting brain growth every day

The only leading infant formula brand with a global expert recommended amount of DHA.



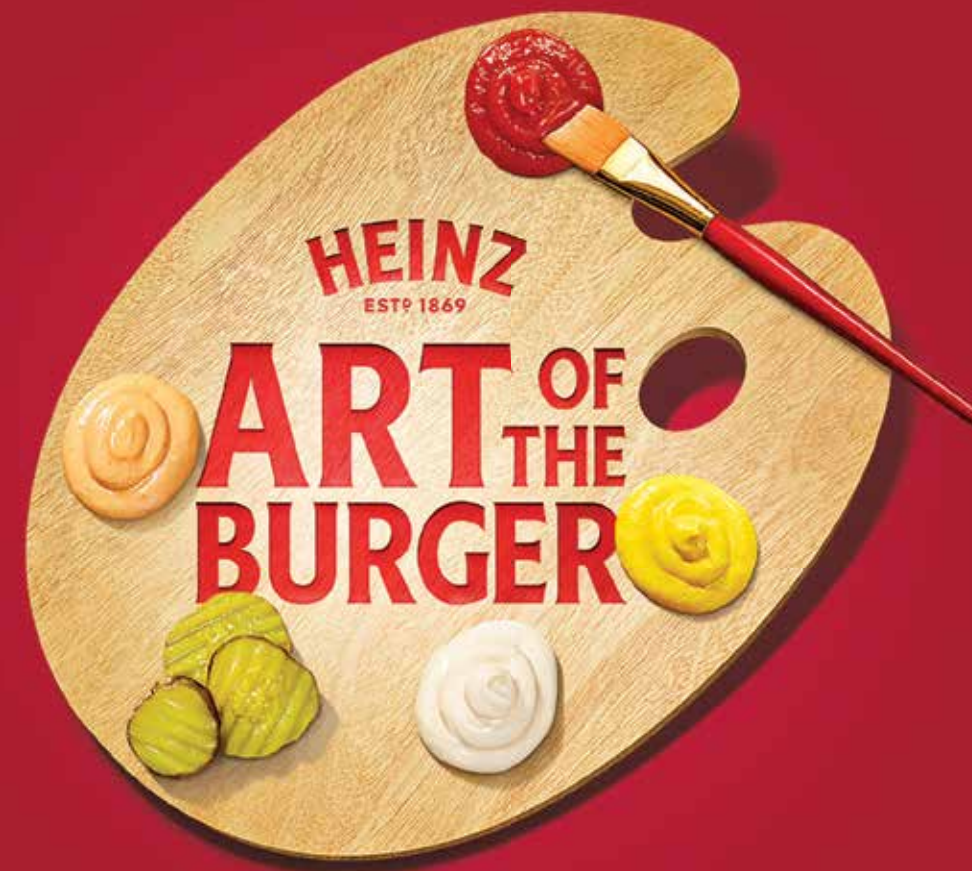
Enfamil NeuroPro™ Gentlease
For fussiness, gas and crying

When your most important person is a little gassy and fussy, Enfamil NeuroPro Gentlease is designed to help within 24 hours. Gentlease has gentle protein for upset tummies and nutrition from brain-building nutrition from MFGM and DHA.



Enfagrow®
For a nutritional complement to Toddler diets

Support your toddler's diet with Enfagrow. Made with real milk and has important nutrients like DHA, iron, and calcium to complement an existing diet. It helps support brain development, the immune system, and growth.



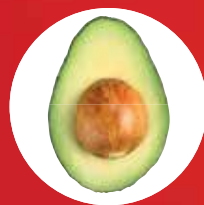
CREATE YOUR DELICIOUS
MASTERPIECE
FOR A CHANCE TO
WIN
100S OF PRIZES
HEINZARTOFTHEBURGER.COM



NO PURCHASE OF KRAFT HEINZ PRODUCTS NECESSARY TO ENTER THE CONTEST. LEGAL RESIDENTS OF THE 50 UNITED STATES AND D.C. 18 (OR 19 FOR RESIDENTS OF AL AND NJ) AND PUERTO RICO 21 OR OLDER. VOID WHERE PROHIBITED. Entry Closes by: 7/19/21. For Official Rules and prize descriptions, visit www.HeinzArtOfTheBurger.com. Sponsor: Kraft Heinz Foods Company, 200 E. Randolph, Chicago, IL 60601. © 2021 H.J. Heinz Company Brands LLC

FOODS THAT PROTECT Your Skin

PREVENT SKIN DAMAGE AND FIGHT PREMATURE AGING WITH HEALTHY FOODS IN A RANGE OF COLORS—THEY CONTAIN THE NUTRIENTS THAT ARE MOST BENEFICIAL TO SKIN HEALTH.



AVOCADOS

BENEFITS: Avocados are high in vitamin E, which supports healthy skin growth and protects skin from cell damage. The fruit is also a source of healthy fats that improve skin elasticity.



CARROTS

BENEFITS: Carrots are rich in beta-carotene, a highly effective antioxidant. Beta-carotene has also been shown to have photoprotective properties to help prevent UV damage.



LEAFY GREENS

BENEFITS: Spinach, kale and other dark, leafy greens contain lutein and beta-carotene—antioxidants that offer UV protection and are believed to reduce the risk of wrinkling and skin cancer.



KIWI

BENEFITS: Kiwi is high in vitamin C, a super antioxidant that is needed to produce collagen for healthier skin and to fight wrinkles.



SALMON

BENEFITS: Salmon and other fatty fish are loaded with omega-3 fatty acids, which fight inflammation and its aging effects. Omega-3s also help keep skin firmer by preserving collagen.



SWEET POTATOES

BENEFITS: Sweet potatoes, especially those with orange flesh, are a great source of beta-carotene, a precursor to vitamin A. Beta-carotene may prevent UV-induced skin irritations.



TOMATOES

BENEFITS: Tomatoes contain the antioxidant lycopene, which can help keep skin smooth. It is believed lycopene mitigates oxidative damage in tissues—in effect, offering some protection against sun damage.



WATERMELON

BENEFITS: Watermelon, like tomatoes, is rich in lycopene, which acts as a natural sunscreen, guarding against premature aging by protecting skin cells from sun exposure.

Nutrition That Nourishes

What you eat is important to skin health. Research indicates that foods rich in antioxidants can slow or prevent damage to cells from free radicals, unstable molecules produced by the body that can damage DNA, accelerating skin aging.

Eating foods in a rainbow of colors ensures consumption of a range of antioxidants such as vitamins C and E and beta-carotene, as well as essential minerals like zinc, which is needed to produce new cells. “Delayed wound healing and lesions can be a sign of zinc deficiency,” says Hy-Vee dietitian Jena DeMoss.

Omega-3 fatty acids have a role in skin health, too, keeping skin thick, supple and moisturized. “Omega-3s can help reduce the inflammation that causes acne, redness, psoriasis and lupus,” DeMoss adds.

Sources (this page and next): health.clevelandclinic.org/23-foods-good-skin/
mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/healthy-skin/faq-20058184
nccih.nih.gov/health/antioxidants-in-depth
foodrevolution.org/blog/natural-sun-protection/
bbcgoodfood.com/howto/guide/eat-your-way-fabulous-skin
hopes.stanford.edu/about-free-radical-damage/
ncbi.nlm.nih.gov/pmc/articles/PMC3583891/
journals.sagepub.com/doi/abs/10.1177/1559827609338785



Tomato-Cucumber Toss

Total Time 20 minutes plus chilling time

Serves 10 (⅔ cup each)

⅔ cup Hy-Vee plain Greek yogurt
½ cup lightly packed cilantro plus cilantro, chopped; for garnish
½ small jalapeño pepper, seeded and chopped
1 clove garlic, minced
2 Tbsp. fresh lime juice
¼ tsp. Hy-Vee salt

3 cups Hy-Vee sweet grape tomatoes, halved
1 English cucumber, sliced ¾ in. thick and quartered
1 avocado, seeded, peeled and chopped
½ cup sliced red onion
Hy-Vee coarse-ground black pepper, for garnish

1. FOR DRESSING, place yogurt, ½ cup cilantro, jalapeño, garlic, lime juice and salt in a blender. Cover and blend until smooth. Set dressing aside.

2. COMBINE tomatoes, cucumber, avocado and onion in a large bowl. Add dressing. Gently toss until coated. Cover and chill for 30 minutes before serving. Garnish with chopped cilantro and black pepper, if desired.

Per serving: 60 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 70 mg sodium, 6 g carbohydrates, 1 g fiber, 3 g sugar (0 g added sugar), 3 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 6%

—Jena DeMoss, RD, LD
Hy-Vee Registered Dietitian



pro tip: FEED YOUR SKIN WELL

“Our skin is the body’s largest organ and first line of defense. Like all organs, the skin needs nutrients to stay strong and do its job. No single nutrient can maintain healthy skin. Variety and eating a colorful diet is key! Along with eating specific foods, it’s also beneficial to the skin to avoid refined sugars like those added to items like ice cream, soda, pastries and processed foods.”

—Jena DeMoss, RD, LD
Hy-Vee Registered Dietitian

EASY SKIN HEALTH RECIPES

THESE RECIPES INCLUDE FOODS THAT WILL HELP PROTECT YOUR SKIN FROM THE INSIDE OUT.

1. Grilled Zucchini and Peppers

Cut 2 small zucchini into 3×¼-in. sticks and slice one yellow and one red bell pepper into ½-in.-wide strips. Toss vegetables with 1 Tbsp. Gustare Vita garlic olive oil; transfer to a grill basket. Grill over medium direct heat for 3 to 4 minutes or until crisp-tender, stirring occasionally. Transfer to a serving bowl. Toss with 1½ tsp. Culinary Tours everything bagel seasoning. Season to taste with Hy-Vee coarse-ground Mediterranean sea salt and black pepper. Garnish with grated Parmesan cheese, if desired. Serves 4.

2. Mediterranean Chicken-Kale Wrap

Massage 2 cups lightly packed torn curly kale with 1 tsp. Culinary Tours Italian white balsamic salad dressing and ¼ tsp. kosher salt until softened; set aside. Combine 1 cup cooked and shredded chicken and an additional 4 tsp. salad dressing; set aside. Spread 3 Tbsp. Hy-Vee roasted red pepper hummus on each 2 (10-in.) Hy-Vee whole wheat flour tortilla wraps. Spoon kale mixture just below the center of each tortilla. Top with chicken mixture and 3 Tbsp. Soirée crumbled tomato-basil feta cheese. Fold bottom of tortillas up and over filling; fold in sides and roll up. Cut each in half and serve. Serves 2 (1 each).

3. Watermelon-Strawberry Pops

Place 1¼ lb. Hy-Vee Short Cuts watermelon, 6 oz. Hy-Vee Short Cuts strawberries, 3 Tbsp. lime juice and 2 Tbsp. Full Circle Market organic light agave nectar in a food processor. Cover and process until smooth. Pour mixture into 10 (3-oz.) molds, filling 1 in. from tops. Freeze for 1½ hours or until partially frozen. Place 8 oz. Hy-Vee Short Cuts honeydew melon, 1½ Tbsp. water, 1 Tbsp. lime juice and 1½ tsp. agave nectar in the food processor. Cover and process until smooth. Pour mixture on top of frozen red layer; insert wooden craft sticks. Cover and freeze 6 hours more or overnight.

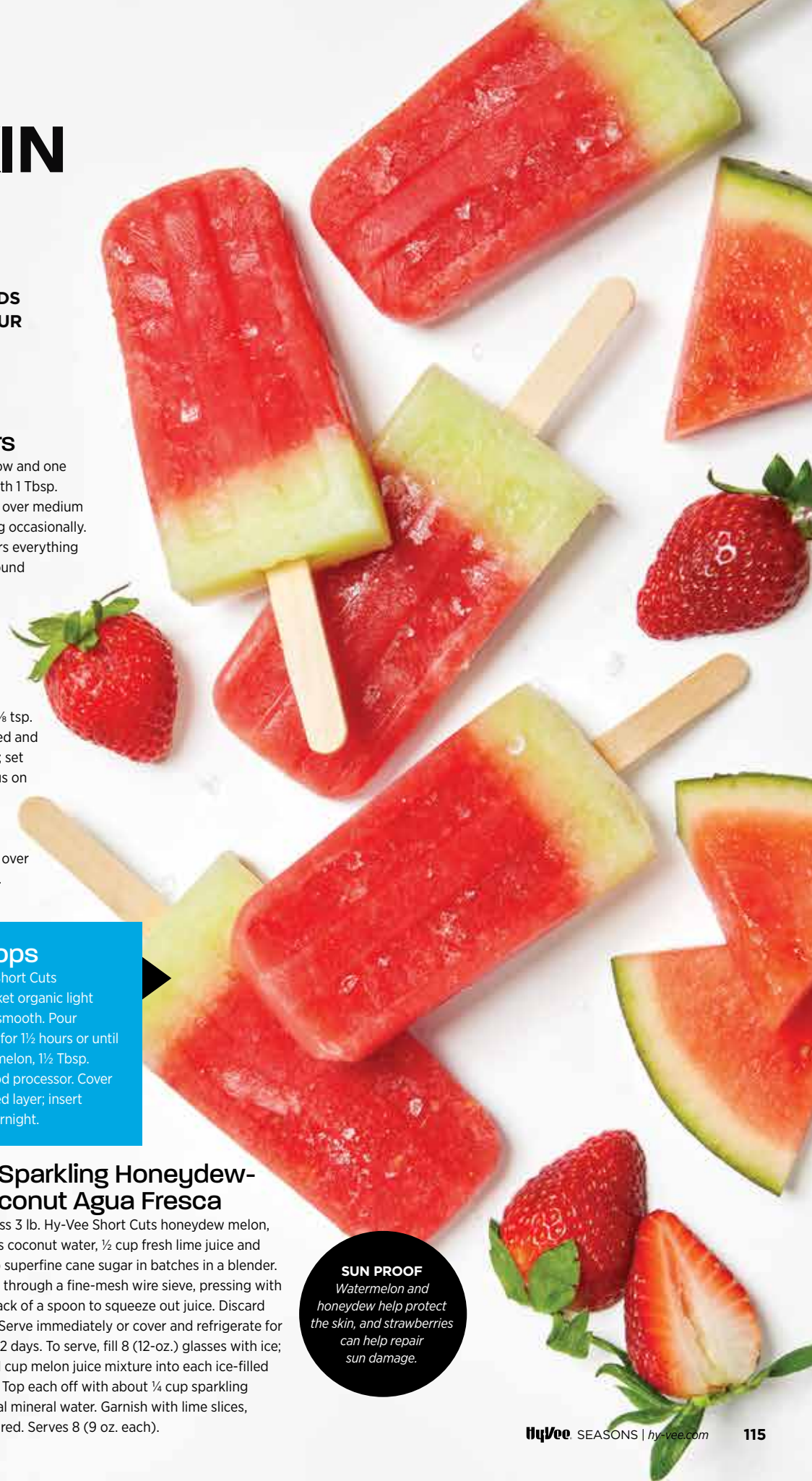
4. Quick-Pickled Veggie Topper

Stir together 1 Tbsp. Hy-Vee granulated sugar, 1 Tbsp. hot water and ¼ tsp. Hy-Vee salt in a small bowl until dissolved. Stir in ¼ cup seasoned rice vinegar. Combine 1 cup shredded red cabbage, ½ cup Hy-Vee coleslaw mix, ½ cup daikon or small red radishes cut into thin matchsticks, ½ cup shredded carrots and 1 tsp. chopped cilantro in a medium bowl. Add vinegar mixture; toss to coat. Let stand 15 to 30 minutes. Serve over pork, chicken or fish or on sandwiches as a topper. Makes 1¼ cups.

5. Sparkling Honeydew-Coconut Agua Fresca

Process 3 lb. Hy-Vee Short Cuts honeydew melon, 2 cups coconut water, ½ cup fresh lime juice and ½ cup superfine cane sugar in batches in a blender. Strain through a fine-mesh wire sieve, pressing with the back of a spoon to squeeze out juice. Discard pulp. Serve immediately or cover and refrigerate for up to 2 days. To serve, fill 8 (12-oz.) glasses with ice; pour 1 cup melon juice mixture into each ice-filled glass. Top each off with about ¼ cup sparkling natural mineral water. Garnish with lime slices, if desired. Serves 8 (9 oz. each).

SUN PROOF
Watermelon and honeydew help protect the skin, and strawberries can help repair sun damage.



HEALTHY,
AFFORDABLE, AND
SUMMER-READY!



From Our Family To Yours Since 1958
Land O'Frost
PREMIUM MEAT

BISTRO
Favorites
— HAND CRAFTED SINCE 2008 —

HAND CRAFTED
FLAVOR HAS A
NEW LOOK



Johnsonville

BUSH'S
BEST

BEST OF THE BACKYARD

SWEEPSTAKES

Buy Johnsonville® Sausage or Bush's® Baked Beans
this summer and enter for a chance to win the

ULTIMATE BACKYARD PRIZE PACK*

**\$1,500
VALUE!**



Premium American
Cornhole League
Cornhole Set



Customized Pit Boss®
Sportsman Wood Pellet
Grill and Accessories



1-Year Supply of
Johnsonville® Sausage and
Bush's® Baked Beans**

**UPLOAD YOUR RECEIPT AT
BESTOFTHEBACKYARD.COM**

©2021 Johnsonville. ©2021 Bush Brothers & Company. ©2021 Pit Boss® Grills. © The ACL, LLC. All rights reserved. Offer subject to change. Rules and restrictions may apply. *NO PURCHASE NECESSARY. A purchase will not increase your chances of winning. Sweepstakes begins at 12:00 PM ET on 4/30/21 and ends at 11:59:59 PM ET on 8/15/21. Open only to legal residents of 50 US/DC, 18+ years of age. For Official Rules, including how to enter, free method of entry instructions, odds, prize details and restrictions, visit <https://bestofthebackyard.com>. Void where prohibited. Megafunds rates may apply. **One year supply of Johnsonville Sausage and Bush's Baked Beans awarded as five coupons.

dietitian Q&A

MEN'S HEALTH

Men need to pay more attention to diet and exercise as they age. Here are a few things to consider.



Elisa Sloss, RD, LD
Vice President,
HealthMarket

Q: Do men need to eat differently than women?

A: No and yes. The types of foods don't differ, everyone needs the same nutritious food (see *Food For Fuel*). But men do require more calories than women. According to the Academy of Nutrition and Dietetics, men should consume between 2,000 and 3,000 calories per day, depending on their age and activity level, which is slightly higher than women whose calorie needs fall between 1,600 and 2,400.

Q: Why do men need more calories?

A: Men have more lean muscle mass and testosterone, all of which contribute to burning energy (calories) faster. That's why they need more calories to sustain them throughout the day.

Q: Should diet change according to age?

A: It's an unfortunate fact of life that metabolism slows

as we age and lose muscle mass, therefore we burn fewer calories. Men start to lose muscle mass after age 30, so they need to start eating less if they want to maintain their weight. Men in their 50s need about 200 fewer calories per day than men in their 30s.

Q: How can men stay healthy as they get older?

A: Eating the right foods and working out can help offset the slowing metabolism, but cutting out harmful behavior like smoking, and drinking in moderation are also important.

Q: Why do men get beer bellies?

A: Many men have a tendency to gain weight in their stomachs as they age. A beer belly—or spare tire—is simply belly fat caused by eating too many calories. While beer can contribute to additional calorie intake, men can also gain belly fat from consuming too much of any food or beverage with excess fat or sugar. Beer also can interfere with how quickly men burn calories. Carrying extra belly fat can be dangerous and increases the risk of several ailments, including cardiovascular disease, colorectal cancer and insulin resistance/type 2 diabetes. Regular checkups with a doctor are important.

FOOD FOR FUEL

Keep the body functioning properly by eating the right combination of foods.

PROTEINS

Seafood, lean red meat and plant-based sources like beans, peas and soy

HEALTHY CARBS

Whole grain bread, pasta and cereal; brown rice; oats; barley; lentils; fruits and vegetables

GOOD FATS

Olive oil, canola oil, nuts, seeds and avocados

JUNE IS
MEN'S HEALTH
MONTH AND
INTERNATIONAL
MEN'S HEALTH
WEEK IS
JUNE 14–20

ONLY 50 PERCENT OF MEN ENGAGE IN PREVENTIVE CARE, ACCORDING TO THE CLEVELAND CLINIC. WELLNESS CHECKS, ALONG WITH DIET AND EXERCISE, CAN HELP PREVENT COMMON AILMENTS.

HEALTH SCREENINGS

HERE IS A GENERAL CHECKLIST OF IMPORTANT TESTS THAT MAY NEED TO INCREASE IN FREQUENCY AS YOU AGE.

Blood Pressure Screening: Beginning at about age 20, men should have their blood pressure checked every other year, and at age 40, the checks should be done annually.

Cholesterol Screening: Men should have their fasting lipoprotein profile (looks at both good HDL and bad LDL cholesterol) checked about every 5 years, starting at age 20. Screening should be done more frequently for those who have chronically high cholesterol levels.

Diabetes Screening: At age 45, men should get their blood glucose levels tested every 3 years. Younger men who are overweight should also have their levels tested.

Prostate Cancer Screening: At age 50, most men should get their first prostate screening. However, Black men and those with a history of prostate cancer in their close family may want to get tested starting in their mid-40s.

Colon Cancer Screening: Men ages 50 to 75 should be screened for colon cancer. Men who have a family history of colon cancer should get screened sooner, as should younger men with a history of polyps or inflammatory bowel disease.

Osteoporosis Screening: Men should get screened for osteoporosis (brittle bones) starting at age 50, especially those who have used steroids, suffered a bone fracture after the age of 50, have low body weight, or have a family history of osteoporosis.

Note: Consult with a physician for screenings that are appropriate for you.



Scan the QR Code to find a local dietitian and explore other Hy-Vee health services.

Sources: eatright.org/healthy/wellness/healthy-aging/healthy-eating-for-men
cdc.gov/nchs/fastats/mens-health.htm
urbanmedicine.org/the-7-health-screenings-every-man-should-get-and-when
health.harvard.edu/exercise-and-fitness/the-4-most-important-types-of-exercise
newsroom.clevelandclinic.org/2019/09/04/cleveland-clinic-survey-men-will-do-almost-everything-to-avoid-going-to-the-doctor/

THE RIGHT TYPE OF MOVEMENT

MIX UP THE TYPES OF EXERCISES YOU DO TO KEEP YOUR BODY WELL-FUNCTIONING.



AEROBICS helps relax blood vessel walls, lowers blood pressure, burns body fat and raises good HDL cholesterol.



STRENGTH TRAINING builds muscles, which stimulate bone growth, lower blood sugar and improve balance and posture.



STRETCHING maintains flexibility to keep muscles long and functioning properly, and helps with joint pain.

begin

THE BEGIN™ PROGRAM, LED BY HY-VEE DIETITIANS, CAN HELP YOU DEVELOP A LIFELONG WELLNESS PLAN.

CHEEZ-IT SNAP'd
cheesy, thin & crispy

GET FREE LUNCH ON US

Keep lunchtime exciting with the irresistibly cheesy flavor of Snap'd®.

DOUBLE CHEESE
CHEESY BAKED SNACKS
NET WT 7.5 OZ (212g)

*Abbreviated Terms and Conditions. Internet Access Required. Begins 5/17/21 and ends 8/31/21. Open to legal residents of US & DC, 18+ and are members of KFR. Offer is void where otherwise taxed, regulated, restricted or prohibited by law. Subject to complete terms and conditions at www.KFR.com/SnapdLunch; complete list of participating products also found here. Participating products must be purchased between 5/17/21 – 8/31/21. Receipts must be uploaded at www.KFR.com/SnapdLunch, within 30 days of purchase and not later than 9/30/21. For rebate check requests via mail: a) no Post Office boxes allowed; only street or rural route addresses are permitted; b) allow up to eight (8) weeks from receipt of submission to receive rebate check. For digital rebate requests: allow up to five (5) days to receive rebate via PayPal. Sponsor: Kellogg Company, One Kellogg Square, Battle Creek, MI 49016.
©, TM, © 2021 Kellogg NA Co.

pringles

STACK UP THE FLAVORS

©, TM, © 2021 Kellogg NA Co.
©, TM, © 2021 Pringles LLC.

THREE LAYER DIP STACK

CHEDDAR CHEESE

WAVY SWEET & SPICY BBQ

SOUR CREAM & ONION

TRANSFER PRESCRIPTIONS

Hy-Vee®

Easily transfer your prescriptions to the Hy-Vee Pharmacy online, over the phone or in person. After making the switch, pick up your medication in-store or have it delivered to your home for free.*

HOW DO I TRANSFER?
To transfer a prescription, contact a Hy-Vee Pharmacy location and let the staff handle the details. You simply need to present your prescription bottle, receipt or label. Or you can go online to hy-vee.com/my-pharmacy, or download the Hy-Vee app to get started.
Hy-Vee accepts thousands of insurance plans,** and pharmacists can answer any of your Medicare Part D questions. If you need to pick up your medication at a different location, just call or speak to a pharmacist and they'll be able to access and fill your prescription.

pro tip: PHARMACY PERKS
“The biggest perk of using Hy-Vee Pharmacy is all the different services we provide. Most stores offer free delivery, automatic refills, reduced prices on commonly prescribed items and drive-thru convenience. And we're in-store, so you can come to the pharmacy, tell us what you need, go shopping and then stop back.”
—**Kyle Anderson**
Hy-Vee Pharmacy Manager
Iowa City, Iowa

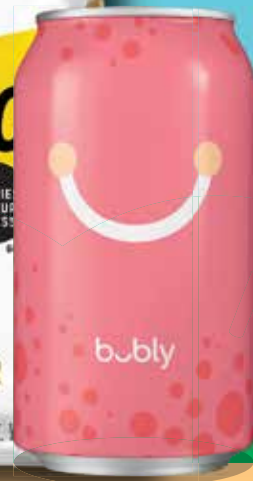
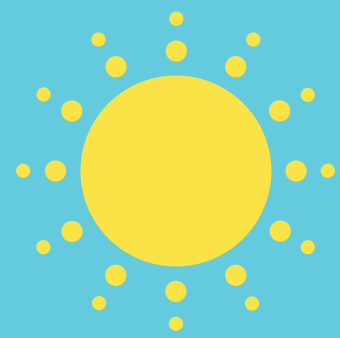
***PERKS OF USING HY-VEE PHARMACY:**

- MANAGE PRESCRIPTIONS ONLINE
- VIEW, SORT AND PRINT PRESCRIPTION HISTORY
- SIGN UP FOR REPEAT REFILLS SO PRESCRIPTIONS AUTOMATICALLY REFILLS
- DOWNLOAD THE HY-VEE APP TO TRANSFER, FILL AND REFILL PRESCRIPTIONS AND RECEIVE TEXT ALERTS

*Delivery not available at all locations. See store for details.
**Restrictions may apply. See your local Hy-Vee Pharmacy or hy-vee.com for details.

Hy-Vee SEASONS | hy-vee.com

you grill, we chill



recipe index

GRILL TO THRILL

BBQ Crown Rib with Jalapeño
Stuffed Cornbread *p. 13*
Sausage & Veggie Grilled Pizza *p. 14*
The Classic Smash Burger *p. 15*
Pork and Pineapple Smash Burger *p. 15*
Chicken Bacon Ranch Smash Burger *p. 15*
Grilled Vegetable Salsa *p. 16*
Grilled Broccoli Hummus *p. 16*
Sweet Corn Gazpacho *p. 16*
Grilled Bananas Foster *p. 17*
Grilled Peaches with Vanilla Ice Cream *p. 17*
Campfire Cones *p. 17*
Grilled Donut Ice Cream Sandwiches *p. 17*

BASICS: HOW TO MAKE COMPOUND BUTTER

Brandy Pecan *p. 26*
Apricot *p. 26*
Mocha *p. 27*
Bacon-Onion Chipotle *p. 27*
Chili-Lime-Cilantro *p. 27*

FRESH CROP: SUMMER FRUIT

V GF 30 Mint and Lime Melon Sticks *p. 30*
V GF 20 Stone Fruit Summer Salsa *p. 31*
10 Mixed Berry Compote *p. 32*
Citrus and Thyme Biscuits *p. 33*

JARCUTERIE

10 Classic Bread and Cheese
Jarcuterie *p. 21*
20 Greek Jarcuterie *p. 22*
10 Tropical Jarcuterie *p. 22*
20 Fiesta Jarcuterie *p. 23*
10 Caprese Jarcuterie *p. 23*
10 Bloody Mary Jarcuterie *p. 24*
10 Sweet and Salty Jarcuterie *p. 25*
20 Breakfast Jarcuterie *p. 25*

THE BIG CHEESE

GF Bacon-Wrapped Stuffed Dates *p. 35*
V 20 Pepper Jack Queso Dip *p. 35*
V 20 Halloumi Caprese Skewers *p. 35*
V 20 Grilled Quesadilla *p. 35*
V GF 20 Cedar Plank Brie *p. 35*
V 20 Halloumi Tacos *p. 35*
V GF 20 Grilled Feta *p. 35*
20 Bunless Burger *p. 35*

101: MANGOES

GF Coconut Mango Ice Cream *p. 38*

CREAM OF THE CROP

10 Cherry Pie Milkshake *p. 50*
20 Unicorn Milkshake *p. 50*
10 Chocolate-Peanut Butter Milkshake *p. 51*
10 Red Velvet Milkshake *p. 51*



Try this Bacon
Cheeseburger
Waffle,
pg. 54

WAFFLE MAKER: HOT OFF THE PRESS

V 20 Mini Lemon Blueberry Waffles *p. 53*
V 20 Red Velvet Waffles *p. 53*
V 20 Double Espresso Waffles *p. 53*
V 20 Cinnamon Roll Waffles *p. 53*
V 20 Quesadilla Waffles *p. 53*
20 Pizza Pocket Waffles *p. 54*
20 Bacon Cheeseburger Waffles *p. 54*
GF 20 Chaffles *p. 54*

EAT ALL WEEK WITH 20 INGREDIENTS

V 10 Tropical Smoothie Bowls *p. 58*
V Open-Face Caprese Sandwiches *p. 58*
30 Honey Garlic Salmon with Roasted
Cherry Tomato and Zucchini *p. 58*
30 Granola Muffins *p. 59*
Salmon Lettuce Wraps with
Mango Salsa *p. 59*
Roasted Balsamic Chicken with
Panzanella Salad *p. 59*
V 10 Fruit and Granola Parfaits *p. 60*
V Creamy Zucchini Soup with
Homemade Croutons *p. 60*
30 Chicken Milanese with Herbed Rice
and Mixed Greens *p. 60*
V 20 Avocado Egg Toast *p. 61*

Thai Chicken Flatbread *p. 61*

GF Seared Balsamic Steak Salad *p. 61*

V GF Zucchini-and-Onion Frittata *p. 62*

Thai Chicken Lettuce Rolls *p. 62*

30 End-of-the-Week Steak
Sandwiches *p. 62*

SEAFOOD PACKETS

Surf 'n' Turf Packet Dinner *p. 67*

Smoky Maple Salmon

Seafood Packets *p. 68*

Teriyaki Shrimp Dinner *p. 68*

Fiesta Fish and Rice *p. 69*

Linguine with Scallops and Mussels
p. 69

FOODS THAT PROTECT YOUR SKIN

V GF Tomato-Cucumber Toss *p. 114*

V GF Grilled Zucchini and Peppers *p. 115*

Mediterranean Chicken-Kale Wrap
p. 115

GF Watermelon-Strawberry Pops *p. 115*

V Quick-Pickled Veggie Topper *p. 115*

GF Sparkling Honeydew-Coconut

Agua Fresca *p. 115*

30
minutes
or less

**30 MINUTES
OR LESS**

20
minutes
or less

**20 MINUTES
OR LESS**

10
minutes
or less

**10 MINUTES
OR LESS**

GF
option

**GLUTEN
FREE**

V
option

**VEGETARIAN
DISH**

Hy-Vee Seasons is a product of Hy-Vee, covering food, lifestyle and health issues, while featuring Hy-Vee products, services and offers, along with advertisements from suppliers of Hy-Vee.

Hy-Vee, Inc., Grey Dog Media, LLC, and any individual or party represented in this work do not warrant or assume any legal liability or responsibility for the quality, accuracy, completeness, legality, reliability or usefulness of any information, product or service represented within this magazine.

Hy-Vee complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Hy-Vee does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Hy-Vee provides:

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

If you need these services, contact your local pharmacist. If you believe that Hy-Vee has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Hy-Vee Civil Rights Coordinator, Attn: Legal Dept., 5820 Westown Parkway, West Des Moines, IA 50266, 515-267-2800, Fax 515-327-2162, legalnotices@hy-vee.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Hy-Vee Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave. SW, Room 509F, HHH Building, Washington DC 20201, 800-368-1019, 800-537-7697 (TDD).

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

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

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



**NOTHING'S COOLER
THAN SAVING MONEY.**

Dive into a Hy-Vee Plus premium membership.

Get extra fuel savings every time you shop. Enjoy free standard grocery delivery and express pickup. And find new exclusive deals every month. It all adds up to more than \$2,000 in discounts and deals each year*.

SIGN UP TODAY AT [HY-VEE.COM/PLUS](https://www.hy-vee.com/plus)

HyVee[®] PLUS[™]

PREMIUM MEMBERSHIP

*Savings based on redemption of all available exclusive member monthly offers by a member who shops two times per week for a year.