

**HyVee®**

# balance®

**GIVE  
THANKS**

↳ **GOOD FOOD  
GOOD HEALTH  
GOOD LIFE**

# LORI

## LOUGHLIN

**LIVING  
A FULLER  
LIFE:  
FAMILY,  
FITNESS,  
FUN**

PAGE 32

NOVEMBER 2018

\$4.95

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NOVEMBER  
ISSUE 2018



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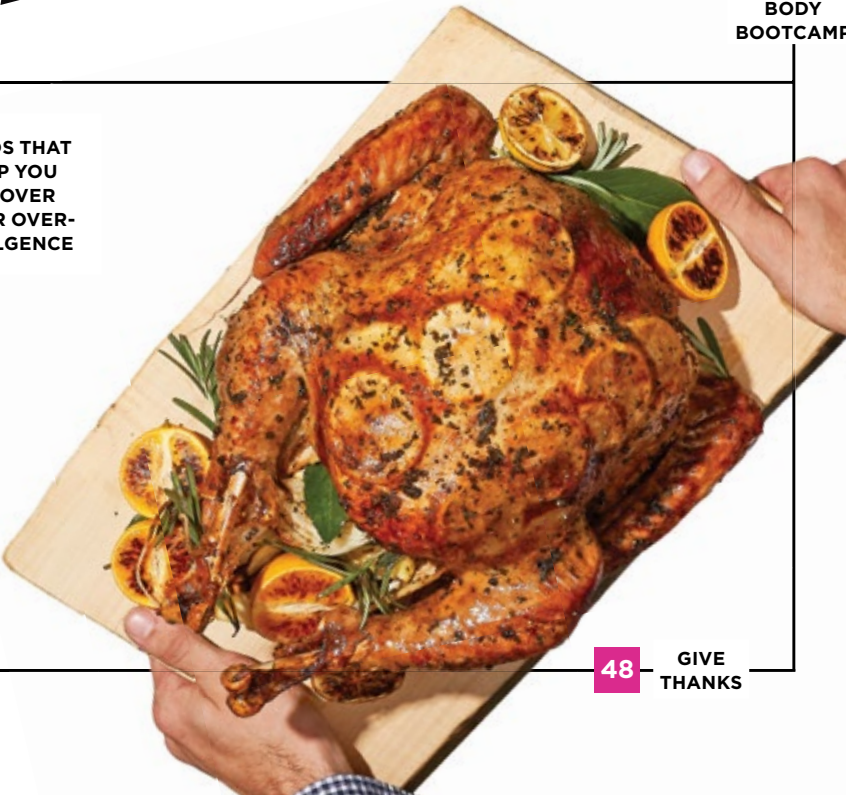
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# NOVEMBER

ISSUE



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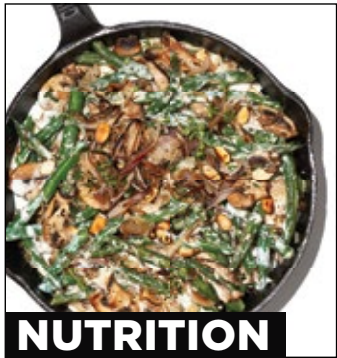
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**30**  
minutes  
or less

LOOK FOR THIS ICON  
FOR RECIPES YOU CAN  
MAKE IN 30 MINUTES  
OR LESS!

# AHHH...IT'S GOOD TO BE BACK



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**DONNA TWEETEN**  
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CHIEF CUSTOMER OFFICER

Catch up with actress Lori Loughlin, known for her role as Rebecca Donaldson-Katsopolis on the hit '90s sitcom *Full House*. She tells us how she stays positive and balanced in a busy world.

As we head into yet another holiday season, juggling our own schedules along with that of family and friends can fill our days. It's important to keep a healthy balance in our own lives, because that allows us to be supportive to those we care about. Be intentional about taking time to focus and be truly thankful for what you've been given.

More reasons to be thankful this year—our lightened versions of classic Thanksgiving dishes, *page 48*. If you need help in the kitchen, Hy-Vee can take the prep out of your feast with delicious take-and-heat Pre-made Holiday Meals—learn more on *page 40*.

Cleaning up before and after the big day is made easy with room-by-room tips, *page 88*. Once that's done, hit the gym to burn extra calories with our functional training routine on *page 74*.

No matter how you find balance, we hope the results are something to be thankful for.

THANKFUL



# PUMPKIN SPICE

*is finally here*



LIMITED EDITION

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*We asked our  
editorial contributors:*

**What's your  
favorite Thanksgiving  
side dish?**

**FITNESS**

**Daira Driftmier,**  
Certified Personal Trainer,  
Director of Hy-Vee KidsFit  
and Hy-Vee Fitness  
My mom's green bean casserole!

**LIFESTYLE**

**Brad Waller**  
Assistant Vice President,  
Community Relations, Hy-Vee  
Stuffing with gravy.

**HEALTH**

**Nathaniel Chin, MD**  
Assistant Professor  
Division of Geriatrics and Gerontology  
University of Wisconsin-Madison  
Department of Medicine  
I'm usually strict about what I eat.  
But Thanksgiving is always my  
exception day, my treat day to do  
whatever I want. So I would say  
stuffing with gravy on top.

**HEALTH**

**Kristin Williams**  
Hy-Vee Senior Vice President  
Chief Health Officer  
Stuffing!

**PHARMACY & NUTRITION**

**Angie Nelson**  
Group Vice President,  
Retail Pharmacy  
Honey-roasted butternut squash  
with feta and cranberries. Yum!

**DERMATOLOGY**

**Carey A. Bligard, MD**  
UnityPoint Clinic Dermatology  
Fort Dodge, Iowa  
Candied sweet potatoes!

**HEALTH**

**Sarah Peterson, RDN, LDN**  
Hy-Vee Dietitian  
Chariton, Iowa  
Roasted Brussels sprouts! Don't knock  
'em until you try 'em—they're heavenly!

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represented within this magazine.

Treat your taste buds  
to the delicious  
Brown Butter Sweet  
Potato Mash recipe  
on page 52.

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**Prices effective November 1, 2018  
through December 2, 2018  
(while quantities last).**

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*Hy-Vee Balance recipes are tested by test  
kitchen food technologists to guarantee that  
they are reliable, easy to follow and good tasting.*

Please recycle after use.



**CHIP.  
DIP.  
CHEER!**



Frito Lay Lay's:  
select varieties  
5 to 8 oz. 2/\$5.00







# Show dinner who's boss.

Busy evenings are no match for you when you have Hy-Vee Mealtime Kits. With fresh ingredients and chef-inspired recipes, you can take charge and cook delicious homemade meals by dinnertime. Plus, there's no subscription or monthly fee. Just pick up a kit in store when it's convenient for you.

Try a Hy-Vee Mealtime Kit today.



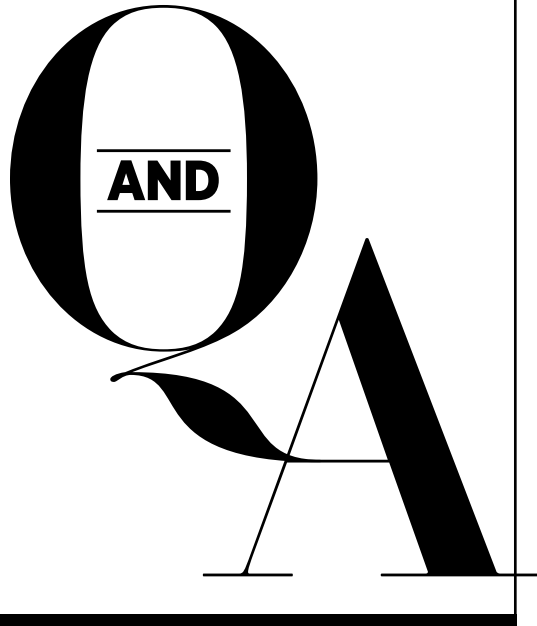
PHOTO: Tobin Bennett



Julie McMillin, RD, LD  
Assistant Vice President, Retail Dietetics

### HY-VEE DIETITIANS:

A registered dietitian, Julie McMillin advises how to avoid diabetes and how to manage it with the right foods.



# DIABETES MONTH

Sources: [www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes](http://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes)  
[www.mayoclinic.org/diseases-conditions/hypoglycemia/symptoms-causes/syc-20373685](http://www.mayoclinic.org/diseases-conditions/hypoglycemia/symptoms-causes/syc-20373685)

### Q: What is diabetes?

**A:** It's a chronic disease that impacts the body's ability to regulate glucose levels. Your pancreas naturally produces insulin, a hormone needed to regulate glucose levels. There are two types of diabetes, type 1 and type 2.

### Q: What's the difference?

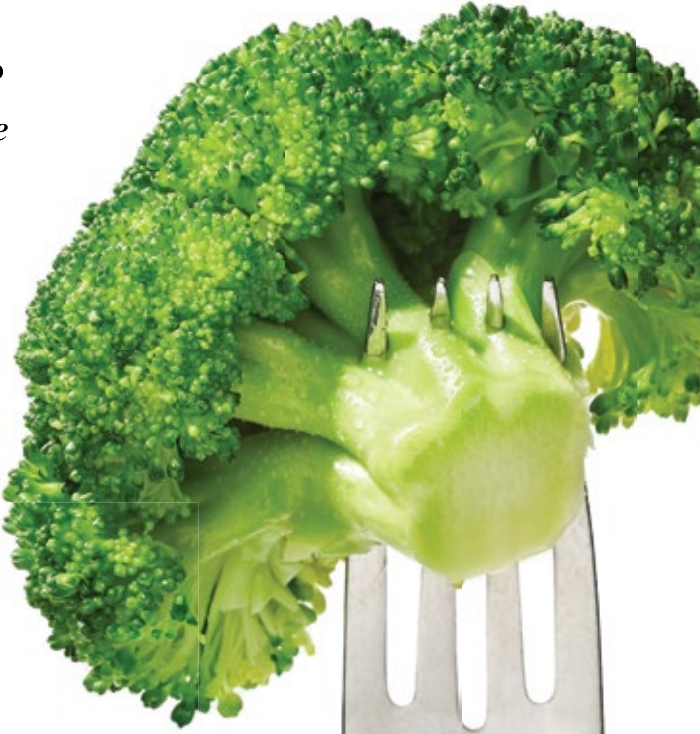
**A:** Type 1 diabetes usually affects children and young adults. For these individuals, their pancreas does not produce insulin, requiring them to administer insulin daily based on carbohydrate intake. Type 2 diabetes occurs when the body does not produce enough insulin or utilizes the insulin ineffectively.

### Q: How does high blood sugar affect the body?

**A:** Normally, insulin helps glucose from food move into your cells to be used as energy. Without insulin, the glucose stays in your blood and doesn't feed your cells. Over time, this condition can lead to heart problems, stroke, kidney disease, eye problems, dental disease, nerve damage and foot conditions.

### Q: How do I know whether I have diabetes?

**A:** A sedentary lifestyle, poor nutrition or excess weight can increase your risk for developing type 2 diabetes at any age. Symptoms of the onset of diabetes are extreme fatigue, constant hunger and thirst, or increased urination. Diabetes can be highly hereditary. If you have a family



history, watching for these symptoms and living a healthy lifestyle can reduce your risk.

### Q: How do I get tested?

**A:** Diabetes must be diagnosed by a physician, who will order and monitor your fasting glucose as well as your A1C, a blood test that provides a three-month average of how your blood sugars are regulating.

**In honor of National Diabetes Month, Hy-Vee Registered Dietitians will offer free A1C screening events throughout the month.\* Contact your Hy-Vee dietitian to find the closest event and times.**

*\*This is only a screening and not intended to diagnose.*



# DIABETES-FRIENDLY SNACKS

**Banana** A medium-size banana supplies B vitamins for healthy metabolism.

**Peanut butter** A snack pack has just 4 grams of sugar and 10 percent of your daily protein requirement. **FlapJacked Mighty Muffin mix** has protein, fiber and probiotics. **Emerald snack-size cocoa-roast almonds** satisfy with just 100 calories. **Plain hummus** is a good source of fiber, protein, and B vitamins—especially folate for cell growth. **Sola nut bars** are a low-carb snack for a sweet craving; they're also fiber-fortified. **Red bell pepper strips** are loaded with vitamins C (tissue growth and repair) and A (vision health).

**Hy-Vee plain Greek nonfat yogurt** has only 90 calories and, at 7 grams, just 2 percent of daily recommended carbs. **Strawberries** are a refreshing 50 calories per cup with 12 grams of good carbs—4 percent of daily needs. **Justin's Almond Butter with Pretzels** has 1 gram of sugar per snack pack. **An apple** has less than 100 calories. **Boom Chicka Pop Lightly Sweet Kettle Corn** popcorn has 35 calories per cup.

PHOTO Tobin Bennett

Sources: [ods.od.nih.gov/factsheets/list-VitaminsMinerals/nutritiondata.self.com/](https://ods.od.nih.gov/factsheets/list-VitaminsMinerals/nutritiondata.self.com/)

# nourish in no time



Odwalla Juice  
or Protein Shake:  
select varieties  
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Dunkin' Donuts K-Cups:  
select varieties  
32 ct. \$19.99



Pillsbury Flour:  
select varieties  
5 lb. \$2.48



## TRADITIONAL INGREDIENTS

FROM THE PIE-MAKERS TOOLBOX



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MEAL MAKEOVER

# LIGHT MAPLE-PUMPKIN PIE

Prep 20 minutes  
Bake 20 minutes plus  
45 to 50 minutes  
Serves 8

1 recipe Whole Wheat Pastry,  
*below*  
1 (15-oz.) can Hy-Vee pumpkin  
½ cup Hy-Vee Select 100% pure  
maple syrup  
1 tsp. pumpkin pie spice  
½ tsp. Hy-Vee salt  
½ tsp. Hy-Vee ground ginger  
¼ tsp. Hy-Vee ground cloves

2 Hy-Vee large eggs  
1 cup canned 2% low-fat evaporated milk  
Hy-Vee frozen whipped topping, thawed; for serving

- 1. PREHEAT** oven to 400°F. Prepare and roll out Whole Wheat Pastry crust on a generously floured surface. Line a 9-in. pie plate with pastry circle and trim. Crimp edge as desired. Prick bottom and sides of pastry with a fork. Line pastry with double thickness of foil. Bake for 15 minutes. Remove foil. Bake for 5 minutes more. Cool on a wire rack.
- 2. COMBINE** pumpkin, maple syrup, pumpkin pie spice, salt, ginger and cloves. Add eggs; beat lightly with a fork until combined. Gradually add evaporated milk; stir just until combined.
- 3. PLACE** partially baked crust on oven rack. Carefully pour pumpkin mixture into pastry shell. To prevent overbrowning, cover edge of pie with foil. Bake for 20 minutes. Remove foil. Bake for 25 to 30 minutes more or until a knife inserted near center comes out clean. Cool on a wire rack. Cover and chill within 2 hours. Serve topped with whipped topping.

**Whole Wheat Pastry:** Stir together 1 cup Hy-Vee all-purpose flour, ½ cup Hy-Vee whole wheat flour and ½ tsp. Hy-Vee salt in a large bowl. Using a pastry blender, cut in ½ cup Hy-Vee shortening until pieces are pea-size. Sprinkle 1 Tbsp. ice water over part of the flour mixture; toss gently with a fork. Push the moistened dough to side of the bowl. Repeat with additional ice water, 1 Tbsp. at a time, until all of the flour mixture is moistened. Gather dough into a ball, kneading gently, until it holds together.

Per serving: 280 calories, 10 g fat, 3 g saturated fat, 0 g trans fat, 45 mg cholesterol, 350 mg sodium, 40 g carbohydrates, 3 g fiber, 17 g sugar (0 g added sugar), 7 g protein. Daily values: Vitamin D 10%, Calcium 10%, Iron 10%, Potassium 4%

280  
calories

10g  
fat

40g  
carbs

350mg  
sodium

### SWEET AS PIE:

Indulge in a slice that has fewer calories and less fat and sugar than a ready-to-go holiday pie.

600 cal  
34 g fat  
78 g carbs  
450 mg sodium



Learn how to make  
delicious **Light  
Maple-Pumpkin  
Pie** at [HSTV.com](http://HSTV.com)

PHOTOS Tobin Bennett



# POWERFUL RELIEF THIS COLD & FLU SEASON.

**Mucinex** **Delsym**



Airborne Effervescent Tablets,  
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Lysol Sprays or Wipes:  
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Mucinex Fast-Max,  
12 Hour or SinusMax:  
select varieties  
6 fl. oz., 14 to 20 ct. \$11.99



**HY-VEE PHARMACIST:**  
**ANGIE NELSON**  
Group Vice President,  
Retail Pharmacy

## ANTIBIOTICS

**Q. What is antibiotic resistance?**

**A.** It is when bacteria have become “resistant” to the antibiotic, meaning the antibiotic is unable to kill, allowing bacteria to continue to grow or multiply.

**Q. What are the dangers?**

**A.** The CDC (Centers for Disease Control and Prevention) has called antibiotic resistance one of the public’s most urgent threats. Infections caused by resistant bacteria can be difficult to cure and can lead to serious illnesses or death.

**Q. What can be done to combat the problem?**

**A.** Prescribing the right antibiotic for a certain bacteria, at the right dose, for the right time frame. Additionally, educating patients about treating bacterial and viral infections differently is important.

**Q. How is Hy-Vee helping?**

**A.** Hy-Vee pharmacists are committed to educating our patients on proper antibiotic use. Also, our pharmacies offer free medication disposal for anyone who has unused antibiotics.

PHOTO: Tobin Bennett

Source: [www.cdc.gov/drugresistance/threat-report-2013/pdf/ar-threats-2013-508.pdf](http://www.cdc.gov/drugresistance/threat-report-2013/pdf/ar-threats-2013-508.pdf)



# 'TIS THE SEASON TO PAMPER.



Refresh your senses with the sweet and decadent fragrances of Fall! Relaxing bath bombs, moisturizing body butters and beautiful glycerin soaps uplift your spirits and pamper your body.



## BALANCING ACT



1

### BIRD DOG PLANK ABDOMINALS, GLUTES

Begin in a high plank position with legs and arms spaced shoulder-width apart. Simultaneously lift your left arm and right leg off the floor, keeping both extended. Slowly return to the starting position. Alternate.



Bring balance to your fitness routine with these **Stability Boosting Exercises** at [HSTV.com](http://HSTV.com)

Boost the difficulty of these moves by adding a **balance trainer**, above.



### 2 BALANCE TRAINER OVER-THE-TOP SQUAT THIGHS, GLUTES

Standing next to a balance trainer, place one foot on the ball. Bend slightly at the knees then jump, moving alternating feet from floor to ball and back again.



### 3 BALANCE TRAINER BODY-WEIGHT SQUAT THIGHS, GLUTES

Stand on balance trainer with both feet. Slowly bend at the knees until thighs are parallel to the floor. Return to the starting position.



### 4 SPLIT LUNGE THIGHS, GLUTES

Stand with one leg in front of the other, hip-width apart. Keep front foot flat while balancing on the ball of the back foot. Bend at knees and sit back until front thigh is parallel to the floor. Return to starting position.



### 5 STANDING CROSS-BODY ROTATION ABDOMINALS, OBLIQUES

Stand with feet slightly wider than hip-width apart, fingertips to back of head. Twist and raise opposite knee to elbow, alternating knee to elbow.

PHOTOS Tobin Bennett





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select varieties  
3 l. \$3.98



Ocean Spray 100% Juice  
or Multipacks:  
select varieties  
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60 fl. oz. 2/\$6.00



Ocean Spray  
Cranberry Sauce:  
select varieties  
14 fl. oz. 2/\$3.00



Ocean Spray Craisins:  
select varieties  
5 or 6 oz. \$1.99

# Light, Refreshing Taste.



NEW

Find us in the  
juice aisle

Ocean Spray Cranberry or Grapefruit:  
select varieties 64 fl. oz.  
2/\$4.00



## PINK CRUSH

In a cocktail shaker filled with ice,  
Add 1.5 oz. vodka (optional),  
2 lime wedges (squeeze and drop in),  
1 tbsp. fresh or frozen raspberries,

3 oz. Ocean Spray® Pink Cranberry  
Juice Cocktail.  
Shake hard and pour into a rocks glass.  
Add more ice and garnish with a lime wedge.

After 88 years, the delicious taste of pink  
cranberries is finally here. What better way to  
celebrate than with this refreshing drink?



*DiLusso*  
DELI COMPANY

## LIVE IN EVERY BITE.

### DELI PLATTERS

Let your family and friends  
catch up around delicious  
deli platters, while they share  
stories and snack on their  
favorite bites. Whether it's  
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during a football game, keep  
them full with DI LUSSO®  
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people together this season  
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Serving Suggestion  
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select varieties  
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select varieties  
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select varieties  
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select varieties  
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# PHILADELPHIA

◀ SINCE 1872 ▶

## DIPS



The **new** rich & creamy dips  
from Philadelphia.



Philadelphia Cream Cheese Dip:  
select varieties  
10 oz. \$2.99

Find by the refrigerated dairy dips.

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NUTRIENT POWER

# BRUSSELS SPROUTS

Earthy, nutty-tasting Brussels sprouts are packed with **heart-healthy nutrients** that **detoxify your body** and **promote healthy skin**. These cruciferous babies are good sources of **vitamin A**, which promotes a **strong immune system**. Beyond that, they are high in **fiber**, **vitamin C** and **folate**.

38  
CALORIES

25%  
VITAMIN A

4%  
CALCIUM

120%  
VITAMIN C

12%  
DIETARY  
FIBER

10%  
POTASSIUM

Serving: 1 cup, raw  
Percentages represent  
daily values.

Sources: [www.nutrition-and-you.com/brussel-sprouts.html](http://www.nutrition-and-you.com/brussel-sprouts.html)  
[snaped.fns.usda.gov/seasonal-produce-guide/brussels-sprouts](http://snaped.fns.usda.gov/seasonal-produce-guide/brussels-sprouts)

### FRESH PICKS

#### BUY

Look for small to medium bright green sprouts with tightly wrapped leaves. Smaller sprouts have the most flavor.

#### STORE

Unwashed and untrimmed sprouts—both loose and on the stalk—will last up to one week in a plastic bag in the crisper drawer of the refrigerator.

#### PREP

Toss sprouts with olive oil and seasonings, then oven-roast at 400°F for 20 minutes. Or slice and shave sprouts to add crunch and texture to a salad.

PHOTO Tobin Bennett



# BALSAMIC-ROASTED BRUSSELS SPROUTS

Prep 20 minutes  
Roast 20 minutes  
Serves 6

4 Jazz or Braeburn apples, cored and cut into chunks  
2½ cups water  
2 Tbsp. plus 1 tsp. fresh lemon juice, divided  
1 lb. Hy-Vee Short Cuts Brussels sprouts, trimmed and halved  
1 (3 oz.) pkg. prosciutto, torn into pieces  
4 Tbsp. Hy-Vee Gustare Vita olive oil, divided  
Hy-Vee salt and black pepper, to taste  
¼ cup Hy-Vee chopped walnuts  
2 Tbsp. aged balsamic vinegar  
1 Tbsp. Hy-Vee honey  
½ tsp. Hy-Vee stone ground Dijon mustard  
¼ cup Hy-Vee dried cranberries

**1. PREHEAT** oven to 400°F. Place apple chunks in a bowl; cover with water and 2 Tbsp. lemon juice.

**2. TOSS** together Brussels sprouts, prosciutto, 2 Tbsp. olive oil and salt and pepper on a 15×10×1-in. baking pan; spread mixture into a single layer. Roast for 10 minutes.

**3. REMOVE** pan from oven. Drain apples. Stir apples and walnuts into Brussels sprouts mixture. Roast for 10 minutes more or until Brussels sprouts are tender.

**4. WHISK** together balsamic vinegar, honey, remaining 1 tsp. lemon juice and mustard. Whisk in remaining 2 Tbsp. olive oil.

**5. TOSS** vinaigrette and cranberries with roasted Brussels sprouts. Serve immediately.

Per serving: 280 calories, 14 g fat, 2 g saturated fat, 0 g trans fat, 5 mg cholesterol, 310 mg sodium, 33 g carbohydrates, 4 g fiber, 22 g sugar (6 g added sugar), 8 g protein. Daily values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 10%

PHOTO Tobin Bennett

# PORK IN A FIELD OF ITS OWN.



INTRODUCING

HyVee®

**MIDWEST**  
PORK™

SUPERIOR



TENDERNESS

To us, "fresh and local" are more than just words. It's the promise we make to our customers and the communities we serve to only source fresh, premium pork from Midwestern family farms near our stores. Buying locally raised pork supports the local farmers. It also connects the local community to the people who produce their food. That's why we're proud to work with real family farms in Iowa, Minnesota, South Dakota, Nebraska, Kansas, Missouri, Illinois and Wisconsin.



# 5 E R W T

## FOR THE HOLIDAYS

'TIS THE SEASON TO SPICE THINGS UP. **ADD THESE HERBS** TO YOUR FAVORITE RECIPES FOR **FRESH, AMAZING FLAVOR** THAT WILL HAVE THE WHOLE FAMILY COMING BACK FOR SECONDS. THESE FIVE HERBS ARE OUR FAVORITE ADDITIONS TO **CLASSIC HOLIDAY DISHES**.



**ROSEMARY** has a rich, pine-like aroma and strong flavor. Fresh rosemary has a significantly stronger flavor than the dried form.

**Fresh:** season chicken, lamb, pork and fish  
**Dried:** blend in tomato sauces and soups



**PARSLEY** has a light and versatile flavor that can be added to many dishes. The most popular herb, it's commonly used as a garnish.

**Fresh:** top salads, vegetables and sauces  
**Dried:** add to a rub for holiday meats



**THYME** is characterized by a rich fragrance and slightly minty flavor. Heat can cause this herb to lose its delicate flavor, so fresh and dried thyme should be added near the end of cooking.

**Fresh:** add to soups and stocks  
**Dried:** season beans and vegetables



**SAGE** is soft, sweet and savory. Use this delicate herb with a light touch so as not to overpower other ingredients.

**Fresh:** use in stuffing and casseroles  
**Dried:** add to beans, roasts and stews



**MINT** has a fresh, cool flavor that complements fruits, chocolate and meat. It's commonly added to water, cocktails and other drinks for a refreshing boost.

**Fresh:** garnish pies and drinks  
**Dried:** blend into meatballs and sauces



PHOTOS: Tobin Bennett

# Bring a Dish You'll Be Proud to Pass



Add the distinctive taste of Pepperidge Farm® cookies.

Whether you're the holiday host or bringing a delicious dish to pass, wow them with the taste they look forward to every year.



Pepperidge Farm Bag Stuffing: select varieties 12 or 14 oz. 2/\$5.00



Royal Dansk Danish Butter Cookies: select varieties 12 oz. \$4.99



Pepperidge Farm Cookies, Crackers or Tim Tams: select varieties 4.75 to 10 oz. \$2.99



Pepperidge Farm Puff Pastry Sheets: select varieties 17.3 oz. \$3.99



Pepperidge Farm Pirouette or Cookie Collection: select varieties 10.9 to 13.5 oz. \$5.99





# Discover what makes Better Oats® better

## real ingredients, better choices

We take pride in bringing you the very highest quality. It starts with our premium oats, which are cut thick to preserve their natural texture. Then we add flax seed to deliver an oatmeal that is both nutritious and delightfully tasty. And, of course, we only use genuine pieces of fruit—never artificially dyed or reconstituted versions of other fruits. We think you will be able to taste the Better Oats® difference.



Better Oats:  
select varieties  
7.8 to 15.17 oz. 2/\$5.00



**KRISTIN WILLIAMS**  
Hy-Vee Senior Vice President  
Chief Health Officer

Every dish gets its deserved oohs and aahs as family and friends gather. It's a time for appreciation and enjoyment, not guilt over extra calories. I've learned a few tricks to avoid both the guilt and calories, and I don't mind sharing.

**I love Thanksgiving Day food. I call this the “savory” time of year because of the roast turkey, stuffing and pumpkin pie with all the herbs, sauces and warming spices worthy of the Big Meal.**

**Fuel Early** Eat throughout the day, beginning with a well-balanced, healthy breakfast, so you won't feel starved at dinner. Toss leftover veggies into scrambled eggs, or top whole grain toast with ricotta cheese.

**Munch Healthfully** Choose from your arsenal of healthy snacks before the holiday dinner. Two high-fiber crackers with 2 teaspoons natural peanut butter or a hard-boiled egg will control your hunger.

**Contribute to the Meal** Offer to bring a dish. There may not be many healthy foods offered, and you'll have at least one go-to option with ingredients that you know.

**Go for Healthy Nibbles** Load up on light, clean appetizers and healthy fats, such as crudité with hummus.

**Set Your Sip Limit** Give yourself a drink maximum before the meal begins. Remember to sip slowly and choose lower-calorie and lower-sugar options such as wine spritzers and vodka and seltzer.

**Exercise** An hour spent burning calories will motivate you to make healthier choices later in the day.

**Drink Plenty of Water** This will help keep you from overeating. It makes you feel full so you won't stuff yourself.

**Control Portions** This includes veggies—unless you've prepared them they could be loaded with sneaky ingredients like margarine or sugary sauces. Slice your own pie to control the size (skip the crust).

**Listen to Your Body** Once you're slightly satisfied, stop eating. Period. You'll have much better memories of a meal enjoyed than a meal overindulged in. Focus on the time spent with your family and friends.

ENJOY YOUR DAY!  
INDULGE IN YOUR  
FAVORITE FOODS  
WISELY. AND HAVE A  
HAPPY THANKSGIVING.



# GIFTING MADE EASY.

Great gifting is in the bag (or basket, rather). We've got thoughtful and exciting gifts for everyone on your list. Satisfy their sweet tooth. Pamper them with trendy beauty products. Give them something they won't forget this holiday season.

Shop all our gift baskets in-store or online at [Hy-Vee.com](https://www.hy-vee.com) today!



**HyVee**



## Emotions are powerful.

They're often so powerful, it's hard to get someone to understand just how much you feel for them.

So what's the best way to let someone know how important they are? Try putting your love, appreciation, hope, regret or joy into words with a card.

Why? Because when you put your feelings for someone into words, they don't just "know" how you feel about them—they understand. In that moment, they feel what you feel. And when it comes down to it, that's as close as you can get to another person.

Send a card! You'll be amazed how good it makes you both feel.

WHEN YOU CARE ENOUGH TO  
*put it into words*  
YOU CAN CHANGE THE WORLD

Hallmark



# ZÖET™

PREMIUM BELGIAN CHOCOLATE



## Indulge in sweet.

Add some sweet luxury to your day with Zöet premium Belgian chocolate bars. Deliciously decadent and satisfying, Zöet is made by people who love chocolate just as much as you do. Indulge your sweet tooth with Zöet.

Available exclusively at **HyVee**



PHOTO Mike Pont/Getty Images



# NOVEMBER

ISSUE **VOL. 2**

LORI LOUGHLIN

SERVE UP HAPPINESS

GIVE THANKS

FOODS THAT HELP YOU RECOVER  
FROM OVERINDULGENCE

THINK TANK

SKIN DEEP: PSORIASIS

HOMEFRONT HEROES

LIFT IT

IMMERSE YOURSELF

ROOTS

THE SCIENCE OF CLEANING

IS IT SAFE?

UNLOCKING PART D





PHOTO Chris Fortuna/Contour by Getty Images

LORI LOUGHLIN CHARMS THE CAMERA WITH A RARE COMBINATION OF COVER-GIRL BEAUTY AND THE LIKEABILITY OF A TRUSTED BEST FRIEND. FAMOUS FOR HER ROLE IN THE FAMILY SITCOM *FULL HOUSE*, SHE'S A FAN FAVORITE ON THE HALLMARK CHANNEL, WHICH BOASTS OVER 85 MILLION VIEWERS, DOMINATES THE PRE-CHRISTMAS SEASON WITH HOLIDAY MOVIES AND AIRS HER LATEST PROJECTS. SHE'S AN ACTOR AND PRODUCER—APPEARING IN EVERYTHING FROM A POPULAR SOAP TO *SEINFELD*—PROVING HARD WORK AND TENACITY DELIVER LASTING SUCCESS.

In a business where nothing is constant but change, Lori Loughlin has mastered the art of staying power. She was a natural talent with an unusual drive—play-acting with neighbor kids in her Hauppauge, Long Island backyard, modeling professionally by 11 and an established soap star in her teens. At 17 she made the cover of *US Weekly* for being one of, if not the hottest daytime teen actors and had a hefty fan base.

A desire to succeed pushed her while still in high school to take the 5:35 a.m. train into New York with her dad, a foreman for the New York Telephone Company. She'd tape until 3 p.m. then go on modeling or casting calls. Evenings were spent studying and being tutored at home in high school coursework, keeping a commitment to good grades she'd promised to her parents.

Her goal to make it didn't mean compromising her values. She turned down the lead in the '80s coming-of-age blockbuster *Blue Lagoon*, due to nudity, the opportunity going instead to Brooke Shields.

Television movies followed her soap days and then, in 1988, she got an offer for a six-episode gig

MAKING HER

MARK

LORI LOUGHLIN

WORDS Wini Moranville and Wanda Ventling



on ABC's *Full House*, a sitcom starring Bob Saget as Danny Tanner, a widowed father living with his kids and two roommates—brother-in-law, Jesse, and best pal, Joey. Lori's character, Rebecca, was Tanner's cohost on a morning show. The *Full House* audience loved her character, so over the life of the show it was expanded—dating and marrying ever-so-hunky Jesse and becoming a mom to twin boys and lovable Aunt Becky to Tanner's daughters.

After an eight-year run on *Full House* Loughlin went on to star in ABC's *Hudson Street* with Tony Danza and the WB's *Summerland* series which she co-created. Her familiar face has also appeared as the lead in many Lifetime and Hallmark movies, in various guest roles on shows including *Seinfeld* and *Blue Bloods* and as a lead in *90210*, *Garage Sale Mystery*, *When Calls the Heart*, and Netflix's *Fuller House*.

Loughlin's work shows her affinity toward family-friendly content. "I don't think I set out in my life going, you know, 'I'm going to do projects that are uplifting and have a positive message,'" Loughlin says.

"But I think as my career has gone on, it must be what I respond to, because those are the projects I seem to choose to do. Looking back at my 30-year career I say to myself, 'Yeah, you know ... maybe it has something to do with my own upbringing and my own values. It is what I gravitate toward.' Sometimes you're in the mood to watch something dark and edgy; sometimes you're not. That, says Loughlin, is what's great about the way television works today: You have plenty of choices.

"People don't always want to be on the edge of their seat with their nerves so heightened," Loughlin says. "Sometimes they just want to kick back and say, 'Oh, I just want to take a deep breath and relax and feel good,' or 'Oh, a murder mystery—I wonder who it was. But I'm not scared by it.'

"I think there's value in that. I also think there's value in being able to watch things as a family," Loughlin

says. "Full House always had a message about treating people the right way, being respectful, and being honorable. If you're going to use television for anything, why not use it to teach valuable lessons and enlighten people?"

Loughlin reunited with the *Full House* cast for *Fuller House*, a sequel on Netflix in its fourth season. "It's like going home again. We've kept up over the course of all the years we weren't on the air. It's been like we never left. It's been fantastic," Loughlin says.

Currently, Loughlin appears as Abigail Stanton in the Hallmark Channel's *When Calls the Heart*. Now in its sixth season, the series revolves around Hope Valley, an early-20th-century mining town in the Pacific Northwest.

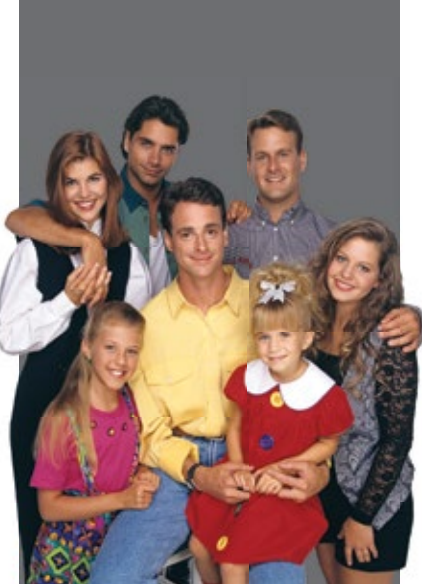
"I'm really proud of that show," Loughlin says. "I think they show the importance of community and friendships, love, faith and being there for one another. When you step on that set, you feel like you've been transported back in time."

She also appears in *Garage Sale Mystery*, a Hallmark Channel whodunit movie series for which she also is executive producer.

"I feel like I've been blessed to be a working actor," says Loughlin, who admits she's taken roles other actresses may decline. "I feel like I've always taken lemons, and made lemonade. I've tried to just stay in the game." For Loughlin, a positive outlook and a humble heart have been critical to her success. "I was always excited to work. I think sometimes as an actor you want to be choosy, but sometimes people get so choosy they end up working themselves right out of the business."

Loughlin credits her success to her parents and her husband, fashion designer Mossimo Giannulli, the creator of the Mossimo clothing line, whom she met in 1995. But she recognizes her own effort, as well.

"You can have a good support group, which is fantastic, but at the end of the day you've got to pick yourself up and brush yourself off and continue to pursue and follow your dreams," Loughlin says.



“Full House always had a message about treating people the right way, being respectful and being honorable. If you’re going to use television for anything, why not use it to teach valuable lessons and enlighten people?”



PHOTOS: Bob D'Amico/Getty Images (opposite); Stephanie Keenan/Getty Images (this page)

## STAYING FIT

With ongoing roles as a wife, mother, actor and executive producer, Loughlin calls on several strategies to stay balanced. "I do Pilates, yoga, Body by Simone cardio classes," she says. "Also, in the past several years, I've taken up golf. It's relaxing. You get away from your cell phone and it's just a great way to enjoy the moment."



# CLEANING HOUSE WITH LORI LOUGHLIN

LOUGHLIN IS AN EMPTY-NESTER WITH TWO DAUGHTERS IN COLLEGE. "WHEN YOU BECOME A PARENT, ALL EYES ARE ON THE KIDS, RIGHT? YOU DON'T HAVE TIME TO BE SELF-ABSORBED. IT TEACHES YOU A LOT." NOW, SHE SAYS, IT'S "TIME TO STEP BACK AND PRAY THAT ALL THE TOOLS I HAVE GIVEN THEM WILL SUPPORT THEM."

**Q. Who has impacted your career the most?**

**A.** I've always had good support from my family and my husband, but in the end, I'd have to say "me." I don't want to sound like I'm not humble, because I'm very humble! Yet I'm the one who really worked hard and had to weather the rejection and continue on. In life, you have to stay in the game—you've got to pick yourself up, brush yourself off, and continue to pursue and follow your passion.

**Q. What has been the biggest hurdle in your career?**

**A.** Working as an actor is always a hurdle! But I was always happy to work, so no job was too big or too small.

**Q. Did you watch much television growing up?**

**A.** Yes, because when I was a kid, I didn't go to movies all the time. One source of

entertainment was television, and our family would watch shows like *Happy Days*, *Laverne and Shirley*, and *The Love Boat*, as well as mystery shows like *Columbo*. You could sit down with the whole family and watch those shows. And everybody enjoyed them.

**Q. This year's *Countdown to Christmas* series on The Hallmark Channel will once again run an all-new holiday special of *When Calls the Heart*. Last year, *Countdown* attracted over 70 million viewers. What do you think accounts for its popularity?**

**A.** People have such a positive response to Christmas. Last summer, I posted a picture of myself in a beautiful green dress by a Christmas tree on a set that was decorated to the nines for Christmas. And so many people liked and commented on that photo, saying "Oh my gosh, I can't wait for Christmas." That was in July! People love Christmas—it's festive, it's a time for celebrating love and family, and in the Hallmark movies, there's romance, too.

**Q. How do you find contentment?**

**A.** For me, just being home with my husband and our dog, making some dinner, and watching television. That makes me probably the happiest. I also think that being kind goes a long way. If there is conflict, take a deep breath and come back to it from a space of kindness and understanding. It's just a better way to be in the world.

**Q. WHAT'S YOUR FAVORITE ROLE YOU'VE PLAYED?**

**A.** There are three. I like: Jennifer Shannon from *Garage Sale Mystery*, I like Abigail Stanton from *When Calls the Heart*, and of course, always and forever, Rebecca Donaldson, from *Full House*.

**Q. Why do you think *Full House* was such a successful show?**

**A.** We had such incredible chemistry—we really loved each other. If you watched us, you could tell that we were truly enjoying each other's company. You'd say to yourself, "I'd like to spend time with these people." I also think that it brought some

comfort to people, especially kids who had lost a parent or didn't have what was deemed the traditional-looking family.

**Q. Are you ever going to get tired of people asking questions about *Full House*?**

**A.** No—not even after 30 years. I'm thankful I have a show like that, one that people are still interested in, which is great. It's all good!

**Q. Do you like being in front of the camera?**

**A.** Yes, but mostly because I like acting and the process of acting. I've wanted to act since I was 4 or 5 years old.

**Q. WHAT DOES BEING HEALTHY MEAN TO YOU?**

**A.** I think being healthy is feeling centered and happy.

**Q. What's your favorite way to de-stress?**

**A.** I love being in my home, having it quiet, and kicking back with the dog—that's my favorite way of unwinding. A yoga class is good, too.

**“Being kind goes a long way. If there is conflict, take a deep breath and come back to it from a space of kindness and understanding. It's just a better way to be in the world.”**

PHOTO: Chris Fortuna/Contour by Getty Images





In life, you have to stay in the game—you've got to pick yourself up, brush yourself off, and continue to pursue and follow your passion."



## 'TIS THE SEASON

The Hallmark Channel has been a good fit for Lori Loughlin, who also appears in the cable station's popular Countdown to Christmas lineup of holiday-theme movies filled with romance, happy endings and everything Christmas. The annual lineup has a viewership in the 60 to 80 million range.

"People love Christmas! Maybe because it's festive," Loughlin says. "There's certainly a religious aspect, but I think across the board it's that it's festive and it's time with family and it's a happy time. Whatever your religious beliefs are... it's just a time for celebrating family, and romance, and love, the holidays and coming together as families."

AT HOME WITH

LORI

**1** Loughlin is married to clothing designer Mossimo Giannulli. They have two daughters: Olivia Jade, 20, and Bella, 19.

**2** LOUGHLIN LOVES DOGS AND HAS A GOLDEN RETRIEVER NAMED BIANCA. "KICKING BACK WITH THE DOG—THAT'S MY FAVORITE WAY OF UNWINDING."

**3** "I try to set a schedule workwise where I don't disappear for four months to do a series. I'm fortunate; I can do that."



## A PERFECT FIT

Loughlin grew up watching murder mysteries such as *Murder, She Wrote*, *Columbo*, and *McMillan and Wife* with her mother, as well as numerous sitcoms with her entire family. Now, as the star and an executive producer of *Garage Sale Mystery* and *When Calls the Heart*, both on the Hallmark Channel, Loughlin appreciates hearing viewers tell her they watch the shows together as a family.

"I've heard people say, 'I love your mystery movies because I can watch them without having nightmares. Nothing's graphic, and I'm not scared.' Likewise, a lot of people tell me that they watch *When Calls the Heart* with their kids. I think there's value in being able to watch things as a family."

PHOTO: Angela Weiss/Getty Images

# Countdown to Christmas

Holiday Movies 24/7!



The Heart of Christmas





Spend less time in the kitchen  
and more time with family and  
friends this holiday season.  
Order your pre-made holiday  
meal in-store, by phone or  
online at [hy-vee.com](http://hy-vee.com)



SERVE UP  
**HAPPINESS**

WORDS Luke Miller PHOTOS Tobin Bennett

## SIMPLIFY YOUR LIFE

**START YOUR DAY RELAXED.  
WITH HY-VEE PRE-MADE  
HOLIDAY MEALS, IT'S  
REHEAT—THEN EAT!**

Thanksgiving  
can be  
hectic—  
especially  
when you're  
the one  
hosting the  
celebration.  
While it's an  
honor to host  
a meal for  
family and  
friends, it

can be time  
consuming.  
This year,  
skip the  
shopping,  
chopping,  
cooking and  
baking. Let  
Hy-Vee do all  
the work.  
Pre-made  
Holiday  
Meals from

Hy-Vee  
include  
entrées, sides,  
rolls and if  
you choose,  
dessert.  
Just  
follow easy  
reheating  
instructions.  
Then, sit  
back and  
relax and

spend time  
with family  
and friends.  
Buying a  
Hy-Vee  
Pre-made  
Holiday Meal  
is the gift  
of time and  
the taste of  
a delicious  
homemade  
meal.



### HOW TO ORDER

- IN-STORE
- BY PHONE
- ONLINE AT  
[HY-VEE.COM](http://HY-VEE.COM)

**ORDER AT  
LEAST  
48 HOURS  
BEFORE PICK-  
UP TIME**

## FEAST ON THIS

### 1 HOW MANY?

How many guests will  
be at your dinner table  
this Thanksgiving? When  
estimating how much  
meat to serve, a general  
range is 4 to 5 ounces  
per person for boneless  
meats, 5 to 8 ounces  
per person for bone-in  
meats, and 1 pound per  
person for turkey—  
enough for ample  
portions plus leftovers.

### 2 ENTRÉES

**Turkey, ham and prime  
rib can be purchased  
à la carte to make sure  
there's plenty to go  
around. Sizes range  
from a small 3- to  
4-pound turkey breast  
up to a 16-pound bird.  
A small boneless ham  
serves 4; larger hams  
up to 12. Our largest  
feast, the Holiday  
Family Gathering,  
serves up to 20.**

### 3 SIDES/ADD-ONS

Choose from an  
assortment of  
vegetable casseroles,  
hearty dressings and  
macaroni dishes—even  
apple crisp. With  
14 side dishes plus  
4 pies, you can  
customize your meal  
to your style. Bakery  
Fresh rolls and  
gravy accompany  
these meals.



Sources: [www.usda.gov/media/blog/2012/11/15/thanksgiving-holiday-help-plan-ahead](http://www.usda.gov/media/blog/2012/11/15/thanksgiving-holiday-help-plan-ahead)  
[www.delish.com/food/news/a38601/food-estimates-for-memorial-day-parties/](http://www.delish.com/food/news/a38601/food-estimates-for-memorial-day-parties/)

## HY-VEE MAKES IT EASY

Hy-Vee Pre-made  
Holiday Meals are:

### **SIMPLE**

Call or visit your local  
store, or order online  
at [hy-vee.com](http://hy-vee.com).

### **CONVENIENT**

Food, in oven-ready  
containers, is boxed  
for transport.

### **READY TO GO**

Meals are fully  
cooked, then  
refrigerated until  
you're ready to  
pick up.

### **EASY**

Reheat following  
simple baking  
instructions supplied  
with your meal.

### **DELICIOUS**

Meals are made with  
the highest-quality  
ingredients and  
feature well-known  
brands—Butterball®,  
Farmland® and  
Hormel®.

### **GOOD TO KNOW:**

**REHEATING  
TAKES JUST  
1 HOUR FOR  
PRIME RIB  
DINNER,  
2 HOURS FOR  
HAM DINNER,  
AND  
2½ HOURS  
FOR TURKEY  
DINNER.**





# MEAL CHOICES

## TURKEY DINNERS

### FAMILY FEAST

TURKEY DINNER  
FOUR SIDE DISHES MEANS  
THERE'S A LOT TO LIKE

- Serves 12
- Butterball® turkey (14-16 lbs.)
- Two large sides of mashed potatoes
- Four large sides of your choice
- 48 oz. of turkey gravy
- 24 dinner rolls

**Price: \$129.99**  
(only \$10.83 per person)

### TRADITIONAL

TURKEY FEAST  
TENDER, JUICY BIRD AND  
CLASSIC SERVE-ALONG SIDES

- Serves 8
- Butterball® turkey (10-12 lbs.)
- Two large sides of mashed potatoes
- Two large sides of your choice
- 32 oz. of turkey gravy
- 12 dinner rolls

**Price: \$89.99**  
(only \$11.25 per person)

### BONELESS

TURKEY BREAST  
DINNER  
FOR SMALL GATHERINGS

- Serves 4
- Jennie-O® turkey breast dinner (3-4 lbs.)
- One small side of mashed potatoes
- Two small sides of your choice
- 16 oz. of turkey gravy
- 6 dinner rolls

**Price: \$49.99**  
(only \$12.50 per person)

## PRIME RIB FEAST

OVEN-ROASTED  
PRIME RIB DINNER  
A FLAVORFUL FORK-TENDER  
ROAST AND SIDE DISHES

- Serves 8
- Hormel® USDA Select prime rib (5-6 lbs.)

- Two large sides of mashed potatoes
- Two large sides of your choice
- 32 oz. of beef gravy
- 12 dinner rolls

**Price: \$139.99**  
(about \$17.50 per person)



## HOLIDAY HAMS

### TRADITIONAL

BONELESS HAM  
DINNER  
DELICIOUSLY FILLING MEAL  
FOR A SMALL GROUP

- Serves 8
- Boneless ham (5-6 lbs.)
- Two large sides of mashed potatoes
- Two large sides of your choice
- 32 oz. of turkey gravy
- 12 dinner rolls

**Price: \$89.99**  
(only \$11.25 per person)

### APPLEWOOD PIT

HAM DINNER  
LOTS OF MEAT AND SAVORY  
SIDES FOR A BIG CROWD

- Serves 12
- CarveMaster® Applewood pit ham (8-10 lbs.)
- Two large sides of mashed potatoes
- Four large sides of your choice
- 48 oz. of turkey gravy
- 24 dinner rolls

**Price: \$129.99**  
(only \$10.83 per person)



## MORE OPTIONS

HY-VEE ALSO OFFERS

NONTRADITIONAL

PRE-MADE MEALS—JUST

WHAT YOU NEED TO FILL

OUT THE WEEKEND MENU!

• 3-CHEESE MEAT LASAGNA

• MARINARA VEGETARIAN  
LASAGNA

• ALFREDO VEGETARIAN  
LASAGNA

• CHICKEN ALFREDO

**Serves 6: \$64.99**  
**Serves 12: \$109.99**  
**Including sides**



SIDE EFFECTS

EVEN WITH A TEMPTING ENTREE ON THE TABLE, IT'S THE SIDE DISHES THAT HAVE US ALL GOING BACK FOR SECONDS. IN ADDITION TO THE MANY VEGETABLE AND FRUIT OPTIONS, HY-VEE SIDE DISHES INCLUDE A TANTALIZING WHITE CHEDDAR MACARONI CASSEROLE, SAGE BREAD DRESSING, AND THE EVER-POPULAR APPLE CRISP. DIG IN!



TRY THESE SIDES:

- MASHED POTATOES
- GREEN BEAN CASSEROLE
- SAGE BREAD DRESSING
- SWEET POTATO CASSEROLE
- WHITE CHEDDAR MACARONI
- MAYAN CAULIFLOWER RICE SALAD
- HOLIDAY POTATOES WITH CHEDDAR
- CHEESY CORN BAKE
- BUTTERED SWEET CORN
- HONEY CITRUS WALDORF SALAD
- SWEET CRANBERRY RELISH
- CREAMED SPINACH
- BRUSSELS SPROUTS WITH SPICY BUTTER
- APPLE CRISP



DRESS IT UP

3 SIMPLE MIX-INS FOR A LARGE SIDE OF MASHED POTATOES:

- SAUTÉED ONION: 1 ONION + 12 SAGE LEAVES, SAUTÉED
- PESTO: ¼ CUP PURCHASED PESTO
- CHEESY CHIPOTLE: ½ CUP SHREDDED GOUDA + 2 TSP. CHOPPED CHIPOTLE PEPPER



ON A ROLL

HOLIDAY MEALS ARE AVAILABLE WITH BROWN AND SERVE DINNER ROLLS OR JUMBO HONEY BUTTERFLAKE DINNER ROLLS (SHOWN LEFT), IN WHITE OR WHEAT.

HY-VEE BAKERY FRESH DINNER ROLLS ARE MOUTH-WATERINGLY GOOD. ADD EXTRAS TO YOUR ORDER TO ACCOMPANY WEEKEND LEFTOVERS. ALL MENU ITEMS, INCLUDING DINNER ROLLS, ARE AVAILABLE À LA CARTE.

EASY AS PIE

MUST-HAVE DESSERT! YOU CAN ORDER A 10-INCH GOURMET PIE AS ONE OF YOUR SIDE DISHES. (EXTRAS ARE AVAILABLE À LA CARTE FOR \$12.99 EACH)

- APPLE
- PUMPKIN
- BANANA CREAM
- FRENCH SILK







# Family Farm Raised Turkey



FEATURED RECIPE  
CARAMELIZED SPICED  
CITRUS TURKEY

At Honeysuckle White®, we believe the best turkeys come from family farms. That's why our turkeys only come from family farms. Now, we're giving you the chance to learn more about the individual farm families that raise our turkeys. Go to [HoneysuckleWhite.com](http://HoneysuckleWhite.com) and discover the stories of the farmers that raise each of our turkeys with care.

Get your Honeysuckle White Turkey at your local Hy-Vee.



Antibiotics responsibly used only when needed for treatment or prevention of illness. \*Turkeys raised with no added hormones or steroids. †Federal regulations prohibit the use of hormones and steroids in poultry.  
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NO FLAVOR LIKE HOME



# THANKS

TURKEY IS A NUTRITIOUS THANKSGIVING STAPLE, PACKED WITH PROTEIN, SELENIUM, B VITAMINS AND AMINO ACIDS THAT CAN HELP BALANCE YOUR MOOD. A SIMPLE HERB RUB AND CITRUS PLACED UNDER THE SKIN MAKE IT MOIST AND FLAVORFUL.

WORDS Lois Carpenter  
PHOTOS Tobin Bennett and Greg Scheidemann

Gather your family around the table and focus on eating a little bit of everything without regret. Your taste buds will love our simple tricks to keep calories in line—a fresh herb rub for the turkey, ancient grain bread for dressing and an amazing “cauli-cream” for green bean casserole. Even pie-lovers will appreciate a lighter option—whole wheat crust heaped with antioxidant-rich berries. Each recipe has been tweaked for you to enjoy feasting without guilt.





Prep 20 minutes | Serves 8

2 Tbsp. aged white balsamic vinegar  
1 Tbsp. Hy-Vee honey  
1 tsp. Hy-Vee Dijon mustard  
¼ cup Gustare Vita olive oil  
Hy-Vee salt and black pepper, to taste  
2 cups arugula  
2 cups spinach leaves

2 cups thinly sliced fennel  
¼ cup chopped red onion  
4 Bartlett and/or Anjou pears,  
cored and cut into wedges  
¼ cup Hy-Vee coarsely chopped  
walnuts, toasted  
¼ cup crumbled Roquefort cheese  
2 Tbsp. pomegranate seeds

1. **WHISK** together vinegar, honey  
and mustard for vinaigrette. Add oil,  
whisking constantly. Season with salt  
and black pepper to taste. Set aside.  
  
2. **TOSS** together arugula, spinach,  
fennel and red onion in a bowl. Spread  
mixture onto a serving platter. Arrange  
pear wedges, walnuts and cheese on

top. Sprinkle with pomegranate seeds  
and serve with vinaigrette.

Per serving: 180 calories, 11 g fat,  
2 g saturated fat, 0 g trans fat,  
5 mg cholesterol, 90 mg sodium,  
20 g carbohydrates, 4 g fiber, 13 g sugar  
(2 g added sugar), 3 g protein.  
Daily values: Vitamin D 0%,  
Calcium 6%, Iron 6%, Potassium 6%



30  
minutes  
or less

## FRESH HERB AND CITRUS ROAST TURKEY

Photos pages 48–49

Prep 30 minutes  
Roast 3 hours, 15 minutes  
Stand 15 minutes  
Serves 12

1 (10- to 12-lb) turkey  
¼ cup Gustare Vita extra  
virgin olive oil  
1 Tbsp. chopped fresh  
rosemary, plus  
additional sprig  
for cavity

1 Tbsp. chopped fresh  
sage, plus additional  
sprig for cavity  
½ tsp. Hy-Vee salt  
½ tsp. Hy-Vee black  
pepper

1 lemon, cut into  
¼-in. slices

1 Hy-Vee bay leaf

1 orange, quartered

1 white onion, quartered

2 cups Hy-Vee 33%-less-  
sodium chicken broth

1 recipe Turkey Pan Gravy,  
right

Fresh rosemary sprig,  
bay leaves and/or  
roasted orange halves,  
for garnish

1. **PREHEAT** oven to 325°F.  
Remove neck and giblets  
from turkey; reserve for  
another use or discard.  
Rinse turkey body cavity;  
pat dry with paper towels.

2. **COMBINE** oil, chopped  
rosemary and sage, salt  
and pepper in a bowl.  
Beginning at neck end  
of turkey and using your  
fingers, carefully make  
pocket between flesh and  
skin of turkey breasts.  
Gently rub some of the oil-  
herb mixture into pocket  
under skin. Slide lemon  
slices under skin and over  
breasts. Rub remaining  
oil mixture over turkey.  
Stuff main cavity with  
rosemary and sage sprigs,  
bay leaf and quartered  
orange and onion.

3. **TUCK** wings underneath  
breasts, and tie legs  
together tightly with  
kitchen twine. Transfer  
turkey to a rack in a  
roasting pan. Pour broth  
into roasting pan.

4. **COVER** turkey loosely  
with foil and roast for  
2½ hours. Remove foil; cut  
band of string between  
drumsticks so thighs cook  
evenly. Roast for 30 to  
45 minutes more or until  
meat thermometer registers  
175°F in the thigh. Remove  
turkey from oven. Cover  
with foil and let turkey  
stand for 15 to 20 minutes  
before carving.

5. **SERVE** turkey with Turkey  
Pan Gravy. Garnish with  
rosemary sprig, bay leaves  
and/or roasted orange  
halves, if desired.

**Turkey Pan Gravy:** Strain  
1 cup pan drippings into a  
medium saucepan. Whisk  
6 Tbsp. Hy-Vee all-purpose  
flour into pan drippings  
until smooth. Stir in 1 cup  
Hy-Vee 33%-less-sodium  
chicken broth and ½ cup  
dry white wine. Bring to  
boiling; cook and stir  
1 minute more. Season  
to taste with Hy-Vee salt  
and black pepper.

Per serving: 470 calories,  
26 g fat, 7 g saturated fat,  
0 g trans fat,  
165 mg cholesterol,  
410 mg sodium,  
4 g carbohydrates, 0 g fiber,  
0 g sugar (0 g added sugar),  
51 g protein. Daily values:  
Vitamin D 6%, Calcium 2%,  
Iron 10%, Potassium 10%

**TIP:**

**NO BUTTER,  
NO BRINING!**

A simple herb rub and  
citrus slices infuse the  
traditional bird with  
flavor and moistness  
while adding minimal  
fat and sodium.



Prep 35 minutes  
Bake 30 minutes  
Serves 10

Hy-Vee nonstick cooking spray  
1 (22-oz.) loaf Hy-Vee Bakery  
ancient grain bread,  
cut into ½- to ¾-in. cubes  
2 Tbsp. Gustare Vita olive oil  
2 shallots, finely chopped  
2 stalks celery, thinly sliced  
2 cloves garlic, minced  
1 cup Hy-Vee vegetable stock  
1 cup Hy-Vee 100% orange juice  
1 cup Hy-Vee dried cranberries  
½ cup Hy-Vee chopped pecans  
2 Tbsp. chopped fresh parsley  
2 Tbsp. chopped fresh  
rosemary

2 Tbsp. chopped fresh sage  
1 tsp. Hy-Vee black pepper  
Hy-Vee salt, to taste

1. **PREHEAT** oven to 375°F. Lightly  
coat a 3-qt. baking dish with  
nonstick spray. Set aside.

2. **PLACE** bread cubes on a  
rimmed baking pan. Toast for  
15 to 20 minutes or until crisp.  
Set aside to cool.

3. **HEAT** oil in a skillet over  
medium heat. Add shallots,  
celery and garlic. Cook for  
5 to 7 minutes or until softened.  
Remove from heat. Transfer  
mixture to a large bowl. Stir in  
vegetable stock, orange juice,  
cranberries, pecans, parsley,

rosemary, sage and pepper.  
Add bread cubes; toss gently  
to combine. Season to taste  
with salt.

4. **SPOON** stuffing into  
prepared dish. Bake, covered,  
for 15 minutes. Uncover and  
bake about 15 minutes more  
or until stuffing is heated  
through (165°F).

Per serving: 260 calories, 7 g fat,  
1 g saturated fat, 0 g trans fat,  
0 mg cholesterol, 420 mg sodium,  
45 g carbohydrates, 1 g fiber,  
14 g sugar (7 g added sugar),  
6 g protein. Daily values:  
Vitamin D 0%, Calcium 2%,  
Iron 6%, Potassium 2%



**Prep** 40 minutes  
**Serves** 8

**4 medium sweet potatoes, peeled and chopped**  
**2 Tbsp. Hy-Vee plain Greek yogurt**  
**2 Tbsp. fresh orange juice**  
**½ tsp. Hy-Vee ground cinnamon**  
**¼ tsp. Hy-Vee ground nutmeg**  
**¼ tsp. Hy-Vee ground cloves**  
**¼ tsp. Hy-Vee cayenne pepper**  
**Hy-Vee salt, to taste**  
**¼ cup Hy-Vee salted butter**

**12 fresh sage leaves**  
**¼ cup Hy-Vee chopped walnuts**

**1. COOK** sweet potatoes, covered in lightly salted boiling water, in a large saucepan for 15 to 20 minutes or until tender. Drain. Return sweet potatoes to the hot pan. Using a potato masher, mash until desired consistency. Stir in yogurt, orange juice, cinnamon, nutmeg, cloves and cayenne pepper. Season to taste with salt. Transfer potato mixture to a serving bowl; keep warm.

**2. MELT** butter over medium heat in a skillet. Add sage and walnuts. Cook and stir until butter foams and turns golden brown. Remove from heat. Pour butter mixture over sweet potatoes. Serve immediately.

**Per serving:** 250 calories, 8 g fat, 4 g saturated fat, 0 g trans fat, 15 mg cholesterol, 160 mg sodium, 41 g carbohydrates, 6 g fiber, 9 g sugar (0 g added sugar), 4 g protein. **Daily values:** Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 15%



#### UPDATE A CLASSIC

Brown butter infused with sage adds a fuller, nuttier flavor to sweet potatoes than plain melted butter. Also, sweet potatoes add healthy doses of fiber and vitamins A and C.

## FAST & HEALTHY SIDES

Call on the convenience of Hy-Vee Short Cuts on turkey day. Turn riced cauliflower into a cream sauce for a healthier green bean casserole, *right*.



### OVEN-ROAST OR SAUTÉ BUTTERNUT SQUASH TOSSED WITH OLIVE OIL AND SAGE.

Mix grapes, apples and parsley into cooked and chilled wild rice pilaf for salad.



**COOK AND PUREE SWEET POTATOES; SWIRL IN SOME BUTTER AND MAPLE SYRUP.**



## CAULIFLOWER-CREAM GREEN BEAN CASSEROLE

**Prep** 40 minutes  
**Bake** 20 minutes  
**Serves** 8

**1 lb. fresh green beans, trimmed**  
**3 Tbsp. Gustare Vita olive oil, divided**  
**2 (5-oz. each) containers sliced shiitake mushrooms**  
**1 cup Hy-Vee Short Cuts chopped onion**  
**2 cloves garlic, minced**  
**½ tsp. Hy-Vee salt**  
**½ tsp. Hy-Vee black pepper**  
**2½ cups Hy-Vee 2% reduced-fat milk**  
**2 cups Hy-Vee Short Cuts riced cauliflower**  
**¼ tsp. Hy-Vee ground thyme**  
**¼ tsp. Hy-Vee ground nutmeg**  
**2 Tbsp. Hy-Vee salted butter**  
**1 Tbsp. Hy-Vee all-purpose flour**

**1 Tbsp. dry sherry**  
**2 large shallots, cut into slices**  
**½ cup Hy-Vee sliced almonds**

**1. PREHEAT** oven to 375°F. Cook beans in enough lightly salted boiling water to cover in a medium saucepan, for 5 minutes or until tender; drain. Transfer beans to a large bowl of ice water; let stand for 10 minutes. Drain beans and set aside. Wipe saucepan clean.

**2. HEAT** 1 Tbsp. olive oil in a 10-in. cast-iron skillet over medium-high heat. Add half of mushrooms, onion and garlic. Cook until mushrooms are tender. Transfer mixture to a large bowl; set aside. Repeat

with 1 Tbsp. olive oil and remaining mushrooms, onion and garlic. Season with salt and pepper. Toss beans with mushroom mixture.

**3. COMBINE** milk, cauliflower, thyme and nutmeg in same medium saucepan. Cook and stir over medium heat until cauliflower is tender. Blend mixture in batches in a blender or food processor until smooth.

**4. MELT** butter in same medium saucepan over medium heat; whisk in flour until smooth. Whisk in pureed cauliflower. Cook and stir over medium heat until thickened and bubbly. Cook and stir 1 minute

more. Stir in sherry. Add sauce to bean and mushroom mixture, combining well.

**5. HEAT** remaining 1 Tbsp. olive oil in cast-iron skillet over medium heat. Add shallots. Cook until golden, stirring occasionally. Remove shallots from skillet. Add green bean mixture to skillet; top with shallots and almonds. Bake for 20 minutes or until bubbly.

**Per serving:** 200 calories, 13 g fat, 4 g saturated fat, 0 g trans fat, 15 mg cholesterol, 230 mg sodium, 17 g carbohydrates, 4 g fiber, 9 g sugar (0 g added sugar), 7 g protein. **Daily values:** Vitamin D 6%, Calcium 10%, Iron 6%, Potassium 10%





**WHETHER YOU PREFER**

whites or reds, light, less complex wines go best with a traditional Thanksgiving feast. Try a light yet full-bodied Pinot Gris or a light and fruity Zinfandel.



**CHEERS!**

No clear evidence indicates that red wine is better than other forms of alcoholic beverages for possible heart-healthy benefits, according to the Mayo Clinic. Studies show that moderate amounts of all types of alcohol are just as beneficial as red wine for heart health. It's thought that alcohol raises HDL (healthy) cholesterol, reduces the formation of blood clots and prevents artery damage caused by LDL (harmful) cholesterol). Also, remember to drink in moderation.

Source: [www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/red-wine/art-20048281](http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/red-wine/art-20048281)

**IT'S ALL ABOUT BALANCE**

Start your day with a well-balanced breakfast. Snack on yogurt, an apple or a handful of nuts an hour before the feast to help control how much you eat.

**FILL YOUR PLATE ONE TIME, ENJOY WHAT YOU EAT AND DON'T GO BACK FOR SECONDS.**

Eat as much dark meat as you want, avoiding the skin, which contains more fat than the meat. You'll save 50 calories and 6 grams of fat per 3-oz. serving.

**NIBBLE ON FRUIT AND CHEESE WHILE CATCHING UP WITH FAMILY. FOCUS ON CONVERSING, AND YOU'LL BE LESS TEMPTED TO HELP YOURSELF TO SECONDS OR THIRDS.**



**Prep** 55 minutes  
**Chill** 2 hours  
**Serves** 8

- 1 recipe Whole Wheat Pastry, right**
- ½ cup Hy-Vee sugar**
- 3 Tbsp. Hy-Vee cornstarch**
- ¼ cup cold water**
- 1 tsp. lemon zest**
- 1 Tbsp. fresh lemon juice**
- 4 cups fresh blueberries, divided**
- 4 cups fresh blackberries, divided**
- 1 cup fresh raspberries**
- Powdered sugar, for serving**

**1. PREHEAT** oven to 400°F. Prepare and roll out Whole Wheat Pastry. Line a 9-in. pie plate with pastry circle and trim. Crimp edge as desired. Prick bottom and sides of pastry with a fork. Line pastry with double thickness of foil. Bake for 8 minutes on the lowest rack of the oven. Remove foil. Bake for 10 to 15 minutes more or until golden and cooked through. Cool on a wire rack.

**2. COMBINE** sugar and cornstarch in a large

saucepan. Stir in water and lemon zest and juice; combine well. Stir in 2 cups blueberries and 2 cups blackberries. Cook and stir over medium heat until thickened and bubbly; cook and stir for 1 minute more. Remove from heat. Stir in 1 cup raspberries, ½ cup blueberries and ½ cup blackberries. Transfer fruit filling to the cooled pie shell. Pile remaining 1½ cups blueberries and 1½ cups blackberries on top. Cover and refrigerate for

2 hours before serving. Dust with powdered sugar, if desired, just before serving.

**Whole Wheat Pastry:** Stir together 1 cup Hy-Vee all-purpose flour, ½ cup Hy-Vee whole wheat flour and ½ tsp. Hy-Vee salt in a large bowl. Using a pastry blender, cut in ½ cup Hy-Vee shortening until pieces are pea-size. Sprinkle 1 Tbsp. ice water over part of the flour mixture; toss gently with a fork. Push the moistened dough to side

of the bowl. Repeat with additional ice water, 1 Tbsp. at a time, until all of the flour mixture is moistened. Gather dough into a ball, kneading gently, until it holds together.

**Per serving:** 300 calories, 9 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 150 mg sodium, 52 g carbohydrates, 8 g fiber, 24 g sugar (13 g added sugar), 4 g protein. **Daily values:** Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 6%



**A SWEET PIE SWAP**

Break away from traditional holiday pie with a berry-filled beauty, brimming with naturally sweet flavors and antioxidant-rich benefits. A whole wheat crust adds fiber and a sugar-reduced filling cuts calories in half.







THOSE  
WHO  
KNOW  
CHOOSE  
ROW.

Row Vodka is crafted in the Heartland with 100% American-grown corn. It features clean, white pepper spice with the faint taste of grilled corn.



SAVE ROOM FOR  
**PIE**



Stop by your Hy-Vee Bakery or visit  
[Hy-Vee.com](https://www.hy-vee.com) to order your holiday pies today.





SO MUCH TO LOVE ABOUT THE HOLIDAY SEASON—ESPECIALLY THE SEEMINGLY ENDLESS OPPORTUNITIES FOR GOOD FOOD. OVEREATING, THOUGH, CAN PACK ON POUNDS AND LEAVE YOU FEELING SLUGGISH AND UNCOMFORTABLE.

**FOODS THAT**  
HELP YOU RECOVER FROM

**“DON'T FEEL  
GUILTY KNOWING THAT  
YOU OVERINDULGED.  
WAKE UP THE NEXT DAY  
AND GET BACK  
ON TRACK.”**

SARAH PETERSON,  
HY-VEE DIETITIAN,  
CHARITON, IA

# OVERINDULGENCE

AND MAKE BOUNCING BACK EASY

WORDS Hilary Braaksma PHOTOS Tobin Bennett



**A STUDY IN THE NEW ENGLAND JOURNAL OF MEDICINE FOUND THAT THE MAJORITY OF AMERICAN WEIGHT GAIN OCCURS BETWEEN THANKSGIVING AND THE NEW YEAR.**

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## TOP FOODS TO RECOVER FASTER

THESE FOODS WILL DIGEST EASILY, HELP YOU FEEL BETTER AND RESET YOUR ENERGY LEVELS SO YOU CAN GET BACK ON TRACK AND STAY HEALTHY AND HAPPY THROUGHOUT THE HOLIDAYS.

### 1 FRUITS

Mangoes, pineapples and citrus have fiber and acidic properties that aid in digestion. Bananas are high in potassium, which helps eliminate sodium bloat.

### 2 VEGETABLES

Leafy greens, sweet potatoes, celery and spaghetti squash are nutrient- and fiber-rich foods that help ease digestion and replenish much-needed vitamins and minerals.

### 3 PROTEINS

Because it's digested slowly, protein keeps you full and makes binging unlikely. Good options are yogurt, lean meat, nuts and kefir.

### 4 LIQUIDS

Hydration aids in digestion and helps you feel satiated. White tea has been shown to prevent fat cell development, and bone broth can help relieve GI inflammation.

### 5 OTHER

Turmeric and fresh ginger ease the discomfort of overeating. Oats are easily digested and high in fiber, which keeps you feeling full.



# SWEET POTATO- PINEAPPLE 30 minutes or less JUICE

Prep 5 minutes  
Serves 1 (12 oz.)

1 (12- to 15-oz.) sweet potato,  
peeled and cut to fit juicer  
½ cup Hy-Vee Short Cuts fresh  
pineapple chunks  
1 stalk celery  
1 (2-in.) piece fresh ginger, peeled  
Dash ground turmeric  
Celery stick, for garnish

1. **JUICE** sweet potato, pineapple,  
celery and ginger in an electric  
juicer according to manufacturer's  
directions. Strain juice into a glass.  
Add turmeric. Stir to blend well.  
Garnish with a celery stick,  
if desired.

Per serving: 170 calories, 0 g fat,  
0 g saturated fat, 0 g trans fat,  
0 mg cholesterol, 125 mg sodium,  
39 g carbohydrates, 7 g fiber, 16 g sugar  
(0 g added sugar), 3 g protein.  
Daily values: Vitamin D 0%,  
Calcium 4%, Iron 6%, Potassium 15%

## DON'T HAVE A JUICER? THEN MAKE IT IN A BLENDER!

Chop ingredients into smaller  
pieces and pulse on high,  
adding one ingredient at a  
time until fully blended. Strain  
mixture into a glass and enjoy!



## //// MORE WAYS TO RECOVER

If you're still  
hurting from your  
holiday meal, try  
these tips while  
you wait for your  
bounce-back foods  
to do their job:

**Hydrate:** Aim for  
at least 2 liters  
of water to help  
digestion and  
reduce bloat the  
day after indulging  
in alcohol,  
high-salt and  
high-sugar foods.

**Get Moving:**  
Take a long walk.  
Physical activity  
aids digestion,  
though hitting  
it too hard can  
cause cramps.

**Don't Skip Meals:**  
Eat balanced,  
regular meals.  
You might feel too  
full to function,  
but waiting until  
you're famished  
can lead to  
overeating again.

## LIGHT IDEAS AFTER INDULGING

1

**Warm Lemon Water**  
Squeeze half a lemon  
into 8 oz. hot water.  
For more flavor, add  
a few sprigs of mint, a  
teaspoon of honey or  
a slice of fresh peeled  
ginger to the water.

2

**YOGURT AND  
CELERY COMBINE**  
½ CUP HY-VEE PLAIN  
GREEK YOGURT  
AND 2 TBSP.  
CHOPPED CHIVES.  
USE AS DIP FOR  
HY-VEE SHORT CUTS  
CELERY STICKS.

3

**Super Greens  
Sandwich**  
Spread a thin layer  
of guacamole on  
toasted slices of  
Hy-Vee Bakery  
10-grain bread.  
Build a sandwich  
with a medley of  
greens and slices  
of cucumber and  
chopped red onion.

4

**Tropical Fruit Salad**  
Toss together chunks  
of fresh pineapple,  
mango and banana.  
Sweeten with a  
drizzle of honey,  
if desired.



## DIETITIAN TIPS

"Try smaller meals throughout the day and focus on foods that fuel your body. Snacking can help you keep that energy level up and may help you from overindulging at meals. Make sure your snacks are like mini-meals and include fruits, vegetables, lean proteins and whole grains," says Sarah Peterson, Hy-Vee Registered Dietitian. "Holidays are meant to be a fun and relaxing time with friends and family. Don't obsess over calories, macros or your rigid workout routine. This is a special time of year—sit back, relax and make the most of your holidays. Tomorrow is a new day and your health goals will always be there waiting for you."





**YOUR BRAIN** IS A MYSTERY AND A MARVEL. DECISIONS, JUDGEMENTS, EMOTIONS, DREAMS AND A SENSE OF REALITY LIVE IN THIS **LABYRINTH OF NEURONS AND ELECTRICITY**. IT DOESN'T COME WITH AN OWNER'S MANUAL. BUT LIFESTYLE CHOICES CAN HAVE A BEARING ON YOUR **COGNITIVE HEALTH**.

WORDS Kristi Chew PHOTOS Tobin Bennett

## GRAY MATTERS

WHILE YOU READ THIS SENTENCE, BILLIONS OF SPIDERY CELLS ARE TOUCHING OTHERS TO SEND VOLTAGE AND CHEMICALS RICOCHETING THROUGH YOUR BRAIN.

The electrical synapses are sifting through sensory data, past experiences, emotion, short- and long-term memory and other types of information just to instantly understand the word “spidery.”

Welcome to the world inside your head.

“The brain is a fascinating organ,” says Dr. Nathaniel Chin, assistant professor in the Division of Geriatrics and Gerontology at the University of Wisconsin-Madison Department of Medicine. “[Cognitive function] is not something that’s clearly defined and well known.”

Cognition is the acquisition of knowledge and understanding through thought, experiences and the senses. The brain and the spinal cord are the machinery that control emotions, thinking, coordination, the ability to move the limbs, heart rate and much more. Messages move from brain to spinal cord to branched-out nerve fibers throughout the body via 100 billion neurons that fire electrical signals, which become chemical signals, or neurotransmitters. Cognitive function is not fixed, says Dr. Chin. It is flexible, and we can improve it through lifestyle practices such as eating the right foods, exercising, getting enough sleep, communicating with others, reducing stress and challenging ourselves mentally, he says.



# 3 POUNDS

the AVERAGE WEIGHT OF  
THE HUMAN BRAIN, which holds  
roughly 100 BILLION NEURONS  
that relay signals to thousands  
of other brain cells.

## RIDDLE THIS

TRY THESE BRAIN TEASERS  
FROM MENSA INTERNATIONAL  
OR LEARN MORE BY VISITING  
[AMERICANMENSA.ORG](http://AMERICANMENSA.ORG)

### WORD GAME:

- I'm a soothing color.
- Change one letter and I am gluttony.
- Change another letter and I'm a type.
- Change another letter and I am a food item.
- Finally, remove one letter and I am small and round.

WHAT WAS I, AND  
WHAT DID I BECOME?

### NUMBERS GAME:

Which of the following  
numbers is the odd one out?

651 853 734  
642 526 413

## STRESS LESS

Prolonged stress can cause loss of neurons, particularly in the hippocampus, a section in the cerebrum that plays a role in memory. No surprise then that researchers study the practices of meditation and mindfulness as possible ways to counter this loss. Some suggestions from the Mayo Clinic: Engage in **prayer**. Silent or spoken words of faith can decrease anxiety. Practice **mantra meditation** by silently repeating a calming word or phrase to prevent distracting thoughts. Focus on awareness of the present moment through **mindfulness meditation**. Try **tai chi**, a gentle form of Chinese martial arts involving a series of flowing movements while deep-breathing. Focus on **breathing** deeply and slowly through the nostrils—paying attention to different parts of your body while imagining that you are breathing heat or relaxation into tense areas.

## STOP THE BRAIN DRAIN

Everyday activities—working out, sleeping, eating and challenging yourself with brain teasers—have a bearing on brain health. Capitalize on them.

### GET A MOVE ON

Aerobic exercise has brain benefits, says Dr. Chin. “There’s a natural shrinkage of the brain as we get older. For people who are aerobically active, their brains stay larger for longer.” In addition, he says, researchers are looking into whether aerobic exercise thwarts amyloid plaques, abnormal collections of a naturally occurring protein; the plaques can disrupt the function of brain neurons.

### SLEEP ON IT

Poor sleep can be linked to structural changes in the brain’s frontal lobe, according to studies at the University of California, San Francisco, and in Oslo, Norway. In addition, animal studies show a natural clearing out of brain amyloid during deep sleep. “We’re still trying to figure out the relationship,” says Dr. Chin. Stick to a sleep schedule, keep the room dark and slightly cool, get some exercise during the day, and avoid alcohol and heavy meals at night.

### FEED YOUR HEAD

Your brain functions best on a balanced diet. Eat ample amounts of vegetables and fruits, which contain certain antioxidants that can pass blood vessels’ strict filtering mechanism—the blood-brain barrier. Avoid excess saturated fat and sugar, which triggers neuroinflammatory processes. Omega-3 fatty acids, important for neuron membranes, are found in cold-water fatty fish such as salmon and mackerel, and in nuts and seeds.

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[www.ncbi.nlm.nih.gov/pubmed/25954194](http://www.ncbi.nlm.nih.gov/pubmed/25954194)  
[www.nia.nih.gov/health/what-happens-brain-alzheimers-disease](http://www.nia.nih.gov/health/what-happens-brain-alzheimers-disease)

ANSWERS Word Game: green, greed, bread, bread, bead; Numbers Game: 526

# IT'S A PUZZLE

## TOUR YOUR BRAIN

The largest part of the brain, the **cerebrum** processes thought, reason, emotion and memory; it’s divided into two hemispheres that are mirror images of each other and control opposite sides of the body. The left hemisphere controls speech and analytic processes; the right handles artistic and imaginative activities and the ability to “read” facial expressions. The **cerebellum** is the cauliflower-shape structure just above the brain stem; it controls posture and balance and coordinates muscle tension in movement.

Socializing, tackling new projects and otherwise flexing our mental abilities can improve cognitive function, says Dr. Chin. “Think about the interaction we have when we converse with people,” he says. “We’re challenging our memory, we’re challenging our language function, our attention function, our visual-spatial function. We’re really tapping into synapses throughout the brain for various reasons as we’re conversing.” Less effective, in Chin’s view, are repeated use of crossword puzzles, *sudoku* and word games, which he says challenges limited areas of the brain. “Chances are you’ll improve the language area of your brain...but it doesn’t overflow or then move downstream to a different part of the brain,” Chin says. “Think of your brain as a muscle. It needs to be flexed. We really do need to challenge our brains, learn new things, and keep using it.”

Sources: [www.strokeassociation.org/STROKEORG/AboutStroke/EffectsofStroke/ATouroftheBrain/A-Tour-of-the-Brain\\_UCM\\_310943\\_Article.jsp#W4RfbH7atBw](http://www.strokeassociation.org/STROKEORG/AboutStroke/EffectsofStroke/ATouroftheBrain/A-Tour-of-the-Brain_UCM_310943_Article.jsp#W4RfbH7atBw)



skin deep:

p s o r i a s i s

PSORIASIS IS A CHRONIC  
CONDITION RESULTING IN RED  
SCALY PATCHES OF SKIN. HERE'S  
WHAT YOU SHOULD KNOW  
ABOUT THIS TROUBLESOME—YET  
TREATABLE—DISEASE.

Psoriasis is a condition in which the life cycle of skin cells speeds up. Many people think of psoriasis simply as a skin disease. The fact is, those who have psoriasis are at significant risk for other problems: diabetes, high blood pressure and autoimmune, Parkinson's, heart and kidney diseases.

Psoriasis is not contagious. Rather, it is thought to involve the immune system, where white blood cells attack healthy skin cells by mistake. Researchers believe both genetic and environmental factors play a role. Viral and bacterial infections from recurring infections such as strep throat are also factors.

Although there are five types of psoriasis, plaque psoriasis is the most common, as it affects 80 percent or more of psoriasis patients. Plaque psoriasis causes raised

lesions of silvery scales anywhere on the body, often on the scalp, knees or elbows and sometimes in the genital area or inside the mouth.

"The thick scaling is an indicator that the person is having to make new cells at a faster rate than people without psoriasis," says Carey A. Bligard, M.D., of UnityPoint Clinic Dermatology in Fort Dodge, Iowa. "This uses lots of protein, so patients need to make sure they have a diet with adequate protein and vitamins."

Along with diet and other lifestyle changes (see *page 68*), treatments include light therapy, topical and oral medications, and promising biologics that target certain substances in the immune system.

"If your psoriasis is mild, you will most likely have topical ointments to put directly on the plaques, but more severe cases may start immediately with systemic medications," says Dr. Bligard. "We are fortunate to have many options for treating psoriasis now and treatment is always personalized for the patient's situation and disease severity."

PSORIASIS OCCURS IN ALL AGE GROUPS BUT IS PRIMARILY SEEN IN ADULTS, ESPECIALLY THOSE BETWEEN THE AGES OF 45 AND 64.

WHAT'S THE DIFFERENCE?

**PSORIASIS** is a chronic skin disease in which skin cells go through their life cycle in days instead of the normal period of weeks. The extra skin cells form raised, red, scaly patches that may itch, burn or sting.

Up to 40 percent of people with psoriasis may experience symptoms of arthritis, known as psoriatic arthritis, according to the American Academy of Dermatology.

**ECZEMA** is an inflammation of the skin and is easily confused with psoriasis. Both form red, itchy patches. The patches are less pronounced with eczema and sometimes accompanied by oozing.

The National Institute of Allergy and Infectious Diseases estimates eczema affects 30 percent of the U.S. population, mostly children and adolescents.

**DERMATITIS** is a general term that describes inflammation of the skin. Among the types: *Atopic dermatitis* is a form of eczema. *Contact dermatitis* is a reaction to a substance, such as a chemical or poison ivy. *Seborrheic dermatitis* causes stubborn dandruff.

If you have dermatitis, it is recommended that you avoid scratching, because it can lead to infection.

h o w  
SEVERE?

Cases of psoriasis are categorized by severity.

**MILD:** Covers less than 3 percent of the body (example: both knees).

**MODERATE:** Covers 3 to 10 percent of the body (example: knees and forearms).

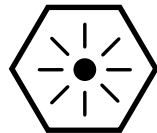
**SEVERE:** Covers more than 10 percent of the body (example: legs, forearms and scalp).

ABOUT  
80 PERCENT  
OF THOSE  
AFFECTED BY  
PSORIASIS  
EXPERIENCE  
A MILD TO  
MODERATE  
FORM OF THE  
DISEASE.



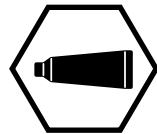
IN 2013, THE  
TOTAL COST  
OF TREATING  
PSORIASIS WAS  
ESTIMATED  
BETWEEN  
\$51.7 BILLION AND  
\$63.2 BILLION.

## TREATMENTS



### PHOTOTHERAPY

Ultraviolet light is used to slow excessive growth of skin cells and temporarily clear symptoms. One form of light therapy is excimer laser, which concentrates ultraviolet light on affected areas.



### MEDICATIONS

Psoriasis medications include topical treatments such as salicylic acid, steroid-based creams, coal-tar ointments and prescription retinoids. Oral and injectable medications are available for extreme cases.



### HOLISTIC

Approaches include lifestyle changes such as losing weight, avoiding alcohol, quitting smoking and changing diet (see dietary considerations, *right*). “Keeping stress under control can decrease the chances of psoriasis flares, and getting enough sleep and a healthy diet are even more important for psoriasis patients,” says Dr. Bligard.



## dietary considerations

WHILE THERE ARE NO FOODS THAT HAVE BEEN SCIENTIFICALLY PROVEN TO IMPROVE PSORIASIS, FOODS THAT LOWER INFLAMMATION MIGHT REDUCE SYMPTOMS AND FLARE-UPS. HY-VEE DIETITIAN KRISTI SANDERS OF MANHATTAN, KANSAS, RECOMMENDS FOLLOWING AN ANTI-INFLAMMATORY DIET.

- plentiful amounts of omega-3 fatty acids from wild-caught fish and lesser amounts from nuts and seeds such as flaxseed, chia seed and walnuts
- deep-colored vegetables—a good indicator of high antioxidant content—such as spinach, kale, sweet potatoes, beets
- raspberries, blackberries, strawberries
- fresh herbs and spices (ginger and turmeric have anti-inflammatory properties)
- identify food sensitivities (dairy and gluten are common culprits)

“Psoriasis is an autoimmune disorder and at least 70 percent of our immune system is in our gastrointestinal tract. Therefore, in order to improve any autoimmune condition, gastrointestinal health is going to be key. This includes cleaning up the diet to include plentiful sources of antioxidants and fiber, and balancing out gut flora with probiotics and prebiotics.” —Kristi Sanders, R.D., L.D.

ACCORDING TO THE NATIONAL PSORIASIS FOUNDATION, ABOUT 60 PERCENT OF PSORIASIS PATIENTS MISSED AN AVERAGE 26 DAYS OF WORK PER YEAR DUE TO THEIR ILLNESS.



75  
million  
NUMBER OF  
AMERICANS  
WHO LIVE  
WITH  
PSORIASIS  
(ABOUT  
2 PERCENT OF  
THE POPULATION)

## about BIOLOGICS

Biologics—drugs made from human or animal proteins rather than chemicals—offer a major step forward in the treatment of severe psoriasis and psoriatic arthritis. Administered by injection or intravenous infusion (IV), biologics target specific parts of the immune system, which is believed to play a role in psoriasis. “The results for many patients on a biologic are significantly higher,” says Michael Schnackenberg, Hy-Vee pharmacy manager in Des Moines. “It requires an in-depth conversation with your doctor about your specific psoriasis treatment goals, as some of the risks can be higher.” Biologics are often more expensive than other types of treatments.

**RISK FACTORS** ANYONE CAN DEVELOP PSORIASIS, BUT THESE SPECIFICS INCREASE THE RISK: **FAMILY HISTORY**, VIRAL AND BACTERIAL INFECTIONS, **STRESS**, OBESITY, **SMOKING**.

PHOTO Tobin Bennett



# HOMEFRONT HEROES

PHOTOS Tobin Bennett

**HY-VEE HOMEFONT IS ON A MISSION TO IMPROVE THE QUALITY OF LIFE FOR VETERANS, ACTIVE MILITARY MEMBERS AND THEIR FAMILIES. JOIN HY-VEE IN SUPPORTING THE BRAVE MEN AND WOMEN WHO HAVE DEDICATED THEIR LIVES TO IMPROVING OURS.**

Scars from active military service may take a lifetime to heal and, sadly, some can only be managed the best we know how—through love and compassion. For Dennis Dorman, a disabled Korean War veteran who suffers from PTSD, love and compassion has four legs and his name is Simon—the service dog donated to Dorman through the Puppy Jake Foundation.

When Dorman first learned of trained service dogs and how one could benefit, he searched in hopes of gaining the companionship and support from one of these furry friends. But the cost of breeding and

training these special dogs is expensive and the price was more than he could afford.

Three years ago, Dorman saw an advertisement on TV for the Puppy Jake Foundation, a program that donates service dogs to veterans in the Midwest, funded in part by Hy-Vee Homefront. Dorman applied, and within a year he was matched with his new best friend, a British Cream Labrador Retriever named Simon.

Now, Simon is always by his side. “Mostly it’s to help with my mobility and PTSD,” says Dorman. “He’ll lick my arm or lick my leg, and it just comforts me. Like a human reaching out and touching your hand, or when you’re sad and someone puts their arm around you. It’s about the same thing.”

The Puppy Jake Foundation is just one of many ways Hy-Vee’s Homefront program helps support thousands of veterans, military members and their families. Here are a few ways that Hy-Vee gives back:

#### **Round Up**

Between November 1-18, Hy-Vee invites customers to round up their grocery bill to the nearest dollar, or more,

with the entire donation going to support Operation First Response, Puppy Jake Foundation, Hope for the Warriors and American Red Cross. Hy-Vee matches these donations up to \$100,000. To date, Hy-Vee and customers have raised over \$1.4 million since Round Up started.

#### **Employing Veterans**

Hy-Vee is proud to recruit and hire veterans, service members and their families to join the employee-owned company.

#### **Veterans Day Breakfast**

On Veterans Day each year, all Hy-Vee locations with in-store kitchens serve free breakfast to local veterans and their families. This year’s Veterans Day breakfast is Monday, November 12.

#### **Honor Flights**

In 2009 Hy-Vee donated \$250,000 to send 350 central Iowa World War II veterans to Washington, D.C., to receive free tours of famous war memorials. Over the years, Hy-Vee has continued this tradition, donating about \$450,000 for ten Honor Flights trips.

**IN 2017, HY-VEE HOMEFONT RAISED \$290,068. SINCE THE PROGRAM BEGAN, HY-VEE HAS GIVEN ABOUT \$1,415,306.**



# VETERAN SPOTLIGHT

HY-VEE IS COMMITTED TO HIRING VETERANS AND ACTIVE MILITARY MEMBERS.



JON COX

Military Recruiting Specialist

Jon Cox enlisted in the Navy at 21, leaving his hometown of Indianapolis. Cox spent the next 24 years in the Navy, working his way up to become a Master Chief Petty Officer. In 2010, Cox was assigned to a station in Afghanistan for a year-long deployment. Cox received more than 20 military decorations during his 24 years of service.

Upon retirement, Cox wanted something particular out a new career—a family environment. He found that at the Hy-Vee corporate office in 2018. Cox was drawn to Hy-Vee as a company that held many of the same values he did.

“Hy-Vee has an amazing atmosphere to work in,” Cox said. “It’s like a tight-knit family, where everyone is accepting of you and constantly offering to help.” He’s brought many more members into the Hy-Vee family this year, working as a recruiter specializing in helping veterans find positions at Hy-Vee.



MATT BENNETT

Manager of Grocery Warehouse, Chariton

Born and raised in Corydon, Iowa, Matt Bennett joined the National Guard at the age of 19 and served for the next eight years. He was deployed to Iraq in 2008 and later that year returned home to Iowa to begin his Hy-Vee career as a part-time employee at the Chariton Distribution Center.

“It’s such a great company and the opportunities are endless,” Bennett said. “At the end of the day, they really take care of us and you can’t ask for much more.”

One of Bennett’s most memorable Hy-Vee experiences came over Labor Day weekend 2012, when his crew was tasked with organizing and dispersing one of the largest shipment days in the company’s history. Bennett’s leadership helped his team overcome several obstacles so they could successfully get all the orders out on time.



LARRY SANDAL

Assistant Director, Perishables, Marion Road Hy-Vee

Larry Sandal’s passion for his job is fueled by the family and team atmosphere that he found at Hy-Vee—similar to his experiences in the South Dakota National Guard.

Sandal joined the National Guard after high school in 2005. In 2007, Sandal went to Iraq for a year-long deployment. During his time in Iraq, he served as Logistics Specialist, using his specialty skillset to repair high-tech weaponry. Upon his return from over a year of active duty overseas, Sandal remained a reserve and began a career at Hy-Vee.

He joined the Sioux Falls-area Hy-Vee team in 2008, and eventually became an Assistant Store Director at the Marion Road store in Sioux Falls. “[I appreciate] the incredible family atmosphere in the stores,” Sandal said. “Every day is a wonderful experience.” Sandal takes pride in making his customers happy and going out of his way to make their day special when they enter the store.

## HIRING HEROES

**ARE YOU A VETERAN OR ACTIVE MILITARY MEMBER SEEKING EMPLOYMENT?** BROWSE JOB OPENINGS, SUBMIT AN APPLICATION OR LEARN MORE ABOUT THE HOMEFRONT PROGRAM ONLINE AT [HY-VEE.COM/HOMEFRONT](http://HY-VEE.COM/HOMEFRONT).

## HONOR FLIGHTS

Hy-Vee provides Honor Flights to recognize America’s veterans for their service and sacrifice. Since 2009, Hy-Vee has sponsored Honor Flights for hundreds of veterans around the Midwest, providing transport to Washington, D.C., to visit and reflect at memorials. Top priority is given to senior veterans who served in the Korean War, Vietnam and World War II. Honor Flights are provided at no cost to the veterans.

**HY-VEE’S FIRST HONOR FLIGHT, IN 2009, SENT 350 WORLD WAR II VETERANS TO WASHINGTON, D.C.**

## VETERANS DAY BREAKFAST

Each Veterans Day, Hy-Vee stores around the Midwest celebrate the holiday by offering a free breakfast buffet to all veterans and active-duty military members as a way to thank veterans and military members for their service.

**This year’s breakfast is Monday, November 12.** Hy-Vee typically serves more than 90,000 veterans and their guests each year at their in-store dining facilities or restaurants. Many stores offer planned programs, displays, entertainment and other activities.

2,038  
VETERANS ARE  
CURRENTLY EMPLOYED  
BY HY-VEE

BY ROUNDING UP YOUR GROCERY BILL, YOU CAN BE PART OF THE EFFORT THAT HELPS FUND ORGANIZATIONS FOR VETERANS. From **November 1-18**, round up your grocery bill to the nearest dollar—or any amount—with the proceeds going to support these designated Hy-Vee Homefront organizations.

### PUPPY JAKE FOUNDATION

A 501(c)3 nonprofit organization dedicated to helping military veterans through the assistance of well-bred and highly trained service dogs.

“He’s a constant companion. If he sees that I’m having a problem, he’s right there with me,” says Dennis Dorman, Korean War veteran and Puppy Jake Foundation recipient from Adel, Iowa. “Before I got him I was kind of a recluse. He’s got me out. Wherever I go, everybody knows Simon.”

### OPERATION FIRST RESPONSE

A 501(c)3 nonprofit organization that helps meet the immediate personal and financial needs of wounded military members and their families since 2004. Nationwide, Operation First Response has served over 18,500 families of wounded and disabled veterans with emergency financial needs.

### HOPE FOR THE WARRIORS

A 501(c)3 nonprofit organization dedicated to enhancing the quality of life for post-9/11 service members, their families, and the families of the fallen who have sustained physical and psychological wounds in the line of duty.

### AMERICAN RED CROSS

A not-for-profit organization that shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation’s blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families.



# LIFT

# IT

## FUNCTIONAL TRAINING

WORDS Beau Berkley  
PHOTOS Tobin Bennett



Source: [www.acefitness.org/education-and-resources/lifestyle/blog/1452/what-is-functional-strength-training](http://www.acefitness.org/education-and-resources/lifestyle/blog/1452/what-is-functional-strength-training)

## FULLY FUNCTIONAL

NOT ALL EXERCISE IS CREATED EQUAL. FUNCTIONAL EXERCISES TRAIN SPECIFIC MUSCLES TO MAKE EVERYDAY MOVEMENTS EASIER. FUNCTIONAL TRAINING CAN BE USED TO YOUR ADVANTAGE TO REAP REWARDS AT HOME, WORK OR WHEREVER LIFE TAKES YOU.

### **MOST PEOPLE WON'T THINK TWICE ABOUT LIFTING A BOX OR PLACING HEAVY GROCERY BAGS ON THE COUNTER.**

Both are simple, common tasks, but as muscle mass and flexibility decrease with age, these ordinary movements can become difficult. Functional exercises enhance the ability of muscles and joints to perform these and other tasks efficiently.

### **FOR AN EXERCISE TO BE FUNCTIONAL, MOVES NEED TO MIMIC A MOTION OF DAILY LIFE, USE THE SAME MUSCLES AND BE PERFORMED WITH SIMILAR SPEED AND RANGE OF MOTION.**

A deadlift, for example, requires picking up a barbell with heavy weights and, when done with correct form, you may notice a difference the next time you help a friend move furniture.



### **EXERCISES PERFORMED ON MACHINES TEND TO HAVE LESS FUNCTIONAL APPLICATION.**

On machines, muscles are isolated and move in a fixed range of motion, which results in little real benefit. Functional exercises, however, recruit multiple muscle groups and joints and can be performed with dumbbells, kettlebells, barbells or body weight only.



**"FUNCTIONAL EXERCISES CAN BE INTIMIDATING AT FIRST BECAUSE THEY REQUIRE PATIENCE AND SKILL WHILE LEARNING TECHNIQUES. SOON YOUR BODY WILL REAP THE BENEFITS WITH IMPROVED STRENGTH, ENDURANCE, BALANCE AND FLEXIBILITY."**

**— Daira Driftmier, Certified Personal Trainer, Director of Hy-Vee KidsFit and Hy-Vee Fitness.**





# M O V E

GET STARTED WITH FUNCTIONAL TRAINING BY FOLLOWING THIS SHORT TWO-DAY PROGRAM. **DAY 1** CONSISTS OF KETTLEBELLS AND PULLING MOTIONS, WHICH WORK BACK MUSCLES AND BICEPS. **DAY 2** FEATURES PUSHING EXERCISES TO TARGET THE CHEST, SHOULDERS, TRICEPS AND LEGS.



## **DAY 1** KETTLEBELL WINDMILL

**3 sets, 8 reps**

Stand with feet wider than hip-width apart, kettlebell overhead in one hand. Keeping arm straight overhead, slide opposite hand down the outside of the thigh. Pause and return to starting position. Complete reps, then repeat on opposite side.



## **DAY 1** KETTLEBELL SWING

**3 sets, 8 reps**

With feet wider than hip-width apart, grab kettlebell handle with both hands, palms down. Drive hips back, maintaining a slight bend in both knees. Drive hips forward, swinging kettlebell upward while engaging glutes and core.



## **DAY 1** DUMBBELL ROW

**3 sets, 10 reps**

With a dumbbell in each hand, palms facing your body, bend slightly at the knees and push your hips back. Pull both dumbbells toward your midsection, keeping elbows close to the body. Return to starting position in a controlled motion.



## **DAY 2** GOBLET SQUAT

**3 sets, 10 reps**

Hold a kettlebell close to your chest, using both hands in an underhand grip. With feet shoulder-width apart, squat down until thighs are parallel to the ground. Push off heels and return to the starting position.

## **DAY 2** SINGLE-ARM DUMBBELL PRESS

**3 sets, 8 reps**

Stand with feet shoulder-width apart, bending slightly at the knees, with a dumbbell in your right hand. Raise weight to shoulder height with palm facing forward. Raise weight upward until fully extended. Return to shoulder height. Repeat for eight reps. Alternate.



## **DAY 2** PUSH-UPS

**3 sets, 8 reps**

From high plank position, lower your chest until it nearly touches the floor. Push back to starting position.



## QUICK TIPS

Lifting is only half the battle. Follow these pointers to get the most out of your routine.



**START SMALL**

Driftmier suggests that first-timers start with light weights. Focus on form and build confidence before increasing weight or reps.



**HEAD TO HY-VEE**

SHORT ON EQUIPMENT OR NUTRITION? CHECK YOUR LOCAL HY-VEE HEALTHMARKET FOR LIGHT HANDWEIGHTS AND HEALTHY FOOD OPTIONS.



**BODY KNOWS BEST**

If you feel sluggish and sore after the first or second workout, take a rest day to let your muscles heal. You'll come back stronger.



**FUEL UP**

PEAK PERFORMANCE REQUIRES PEAK NUTRITION. FOR QUICK RECOVERY, DOWN A PROTEIN SHAKE WITHIN ONE HOUR OF YOUR WORKOUT.





# immerse YOURSELF

WORDS Beau Berkley PHOTOS Tobin Bennett

TRANSPORT  
YOUR  
WORKOUTS TO  
A NEW REALITY  
WITH THE HELP  
OF TECHNOLOGY.  
INSTEAD OF  
PUTTING THAT  
CONTROLLER  
DOWN, MAYBE  
IT'S TIME YOU  
PICK IT UP.

PEAK CALORIE  
EXPENDITURE  
PER MINUTE  
PLAYING VIRTUAL  
REALITY BOXING  
GAME "THRILL  
OF THE FIGHT."

15.32

What if you could escape the boredom of endless hours at the gym? Well, your problem may have a solution in technology-based exercise—an immersive style of fitness that uses screens, simulators and cutting-edge tech to raise your level of engagement, all of which can get you past the discomforts of a workout and lead to better results.

It's a concept that Aaron Stanton, director of the Virtual Reality Institute of Health and Exercise in San Francisco, California, refers to as "painless minutes," or various moments during exercise when pain is out of mind. "You're not really aware you're exercising because you're so engaged," Stanton says.

Whether it's an exercise bike with a video screen at the gym, indoor golf simulator or an interactive video game, there's more than one way tech can help you get active and see exercise in a new way.

Technology-based exercise isn't just for your entertainment—its health claims point to a higher likelihood of completing your workout. A 2017 study by *Medicine & Science in Sports & Exercise* found that less experienced exercisers who completed eight immersive cycling sessions with audio and visual engagement experienced greater satisfaction and lower perceived exertion than sessions with music only.

Technology-based exercise has been around for a while. And upgrades are on the horizon with the advancement of virtual reality systems that will catapult you into more dynamic environments—some requiring extra gear such as heart monitors, headsets, video screens, sound systems and motion detectors.

"This is an emerging field of exercise. Putting someone in an interactive experience is one of the best forms of painless exercise," Stanton says.

If your workouts lack a spark, it might be time to rewire your connection for better engagement and a healthier lifestyle.

**\$3.2  
BILLION**  
TOTAL SALES FOR  
VIRTUAL REALITY  
PRODUCTS IN THE  
U.S. IN 2017

## JUST PUSH PLAY!

Hy-Vee KidsFit is a fun and interactive way for the whole family to exercise together—anywhere, any time! Daira Driftmier, certified personal trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitness, serves as your virtual trainer

as she guides you through educational exercise tutorials. You'll also find helpful nutrition information and recipes to boost energy and fuel your workouts. Head to [hy-veekidsfit.com](http://hy-veekidsfit.com) for more information.

**KIDSFIT™**

**\$11.4  
BILLION**  
SPENT ON VIRTUAL  
REALITY PRODUCTS  
WORLDWIDE  
IN 2017

## IMMERSE YOUR SENSES

**SIGHT:**  
SCREENS PROVIDE  
3D IMAGERY TO  
PLACE THE USER  
IN A NEW WORLD.

**TOUCH:**  
WHETHER  
USERS HAVE A  
MOTION-SENSING  
CONTROLLER OR  
BIKE HANDLEBARS  
IN AN IMMERSIVE  
SPIN CLASS,  
THE SENSE OF  
TOUCH ADDS TO  
THE SENSATION  
OF BEING IN  
A DIFFERENT  
WORLD.

**SMELL:**  
SCENTS CAN  
INFLUENCE YOUR  
MOOD. USING  
ESSENTIAL OILS,  
FOR EXAMPLE,  
MAY ENHANCE  
RELAXATION  
DURING A YOGA  
SESSION.

**SOUND:**  
MUSIC CAN  
INSPIRE YOU TO  
WORK HARDER  
DURING AN  
IMMERSIVE  
SPIN CLASS, OR  
THE CALMING  
SOUND WAVES  
OF TIBETAN  
SINGING BOWLS  
CAN PROMOTE  
RELAXATION  
DURING AN  
IMMERSIVE  
SOUND BATH.

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[www.ncbi.nlm.nih.gov/pubmed/23941101](http://www.ncbi.nlm.nih.gov/pubmed/23941101)



# THE NEXT LEVEL.



[VIRTUAL REALITY] EXERCISE IS NOT ABOUT REPRODUCING THINGS YOU CAN DO IN REAL LIFE. VIRTUAL REALITY EXERCISE IS ABOUT GIVING PEOPLE THE OPTION TO DO THINGS THAT ARE IMPOSSIBLE IN REAL LIFE.”

— AARON STANTON, DIRECTOR, VIRTUAL REALITY INSTITUTE OF HEALTH AND EXERCISE

## LOADING...

Immersive technology has applications beyond entertainment and fitness. For those in the research and medical fields, it can be a tool to better understand the body and practice medical procedures.

At the forefront, Iowa State University has established a Virtual Reality Applications Center (VRAC) with state-of-the-art research facilities and the world’s highest-resolution immersive display environment.

One of the university’s research projects uses innovative 3D sensing technology to capture never-before-seen imagery—of organs and other parts of the human body—at unprecedented speeds, to further medical research.

VIRTUAL PROGRAMS ARE DESIGNED FOR MOVEMENT. WHETHER CYCLING OR RUNNING THROUGH CANYONS OR FIGHTING ALIENS, RARELY ARE USERS STANDING STILL.

“Every VR game has some degree of movement to it,” says Aaron Stanton, director of the Virtual Reality Health and Research Institute in San Francisco. “Whether it’s just moving your head left to right at the lower end of the spectrum, to full on dodging, diving, punching, weaving at the upper end of the spectrum.”



## POPULAR VR SYSTEMS

**Oculus Rift:** Virtual reality headset. Users hold two small controllers with sensors to act out in-game motions. The Oculus Rift requires a PC with Windows 7.

**HTC VIVE:** VIRTUAL REALITY HEADSET. SIMILAR SETUP TO OCULUS RIFT, WITH MOTION SENSOR HEADSET AND HANDHELD CONTROLLERS. REQUIRES PC WITH WINDOWS 7.

**Samsung Gear VR:** Mobile headset. Users attach Android phones to the front of the headset and view the screen through two binocular-size lenses on the inside of the headset.

**PLAYSTATION VR:** VIRTUAL REALITY HEADSET. USERS WEAR A HEADSET WITH TWO HANDHELD MOTION SENSOR CONTROLLERS OR STANDARD PLAYSTATION CONTROLLER. REQUIRES PLAYSTATION 4 GAMING SYSTEM AND PLAYSTATION CAMERA.



Some preliminary evidence suggests that virtual reality might help those suffering from anxiety and depression. A 2018 review by the *Journal of Clinical Medicine* reported that virtual reality exercises have positive effects on those with anxiety and depression—specifically, reduced tiredness and tensions, and increased energy and enjoyment.





Metamucil:  
select varieties  
23.3 to 48.2 oz.  
or 44 to 160 ct. \$18.99



Crest Toothpaste, Mouthwash  
or Oral-B Toothbrushes: select  
varieties  
3.5 to 4.1 oz., 946 ml.,  
33.8 fl. oz. or 2 ct. \$6.99



Gillette or Venus Razor:  
select varieties  
each \$8.99



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select varieties  
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Gillette Deodorant  
or Body Wash:  
select varieties  
2.6 to 3.8 oz.  
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**ENVIRONMENT**



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**Produced at a zero-  
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**Plant-based detergent  
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**Safe for all  
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**No dyes, phosphates or  
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power\***



**Gentle on skin**



**Safe for all  
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\*Made from 65% plant-based ingredient – USDA certified biobased product.





# ROOTS

IN TODAY'S WORLD—WHERE ELECTRONIC DEVICES ARE CONSTANTLY PINGING AND TV'S CONTINUALLY STREAMING—IT MIGHT BE A GOOD IDEA TO RECONNECT WITH NATURE. YOU CAN START BY MAKING FRIENDS WITH A PLANT.

Where would we be without plants? Certainly not on this planet. There wouldn't be any oxygen to breathe, let alone food to eat, clothing to wear or fuel to burn. Plants are life-giving.

Moreover, they're life-enhancing. Plants provide comfort and reduce stress and anxiety. Because humans have evolved with the natural world, we feel at home when surrounded by plants.

Not surprisingly, research shows that viewing nature is a more pleasurable experience than looking at a blank

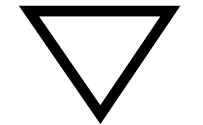
wall. In one study, patients who were in a waiting room with lots of healthy plants reported being happier and healthier than those in a waiting room with just a few scraggly plants scattered around.

Another study showed that the simple presence of plants could positively influence health. Patients recovering

from surgery who had plants and flowers in their rooms had lower systolic blood pressure and lower ratings of pain, anxiety and fatigue than those in rooms without plants and flowers.

Studies also show that plants aid concentration and productivity at work while reducing sick time. Now *that's* a good benefit plan!

INDOOR PLANTS ENHANCE JOB SATISFACTION IN OFFICE WORKERS, REDUCE PSYCHOLOGICAL STRESS, IMPROVE MOOD AND ENHANCE COGNITIVE HEALTH. THESE EFFECTS CAN POSITIVELY AFFECT RESISTANCE TO DISEASES AND CHRONIC STRESS.



**INDOOR PLANTS CAN REMOVE 75 TO 90 PERCENT OF AIRBORNE CHEMICALS.**

**The catch:** To effectively remove indoor pollutants, you need about 1 plant per 24 square feet of living space. Also, some plants are better at removing toxic vapors than others.

CARING FOR A HOUSEPLANT CAN BE A MEDITATIONAL EXERCISE THAT TAKES US OUTSIDE OURSELVES. WE NURTURE THE PLANT AND PROVIDE THE RIGHT AMOUNT OF LIGHT, WATER AND NUTRIENTS. IN RETURN, THE PLANT IMPROVES OUR AIR—AND OUR MOOD.



**Therapeutic Effect:** In one study, those who transplanted a plant felt more comfortable, soothed and natural than those handling a computer task.

WORDS Luke Miller PHOTOS Tobin Bennett

Sources: [www.takingcharge.csh.umn.edu/enhance-your-wellbeing/environment/nature-and-us/how-does-nature-impact-our-wellbeing](http://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/environment/nature-and-us/how-does-nature-impact-our-wellbeing)  
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[www.ncbi.nlm.nih.gov/pmc/articles/PMC4419447/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4419447/)  
[www.ncbi.nlm.nih.gov/pubmed/19715461](http://www.ncbi.nlm.nih.gov/pubmed/19715461)



# THE INSIDE SCOOP: HOUSEPLANTS

## AIR IT OUT FOR GOOD

Along with psychological benefits, plants offer physical benefits.

It's well-known that plants are oxygen factories, but did you know plants are natural humidifiers? They release moisture from tiny pores in their leaves through a process called transpiration. The extra humidity can help in dry winter environments in airtight homes and offices.

Better yet, indoor plants are living air purifiers. NASA research shows

that indoor plants absorb chemical pollutants such as formaldehyde and benzene that off-gas from various items in the home, such as carpets, flooring, paint, cleaning products, chemicals and cosmetics.

The Environmental

Protection Agency (EPA) notes that the levels of several organics may be two to five times higher indoors than outdoors. The air in your home may be substantially worse to breathe than the air outdoors.

Indoor pollutants can irritate the

eyes, skin, nose and throat—something to consider, given another EPA estimate: The average American spends 87 percent of his or her time indoors. How nice to know there's a remedy as close as your nearest houseplant.



**PEACE LILY**  
(*Spathiphyllum* spp.) can flower even in low-light conditions. It prefers bright, filtered light, not direct sunlight. Peace lilies grow from 1 to 6 feet tall.



**ENGLISH IVY**  
(*Hedera helix*) is a very adaptable plant that takes sun or shade. When grown indoors, English ivy looks best trailing from a pot.



**BAMBOO PALM**  
(*Chamaedorea seifrizii*), also called reed palm, is adaptable to most lighting conditions but prefers part shade. It grows slowly to 5 to 10 feet tall.



**DRAGON TREE**  
(*Dracaena marginata*) grows up to 6 feet tall unless cut back. It tolerates low light, but the foliage has more color with a few hours of sunlight.



**SNAKE PLANT**  
(*Sansevieria trifasciata*) is one of the easiest houseplants to grow, tolerating a wide range of cultural conditions. It reaches 2 to 4 feet tall.



**CHINESE EVERGREEN**  
(*Aglaonema* spp.) is gaining fans because of its bright variegated foliage and low maintenance. Plants grow from 8 inches to 4 feet tall.

## indoor IDEAS

The Hy-Vee Floral Department offers flowers and indoor plants year round. You can find a range of houseplant sizes and shapes, easy-care succulents and cacti, and even bonsai that are already pruned and ready for your windowsill!

- **MINIATURE GARDEN:** Make a whimsical miniature garden with small plants and your choice of figurines and accessories.
- **BONSAI:** Experience a centuries-old Japanese contemplative tradition by pruning small trees to mimic the shape and scale of mature trees.
- **TERRARIUM:** Use a glass container to group an ensemble of plants. Terrariums also allow you to protect delicate plants or tailor humidity to fit specific needs.

Source: [ntrs.nasa.gov/archive/nasa/casi.ntrs.nasa.gov/19930073077.pdf](https://ntrs.nasa.gov/archive/nasa/casi.ntrs.nasa.gov/19930073077.pdf)



**WORRIED ABOUT WATERING PLANTS WHILE YOU'RE AWAY ON VACATION? GROW SUCCULENTS. WITH THICK, FLESHY LEAVES, THEY CAN GO LONGER WITHOUT WATER.**



# THE SCIENCE

OF

GO BEYOND THE BASICS  
OF CLEANING—AND BRUSH  
UP ON THE MOST  
EFFECTIVE METHODS.

# CLEANING

WORDS Hilary Braaksma PHOTOS Tobin Bennett

## COMING CLEAN

Household cleaning is more than just another chore on our to-do list—it's part of living a healthy lifestyle and preventing illness.

"A consistent cleaning routine can be a powerful defense in the fight against unwelcome germs," says Lisa Yakas, microbiologist and senior project manager at NSF International, a public health and safety organization. "Cleaning is important to keep germs from contaminating the surfaces we touch and the food we eat."



**CLEAN UP YOUR ACT**  
HOUSEKEEPING  
TOOLS CAN TRAP  
DUST AND BACTERIA.  
LEARN HOW TO KEEP  
THEM CLEAN AND  
PREVENT SPREADING  
GERMS AND GRIME.

**01 | SPONGES** harbor bacteria from the many surfaces they're used to clean. Moisture allows bacteria to multiply and transfer from surface to surface as you clean. To sanitize sponges, run them in the dishwasher on the hottest and longest cycle with a dry cycle to follow, or soak them in a mixture of one-half teaspoon bleach and one quart of water for 1 minute, then allow to air dry. You can also sanitize wet, metal-free sponges by microwaving for 1 minute. Microwaving dry sponges and metal scrubbers is a fire hazard.

**02 | BROOM** bristles are designed to trap dust and debris. What about when dirt accumulates? Dismantle the brush, shake out the larger debris, then use your fingers and a paper towel to comb the bristles. Finish by cleaning bristles with soapy water.

**03 | TOWELS**, like sponges, are a breeding ground for bacteria. The hottest washing cycle on your washing machine and dryer will get them clean. Disposable paper towels are a safer option for food prep and eating surfaces.

### PREVENTING ILLNESS

A CLEAN HOUSE CAN HELP YOU KEEP A CLEAN BILL OF HEALTH. GERM THEORY—THE IDEA THAT BACTERIA AND FILTH CAN SPREAD DISEASE—WAS A PUBLIC HEALTH REVOLUTION IN THE 19TH CENTURY. TODAY IT'S WIDELY ACCEPTED THAT CLEANLINESS IS VITAL IN PREVENTING CONTAGIOUS ILLNESS. USE BLEACH OR DISINFECTANTS TO STOP THE SPREAD OF VIRUSES LIKE THE FLU, WHICH CAN LIVE ON SURFACES UP TO 24 HOURS, AND NOROVIRUS, WHICH CAN SURVIVE ON SURFACES UP TO A WEEK, AND WASH YOUR HANDS FREQUENTLY.

## HAZARDOUS HOT SPOTS

CERTAIN SPOTS IN YOUR HOME ARE HUBS FOR NASTY BACTERIA AND GERMS. PAY CAREFUL ATTENTION TO THESE AREAS WHEN YOU CLEAN.



**» DOOR HANDLES** need frequent cleaning. Brass and copper door handles have antimicrobial properties, but other materials are a hotbed for microorganisms that can survive up to a month.



**» COUNTER-TOPS** are multi-use, with plenty of opportunity for contamination from dirty hands and raw food. Wash daily with soap and water, and follow up with a disinfectant.



**» SHOWERS** are mildew- and mold-prone. Walls and inside curtains should be sprayed daily with a shower spray. Fight the buildup of soap scum by using nonabrasive cleaners and disinfectants.



**» TOILETS** are prone to bacteria build-up and hard water deposits. Use a long-handled brush and toilet bowl cleaner on the interior, and use a nonabrasive cleaner and disinfectant on the seat.



**» KITCHEN SINKS** need daily disinfecting. A 2017 study in the *Journal of Food Protection* found that 45 percent of homes contain a foodborne pathogen, most often present in kitchen sinks.



## SAFETY GUIDELINES

**-READ LABELS** AND FOLLOW DIRECTIONS FOR PROPER USE, STORAGE AND DISPOSAL.  
**-STORE** SAFELY AWAY FROM FOOD AND OUT OF REACH OF SMALL CHILDREN AND PETS.  
**-DON'T MIX** CLEANING PRODUCTS OR REPURPOSE CLEANING BOTTLES. IT COULD LEAD TO DANGEROUS REACTIONS.

**-USE PRECAUTIONS** SUGGESTED BY THE MANUFACTURER, SUCH AS WEARING GLOVES AND EYE PROTECTION.  
**-PROPERLY CLOSE** ALL CONTAINERS AND MAKE SURE CHILD-SAFE CAPS WORK PROPERLY.  
**-OPEN WINDOWS** OR VENTILATE WHEN USING HARSH CHEMICALS.



IF YOU, A FAMILY MEMBER OR PET ACCIDENTALLY INGESTS OR COMES IN CONTACT WITH DANGEROUS CLEANING CHEMICALS, CALL POISON CONTROL: 1-800-222-1222



## NATURAL VS. CHEMICAL CLEANERS

Cleaning products marketed as eco-friendly and “green” have taken over a considerable share of the market. On the plus side, many of them use less-abrasive ingredients, can come at a lower cost and help consumers live a more sustainable lifestyle. Some of the cons are questionable ingredients—companies might “greenwash” labels to make products seem better for you than they are, and they can be less effective than traditional cleaning products. Familiar products, often faster-working and better at stripping stains and grime, can be composed of harsh chemicals that call for using oft-ignored precautions like respiratory masks.

## MUST-HAVE CLEANING PRODUCTS

**SO, YOU HAVE A FULLY STOCKED CLEANING CABINET—BUT DO YOU ACTUALLY KNOW WHAT ALL OF IT IS FOR? ALWAYS READ LABELS TO MAKE SURE THE PRODUCT IS RIGHT FOR THE JOB AND WON'T DAMAGE THE SURFACE YOU WANT TO CLEAN. JUST TO BE SAFE, TEST A SMALL, DISCREET SECTION OF THE SURFACE WITH THE CLEANER FIRST—ESPECIALLY IF IT'S SOMETHING PRICEY LIKE FURNITURE OR NATURAL STONE COUNTERTOPS.**

» **DISINFECTANT**  
wipes and sprays are meant to kill germs only and should be used on already clean surfaces.

» **ALL-PURPOSE**  
cleaning products penetrate soil, loosen it, and prevent it from re-attaching to the surface.

» **ABRASIVE**  
cleaners have small mineral or metal components to help remove heavy soiling.

» **GLASS**  
cleaners dissolve and remove oily residue on glass surfaces and dry quickly without streaking.

» **MULTI-SURFACE**  
products remove grime from many smooth surfaces and leave a streak-free shine.

» **TUB, TILE AND SINK**  
cleaners remove hard water deposits, soap scum, mildew, mold and rust.

» **METAL**  
cleaning products dissolve grease and grime and polish metal, and often prevent tarnishing.

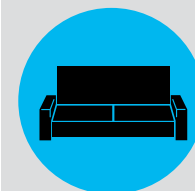
» **OVEN**  
and stove-top cleaners dissolve grease and charred food. Using improper cleaners could void appliance warranties.

» **UPHOLSTERY**  
and carpet cleaners dissolve soil and hold it in suspension for removal. Some also help repel future stains.

## KNOW THE DIFFERENCE

**CLEANING:** REMOVES DIRT AND SHOULD BE DONE BEFORE DISINFECTING OR SANITIZING.  
**DISINFECTING:** USES CHEMICALS TO KILL GERMS ON ALREADY CLEAN OBJECTS AND SURFACES.

## ROOM-BY-ROOM CLEANING WHEN IT COMES TO CLEANING, NO TWO ROOMS FOLLOW THE SAME FORMULA.



### LIVING AREAS

» **DAILY**  
Sweep or vacuum floors or area rugs, clear clutter.

» **WEEKLY**  
Dust lighting fixtures and fan vents, vacuum or machine wash rugs and door mats, vacuum or sweep stairs, vacuum or wipe down upholstery.

» **MONTHLY**  
Vacuum window treatments like curtains and screens, dust blinds, wipe down baseboards and window sills.



» **SPRAY GLASS CLEANER ON A CLOTH INSTEAD OF DIRECTLY ONTO MIRRORS OR PHOTO GLASS TO PREVENT DAMAGING FRAMES AND PHOTOS.**



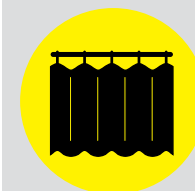
### BATHROOM

» **DAILY**  
Spray shower cleaner, take out trash, wipe off counters and sinks.

» **WEEKLY**  
Clean the toilet bowl, launder your shower curtain liner, clean sink and shower drains, wash hand towels, clean mirrors, sweep floors, wipe down bathtub and shower walls.

» **MONTHLY**  
Clean grout, launder bath mats, mop floors.

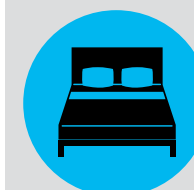
» **DON'T FORGET**  
“The cup-style toothbrush holder is one of the most frequently overlooked surfaces where germs can thrive,” says Yakas. “If it’s dishwasher safe, place the toothbrush holder in a sanitizing dishwasher and wash once or twice a week. If it’s not, hand wash with hot soapy water, rinse, then wipe with a disinfecting wipe.”



» **KEEP SHOWER DOORS AND CURTAINS OPEN AFTER USING TO PREVENT MOLD AND MILDEW GROWTH.**



**TO WORK EFFICIENTLY, ALWAYS CLEAN TOP-TO-BOTTOM. START WITH LIGHT FIXTURES AND HIGH SHELVES, MOVE TO TABLES AND COUNTERTOPS, AND SWEEP, VACUUM OR MOP LAST. THIS HELPS YOU AVOID CLEANING AREAS TWICE WHEN DUST AND DIRT FALL FROM HIGH SURFACES.**



### BEDROOM

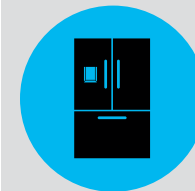
» **DAILY**  
Gather dirty laundry, clear clutter.

» **WEEKLY**  
Wash bedding, vacuum or sweep floors and rugs, clean ceiling fans.

» **MONTHLY**  
Wash mattress covers, vacuum mattress.

» **LONGER**  
Wash pillows every three to six months.

» **A POLL FROM THE NATIONAL SLEEP FOUNDATION FOUND THAT 66 PERCENT OF PEOPLE AGREE A CLEAN BEDROOM HELPS THEM SLEEP BETTER AND 75 PERCENT OF RESPONDENTS SAY FRESH, ALLERGEN-FREE AIR IS AN IMPORTANT PART OF A GOOD NIGHT'S SLEEP.**



### KITCHEN

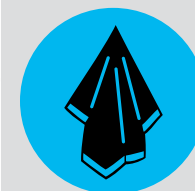
» **DAILY**  
Wash dishes, empty trash, wipe countertops and backsplash, empty and sanitize the sink.

» **WEEKLY**  
Clean drains, wipe small appliances, wipe down cabinets and walls.

» **MONTHLY**  
Clean large appliances such as the oven and refrigerator, wash inside of cabinets and pantry.



» **MORE OFTEN**  
Clean sponges and the microwave interior after every use.



» **“A COMMON MISCONCEPTION** is that the germiest place in the home is the bathroom,” says Yakas. “Four of the top five germ hot spots in the home are actually in the kitchen.”

Those four hot spots are sponges or dish rags, the kitchen sink, pet bowls and coffee reservoirs. The next top germ item is the toothbrush holder.



Brush up on the best tips behind the **Science of Cleaning** at [HSTV.com](http://HSTV.com)



- THE -  
GO-TO FOR  
EVERYTHING  
THEY ♥ TO DO

real-life products.  
feel-good value.



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Mike Naig  
Iowa Secretary  
of Agriculture

Farmers care  
about the  
**WATER**  
we share

In Iowa, farmers are key to our state. Secretary Naig shares the importance of protecting our soil and improving the water we as Iowans share.

More than 97% of Iowa's farms are family owned

Just like Iowans who live in urban areas, Iowa's farmers promote good land stewardship to keep our water clean for this generation and the next.

Keeping the soil in place protects our water

Farmers use many conservation practices. One is to plant another crop after harvest called a "cover crop" to keep the soil in place for today and for future crops.

Technology advancements protect our water

Farmers use their phones and computer technology because it helps them grow more food, improve the soil for future generations and protect water quality for all Iowans.



As a farmer and mom, I believe it's our obligation and part of our legacy to leave the land in better shape for generations to come. That's why we use cover crops and other conservation practices on our farm to protect the water. – Karen Seipold, Hastings, Iowa



# IS IT

# SAFE?



WORDS Kristi Chew PHOTOS Tobin Bennett and Greg Scheidemann

EACH YEAR 48 MILLION PEOPLE GET SICK FROM BACTERIAL CONTAMINATION IN FOOD. PATHOGENS CAN LURK ON CUTTING BOARDS, IN UTENSILS AND, YES, EVEN FOOD. STICK TO THESE PRACTICES WHEN PREPARING, COOKING, REFRIGERATING AND FREEZING, AND KEEP THE FOODS YOU EAT SAFE.

**RESEARCHERS HAVE IDENTIFIED MORE THAN 250 DISEASES CAUSED BY FOOD CONTAMINATED WITH MICROBES. HERE'S HOW TO PLAY IT SAFE.**

**Wash** your hands before and after handling food, especially well after handling raw meat. Wash cutting boards, countertops and utensils with hot, soapy water after cutting raw meats prior to other foods. Sanitize cutting boards with a solution of 1 teaspoon chlorine bleach in 1 quart of water. **Separate** raw meat, poultry, fish and their juices from other foods to prevent spreading harmful bacteria to uncooked and ready-to-eat foods. Marinate meats in a sealed bag or covered dish in the refrigerator; do not use the same marinade on cooked foods unless it's boiled first. Use separate cutting boards for fresh produce and raw meat, poultry and seafood. Always place cooked meats on a clean plate, never the same one (without washing) that held raw meat.

**Cook** foods to proper temperatures that kill pathogens:

- Beef, pork and lamb steaks and chops, and roasts should be cooked at least to 145°F, testing with a food thermometer.
- Poultry: Cook to internal temperature of 165°F.
- Ground beef, pork, lamb: Cook to 160°F.

**Store** perishables at 40°F. Never leave food out of the fridge for more than 2 hours (see "The Danger Zone," page 96). Cook or freeze fish, poultry and ground meats within 2 days; other meats within 5 days. Refrigerate leftovers and other cooked foods within 2 hours, preferably in shallow containers for quick cooling.

BACTERIA CAN MAKE ITS WAY INTO COOKED FOODS THAT AREN'T COOLED ENOUGH OR REHEATED THOROUGHLY (SHOULD BE STEAMING HOT) BEFORE EATING. REFRIGERATE LEFTOVERS WITHIN 2 HOURS AFTER A MEAL.



*MANUFACTURERS PROVIDE DATES TO ASSESS FOOD QUALITY. DATES DO NOT INDICATE SAFETY AND ARE NOT REQUIRED BY FEDERAL LAW EXCEPT FOR INFANT FORMULA.*

**KNOW THE DATES**


**SELL-BY: HOW LONG TO DISPLAY FOOD FOR INVENTORY PURPOSES.**

**NOT A SAFETY DATE.**

**USE-BY: LAST DATE RECOMMENDED FOR USE WHILE AT PEAK QUALITY. NOT A SAFETY DATE EXCEPT FOR INFANT FORMULA.**

**CANNED FOODS** have a long shelf life (2–5 years, less for tomatoes; check dates) if they don't freeze or reach temperatures above 90°F. A **SMALL DENT** in the can does not necessarily mean the food is unsafe. Discard **DEEPLY DENTED CANS**; if the can's seam is damaged, bacteria can enter.





### THE DANGER ZONE

FOOD AT ROOM TEMPERATURE ALLOWS BACTERIA TO GROW QUICKLY, DOUBLING IN NUMBER IN AS FEW AS 20 MINUTES. KEEP HOT FOOD HOT, AT OR ABOVE 140°F, AND COLD FOODS AT OR BELOW 40°F. MANY OF THE MICROBES LISTED AT RIGHT GROW BEST BETWEEN 40°F AND 140°F.

# RISKY BUSINESS

HARMFUL BACTERIA AROUND THE HOME ARE THE MOST COMMON CAUSE OF FOOD POISONING. THE FOLLOWING BACTERIA ARE SOME OF THE MOST PREVALENT PATHOGENS.

BACTERIA/CONTAMINANT SOURCE	SYMPTOMS/IMPACT	HOW TO PREVENT
<b>CAMPYLOBACTER JEJUNI</b> BEEF AND POULTRY FROM INFECTED ANIMALS, MILK FROM INFECTED COWS, FRUITS AND VEGETABLES CONTAMINATED FROM SOIL CONTAINING THE BACTERIA	diarrhea (often bloody), fever, abdominal cramps, possibly nausea and vomiting	thoroughly cook poultry and meats, scrub produce, sanitize cutting board if it has been used to handle raw poultry or meat
<b>CLOSTRIDIUM BOTULINUM</b> BACTERIA SPORES CAN MAKE LETHAL TOXINS IN IMPROPERLY HOME-CANNED, PRESERVED OR FERMENTED FOODS	rare but serious, can cause difficulty breathing, muscle paralysis, even death	sterilize items and use proper procedure in canning; refrigerate homemade oils
<b>CLOSTRIDIUM PERFRINGENS</b> BEEF, POULTRY, GRAVIES, DRIED OR PRECOOKED FOODS. ROASTS KEPT WARM FOR LONG PERIODS BEFORE SERVING	diarrhea and abdominal cramps within 6 to 24 hours; illness usually starts suddenly and lasts fewer than 24 hours	cook food at correct temperature; don't let meats stand long enough to reach 54°F to 140°F (bacteria grow in this range)
<b>ESCHERICHIA COLI</b> FECAL BACTERIA TRANSMITTED THROUGH CONTAMINATED WATER OR FOOD, OR THROUGH CONTACT WITH ANIMALS OR PEOPLE	often harmless and part of a healthy gut, but some can cause diarrhea, severe stomach cramps and vomiting	wash hands, thoroughly clean cutting boards and utensils, wash produce well under running water, cook meats thoroughly
<b>LISTERIA MONOCYTOGENES</b> HOT DOGS, DELI MEATS, PATÉS, CERTAIN SOFT CHEESES AND FOODS MADE WITH UNPASTEURIZED MILK, RAW SPROUTS	headache, confusion, loss of balance. In pregnant women: miscarriage, premature delivery or life-threatening infection of newborn	avoid eating soft cheeses made with unpasteurized milk; wash hands after handling hot dogs and deli meats and/or avoid eating them
<b>SALMONELLA</b> RAW OR UNDERCOOKED EGGS, POULTRY AND MEAT; RAW OR UNPASTEURIZED MILK OR OTHER DAIRY PRODUCTS	diarrhea, fever and abdominal cramps between 12 and 72 hours after infection	keep uncooked meats separate from other foods; wash hands, cutting boards, counters and utensils after touching uncooked foods
<b>STAPHYLOCOCCUS AUREUS</b> FOODS THAT ARE NOT COOKED AFTER HANDLING, SUCH AS SLICED MEATS, PUDDINGS, PASTRIES AND SANDWICHES	sudden nausea, vomiting, diarrhea and stomach cramps	prevent food from being stored or held at an unsafe temperature (between 40°F and 140°F) for more than 2 hours



EVERY YEAR AN ESTIMATED 128,000 PEOPLE ARE HOSPITALIZED WITH A FOODBORNE ILLNESS.

— CENTERS FOR DISEASE CONTROL AND PREVENTION

Sources: [www.cdc.gov/foodsafety/diseases/index.html](http://www.cdc.gov/foodsafety/diseases/index.html)  
[www.foodsafety.gov/poisoning/](http://www.foodsafety.gov/poisoning/)

## SAFE SETUP

When serving food at a buffet, use warming trays, slow cookers and chafing dishes to keep hot foods hot (140°F or hotter). To keep cold foods cold (40°F or colder), nest dishes in ice-filled bowls, and serve food on small trays that you can replace often.

TO THAW IN THE FRIDGE, GIVE A FROZEN TURKEY 1 DAY THAW TIME FOR EVERY 5 POUNDS. TO THAW IN COLD TAP WATER, KEEP BIRD IN WRAPPER; SUBMERGE IN COLD WATER AND CHANGE WATER EVERY 30 MINUTES (KEEP COLD). ESTIMATE 30 MINUTES THAW TIME PER POUND OF TURKEY.

**MICROWAVE SAFE**  
If food is thawed in a microwave, cook it immediately; isolated areas can become warm enough to allow bacteria to grow. Uneven cooking in a microwave can leave cold spots where microbes can survive; stir or check foods to make sure food is cooked thoroughly.

**SHOPPING TIP**  
When shopping, keep raw meat, poultry and seafood separate from other foods in your grocery cart, and place them in plastic bags to prevent their juices from dripping onto other foods. Keep them separate at checkout and in your grocery bags, too.

**TOOLS FOR SAFETY**  
Most refrigerators have a built-in thermometer. Set it to 40°F or lower and verify the internal temperature regularly. Or set an appliance thermometer inside the fridge. Use an internal meat thermometer to check food temperatures to ensure they're thoroughly cooked.

**IN THE DOOR**  
The temperature of storage bins in the refrigerator door fluctuate more than in the fridge cabinet. Store eggs in the carton on a refrigerator shelf, not in a door. Keep your refrigerator door closed when not in use to avoid fluctuations in temperature.



Sources: [www.fsis.usda.gov/wps/portal/food-safety-topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling](http://www.fsis.usda.gov/wps/portal/food-safety-topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling)



# UNTIL NOVEMBER 7



WORDS Luke Miller PHOTOS Tobin Bennett

**IF YOU QUALIFY FOR MEDICARE AND WANT TO SHIELD YOURSELF AGAINST RISING DRUG PRICES, IT'S TIME TO LOOK INTO PRESCRIPTION DRUG COVERAGE. SIGNING UP FOR MEDICARE PART D NOW COULD SAVE YOU MONEY DOWN THE ROAD.**

**LEARNING YOUR ABC'S** When it comes to Medicare, it's important to know what each part of the program—designated by a letter of the alphabet—covers. Part D, for instance, offers prescription drug coverage and is available in two ways:

- As a stand-alone Medicare Prescription Drug Plan (Part D) administered by a private insurer. It adds drug coverage to Original Medicare and some other plans.
- Through a Medicare Advantage Plan (Part C) or other Medicare health plan offering prescription drug coverage. These are generally offered by private insurers through an HMO (health maintenance organization) or PPO (preferred provider organization). You must have Parts A and B to join a Medicare Advantage Plan.

## HEALTH LINGO 101

The terms deductible, copayment and coinsurance can be confusing. Basically, you pay a deductible, then contribute either a copayment or coinsurance (but not both).

**DEDUCTIBLE** IS THE AMOUNT YOU MUST PAY FOR PRESCRIPTIONS BEFORE YOUR PRESCRIPTION DRUG PLAN OR OTHER INSURANCE KICKS IN. DEDUCTIBLES VARY BETWEEN MEDICARE DRUG PLANS AND NONE CAN HAVE A DEDUCTIBLE MORE THAN \$405 IN 2018.

**COPAYMENT** is your share of the cost of a prescription drug after the deductible is met. It is usually a flat fee, so you might pay around \$10 or \$20 for a prescription drug.

**COINSURANCE** is also your share of the cost of a prescription drug after the deductible is met—usually a percentage. For example, you might pay 20 percent of the cost of a medication.

### A

#### HOSPITAL

Part of Original Medicare. Covers inpatient hospital, skilled nursing facilities, hospice, lab tests, surgery, home health care.

### B

#### HEALTH

Part of Original Medicare. Covers preventive care, outpatient hospital, diagnostic testing, durable medical equipment.

### C

#### ADVANTAGE

Offered by a private company contracting with Medicare. Includes Part A and B; most include prescription drug coverage too.

## WHAT'S THE DIFFERENCE?

**MEDICARE:** A federal insurance program for people age 65 and older or disabled. Patients pay part of the cost of medical expenses and a monthly premium for non-hospital coverage.

**MEDICAID:** A federal-state assistance program serving low-income people of every age. Patients usually pay no part of the cost for covered medical expenses.

Sources: [www.medicare.gov/part-d/](http://www.medicare.gov/part-d/)  
[www.medicare.gov/what-medicare-covers/index.html](http://www.medicare.gov/what-medicare-covers/index.html)  
[www.hhs.gov/answers/medicare-and-medicaid/what-is-the-difference-between-medicare-medicaid/index.html](http://www.hhs.gov/answers/medicare-and-medicaid/what-is-the-difference-between-medicare-medicaid/index.html)

TO HELP YOU CHOOSE THE RIGHT PLAN, HY-VEE PHARMACIES ARE OFFERING A FREE MEDICATION REVIEW AND PART D PLAN COMPARISON UNTIL DEC. 7.



# \$41

## AVERAGE MONTHLY PREMIUM FOR PART D

### IN THE GAP

Most Medicare drug plans have a temporary limit on what the plan will cover for drugs. In 2019, this coverage gap will begin after participants and their plan spend \$3,820 on drugs.

**What it means:** While in the coverage gap you'll pay no more than 25 percent for brand-name drugs and 37 percent for generics. Once you reach the \$5,100 threshold (including out-of-pocket costs and manufacturer discount), catastrophic coverage kicks in and you pay only a small coinsurance amount or copayment for covered drugs the rest of the year.

**Going forward:** The White House has proposed excluding the manufacturer discount from the calculation, which would substantially increase Part D enrollees' out-of-pocket costs.

### THE COVERAGE GAP: 5 WAYS TO LOWER COSTS

MEDICARE OFFERS THESE TIPS TO HELP YOU NAVIGATE THE COVERAGE GAP—OR DONUT HOLE—IN YOUR PRESCRIPTION DRUG COVERAGE.

### BY THE NUMBERS

**IN 2016, 71% OF MEDICARE PARTICIPANTS ENROLLED IN A MEDICARE PART D PLAN.**

**1 MAKE THE SWITCH**  
Talk to your doctor to see if a generic drug will work in place of a name brand.

**2 ADD ON**  
Choose a plan that offers additional coverage during the gap. These plans may charge a higher monthly premium. Note: Make sure your medication is covered.

**3 CHECK FOR OFFERS**  
See if the drug manufacturer offers a pharmaceutical assistance program.

**4 STATE YOUR CASE**  
Inquire whether your state offers a pharmaceutical assistance program.

**5 APPLY FOR EXTRA HELP**  
Medicare and Social Security have a program that helps people with limited income and resources pay for prescription drugs. If you qualify, your costs could be as low as \$3.35 for each generic covered drug.

# Q & A

### Q: HOW OFTEN CAN I SWITCH DRUG PLANS?

You can change plans only during annual open enrollment, Oct. 15 to Dec. 7. Exceptions are made for those with limited incomes or who move into a nursing home or out of a plan's coverage area. If you are satisfied with your current plan and make no changes, you will automatically be re-enrolled unless the plan is no longer available, in which case you will receive notice of the termination and will need to choose a replacement plan.

### Q: HOW DO I KNOW WHICH PLAN IS BEST FOR ME?

Visit the Medicare website at [www.medicare.gov/find-a-plan/questions/home.aspx](http://www.medicare.gov/find-a-plan/questions/home.aspx) for an interactive tool that compares plans by zip code and offers a star rating system for plans in your area. Or stop by your local Hy-Vee Pharmacy for a free Medicare Part D plan comparison.

### Q: HOW MUCH WILL IT COST?

The monthly payment to Medicare or an insurance company for prescription drug coverage can vary widely among providers, according to the Kaiser Family Foundation. The average monthly premium for Medicare Part D in 2018 was \$41. The cost may be higher, depending on your income.

### Q: WHERE CAN I GET HELP?

The Medicare call center is open 24/7. The toll-free number is 800-MEDICARE (800-633-4227).

### Q: WHO CAN GET MEDICARE DRUG COVERAGE?

Anyone on Medicare can sign up for drug coverage (Part D). There are no income requirements or physical exams, and you cannot be denied for health reasons or because you use several prescription drugs.

### Q: WHAT DOES PART D COVER?

Part D pays for outpatient prescription drugs, but not for over-the-counter medications, vitamins or prescription drugs for conditions such as erectile dysfunction, hair regrowth or weight loss. Doctor-administered drugs, including chemotherapy and dialysis, are covered by Part B.

### Q: DO DRUG PLANS VARY MUCH?

Plans can vary greatly in the cost of premiums and deductibles, as well as in the drugs covered and copayments charged. During the enrollment period ending Dec. 7, Hy-Vee pharmacies can help with a free medication review and Part D plan comparison.

## DON'T BE LATE TO THE PARTY

For most people, the initial enrollment period extends seven months (three months before their 65th birthday and three months after). If you miss this window and go 63 days or more without a Medicare drug plan or other creditable drug coverage\* while enrolled in Medicare Parts A and B, you will have to pay a late-enrollment penalty.

This penalty is 1 percent of the national base beneficiary premium (\$33.19 in 2019) multiplied by the number of months without creditable coverage. So if you went 60 full months without coverage, you would pay a monthly penalty of \$20 next year ( $.01 \times \$33.19 \times 60 \text{ months} = \$19.91$ , rounded to the nearest \$0.10). If the national base beneficiary premium increases or decreases, the penalty would change accordingly.

\*Examples include drug coverage from a current or former employer or union, Department of Veterans Affairs, or health insurance coverage.



# — FREE — MEDICARE PART D PLAN COMPARISON REPORT

Ask your pharmacist for a free  
medication review and plan  
comparison.

**HyVee**  
pharmacy

OPEN ENROLLMENT ENDS DECEMBER 7, 2018.

NEW!



FLAVORS FROM  
**FAR**  
TO  
**TABLE**

TASTE THE WORLD WITHOUT THE TRIP.



For a world of easy-to-make  
international recipes, check out  
our Street Food Cooking Guide at  
[hy-vee.com/recipes-ideas](http://hy-vee.com/recipes-ideas).





# SUSTAINABLE SEAFOOD

Hy-Vee understands that seafood, in addition to being delicious and nutritious, should be harvested ethically and safe to consume. When buying seafood at Hy-Vee, rest assured knowing you've made a responsible choice.

WORDS Beau Berkley  
PHOTO Tobin Bennett

## WHAT IS SUSTAINABLE SEAFOOD?

Hy-Vee is dedicated to selling seafood from sources that maintain or increase production over time without harming the habitat of delicate ecosystems.

## HY-VEE'S SEAFOOD PROCUREMENT POLICY

### Fresh and Frozen Seafood

Whichever seafood product you purchase, you'll be making a good decision if you're at Hy-Vee. All seafood is rated Best Choice or Good Alternative by the Monterey Bay Aquarium's Seafood Watch program, or is certified to an environmental standard equivalent.

### Shelf-Stable Tuna

Hy-Vee sources shelf-stable tuna from fisheries that are certified by the Marine Stewardship Council, or are rated Best Choice or Good Alternative by the Monterey Bay Aquarium's Seafood Watch program.

### Traceability

Knowing where your food comes from is important to consider when thinking about responsible sourcing. Hy-Vee implements industry best practices and works with seafood suppliers to create reliable traceability systems.

### Social Responsibility

Hy-Vee's strong values extend to seafood suppliers, which are expected to uphold human rights principles and identify, prevent and mitigate abuses such as human trafficking and forced labor.

### Policy Engagement

At the core of long-term, sustainable seafood production is strong policy at the local, state, national and international levels. Hy-Vee stands behind positive seafood industry policy and management reform that leads to positive social, economic and environmental outcomes.

## WHY CHOOSE RESPONSIBLE SEAFOOD?



Purchasing Responsible Choice seafood impacts more than dinner plans. You're supporting efforts to ensure that seafood populations remain plentiful, environments are left intact and working conditions are safe for fishermen.

### HUMAN RIGHTS

Hy-Vee works with organizations like Fishwise, a non-profit that promotes the health of ocean ecosystems, and other organizations to prevent human trafficking, forced or unlawful labor and hazardous work conditions. "We are all moving in the same positive direction in this issue," says Nate Stewart, Hy-Vee Executive Vice President, Perishables.

### ENVIRONMENTAL FACTORS

Certain fishing methods can decimate aquatic habitats. Some fishing gears are large and drag across the ocean floor, taking out shelter, food and breeding grounds for various populations of ocean life. "When something is labeled Responsible Choice, as all of our seafood is, a customer can be assured that it's fished responsibly," Stewart says.

### SEAFOOD POPULATIONS

According to the Food and Agriculture Organizations of the United Nations, roughly one-third of assessed fish populations are over-fished. In addition to loss of fish populations, over-fishing can harm economies in affected areas. Buying responsibly farmed or caught seafood helps support healthy populations.

In August, the environmental organization Greenpeace ranked Hy-Vee second out of the 22 largest supermarket chains in the United States for its sustainability efforts. The honor from Greenpeace is a part of the Corting Away the Oceans report, which ranks supermarkets based on efforts to protect oceans and seafood workers.



## PROUD TO OFFER RESPONSIBLE CHOICES

All Hy-vee fresh and frozen seafood is certified Responsible Choice, meaning it's been rated either Best Choice or Good Alternative by the Monterey Bay Aquarium Seafood Watch.





CELEBRATE

# New Traditions



## Spicy Cranberry Salsa

Prep Time: 10 min. | Total Time: 10 min. | Makes: 2½ cups dip or 20 servings, 2 Tbsp. salsa and 16 WHEAT THINS each.

### WHAT YOU NEED

- 1 navel orange
- 1 can (14 oz.) whole berry cranberry sauce
- ½ cup EACH finely chopped green and red bell peppers
- 1 tsp. finely chopped fresh jalapeño peppers
- 1 tsp. lime zest
- ½ tsp. ground cinnamon
- 4 green onions, thinly sliced, divided
- WHEAT THINS Original Snacks

### MAKE IT

**Grate** enough peel off orange to measure 1 tsp. zest. Remove and discard remaining peel from orange, then section orange.

**Chop** orange sections; place in medium bowl. Add cranberry sauce, peppers, lime zest, cinnamon, orange zest and ¼ cup onions. Use fork to break cranberry sauce into small pieces while blending with other ingredients.

**Spoon** salsa into serving bowl; sprinkle with remaining onions. Serve with WHEAT THINS.

**Nutrition Information Per Serving:** 180 calories, 5g total fat, 1g saturated fat, 0mg cholesterol, 250mg sodium, 32g carbohydrate, 2g dietary fiber, 13g sugars, 2g protein

© Mondelēz International group



Camembert-Cranberry Holiday Toppers

WHEAT THINS

Triscuit



"Pine Cone" Pesto-Cheese Toppers



*Fustare*  
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PRODUCT OF ITALY



## BRING THE FLAVORS OF ITALY HOME

When you can't make it to Italy for dinner, we bring Italy to you. We've curated foods and flavors made fresh by Italian families who truly enjoy life and love what they do. You'll be able to taste their passion for food in every bite.

EXCLUSIVELY AT **HyVee**







# MEATBALLS MAKE A WEEKNIGHT DINNER.



Armour LunchMakers:  
select varieties  
2.5 to 3.3 oz. 10/\$10.00



Armour Pepperoni:  
select varieties  
4 or 5 oz. \$2.48



Armour Summer Sausage:  
select varieties  
20 oz. \$4.99



Armour Meatballs:  
select varieties  
11 to 14 oz. 2/\$5.00



Armour Medium  
Bag Meatballs:  
select varieties  
25 oz. \$3.99



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*you make it great.*

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# HOME IS WHERE THE HEARTY IS.



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RESERVE™  
100% NATURAL





LOOK FOR THESE  
NEW GENERAL MILLS  
ITEMS AND MORE.

BRAND  
new



*Celebrate<sup>-the-</sup>Season*

FROM OUR  
FAMILY FARMS  
TO YOUR  
FAMILY'S TABLE.

*Good Comes  
Around*



Kemps Yogurt, Ice Cream, Frosty  
Trees or Winter Snowmen:  
select varieties  
48 oz. or 6 ct. 2/\$7.00



Kemps Sherbet:  
select varieties  
54 oz. 2/\$7.00



Kemps Ice Cream:  
select varieties  
132 fl. oz. \$5.99



Kemps Squeeze Sour Cream  
or Top the Tater:  
select varieties  
12 oz. 2/\$4.00



Kemps 2% Cottage Cheese:  
select varieties  
3 lb. \$5.99





# Get a \$5 reward

with your **\$15 Energizer®**  
battery and lights purchase!



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Purchase \$15 or more worth of any *Energizer®* Brand batteries or lights in a single transaction between 10/1/18 and 3/31/19.



## SNAP

Take a photo of your receipt and text Holiday5 to 811811 for instructions **OR** upload and submit at [www.holiday5.energizer.com](http://www.holiday5.energizer.com) **OR** email to [holiday5@energizer.com](mailto:holiday5@energizer.com) by 4/30/19.



## ENJOY

Get your reward! After your receipt is verified, you will receive an email with a redemption code to redeem a \$5 Visa® Prepaid Card issued via email as a code redeemable for online/telephone purchases only **OR** a \$2 Physical Visa® Prepaid Card (\$3.00 will be deducted from your \$5 reward to cover shipping & handling) issued via US mail redeemable wherever Visa® debit is accepted **OR** a \$5 transfer to your PayPal account.



Energizer Max or Lithium Batteries: select varieties 1 to 4 ct. \$3.99



Energizer AA or AAA Batteries: select varieties 16 ct. \$11.75



Energizer 123 Photo Battery: select varieties 2 ct. \$8.99

Valid on purchases of \$15 or more (before tax and after coupon savings) made in a single transaction between 10/1/18 and 3/31/19. Receipt must clearly show purchase amount, date, time & location, & product(s) purchased, & may be used only once. **Max. FOUR Rewards (any combo) per person/household/e-mail address.** Other terms and restrictions apply. For full Terms & Conditions/Privacy Policy see [www.holiday5.energizer.com](http://www.holiday5.energizer.com). By texting **Holiday5** to **811811** you consent to receive up to 10 promotional text messages (pertaining only to this program) via an automatic telephone dialing system to the number you provided from Snipp Interactive on behalf of Energizer Brands, LLC. Your consent to the above is not required to make a purchase. Std. message/data rates apply. Text **STOP** to 811811 to stop receiving texts; text **HELP** to 811811 for help. Sponsor: Energizer Brands, LLC, 533 Maryville University Drive, Saint Louis, MO 63141.

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## Open up the wonder this season

Invite your loved ones into a world of holiday magic with all-new Hallmark Paper Wonder cards, available at Hy-Vee.



Add your  
message on back





# ALZHEIMER'S AWARENESS

NOVEMBER IS ALZHEIMER'S AWARENESS MONTH. TO LEARN MORE ABOUT THE DISEASE AND HOW IT CAN BE TREATED, VISIT [HY-VEE.COM/HEALTH/HEALTHNOTES](http://HY-VEE.COM/HEALTH/HEALTHNOTES) AND ENTER THE KEYWORD "ALZHEIMER'S."

Alzheimer's affects more than 5 million people in the U.S., plus 10 million caregivers.

Hereditary Alzheimer's is very rare, making up about 5 percent of cases.

**Currently hundreds of clinical trials are being conducted to learn more about Alzheimer's and dementia. Learn more at: [clinicaltrials.gov](http://clinicaltrials.gov)**

**Research suggests that holistic steps may be helpful in slowing or preventing the disease, including: being fit and exercising regularly; eating fish, fruit, vegetables and nuts; getting enough sleep on a regular basis; and having a positive outlook about aging.**

## TOP 10 SIGNS OF ALZHEIMER'S

1. Memory Loss
2. Difficulty Performing Familiar Tasks
3. Problems with Language
4. Disorientation to Time and Place
5. Poor or Decreased Judgement
6. Problems with Abstract Thinking
7. Misplacing Things
8. Change in Mood or Behavior
9. Changes in Personality
10. Loss of Initiative

Sources: [www.alzinfo.org/articles/prevention-and-wellness-10/](http://www.alzinfo.org/articles/prevention-and-wellness-10/)  
[www.clinicaltrials.gov/ct2/results?cond=Alzheimer+Disease&term=&cntry=US&state=&city=&dist=](http://www.clinicaltrials.gov/ct2/results?cond=Alzheimer+Disease&term=&cntry=US&state=&city=&dist=)

HyVee® pharmacy

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**NO APPOINTMENT NECESSARY.  
HIGH DOSE AND QUADRIVALENT AVAILABLE.**

FUEL SAVER OFFER AVAILABLE TO ALL FLU SHOT RECIPIENTS.  
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Hy-Vee shelves are stocked with deals. Save money by picking up the items shown here and throughout *Hy-Vee Balance*.

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Land O' Frost  
Bistro Favorites:  
select varieties  
6 or 8 oz. \$3.99



Supremo Shredded  
Quesadilla Cheese:  
select varieties  
7 to 8 oz. 2/\$5.00



Texas Tamales:  
select varieties  
18 oz. \$7.99



Verena Street Coffee:  
select varieties  
11 or 12 oz. bag or  
12 ct. single cups \$5.99



Honest Kids Juice:  
select varieties  
8 ct. pouch or  
10 ct. box. \$2.99



Cameron's Coffee:  
select varieties  
4.33 to 12 oz. \$4.99

## PANTRY



Kaukauna All  
Natural Cheese:  
select varieties  
10 oz. \$4.49



Old Folks Sausage Patties:  
select varieties  
38 oz. \$7.99



Frigo Cheese:  
select varieties  
8 to 15 oz. \$2.99



Green Giant Vegetables:  
select varieties  
14.5 to 15.25 oz. \$0.89



Red Star Yeast:  
select varieties  
3 strips .75 oz. \$1.29

## OTHER



Reynolds Plastic Wrap:  
select varieties  
225 sq. ft. \$2.99



Chinet 16 oz.  
Comfort Cup:  
select varieties  
20 ct. \$4.99



Chinet Plates, Platter, Bowls or  
Cut Crystal Plates or Glassware:  
select varieties  
8 to 36 ct. 2/\$5.00



Bear Creek Dry Soup Mix:  
select varieties  
8.4 to 11.4 oz. 2/\$7.00



Idahoan Mashed Potato  
Pouch, Cup or Casserole:  
select varieties  
1.5 to 4.94 oz. 4/\$5.00



Spice Islands Assorted  
Gourmet Spices:  
select varieties  
.04 to 3.5 oz. \$1.00 off



Bush's Beans:  
select varieties  
15 to 16 oz. 4/\$5.00



Chicken of the Sea Oysters,  
Tuna, Shrimp, Salmon  
or Crabmeat:  
select varieties  
4 to 12.25 oz. \$2.89

## BEVERAGES



Diamond Chopped Pecans  
or Shelled Walnuts:  
select varieties  
8 or 16 oz. \$5.99



Eagle Brand Sweetened  
Condensed Milk:  
select varieties  
14 fl. oz. \$1.98



Jolly Time 3 Pack  
Microwave Pop Corn or  
Pre-Popped Pop Corn:  
select varieties  
4 to 10.5 oz. 2/\$4.00



From the Ground Up  
Cauliflower Crackers  
& Pretzels:  
select varieties  
4 or 4.5 oz. 2/\$7.00



Tradewinds Tea:  
select varieties  
1 gal. 2/\$6.00



# YOUR BEST DEFENSE AGAINST BRAND NAME PRICES.



**PHARMACISTS BUY STORE BRANDS LIKE TopCare OVER 90% OF THE TIME.**

1. Bari J. Bronnenberg, Jean-Pierre Dubé, Matthew Gertsdorf, Jesse M. Shapiro, Do Pharmacists Buy Super? Informed Shoppers and the Brand Premium, University of Chicago, January 2015.

# DO WHAT MAKES YOU HOPPY.



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# QUICK FIXES

CELEBRATE  
THANKSGIVING  
ALL MONTH LONG  
WITH THESE  
KID-FRIENDLY  
HOLIDAY-THEMED  
TREATS.

## THANKSGIVING KIDS' SNACKS



### CORN OF PLENTY

Make a healthy fall snack mix with Hy-Vee popcorn, Hy-Vee dried apricots, pistachios and chocolate-covered almonds.

### CHEESY MASHED POTATO MUFFINS

Spoon leftover mashed potatoes into greased mini muffin cups and sprinkle with Hy-Vee shredded Cheddar cheese. Bake at 375°F for 20 to 25 minutes. Top with chopped chives and Hy-Vee black pepper.



## PUMPKIN PANCAKES WITH MAPLE CREAM

Combine 1 cup Hy-Vee pancake mix,  $\frac{3}{4}$  cup Hy-Vee skim milk,  $\frac{1}{2}$  cup canned pumpkin puree and  $\frac{1}{2}$  tsp. pumpkin pie spice; transfer to a squeeze bottle. Outline leaf shapes onto a hot, lightly greased griddle; fill in with batter. Cook for 4 minutes or until golden, turning once. Top with maple syrup-sweetened whipped cream.

PHOTOS Tobin Bennett

## CANDY CORN POPS

Fill ice pop molds one-third full of Hy-Vee vanilla Greek yogurt. Insert craft sticks and freeze for 2 hours. Once frozen, combine orange-flavored drink and desired amount of powdered orange drink mix; add mixture to molds, filling two-thirds full. Freeze for 2 hours. Once frozen, fill molds with orange-flavored drink. Freeze for 4 to 6 hours more or until completely frozen.



### HONEY-NUT DIP WITH APPLES

Combine 1 (8 oz.) pkg. Hy-Vee reduced-fat cream cheese,  $\frac{1}{2}$  cup Hy-Vee almond nut butter and 2 Tbsp. Hy-Vee honey. Transfer to a serving bowl. Arrange sliced apples around dip on a serving plate. Add mini chocolate chips for eyes and a thin apple wedge for the nose.



### TURKEY-CRANBERRY PINWHEEL BITES

Spread Hy-Vee reduced-fat cream cheese onto a Hy-Vee 8-in. whole wheat tortilla. Swirl cranberry sauce into cream cheese. Thinly layer sliced roast turkey breast and spinach on top and roll up. Cut the roll into five bite-size pinwheels.

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NOVEMBER 2018

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### FOODS THAT HELP

### YOU RECOVER

### FROM OVERINDULGENCE

**30 GF V** Sweet Potato-Pineapple Juice *p. 60*

**30**  
minutes  
or less

30 MINUTES  
OR LESS

**GF**  
option

GLUTEN FREE

**V**  
option

VEGETARIAN  
DISH

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](mailto: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.





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**A PORTION OF THE  
PROCEEDS FROM HY-VEE  
ONE STEP POTATOES  
HELPS PLANT GARDENS  
FOR COMMUNITIES IN NEED.**



Hy-Vee **ONE** STEP

## UP NEXT

Celebrate the season with the December issue of *Hy-Vee Balance* magazine! Get recipes for healthy holiday baking, tips for managing stress, and catch up with everybody's BFF, Jennifer Aniston.

PHOTO Tobin Bennett







**Shows so fresh you might want to refrigerate them.**

The HSTV streaming network is serving up all-new online video content that will help you learn, laugh and live well. Our shows will cover everything from meal prep to mom talk, pet parenting to kitchen hacks, quick workouts and more.

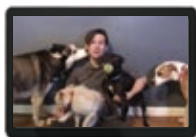
Watch and learn at **HSTV.com**



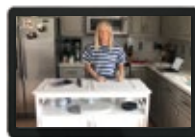
**EZ  
PZ**  
meals.



**MOMOSITES**  
ATTRACT.



**FOUR  
LEGS &  
FUR**



**iThink  
iBurnt  
the WATER**



**THE BEARD  
BEHIND THE  
BAR**



**The  
Braided  
Apron**