

seasons

HyVee
EMPLOYEE OWNED

FAMILY TABLE

WHAT RESEARCH
SAYS ABOUT
EATING TOGETHER



DELICIOUS
MEAL SOLUTIONS
FOR BUSY LIVES
PAGE 48

COLLEGE GUIDE

HACKS, SNACKS
& HOW TO PACK
PAGE 34

POWER BOWLS

PAGE 42



Back to School

BACK TO SCHOOL 2016
\$4.95 FREE
HY-VEE.COM

MIGHTY MELON BEVERAGE

HACK



WATERMELON DRINK DISPENSER

Cut a flat sliver off the bottom of a watermelon to form a steady base, then cut a 2-inch slice off the top. Scoop out the melon flesh inside and reserve for watermelon punch. Using a power drill with a clean drill bit, bore a hole in the melon to fit the spigot. Remove the spigot of a purchased drink dispenser and insert it into the hole, making sure to secure it on the inside of the rind with the accompanying threaded nut. Fill melon with watermelon punch, made with equal parts of watermelon puree and lemon-lime soda, and let guests help themselves!

TANGERINES BY THE BOOK

Tangerine Trick: (1) Cut a thin slice off the top and bottom of the orange. (2) Make a slit from the top to the bottom on one side. (3) Open the orange like a book to easily peel out segments and eat.



1



2



3

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FOOD HACKS

PEPPERS know it, use it



bell
pepper



anaheim



poblano



jalapeño



serrano

know: Skinny but robust, this popular chile is a bit hotter than a jalapeño.

use: Serranos are great in fresh salsas and marinades.



habanero



MILD

HOT



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Face it, kids will love this sandwich. It's one of the fun foods for school lunches featured in "Out of the Box," page 16.

All products shown in *Hy-Vee Seasons*
are available from local Hy-Vee stores.
Please ask our helpful employees if you
need assistance locating these products.

Prices effective
July 20, 2016, through
August 17, 2016
(while quantities last).

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Hy-Vee Seasons recipes are tested
by the Hy-Vee Test Kitchen food
technologists to guarantee that
they are reliable, easy to follow and
good-tasting.

Please recycle after use.



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WHO WILL
HELP YOUR
CHILD BLOOM
THIS SCHOOL YEAR.



Look for this icon to find how-to videos
in the *Hy-Vee Seasons* digital magazine.

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VIDEO

Become a better cook while having fun. Learn helpful kitchen tips by watching Hy-Vee videos. Find the titles *below* and more at www.youtube.com/user/HyVee

- Family-Pleasing Lasagna
- Rio Rainbow Cocktail
- Cutie Cupcakes



Digital

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- Low prices



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twitter.com/HyVee



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Like us on Facebook for access to cooking tips, how-tos and inspiration.
facebook.com/HyVee



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Learn to cook with helpful how-to videos on the Hy-Vee YouTube channel.
youtube.com/user/HyVee



About Our Guest Editor:

Growing up in Vietnam, Gina Luu loved nothing better than learning about food at her mother's restaurant. Eight years ago, Gina moved to the United States, graduated from high school and studied at the Iowa Culinary Institute. She is now a chef at Hy-Vee #1 in Ankeny, Iowa.

DEAR HY-VEE READER,

I was very fortunate to come to the United States when I did. From what I understand, until recent years Americans had long eaten the same familiar foods fixed the same familiar ways. But tastes are changing now. Today people are discovering the joys of fresh produce, seafood and spices. As I am learning American ways to fix pork, our customers are learning about Asian spices and enhancing their dishes with fish sauce.

I see how my own mealtime creations for Hy-Vee shoppers are now influenced by both where I am from and where I am going. One of my favorite creations as a Hy-Vee chef is my Maple and Bacon Crab Rangoon Dipping Sauce. Customers love it and so do I. Then in the fall, I like using roasted butternut squash, which is a very American food. I came up with a Butternut Squash and Quinoa Salad that customers can find in the Kitchen Department case once squash is in season.

Working at Hy-Vee has been one of the best things that has ever happened to me. I engage with friendly shoppers every day, my coworkers are a great team and I get to cook for a living. Who could ask for more?

As you read through this Back to School issue of *Hy-Vee Seasons*, you'll find helpful recipes for busy families, including "Out of the Box," page 16, with lunch ideas for kids; "Power Bowls," page 42, for your health; "Food for Talk," page 48, for making dinnertime a better family time; and "Best in Class: Cheese," page 70, for a classic sandwich reimagined seven ways. Also get a close-up look at the Midwestern athletes and Brazilian foods that make this year's Summer Olympics in Rio de Janeiro a world-class event.

Everyone at Hy-Vee hopes the coming school year is successful for our customers, from those entering kindergarten to those graduating from college.

Sincerely,
Gina Luu, Chef
Hy-Vee #1 Ankeny, Iowa

MIGHTY MELON BEVERAGE

HACK



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PEPPERS

know it, use it

bell pepper

know: A sweet pepper with no heat, bell peppers start green and turn red, orange or yellow as they ripen.
use: Eat raw in salads, or grill, sauté or roast for extra sweetness.



anaheim

know: A milder version of the New Mexico chile, the Anaheim is from California.
use: Stem, seed and roast, then add to scrambled eggs, sauces or soups.



poblano

know: A medium-hot chile, the poblano is aromatic and flavorful.
use: This chile is famously stuffed as a dish called chiles rellenos in Mexico.



jalapeño

know: This plump pepper ranges in heat from mild to medium.
use: Scrape out the seeds and mince, then add to salsas or salads.



serrano

know: Skinny but robust, this popular chile is a bit hotter than a jalapeño.
use: Serranos are great in fresh salsas and marinades.



habanero

know: A wickedly hot pepper, the habanero is also a bit sweet and fruity.
use: A little goes a long way. Always wear gloves when handling!



MILD

HOT

ONE BOWL. OVERFLOWING POSSIBILITIES.



Spicy Mexican Rice Bowl




Caramel Apple Nachos



When school starts, no two days are alike — but one thing remains the same: you want to feed your family well! Nestlé helps you take a few ingredients and turn them into delicious meals, snacks and drinks, with [GoodNes.com](https://www.GoodNes.com).



GoodNes

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 **Nestlé** Good Food, Good Life



Celery

Celery is a member of the parsley family. The pale green, everyday variety with feathery leaves is called Pascal celery. The tender, light-colored celery stalks at the center, commonly referred to as the heart, are smaller, milder and more tender than the outer ribs.

SELECT AND STORE

Look for tightly bunched celery with firm, crisp stalks, a pronounced light green color and healthy looking green leaves. Avoid bunches that are limp, hollow or browned. If you prefer, buy bags of celery hearts that contain only the tender inner stalks. Store whole bunches of celery in a plastic bag in the refrigerator for up to two weeks.

PREPARE

Separate ribs from the bunch only as needed. Wash them thoroughly and trim off both ends. For ribs that contain fibrous threads, run a vegetable peeler down the length of the stalk to remove them. Refresh limp celery with a 30-minute soak in ice water. Enjoy celery raw in salads or with savory dips. Chop stalks and add to stocks, soups and stir-fries. Use the leaves much like parsley as a garnish.

NUTRITION

With its high water content—95 percent—celery has only 10 calories per stalk. Fiber in celery helps regulate bodily functions and blood sugar. Studies confirm that celery may help lower blood pressure due to its potassium content and the presence of phthalides, compounds that relax muscles around arteries. Celery also contains vitamin C and antioxidants, which help protect against the common cold and other diseases. Include the leaves whenever possible for a boost in calcium, magnesium and vitamin C.

10 WAYS TO EAT CELERY



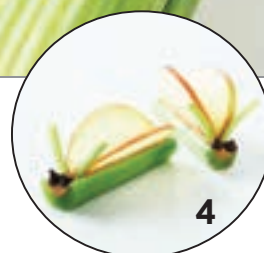
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4

1. Pops: Insert thin sticks into seedless grapes spread with almond butter and coated with chopped dried cranberries, chopped pistachios or trail mix.

2. Fans and hummus: Make several lengthwise cuts from one end of a celery stick to almost the center. Place celery in ice water and refrigerate for 1 hour or until ends curl. Remove from water and serve with hummus.

3. Nacho boats: Fill sticks with a mixture of cream cheese and Cheddar cheese dip; top with crushed nacho cheese-flavored tortilla chips.

4. Bugs: Fill sticks with peanut butter and insert thin apple-slice wings, celery-fiber antennae and mini chocolate chip eyes.

5. Slaw with crunch: Add chopped celery to a slaw mixture to use as a tasty topper for pulled pork sandwiches.

6. Savory biscuits: Add finely chopped celery to packaged buttermilk biscuit mix before baking. Serve with chicken noodle soup.

7. Asian stir-fry: Add sliced celery to a frozen stir-fry veggie mix; toss with stir-fried chicken or beef strips and bottled stir-fry sauce.

8. Waldorf lettuce wraps: Cut celery and Granny Smith apples into thin strips; toss with seedless grapes, toasted walnuts and bottled creamy salad dressing. Wrap mixture in lettuce leaves.

9. Celery-Sriracha butter: Combine unsalted butter with finely chopped celery, Sriracha sauce and celery salt. Serve on corn or burgers.

10. Juice: Extract juice from two stalks celery, one small cucumber, one Granny Smith apple, a handful of kale or spinach leaves and ½ peeled lime using an electric juicer, according to manufacturer's directions. Strain before serving.

10



5



6



7



8



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#GOTOGETHER

with Kashi

Making Kashi® a part of your day means adding possibility to the day ahead. From your sunrise vinyasa session to your sunset surf, our foods are made from tasty, plant-based ingredients that #GOTOGETHER to help you live your active life.

Beachside Yoga at Wanderlust® Tremblant/Photo by Connie Grisley



New!
GLUTEN
FREE

Kashi Cookies,
Crackers or Bars:
select varieties
4.25 oz. to 9 oz. 2/\$6.00



You can find the goodness of whole grains and positive nutrition in our snacks. Perfect for weekday lunches, or as fuel for after-school practices. Be sure to try our NEW Teff Thins™ crackers. Gluten free and inspired by ancient culinary traditions, these tasty, thin crackers go perfectly with hummus!



New!
VEGAN

Kashi Waffles or Entrée:
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9 to 10.1 oz. 2/\$6.00



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New!
GLUTEN
FREE

Kashi GOLEAN Cereals:
select varieties
13.1 to 14 oz. 2/\$6.00



Put plant-powered goodness with great taste, texture, and nutritional benefits on the breakfast table. Our GOLEAN® cereals are a good source of protein and fiber sure to keep you feeling good all morning long.



Kashi Cereals:
select varieties
12 to 16.3 oz. 2/\$6.00

Crunchy clusters, sweet squares, flakes, and granola—we've got a cereal for everyone. Kashi® cereals are made with whole grains, toasty-good taste, and real nutrition you can feel great about.

TEACHER'S PET

Start the school year with a display of gratitude. Craft this DIY container with your child and fill it with A+ blooms from the Hy-Vee Floral Department. Send it to school for the new teacher's desk.

WHAT YOU NEED

- 1 EMPTY PINEAPPLE JUICE CAN
- SCISSORS
- SCRAPBOOK PAPER
- DOUBLE-SIDED TAPE
- RIBBON
- 3 STEMS GREEN HYDRANGEA
- 3 STEMS WHITE SPRAY ROSES
- 3 STEMS WHITE ROSES
- 4 STEMS WHITE ALSTROEMERIA

STEP 1: Rinse and dry empty pineapple juice can. Cut scrapbook paper or downloadable template to height of can. Wrap can in paper and secure with tape.

STEP 2: Wrap ribbon around can and tie with a bow. Fill with water.

STEP 3: Hold flowers next to can to determine height. Remove leaves that will be below the waterline. Cut stems on a diagonal while holding them underwater to avoid trapping air. Place stems in can, arranging as desired.

PHOTO Tobin Bennett

Download this template at
www.hy-vee.com/seasons

JOHN DIAZ IS CERTAIN HE HAS FOUND THE BEST JOB IN THE COMPANY AFTER 37 YEARS AS A HY-VEE EMPLOYEE. AS FROZEN FOODS MANAGER AT THE YEAR-OLD HY-VEE IN NEW HOPE, MINNESOTA, HE LIKES THE COMMUNITY, LIVING NEAR THE TWIN CITIES, THE SHOPPERS AND STORE COWORKERS. IT ALSO HELPS THAT HE LOVES ICE CREAM.





FOR DECADES, THE FROZEN FOODS CASES HAVE BEEN A FREQUENT STOP FOR SHOPPERS AT HY-VEE STORES. EVEN IN THIS TIME WHEN THINGS CHANGE SO QUICKLY, FROZEN PRODUCTS REMAIN CONVENIENT, NUTRITIOUS CHOICES FOR EVERYTHING FROM BREAKFAST TO DESSERT. JUST ASK JOHN DIAZ, A HY-VEE FROZEN FOODS MANAGER.

Q: Where do customers spend the most time in the frozen foods aisles?

A: That would be around the ice cream, frozen pops and confections. It's not just vanilla, chocolate and strawberry ice cream anymore. It's cheesecake ice cream and salted caramel peanut ice cream, and it's constantly changing in that part of the frozen foods section. People are always looking for the latest and the greatest. Lately, it's been the birthday-cake flavor ice cream. It makes customers happy. They get pretty giddy about ice cream.

Q: What's the customer reaction to the new It's Your Churn brand of ice cream?

A: People really like it. It's a very high quality product. If you like Häagen-Dazs or one of the other premium ice creams, It's Your Churn is right up there with them. It's soft and very creamy, plus it's a good value. It's one of the Hy-Vee hidden gems that's doing well and will keep doing well.

Q: What is the best part of your job?

A: I'm always out on the floor, so I'm talking to shoppers or other employees. I particularly like helping people find what they're looking for or, if I get a request for something that we don't stock, I try to get it in for them. Sometimes, these are items that several people in the same neighborhood are looking for.

Q: Like what?

A: Bridgeman's Ice Cream comes to mind. We had several customers requesting Bridgeman's, so we found it and started stocking it. Bridgeman's was a memory that several people cherished because it was a favorite local place for a long time. People shared about going there when they were kids. They have a strong emotional attachment to Bridgeman's. We've had other local places with products we started stocking. One is a local brand called La Loma Tamales and there's a pizza called Kettle

River Pizza that's made in Askov, which is up in northern Minnesota. We started stocking that after a gentleman called and asked if we could. This was the pizza that he and his father ate when they went fishing up there. People feel pretty strongly about local brands, so we're always glad when we can stock them here in the store.

Q: How does your frozen foods department compare to those departments at other Hy-Vee stores?

A: We have 134 doors in our department, which puts us about in the middle of the pack at Hy-Vee. Some of our older stores have larger frozen foods sections than our newer stores. And some older stores are removing some doors to make room for other kinds of items. Frozen is generally shrinking as customers' tastes and desires change. Hy-Vee is more geared today to offer fresh perishables and freshly made meals. But don't worry, there will always be a frozen food section. Frozen foods can be prepared quickly and they are high quality—that won't change. Plus, these are not your granddad's TV dinners. A big pan of frozen lasagna is a delicious meal.

Q: Are there any food categories you stock up on as kids go back to school?

A: Snacks are the big thing. When kids get home at the end of the day, they need a snack that won't fill them up before dinner. A healthy choice is Crunchables, which is a line of frozen breaded vegetables.

Q: What category in the frozen section has changed the most in recent years?

A: That would be food from restaurants. You can now buy dinners from Boston Market, P.F. Chang's, T.G.I. Fridays and several more companies. They've built a special niche, and in some cases it has saved these companies.

Q: Is there anything consumers are missing? Something they ought to try?

A: Frozen soups are overlooked. These are excellent, whether it's the Hy-Vee brand or some of the others. Also, frozen burgers are quite good, and you can toss them frozen onto the grill. Man Cave Craft Meats is a brand that comes to mind for flavor.

MEET JOHN DIAZ

As a 16-year-old in Mason City, Iowa, John Diaz landed his first job with Hy-Vee. Now working at the store in New Hope, Minnesota, he believes he is in his last job as a career employee. Along the way, John worked nine jobs in nine Hy-Vee stores. "The best is the job I have as the frozen foods manager. I get to interact more with shoppers, and every day is enjoyable."



TIP: Blanching vegetables is recommended before freezing to stop enzymes that harm flavor, color and texture. Find info at the National Center for Home Food Preservation website.

COLD PLAY 101

Your fridge and freezer are your best friends for big-batch cooking, whether it's making individual meals or family-size casseroles. Follow our guide for the freshest results.

Prepping several meals at one time makes eating healthier not only possible but quick and easy. Carve out time once a week—a weekend afternoon or evening—for bulk cooking, chopping, and refrigerating and freezing in an assembly line. Think of ways to use your freezer as an extension of your pantry: a place to store staples—and even some specialty items—that will make your cooking more efficient and enjoyable. Here are some ideas:

- Make multiple casseroles at one time and freeze them. Try favorites, such as Family-Pleasing Lasagna, *page 55*; Tater Hot Dish, *page 59*; or other recipes that freeze well. Freeze whole casseroles unbaked, or bake them and freeze individual portions in freezer-safe containers.
- Pack and freeze individual meals that include an entrée and sides.
- If you have any berries, peaches or bananas that are in danger of becoming overripe, portion them with other add-ins and freeze individually for quick smoothies.
- Freeze leftover broth, pesto, pasta sauce or tomato paste in an ice cube tray. Once solid, transfer the cubes to a resealable freezer bag.
- Freeze grated cheeses, nuts and chopped fresh herbs separately or combined into blends so they're prepped and ready when you need them.
- Always have a bag of mirepoix (pronounced *meer-pwah*) in your freezer to use for stocks, sauces and soups. Make the mixture using 2 parts diced onion to 1 part each of diced celery and carrots.



CHILLING GUIDE

TIPS FOR FREEZING, REFRIGERATING AND THAWING

TEN TIPS TO FOOLPROOF FREEZING

1. Freeze the right foods.

Soups, stews, casseroles, fruits and some vegetables freeze well. Avoid foods with cornstarch- or flour-thickened sauces as these will break down.

2. Blanch vegetables such as broccoli, green beans and asparagus before freezing to preserve their flavor and bright colors. Submerge the veggie in boiling water, then transfer to an ice bath before freezing.

3. A cheat sheet. Freeze veggies, such as sliced bell peppers and onions, on sheet pans. Then transfer the food into freezer bags. The food will stay separate for easy measuring.

4. Lay large bags flat to maximize freezer space. They will also thaw more quickly.

5. Cool foods before freezing.

Divide cooked food into smaller portions in shallow freezer-safe containers. Arrange containers in a single layer in the freezer to allow cold air to circulate around the containers until frozen.

6. Leave ½-inch headspace between the top of food and the rim of its container to give food room to expand while it freezes.

7. Stack containers once the food inside is completely frozen to best utilize freezer space.

8. It's a wrap. Use containers and wraps designed for the freezer; they are thick enough to keep moisture in and freezer odors out.

9. Label clearly. Include the recipe name, date and special instructions.

10. Never refreeze anything that's been previously frozen.

CONTAIN IT

• **Glass containers with lids.** Store food in glass so you can see the contents of your containers. These generally can be used in most microwave ovens.

• **Disposable foil and bakeware pans.** Keep several sizes and shapes on hand for potlucks or quick clean-up nights.

• **Plastic containers.** Be sure to look for an icon or phrase on the bottom of a container, which will indicate if it is designed for freezer use.

• **Pint-, quart- and gallon-size resealable freezer bags.** Use small bags for individual portions. Use bigger bags for large quantities of fruits and vegetables; you can easily reseal them.

THAWING: Thaw freezer meals in the refrigerator, not at room temperature. Allow a full day for large casseroles. Thaw individual portions in a microwave oven.



REFRIGERATION

Store cut-up veggies, grains and meats in the fridge to toss into quick meals such as "Power Bowls," page 42. Most items can be refrigerated for up to 3 days. Here's how to do it:

- Wash veggies thoroughly and peel, if needed.
- Wrap larger quantities of firm cut-up veggies, such as carrots, celery, broccoli, cauliflower

and Brussels sprouts in lightly moistened paper towels and store separately in plastic bags.

- Place softer cut-up veggies, such as bell peppers, onions and cucumbers in airtight containers and store in the crisper.
- Wrap shredded cabbage and cut-up green beans in plastic wrap, and bell pepper strips in dry paper towels so they stay crisp.

- To refrigerate berries, arrange in a single layer in an airtight container lined with paper towels.
- Store cooked meat, shredded poultry, shrimp, hard-boiled eggs and tofu in separate airtight containers.
- Store cooked grains, such as farro, bulgur, wheat berries, barley and quinoa in airtight containers. Add a little water before reheating.





Kraft Salad Dressing: select varieties 3.2 oz. 3/\$3.00



Claussen Pickles: select varieties 20 to 32 oz. \$3.48



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P3 Portable Protein Pack: select varieties 2 to 2.3 oz. 2/\$3.00



Oscar Mayer Ham or Turkey Lunch Meat: select varieties 8 oz. \$2.77




Oscar Mayer Rope Sausage: select varieties 12 or 13 oz. \$3.99



SHARE THE FUN!



Oscar Mayer Lunchables UPLOADED: select varieties 14.1 to 15.6 oz. \$2.99

- 
- OUT OF THE BOX
 - BOX TOPS FOR EDUCATION
 - GET YOUR GAMES ON!
 - COLLEGE GUIDE
 - POWER BOWLS!
 - FOOD FOR TALK
 - MELONS: A CUT ABOVE
 - FIT FOR LIFE
 - BEST IN CLASS: CHEESE
 - PINKY SWEAR

BACK TO SCHOOL '16



OUT OF THE BOX

WORDS Kaitlyn Cimino and Lois White PHOTOS Cameron Sadeghpour and Tobin Bennett

SPREAD, CUT, WRAP, BAG—IT'S THAT TIME OF YEAR AGAIN. LUNCH BOXES ARE AT THE HEART OF THE BACK-TO-SCHOOL SEASON, AND THESE CLEVER IDEAS AND RECIPES WILL HELP YOU THINK OUTSIDE THE BOX AND PACK THE BEST LUNCHES EVER.

DARE TO BE DIFFERENT

While some cafeteria classics never get old, there is always room for something new. Don't just stick with the tried-and-true; instead, upgrade your child's favorite peanut butter and jelly with fresh berries and honey, or give him or her something entirely different, like turkey and avocado. Better yet, ditch the sandwich altogether for a hummus-and-veggie wrap. Even the pickiest eater appreciates novelty in a well-stocked lunch box. Creative ideas will keep your kid interested, while unexpected flavors help both you and your child freshen up your daily routines.

PUMP IRON (AND OTHER NUTRIENTS)

Somewhere between the alphabet and algebra, your child should learn how to eat healthy on their own. Until then, help your favorite student get the vitamins and nutrients he or she needs. Pack a smarter sandwich made with fiber-rich whole grain bread and layers of lean, low-sodium sandwich meat for protein. Healthy fats found in avocado slices, nuts and seeds provide extra nutrients and give your child long-lasting energy to get through a day.

For snacks, try including healthier alternatives to the typical choices, such as chopped veggies instead of chips or yogurt-covered raisins instead of candy. You don't need to eliminate special treats altogether; just be selective about both the quality and quantity of what you pack on a daily basis. Kids notice when you elevate your game by loading their lunch boxes with foods and drinks that are as nutritious as they are tasty.

SERVE UP A SIDE OF HUMOR

Brainstorm some corny parent jokes, and pack a lunch full of laughs, instead of a bag full of boring. Not only will funny food be more fun, it will help your child enjoy lunchtime with classmates by sharing the joke. The Internet is filled with kid-friendly humor you can tie in with the food you prepare. Pack some silly sandwiches with cute animal faces like a rabbit or owl, or make a nutty beaver which is loaded with peanut butter. (See recipes in the story "10 Ways to Make 'Em Laugh," *page 20*.)

There are many simple tricks to brighten your child's day. It doesn't take a comedian to make a smiling sandwich bag or a goofy superhero snack. Check out the ideas ahead and put cheer in the new school year.



HONEYSUCKLE White
Fresh Ground Turkey:
85% lean 16 oz. \$2.99



Land O'Frost Deli
Shaved Lunchmeat or
Canadian Bacon:
select varieties
6 to 9 oz. \$2.18



Land O'Frost Premium or
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Lunchmeat: select varieties
9 to 16 oz. \$4.99



Wimmer's Natural Casing
Dinner Sausage or Little
Smokies: select varieties
13 or 14 oz. \$4.28



Wimmer's Wieners:
select varieties
12 or 16 oz. \$4.77



Pierre Drive Thru
Sandwich:
select varieties
4.6 to 5.7 oz. \$1.88



Creme Horns:
select varieties
4 ct. \$2.88



Flatout or Foldit:
select varieties
8.5 to 14 oz. 2/\$5.00

Roll-Out



**PACK YOUR FAVORITES INTO A FLATOUT WRAP
AND STAY FUELED ALL DAY LONG.**

TEN UNDER 10

THE SKY IS THE LIMIT WHEN IT COMES TO QUICK-FIX SANDWICHES. PREP ANY OF THE IDEAS HERE IN LESS THAN TEN MINUTES. See full recipes at www.hy-vee.com/recipes



STRAWBERRY, BANANA, ALMOND AND NUTELLA



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APPLE, HAM + WHOLE GRAIN SEED BREAD



CASHEW CHICKEN SALAD CROISSANT



PEANUT BUTTER BLUEBERRY



HAM & EGG BREAKFAST WAFFLE



CRUNCHY CHICKEN CAESAR WRAP



CALIFORNIA DREAMIN' PITA POCKETS



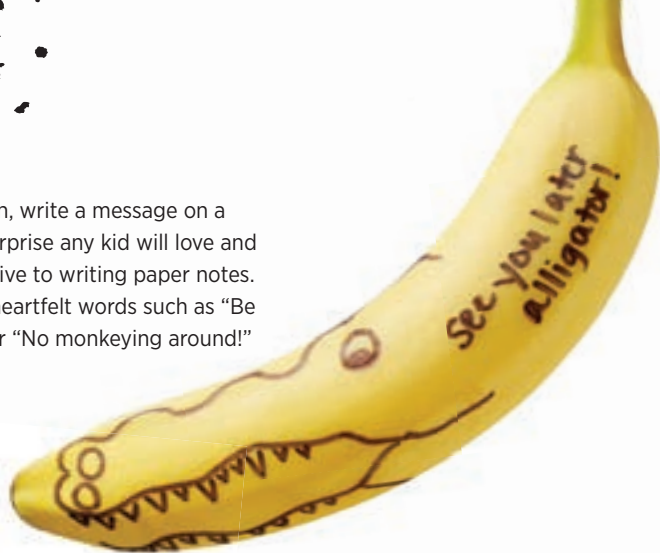
ITALIAN MEATBALL SUB SAMMIE



BACON + LETTUCE + AVOCADO

GO BANANAS!

Using a craft pen, write a message on a banana. It's a surprise any kid will love and a clever alternative to writing paper notes. Include simple heartfelt words such as "Be kind," "Smile," or "No monkeying around!"



A PICKLE THAT TICKLES

Give this fun bun googly eyes and a pickle-slice tongue. Add pepperoni rounds and sliced olives for eyes, and a piece of lettuce.



10 WAYS TO MAKE 'EM

LAUGH

FUNNY FACES, PLAYFUL DRAWINGS AND CUTE CUTOUTS ARE JUST THE BEGINNING FOR LUNCH BOX SURPRISES. CREATE NUTRITIOUS, TASTY LUNCHES TO GIVE YOUR CHILD HEARTY MEALS AND SOME GIGGLES.



LAUGHING AT OURSELVES

Surprise your kids with fruity portraits of themselves. Cut a slice of miniature watermelon and create a face with blueberries, an orange wedge, seedless green grapes and flower-shape cutouts of melon.



SILLY SAMMIES

Turn a deli sandwich wrap into a "wabbit wrap." For the face, use cut-up berries, mozzarella cheese and deli ham. Give PB&J a "wise old owl" look with kiwi and blueberry eyes and a strawberry nose.



MY OWN SUPERHERO!

Grab a cheese stick, get out the craft pens and let kids create their own characters. It's a genius way to encourage healthy snacking.



PUPPY LOVE

Use cookie cutters to cut a cheese sandwich into the shape of a puppy. Add flower shapes cut from whole grain bread, and a dog bone cut from cheese.



ONE GIANT LEAP FOR FUN

NO PLACE LIKE SPACE

Start the countdown to lunch with an astronaut made mostly from sliced cheese.



READY, ROCKET, GO!

Blast into space with a turkey, cheese and lettuce sandwich shaped like a rocket. Grape tomatoes, cheese slice cutouts and small dabs of cream cheese add detail.



FRUIT ON FLIGHT

Cut strawberries, pineapple and cantaloupe into bite-size shapes and thread onto a stick. Your rocket skewer is ready to launch.



SMILING SAMMIES

Package a sandwich in a resealable bag. Using a craft pen, draw a funny face on the plastic and tell your child, "Just try not to laugh."



AWWWW NUTSI!

BUSY BEAVER

Cut 2-inch- and 4-inch-diameter rounds from whole wheat flour tortillas; spread with creamy peanut butter. Decorate with whole pecans, raisins, seedless grapes and miniature marshmallows. Use miniature peanut butter cream-filled sandwich cookies for the tail.





DELIGHTFUL DESSERTS

Cutie Cupcakes

Start with cupcakes and buttercream from your Hy-Vee Bakery.

HERE FISHY FISHY:

You'll need: Hy-Vee Bakery vanilla cupcakes and vanilla buttercream, green food coloring, large candy eyeballs, red and green candy fruit jelly slices.

To decorate: Using green food coloring, tint buttercream green; spread buttercream on each cupcake. Arrange candy eyeball and red and green candy fruit jelly slices on top.

EASY LITTLE PANDAS:

You'll need: Hy-Vee Bakery chocolate cupcakes and vanilla buttercream, mini cream-filled chocolate sandwich cookies, Hy-Vee milk chocolate brown mini gems, tube of red gel.

To decorate: Spread vanilla buttercream on each cupcake. Remove tops of sandwich cookies. Insert plain cookies into buttercream for ears and cookie-cream pieces for eyeballs. Add brown mini gems for eyes and nose. Pipe red gel for the mouth.

KING OF THE JUNGLE:

You'll need: Hy-Vee Bakery vanilla cupcakes and vanilla buttercream, yellow and red food coloring, Hy-Vee cocoa peanut butter cereal, Hy-Vee milk chocolate brown mini gems, soft and chewy orange fruit candy, black licorice twists and black sprinkles.

To decorate: Using yellow and red food coloring, tint buttercream orange; spread buttercream on each cupcake. Arrange cereal around edges of cupcake for the mane. Add brown mini gems for eyes, a piece of orange fruit candy for the muzzle, licorice twists for whiskers and black sprinkles for the mouth.

Candy-Coated Energy Balls

Here's a sweet and simple no-bake dessert for kids that's nutrient-rich and full of healthful calories. For a nut-seed-fruit combo, try using almonds, sunflower seeds and dried cranberries in place of the chocolate pieces.

Prep: 10 minutes | Chill: 30 minutes | Serves 10

½ cup Hy-Vee old-fashioned oats
½ cup Hy-Vee creamy peanut butter
¼ cup Hy-Vee honey
¼ cup miniature candy-coated chocolate pieces
1 scoop Hy-Vee vanilla whey protein powder (1 serving)
½ teaspoon Hy-Vee vanilla extract
Dash Hy-Vee salt

1. In a medium bowl, combine oats, peanut butter, honey, chocolate pieces, protein powder, vanilla and salt.
2. Divide mixture into 10 portions. Roll each portion into a ball. Place balls in an airtight container. Cover and refrigerate for at least 30 minutes before serving.
3. Store the energy balls in an airtight container in the refrigerator for up to 1 week.

Note: The balls can be eaten right away, but their texture improves after several hours in the refrigerator.

Nutrition facts per serving: 120 calories, 6 g fat, 1.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 50 mg sodium, 15 g carbohydrates, 1 g fiber, 12 g sugar, 5 g protein. Daily values: 0% vitamin A, 0% vitamin C, 2% calcium, 2% iron.



*** Bonus feature: Try these Cutie Cupcakes at home. Watch the video in your free digital version of Hy-Vee Seasons. Downloading information on page 3.**

Apricot Hand Pies

Some of the best desserts come in small packages, as proven with these jam-filled pastries. Purchased pie crusts are a sweet shortcut for these easy portable desserts. The finishing touch: Add pastry letter cutouts for each child's name.

Prep: 20 minutes | Bake 20 to 25 minutes | Serves 6

1 (15-ounce) package Hy-Vee ready-to-bake refrigerated pie crusts (2 crusts)
6 tablespoons Hy-Vee apricot preserves
Water, as needed
Coarse sugar, as needed

1. Preheat oven to 350°F. Line a baking sheet with parchment paper; set aside.
2. On a lightly floured surface, unroll pie crusts. Cut out 6 circles of dough, each about 4 inches in diameter.* Save dough scraps. Brush edges of cutouts with water; place 1 tablespoon preserves in center of each. Fold dough over and press edges with a fork to seal.
3. Using dough scraps, rerolling if needed, cut out desired letters or shapes. Brush bottom sides of cutouts with water and position on top of pies, pressing gently. Brush tops of pies with water and sprinkle with coarse sugar.
4. Bake for 20 to 25 minutes or until crusts are golden brown. Cool on a wire rack.

*Note: If you don't have a 4-inch cutter, use a lid, bowl or other round object. Place the object on the piecrust and use a sharp knife to make the circle cutouts.

Nutrition facts per serving: 340 calories, 18 g fat, 7 g saturated fat, 0 g trans fat, 15 mg cholesterol, 380 mg sodium, 47 g carbohydrates, 0 g fiber, 11 g sugar, 3 g protein. Daily values: 0% vitamin A, 0% vitamin C, 0% calcium, 6% iron.



Nabisco Teddy Grahams:
select varieties
10 oz. 2/\$5.00



Nabisco Go-Paks:
select varieties
2.25 to 3.5 oz. 5/\$5.00



Nabisco Snak-Saks:
select varieties
8 oz. \$1.99



Nabisco Multi-Packs:
select varieties
12 to 18 pk. \$4.99

snack time happiness

Hardworking students
deserve an upgraded
after-school snack. Layer

Nabisco Go-Paks

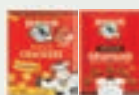
with pudding and
whipped cream for a
tasty cookie pie they
can take on the go.



A PERFECT pair



Kraft Organic or Back to Nature
Macaroni & Cheese:
select varieties
5 to 6 oz. 4/\$5.00



Horizon Cookies or
Crackers: select varieties
6.6 or 7.5 oz. 2/\$5.00



**Deliciously Creamy.
Conveniently Portable.**



Reinvent Snacking.

Laughing Cow Dippers: select varieties
5 ct., 1.23 oz. \$2.99

BOX TOPS FOR EDUCATION

When parents raise money for schools, 10 cents can add up to \$719 million. Twenty years ago, General Mills began stamping the Box Tops for Education logo on Cheerios, Lucky Charms and a few of its other cereals. Parents and kids clipped off the logos and gave them to their schools, which redeemed them for 10 cents apiece. Today the program is stronger than ever with many more participating brands, and so far \$719 million has been given to schools. Funds go to new books, computers, playground equipment and much more. Among the brands involved are General Mills, Betty Crocker, Hefty, Kleenex, Pillsbury and every brand shown, *opposite*.

HOW BOX TOPS WORKS:

Easy money for schools. Over 80,000 kindergarten to eighth grade schools have participated since Box Tops for Education began. Each school can earn up to \$20,000 a year. Eligible U.S. schools include public schools, private or parochial schools, schools operated by the U.S. military worldwide and even qualifying home schools.



- 1 **BUY:** Find Box Tops on hundreds of products.



- 2 **CLIP:** Clip Box Tops from packages.



- 3 **SEND:** Send Box Tops to school in a plastic baggie or attached to a downloadable collection sheet.



- 4 **EARN:** Every Box Tops logo you redeem is worth 10 cents to the school you choose.

Looking for ways to increase the amount donated to your school? Visit the program's website for information about Box Tops sweepstakes, in-store offers that rapidly multiply your earnings and products carrying a 14-digit eBox Tops code that can be redeemed online. For more information, visit www.boxtops4education.com

Buy any 5
General Mills
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BRANDS WITH SCHOOL SPIRIT



Betty Crocker
Fruit Snacks:
select varieties
4.5 to 8 oz. 3/\$5.00



Pillsbury Cinnamon
or Crescent Rolls:
select varieties
8 to 13.9 oz. \$2.19



Pillsbury Ready to
Bake Cookies:
select varieties
14 to 16.5 oz. 2/\$5.00



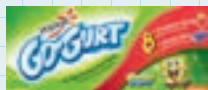
General Mills Cereal:
select varieties
11.25 to 13 oz. 2/\$5.00



Nature Valley or
Fiber One Bars:
select varieties
4.1 to 9.5 oz. 2/\$5.00



Betty Crocker Brownie
Supreme, Pouch
Cookies or Boxed
Muffins: select varieties
13.9 to 19.5 oz. \$1.99



Yoplait GoGurt:
select varieties
8 ct. \$1.79



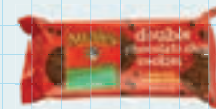
Totino's Pizza Rolls:
select varieties
40 ct. \$2.88



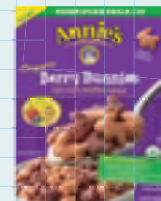
Chex Mix, Bugles
or Gardettos:
select varieties
9 to 15 oz. 2/\$5.00



Annie's Bunny
Fruit Snacks:
select varieties
4 or 4.5 oz. 3/\$10.00



Annie's Cookies
or Crackers:
select varieties
6.75 to 8.4 oz. \$2.79



Annie's Cereal or
Granola Bars:
select varieties
5.34 to 10.8 oz. \$3.69



Land O'Lakes
Tubs or
Margarine Stick:
select varieties
6.5 to 16 oz. \$1.88



Hefty Plates or Bowls:
select varieties
20 to 60 ct. 2/\$3.00



Ziploc brand Freezer
or Storage Bags:
select varieties
15 to 30 ct. 2/\$6.00



Ziploc brand
Sandwich or
Snack Bags:
90 ct. 2/\$6.00



Ziploc brand
Containers:
select varieties
2 to 8 ct. 2/\$6.00



Viva Paper Towels:
select varieties
6 rolls \$6.99



Kleenex Tissues:
select varieties
3 pk. \$3.99



Hefty Trash Bags:
select varieties
80 or 90 ct. \$10.49



Lysol Wipes or
Toilet Bowl Cleaner:
select varieties
24 fl. oz. or 35 ct. \$1.99

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PRODUCTS ON
THIS PAGE AND
GET 20 BONUS
BOX TOPS***

*Bonus Box Tops delivered via printout at register. Offer valid between 7/20/16 and 8/17/16. Certificate for bonus box tops provided at checkout. Limit one offer per visit. The 5 Box Tops for Education products must be purchased in a single transaction. Only BTFE registered schools can redeem Box Tops. Each Box Top is worth 10 cents to redeeming school. Limit \$20,000 per school, per school year for Box Tops redeemed through the Clip Program. See www.boxtops4education.com for participating products and program details. © General Mills



GET YOUR GAMES ON!

THE 2016 SUMMER OLYMPICS IN BRAZIL PROMISE BREATHTAKING FEATS OF ATHLETIC PROWESS THAT WILL BE THRILLING TO WATCH. GATHER FRIENDS TO ENJOY SNACKS AND SIPS FROM HY-VEE, WHILE ROOTING FOR YOUR FAVORITE CHAMPS. FOR FUN TRIVIA ABOUT SOME OF AMERICA'S TOP ATHLETES, CHECK OUT THEIR STORIES ON THE FOLLOWING PAGES.

WORDS Steve Cooper PHOTOS Tobin Bennett

TOAST THE GAMES

Celebrate the 2016 Summer Olympics and its host Brazil, with this tasty tippie that's as festive and bright as a party in Rio de Janeiro.

RIO RAINBOW

Prep Time: 2 minutes | Serves 1

Stir or shake together 1 cup tropical fruit juice blend (such as orange pineapple), 1½ ounces coconut rum and ¾ ounce orange liqueur. Fill a 12-ounce glass with ice cubes; pour in juice mixture. Slowly pour in ¼ ounce syrup from a jar of maraschino cherries, and allow it to settle at the bottom of the glass. Top with a splash of blue curaçao and garnish with a lime slice and maraschino cherry.



* Bonus feature: Learn to make a Rio Rainbow. Watch the video in your free digital version of *Hy-Vee Seasons*. Downloading information on [page 3](#).



FUN WITH FLAGS

Celebrate the 2016 Olympics with a fun flag cake from the Hy-Vee Bakery. Show your support for your homeland and for this year's Games as the world comes together for sport.

Search online for an image of the flag you want on the cake, then email that image to the bakery—contact them for an email address and specific directions regarding the image file.

Using a special food coloring “ink” printer, the bakery can quickly produce a decal of the flag and transfer it to the icing. Presto! Your uniquely festive cake will be ready to pick up.

GIVE YOUR OLYMPICS VIEWING PARTY A FLAVORFUL ADDITION THIS SUMMER BY SERVING A DISH FROM THE HOST COUNTRY. FOR RECIPES, SEE ONLINE AT WWW.BRAZILIAN.FOOD.COM

FEIJOADA (FAY-ZWAH-DA): THE NATIONAL DISH OF BRAZIL, THIS HEARTY BEAN STEW IS LOADED WITH BEANS AND SMOKED PORK PRODUCTS, SUCH AS SAUSAGE.

MOQUECA (MOO-KEH-KA): A COLORFUL STEW WITH SHRIMP, TOMATOES, ONIONS, LIME JUICE, COCONUT MILK AND CILANTRO.

PÃO DE QUEIJO (POWN-DEH-KAY-ZHO): SMALL, SNACKY CHEESE BUNS THAT ARE POPULAR AT BREAKFAST.

CHURRASCO: THIS IS BRAZIL'S VERSION OF BARBECUE. TYPICALLY THE MEATS—PORK, CHICKEN, BEEF AND SAUSAGE—ARE SKEWERED AND GRILLED OVER THE HOT EMBERS OF A WOOD FIRE.

Shawn Johnson: A familiar face at the Rio Olympics

Shawn Johnson is no stranger to Olympic glory. At the 2008 Summer Olympics in Beijing, China, she earned the gold medal for balance beam and silver medals for all-around gymnast, floor routine and her share of the team award.

This year, Shawn is returning to the spotlight as a commentator at the 2016 games in Rio de Janeiro. She has already been involved in promotional events for the games here at home, and she will be working in Brazil from opening to closing ceremonies. Shawn offers viewers unique insight into the games because of her own experiences as an Olympic athlete. Like many of the 2016 competitors, Shawn's was not an easy road for any adolescent to take, but she never hesitated in pursuit of her Olympic dreams.

"I don't think there was a day that I didn't love gymnastics. My parents let me try soccer and dance and track. Even though I loved them all, I loved gymnastics much more. This was what I wanted to do, and gymnastics was always my best sport," she says.

Join Shawn in celebrating the commitments that Olympic athletes make to pursue their goals. Cheer on all the 2016 athletes with Midwest roots as well the rest of the U.S. team!



DON'T MISS OUT!

The Olympics in Rio de Janeiro promise to be another spectacular presentation. Competition will be shown on NBC-TV, as well as streamed onto computers, tablets and mobile devices. Here are some of the key events you'll want to catch.

Women's Gymnastics. All eyes are on Simone Biles, who is causing a stir with her

athleticism. Gabby Douglas, formerly of West Des Moines, is likely to make a return after winning gold at the 2012 London games.

Men's Swimming. This is probably the last hurrah for all-time medalist Michael Phelps. But he has strong competition, including Americans Tom Shields and Nathan Adrian.

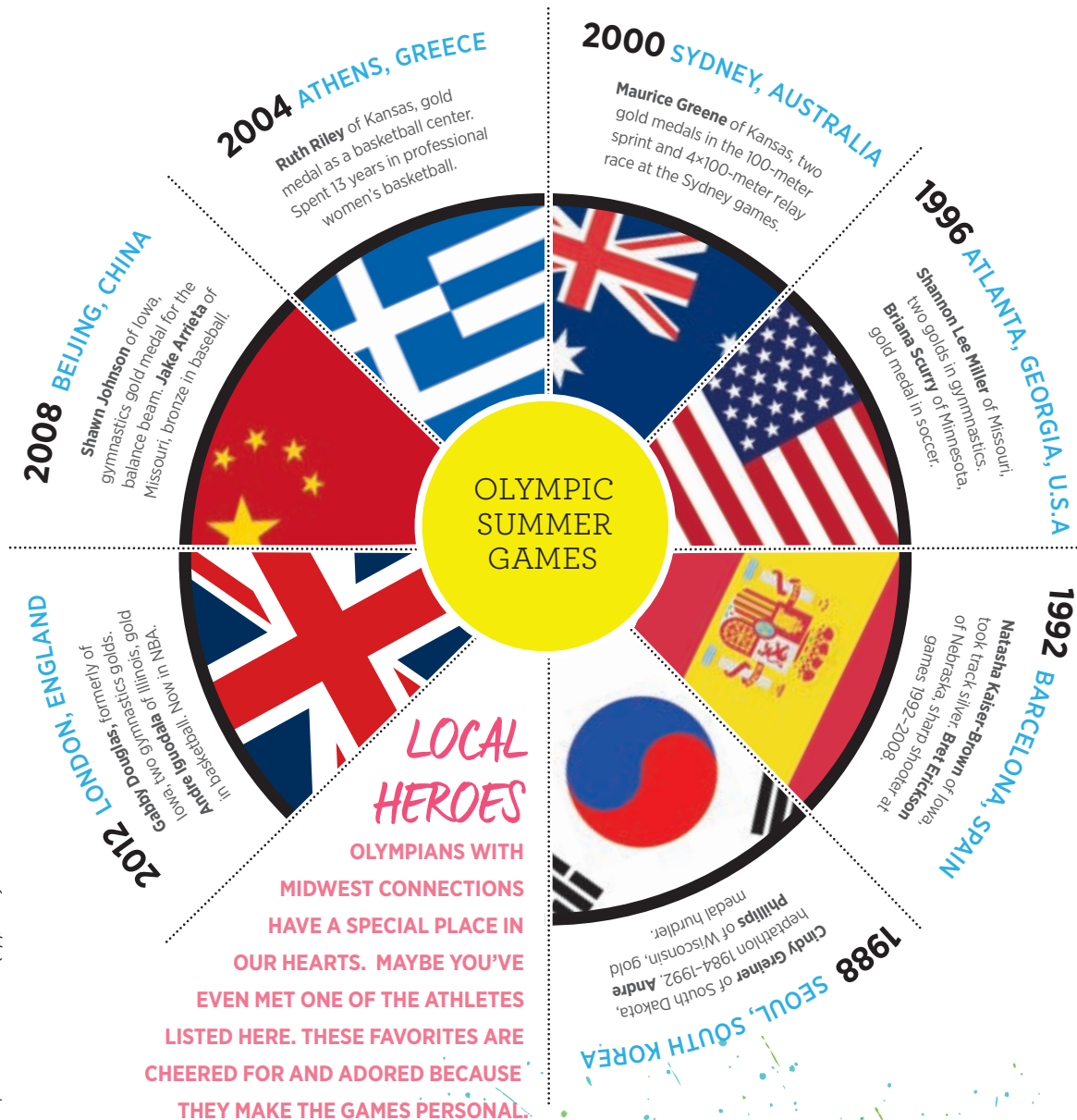
Men's Decathlon. Taking gold in London, American Ashton Eaton will surprise no one if he duplicates victory in Rio.

Women's Soccer. Having won the World Cup last year, the U.S. team is the favorite.

Men's 100 Meter Race. Usain Bolt of Jamaica and Justin Gatlin of the U.S. are neck and neck.

219million

Americans watched the 2012 London Summer Olympics. NBCUniversal aired 5,535 hours of coverage, surpassing 2008's Beijing Olympics by 2,000 hours.



By the Numbers

1896

The first modern Olympics are held in Greece.

2,404

Record number of medals won by the U.S. in all summer games appearances.

5

The number of rings interlocked to form the Olympic symbol.

They stand for the five inhabited continents on earth.

2

Los Angeles is the only U.S. city to host the summer games twice—1932 and 1984.

3

The number of times Chicago was turned down in bidding to host the Summer Olympics. The city failed to land the games in 1952, 1956 and 2016.

CELEBRATE THE SPIRIT

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Simone Biles

Gymnastics

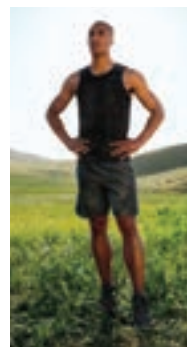
- Stirring up the world of gymnastics, the exceptionally athletic Simone is widely predicted to take home gold.
- Reigned as U.S. and world champion for three consecutive years.
- Has a signature move: The Biles. It's a gravity-defying floor move.
- Holds 14 world championships—most by any U.S. female athlete.
- Favorite place to hang out is the gym.
- Follows the NFL Houston Texans football team.
- Signed onto Team Kellogg's for the Olympics in Rio de Janeiro.

»BIRTH DATE
March 14, 1997

»RESIDES
Spring, TX

»A FIRST
First African-American to be a world champion as a gymnast.

»AWARDS
2013–2015 world and U.S. champion



Ashton Eaton

Decathlon

- Married to Canadian track star Brienne Theisen- Eaton, who also competed in the 2012 Olympics.
- His high school named a track after Ashton.
- Only the second decathlete to break the 9,000-point barrier.
- A favorite to bring home gold at the Rio Olympics.
- Started competing in the decathlon after he was recruited by the University of Oregon.
- New to the sport, he had never done two-thirds of the ten required events.
- Signed on as a member of Team Chobani and Team Coke this year.

»BIRTH DATE
January 21, 1988

»HOMETOWN
La Pine, OR

»PAST OLYMPICS
2012 in London

»AWARDS
2012 Olympic Gold Medalist, 5x World Champion, 5x NCAA Champion



Tom Shields

Swimmer

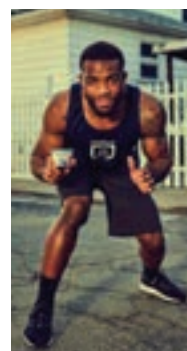
- Got serious about competition in high school, setting a national high school record for 200-yard freestyle.
- Record-breaker while swimming for four years at the University of California, Berkeley.
- Though he missed making the 2012 Olympic team, he's ready now.
- He and Michael Phelps share ownership of the American record for the 200-meter butterfly.
- Also holds the record for fastest swim around the Huntington Beach pier.
- Signed onto the Kellogg's Olympic team.

»BIRTH DATE
July 11, 1991

»HOMETOWN
Huntington Beach, CA

»RECORDS
Holder of record American times in the butterfly stroke at 50 and 100 meters.

»AWARDS
Gold medal at 2015 World Championships for butterfly relay.



Jordan Burroughs

Wrestling

- Reigning World Freestyle Wrestling champion at 74KG
- Following the IOC's initial recommendation to drop Wrestling from the Olympics in February 2013, Burroughs became a key advocate to keeping the sport in the Games and helped overturn the decision.
- Married Lauren Mariacher in October 2013; they have two young children Beacon and Ora.
- Became assistant coach at University of Nebraska in 2014 while continuing to train and compete with the goal of being the best in the world.
- Signed onto the Chobani team.

»BIRTH DATE
July 8, 1988

»RESIDES
Lincoln, NE

»AWARDS
2012 Olympic Gold Medalist, 3x World Champion

»PAST OLYMPICS
Competed in 2008 & 2012

“TO FINISH
OFF THE
OLYMPICS
BY FINALLY
GETTING THE
GOLD MEDAL,
IT’S THE BEST
FEELING IN
THE WORLD,”

SHAWN JOHNSON SAYS.



»BIRTH DATE
April 6, 1992

»HOMETOWN
Mesa, AZ

»WORLD CUP
Was a key player on U.S. women's soccer team that won a World Cup in 2015.

»PROFESSIONAL
Named Rookie of the Year in the National Women's Soccer League in 2014.

Julie Johnston

Soccer

- Plays at the defender position for the Chicago Red Stars pro team.
- Played youth soccer but didn't go out for her high school team. Instead, she served as a student athletic trainer.
- While on the soccer team at Santa Clara University in California, she was named a First-Team All-American by a national organization for soccer coaches.
- Nominated for the Golden Ball Award following 2015 Women's World Cup.
- Signed on with the Kellogg's Olympic team this year.



»BIRTH DATE
April 23, 1980

»RESIDES
Chicago, IL

»PAST PARALYMPICS
2008 Beijing, swimming

»AWARDS
Three-time paratriathlon national and world champion

Melissa Stockwell

Paratriathlon

- As a child, she was an aspiring gymnast who dreamt of competing in the Olympics. That dream translated into military service and then, the Paralympic Games.
- Became the first female soldier to lose a limb in the Iraq War, when her convoy hit a roadside bomb in Baghdad.
- Was introduced to the Paralympic Games while at Walter Reed Medical Center, and initially dedicated herself to swimming as it was already part of her rehab program.
- Awarded a Purple Heart and Bronze Star for her efforts in Iraq.
- Member of Team Chobani Greek Yogurt.



»BIRTH DATE
September 12, 1984

»HOMETOWN
Granite Shoals, TX

»PAST OLYMPICS
2008, Beijing
2012, London

»AWARDS
2015 Drake Relays, gold for 1 mile

Leo Manzano

Track

- Took home the silver medal for 1500-meter race in the 2012 London Olympics. It was the first U.S. medal at that distance in 44 years.
- Frequent motivational speaker for Marathon High, a training program for students who want to compete in marathons.
- Underwrites his training and coaching through money he raises online at www.leomanzano.com
- Finished in the top three at USA Championships ten years in a row.
- Signed onto the Coke Olympic team this year.



»BIRTH DATE
April 21, 1989

»RESIDES
Champaign, IL

»PAST PARALYMPICS
2012, London
2008, Beijing
2004, Athens

»MEDALS
Eleven medals at Paralympic Games, 14-time world champion

Tatyana McFadden

Para Track

- Born in Russia with spinal bifida, then adopted from an orphanage by the commissioner of Disabilities for the U.S. Health Department.
- Competed at 2012 Paralympic Games in London, against her sister, Hannah. They were the first siblings to compete in a paralympics.
- Currently running a Kickstarter campaign to fund a children's book she is writing.
- Signed on with Team Coke for this Olympics.

BACK-TO-SCHOOL WITH THE HOME TEAM



Smucker's Uncrustables:
select varieties
10 ct. \$5.99



Jif Peanut Butter:
select varieties 28 oz. \$3.48



Smucker's Fruit & Honey
Fruit Spread: select
varieties 9 oz. 2/\$5.00



Folgers Coffee:
select varieties
8.39 to 11.3 oz. \$3.68



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Bodywash: select varieties
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Herbal Essences or Aussie Haircare
Product: select varieties
4.9 to 13.5 fl. oz. \$2.99



Gillette or Venus Disposable:
select varieties
3 ct. \$7.99

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IF YOU'RE FULL
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AND FAMILIES EVERYWHERE.

#NOBADSTUFF

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Greek Yogurt is crafted using only natural,
non-GMO ingredients, real fruit and milk —
without preservatives or artificial flavors.



COLLEGE GUIDE

HACKS, SNACKS AND HOW TO PACK: A COLLEGE STUDENT'S GUIDE

WORDS Kaitlyn Cimino PHOTOS Tobin Bennett

More than 12 million students enroll in college each year, many of them leaving home for the first time. Although this is an exciting step for students and parents alike, the transition to dorm life can be stressful. Luckily, it only takes a few ideas and some key advice for recent grads to hit the ground running. Plus, students can always turn to Hy-Vee, with many stores located in close proximity to college campuses.

plan ahead Above all, college is a balancing act of social and academic obligations. An endless list of clubs, new friends and dorm mates compete for time against classes, papers and late night cramming. Try not to let the scale tip too far in either direction. Instead, manage your time by getting organized and being efficient. This means employing every resource you can to stay on top of your schedule, including day planners and to-do lists. At the beginning of the semester, consolidate all your important due dates in a single place. Even the biggest procrastinators can't ignore red ink all over the calendar.

As far as organizing your new living quarters, utilize as much space as you can with creative storage options. Behind-the-door hooks, under-the-bed drawers and stackable shelves or crates can help keep you from monopolizing the whole room. For personality, use adhesive strips to hang photos and decor without damaging walls and pick out a colorful area rug to soften and add warmth to cold flooring.

spend wisely For the majority of freshman managing a budget is also new territory, and this learning experience doesn't come with a syllabus. Again, the key is planning ahead, but also preparing for inevitable surprises. Calculate an average weekly grocery bill, then factor in an extra 10 dollars for a midnight pizza run with your roommate. These spontaneous expenditures help create the memories you'll cherish down the road, and honestly, when is pizza a bad idea?

When purchasing items for your new dorm room, note that a number of stores offer student discounts, including Best Buy, J. Crew and Target.com. An Amazon Prime subscription also can come in handy if you don't always have access to a car.

build a routine Most college meal plans include a buffet, but be warned. An all-you-can-eat arrangement is the first stumbling block on

the way to weight gain. Pay attention to the size of your cafeteria's dishes, as larger plates can lead to larger portion sizes. If a salad bar is available, try mixing and matching to avoid burning out on baby spinach.

Once you have mealtime nailed down, work on incorporating fitness into your routine. Bypass the freshman 15 by establishing a healthy workout plan for the semester. A running buddy makes it easy to turn exercise into a social activity. If you're a morning person, get a sweat in before everyone else gets out of bed.

cook with convenience Don't underestimate the power (literally) of a well-utilized microwave. A number of stove top snacks can be doctored up for microwave prep and even full meals are possible. Melt butter and marshmallows, then stir in cereal to make fresh crispy cereal treats. Or pop a standard bag of microwave popcorn and kick up the flavor with chocolate chips and nuts or dried fruit. Eggs, veggies, meats and more can be cooked quickly so you can spend more time studying and less time starving.

turn to Hy-Vee It might be your first time on your own, but that doesn't mean you have to go it alone. Look to Hy-Vee for wellness resources and, as always, a helpful smile.

- **HealthMarket:** Find tasty on-the-go options as well as single-serving freezer meals, snacks, drinks, vitamins and more.
- **In-Store Dietitians:** Speak to the dietitian at your local store for guidance in meal prep plus ideas about staying healthy this school year.
- **Pharmacy Services:** Transfer your prescriptions, get vaccines and maintain your health. Many Hy-Vee pharmacies offer free delivery.
- **Short Cuts:** Shop the produce department for precut fruits and veggies that can help save time during meal prep.
- **Aisles Online:** Order groceries for delivery online or pick them up at the store.
- **Mobile App:** Create a shopping list on the go plus much more on Hy-Vee's convenient mobile app.
- **Hy-VeeDeals.com:** Look for digital coupons, weekly ads and exclusive sales.

COLLEGE
STUDENTS
CAN TURN TO
HY-VEE FOR
MORE THAN
WEEKLY
GROCERIES.



ASK SIRI: HELPFUL APPS FOR COLLEGE

MINT: Take the hassle out of budgeting and stay on top of your bills. This app links to your bank account to help you track spending.

SEVEN: Make fitness one of your many priorities. Squeeze in a workout with Seven, a workout-packed app that requires nothing more than a few minutes a day.

WUNDERLIST: Keep your to-do list handy on any platform. Productivity has gone mobile with an app that tracks projects, shares grocery lists and more.

Look for Hy-Vee's
all-new mobile app
this September!
It's easier than ever
to save at Hy-Vee.

Three cheers for campus Wi-Fi. For group projects and studying, mobility is invaluable. When choosing a backpack, make sure it has room for your laptop, plus smaller pockets for things such as your wallet, cell phone and pens.

FIRST AID

Keep a first aid kit in your room. Stock it with bandages, antibiotic ointment, a cold pack, pain reliever, cold medication, a thermometer, tweezers and more. Need help with a prescription? Call a Hy-Vee pharmacist.



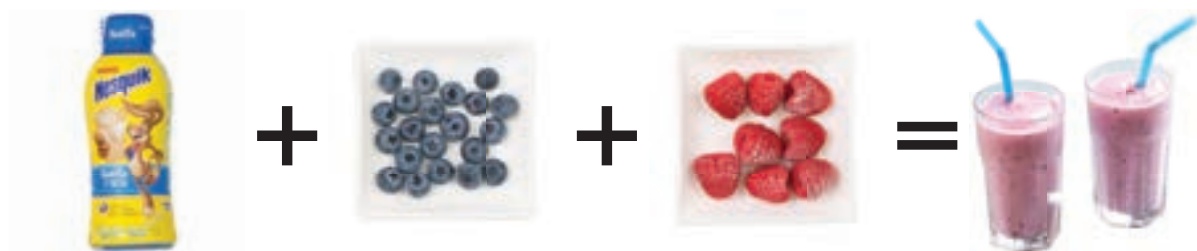
Quick + Easy snack ideas

THREE MEALS
WITH THREE
INGREDIENTS
EACH GIVE YOU
THE ENERGY FOR
A BUSY SCHEDULE.

1

BERRY BERRY SMOOTHIES

- Nestlé Nesquik Vanilla Lowfat Milk
- Frozen blueberries
- Frozen raspberries



Place bottle (14 fluid ounces) of chilled vanilla lowfat milk, $\frac{1}{3}$ cup frozen blueberries and $\frac{1}{3}$ cup frozen raspberries in blender; cover. Blend until smooth. Divide between 2 glasses.

2

QUICK BREAKFAST QUINOA

- Nestlé Coffee-Mate Natural Bliss Coffee Creamer
- Quinoa
- Banana & berries



Microwave 1 cup water and $\frac{1}{2}$ cup dry quinoa, rinsed, in medium, microwave-safe bowl on HIGH (100%) power for 5 minutes; stir. Microwave for an additional 6 minutes or until most of the water is absorbed. Remove from microwave; cover for a few minutes. Fluff with a fork. Stir in 2 tablespoons Coffee-mate. Divide between 2 bowls. Slice $\frac{1}{4}$ banana; top quinoa with banana and berries.

3

CALIFORNIA STYLE PIZZA

- Frozen Digiorno Italian Style Favorites Chicken Parmesan Pizza
- Avocado
- Arugula



Prepare pizza according to package directions. Peel and slice $\frac{1}{2}$ avocado. Place avocado slices over hot pizza. Top with arugula; season with pepper.



Nestlé helps you take a few ingredients and turn them into delicious meals, snacks and drinks, with GoodNes.com.



One of the largest contributing factors to students' spending is eating out. Take control of your lunch break with homemade meals and snacks. Instead of rushing back to the dorm between courses, pack an old-school brown bag lunch, but upgrade the selection. Quick and easy recipes include subs, wraps and salads, while precut fruits and veggies make quick snacks that are much healthier than anything you'll find in a vending machine.

Good to have:

- A coffeemaker to fuel your late night study
- A single-serving blender
- A place setting and utensils

Microwave food ideas for students

1



EGG SANDWICH Place 1 slice bacon on a paper plate. Microwave on high about 60 seconds. In a coffee mug, beat 2 eggs and 1 tablespoon milk with a fork. Microwave on high for 2 minutes or until eggs are cooked. Assemble sandwich, adding slice of cheese.

2



CHICKEN BREAST Place a boneless skinless chicken breast on a microwave-safe plate. Season as desired. Cover with plastic wrap. Microwave on high 3 to 4 minutes or until juices run clear, checking thickest area.

3



LOADED NACHOS Chop cooked chicken and distribute over a plate of tortilla chips. Top with sliced pickled jalapeño peppers and sprinkle with shredded cheese. Microwave on high for 1 minute or until cheese melts.

4



BAKED POTATO Prick a medium russet potato with a fork. Microwave on high 4 minutes; turn once halfway through. Halve potato lengthwise; sprinkle with shredded cheese. Microwave for 20 seconds or until cheese melts. Top with sour cream and bacon bits.

5



PEACH SUNDAE Cut a fresh peach into 8 slices. Arrange slices into a starlike shape on a plate. Microwave, uncovered, on high 1 minute. Top with scoop of It's Your Churn Ice Cream and a crumbled Hy-Vee Bakery snickerdoodle cookie.



Mastering the mini fridge

1

Stack the Shelves

Most fridges have adjustable shelving so you can determine spacing based on the products you buy. Group items by height and get clever. This is what all those childhood hours of Tetris have prepared you for.

2

Switch Containers

Wonky packaging is the bane of an organized fridge. Invest in plastic or glass containers to give bulky shapes a new home as well as to downsize when containers are half empty.

3

Use the Door

At home your fridge door may be full of forgotten condiments. But a seasoned college student knows this is prime real estate. Save the space for items you typically grab when rushing off to the next class.

10

flavor fixes

make your dishes sing with simple additions

Sriracha Mayo
Ketchup
Soy Sauce
Salsa
Garlic Powder
Crushed Red Pepper
Seasoned Salt
Honey Mustard
Ranch Dressing
Lemon Juice



chill out

Bananas aren't the only fruit you can keep out of the fridge.

Citrus fruit, like oranges, limes and lemons, as well as avocados, tomatoes and apples are all safe for a few days on your bookshelf before going bad.



RISE AND DINE

Nutrition 101 says students who eat breakfast are more attentive and alert throughout the day, plus morning munchers also are more likely to maintain a healthy body weight. For early classes, prep on-the-go options the night before.

NORI SUSHI™



FRESHLY MADE TO GO.



HY-VEE SUSHI

Got a yen for sushi? Hy-Vee makes it fresh every day! Whether you prefer spicy tuna or a classic California roll, the talented chefs at the sushi bar are ready to dish out a variety of flavorful Nori Rolls. Have it made to order or, if time is short, grab a box of prepared rolls and go. For your next party, it's easy to add a Japanese twist and treat guests to delicious sushi. Just call your local Hy-Vee for catering info.



Hy-Chi Guy

For the latest deals on Hy-Vee Chinese food, look to the Hy-Chi Guy! Subscribe to Hy-Vee's YouTube channel or look for new Hy-Chi videos on the Hy-Vee Facebook page.

THE AVERAGE
COLLEGE
STUDENT
SPENDS \$2,800
A YEAR ON
GROCERIES.

shop more

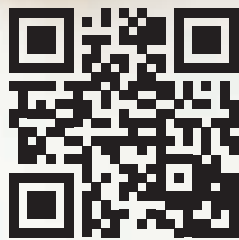
Hy-Vee stores are bursting with hot-and-ready meals, from homestyle to Italian, for students with little time for food prep.

Fuel Saver + Perks:
Build perks faster by
sharing an account
with your parents.

DON'T BE A CHICKEN.

TRY SOMETHING NEW.

You've purchased chicken for a Hy-Vee recipe you will be making for dinner, but do you have everything on hand needed for the task? With your smartphone, scan the QR code on the meat label, and the Hy-Vee app lets you watch a video about making the dish.



**SCAN FOR
HY-VEE HOW-TO VIDEOS.**

Savings at Hy-VeeDeals.com:

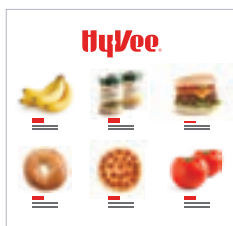
1



Hottest Deals of the Week

The best deals from our weekly ads. Save big, plus find some great Fuel Saver discounts.

2



Weekly Ads

Scan deals in our weekly ads. Digital coupons will be listed in your Fuel Saver + Perks account.

3



Coupons

More digital coupons for your favorite products. Redeem digital coupons at checkout with a simple swipe.

4



Fuel Saver + Perks™

To take advantage of all the deals, use your Fuel Saver + Perks card and the Hy-Vee app.

100s

Number of **money-saving coupons** offered every day at *Hy-VeeDeals.com*. Sign onto your Hy-Vee account, clip coupons and they show up in your Fuel Saver + Perks account. A simple Fuel Saver card swipe at the register is all you need.

\$217,000,000+

The amount of money Hy-Vee shoppers have **saved on gasoline** since 2012 by using Fuel Saver and Fuel Saver + Perks. Shoppers qualify for gas discounts through purchases made at their local Hy-Vee stores.

One

The number of steps, *left*, you have to take to start saving money. Go for steps 2, 3 and 4, and your savings will really stack up.

Now it's even easier to save money at Hy-Vee with **hy-veedeals.com**. You'll find digital coupons, weekly ads, everyday low prices, exclusive sales and more — all on a mobile-friendly website. Check out **hy-veedeals.com** today and start saving!

Hy-Vee® deals™

Clip and redeem. Shop for savings at *Hy-VeeDeals.com*

POWER BOWLS!

WORDS Carlos Acevedo PHOTOS Cameron Sadeghpour

PUNCH UP YOUR WEEKLY DIET WITH SUPER HEALTHY, CRAZY TASTY BOWLS FILLED WITH VEGGIES, PROTEINS AND SOME OF THE MOST AMAZING SAUCES AND TOPPERS. THE GOOD NEWS IS THAT YOU CAN PREPARE THE COMPONENTS AHEAD OF TIME AND ASSEMBLE A MEAL AT A MOMENT'S NOTICE. HAVE FUN CREATING YOUR OWN COMBOS WITH THE RECIPES AND IDEAS THAT FOLLOW.

Trendy power bowls have gone mainstream. Why? Because they make healthy eating taste really good. They're also fun to whip up. You can mix and match different flavors and textures to create your own vibrant, colorful meals. (See options, *pages 46-47*.)

The best bowls include a smorgasbord of visually inviting, nutrient-dense ingredients, including proteins, complex carbs, veggies and fun toppers, like seeds or nuts. You can also spoon hot broth or drizzle a sprightly

sauce over top. Flavorful components like these add a surprise element to the bowl, making every bite super delicious.

Protein and fiber-rich grains make a great foundation for a bowl. To save time, cook grains ahead and refrigerate to use throughout the week.

Adding a hot broth envelops all the ingredients under one flavor umbrella. You'll feel like you're eating a unified dish, rather than random items. Broth is also good for you, and as our recipes demonstrate, you

can amp up the flavor with garlic, ginger, mushrooms and other healthy additions. Refrigerate or freeze broth in portions, and reheat just before serving.

Cook meat or protein and chop veggies ahead; store in the fridge for up to 3 days. Prep toppings in a way that adds character and depth to your bowl. Toasting nuts or seeds or chopping herbs at the last minute enhances flavor.

Mix and match your favorite ingredients, and you'll never have to serve the same bowl twice.



A GRAIN BOWL, THIS MEAL RELIES ON A QUINOA MIX RATHER THAN BROTH AS THE FOUNDATION. A BRIGHT DRESSING BRINGS THE DELICIOUS SOUTH AMERICAN FLAVORS TOGETHER.



PERUVIAN CHICKEN BOWL

recipe, page 47



IT'S A JAPANESE STEAKHOUSE
IN A BOWL! LOADED WITH
A POWER COMBO OF STEAK,
ASIAN NOODLES, FRESH
VEGGIES AND SAVORY BROTH,
THIS MEAL IS GUARANTEED TO
SATISFY HUNGRY APPETITES.

JAPANESE STEAK BOWL

Prep: 20 minutes | Grill: 10 to 15 minutes |

Rest: 10 minutes | Serves 4

1 (12-ounce) Hy-Vee Choice Reserve New York strip
steak, 1½ inches thick

2 teaspoons toasted sesame seed oil, divided

3 cloves garlic, thinly sliced

1 tablespoon grated fresh ginger

3 cups Hy-Vee 50%-less sodium beef broth

3 cups water

2 cups edamame, thawed if frozen

1 cup fresh oyster mushrooms

¼ cup Hy-Vee light teriyaki sauce

1 tablespoon fresh lime juice

Hy-Vee kosher sea salt, to taste

Hy-Vee ground black pepper, to taste

Wasabi paste, optional

1 (14-ounce) package udon or soba noodles

2 cups shredded Swiss chard

2 cups shredded red cabbage

½ cup sliced green onions, for garnish

1 medium radish, thinly sliced; for garnish

Fresh cracked Hy-Vee black pepper, to taste

JAPANESE STEAK BOWL

1. Trim fat from steak; let stand at room temperature 15 minutes. Prepare a charcoal or gas grill for direct cooking over medium-high heat.

2. In a large saucepan, heat 1 teaspoon sesame seed oil over medium heat. Add garlic and ginger; cook for 1 minute or until garlic begins to brown. Add broth, water, edamame, mushrooms and teriyaki sauce. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. Add lime juice and season to taste with salt and pepper. If desired, add wasabi paste. Set broth aside and keep warm.

3. Rub steak with remaining 1 teaspoon sesame oil and season with salt and pepper. Grill steak for 10 to 12 minutes for medium-rare (145°F) or 12 to 15 minutes for medium (160°F), turning once halfway through. Transfer steak to a platter and cover loosely with foil; let rest for 10 minutes.

4. Prepare noodles according to package directions.

5. To serve, thinly slice steak. Divide broth, noodles, chard, cabbage and steak slices among four bowls. If desired, garnish with green onions and radish slices. Season to taste with pepper.

Nutrition facts per serving: 670 calories, 18 g fat, 4 g saturated fat, 0 g trans fat, 45 mg cholesterol, 1,210 mg sodium, 88 g carbohydrates, 11 g fiber, 8 g sugar, 43 g protein. Daily values: 30% vitamin A, 60% vitamin C, 10% calcium, 45% iron.



TOFU BUDDHA BROTH BOWL

BUDDHA BROTH BOWL

Prep: 20 minutes |

Cook: 45 minutes | Serves 4

1 recipe Marinated Tofu, *right*; optional
 4½ cups water, divided
 1 cup Hy-Vee long grain brown rice
 1 tablespoon Hy-Vee butter
 ½ teaspoon Hy-Vee kosher sea salt
 1 teaspoon Hy-Vee vegetable oil
 3 cloves garlic, thinly sliced
 1 tablespoon grated fresh ginger
 3 cups Hy-Vee vegetable cooking stock
 1 tablespoon lemongrass paste or lemon juice
 1 serrano pepper, seeded and thinly sliced*
 Fish sauce, to taste
 4 baby bok choy, quartered lengthwise**
 2 cups thinly shredded carrots
 1 recipe Fried Eggs, *right*; optional
 ¼ cup chopped cilantro, for garnish
 1 tablespoon toasted sesame seeds, for garnish

1. Prepare Marinated Tofu, if using.
 2. In a large saucepan, combine 1½ cups water, rice, butter and salt. Bring to boiling; reduce heat. Simmer, covered, for 35 minutes or until rice is tender. Remove from heat and let stand, covered, for 10 minutes.

3. In a large saucepan, heat vegetable oil over medium heat. Add garlic and ginger; cook for 1 minute or until garlic begins to brown. Add stock and remaining 3 cups water. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. Add lemongrass paste, chile pepper and fish sauce to taste. Remove from heat; add bok choy and carrots. Cover; keep warm.

4. Prepare Fried Eggs, if using. To serve, divide broth, vegetables, and rice among four bowls. Top with tofu or eggs. Garnish with cilantro and sesame seeds.

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

**Note: Rinse bok choy thoroughly under cold running water, spreading the stalks apart, to remove any traces of dirt.

Nutrition facts per serving (with tofu): 390 calories, 16 g fat, 3.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 1,420 mg sodium, 49 g carbohydrates, 5 g fiber, 6 g sugar, 11 g protein. Daily values: 230% vitamin A, 20% vitamin A, 10% calcium, 10% iron.

MARINATED TOFU: Place 8 ounces cubed firm tofu, drained, in a container with a tight-fitting lid. Add ¼ cup toasted sesame oil and ¼ cup Hy-Vee soy sauce. Marinate in refrigerator for 1 hour, turning occasionally. Drain tofu, discarding marinade. In a large nonstick skillet, cook tofu over medium heat until lightly browned, stirring occasionally.

FRIED EGGS: In a large skillet, heat 1 tablespoon Hy-Vee Select olive oil over medium heat. Break four Hy-Vee large eggs into skillet and cook, covered, for 4 minutes or until whites are set and yolks are firm.

FRIED EGG BUDDHA BROTH BOWL





BUILDIN' ON UP

NOTHING SAYS YOU NEED TO FOLLOW A RECIPE WHEN BUILDING A KILLER POWER BOWL, ALTHOUGH THE ONES HERE ARE PRETTY GREAT IF WE DO SAY SO OURSELVES. TO FOLLOW YOUR OWN PATH CONSIDER A FEW SIMPLE RULES TO ENSURE SUCCESS.

RULE 1:

MIX IT UP A LITTLE. TRY A COMPONENT FROM EACH OF THE CATEGORIES HERE FOR OPTIMAL FLAVOR AND NUTRITION.

RULE 2:

COOK AND STORE GRAINS AHEAD AND REHEAT AS NEEDED. IT SAVES TIME AND THEY TASTE JUST AS GOOD, REGARDLESS.

TOPPINGS + VEGGIES + PROTEINS + CARBS

LONG GRAIN BROWN RICE



It's healthier than white rice and more interesting because it's chewier and more flavorful.

BUCKWHEAT



A cousin to rhubarb, gluten-free buckwheat is not really wheat. It's fragrant and tender when cooked.

MILLET



A staple in much of the world, this versatile fluffy grain is rich in iron, B vitamins and calcium.

BEEF



Leaner beef cuts like sirloin and tenderloin are healthful, especially when eaten in moderation.

BEANS AND TOFU



Beans, such as soybeans, are an excellent source of protein. Tofu is made from soybeans.

SEAFOOD



You can't go wrong with fish or shellfish, which are healthful when eaten in moderation.

PEPPERS



Green peppers are more pungent and aromatic, while ripened red, yellow and orange bell peppers add a delicious sweetness.

CAULIFLOWER



Roast the florets in a 450°F oven ahead of time. Keep leftovers in a covered container in the refrigerator until ready to reheat.

CARROTS



Full of beta carotene, this eyesight-enhancing veggie cooks quickly when thinly sliced. It holds up well in a refrigerator.

BROTH



A little broth in a bowl can have a big impact. Doctored with garlic, ginger and green onions, purchased broths are particularly fragrant.

HERBS



Steal this trick from chefs: Sprinkle chopped parsley, cilantro, basil and/or other fresh herbs on your bowl to add color and flavor.

NUTS AND SEEDS



Great for texture, crunchy additions such as chia seeds, sesame seeds and chopped nuts bring an earthy flavor to the dish.



QUINOA

This nutty-flavored grain from South America is full of complete proteins, meaning it's as nutritious as beef.



WHOLE WHEAT NOODLES

Thick and slurpable, Asian noodles, such as udon and soba, are satisfying to eat and convenient to prepare.



CHICKEN

Buy and bake boneless skinless chicken breast ahead of time for a high-quality protein with low fat.



EGG

Albumin, the protein in egg whites, contains all nine of the proteins your body cannot make on its own.



GREENS

Nutritious winter greens like kale and Swiss chard work well in bowls when shredded and don't easily wilt from the heat of the other food.



SWEET POTATO

More nutritious than a white potato, the sweet potato is an excellent companion for other ingredients because it enhances their flavors.



BERRIES

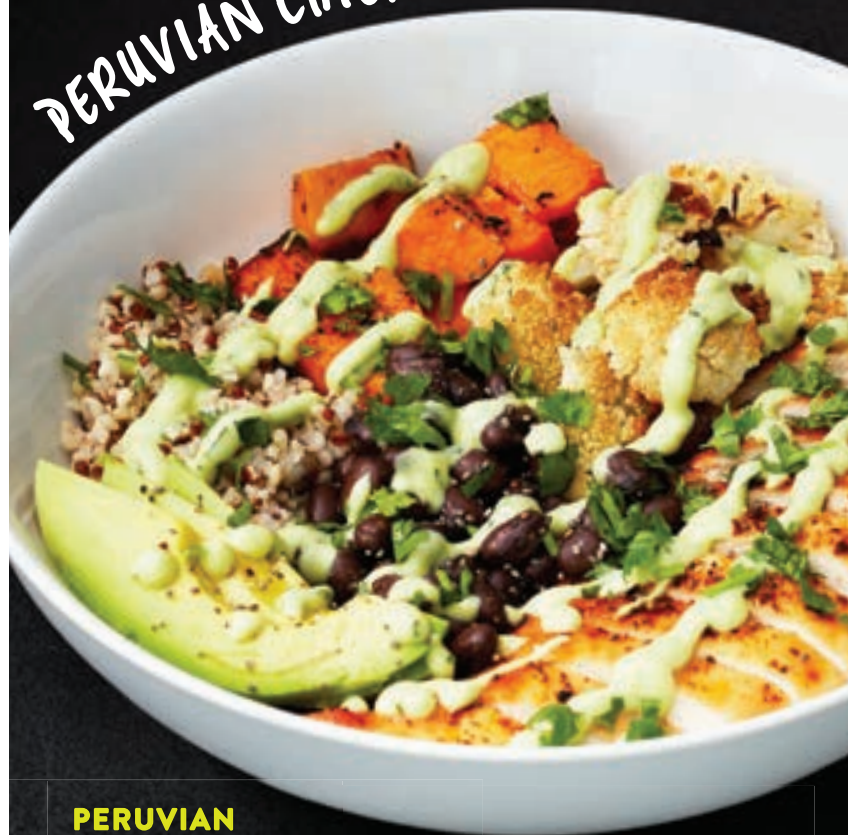
Try tossing a handful of blueberries or raspberries into the bowl. You might be surprised at how well sweet and savory work together.



SAUCE

A zesty sauce can tie ingredients together and add life to a bowl. Vinaigrettes, dressings and dips can be excellent additions.

PERUVIAN CHICKEN BOWL



PERUVIAN CHICKEN BOWL

Prep: 40 minutes |

Bake: 30 minutes | Serves 4

Hy-Vee coconut cooking spray
4 (4- to 6-ounce) boneless skinless chicken breasts
3 cups peeled and chopped sweet potatoes (about 3 medium)
3 cups cauliflower florets
3 tablespoons salt-free poultry seasoning
1 cup Hy-Vee Select quinoa blend, such as Tri-Color Quinoa
1 cup Hy-Vee canned black beans, rinsed and drained
¼ cup chopped fresh cilantro
1 recipe Creamy Cilantro Dressing, *right*
1 avocado, seeded, peeled and sliced
1 tablespoon chia seeds, toasted, optional

1. Preheat oven to 450°F. Line a baking sheet with aluminum foil and coat with cooking spray.
2. Place chicken, sweet potatoes and cauliflower on prepared baking sheet; lightly coat with cooking spray and sprinkle with poultry seasoning. Roast 30 minutes or until vegetables start to brown and chicken is done (165°F).

3. Prepare quinoa blend according to package directions. Add black beans and cilantro to cooked mixture. Prepare Creamy Cilantro Dressing; set aside.
4. To serve, divide chicken, vegetables, quinoa mixture and avocado among four bowls. Drizzle with Creamy Cilantro Dressing and, if desired, garnish with chia seeds.

CREAMY CILANTRO DRESSING:
In blender, combine 2 tablespoons Hy-Vee plain yogurt, 2 tablespoons Hy-Vee sour cream, one peeled and seeded avocado, ¼ cup chopped cilantro, ¼ cup Hy-Vee Select olive oil, 1 clove garlic, 1 tablespoon fresh lime juice and ¼ teaspoon Hy-Vee kosher sea salt. Cover and blend until smooth.

Nutrition facts per serving:
770 calories, 36 g fat, 6 g saturated fat, 0 g trans fat, 90 mg cholesterol, 450 mg sodium, 74 g carbohydrates, 19 g fiber, 12 g sugar, 42 g protein. Daily values: 340% vitamin A, 110% vitamin A, 15% calcium, 25% iron.



**FAMILY
FIRST**
at the
dinner
table

FOOD *for talk*

MAKE A FAMILY COMMITMENT TO GATHERING FOR SIT-DOWN MEALS WITH YOUR KIDS. THERE ARE COUNTLESS BENEFITS TO CONNECTING OVER SUPPER—AND IT'S EASY WITH OUR QUICK DINNERS AND MEAL-PLANNING STRATEGIES.

WORDS Lois White PHOTOS Tobin Bennett

1-HOUR FIX

7 STEPS TO BUILDING A BETTER DINNERTIME.

1) Make a Regular Routine Setting a consistent time for dinner provides security and predictability for kids.

2) Teach Them Encourage the whole family to share in food prep and cleanup. Helping actually empowers kids to feel like they contribute in an important way to the family's well-being. Encourage kids in a positive way to learn necessary kitchen skills.

3) Lead by Example Sit down with your kids at the table to eat meals. If you respect family time, they will too.

4) Smart Snacks Time after-school snacks to curb appetites and improve nutrition, but not to replace meals.

5) Make Family A Priority Keep afterschool activities, distracting cell phones and television programs in check so you focus on family.

6) Eat the Same Foods Take some advice from your grandmother—serve one meal for the entire family. It's easier on the cooks, and kids learn to be flexible, while eating a variety of foods that are often healthy choices.

7) We're In This Together Make table talk a happy, encouraging conversation where everyone is accepted and valued.

What's the most important meal of the day? As important as breakfast is, if you're a parent of school-age children, that's probably the wrong answer. The better answer is dinner. This is the time when families nourish the body, while also taking important strides to enrich the whole child.

Research shows sitting down at the dinner table with family at least four or five times a week has positive effects on child development. Family dinners have been linked to a lower risk of obesity, substance abuse, teen pregnancy, depression, eating disorders and an increased chance of graduating from high school.

In this relatively small amount of time—for some families, less than 20 minutes a day—you can build your child's self-esteem, give them a broader life perspective, increase their emotional intelligence and empathy, and a host of other good things. In a nutshell, the family dinner hour may be the most impactful thing you do to raise happy, healthy kids.

PAY NOW, SAVE LATER

Though there are countless distractions and obligations disrupting the family dinner, parents who establish this traditional meal build a strong foundation for well-adjusted kids. During this period of relative calm at the table, parents can steer the conversation and then listen and engage. In a few minutes, you can find out what's happened that day in school, learn that one child is struggling with a bully or find out about a new friend. With a few questions, it's easy to get children to open up so you can help solve small problems along the way rather than letting them grow to the crisis level. This builds trust and a family safety net that may be needed when kids get older or when unforeseen life challenges happen.

"Routines, like dinner are an island of calm in a world of change," says Dr. Harvey Karp, pediatrician, child development specialist and author who wrote the foreword to the book, *The Family Dinner: Great Ways to Connect with Your Kids, One Meal at a Time*, by Laurie David. He says this routine meal may even suppress a child's fear of the unknown and give them a place to ponder life's big questions and concerns.

As a parent, this is the time when you have the full attention of your children. You control the agenda. You can return again and again to important aspects of life, such as character, education and interests. Mold your child's character by talking about honesty, truthfulness, integrity, charity and other qualities you value. Also talk about hobbies, games, books, painting, sports, music and other aspects of life children might grow to enjoy. (See some conversation topics in *Let's Talk*, page 53.)

PROVEN BENEFITS

For youngsters, regular family meals are a more powerful predictor of high achievement scores than time spent in school, doing homework and playing sports.

There are also benefits from the better foods typically served at the family table. Family therapist and nutrition expert Ellyn Satter, author of *Secrets of Feeding a Healthy Family*, points to other benefits, as well. "When children have family meals growing up, they are more likely to eat regularly scheduled meals as adults," she says. "They consume more fruits and vegetables and less fried foods, soft drinks and saturated fat. This may be one of the best weapons against the national obesity epidemic."

ANSWERS TO YOUR QUESTIONS

For more than 20 years, family dinners have been under scrutiny by Harvard University's Graduate School of Education. Here are a few of the basic questions about family table talk that the research answers:

- *How many dinner nights a week?* As many as you can fit in. There is no magic number, though five nights reaps great rewards. Getting together for breakfast or lunch counts too.

- *What about the TV?* Researchers found that meals eaten in front of a television do not carry the same mental health benefits as those eaten "unplugged."

- *What about children helping in the kitchen?* Good idea. Even the very young can rinse off vegetables. Let elementary-aged children set the table and, as they get older, pour drinks. As they gain skills, start teaching kids to cook. This will help when they are one day on their own.

- *Where will families find the time?* Laurie David, author of *Family Dinner*, says, "Kids today spend almost eight hours a day using some form of electronic media... More technology time means less family time."

DINNER IS SERVED

Parents who already put high value on family table conversations know that the food served is a big part of a successful mealtime. Generally, dishes should be easy to make, as well as inviting and nutritious to eat. Otherwise, the cook is too preoccupied to do much talking.

Hy-Vee can help with these services and information:

- Search www.hy-vee.com/meal-solutions/recipes using the "30-Minute Meals" category. Or try the Hash Brown-Veggie Quiche recipe, *opposite*.

- Take a store tour with a Hy-Vee dietitian. She will point out how to stretch your dollars and still serve nutritious meals.

- Use the Hy-Vee Kitchen. Order parts of the meal premade, and finish up the menu from your own kitchen.

- Before a shopping trip, send your older kids to Hy-VeeDeals.com to find ways to save. Later, at mealtime, let children explain how they saved.

- Encourage kids to help in the kitchen. Give them some new gadgets, such as vegetable brushes or sponges, and let them contribute to the meal.

AVERAGE
NUMBER OF
HOURS PER
DAY THAT KIDS
SPEND USING
ELECTRONIC
MEDIA

7+

40%

GREATER LIKELIHOOD THAT TEENS WHO
HAVE REGULAR FAMILY DINNERS (MORE
THAN THREE PER WEEK) WILL EARN A'S
AND B'S IN SCHOOL

PERCENTAGE
OF TEENS
IN THE U.S.
WHO WANT
TO HAVE
MORE TIME
WITH THEIR
PARENTS

67%

24%

greater likelihood
children who eat
dinner with their
families will eat
healthier foods.

EAT
TOGETHER

RECENT STUDIES
SUPPORT
REGULAR FAMILY
MEALS.

Benefits if you do

- Encourages healthy eating habits
- Provides memories
- Lowers risk of obesity
- Less substance abuse
- Fewer eating disorders
- More likely to graduate
- Higher self-esteem
- Terrific vocabulary booster
- Promotes table manners
- Better peer relationships
- Chance to share a positive experience
- Strengthens family connections
- Improves communication skills

Risks if you don't

- Lower self-esteem
- More likely to have emotional and behavior problems
- Less trust among family members
- Feeling that family is drifting apart
- Little or no time to unwind and relax
- Less opportunity to share an experience
- May eat less healthy foods
- Less structure and routine
- Parents may not know what their kids are doing
- Increased risk of substance abuse
- Academic performance may be poorer
- Increased risk of obesity in children and adolescents

*Note:

Quiche is super versatile, whether you serve it for breakfast or dinner. Add chopped ham or crumbled bacon or swap the zucchini with spinach.

Make the most of family dinners as a time for building character. Talk about things that matter: honesty, integrity and wisdom.



HASH BROWN-VEGGIE QUICHE

A crispy potato crust adds character to this savory pie. Pat the potatoes dry to remove moisture and allow them to brown more evenly and quickly.

Prep: 30 minutes | Bake: 40 to 45 minutes | Stand: 10 minutes | Serves 8

2 cups refrigerated shredded hash browns
3 tablespoons Hy-Vee butter, divided
1¼ cups shredded zucchini (1 medium)
½ cup chopped onion
4 Hy-Vee large eggs, lightly beaten
1 cup Hy-Vee half-and-half
1 orange bell pepper, seeded and chopped
1 tablespoon finely chopped Italian parsley

¼ teaspoon crushed red pepper
1 cup shredded Gouda cheese (4 ounces)
1 tablespoon Hy-Vee all-purpose flour

1. Preheat oven to 400°F.
2. Gently pat hash browns dry with paper towels. In a large skillet, melt 2 tablespoons butter over medium heat. Add hash browns and cook for 12 to 14 minutes or until golden brown and crisp, turning once. Press hash brown mixture into bottom and up sides of a 9-inch pie plate. Bake for 10 minutes. Remove from oven; reduce temperature to 325°F.
3. Meanwhile, pat zucchini dry with paper towels. In same skillet, melt remaining 1 tablespoon butter over medium heat. Add zucchini and onion and cook for 3 minutes or until softened. In a medium bowl, combine eggs, half-and-half, zucchini mixture, bell pepper, parsley and crushed red pepper. In a small bowl, toss together

cheese and flour. Add to egg mixture; mix well. Pour into hash-brown-lined pie plate.

4. Bake for 40 to 45 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting into 8 wedges.

FOR INDIVIDUAL PORTIONS: Place each wedge in a pint-size resealable plastic freezer bag. Seal and refrigerate for up to 3 days or freeze for up to 1 month. Thaw wedge of quiche, if frozen. Place quiche on a microwave-safe plate. Microwave on HIGH for 20 to 30 seconds or until heated through.

Nutrition facts per serving: 200 calories, 14 g fat, 8 g saturated fat, 0 g trans fat, 130 mg cholesterol, 240 mg sodium, 9 g carbohydrates, 1 g fiber, 3 g sugar, 9 g protein. Daily values: 20% vitamin A, 45% vitamin C, 15% calcium, 4% iron.

Make any day a pancake day



Nutella: 13 oz. \$2.99

Aunt Jemima Pancake Mix:
select varieties 2 lbs. 2/\$5.00

Aunt Jemima Syrup:
select varieties 24 oz. 2/\$5.00

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FRUIT SMOOTHIE FREEZER PACKS

Keep fresh fruit frozen until
ready to blend.

MAKE-AHEAD PREP:

Place 1½ cups cut-up fresh
fruit in pint-size resealable
plastic bags. If desired, add
1 tablespoon chia, ground flax
seeds or wheat germ. Freeze
for up to 1 month.

FOR EACH SERVING: Empty
one bag into blender. Add
1 (5.3-ounce) container Hy-Vee
vanilla Greek yogurt and
½ cup liquid, if specified.
Cover and blend until smooth.

🍷 pineapple-mango

½ cup pineapple slices
+ ½ cup mango slices
+ ½ cup banana slices
+ ground flax seeds
+ yogurt + pineapple juice

🍷 strawberry-peach

½ cup strawberry slices
+ ½ cup peach slices
+ ½ cup banana slices
+ yogurt
+ unsweetened cranberry-
raspberry juice

🍷 blueberry-grape

½ cup blueberries
+ ½ cup seedless red grapes
+ ½ cup banana slices
+ chia
+ yogurt



Start right FROM THE FIRST BITE.



Simply Potatoes: select varieties
20 oz. \$1.99



Tropicana Orange Juice,
Apple Juice or Lemonade:
select varieties 12 fl. oz. 10/\$11.00



Johnsonville Breakfast Sausage
Links or Patties: select varieties
9.6 to 12 oz. 2/\$7.00



Farmers Hen House Cage-Free
Large Brown Eggs: 12 ct. \$2.39

LET'S TALK

INCLUDE YOUNGER KIDS AND TEENS IN THE DINNERTIME CHITCHAT. HERE ARE QUESTIONS TO HELP GET THE CONVERSATION GOING.



take a tech timeout

Pairing great food with great discussion goes a long way in shaping your kids' values and preparing them for the future. Engaging your children in conversation allows you to teach them good eye contact and listening skills, while giving them a chance to express their own opinions. Take advantage of this precious time by doing away with distractions.

- ▷ Keep cell phones away from the dinner table. This rule applies as much to parents as it does to children. Put devices far enough away so if they buzz or light up, they won't distract anyone at the table.
- ▷ Turn off computers and other electronic devices that will cause distractions.
- ▷ Turn off the television. If there's a program everyone wants to see, watch it as a family and then discuss it over dinner.

	<u>Educational</u>	<u>Interests/ Hobbies</u>	<u>Building Character</u>
<u>Preschool</u>	If you could be an animal, what would you want to be? Why?	<ul style="list-style-type: none"> • What is your favorite book? • What characters did you like? Why? 	In the book, <i>Green Eggs and Ham</i> , Sam-I-am says he will not try green eggs and ham. Then he does and he likes them. Have you ever tried something for the first time and said, "Hey, I like this!"
<u>Elementary</u>	What do you like most about school so far?	What do you want to be when you grow up?	<ul style="list-style-type: none"> • What can you give or do for someone that doesn't cost any money? • What do you think about rules? Do you think they're important? What are some rules that you have at school? • If you had three cookies and five friends, what would you do?
<u>Middle School</u>	Did you read any new books from the library?	If you had three wishes, what would they be?	<ul style="list-style-type: none"> • Talk about something nice someone did for you this week or something that you did for someone to make them feel better. • What makes someone a good friend? • What do you do when you disagree with your friends?
<u>High School</u>	How did your science experiment turn out?	What special talents do you bring to the table when you work on group projects?	<ul style="list-style-type: none"> • How do you know when you can trust another person? • What traits about your mom or dad would you like to have as an adult?
<u>College</u>	What are your favorite classes?	<ul style="list-style-type: none"> • What types of food do you enjoy eating around campus? • What do you enjoy doing for fun? 	<ul style="list-style-type: none"> • What is the best thing that's happened to you since you started college? • Are you finding any classes more interesting than you expected? Why? • What is one way that you take care of yourself?

VEGGIE-MILLET BURGERS

Gluten-free millet lends a mild corn flavor and heartiness to meatless burgers. Bake and freeze patties to use for future sandwiches or salads.

Prep: 50 minutes | Bake: 20 minutes | Serves 6

$\frac{2}{3}$ cup raw millet

$1\frac{1}{2}$ cups water

3 slices gluten-free ancient multigrain bread

2 Hy-Vee large eggs, lightly beaten

$\frac{3}{4}$ cup shredded zucchini

$\frac{1}{2}$ cup Hy-Vee Select shredded Asiago cheese

$\frac{1}{4}$ cup chopped onion

$\frac{1}{4}$ cup shredded carrot

3 cloves garlic, minced

2 teaspoons finely chopped fresh basil

1 teaspoon finely chopped fresh oregano

$\frac{1}{2}$ teaspoon Hy-Vee kosher salt

$\frac{1}{4}$ teaspoon Hy-Vee black pepper

6 Hy-Vee Bakery whole grain hamburger buns, split and toasted

2 medium tomatoes, sliced

4 ounces fresh mozzarella cheese, sliced

Arugula, optional

1. Preheat oven to 400°F. Line a baking sheet with parchment paper; set aside.
2. In a 2-quart saucepan, toast millet over medium heat for 4 to 5 minutes. Add water to saucepan. Bring to boiling; reduce heat. Simmer, covered, for 15 to 20 minutes or until water is absorbed. Remove from heat; let stand, covered, 10 minutes.
3. In a food processor, pulse enough bread for 1 cup crumbs. In a bowl, combine eggs, zucchini, Asiago cheese, onion, carrot, garlic, basil, oregano, salt and pepper. Stir in millet and bread crumbs.
4. Form mixture into six regular-size or 15 slider-size patties. Place on prepared baking sheet. Bake for 15 minutes. Turn patties and bake 5 minutes more or until golden. Serve on buns with tomato and mozzarella slices and, if desired, arugula.

MAKE-AHEAD DIRECTIONS: Bake and cool patties. Layer between parchment paper and store in airtight container in refrigerator up to 3 days, or freeze up to 1 month. Thaw frozen patties in refrigerator. Reheat in the microwave.

Nutrition facts per regular-size patty sandwich:

420 calories, 13 g fat, 5 g saturated fat, 0 g trans fat, 90 mg cholesterol, 690 mg sodium, 55 g carbohydrates, 7 g fiber, 9 g sugar, 19 g protein. Daily values: 30% vitamin A, 20% vitamin C, 25% calcium, 20% iron.



Salad:

Serve slider-size Veggie-Millet Patties in a fresh greens salad with sliced tomato and fresh mozzarella cheese and bottled vinaigrette. For a workday lunch, transport the components in separate containers and assemble the salad just before eating.

FAMILY-PLEASING LASAGNA

You can make this two ways: bake it now and portion servings for future meals, or freeze the dish to thaw and bake later. Either way, it's guaranteed to satisfy comfort food cravings.

Prep: 30 minutes | Bake: 40 plus 5 minutes |
Stand: 15 minutes | Serves 12

9 uncooked whole grain lasagna noodles

1 (15-ounce) can Hy-Vee crushed tomatoes

1 (6-ounce) can Hy-Vee tomato paste

1 cup water

**1 tablespoon salt, herb and spice blend, such as
Jane's Krazy Mixed-Up Salt**

1 tablespoon Hy-Vee dried thyme

1 tablespoon Hy-Vee dried basil

1 tablespoon dried minced garlic

1 tablespoon Hy-Vee ground sage

Hy-Vee black pepper, to taste

1 pound mild Italian turkey sausage

1 (15-ounce) container whole milk ricotta cheese

3 cups Hy-Vee shredded mozzarella cheese, divided

1½ cups Hy-Vee shredded Parmesan cheese, divided
1 Hy-Vee large egg, beaten

1. Preheat oven to 350°F. Cook lasagna noodles according to package directions. Rinse with cold water; drain and set aside.

2. For sauce, in a large saucepan combine crushed tomatoes, tomato paste, water, salt blend, thyme, basil, garlic and sage. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. Season with pepper.

3. Meanwhile, in a skillet cook turkey sausage until brown. Drain. Stir turkey sausage into sauce; simmer sauce 5 minutes more. Remove from heat; set aside.

4. For ricotta mixture, in a medium bowl combine ricotta cheese, 1 cup mozzarella cheese, ½ cup Parmesan cheese and egg. Set aside.

5. To assemble, spread 1½ cups sauce in bottom of an ungreased 9×13-inch foil pan. Top with three noodles. Dot with half of ricotta mixture and sprinkle with ½ cup Parmesan and ½ cup mozzarella cheese. Spread 1 cup sauce on top. Repeat layering noodles, remaining half of ricotta mixture and ½ cup each Parmesan and mozzarella cheeses. Spread 1 cup sauce over top. Layer remaining noodles over sauce; sprinkle with ½ cup Parmesan and ½ cup mozzarella cheeses. Dot remaining sauce over top.

6. Bake, covered, for 40 minutes. Uncover and sprinkle with remaining 1 cup mozzarella cheese. Bake for 5 minutes more or until cheese is melted. Let stand for 15 minutes before serving.

FOR INDIVIDUAL PORTIONS: Transfer single-serving portions to storage containers. Refrigerate for up to 3 days or freeze for up to 1 month. To reheat, thaw in the refrigerator, if frozen. Reheat in the microwave.

TO REFRIGERATE OR FREEZE UNBAKED: Cover pan with foil and label. Place remaining 1 cup mozzarella cheese in a resealable plastic bag and attach to dish. Refrigerate for up to 3 days or freeze for up to 1 month. To reheat, thaw in refrigerator, if frozen. Preheat oven to 350°F. Bake, covered, for 1½ hours or until heated through. Remove foil and sprinkle reserved 1 cup mozzarella cheese over top. Bake for 5 minutes more or until cheese is melted. Let stand for 15 minutes before serving.

Nutrition facts per serving: 350 calories, 16 g fat, 9 saturated fat, 0 g trans fat, 85 mg cholesterol, 980 mg sodium, 24 g carbohydrates, 2 g fiber, 4 g sugar, 27 g protein. Daily values: 15% vitamin A, 10% vitamin C, 50% calcium, 15% iron.



* Bonus feature:
Prep a dish of
Family-Pleasing
Lasagna. Watch
the video in your
free digital version
of *Hy-Vee Seasons*.
Downloading information
on page 3.



**Children
learn to live
by watching their
parents. Model for
your kids today who
they should be
tomorrow.**

TURKEY TO THE RESCUE!

For good food in a pinch, cooked turkey breasts are your best friend. Roast a few when you have the time, then refrigerate or freeze them to use when you don't, see directions, *opposite*. Turkey reheats beautifully and can become a tasty family meal posthaste with just a few pantry ingredients, see ideas, *above right*.

▷ PASTA PRONTO:

Serve sliced turkey, *below*, with cooked pasta and jarred alfredo sauce. Sprinkle with black pepper. If desired, garnish with basil leaves.

▷ FAST FIESTA

SOUP: Combine roasted turkey strips with canned diced tomatoes, canned broth, frozen corn, canned black beans and salsa verde.

▷ WRAP-AND-GO

MEALS: Spread Caesar dressing on tortillas; add romaine lettuce, roasted turkey strips, chopped tomato and Parmesan cheese. Roll up and serve.

▷ TURKEY-RIFFIC

SALAD SUPPER: Serve roasted turkey portions with bagged salad greens, avocado, red onion and bottled vinaigrette dressing.



Meal times are absolutely vital for family bonding, developing social skills and sharing stories from the day. Give fun and relaxation a place at the table. Let children discover that there's pleasure in spending time with each other.

How to Oven-Roast Turkey Breasts

HERB-ROASTED TURKEY BREASTS

Follow these steps for oven-roasting, and you'll end up with flavor-rich meat that is truly moist.

Prep: 30 minutes |

Roast: 2½ to 3 hours | Serves 12

½ cup Hy-Vee Select olive oil

8 cloves garlic, minced

1 tablespoon chopped fresh basil

1 tablespoon chopped fresh oregano

1 tablespoon chopped fresh thyme

1 tablespoon chopped fresh sage

2 teaspoons lemon zest

2 teaspoons Hy-Vee kosher salt

1 teaspoon Hy-Vee black pepper

2 (6½- to 7-pound) whole bone-in turkey breasts, thawed if frozen

1. Preheat oven to 325°F. For herb rub, combine olive oil, garlic, basil, oregano, thyme, sage, lemon zest, salt and pepper; set aside.

2. Pat turkey breasts dry.

3. Place turkey breasts, skin sides up, in roasting pan. Apply the rub.

4. Insert an oven-safe meat thermometer into the thickest part of a breast.

5. Cover turkey loosely with foil. Roast for 2 hours.

6. Remove foil. Roast for 30 to 60 minutes more or until thermometer registers 165°F.

7. Transfer turkey to a cutting board; tent with foil and let rest for 15 to 20 minutes.

8. Cut up turkey; place portions in resealable storage bags. Refrigerate for up to 3 days or freeze for up to 1 month.

Nutrition facts per serving:

310 calories, 10 g fat,

2 g saturated fat, 0 g trans fat,

140 mg cholesterol,

490 mg sodium, 1 g carbohydrate,

0 g fiber, 0 g sugar, 52 g protein.

Daily values: 0% vitamin A,

2% vitamin C, 2% calcium, 8% iron.



DO THE ROASTING ON THE WEEKEND SO YOU'RE WELL STOCKED FOR BUSY WEEKNIGHTS AHEAD.



1

SAFETY TIP: Always wash your hands and anything that the raw turkey or its juices touch to avoid cross contamination.



2

PREP: Pat turkey dry with paper towels to prevent the seasoning from falling off. A dry turkey will also brown better.



3

PREP: Place turkey breasts, skin sides up, in shallow roasting pan. Gently apply herb rub with fingers.



4

PREP: Insert an oven-safe meat thermometer into the thickest part of breast. The thermometer should not touch bone.



5

COVER: Cover turkey loosely with foil during the first part of roasting to prevent over-browning.



6

ROAST: Uncover turkey near end of roasting to allow browning to occur. Roast until thermometer registers 165°F.



7

TENT: Transfer turkey to a clean cutting board. Tent turkey loosely with foil and let rest for 15 to 20 minutes before slicing.



8

SLICE: Divide cut-up turkey into portion sizes and place them in resealable storage bags to refrigerate or freeze.

FREEZER to TABLE

OUR TOP PICKS FOR MAKING QUICK MEALS

PREPARING A CREATIVE AND DELICIOUS DINNER IS EASY WHEN YOU STOCK YOUR FREEZER WITH ESSENTIAL INGREDIENTS THAT CAN GO STRAIGHT FROM THE FREEZER TO THE OVEN OR INTO A SKILLET. A BIG-BATCH CASSEROLE OR PIE WILL GIVE YOU ENOUGH FIXINGS FOR SEVERAL MEALS, WHILE A QUICK-BAKE PIZZA IS A GREAT WEEKNIGHT MEAL.

easy BBQ chicken pizza

Dinner simplified! Purchased pizza crust and roasted chicken breast come together for a quick, delicious meal.

1 (12-INCH)
PURCHASED PIZZA
CRUST
+
½ CUP
HY-VEE BARBECUE
SAUCE
+
1½ CUPS
HY-VEE SHREDDED
ITALIAN MIX
CHEESE
+
12 OUNCES
TYSON GRILLED
AND READY
CHICKEN BREAST
STRIPS, CHOPPED
+
½ SMALL RED
ONION, THINLY
SLICED
+
1 AVOCADO,
SEEDED, PEELED
AND SLICED
+
FRESH CILANTRO,
FOR GARNISH

Prep: 5 minutes |
Bake: 8 to 10 minutes | Serves 8
1. Preheat oven to 425°F. Place
crust on baking sheet; spread with
barbecue sauce. Top with cheese,
chicken and onion. Bake 8 to
10 minutes or until cheese
melts. Add avocado and,
if desired, cilantro.

Nutrition facts per serving:
320 calories, 12 g fat,
4.5 g saturated fat, 0 g trans fat,
40 mg cholesterol, 730 mg sodium,
33 g carbohydrates, 3 g fiber,
5 g sugar, 21 g protein.
Daily values:
4% vitamin A,
6% vitamin C,
20% calcium,
10% iron.



Tyson Grilled & Ready Chicken:
select varieties 20 or 22 oz. \$6.99



pork-veggie stir-fry

Using frozen veggies and bottled sauce helps get this stir-fry to the table fast.

1 POUND
BONELESS PORK
TOP LOIN CHOPS,
CUT INTO BITE-
SIZE STRIPS
+
2 TABLESPOONS
HY-VEE CANOLA
OIL, DIVIDED
+
1 (10-OUNCE)
PACKAGE
PICTSWEEET
FROZEN
SEASONED
SUMMER
VEGETABLES WITH
CRACKED PEPPER
SEASONING
+
½ CUP HY-VEE
STIR FRY SAUCE
+
1 (8.8-OUNCE)
PACKAGE COOKED
WHOLE GRAIN
BROWN RICE

Prep: 20 minutes | Serves 4
1. In a large skillet, cook pork in
1 tablespoon hot oil over medium-
high heat for 3 to 5 minutes or
until no longer pink. Transfer meat
to a platter; keep warm.
2. In same skillet, cook vegetables
in remaining 1 tablespoon oil over
medium-high heat 3 to 5 minutes
or until tender. Add pork and stir
fry sauce to skillet. Heat through.
3. Meanwhile, heat rice in the
microwave according to package
directions. Serve pork and
vegetable mixture over rice.

Nutrition facts per serving:
360 calories, 15 g fat,
2.5 g saturated fat, 0 g trans fat,
50 mg cholesterol, 880 mg sodium,
28 g carbohydrates, 2 g fiber,
3 g sugar, 22 g protein. Daily values:
8% vitamin A, 6% vitamin C,
2% calcium, 6% iron.



PictSweet: Okra, Edamame
or Mixed Vegetables
8 to 12 oz. 3/\$5.00





strawberry ice cream pie

Gather five easy ingredients to make this decadent dessert. Once the ice cream and whipped topping are softened, assembly goes fast. Freeze the pie during your main meal.

¼ CUP HOT FUDGE TOPPING

1 (6-OUNCE) PACKAGE HY-VEE CHOCOLATE COOKIE PIE CRUST

1 (1.5-QUART) CONTAINER IT'S YOUR CHURN VANILLA ICE CREAM, SOFTENED

3 CUPS THAWED HY-VEE FROZEN WHIPPED TOPPING

1 (15-OUNCE) TUB THAWED HY-VEE FROZEN SLICED SWEETENED STRAWBERRIES

Prep: 15 minutes | Freeze: 1 hour | Serves 6

1. Warm fudge topping; spread over bottom and sides of crust. Freeze crust for 5 minutes. Fill crust with ice cream. Top with whipped topping. Freeze for 1 hour or until firm. Cut pie into wedges and top with strawberries.

Nutrition facts per serving:

590 calories, 27 g fat, 19 g saturated fat, 0 g trans fat, 60 mg cholesterol, 310 mg sodium, 80 g carbohydrates, 1 g fiber, 58 g sugar, 5 g protein. Daily values: 8% vitamin A, 60% vitamin C, 20% calcium, 6% iron.



Tip:

Use this handy freezer staple to create other irresistible last-minute desserts, including a sundae bar, root beer floats or pound cake and fruit combos.



tater hot dish

Don't be turned off by the humble appearance of this classic casserole. The combination of condensed soup, frozen veggies, beef and delightful crispy potato puffs brings comfort to the table—all ages love it.

2 POUNDS 85%-LEAN GROUND BEEF

1 (1.1-OUNCE) BOX HY-VEE DRY BEEFY ONION SOUP MIX

1 (16-OUNCE) BAG HY-VEE FROZEN MIXED VEGETABLES

1 (10.5-OUNCE) CAN HY-VEE CREAM OF CHICKEN CONDENSED SOUP

1 (10.5-OUNCE) CAN HY-VEE CREAM OF CELERY CONDENSED SOUP

1 CUP HY-VEE 2% MILK

2 CUPS HY-VEE SHREDDED CHEDDAR CHEESE

1 (32-OUNCE) BAG HY-VEE FROZEN POTATO PUFFS

Prep: 10 minutes | Bake: 1 hour | Serves 12

1. Preheat oven to 350°F. In a large skillet, brown ground beef; drain. Spread in an ungreased 3-quart baking dish. Sprinkle dry soup mix on top and lightly toss to combine. Scatter vegetables on top. 2. In a small bowl, combine condensed soups and milk; spread over vegetables. Sprinkle with cheese. Arrange potato puffs on top. Bake for 1 hour or until heated through.

Nutrition facts per serving:

470 calories, 27 g fat, 10 g saturated fat, 1 g trans fat, 75 mg cholesterol, 1,060 mg sodium, 32 g carbohydrates, 3 g fiber, 4 g sugar, 23 g protein. Daily values: 60% vitamin A, 10% vitamin C, 20% calcium, 10% iron.





MELONS: A CUT ABOVE

WORDS Lois White PHOTOS Tobin Bennett

JUICY, AROMATIC AND SWEET, SUMMER MELONS ARE AT YOUR LOCAL HY-VEE—AND THEY COME IN AN EVER-EXPANDING NUMBER OF CHOICES. EXPLORE HOW MELONS PLAY WELL WITH OTHER SWEET AND SAVORY INGREDIENTS. USE THEM TO ADD REFRESHING NEW TWISTS TO SALADS, DESSERTS, PARTY NIBBLES AND DRINKS.

Summer brings truckloads of sweet fresh-from-the-field melons to Hy-Vee. The alluring aroma of these premium fruits fills the air even before the first bite is enjoyed. Crack open a Hy-Vee watermelon's striped-green rind to reveal its vibrant red flesh, dripping with juice. Or slice open a muskmelon, such as a rough-coat cantaloupe or creamy-white-rind honeydew, to savor the tender and sweet pale orange or green insides.

BEST FROM THE VINE

Drawing from nationally known specialized growers and the best local farms, Hy-Vee offers melons of superior quality. Each has an irresistibly sweet and juicy flavor.

Savor Fresh Farms, with fields in Arizona and California, is a family-run operation producing four varieties of Kiss specialty melons. The farm is committed to taking the taste experience in melons to the "wow" level, says company president Milas Russell III.

Love local melon? Look for the "Homegrown" sign in your Hy-Vee Produce Department for varieties grown near you. These come from local farms such as Heldt Produce, Inc., which delivers truckloads of Nebraska-grown watermelons to area Hy-Vee stores.

TAKE YOUR PICK AT HY-VEE

While melons come in many varieties, they fall into two basic groups: watermelons and muskmelon. Once picked, watermelons are as ripe and sweet as they'll ever be. Cantaloupes and honeydew melons continue to ripen if kept at room temperature.

All Hy-Vee melons are grown and selected with one purpose—to be delicious. Look for some of the following varieties at your local store:

Watermelons:

- **Red-flesh watermelons**, the most popular melon, contain the most lycopene, an antioxidant, of any fruit or vegetable.
- **Orange- and yellow-flesh watermelon** varieties are generally the sweetest you'll find.
- **Black Imagination watermelons** are deep red and distinctly sweet and juicy with rinds from deep green to black. Available in late summer.

Muskmelons and Kiss Varieties:

- **Meloranges** are similar to cantaloupes but are smaller with a darker orange and sweeter flesh.
- **Lemon Drops** have a sweet-tart flavor, reminiscent of their namesake, and a hint of honeydew juiciness. They make refreshing smoothies and sorbets, and pair well with fresh berries.
- **Dewlicious melons** possess a distinctive yellow-gold skin and bright, almost pure white flesh. The flesh has a sweet yet refreshing honey flavor. Serve it cubed or balled on top of greens in a fruit salad.
- **Honey Kiss melons** have a light crisp texture and taste incredibly refreshing and sweet. The oval-shaped fruit has distinct yellow skin, which is lightly netted (a netlike pattern grows over the skin).
- **Sugar Kiss melons**, the newest member to the Kiss family of melons, are ultrasweet and juicy with pale orange flesh and a pale netted rind.
- **Summer Kiss** is a netted, dark gold honeydew-like melon that is mellow, creamy and sweet but never overbearing and always delightful.

PREP & STORE

Before cutting into a melon, thoroughly scrub it to remove any surface dirt and bacteria. Store whole melons up to a week in the fridge or up to three days after cutting. To store, wrap whole melons in plastic wrap and place cut melons in airtight containers to prevent absorption of other food odors.





WATERMELON FRUIT PIZZA

A fresh and juicy slice of watermelon makes a great base for this dessert pizza. It's a fun way to eat a variety of fruits.

Prep: 15 minutes | Serves 8

1 cup thawed Hy-Vee frozen whipped topping

¼ cup Hy-Vee vanilla Greek yogurt

1 (1-inch-thick) medium seedless watermelon slice

3 cups assorted fresh fruit, such as blueberries, sliced strawberries, raspberries and/or sliced peaches

Fresh mint, for garnish

Hy-Vee honey, optional

1. In a medium bowl, combine whipped topping and yogurt. Spread onto watermelon slice. Top with fruit. Cut into wedges. If desired, garnish with mint and drizzle with honey.

Nutrition facts per serving:

70 calories, 2.5 g fat,
2 g saturated fat, 0 g trans fat,
0 mg cholesterol, 0 mg sodium,
12 g carbohydrates, 2 g fiber,
8 g sugar, 1 g protein. Daily values:
4% vitamin A, 35% vitamin C,
2% calcium, 2% iron.

PROSCIUTTO HALIBUT WITH SHAVED MELON SALAD

For a meal that looks and tastes great, give your fish dinner a makeover with prosciutto and a melon salad topped with a complementary raspberry vinaigrette.

Prep: 20 minutes | Cook: 10 minutes | Serves 4

1 recipe Smashed Raspberry Vinaigrette, right

1 quarter cantaloupe, seeded and cut into 1-inch slices

1 quarter honeydew melon, seeded and cut into 1-inch slices

2 cups arugula or spring mix salad, optional

½ small red onion, thinly sliced

½ cup fresh basil, chopped

4 (6-ounce) halibut fillets, deboned and skin removed

Hy-Vee kosher salt, to taste

Hy-Vee black pepper, to taste

12 paper-thin slices prosciutto (about 2 ounces)

1 tablespoon Hy-Vee Select olive oil

½ cup fresh raspberries

1. Prepare Smashed Raspberry Vinaigrette; set aside. Use a vegetable peeler to cut cantaloupe and honeydew slices into thin shavings; discard rinds. In a large bowl, toss together melon shavings, arugula (if desired), red onion and basil; set aside.

2. Cut halibut fillets in thirds lengthwise; season to taste with salt and pepper. Wrap a prosciutto slice around each portion. In a large skillet, heat oil over medium heat. Add fillet halves and cook for 10 minutes or until cooked through and evenly browned, turning occasionally.

3. Toss salad with Smashed Raspberry Vinaigrette; top with fresh raspberries. Serve salad with fish.

SMASHED RASPBERRY VINAIGRETTE: In a small bowl, combine ½ cup fresh raspberries, 2 tablespoons red wine vinaigrette, 1 tablespoon finely chopped shallot, 1 tablespoon Hy-Vee Dijon

mustard and 1 tablespoon Hy-Vee honey. Slowly drizzle in ½ cup plus 1 tablespoon Hy-Vee Select olive oil, whisking vigorously, until vinaigrette is combined and raspberries are broken apart.

Nutrition facts per serving: 480 calories, 28 g fat, 4.5 g saturated fat, 0 g trans fat, 90 mg cholesterol, 570 mg sodium, 19 g carbohydrates, 3 g fiber, 15 g sugar, 37 g protein. Daily values: 35% vitamin A, 60% vitamin C, 6% calcium, 8% iron.

IS IT RIPE? Ripe watermelons feel heavy and have a waxy rind. The underside should have a creamy yellow spot where it sat on the ground as it ripened. A ripe cantaloupe or honeydew melon smells noticeably fruity at the site where the stem was attached. Press the other end and it gives slightly.



WATERMELON AND HEIRLOOM TOMATO CHICKEN SALAD

Ripe, sweet melon, paired with tomatoes and roasted chicken, makes a gorgeous and refreshing summer meal. Watermelon and tomatoes are high in lycopene, an antioxidant found in red plant foods.

Prep: 15 minutes | Serves 4

2 large heirloom tomatoes,
thinly sliced

8 cups cubed seedless
watermelon

1 cup grape tomatoes, halved

2 cups chopped rotisserie
chicken breast

¼ cup crumbled Hy-Vee
goat cheese

¼ cup Hy-Vee Select
balsamic glaze

Hy-Vee salt, to taste

Hy-Vee cracked black pepper,
to taste

Chopped fresh tarragon,
for garnish

1. Arrange tomato slices on each of four dinner plates. Top with watermelon, grape tomatoes and chicken. Sprinkle with goat cheese and drizzle with balsamic glaze. Season to taste with salt and pepper. If desired, garnish with tarragon.

Nutrition facts per serving:

260 calories, 9 g fat,
3 g saturated fat, 0 g trans fat,
45 mg cholesterol,
210 mg sodium,
34 g carbohydrates,
2 g fiber, 24 g sugar,
16 g protein. Daily values:
50% vitamin A, 70% vitamin C,
4% calcium, 10% iron.



5-MINUTE MELON APPS

ANY WAY YOU SLICE IT, SWEET, JUICY MELON IS A FUN AND EASY WAY TO EMBELLISH A SUMMER APPETIZER. TRY THESE TECHNIQUES.

MELON WEDGES

Use a large chef's knife to cut a cantaloupe or honeydew melon in half and scoop out the seeds and fiber. Cut each piece in half again and then cut thin wedges. Use a boning knife to cut the rind from each fruit wedge. Wrap wedges with a prosciutto slice.

MELON RIBBONS

To make melon ribbons, hold a melon wedge by the rind and use a vegetable peeler to shave the fruit into ribbons. Pile ribbons onto a crostini or cracker base spread with jalapeño cream cheese and top with sliced red onion.

MELON CUBES

To cube a melon, slice the melon and make crosswise cuts on each 1-inch slice. Remove seeds, if needed. Thread melon cubes onto skewers along with cucumber and feta cheese.

MELON BALLS

Cut a melon in half and scoop out the seeds and fiber. Use a melon baller to scoop spheres from the flesh. Freeze the balls on a parchment covered tray. When frozen add the melon balls to a melon-flavored drink or cocktail.

MELON RIBBONS

MELON WEDGES

MELON CUBES

MELON BALLS

See recipes for Ribbioned Melon Bruschetta; Melon Wrapped in Prosciutto; Melon Ball Cocktails; and Melon, Feta and Cucumber Skewers at www.hy-vee.com/recipes

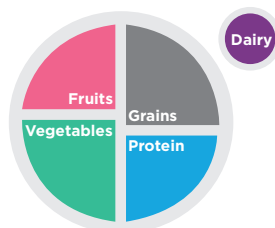
FIT FOR LIFE

KIDS WHO ENJOY PHYSICAL ACTIVITIES WHEN THEY ARE YOUNG ARE MORE LIKELY TO STICK WITH HEALTHY HABITS AS ADULTS. TO GET THEM GROWING RIGHT, HY-VEE OFFERS TWO PROGRAMS FOR CHILDREN: KIDSFIT™, FITNESS TRAINING ONLINE, AND begin™ 4 KIDS, HEALTHY LIFESTYLE MANAGEMENT OFFERED BY HY-VEE DIETITIANS.

WORDS Carrie Anton and Steve Cooper PHOTOS Cameron Sadeghpour



Looking for fun ways to improve your child's health and fitness?
Get coached at www.Hy-VeeKidsFit.com. This free, online program is filled with all kinds of easy-to-use resources to make movement and exercise a way of life.



FAMILY MATTERS:

Don't let the kids have all the fun without you. A Family Day brings parents and children together to enjoy healthy activities that promote fitness and good health. Plan one at least once a week and include everyone, whether they are part of KidsFit™ or not. Use fun game ideas from the website to get everyone in the family moving to your child's favorite activity.

EATING 101:

Whether your kids want an after-school snack or just some healthy information, the Eat section at the KidsFit™ website offers nutritional recipes from Hy-Vee registered dietitians. Help your kids learn to snack sensibly without ruining their dinners. Find ideas for healthy grab-and-go foods and tasty recipes that are easy enough for kids to make on their own.

PORTION PLANNING:

Help your children make healthier choices by reviewing the MyPlate method. An illustrated plate divided into colors for each food group helps kids easily select proper portion sizes. Discuss each food group with your child to clarify the differences between grains, proteins, fruits, vegetables and dairy, and highlight why each is essential to a healthy diet.

WATCH & LEARN:

Lunges, climbers and burpees! Oh, my! If your child doesn't know the basics, look to the helpful instructional tutorial videos on the Hy-Vee KidsFit™ website. These quick videos will show your child the right moves to learn. Online trainer Daira Driftmier breaks down each exercise in simple-to-follow form with helpful tips for speed and performance.

GUIDE TO 5K:

Setting a fitness goal is a great place to start on the path toward a healthier lifestyle. Hy-Vee KidsFit™ offers three levels of physical activity so children will train only with kids of similar size and strength. These levels are Rookie, Pro and All-Star. Each level's daily and weekly activities build health, strength, endurance and self-confidence.

HyVee® KIDSFIT™ JUST PUSH PLAY™

A lack of exercise combined with poor eating habits has created an epidemic of childhood obesity throughout the United States. The Centers for Disease Control and Prevention recommends kids spend a minimum of 60 minutes a day doing physical activities. Unfortunately, far too many kids spend more time in front of screens and on gadgets, leaving them sedentary. Partnering with youth-health specialist Daira Driftmier, Hy-Vee created KidsFit™, an online program designed to encourage kids ages 7 to 17 to get more active at home and have fun doing it. Through videos, blog posts, training guides and more, kids have everything they need to exercise at home—on their own or with their families—without any equipment or a costly gym membership. Visit www.hy-veekidsfit.com to get started!

MEET YOUR TRAINER

AS THE KIDSFIT™ ONLINE TRAINER, DAIRA DRIFTMIER'S GOAL IS TEACHING AS MANY KIDS AS POSSIBLE ABOUT HEALTH, EXERCISE AND NUTRITION. NEAR THE END OF THE LAST SCHOOL YEAR, SHE VISITED 44 SCHOOLS FROM KANSAS TO WISCONSIN WITH HER MESSAGE. "WE'VE ALMOST DOUBLED THE NUMBER OF KIDS WHO HAVE SIGNED ONTO KIDSFIT™ AND I'VE RECEIVED SO MANY LETTERS, NOTES AND POEMS FROM KIDS ABOUT WORKING OUT," SHE SAYS, WHICH SHOWS HOW EXCITED KIDS ARE ABOUT THE PROGRAM.



KIDS *begin*™

There's no better time than right now to start your kids on a healthy living plan. "In a busy world with many distractions, it's easy to forget about exercise and healthy nutrition choices," says Kim Denman, RD, LD, a Hy-Vee registered dietitian in Bettendorf, Iowa. She recommends parents start with a visit to their child's primary care physician or pediatrician.

Make Hy-Vee your next stop, talking with the store dietitian, who can explain all the benefits of the four-week begin™ 4 Kids program.



begin™ 4 KIDS

This four-week program puts an emphasis on food groups, physical activity and eating for good health. Led by Hy-Vee dietitians, kids and their families learn about healthy lifestyle management.

Sessions meet at Hy-Vee stores and follow age-appropriate curriculums. The goal is to educate kids about healthy eating early so they can choose foods wisely throughout their lives.

WEEK ONE

The Hy-Vee begin™ 4 Kids program is open to all children from 3 years to 18 years old along with their families. Some sign on as a mother and daughter or father and son, but others may bring along the entire family. Each hour-long class engages kids, informing them about what they eat and why they eat it. While many parents sign up because of health concerns for their child, at least as many simply sign up so their kids understand the health benefits of choosing an apple over a candy bar.

WEEK TWO

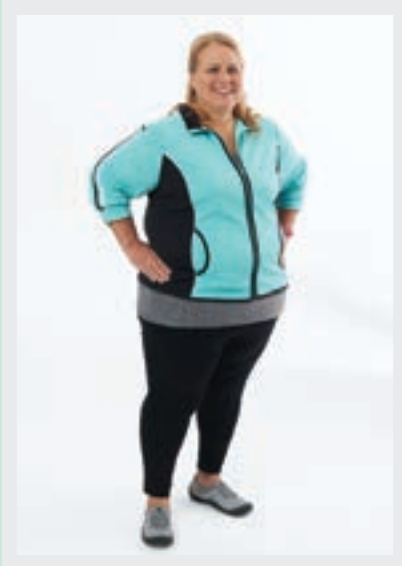
The goal this week is to learn how to shop the ingredients needed to make healthy meals. Dietitians take kids and their families through the aisles, using quizzes and games to engage children in exploring the choices they make. As they walk the bread aisle, children learn about the advantages of eating whole grain breads. Kids are then asked to scan the shelves and locate a whole grain loaf. Or they are told about how to spot nutritious peanut butter, then asked to find it. Dietitians also use this time to introduce the MyPlate approach to portion control.

WEEK THREE

Food is the focus the third week. MyPlate is again the topic of conversation as the dietitian reviews the concept with kids and encourages them to try it at home. There are discussions about planning meals that will fuel kids at school, at play and wherever they go. Kids are asked about their favorite foods and favorite mealtimes. They'll learn about calories, proteins and more. They'll also discover that some of their favorite foods may contain things like sugars and fats that are not the best choices.

WEEK FOUR

Portion control is the topic for the final session. MyPlate is explored in greater depth, as kids are given the keys to analyzing the portions on their plates. They learn to compare the size of a fist to amounts of fruits, grains, vegetables and protein. This gives them a tool for judging whether portions are balanced or not. This final session is also the time for goal setting, as kids talk about what they have learned through begin™ 4 Kids.



MICHELLE CARSON

AGE: 55
STARTING WEIGHT: 278 LB.
HEIGHT: 5'2"

CURRENT WEIGHT: 258 LB.
Total pounds lost to date: 20 LB.

FOLLOW MICHELLE'S JOURNEY ON
HER "JUST WEIGHT AND SEE"
FACEBOOK PAGE:
[FACEBOOK.COM/JUSTWEIGHTANDC](https://www.facebook.com/justweightandsee)

MONTH	WEIGHT (LB.)
November 2015	278
December 2015	274.8
January 2016	272
February 2016	274.6
March 2016	261
April 2016	269
May 2016	258
June 2016	- -
July 2016	- -
August 2016	- -
September 2016	- -
October 2016	- -
November 2016	- -
December 2016	- -

PROBLEM: A step back, a step ahead
March was difficult. Due to a family situation, Michelle lost her positive attitude. In April, she bounced back.

DIETITIAN'S SOLUTION:

Circumstances threw Michelle in a ditch. But getting to a better place is mental, more than anything. Michelle says of Hy-Vee Dietitian Amber Groeling, "I think she believed in me more than I did." Amber recommended visualization to rally Michelle. "She encouraged me to see myself—to visualize—breaking through my weight barrier," Michelle says. Running a 16-minute mile was a goal Michelle chose. Less than a month later, she did it.

Getting healthy and staying healthy is the goal of the Hy-Vee *begin*™ Healthy Lifestyle and Weight Management Program. Dietitians from Hy-Vee educate and coach participants about eating nutritious meals and including physical activity in their daily lives.

Dietitian Amber Groeling, of the Hy-Vee in Topeka, Kansas, says, "We help clients develop healthy, balanced eating plans that are sustainable and that they will enjoy eating for the rest of their lives."

During *begin*™ sessions, a Hy-Vee dietitian teaches:

- How to control hunger.
- Why activity is essential.
- What healthy portions look like.
- How to prepare healthy foods.

In an early meeting, attendees take a healthy shopping tour at Hy-Vee with a dietitian who can offer them tips tailored to their needs.

There are three *begin*™ options:

Individual Program: Participants meet one-on-one with the dietitian at Hy-Vee for weekly sessions over 10 weeks. The first session is about an hour, others 15 to 30 minutes.

Group Program: For those who prefer a group experience, this program includes seven classes (plus three individual sessions). Each session is one hour. Groups typically meet at Hy-Vee.

***begin*™ Basics:** Sessions in this 10-week course are shorter and focus on education. There are no screenings or measurements.

TO SIGN UP FOR ANY OF THE THREE *begin*™ OPTIONS, SEE THE DIETITIAN AT YOUR LOCAL HY-VEE STORE.

KIDSFIT™ BERRY SMOOTHIE

Add flaxseed to smoothies for a boost of healthy omega-3 fatty acids and dietary fiber.

Prep: 10 minutes | Serves 1

- 1 cup sliced fresh strawberries
- 1 cup fresh raspberries
- ½ cup Hy-Vee vanilla low-fat yogurt
- 1 tablespoon flaxseed meal
- 1 cup crushed ice*

1. Place strawberries, raspberries, yogurt and flaxseed meal in a blender; cover and blend well. Add ice and blend until smooth.

*Note: Use more or less ice depending on your personal preference.

Nutrition facts per serving: 220 calories, 5 g fat, 0.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 65 mg sodium, 41 g carbohydrates, 13 g fiber, 25 g sugar, 8 g protein. Daily values: 2% vitamin A, 220% vitamin C, 20% calcium, 10% iron.

Whip up this tasty berry smoothie to jump-start your energy for the day!

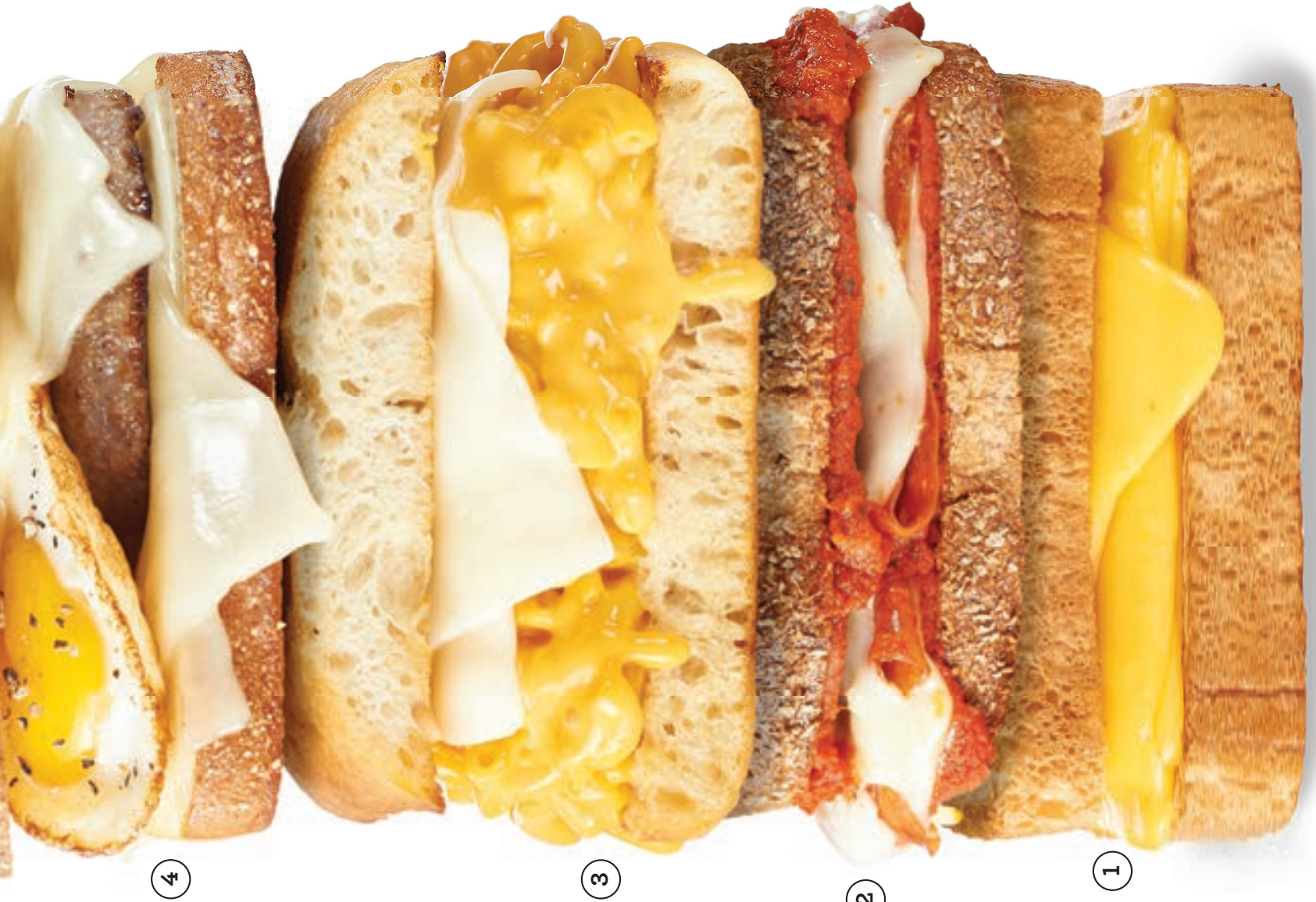


BEST IN CLASS

WORDS Carlos Acevedo PHOTOS Tobin Bennett



Melty and ooey-gooney, grilled cheese sandwiches are a household staple. Children love them. (Adults love them too!) Start with the basic model, American cheese on buttered white bread, but as your kids' taste buds grow up, consider exploring more flavorful varieties.



1

2

3

4

7. Post Graduate

Power-Up Patty Melt: Marble rye bread, arugula, a cooked 6-ounce ground beef patty, sliced mushrooms, caramelized onions, grilled bell peppers, banana peppers and slices of pepper Jack cheese.

6. Graduate

Midnight Snacker: Italian bread, white Cheddar blueberry cheese, chocolate-hazelnut spread, raspberries and sliced almonds.

5. College Freshman

The San Fran-cheese-o: Multigrain bread, thinly sliced red onion, smashed avocado, thinly sliced heirloom tomato, cooked turkey bacon and layers of Asiago, Fontina and smoked Gouda cheese.

4. High School

The Early Riser: English muffin bread, Monterey Jack cheese, fried egg and cooked sausage patty, seasoned with fresh cracked black pepper to taste.

3. Middle School

The Mac and Cheese: Ciabatta or focaccia bread, purchased and prepared deluxe macaroni and cheese, topped with a slice of white American cheese.

2. Elementary

The Pizza: Wheat bread, provolone cheese, pepperoni and marinara sauce.

1. Kindergarten

The Classic: Plain white sandwich bread and thick-sliced American cheese.



PINKYSWEAR

SINCE 2003, THE PINKY SWEAR FOUNDATION HAS GIVEN FINANCIAL AND MATERIAL SUPPORT TO CHILDREN WITH CANCER AND THEIR FAMILIES. THE FOUNDATION HELPS PROVIDE THE QUALITY OF LIFE THAT EVERY CHILD DESERVES.

WORDS Steve Cooper and Courtenay Wolf PHOTOS AND ILLUSTRATIONS Courtesy of Pinky Swear Foundation

In 2002, 8½-year-old Mitch Chepokas of Chanhassen, Minnesota, was diagnosed with bone cancer.

Around Christmas that year, Mitch asked for his father's help in distributing \$6,000 from Mitch's savings account to help other families with children battling cancer.

Mitch's father agreed to take out the money, but Mitch also asked, "Pinky swear with me that you will do this forever." The father and son linked fingers, and Steve Chepokas made the forever commitment.

A few months later, Mitch passed away, but not before he and Steve signed papers setting up an organization, later named the Pinky Swear Foundation. Its mission is to provide funds for the needs of children with cancer and their families.

Mitch has now been gone for more years than he lived. But the end of Mitch's short life wasn't the end of his influence. Mitch inspired tens of thousands of people to help other boys, girls and their families struggling against various forms of pediatric cancer.

Founding on Mitch's dream to help others, the Pinky Swear organization is reaching out daily to assist families as they navigate all the challenges that a cancer diagnosis brings. While many other nonprofits donate to the search for cures, Pinky Swear is focused on

kids with cancer and their families. The goal is to make life as stress-free as possible for those who do not know what tomorrow brings.

Funds go to cover expenses for families in crisis. The foundation pays for food, rent, motels, utility bills or whatever is most needed by families facing a deadly foe. Money is raised through such activities as:

- Noncompetitive youth triathlons.

Staged throughout the Midwest on summer weekends, these triathlons are open to kids from 6 to 18 years old.

- Athletic teams. Called Playing for Pinky Swear, this program lets athletic teams adopt a child battling pediatric cancer. Teams play

and fund-raise in honor of their All-Star Pinky Swear teammate throughout the season. The athletes get to know All-Star families and engage with them personally.

- MessFest. A muddy slopstacle course draws kids and their families to race in this unusual fund-raiser. Perk's Pinky Swear MessFest takes place September 10 at MN Pro Paintball in Lakeville, Minnesota.

There are countless ways that anyone who desires can support Pinky Swear in its mission. All it takes to help pediatric cancer victims and their families is to get in touch with the foundation. Find out about what you can do by visiting www.pinkyswear.org



WHEN 9-YEAR-OLD CANCER PATIENT MITCH CHEPOKAS LINKED PINKY FINGERS WITH HIS DAD, THE PINKY SWEAR FOUNDATION WAS BORN TO HELP OTHER SICK KIDS.

JACKSON: A PINKY SWEAR ALL-STAR

When eighth-grader Jackson Fisher woke up the day before his birthday in March 2015, he thought it was just another Monday. But he felt a little unsettled. It grew worse quickly, and he decided to stay home from school.

By the next Saturday, he was playing lacrosse. All seemed back to normal.

"But then he came home and said, 'Mom, I'm seeing double.' He was also having headaches. Then one eye started to close. Something was definitely wrong, so he went to the doctor," his mother, Michelle La Brecque-Fisher, says.

Before long, the family received the diagnosis. Jackson had an aggressive nongerminomatous germ cell tumor growing in his brain.

Over the next year and half, the teenager endured 18 weeks of chemo, transfusions, two to three hours of MRIs, seven weeks of proton beam radiation and a stressful brain surgery last April.

The craniotomy was one of her son's most challenging experiences, Michelle says.

"The surgeon got 99 percent out. The tumor had been as big as a racquet ball; now it's only a millimeter. It is checked regularly to make sure the cancer isn't back," she says.

The Learning Curve

After seven intense weeks at Mayo Clinic in Minnesota receiving treatment for the deeply seated brain tumor, Jackson Fisher was back home and starting the 2015 school year late. It was well into October at Dowling Catholic High School in West Des Moines.

Jackson's freshman-year return energized him, of course. His voice was filled with excitement as he recalled seeing friends and teachers at school again. These friends proved invaluable, helping him however they could and empathizing with his ordeal.

"I have lots of friends who are always asking me how I am doing and making sure that everything is good for me. They really care," Jackson says.

While away, Jackson thought he would be following classes on his laptop computer via Skype, but the technology wasn't up to the

task. So he regrouped, following class topics online as best he could and inventing some of his own curriculum. It worked out.

"I wound up teaching myself, more or less," the relaxed and chatty 14-year-old says. "For math, there was a workbook to follow, and I found out how much I like math. I really got interested in history. I had been reading a lot of mythology before, but I was surprised how much I liked true history."

A Call to Pinky Swear

After Jackson was first diagnosed, a Child Life worker told Michelle about Pinky Swear and offered to call them for the Fisher family.

"I got a call from Colleen at Pinky Swear, and she started coordinating things for us. She was so helpful," Michelle says.

During Jackson's long hospital stays, Pinky Swear gave financial support toward the family's motel rooms and other expenses.

"After the diagnosis, you don't know what's going to happen or how things are going to work out. It is overwhelming," Michelle says.

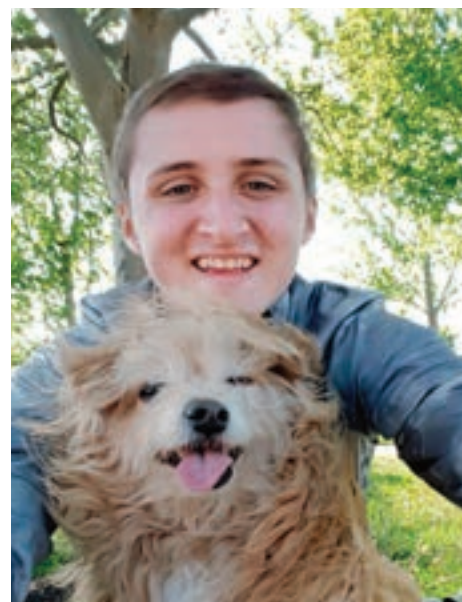
With a younger son, Nash, at home, Michelle and her husband had to split duty. One would stay at home in Des Moines while the other was in Minnesota with Jackson. She jokes about passing each other on the freeway once a week.

"Every week we were spending about \$1,400 for motels and travel," Michelle says. "You don't even really see yourself in that position until it happens. It was really good to have Pinky Swear step forward and help. We will forever be grateful for Pinky Swear and do whatever we can to help fulfill the pinky swear between Mitch and his father."

In Jackson's eyes, Pinky Swear has been a partner in his progress. He says he has been amazed at the promise between Mitch and his dad, and all the foundation does to help.

"They helped us pay for restaurant meals and gas to get up to Mayo and back. There were so many ways they helped. I love everyone at that foundation," Jackson says.

Because he feels so strongly about Pinky Swear, Jackson jumped at an opportunity to



“AFTER THE DIAGNOSIS, YOU DON'T KNOW WHAT'S GOING TO HAPPEN OR HOW THINGS ARE GOING TO WORK OUT. IT IS OVERWHELMING.”

— MICHELLE LA BRECQUE-FISHER

KIDS TRIATHLON EVENTS

DES MOINES,
IOWA
JULY 23

KANSAS CITY,
MISSOURI
JULY 31

MINNEAPOLIS,
MINNESOTA
AUGUST 6

QUAD CITIES,
IOWA
AUGUST 13

CHANHASSEN,
MINNESOTA
AUGUST 20

Race details vary by location. To register for the event in your area visit www.pinkyswear.org

go on a radio station that broadcast a fundraiser for the nonprofit organization. He used the opportunity to spread the word about Pinky Swear.

"People were calling the radio station to donate, and I was one of the volunteers answering the phones. I talked to a lot of people about the foundation and made some great friends. It was really fun," he says.

Participating in the radio event was a special gift to Jackson, Michelle says.

"Being there that day made him feel needed. It was good for him to be helping in something that let him give back," she says.

Growing through Experience

Michelle is overwhelmed by the growth and maturity she sees in her son.

She describes him as a young man who never says a bad word about anyone. A super sweet kid, Jackson loves his dog and has become wise beyond his years.

"He only complained twice during all of this," Michelle says. "At the beginning, he asked, 'Why me?' Then, the night before the craniotomy, he woke up and said, 'I don't want to do this.' But he did."

Among his most faithful supporters were the other kids facing cancer he has met at Mayo Clinic. These are the people who best understand what he has been going through, because they have gone through the same stressful steps to healing. They know all about the side effects of radiation, chemotherapy and surgery, which include pain, the loss of hair, dramatic weight changes and other difficult reactions.

"When I was having radiation and all that, I made quite a few friends. I met Nancy and Randy—they were my best friends—and other kids at Mayo, and they would help me out. We would talk. They are still my good friends," he says.

One of his reactions to hospitalization and treatment seems to puzzle Jackson. Time moved quickly, he says.

"It's like you do chemo and you have friends there, and it's done and the stay is over. You make friends, then you have to leave friends," he says.

Through it all, Jackson has had to grow up fast. He's open about what has happened and looks for the good that he has discovered hiding in the difficulty.

"He's learned a lot," Michelle says. "He has a higher understanding of life than I will ever know."

KIDS TRIATHLONS

Kids of all abilities can swim, bike and run to raise money for children with cancer. Hy-Vee is a proud sponsor of a number of Pinky Swear Kids Triathlons. These are untimed, noncompetitive races meant solely for the enjoyment of those who wish to support children with cancer. Following triathlons, athletes and their families are invited to a festival.

In 2015, the Pinky Swear Kids Triathlons attracted more than 2,200 participants and raised over \$1,131,000 for the Pinky Swear Foundation.

The Pinky Swear Foundation's goal is easing financial burdens of families. Below are some of the ways they do this.



The Pinky Swear Kids Triathlon events are the largest youth fundraising triathlons in the world.



ENVELOPE PROGRAM

Most families don't save for cancer. So when it hits, many parents must reduce work hours or even leave jobs to be with and care for their child. Donations to Pinky Swear provide money for housing; car payments, repairs and gas; utilities; and other critical needs a family may have. This service is called the Envelope Program in memory of the envelopes filled with money Mitch gave fellow pediatric patients in the hospital.



PINKY SWEAR PANTRIES

Set up in children's hospitals, Pinky Swear Pantries allow parents to stay near their children during hospital stays. Parents can grab lunch or a snack from a pantry without making a long trek to the hospital cafeteria or vending machines. To date, these pantries have opened at the University of Minnesota Masonic Children's Hospital in Minneapolis and Levine Children's Hospital in Charlotte, North Carolina.



ALL-STAR WEEKENDS

Every Pinky Swear child is an All-Star. Family fun often gets lost in the daily stress and worries of having a child with cancer. A new program offers weekend getaways from the hospital for kids with cancer and their families. The first getaway spot is the Hilton Minneapolis/St. Paul Airport Hotel, which offers complimentary rooms to parents and cancer patients every weekend.

For more about events, volunteering or how to get help, visit www.pinkyswear.org



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BAYER: select varieties 60 to 120 ct. \$5.99



MiraLAX:
14 dose \$9.99



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Use as directed.

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Schick Hydro Silk:
select varieties
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select varieties
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select varieties
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Shredded Cheese:
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Sargento All Natural
Cheese Slices or
Balanced Breaks Snacks:
select varieties
1.5 to 8 oz. \$2.99



Sargento All Natural
Cheese Sticks:
select varieties
8 to 12 oz. \$3.49



French's Ketchup:
20 fl. oz. \$1.99



Heinz BBQ Sauce:
select varieties
18.6 to 21.4 fl. oz.
2/\$4.00



Heinz Mustard:
select varieties
8 or 14 fl. oz. \$1.68



Hebrew National
Franks:
select varieties
11 or 12 oz. \$4.28



Jennie-O Fresh
Ground Turkey:
original or Italian
16 oz. \$3.99



Old Folks Sausage:
select varieties
16 oz. roll \$2.99



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select varieties
7 or 9 oz. \$2.77



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select varieties
5 to 12 oz. \$2.99



Lemon Grass
Kitchen Meal:
select varieties
20 or 22 oz. \$7.99



Bar-S Corn Dogs:
2.67 lb. \$4.99



Butterball Turkey
Burgers: 2 lb. \$7.99



Bagel Bites:
select varieties
7 oz. \$1.99

BEVERAGES



Old Orchard Juice:
select varieties
64 fl. oz. 3/\$5.00



McCafé or Gevalia
Coffee: select varieties
12 oz. bag,
6 or 12 ct. pods \$6.48



Newman's Own
Lemonade:
original or pink
59 fl. oz. \$1.99



Pure Leaf Tea or
Tropicana Lemonade:
select varieties
59 fl. oz. 2/\$4.00



Horizon Organic or
Silk Almond Milk:
select varieties
8 fl. oz. 4/\$5.00



International
Delight Iced Coffee:
select varieties
64 fl. oz. \$3.69

PANTRY



Easy Mac or Velveeta
Shells Cup:
select varieties
1.9 to 2.39 oz. 3/\$3.00



Uncle Ben's Rice:
select varieties
6 to 15.8 oz. 2/\$4.00



Smucker's Ice Cream
Toppings, Spoonables
or Magic Shell:
select varieties
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select varieties
6 oz. 3/\$4.00



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select varieties
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SNACKS



Paqui Tortilla Chips:
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Pop Corn or Weight
Watchers Pre-Popped
Pop Corn: 4 to 10.5 oz.
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Oven Baked Chips:
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select varieties
5 ct. \$3.48



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SuperFood Powder
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The next issue of *Hy-Vee Seasons* covers the best of Fall flavors with sweet confections and hot-from-the-oven comfort foods. A Friendsgiving pot-luck is all about eating with friends, while tailgating tips come from our favorite football stars. For free home delivery of our print edition or to download the free digital version for tablets, visit us online at www.hy-vee.com/seasons

TODAY'S LESSON: SHOP ONLINE.

