arch is a welcome turning point each year as temperatures warm and plants wake from winter dormancy and start to grow again. Spring is in the air—and on our minds.

Fresh growth won’t be the only thing wearing the green this month. It’s time for a “St. Paddy’s Day Splash,” page 44, complete with favorite “Sips of Ireland,” page 50. Sláinte!

And if you need another reason to celebrate this month, we’ve got some ideas for an NCAA basketball tournament watch party, page 32. Fill out a bracket, invite some friends over and enjoy one of the country’s favorite sports spectacles.

Here’s to spring!

MARCH 2020

food

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MIX IT, MICROWAVE IT and be on your way

SALTLED CARAMEL DONUTS
Tantalize your taste buds with a fresh, new introduction from the Hy-Vee Bakery: salted caramel old-fashioned cake donuts! Caramel’s never-ending popularity is easy to understand—it goes with everything from sweet chocolate to tart apples. Now you can enjoy that great caramel taste in a Hy-Vee Bakery Fresh donut. It’s just one of the many tempting treats you’ll find in the baker’s display case at Hy-Vee this month.

SPECIALTY COFFEES
Go beyond the ordinary with the memorable taste of one of Hy-Vee’s great specialty coffees.

CAMERON’S HIGHLANDER GROG
A light roast featuring flavors of rum with butterscotch, caramel and vanilla.

STARBUCKS VERANDA BLONDE
A light-bodied, mellow and flavorful roast for a relaxing brew.

DEATH WISH
The world’s strongest ground coffee—for those times when light isn’t quite right.

WHAT’S NEW AND NOTEWORTHY IN YOUR WORLD AND AT HY-VEE
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BAKERY
Irish Soda Bread

DELI
Truly Grass-Fed Cheddar

PRODUCE
Brussels Sprouts

WINE & SPIRITS
Baileys Irish Cream Liqueur

“Tis the season for Irish Soda Bread, available from the Hy-Vee Bakery this month. This hearty treat perfectly complements a variety of Irish dishes.

Imported from Ireland, Truly Grass-Fed Cheddar boasts a creamy texture and a taste that is either sweet or bold, depending on aging.

Have you heard the news? Brussels sprouts are now trending. These little green vegetables are loaded with important nutrients.

A St. Patrick’s Day staple, the original Baileys Irish Cream has been joined by newer flavors including espresso, salted caramel and strawberry cream.

Available in original thin crust, rising crust and cheese-stuffed crust.

CRAV’N FLAVOR™ FROZEN PIZZA
Satisfy your pizza craving. Crav’n Flavor frozen pizzas feature 100-percent real cheese, no artificial flavors and no artificial preservatives in the crust. Choose from a range of toppings, including vegetables, meat and extra cheese.

Available in original thin crust, rising crust and cheese-stuffed crust.

BRAND HIGHLIGHT

ORAVIN FLAVOR™ FROZEN PIZZA
Satisfy your pizza craving. Crav’n Flavor frozen pizzas feature 100-percent real cheese, no artificial flavors and no artificial preservatives in the crust. Choose from a range of toppings, including vegetables, meat and extra cheese.

Available in original thin crust, rising crust and cheese-stuffed crust.

SPRING-CLEANING
MAKE SHORT WORK OF HOUSECLEANING WITH CLEANING PRODUCTS ENGINEERED FOR EFFICIENCY

AMERICAN MAID CADDY WITH RUBBER HANDLE
Carries multiple cleaning items to save on trips; keeps wet sponges and brushes off surfaces.

SCOTCH-BRITE SCRUB SPONGES
Cellulose sponge wipes and absorbs; mineral-coated heavy-duty side removes tough baked-on messes.

LIBMAN BIG JOB KITCHEN BRUSH
Slip-resistant ergonomic rubber handle; short bristles for scrubbing, long bristles for cleaning.

LIBMAN FEATHER DUSTER
Made from real ostrich feathers; great for dusting and removing cobwebs.

QUICKIE DUST PAN & BRUSH
Flagged fibers pick up small dirt particles; brush and pan snap together for storage.

LIBMAN 2-SIDED MICROFIBER MOP
One side for dusting; one for mopping; removable head is machine washable.

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SNEAK PEEK AT HOOPS

No matter what special occasion you’re celebrating, Hy-Vee’s talented cake designers can bring your vision to life. Just walk in or schedule a time to discuss what you have in mind and let them take it from there. Whether you want a cake to spotlight a special interest or commemorate an event, Hy-Vee has you covered. This Sneaker and Basketball cake (pictured) was created by Hy-Vee cake designer Sara Vanderheyden in honor of this month’s NCAA Division I basketball tournament.

A board covered with white fondant is scored and attached to mimic a basketball court.

Sections of cake are assembled, covered with orange fondant and scored like a basketball.

The sneaker is carved from stacked sections of cake, covered in fondant, then perforated.

Shoelaces, lanyard, whistle and stars are formed from fondant rolled or pressed into shape.

SNEAK PEEK AT HOOPS

Watch and learn at HSTV.com today!

Hoof Hoop Hoopay! See how the spectacular basketball cake came together. Watch our video at HSTV.com.

TM

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Choice Black Angus Roast Beef

Slow roasted and generously seasoned, this comfort food favorite will turn your everyday lunch into a meat-filled masterpiece.

Each tender slice is 100% natural*, low in sodium and made right here in the Midwest.

Find it in your Deli.

*Minimally Processed. No Artificial Ingredients.
Add seafood to a favorite dish and watch ‘em rave. Try shrimp with pasta, fish in tacos and crab on pizza. One bite and they’re hooked.

**30-MINUTE SEAFOOD**

**EVEN KIDS WILL LOVE**

**Shrimp & Broccoli Pasta**

*Total Time* 25 minutes

Serves 4

- ½ (16-oz.) box Hy-Vee dry small shell macaroni
- 1 (0.5-lb.) container Hy-Vee Short Cuts broccoli florets, cut into bite-size pieces
- 1 Tbsp. Gustare Vita olive oil
- 2 cloves garlic, minced
- ¾ lb. peeled and deveined raw shrimp (31–40 ct.)
- Hy-Vee salt and black pepper
- 1 (12.5-oz.) jar Gustare Vita Alfredo sauce
- ¼ cup Hy-Vee grated Parmesan cheese
- 1 cup Hy-Vee sweet grape tomatoes, halved
- Lemon wedges, for serving

1. **COOK** pasta according to package directions, adding broccoli during the last 5 minutes of cooking time. Drain, reserving pasta water. Cover pasta and broccoli and keep warm.

2. **HEAT** oil in a 10-in. skillet over medium heat. Add garlic; cook for 30 seconds or until fragrant. Add shrimp; sprinkle with salt and pepper. Cook for 5 minutes or until shrimp are opaque.

3. **STIR** in Alfredo sauce and Parmesan cheese. Add pasta-broccoli mixture and grape tomatoes. Cook until mixture is heated through and tomatoes have softened. Thin sauce with some of the reserved pasta water, if desired. Serve with lemon wedges.

**Per serving:**
- 630 calories
- 21 g fat
- 3 g saturated fat
- 0 g trans fat
- 180 mg cholesterol
- 580 mg sodium
- 54 g carbohydrates
- 4 g fiber
- 10 g sugar

**Vitamin D 0%, Calcium 15%, Iron 30%, Potassium 8%**

**Source:** ncbi.nlm.nih.gov/pubmed/21683747

**WHY KIDS LOVE IT...**

Eating seafood twice a week helps reduce anxiety so kids perform better in school. A diet with seafood also decreases risks for common colds and allergies. A recent survey of moms named fish sticks with dips, tacos and pasta dishes among top foods to get kids to eat fish.

For an ocean of easy tips (plus downloadable coupons) to encourage kids to become seafood lovers, go to LittleSeafoodies.com

**Parent Tips**

**HOW TO MAKE KIDS INTO LITTLE SEAFOODIES!**

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**Add seafood to a favorite dish and watch ‘em rave. Try shrimp with pasta, fish in tacos and crab on pizza. One bite and they’re hooked.**

**30-MINUTE SEAFOOD**

**EVEN KIDS WILL LOVE**

Pasta is comfort food, and shells with Alfredo sauce is kind of like mac and cheese. A study showed that tweaking a familiar food—in this case, adding shrimp and veggies—may get kids to try something new.
**Go-Fish Tacos**

*Total Time 30 minutes  Serves 4 (2 tacos each)*

- **Hy-Vee nonstick cooking spray**
- **1 cup Hy-Vee plain panko bread crumbs**
- **2 Tbsp. Hy-Vee 25%-reduced sodium taco seasoning mix**
- **½ cup Hy-Vee all-purpose flour**
- **2 Hy-Vee large eggs, beaten**
- **1 lb. cod or tilapia fillets, cut into 1-in. strips**
- **1 cup frozen mango or pineapple chunks, chopped**
- **¾ cup Hy-Vee Short Cuts chopped tricolor bell peppers**
- **¼ cup chopped red onion**
- **2 Tbsp. finely chopped fresh cilantro**
- **½ tsp. lime zest**
- **1 Tbsp. lime juice**
- **Hy-Vee salt, to taste**
- **2 cups Hy-Vee shredded iceberg lettuce**
- **8 Hy-Vee fajita-size flour tortillas**
- **Avocado slices, for serving**

1. **PREHEAT** oven to 400°F. Spray a rimmed baking pan with nonstick spray; set aside.
2. **COMBINE** panko crumbs and taco seasoning mix in a shallow bowl. Place flour and eggs in separate shallow bowls. Dip fish in flour to coat both sides; shake off excess. Dip fish in egg and then in panko mixture. Place on prepared pan. Bake for 12 to 15 minutes or until fish flakes with a fork (145°F), turning once.
3. **MEANWHILE,** for salsa, combine mango, peppers, red onion, cilantro and lime zest and juice. Season to taste with salt.
4. **DIVIDE** lettuce among tortillas; add fish. Top with mango salsa and avocado slices.

Per serving: 450 calories, 8 g fat, 3 g saturated fat, 0 g trans fat, 105 mg cholesterol, 680 mg sodium, 60 g carbohydrates, 2 g fiber, 8 g sugar (0 g added sugar), 34 g protein.

**WHY KIDS LOVE IT...**

*Fish-shape crackers have been making kids smile for decades, so serve some with this creamy soup. Mild-tasting crab and catfish go well with crunchy, cheesy crackers.*

**WAYS TO GET KIDS TO LOVE FISH**

1. **Cook milder fish**
   - Cod, halibut, farm-raised catfish, tilapia and salmon are good first options.
2. **Tailor the flavor**
   - Go with your child’s taste preferences—crunchy, cheesy, mildly spiced, etc.
3. **Let ‘em pick and choose**
   - Offer fish fillets with buns or wraps, shredded lettuce, cheese and kid-pleasing toppers and condiments.
4. **Go for dips**
   - Serve fish nuggets with salsa, ranch dressing or nacho cheese dip.

**Seaside Chowder**

*Total Time 30 minutes  Serves 6*

- **2 Tbsp. Hy-Vee salted butter**
- **1 Tbsp. Hy-Vee canola oil**
- **3 medium red potatoes, cut into ½-in. cubes (1½ cups)**
- **2 cups Hy-Vee frozen corn**
- **1 cup Hy-Vee Short Cuts chopped white onions**
- **1 cup Hy-Vee Short Cuts tricolor peppers**
- **4 tsp. Old Bay seasoning**
- **⅓ cup Hy-Vee all-purpose flour**
- **4 cups Hy-Vee 33%-less-sodium chicken broth**
- **2 cups Hy-Vee whole milk**
- **2 (6-oz.) pkg. lump crabmeat**
- **½ lb. catfish and/or tilapia fillets, cut into bite-size pieces**
- **Cheddar or Parmesan fish-shape crackers, for serving**

1. **HEAT** butter and oil in a large saucepan over medium heat. Add potatoes, corn, onions, tricolor peppers and Old Bay seasoning. Cook and stir for 8 to 10 minutes or until potatoes are tender.
2. **SPRINKLE** flour over vegetable mixture and stir to coat. Stir in chicken broth and milk. Bring to boiling. Add crabmeat and fish pieces. Simmer for 5 minutes or until fish flakes easily with a fork (145°F). Serve chowder topped with crackers, if desired.

Per serving: 290 calories, 8 g fat, 3.5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 840 mg sodium, 35 g carbohydrates, 3 g fiber, 9 g sugar (0 g added sugar), 21 g protein.

**WHY KIDS LOVE IT...**

*It’s fun food they can help prep. A recent study of fifth grade students suggests that kids who help prep meals tend to eat—and actually enjoy—healthier foods.*

**SEASONS | March 2020**

*Source: thefamilydinnerproject.org/resources/faq/*

*ncbi.nlm.nih.gov/pubmed/21683747*

*SEASONS | hy-vee.com*
Sesame Salmon
Oven Stir-Fry

Total Time: 50 minutes
Serves: 4

Hy-Vee nonstick cooking spray
4 medium carrots, peeled and bias-sliced
2 tsp. Hy-Vee cornstarch
⅓ cup Hy-Vee unsweetened pineapple juice
2 Tbsp. Hy-Vee vegetable oil, divided
Hy-Vee salt and black pepper to taste
2 cups hot cooked white rice
1 (1-lb.) Verlasso skinless salmon fillet
½ cup bias-sliced canned baby corn
1 (6-oz.) pkg. fresh snow peas
2 Tbsp. Hy-Vee less-sodium soy sauce
½ cup crumbled Hy-Vee Kitchen Style Cheddar cheese
½ tsp. Hy-Vee garlic powder
1 tsp. Hy-Vee less-sodium soy sauce
6 oz. Hy-Vee cream cheese, softened
½ cup Culinary Tours sweet Thai-style chili sauce
¼ cup Hy-Vee finely shredded green onions
1 (8-oz.) pkg. Hy-Vee Fish Market imitation flaked crabmeat
½ cup bias-sliced carrots
½ cup bias-sliced chestnuts
4 medium carrots, peeled and bias-sliced
1 red bell pepper, seeded and cut into strips
1 (6-oz.) pkg. fresh snow peas
2 Tbsp. Hy-Vee vegetable oil, divided
1 (1-lb.) Verlasso skinless salmon fillet
½ cup bias-sliced canned baby corn
1. PREHEAT oven to 425°F. Line a sheet-pan meal, along with how-tos for the: tutorial for this delicious

**WHY KIDS LOVE IT...**

A study shows that some kids like eating sweet-salty foods at an early age. Although some don’t, if you continue to offer it, it will stimulate their taste buds to maybe like it later.

Watch and learn at HSTV.com today!

**Seasons**

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**Seas
Enjoy the Authentic Taste of ON THE BORDER® Chips and Dips!

On The Border Tortilla Chips or Salsa
select varieties 8 to 16 oz.
2/5.00

Stock up for your next gathering
COOK UP AMAZING FLAVORS WITH VEGETARIAN MEALS. THESE RECIPES PROVIDE ENERGIZING PROTEIN PLUS NUTRIENTS THAT CONTRIBUTE TO A HEALTHY DIET.

**Bean and Corn Chili Pasta**

Hands On 20 minutes  
Total Time 30 minutes  
Serves 8

1 Tbsp. Gustare Vita olive oil  
¼ cup Hy-Vee Short Cuts chopped white onions  
½ cup chopped Hy-Vee Short Cuts celery  
2 serrano chile peppers, finely chopped*  
1 clove garlic, minced  
1 (14.5-oz.) can Hy-Vee fire-roasted diced tomatoes with seasonings  
1 (15-oz.) can Hy-Vee no-salt-added black beans, drained and rinsed  
1 (15-oz.) can Hy-Vee no-salt-added red kidney beans, drained and rinsed  
¾ cup Hy-Vee vegetable stock  
½ cup Hy-Vee frozen cut golden corn  
1½ tsp. Hy-Vee ground cumin  
1½ tsp. Hy-Vee chili powder  
¾ tsp. smoked paprika  
¾ tsp. Hy-Vee salt  
¼ tsp. Hy-Vee black pepper  
1 (16-oz.) pkg. Hy-Vee rigatoni pasta  
Desired toppers: sliced avocado, Hy-Vee sour cream, Hy-Vee shredded Colby Jack cheese, sliced serrano chile peppers* and/or fresh cilantro

1. HEAT oil in a stockpot over medium heat. Add onions, celery, chopped serranos and garlic; cook until softened. Stir in tomatoes, beans, vegetable stock, corn, cumin, chili powder, paprika, salt and black pepper. Bring to boiling; reduce heat. Simmer 10 minutes. Keep warm. Meanwhile, cook pasta according to package directions.

2. Divide pasta among 8 serving plates; top each with ½ cup chili and desired toppers.

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

Per serving: 330 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 420 mg sodium, 65 g carbohydrates, 6 g fiber, 5 g sugar (0 g added sugar), 14 g protein.

Daily Values: Vitamin D 0%, Calcium 4%, Iron 20%, Potassium 8%
Vegetarian Meatballs

2 cups lightly packed Italian parsley
1½ cups Hy-Vee English walnuts, toasted
1 cup cooked Hy-Vee brown lentils
1 (15-oz.) can Hy-Vee no-salt-added tomatoes
3 cloves garlic, minced
14 meatballs (5 each)
Serves 6

1 hour 40 minutes
Total Time
25 minutes
Hands On

½ cup Hy-Vee Short Cuts chopped white onions
¼ cup Hy-Vee plain panko
1½ cups Gustare Vita tomato basil sauce
1 tsp. Hy-Vee black pepper
½ tsp. Hy-Vee salt
1 tsp. Hy-Vee ground cumin
Fresh basil, for garnish
Hy-Vee shredded mozzarella cheese,
6 cups hot cooked spaghetti squash,
topped with "bread crumbs" according to directions,
presented on a plate prepared baking sheet. Bake for 35 minutes.

1. HEAT oil in a skillet over medium heat. Add onions and garlic; cook until softened. Remove from heat; add
onions and garlic to food processor. Cover and process until cool slightly. Combine onion mixture,
panko, cumin, salt and black pepper in a bowl; set aside.

2. PREHEAT oven to 350°F. Line baking sheet with foil; spray with nonstick spray. Arrange meatballs 1 in. apart on sheet with foil; spray with nonstick spray. Cover and refrigerate 1 hour.

3. FORM mixture into 30 balls. Place in a large bowl and cool slightly. Combine ingredients in a small bowl. Add bread crumbs according to directions. Sprinkle with cheese and, if desired, garnish with basil.

The Cheese.

Is also vegan-friendly without the cheese.

Thai Tofu Salad

Hands On 20 minutes
Total Time 20 minutes plus marinating time
Serves 6

1 Tbsp. Gustare Vita olive oil
1 cup Hy-Vee Short Cuts chopped white onions
3 cloves garlic, minced
1 Tbsp. canola oil
1 cup Hy-Vee tomato basil sauce
1 cup Hy-Vee shredded mozzarella cheese,
topped with "bread crumbs" according to directions, in the microwave and serve with salad.

1. MARINADE: Whisk together peanut butter mixture in a small bowl.
2. HEAT canola oil in a large skillet over medium-high heat. Add tofu to skillet. Cook 5 minutes or until tofu begins to brown. Flip tofu and cook 3 minutes more. Remove from skillet; keep warm.

3. ARRANGE lettuce leaves, red cabbage, edamame, mango, cucumbers and carrots on a large serving platter with tofu and peanuts. Garnish with fresh mint, if desired.

4. MARINADE: Whisk together peanut butter mixture in a small bowl. Reserve half of peanut butter mixture for serving. Pour remaining peanut butter mixture over tofu. Cover and marinate for 30 minutes.

5. ARRANGE more. Remove from skillet; keep warm.

6. Marinating time

20 minutes plus
Total Time
20 minutes
Hands On

2.5 g protein
0 g added sugar
0 mg sodium
28 g carbohydrates
15 g fat
350 mg cholesterol
10% Daily Values: Vitamin D 0%, Calcium 6%, Potassium 15%, Iron 10%

Vegetarian Meatballs

Hands On 25 minutes
Total Time 1 hour 40 minutes
Serves 6 (5 meatballs each)

1 Tbsp. Gustare Vita olive oil
1 cup Hy-Vee Short Cuts chopped white onions
3 cloves garlic, minced
1 Tbsp. canola oil
1 cup Hy-Vee tomato basil sauce
1 cup Hy-Vee shredded mozzarella cheese,
topped with "bread crumbs" according to directions.

12 minutes or until heated through (165°F). Serve with pasta sauce over spaghetti squash. Garnish with cheese and, if desired, garnish with basil.

2. MARINADE: Whisk together peanut butter mixture in a small bowl. Reserve half of peanut butter mixture for serving. Pour remaining peanut butter mixture over tofu. Cover and marinate for 30 minutes.

Garnish with fresh mint, if desired.

try this

PROTEIN POWER
A protein-rich blend of lentils, garbanzo beans and walnuts mimics the texture of ground beef while adding plenty of savory depth. Egg-free, the dish is also vegan-friendly without the cheese.

PROTEIN POWER
Marinated and pan-fried tofu and dry-roasted peanuts are 80% added proteins that contain 8 to 10 grams of protein per serving. More protein comes from peanut butter, which adds body and depth of flavor, and dry-roasted peanuts that lend meaty, crunchy
Squash Risotto

Butternut Squash Risotto

Total Time: 50 minutes
Serves: 4 (2 cups each)

Ingredients:
- 2 Tbsp. Gustare Vita olive oil, divided
- 4 Tbsp. Hy-Vee unsalted butter, divided
- 5½ cups Hy-Vee vegetable stock
- 2 Tbsp. Gustare Vita olive oil, divided
- Squash, shredded
- 1½ cups halved cherry tomatoes
- 2 cups Hy-Vee baby spinach
- ¼ tsp. Hy-Vee black pepper
- ½ tsp. Hy-Vee salt
- ½ cup dry white wine, such as Pinot Grigio, or Hy-Vee vegetable stock
- 2 cloves garlic, minced
- 1 cup dry Arborio rice
- 2 Tbsp. oil in large skillet over medium-high heat
- 1 Tbsp. oil in skillet

Directions:
1. Heat sliced Parmesan cheese, for serving
2. Heat remaining squash; keep warm.
3. Heat remaining 1 Tbsp. oil in skillet over medium-high heat. Add mushrooms; cook and stir 3 minutes. Stir in spinach and tomatoes; heat through. Serve risotto topped with mushroom mixture and, if desired, Parmesan cheese.

Per serving: 682 calories, 22 g protein, 48 g carbohydrate, 2 g sugar, 48 g fiber, 6% Daily Values: Vitamin D 15%, Calcium 15%, Iron 15%, Potassium 15%, Fiber 10%

Stuffed Mushroom Burgers

Hands On: 30 minutes
Total Time: 1 hour
Serves: 4

Ingredients:
- 4 large portabella mushroom caps
- 2 large eggs, lightly beaten
- ¼ tsp. Hy-Vee salt
- ¼ tsp. Hy-Vee black pepper
- ½ cup Hy-Vee all-purpose flour plus 4 large portabella mushroom caps, wiped clean, stems and gilt removed
- 1 cup Gustare Vita pesto Genovese
- 1 cup fresh arugula
- 1 beefsteak tomato, cut into slices
- 2 tsp. Fresh thyme leaves
- ⅛ tsp. Hy-Vee salt
- ⅛ tsp. Hy-Vee black pepper
- 2 Tbsp. olive oil, divided

Directions:
2. Combine parsley, flour, thyme, salt and pepper in a shallow dish. Place eggs in another shallow dish. Dip mushroom caps with flour, then dip into eggs and immediately into panko mixture, coating well. Return mushrooms, cap sides down, on prepared pan. Bake for 15 minutes or until cheese is melted. Cool slightly.
3. To assemble, spread cut sides of buns with pesto. Layer anguila, stuffed mushrooms, tomato slices, more arugula and red onion slices on bun bottoms. Add bun tops.

Per serving: 550 calories, 33 g protein, 55 g carbohydrate, 22 g sugar, 6% Daily Values: Vitamin D 20%, Calcium 20%, Iron 20%, Potassium 20%
Try NEW

A Delicious Duet
of Dr Pepper & Cream Soda

Dr Pepper & Cream Soda
Select varieties 16 fl. oz.
$.79

TASTES GRILLED.
BECAUSE WE GRILLED IT.

Johnsonville Flame Grilled Sausage
Select varieties 14 oz.
$3.99

At Johnsonville, we've been making sausage for 73 years. So yeah, we've grilled more than a few. Doing it right takes time you don't always have. Our new Flame Grilled Sausage is for those moments. Ready in less time than it takes to heat your grill. It tastes made the Johnsonville Way, every time.
HOW TO EAT ASPARAGUS

Crésp-tender spears, now at peak flavor and freshness, exhibit unique, savory flavor when cooked. Asparagus is one versatile veggie.

Toss it
Shave the stalks into thin ribbons to add toothsome crunch to a salad. Dress with balsamic vinaigrette.

Top a toast
Give avocado toast a seasonal spin by adding tender cooked spears, slices of hard-boiled egg and cracked black pepper.

Stock up
Save the woody ends that you normally would toss to cook and puree for a flavorful soup. Strain the soup to remove stringy bits.

Wrap it
Provolone cheese and prosciutto slices wrap easily around spears for a make-ahead party tray or anytime snack that’s gluten-free.

Fresh asparagus, a springtime favorite, lends itself to a variety of cooking methods: grilling, sautéing, steaming and roasting. The mildly sweet spears perk up with a squeeze of lemon, a drizzle of olive oil or a blanket of cheese sauce.

BUY
Spears that snap rather than bend and that have tight tips. The deeper the color, the more tender the spears.

STORE
In the fridge up to a week. First, remove rubber bands, trim stem ends, wash spears and pat dry. Stand stalks in a glass with a few inches of water; cover loosely with a plastic bag.

PREP
Snap off the woody ends. If spears have a tough outer layer, remove it with a vegetable peeler.

COOK
To quickly cook spears, submerge them in boiling salted water until vibrant green and tender enough to pierce easily with a knife. Drain the spears and plunge them into ice water to immediately stop the cooking.
Garlic-Cheese Asparagus

Total Time 30 minutes
Serves 8

Hy-Vee nonstick cooking spray
1¾ lb. fresh asparagus spears, trimmed
2 Tbsp. Gustare Vita olive oil
4 cloves garlic, minced
½ tsp. Hy-Vee Italian seasoning
¼ tsp. kosher salt
⅛ tsp. cracked black pepper
½ oz. Kerrygold aged Cheddar cheese, shredded
1 tsp. Hy-Vee all-purpose flour
¾ cup Hy-Vee 2% reduced-fat milk
2 oz. Hy-Vee cream cheese, softened
¾ cup Hy-Vee finely shredded Parmesan cheese
2 Tbsp. finely crushed Hy-Vee Caesar croutons
Fresh tarragon leaves, for garnish

1. PREHEAT oven to 400°F. Spray a 15×10-in. sheet pan with nonstick spray. Spread asparagus in a single layer in prepared pan.
2. COMBINE olive oil, garlic, Italian seasoning, salt and pepper. Brush oil mixture over asparagus. Roast for 10 minutes or until asparagus is crisp-tender. Remove asparagus from oven. Preheat broiler to high.
3. FOR SAUCE, toss together Cheddar cheese and flour; set aside. Bring milk to a simmer in a small saucepan. Whisk in cream cheese. Add Cheddar cheese mixture. Cook and stir over low heat until cheeses are melted and sauce is slightly thickened.
4. SPOON cheese sauce over asparagus. Sprinkle Parmesan cheese on top. Broil for 4 to 5 minutes or until golden brown. Sprinkle with croutons, garnish with tarragon.

Per serving: 120 calories, 10 g fat, 3.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 260 mg sodium, 6 g carbohydrates, 2 g fiber, 3 g sugar (0 g added sugar), 5 g protein.

Daily Values: Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 6%

Good, fresh asparagus needs little help. A light touch of lemon and olive oil provide just the right notes to make it shine as a side with grilled steak. While the steak is resting, grill the spears over high heat about 3 minutes. Cooked asparagus also makes a wonderful—and unexpected—addition to a pasta salad.

— Alex Strauss
Chef
Hy-Vee, West Des Moines, Iowa

See How it Pans Out
Watch HSTV.com to see this simple asparagus sheet-pan recipe being put together.

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NEW
STARBUCKS® FRESH BREW

Starbucks Fresh Brew Coffee select varieties
8 oz
11.98

OPEN A FRESHER DAY EVERY DAY

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Starbucks Fresh Brew Coffee select varieties
8 oz
11.98
CHERRY & VANILLA TOGETHER. IT’S MADNESS.

NEW

OFFICIAL FAN REFRESHMENT

MAKE WINNING
SNACK PICKS

CHOOSE CRUNCHY, FLAVOR-PACKED SNACKS FOR ALL THE GAMES AT YOUR LOCAL HY-VEE.

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SEASONS | March 2020

TOURNAMENT. DON’T ADD TO IT BY STRESSING OVER WHAT TO SERVE AT A WATCH PARTY. WITH HY-VEE’S HELP, THE DRAMA WILL BE ON THE BASKETBALL COURT, NOT IN YOUR KITCHEN.

THERE’LL BE PLENTY OF MADNESS IN THIS MONTH’S NCAA TOURNAMENT. DON’T ADD TO IT BY STRESSING OVER WHAT TO SERVE AT A WATCH PARTY. WITH HY-VEE’S HELP, THE DRAMA WILL BE ON THE BASKETBALL COURT, NOT IN YOUR KITCHEN.

Good food, good company and good games to watch—what more could you ask for? College basketball’s annual playoff spectacle is a prime excuse to fill out a bracket and invite friends over to watch as your sage predictions come true. Or not. Stock up for the game-day get-together with snacks, drinks, appetizers and ready-made meals from Hy-Vee. Try your hand at these tasty recipes to make your watch party most memorable.

Serve this Slam Dunk Snack Mix in a big bowl with a scoop for guests to dip out a portion.

SLAM DUNK SNACK MIX
Preheat oven to 350°F. Toss together 3 cups toasted corn cereal, 3 cups regular-flavor cone-shaped baked corn snacks, 3 cups Hy-Vee cheese balls, 2 cups cheese-flavored snack crackers, 2 cups Hy-Vee pretzel sticks and 1 cup Hy-Vee roasted unsalted peanuts in a large roasting pan. Combine ½ cup melted Hy-Vee salted butter, 1 cup Hy-Vee less-sodium Worcestershire sauce, ½ cup Frank’s RedHot sauce, ½ tsp. Thyme, ¾ tsp. Smokey seasoned salt and ½ tsp. Hy-Vee garlic powder. Drizzle over cereal mixture; toss to coat. Bake 1 hour, stirring every 15 minutes. Spread on a large sheet of foil to cool. Store in an airtight container for up to 2 weeks. Serves 30 (1 cup each).

PARTY TIME

Watch by yourself? At least you don’t need permission to flip the channel (we won’t tell if you land on a rerun of Downton Abbey at some point). Hy-Vee can still help with the food—no better required.

WHAT’S THE DANCE? Known as The Big Dance, the tournament begins in Dayton, Ohio, March 17-18, when the First Four teams play for the right to join the 64-team field.

HOW CAN I WATCH? The field of 68 teams will be announced Sunday, March 15, along with seedings and brackets. CBS, TBS, TNT and truTV will broadcast the games. The Final Four compete for the title April 4-6 in Atlanta. Bracket Master Brackets determine which teams face off against each other. More than 170 million brackets were filled out in 2018. You can fill one out at bracketchallenge.ncaa.com.

LATE TO THE GAME? No problem! While basketball addicts may be glued to their TV’s or streaming devices from the opening tip-off, plenty of others plan a watch party around the Final Four. It’s good to know that Hy-Vee can shock even last-minute party planners.

**Q & A PARTY PLANNER**

**HOW MUCH FOOD?**
It can be hard to estimate how much food to serve, but it’s nice to have leftovers, so don’t skimp. A popular rule of thumb is 1 pound of food per person, not including dessert. Also, consider how long the party will last. If it’s for multiple games, guests will continue to graze long after their first pass at the buffet. The Hy-Vee Catering Department can help estimate the number of servings for each choice.

**HOW TO ORDER**
Order online at hy-vee.com/shop. Or order in person or by calling your local store and asking for Catering.

**PICK UP OR DELIVERY**
Items from Hy-Vee Catering can be picked up in-store. Larger orders are available for delivery.

**GET ready FOR A SWEET FINISH**
No need to skimp on dessert. The Hy-Vee Bakery can satisfy any craving.

**ALLOW TWO OR MORE DAYS BEFORE THE PARTY TO ORDER HY-VEE CATERING. ORDER IN-STORE, BY PHONE OR ONLINE.**

**THE DYNAMIC DUO: PIZZA + WINGS**
The popularity of pizza and chicken wings really hits the heights during the NCAA tournament. Hy-Vee has you covered with a wide selection of both.

**PIZZA**
Order take-and-bake pizzas with traditional, thin or Tuscanocrusts, in 12-in. or 16-in. sizes. Personal-size pizzas are also available.

**CHICKEN WINGS**
Available as bone-in or boneless, chicken wings can be paired with these dipping sauces: ranch, blue cheese, honey-mustard and BBQ.

**WING FLAVORS**
- BBQ
- Buffalo
- Dry Rub
- General Tso
- Sweet Chili

**EIGHT EATS THAT CAN’T BE BEAT**
Order for your local Hy-Vee and grab any of these ready-to-go options.

- Di Lusso Entertainment Tray
- Take-and-Bake Pizza
- Charcuterie Boards
- Shrimp and Surimi Crab Platter
- Fruit and Veggie Trays
- Di Lusso Sandwiches
- Fiesta Tray
- Basketball Cookies

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- Fiesta Tray
- Basketball Cookies
SUDS UP!

From light lagers and hoppy pale ales to rich stouts, Hy-Vee has a beer for every taste. Be sure to have a variety on hand for the games.

<table>
<thead>
<tr>
<th>Brand</th>
<th>Type</th>
<th>Flavor Notes</th>
</tr>
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<td>Pale Lager</td>
<td>Light-bodied lager features smooth, bready bitterness and clean finish.</td>
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<td>Amber Ale</td>
<td>Pale ale with hop-heavy taste and intense pine and citrus aromas.</td>
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<td>Clear amber ale with a balance of hearty malt andgentle sweetness and a hint of hop bitterness.</td>
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**Sheet-Pan Panini**

Total Time: 45 minutes

**FILLINGS:**

**HAWAIIAN HAM:** Spread 2 Tbsp. Hy-Vee Dijon mustard on 3 bread slices. Layer 4 slices Swiss cheese, 4 oz. Hy-Vee Deli smoked ham slices, ½ cup Hy-Vee Short Cuts pineapple preserves and 2 Tbsp. sliced green onions on top.

**BUFFALO CHICKEN:** Combine 2 Tbsp. softened Hy-Vee cream cheese and 2 Tbsp. Hy-Vee Hickory House Big Bad Buffalo tangy buffalo-wing sauce. Fold in 4 oz. Hy-Vee shredded Rotisserie chicken, 3 Tbsp. Hy-Vee blue cheese crumbles, 2 Tbsp. sliced red onion and 2 Tbsp. shredded carrots. Spread mixture on 3 bread slices. Sprinkle ½ cup shredded Monterey Jack cheese on top.

**PHILLY CHEESESTEAK:** Spread 2 Tbsp. bottled horseradish sauce on 3 bread slices. Layer 4 slices prosciutto cheese, 4 oz. Hy-Vee deli roast beef and ½ cup shredded Hy-Vee Short Cuts fajita vegetable mix on top.

**PIZZA:** Spread 2 Tbsp. Hy-Vee pizza sauce on 3 bread slices. Layer 2½ oz. thinly sliced fresh mozzarella cheese, 12 slices pepperoni and desired amount of extra-black olives, chopped green bell pepper and chopped fresh basil on top.

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**CHICKEN & BACON RANCH**

**Nachos**

Hand On: 10 minutes

Total Time: 30 minutes

Serves 10

**FILLINGS:**


3. Top with 12 additional bread slices. Brush slices with ¼ cup melted butter. Cover with another sheet pan. Bake for 15 to 20 minutes, or until cheese is melted.

Remove from oven. Spoon pico de gallo on top. Add salsa and crumbled bacon. Drizzle remaining 1 cup ranch dressing on top. Serve with crackers. If desired, serve with lime wedges.

Per serving: 440 calories, 30 g fat, 11% daily value; 38 g protein, 24% daily value; 8 g carbs, 2% daily value; 930 mg sodium, 39% daily value; 21 g fiber, 8% daily value; 6 g sugar, 2% daily value; 11 g added sugar, 1% daily value.

**SWEET POTATO NACHOS**

Set oven to 425°F. Line a 15×10-in. sheet pan with foil. Cut 3 bacon slices. Broil until crisp, 6 to 8 minutes. Remove from pan and drain on paper towels. Crumble and set aside.


2. Bake 5 to 10 minutes more or until cheese is melted.

Remove from oven. Spoon pico de gallo on top. Add salsa and crumbled bacon. Drizzle remaining 1 cup ranch dressing on top. Serve with crackers. If desired, serve with lime wedges.

Per serving: 300 calories, 20 g fat, 21% daily value; 28 g protein, 56% daily value; 10 g carbs, 3% daily value; 1 g fiber, 0% daily value; 840 mg sodium, 35% daily value; 1 g sugar, 0% daily value; 0 g added sugar, 0% daily value.

**DIabetic Friendly**

Remove from oven. Spoon pico de gallo on top. Add salsa and crumbled bacon. Drizzle remaining 1 cup ranch dressing on top. Serve with crackers. If desired, serve with lime wedges.

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PERFECT CHOICES

The odds of filling out the perfect NCAA tournament bracket? Assuming a coin toss decides each game, 1 in 9.2 quintillion. Fortunately, Hy-Vee makes filling out the perfect party bracket a whole lot easier!

Basketball-Themed Cake

Napkins

Tissue Paper

Basketball-Themed Cake

Paper and Plastic Plates

Gilberto’s Mexican

Pepperoni Pinwheels and Calzones

Scotcharoo Brownies

Scotcharoo Brownies

Sources:
wallethub.com/blog/march-madness-statistics/11016/

Hy-Vee nonstick cooking spray

1 (18.3-oz.) box Hy-Vee chewy fudge premium brownie mix

1 cup salted roasted peanuts, chopped

1 (10-oz.) pkg. Oreo mini chocolate sandwich cookies, plus additional for topping

1 (7-oz.) pkg. Hy-Vee peanut butter baking chips

2 Tbsp. Hy-Vee shortening, divided

¾ cup Hy-Vee butterscotch baking chips

⅔ cup Hy-Vee semisweet chocolate chips

Desired toppers: peanut butter cup minis, chocolate-covered caramels, Reese’s Pieces candy, salted roasted peanuts and/or Hy-Vee pretzel rings

1. PREHEAT oven to 350°F. Line a 13x9×2-in. baking pan with foil, extending foil over edges of pan. Spray foil with nonstick spray.

2. PREPARE brownie mix according to package directions; stir peanuts and sandwich cookies into batter. Pour batter into prepared pan. Bake 24 to 26 minutes or until toothpick inserted near center comes out clean. Cool completely on a wire rack.

3. COMBINE peanut butter chips and 1 Tbsp. shortening. Microwave on 50 percent power until melted. Spread over brownies. Refrigerate 30 minutes. Microwave butterscotch and semisweet chocolate chips and remaining 1 Tbsp. shortening on 50% power until melted. Spread on brownies. Add desired toppers. Refrigerate 30 minutes or until set before serving.

Per serving: 260 calories, 14 g fat, 5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 125 mg sodium, 32 g carbohydrates, 0 g fiber, 24 g sugar (10 g added sugar), 3 g protein.

Daily Values: Vitamin D 0%, Calcium 0%, Iron 6%, Potassium 0%
A SLAM DUNK FOR WATCH PARTY ENTERTAINING!

Sugardale Natural Uncured Thick Sliced Pepperoni and Salami are perfect snacks to box out hunger during the tournament.

Sugardale Uncured Dry Sausage Snacks select varieties 8 oz. 2.99

PER GALLON OFF
EARN FUEL SAV
ER 8¢

Pillsbury Toaster Strudel select varieties
5 ct. $4.00
With purchase of 2, save 8¢ per gallon with each item purchased

PER GALLON OFF
EARN FUEL SAV
ER 8¢

Pillsbury Toaster Strudel select varieties
12 ct. $5.99
Save 4¢ per gallon with each item purchased

Get in the Game.
Score Big Earning Fuel!

Buy Any Participating Pillsbury Toaster Strudel Products and Save On Fuel With Your Hy-Vee Fuel Saver + PERKS® Card!

Offer valid on select varieties for Pillsbury Toaster Strudel items during the month of March 2020. Look for participating items in store.

See store for details. Restrictions apply. No cash back. Fuel savings are limited to 20 gallons of fuel per purchase, per vehicle. Save on fuel with your Hy-Vee Fuel Saver + PERKS® Card. Earn $0.04 off per gallon for each 5 ct. Pillsbury Toaster Strudel item purchased. Earn $0.08 off per gallon for each 12 ct. Pillsbury Toaster Strudel item purchased. See full fuel program terms at www.hyvee.com/perks. © General Mills.
IMPROVE YOUR GAME EVERY DAY
WITH PERSONAL CARE PRODUCTS MADE FOR MEN.

Suave
CARE ABOUT ANIMALS? SO DO WE.
That's why we're proud to announce that PETA now recognizes our long-standing commitment to being cruelty-free!

Irish Spring
SMELL ME, I'M IRISH.

Happy St. Patrick's Day
ST. PADDY’S DAY SPLASH

To toast a Guinness beer or colorful green brew to commemorate the one who started it all, St. Patrick. Add to the celebration with foods that honor folklore, traditions and Ireland. These easy-to-make options have a bit o’ history to boot. Sláinte!

Why we celebrate
ST. PATRICK’S DAY IS CELEBRATED EACH YEAR ON MARCH 17, TO COMMEMORATE THE PATRON SAINT OF IRELAND. WHAT WAS ONCE A HOLIDAY CELEBRATED SOLELY IN THE EMERALD ISLE IS NOW RECOGNIZED BY MANY COUNTRIES AS A CELEBRATION OF IRISH CULTURE.

Green Beer
Add 1 to 3 drops Hy-Vee green food coloring to a glass. Slowly pour in a light-color beer, such as Guinness Blonde American lager or a pale-color pilsner or pale ale.

Bacon-Wrapped Taters and Sprouts
Preheat oven to 400°F. Line a rimmed baking pan with parchment paper. Combine 3 Tbsp. Hy-Vee honey and ½ tsp. Sriracha sauce; set aside. Cook 24 Hy-Vee Short Cut Brussels sprouts in lightly salted simmering water for 3 to 4 minutes or until nearly tender; drain and cool slightly. Cut 12 slice Hy-Vee bacon in half crosswise; wrap 1 piece bacon around slightly thawed Hy-Vee frozen potato puff and half Brussels sprout; secure with a wooden toothpick. Place on prepared pan. Bake 20 to 25 minutes or until bacon is slightly crisp, turning occasionally and brushing with Sriracha-honey mixture. Serves 12 (2 each).

Pretzel Shamrocks
Preheat oven to 250°F. Line a rimmed baking pan with parchment paper. Place Hy-Vee caramels 5 in. apart on prepared pan. Bake for 8 minutes or until caramels are slightly melted. Press a Hy-Vee pretzel stick into each melted caramel for the stem. Add 3 Hy-Vee tiny twist pretzels to each caramel, pressing the bottoms of the pretzels into the caramel to adhere. Place 1 dark chocolate melting wafer on top of each caramel. Return to oven and bake for 2 minutes or until slightly melted. Press a large-green candy pearl into the center of each melted chocolate; sprinkle with gold sugar sprinkles. Refrigerate until chocolate is firm.

Reuben Pinwheels
Combine 1½ oz. 2-oz. Hy-Vee cream cheese, ½ cup Hy-Vee Thousand Island salad dressing and 1 tsp. prepared horseradish. Stir in (1/3 cup) well-drained sauerkraut, spread on 4 (10-in.) garden spinach-herb flour tortilla wraps. Top with 1½ oz. 2-oz. Hy-Vee finely shredded Swiss cheese and 1 lb. thinly shreaded Hy-Vee Deli corned beef. Tightly roll up. Trim ends; cut into ½-in. slices. Serve with short green skewers.

IRISH ROOTS

Potatoes
Ireland’s moist, mild climate made the spud one of the country’s major crops in the 16th century. Even today it’s said to be the most popular food in Ireland.

Shamrock
The shamrock has a direct tie to Saint Patrick. Legend has it that the patron saint used the sprig to explain the Christian Holy Trinity.
### Braised Cabbage with Bacon and Apple

**Total Time** 30 minutes  
**Serves** 8 (1 cup each)

- 6 slices Hy-Vee thick-cut bacon, cut into 1-in. pieces
- 1 tsp. Hy-Vee cracked black pepper
- 8 cups chopped green cabbage
- 1 Honeycrisp apple, cored and chopped
- 8 cups chopped red onions
- 1 cup Hy-Vee Short Cuts chopped red onions
- 1 tsp. Hy-Vee salt
- 1 Tbsp. Kerrygold pure Irish butter
- Chopped curly parsley, for garnish

**Steps**

1. **HEAT** a large skillet over medium heat. Add bacon; sprinkle with pepper. Cook 8 to 10 minutes or until crispy, stirring occasionally. Drain on paper towels, reserving 2 Tbsp. drippings in skillet.

2. **ADD** cabbage, apple and red onions to same skillet. Cook over medium heat for 10 minutes or just until tender, stirring occasionally.

3. **STIR** together beer, apple cider, brown sugar, caraway seeds and salt. Add to cabbage mixture in skillet. Scrape and stir brown bits from skillet. Cook for 4 minutes or until liquid is reduced by about half. Remove from heat; stir in butter. Top with peppered bacon. Garnish with parsley, if desired.

**Per serving:** 100 calories, 3.5 g fat, 1.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 430 mg sodium, 12 g carbohydrates, 3 g fiber, 8 g sugar (1 g added sugar), 4 g protein.

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### Corned Beef and Sauerkraut-Fritter Reuben Sandwiches

**Hands On** 45 minutes  
**Total Time** 3 hours 45 minutes  
**Serves** 12 (½ sandwich each)

- 1 (3-lb.) point-cut corned beef brisket with spice packet
- 2 cups Hy-Vee country-style shredded hash brown potatoes, thawed and drained
- 1 (14.4-oz.) can Hy-Vee sauerkraut, drained
- 2 Hy-Vee large eggs, lightly beaten
- 2 Tbsp. Hy-Vee all-purpose flour
- 2 Tbsp. Hy-Vee Italian-seasoned bread crumbs
- 6 Tbsp. Hy-Vee canola oil, divided
- 6 Tbsp. Hy-Vee Thousand Island salad dressing
- 6 slices Hy-Vee Deli-sliced Colby cheese
- Fresh dill, optional
- 6 (1-oz.) slices Kerrygold aged Cheddar cheese

**Steps**

1. **COOK** corned beef according to pkg. directions, using spice packet. Cool.

2. **PLACE** hash browns and sauerkraut on a clean kitchen towel. Tightly roll up and press to remove moisture. Transfer hash browns and sauerkraut to a bowl. Stir in eggs, flour and bread crumbs. Form potato mixture into six fritters.

3. **HEAT** 3 Tbsp. oil in a large, heavy skillet over medium heat. Fry three fritters at a time for 10 minutes or until golden brown, turning halfway through. Drain. Repeat with remaining 3 Tbsp. oil and fritters.

4. **PREHEAT** oven to 350°F. Cut corned beef against the grain into ¼-in.-thick slices. Spread salad dressing on bread slices. Layer each with Colby cheese, corned beef, horseradish sauce and/or dill (if desired), fritters and Cheddar cheese. Top with remaining bread slices. Place sandwiches on a baking sheet; bake 8 minutes or just until cheese melts. Cut sandwiches in half to serve.

**Per sandwich:** 460 calories, 34 g fat, 11 g saturated fat, 0 g trans fat, 115 mg cholesterol, 1,860 mg sodium, 13 g carbohydrates, 2 g fiber, 2 g sugar (2 g added sugar), 24 g protein.

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### IRISH ROOTS

**Cabbage**

A common dish in Irish homes, bacon and cabbage has become one dish to serve on St. Paddy’s Day. The cruciferous veggie may have been introduced to Ireland and other parts of western Europe by the Celts as early as 600 B.C.

**Corned Beef**

Ireland was once a major exporter of corned beef, but it wasn’t common Irish fare due to high cost. When Irish immigrants came to the U.S., they found corned beef cost less and they ate it with cabbage.
Melt three batches of white chocolate melting wafers. Tint one batch orange and another green with gel food coloring. Partially dip peanut-shape sandwich cookies into orange-tinted mixture; sprinkle with orange jimmies to create beards. Attach candy eyes and orange candy noses with melted white chocolate. Make hats out of pieces of crème de menthe thin mints and coat with green-tinted chocolate. Using melted dark chocolate candy wafers, pipe trim on hat brims. Add gold pearl candies for buckles. When chocolate is set, attach hats to cookie faces with green-tinted chocolate. Refrigerate until chocolate is set.

**Nutty Leprechauns**

Place 2 cups Hy-Vee We All Scream! mint chip ice cream and ¾ cup Hy-Vee 2% reduced-fat milk in a blender. Cover and blend until smooth. Add 1 Tbsp. green crème de menthe liqueur, if desired. Pour mixture into 2 glasses. Top with Hy-Vee extra-white creamy aerosol whipped topping. Garnish with chopped crème de menthe chocolate thin candies, if desired. Serves 2 (1 cup each).

**Leprechauns**

The tiny bearded men are characters from Irish folklore, and their name derives from the Old Irish word luchorp án, which means “little body.”

**Lucky Popcorn**

Like a large rimmed baking pan with parchment paper, set aside. Stir together 5 cups Hy-Vee chocolate salted popcorn, 1 cup mini-chocolate Chex mix café au lait, and 1 cup salted, sliced almonds in a large bowl. Place 1 (12-oz.) pkg. Hy-Vee white creamy white vanilla baking chips in a microwave-safe bowl. Microwave on HIGH at 30-second increments until melted, stirring each time. Stir in 6 ounces Hy-Vee green food coloring; drizzle over popcorn mixture and toss to coat. Spread mixture onto prepared pan; sprinkle with 1 (9.6-oz.) pkg. M&M’s dark chocolate mint candy. Cool before serving. Serves 24 (½ cup each).

**Rainbow Fruit Platter**

Create a fruit rainbow using a Hy-Vee Deli Signature Fantastic Fruit Platter. If desired, cut fruit into smaller pieces. Make an arch of red, yellow, green, blue, purple, and white strawberries and watermelon pieces on a large round platter. Follow the shape of this arch underneath the red by using cantaloupe, pineapple, a mixture of honeydew and blueberries, watermelon and grapes. Space the Hy-Vee hot dog into a bowl, place at one end of the fruit arch for a cloud. Place gold foil-wrapped chocolate candies in another bowl and space at the other end of the arch for the pot of gold.

Serve Up

Show St. Paddy’s Day spirit with festive plates, napkins, cups and cutlery, as well as the all-important can cooler.

**IRISH ROOTS**

St. Patrick’s Day, with parades, green food and drinks, and even the green-tinted Chicago River, is the day to wear the color of both shamrocks and the lush landscapes of the Emerald Isle.

**CELEBRATE IN STYLE**

**Dress to Impress**

What’s a St. Paddy’s Day party without a little green? For added of the color, “Irish fun,” wear witty shirts and bedecked green bowlers or top hats.

**Accessoryize For Style**

Add flair and fun to your green group for parades, parties or the local pub.
Celebrate St. Paddy’s with lavish libations—tasty and colorful Irish-inspired cocktails to please a crowd.

**Dublin Iced Coffee**

**Total Time:** 5 minutes  
**Serves:** 1 (10 oz.)

- 4 oz. brewed espresso, chilled  
- 2½ oz. Guinness draught  
- ½ oz. simple syrup  
- 2 oz. Baileys original Irish cream  
- Hy-Vee frozen whipped topping, thawed; for garnish  
- Hy-Vee ground cinnamon, for garnish

1. **COMBINE** espresso, Guinness and simple syrup in an ice-filled 12-oz. glass. Carefully pour Irish cream over top. Top with whipped topping and sprinkle with cinnamon, if desired.

**Irish Whiskey Mules**

**Total Time:** 5 minutes  
**Serves:** 2 (6 oz. each)

- 4 oz. Finagren’s Irish whiskey  
- 1 oz. fresh lime juice  
- 8 oz. ginger beer  
- Lime slices, for garnish  
- Fresh mint sprigs, for garnish

1. **FILL** two 10-oz. copper mugs with ice. Pour whiskey and lime juice into prepared mugs; top each with 4 oz. ginger beer. Garnish with lime slices and mint sprigs, if desired.

**BAILEYS IRISH CREAM**

Kick up drinks, desserts and more with a blend of Irish whiskey and cream.

**FINAGREN’S IRISH WHISKEY**

Sold exclusively at Hy-Vee and made in Ireland with a blend of malt and grain whiskeys.
RAI N BOW R um Slushies

Hands On 20 minutes
Total Time 30 minutes plus freezing time
Serves 2 (8 oz. each)
1 (20-oz.) box freezer pops assorted flavors (20 pc.), frozen
8 tsp. Cross Keys Barbados rum, divided
Fresh fruit skewers, for garnish

1. UNWRAP frozen pops and separate by color into 8 small bowls. Place bowls in freezer. Remove bowls, one at a time, from freezer. Add 1 tsp. rum to each. Use a fork to break apart the pops and create a slushy mixture. Return all bowls to freezer and freeze for 10 minutes.

2. REMOVE bowls, one at a time, from freezer and divide slush mixture between 2 (8-oz.) glasses. Serve immediately or freeze for up to 2 hours. Garnish each with a skewer of fresh fruit, if desired.

JAMESON IRISH WHISKEY
Triple-distilled and aged in oak casks for at least four years to produce a remarkably smooth spirit.

ST. PADDY’S DAY BEERS

Raise a glass of one of these flavorful brews this St. Patrick’s Day.

GUINNESS EXTRA STOUT
A bold, crisp stout from the quintessential Irish beer company.

HARP LAGER Smooth pilsner-style lager with hints of malt and citrus hops.

GEORGE KILLIAN’S IRISH RED Roasted caramel with a subtly sweet finish.

DESCHUTES OBSIDIAN STOUT A robust stout with distinct notes of espresso and dark chocolate.

Jameson Pot O’ Gold Cocktail

Total Time 10 minutes
Serves 1

1 large ice cube
Orange peel twist, for garnish
2 oz. Hy-Vee apple cider
1 oz. cinnamon schnapps liqueur with gold flakes
½ oz. simple syrup

1. PLACE large ice cube and, if desired, an orange peel twist in an 8-oz. cocktail glass. Pour in apple cider, cinnamon schnapps and simple syrup. Add whiskey. Gently stir to mix.
ORDER A MEAL PACK
Choose a traditional ham, turkey or prime rib meal pack of cooked foods to reheat plus trimmings, pages 55–57. All meal packs include reheating instructions. Order in-store, by phone or online at hy-vee.com at least 48 hours ahead.

ORDER DESSERT
Leave the baking to Hy-Vee. Choose from a delectable assortment of cakes, cream or fruit pies and apple crisp, plus creamy desserts from The Cheesecake Factory Bakery®. Every day, Hy-Vee bakes fresh desserts, including cookies, brownies, bars and scrumptiously decked-out cupcakes.

ORDER A CENTERPIECE
Check out beautiful bouquets and Easter centerpieces in the Hy-Vee Floral Department. For a custom-made centerpiece, talk to an in-store Floral Department employee or call and place your order at least 24 hours in advance. Pick up your order at the Floral Department.

PICK YOUR PACK
Order your premade Easter meal in-store, by phone or online at hy-vee.com at least 48 hours before pick-up time.

HONEY-GLAZED SPIRAL HAM FEAST
• Serves 12
• Hy-Vee honey-glazed spiral ham (8–20 lb.)
• Three large sides of mashed potatoes
• Four large sides of your choice
• 32 oz. of beef or turkey gravy
• 24 dinner rolls
Price: $169.99 (only $14.17 per person)

TIP
How much ham do you need?
Bone-In:
Plan ½ to ¾ pound per person
Boneless:
Plan ½ to 1 pound per person
### CROWD’S CHOICE GOURMET HAM & TURKEY
- **Serves 12**
- Butterball® turkey (10-12 lb.)
- Hy-Vee honey-glazed spiral ham (4-6 lb.)
- Two large sides of mashed potatoes
- Two large sides of your choice
- 16 oz. of beef or turkey gravy
- 12 dinner rolls

Price: $89.99
(only $7.50 per person)

### TURKEY BREAST BUNDLE
- **Serves 6**
- Jennie-O® boneless turkey breast (3-4 lb.)
- Hy-Vee honey-glazed spiral ham (8-10 lb.)
- Two large sides of mashed potatoes
- Two large sides of your choice
- 16 oz. of beef or turkey gravy
- 12 dinner rolls

Price: $79.99
(only $13.33 per person)
2 CHOOSE DESSERT

Select from a wide variety of pies, cheesecakes and other desserts.

Strawberry Pie
French Silk Pie
Banana Cream Pie
Apple Pie
Apple Crisp

HY-VEE BAKERY IS READY
Desserts are made fresh daily. When you pick up your meal-pack dessert, check out the brownies, cream puffs, cookies and beautifully decorated cupcakes as well.

3 PICK A CENTERPIECE
Order a beautiful centerpiece, or make your own with Hy-Vee fresh spring bouquets.

TIP
How to keep florals fresh:
Use the packet supplied by Hy-Vee Floral to mix with water and preserve cut flowers.

Browse the Hy-Vee Floral Department, including the refrigerated case, for gorgeously arranged bouquets.

- Hop To It
- Perfect Pastel
- Hello Yellow
- Blissful Blossoms
Create a colorful marshmallow world of yummy treats and fun decorations that star Peeps candies and crispy rice cereal.

POPS & PEEPS

60 SEASONS | March 2020

Crispy-Rice Bases
Prepare 9×13-in. pan of Gourmet Crispy Bars (recipe, page 63); let set. Use a 1½-in. round cookie cutter to cut bases for “sushi rolls.” Or use a knife to cut rectangles for nigiri.

Nigiri (Fish on Rice)
Cut heads from some Peeps candy chicks; set aside. Turn over bodies and snip about one-fourth the way up with scissors to shape tails. Use frosting to attach to Crispy Bar rectangles. Drizzle with melted chocolate or add sprinkles. Nigiri with heads: Attach Peeps chicks to rectangles with tinted frosting or apricot preserves. Wrap Fruit by the Foot snack strips around Peeps chicks and tuck ends under Crispy Bars.

Seaweed-Rice Rolls
Wrap Fruit by the Foot snack strips around edge of sushi roll bases. Use a finger to make indentations in centers. Fill as desired. Shown above: top to bottom: Peeps heads; cut-up gumdrops; cut-up red, orange and green Airheads Xtremes candy; Fruit by the Foot + Mini Starburst candies + cut-up piece of Airheads Xtremes candy + white sprinkles; jelly beans drizzled with melted white chocolate; Peeps heads and white sprinkles.

Garnishes
Pipe green-tinted frosting for “wasabi;” curl a Fruit by the Foot snack strip for “pickled ginger.”

ON A ROLL: SUSHI PEEPS

CHICK S’MORES
Peep-ify this campfire tradition! Preheat oven to 350°F. Finely chop four 3.5-oz. Zöet Dark Chocolate with Cherry bars and arrange evenly in a 10-in. cast-iron skillet. Drop spoonfuls of Hy-Vee hazelnut creamy spread with skim milk & cocoa over the chocolate. Arrange Peeps candy chicks in an even layer on top. Bake for 5 minutes or until Peeps candies are golden and chocolate layer is melted. Serve immediately with Hy-Vee honey graham crackers. Serves 12.

Watch the How-To
See how easy and fun it is to make the sushi Peeps and the skillet Chick S’mores, this page, plus the Egg Treats, page 62. Check out the video.

Watch and learn at HSTV.com today!
Fill a small glass vase with water and pink gerbera daisies. Set vase in a larger clear glass vase, then stand pink Peeps bunnies in the space between the vases. Pop a few more Peeps candies on wooden skewers to tuck among the bouquet.

Peeps Wreath
1. Spray adhesive on front and sides of a 12-in. green floral foam wreath form. Press green Easter grass onto adhesive.
2. Insert a toothpick into the wreath for each Peeps figure, then push a Peeps candy onto each toothpick, alternating colors. Trim longer strands of grass.
3. SUPERBILT around wreath to hang.

Total Time: 20 minutes
Serves 24 (2 bars each)

Hy-Vee nonstick cooking spray
1 cup Hy-Vee butter
3 (16-oz.) bags Hy-Vee miniature marshmallows
16 cups Hy-Vee crispy rice cereal

1. SPRAY two 9×13-in. baking pans with nonstick spray; line bottom of pans with waxed or parchment paper. Set aside.

Per serving: 320 calories, 8 g fat, 5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 125 mg sodium, 60 g carbohydrates, 0 g fiber, 32 g sugar (32 g added sugar), 3 g protein.

Daily Values: Vitamin D 6%, Calcium 0%, Iron 30%, Potassium 0%.

Gourmet Crispy Bars

Egg Treats
Make Gourmet Crispy Bars as directed, except tint marshmallow mixture with Hy-Vee red food coloring. Coat insides of plastic eggs with nonstick spray. Press mixture into eggs. Let cool and remove from eggs. Dip in melted white chocolate and add sprinkles. Or halve and fill with jelly beans.

Bunny Cup
Set a Peeps bunny in a chocolate pudding cup; add crushed Oreo cookies. Make carrots from jelly beans and pieces of green Sour Patch Kids candy. Push Twizzler candy ends into crushed cookies.

Nest Egg
Press warm Gourmet Crispy Bars mixture into standard-size muffin cups; let set. Add green-tinted shredded coconut and candy eggs. Top with a Peeps chick.
FOR BIG TASTE, MAKE IT MINIS!

With 7 grams of protein for a power-packed snack.

Skippy® P.B. & Jelly Minis
Select varieties
20 oz.
6.49

Nabisco Toasted Chips or Ritz Crisps
Select varieties
7.1 or 8.1 oz.
2.98

ALL THAT AND A BAG OF CHIPS

Skippy® P.B. & Jelly Minis
Select varieties
20 oz.
6.49

Nabisco Toasted Chips or Ritz Crisps
Select varieties
7.1 or 8.1 oz.
2.98
THAI TOMATO-COD SOUP
Combine condensed tomato soup, coconut milk and Thai red curry paste in a saucepan. Bring to simmer. Add cubed cod to saucepan. Cook, covered, over medium-low heat for 2 to 3 minutes or until fish flakes easily with a fork (145°F). Garnish with additional coconut milk, if desired. Serves 2.

STORAGE-BOUGHT SURPRISES
Open a can or box of opportunity. Turn any of these convenient store-bought products into something special.

HY-VEE
STORE-Bought SURPRISES
Open a can or box of opportunity. Turn any of these convenient store-bought products into something special.

HY-VEE
Mashed Potatoes
Prepare HY-VEE instant potato flakes according to pkg. directions for 6 servings, except omit salt and add garlic & herbs soft spreadable cheese with the 1 cup milk. Chop bacon and stir into potatoes; heat through. Top with green onions. Season to taste with HY-VEE black pepper. Serves 6.

GUACAMOLE
Preheat broiler. Spray both sides of each baguette slice with HY-VEE nonstick cooking spray; place on a rimmed baking pan. Toast slices under the broiler; cool. Spread guacamole on toast. Top with chopped eggs and thinly sliced radishes. Season with HY-VEE coarsely ground black pepper. Serves 6.

Ramen Soup
Boil 2 (3-oz.) pkg. soy sauce-flavor ramen soup in water for 2 minutes; drain. Sprinkle with 1 tsp. of the seasoning; discard remaining. Chop HY-VEE Short Cuts fajita vegetables, then stir-fry in 2 tbsp. HY-VEE vegetable oil. Serve noodles and veggies in lettuce leaves. Drizzle with sesame teriyaki sauce, if desired. Serves 4.
**Taco-Mac Bake**

Preheat oven to 400°F. Prepare 1 pkg. macaroni & cheese dinner according to pkg. directions. Drain and cool. Combine 1½ cups Hy-Vee shredded Cheddar cheese, 1 Tbsp. + ⅓ cup Hy-Vee 2% reduced-fat milk. Stir in 1 tsp. Hy-Vee salted butter. Add ½ cup Hy-Vee shredded Cheddar cheese. Stir to combine. Spoon half of the mixture into an 8-in. x 8-in. saucepan. Add taco-flavor beef crumbles and remaining macaroni mixture. Bake, covered, 20 minutes. Sprinkle with 1 tsp. Hy-Vee brown sugar. Bake, uncovered, 3 minutes or until cheese is melted. Garnish with remaining 3 Tbsp. pecans. Serves 8.

**Hy-Vee Nacho-Flavor Tortilla Chips**

**Tortilla Caramel Rolls**

Preheat oven to 350°F. Spray eight 2½-in. nonstick mini muffin cups with Hy-Vee nonstick cooking spray. Microwave 3 Tbsp. brown sugar and 2 Tbsp. Hy-Vee salted butter on HIGH for 30 seconds or just until sugar is melted, stirring once. Spoon into prepared muffin cups; set aside. Combine ½ cup brown sugar and cinnamon. Sprinkle 1 Tbsp. softened Hy-Vee salted butter on 4 flour tortillas. Sprinkle each with 2 Tbsp. brown sugar mixture and ½ tsp. cinnamon. Stack tortillas. Tightly refold to form a log. Form ends into big into 8 slices. Place slices, cut side down, in prepared muffin cups. Bake 12 minutes or until golden. Immediately invert onto a wire rack. Garnish with remaining 3 Tbsp. pecans. Serves 8.

**Hy-Vee Whole Rotisserie Chicken**

**Lemon-Chicken Orzo Salad**


**Hy-Vee Traditional Crust Cheese Take & Bake Pizza**

Preheat oven to 375°F. Unwrap 1 family-size, round take & bake cheese pizza with traditional crust; leave pizza on foil pan. Top half of pizza with 2 sausages, thin slices, and bell peppers. Using foil pan, lift and fold untopped side over topped side of pizza. Press and pinch dough edge together to seal. Sprinkle top with Parmesan cheese. Bake on foil pan for 25 to 30 minutes or until golden and internal temperature is 165°F. Let stand 10 minutes before serving. Serves 10.

**Hy-Vee Traditional Crust Cheese**

**LEMON CHICKEN ORZO SALAD**

Hy-Vee Nonfat Greek Yogurt

**BERRY-HOGURT BOWL**
Trifle (1 3/4-cup) container Hy-Vee Greek yogurt, ¼ cup fresh mint leaves, ⅔ cup fresh strawberries, ½ cup fresh blueberries, ⅓ cup fresh blackberries, 1 tsp. honey. Top with yogurt blend, fresh mint and, if desired, a thin orange peel strip. Serves 1.

**EASY ZUCCHINI BREAD**
Preheat oven to 350°F. Prepare cake mix batter according to box directions. Pour ¾ cup batter into a greased and floured 8×4-in. loaf pan; bake 40 to 45 minutes or until toothpick inserted in center comes out clean. Cool completely on wire racks. Makes 1 loaf (12 servings each).

**SPARKLING STRAWBERRY-ORANGE SORELLE**
Frostie (1 ¾-cup) container Hy-Vee strawberry preserves in a single layer for 4 hours. Place frozen berries in a food processor. Add honey and granulated sugar; process until smooth. Pour into an 8×4-in. loaf pan. Cover and freeze at least 4 hours. Scoop into dessert dishes. Garnish with mint and, if desired, an orange peel strip. Serves 8 (1 cup each).

**CRANBERRY-WHITE CHOCOLATE COOKIES**
Stir vanilla baking chips and dried cranberries into dough until combined. Shape dough into 1-in. balls. Place 1 in. apart on prepared cookie sheets. Bake for 10 to 15 minutes or until edges are light golden brown. Cool for 2 minutes on cookie sheets; remove and cool completely on wire racks. Makes 20.

**CONFETTI CUTOUTS**
Knead ½ cup Hy-Vee all-purpose flour into cookie dough until combined. Add ¾ tsp. multicolor jimmies; gently knead to combine. Roll dough between 2 sheets of wax paper to %-inch thickness. Cut dough into shapes using 2-in. cookie cutters. Place cutouts 2 in. apart on prepared cookie sheets. Bake for 7 to 10 minutes or until edges are light golden brown. Cool for 2 minutes on cookie sheets; remove and cool completely on wire racks. Frost, then sprinkle with additional jimmies, if desired. Makes 24.

**COCONUT-RASPBERRY THUMBPRINTS**
Preheat oven to 350°F. Spread ½ cup coconut in a baking pan. Bake 4 to 5 minutes or until lightly toasted; cool and transfer to a shallow bowl. Place 1 in. apart on prepared cookie sheets. Bake for 6 to 8 minutes or until lightly golden brown. Cool completely on wire racks. Just before serving, fill centers with raspberry preserves. Makes 25.

**CONFETTI CUTOUTS**
Knead ½ cup Hy-Vee all-purpose flour into cookie dough until combined. Add ⅔ cup multicolor jimmies; gently knead to combine. Roll dough between 2 sheets of wax paper to %-inch thickness. Cut dough into shapes using 2-in. cookie cutters. Place cutouts 2 in. apart on prepared cookie sheets. Bake for 7 to 10 minutes or until edges are light golden brown. Cool for 2 minutes on cookie sheets; remove and cool completely on wire racks. Frost, then sprinkle with additional jimmies, if desired. Makes 24.

**COCONUT-RASPBERRY THUMBPRINTS**
Preheat oven to 350°F. Spread ½ cup coconut in a baking pan. Bake 4 to 5 minutes or until lightly toasted; cool and transfer to a shallow bowl. Place 1 in. apart on prepared cookie sheets. Bake for 6 to 8 minutes or until lightly golden brown. Cool completely on wire racks. Just before serving, fill centers with raspberry preserves. Makes 25.

**CHOCOLATE-MINT COOKIES**
Knead ½ cup crème de menthe extract into cookie dough until combined. Add creme de menthe candies; gently knead to combine. Shape dough into 1-in. balls. Place 1 in. apart on prepared cookie sheets. Bake for 8 to 11 minutes or until edges are lightly golden brown. Cool 2 minutes on cookie sheets; remove and cool completely on wire racks. Makes 20.

**CHOCOLATE COOKIES**
Stir vanilla baking chips and ⅔ cup cranberries into dough until combined. Stir vanilla baking chips and dried cranberries into dough until combined. Shape dough into 1-in. balls. Place 1 in. apart on prepared cookie sheets. Bake for 8 to 11 minutes or until edges are lightly golden brown. Cool 2 minutes on cookie sheets; remove and cool completely on wire racks. Makes 20.

**SPARKLING STRAWBERRY-ORANGE SORELLE**
Frostie (1 ¾-cup) container Hy-Vee strawberry preserves in a single layer for 4 hours. Place frozen berries in a food processor. Add honey and granulated sugar; process until smooth. Pour into an 8×4-in. loaf pan. Cover and freeze at least 4 hours. Scoop into dessert dishes. Garnish with mint and, if desired, an orange peel strip. Serves 8 (1 cup each).

**Cookie Dough 4 Ways**
Get creative with Hy-Vee refrigerated sugar cookie dough—add extra flavors, crunch and decorations.

1 (1½-lb.) pkg. refrigerated sugar cookie dough stand at room temperature for 18 minutes or until softened. Meanwhile, preheat oven to 350°F. Line cookie sheets with parchment paper, set aside. Break dough into pieces and place in a large bowl.

1. **Cranberry-White Chocolate Cookies**
   - Stir vanilla baking chips and dried cranberries into dough until combined.
   - Shape dough into 1-in. balls. Place 1 in. apart on prepared cookie sheets.
   - Bake for 8 to 11 minutes or until edges are light golden brown. Cool for 2 minutes on cookie sheets; remove and cool completely on wire racks. Makes 20.

2. **Confetti Cutouts**
   - Knead ½ cup Hy-Vee all-purpose flour into cookie dough until combined. Add ⅔ tsp. multicolor jimmies; gently knead to combine.
   - Roll dough between 2 sheets of wax paper to %-inch thickness.
   - Cut dough into shapes using 2-in. cookie cutters.
   - Place cutouts 2 in. apart on prepared cookie sheets.
   - Bake for 7 to 10 minutes or until edges are light golden brown.
   - Cool for 2 minutes on cookie sheets; remove and cool completely on wire racks. Frost, then sprinkle with additional jimmies, if desired. Makes 24.

3. **Coconut-Raspberry Thumbprints**
   - Preheat oven to 350°F.
   - Spread ½ cup coconut in a baking pan.
   - Bake 4 to 5 minutes or until lightly toasted; cool and transfer to a shallow bowl.
   - Place 1 in. apart on prepared cookie sheets.
   - Bake for 6 to 8 minutes or until lightly golden brown.

4. **Chocolate-Mint Cookies**
   - Knead ½ cup crème de menthe extract into cookie dough until combined.
   - Add creme de menthe candies; gently knead to combine.
   - Shape dough into 1-in. balls.
   - Place 1 in. apart on prepared cookie sheets.
   - Bake for 8 to 11 minutes or until edges are lightly golden brown.
   - Cool 2 minutes on cookie sheets; remove and cool completely on wire racks. Makes 20.
Where the taste of Italy comes to your table!

Ultra Thin Crust

Made in the USA

www.BellatoriaPizza.com

Best lunch, period.

No By-Products
No Added Hormones
No Artificial Flavors

Land O' Frost Premium
Land O' Frost Premium Breakfast Cuts
Land O' Frost Premium Canadian Bacon or Land O' Frost Deli Shaved
100% Natural Bistro Favorites

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

10 WAYS TO ADD CALM TO YOUR LIFE

GUIDE TO SPRING BREAK 2020

Spring is on the way! Be prepared with holiday activities, travel tips and stress-relievers.

76 HAPPY HUNTING
84 10 WAYS TO ADD CALM TO YOUR LIFE
90 GUIDE TO SPRING BREAK 2020
This Easter, start traditions that make memories for Easters to come. Tint pancakes pastel colors. Set up an Easter egg hunt outdoors. Adorn the twiggy front-yard shrub with colorful plastic eggs. For inspiration, browse the aisles at Hy-Vee and check out possibilities for games, parties, hunts and filling the most amazing Easter baskets ever!

7 STEPS TO A PHOTO-WORTHY EASTER EGG HUNT

1. PICK A DATE AND LOCATION
   Keep in mind that families may have church or other plans Easter Sunday. Consider having your party the weekend before or some other date.

2. PUT TOGETHER A MENU
   It can’t all be Easter candy! For kids: mini sandwiches, fruit, veggies and dip. Adults: pizza or sandwiches, deviled eggs, fruit salad.

3. GATHER SUPPLIES
   Shop Hy-Vee for plastic eggs, baskets, candy, small toys and other egg and basket fillers, egg-dyeing supplies (if hard-boiling eggs), Easter grass.

4. PLAN THE DECOR
   Some ideas: balloons, egg-hunt yard signs, bunny footprints, bunny ears, spray-painted egg cartons, stuffed animals, flowers.

5. MAKE A HUNT PLAN
   Have a backup plan in case of rain. Designate an area large enough to hide about a dozen eggs per child. Indoor hunts may be easier for littlest ones.

6. HIDE THE EGGS—BE CREATIVE
   For young kids: eye level and in places easily reached. Older kids: in trees, under doormats, behind garden art, on windowsills, under bushes.

7. HAVE FUN!
   Incorporate silly games or scavenger-hunt maps and clues into the hunt. Dress up in an Easter bunny suit and hand out prizes.

THEMED HUNT IDEAS

AGES 2-9

golden ticket hunt
Get inspired by the film Willy Wonka and the Chocolate Factory and tuck a golden ticket (try glitter cardstock) in a few special eggs. At the end of the hunt, kids redeem tickets for prizes. Allow one golden-ticket egg per child.

hoppin’ hunt
Set out cutout bunny tracks leading to eggs and have kids hop to the eggs once they spot them. Or have kids hop in place each time they pick up an egg. Older kids: Put written commands in a few eggs, including “hop five times.”

easter egg relay race
Split kids into teams. Have one child from each team search and, once they find an egg, tag a teammate to run and search. Or have kids run relays while holding an egg in a spoon.

puzzle-piece egg hunt
In addition to candy-filled eggs, hide eggs with one or two small jigsaw puzzle pieces. When kids finish collecting eggs, let them piece the puzzle together. Hand out prizes when it’s done.

don’t forget the basket!

Pick up colorful straw baskets with handles, or opt for cute plastic containers from Hy-Vee. Left, that little ones can easily carry. Then fill them with age-appropriate goodies, pages 78–79.
THEMED HUNT IDEAS
AGES 10+

glow-in-the-dark eggs
Create Easter-egg enchantment. Just before sundown, set out LED tea lights or activated mini glow sticks next to plastic eggs filled with candies. Even easier: Buy glow-in-the-dark plastic Easter eggs.

scavenger egg hunt
Place written clues in sequentially numbered eggs. After all eggs are collected, egg-hunters work together to decipher the clues, leading to a big prize for all—a giant basket of candy, games, puzzles or stuffied toys.

privilege egg hunt
Go candy-less. Put written privileges in the eggs, such as staying up past normal bedtime, choosing TV shows one night, choosing the dinner menu or getting an extra piece of cake for dessert.

bunny cash egg hunt
Much as they like candy, older kids appreciate cold hard cash in their Easter eggs. Fold dollar bills into bunnies or bunny heads for a fun touch. Or slip in gift cards for food, games or movies.

EVEN THE FAMIL Y PUP WAKES UP TO A BUNNY BASKET FILLED WITH TOYS, TREATS, COLLARS AND LEASHES FROM HY-VEE.

Egg-cellent Ideas

1. classic
Dissolve PAAS dye tablets in supplied cups. Use provided egg dipper to set eggs in cups. Dye eggs around 5 minutes, then adorn with provided stickers.

2. tie-dye eggs
Kit includes dye tablets, cloth for wrapping, droppers to apply color and a special holder that makes the process easy.

3. glitter eggs
Place dye tablets in provided cups; add vinegar and water. Sprinkle glitter from supplied pouch into cups of dye. Set eggs in the dye; let dry.

4. neon eggs
Dissolve neon dye tablets, dye eggs, and decorate with stickers, appliques and glitter. Supplied: 90 neon stickers, 6 egg wraparounds, glitter and drying stand.

TO DYE FOR
Watch the video to see exactly how these dye kits work to create gorgeously colored eggs.

WATCH AND LEARN AT HSTV.COM TODAY!

Directory SEASONS | March 2020

To Dye For

watch

THE BETTER WAY

Easter eggs can be egg-cellent for your health. Consuming eggs can provide you with essential nutrients.

To Dye For

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the ultimate easter basket

TODDLER BASKET
Plush stuffed animals, fun sippy cup, chalk, fruity drinks, starter gardening tools—all in a colorful plastic basket with bright Easter grass.

WHO’S IT FOR?
Sweet treats are a given. Then think plush toys for young kids; games, makeup and bath treats for the older ones.

SHOP HY-VEE
Hy-Vee has it all—toys, stuffed animals, puzzles, games, kids’ beauty items, plus baskets, grass and candy.

ASSEMBLE
Fill container with Easter grass, position larger items, then tuck in smaller items and candy.

3 STEPS TO THE PERFECT BASKET
FILL AN EASTER BASKET WITH GOODIES FOR KIDS OF ALL AGES AND WITH ALL INTERESTS.

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AN EASTER BUNNY BUBBLE WAND PROVIDES HOURS OF OUTDOOR FUN.

A FACIAL MASK AND A PRETTY BATH POOL SAY “PAMPER ME.”

A PERFORMANCE INSPIRED BLENDER BOTTLE IS A MUST-HAVE FOR WORKOUTS.

GRAB ‘N’ GO BASKETS

LARGE (9”×21”) CHEERILY WRAPPED BASKETS ARE AVAILABLE IN STORES.

1. PJ MASKS
Candy, plus a paddle board, sidewalk chalk and other toys.

2. TROLLS
A puzzle and other toys, and jelly beans, licorice and gummy candies.

3. SPIDERMAN
A water blaster and other cool toys, plus jelly beans.

4. PAW PATROL
Yummy candies, plus a small bat and ball and other fun toys.

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Keebler® will donate $0.25 from the sale of each specially marked package sold between March 1, 2020 and April 30, 2020 to Make-A-Wish®, up to a maximum donation of $250,000.
10 WAYS TO
Add Calm to Your Life

ON DAYS WHEN LIFE FEELS LIKE A WHIRLWIND, A HOBBY OR GO-TO REMEDY CAN CALM THE MIND AND BODY. THESE SIMPLE TIPS WILL HELP YOU RELAX.

1 experience nature
Exploring parks and green spaces, along with the mood-boosting effects of physical activity among trees and flowers, calms the mind and leads to reduced heart rate and blood pressure. Even houseplants increase happiness, positivity and relaxation.

STOP BY HY-VEE FLORAL AND CHECK OUT THE WIDE SELECTION OF PLANTS AND FLOWERS TO HELP BRIGHTEN YOUR DAY.

2 begin nutrition
Proper nutrition can have a positive effect on anxiety and depression. LEARN MORE ABOUT THE ROLE NUTRITION PLAYS IN WELLNESS WITH HY-VEE BEGIN, A HEALTHY LIFESTYLE PROGRAM EMPHASIZING NUTRITION, WEIGHT LOSS AND PHYSICAL ACTIVITY. Through the 10-session course, a Hy-Vee dietitian teaches you how to prepare healthy foods, control hunger and more. Head to hy-vee.com/health/begin-program for more information.

3 listen to music
Upbeat music promotes alertness and concentration; slow tempos quiet the mind and relax the body.

4 organize spaces
Living and working in well-organized spaces leads to a calm mind. A study published in Personality and Social Psychology Bulletin found that women who described their homes as “cluttered” had higher levels of the stress-inducing hormone cortisol than women who described their home as “restful.”
6 exercise
Physical activity is associated with increased self-confidence, relaxation and lower symptoms of mild depression and anxiety. Exercise also increases production of endorphins, chemicals in the brain that act as a natural mood elevator.

7 pick up a book
Reading for pleasure leads to an imaginative escape from daily stressors and has been found to decrease blood pressure and muscle tension. Just 6 minutes of reading helps slow the heart rate.

8 unplug
According to a survey from the American Psychological Association, 18 percent of respondents identified technology as a source of stress. Improve your social well-being by setting aside time each day to disconnect from email, social media and text messages and reconnect with the world around you.

9 treat yourself
TAKE TIME OFF FROM DAILY ROUTINES TO PAMPER YOURSELF with treatments like facials and mud baths. They release built-up stress tension in the head and neck and feel good for hours or days afterward.

10 get some z’s
Finding calm may be as simple as getting enough rest. Studies show that getting 7 to 8 hours of sleep, at regular times, and having a relaxing bedtime routine leads to general well-being.

Sources:
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- essentialoils.com/tips-mud-baths-for-relaxation

FIND THESE VARIETIES (AND MANY MORE) OF ESSENTIAL OILS AT YOUR LOCAL HY-VEE.

Essential oils, concentrated plant extracts used for aromatherapy and more, come in plenty of scents. Lavender and lemon oil, both used in aromatherapy, are known to reduce stress and anxiety and to improve mood.
Real ingredients. Real good food.

Chobani Non-Dairy, Oat Complete, Nut Butter or Drinks select varieties 5.3 or 7 oz.
4/5.00
GUIDE TO SPRING BREAK 2020

Make Spring Break as easy and effortless as possible. Whether you’re jetting to a distant destination, road-tripping to another state or hoofing it locally as part of a staycation, these tips will help you manage your excursion.

Once associated primarily with raucous college students, Spring Break has become a family activity. Eyeing a weeklong break from studies, school-age children and their parents are eager to make hay while the March sun shines. These tips can make things go more smoothly.

**Plan Ahead**

Check out the best selection of flights, rooms and activities. Start packing a week beforehand to reduce unnecessary pre-travel stress.

### Pack Wisely

Bring a variety of clothes and footwear. Consider climate—prepare for rain, cold or heat. Pack a hat, sunglasses, sunscreen and lip balm for warm destinations.

### Decide Together

Choose a destination together, then let each family member suggest what they’d like to do while on vacation. Plan an itinerary around the suggestions.

### Keep Calm and Carry On

Pack a change of clothes in your carry-on if checking bags. Also: snacks, reading materials, paperwork and electronic devices.

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**HEALTHFULLY SNACK**

**FRUIT**

Apples, bananas, or Cuties mandarin oranges are very portable. Pair with a packet of peanut or almond butter to add healthy fats and protein for more stable energy and blood sugar. Bagged sugar snap peas or baby carrots are easy to grab and go. Bring along individual graham cracker packs to harness for dipping.

—Arvid Santens, RD, LD, registered dietitian, Hy-Vee, Navarino, Kansas

**DRIED**

Dried edamame and chickpeas are plant-based proteins, great sources of fiber and often available with low sodium. Not only are they crunchy and delicious but also come in lots of different flavors and are easily packed up for your travels.

—Anna Heronimus, RD, LD, registered dietitian, Hy-Vee, Eagan, Minnesota

**PACKAGED**

Look at both the nutrition facts and ingredient list. A good general rule for an ingredient list, the shorter the list, the better the product. Also look for quality ingredients—if you don’t know what something is or how to pronounce it, it may not be a good choice.

—Tamra Thole, RD, LD, registered dietitian, Hy-Vee, Overland Park, Kansas

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**TRAVEL-SIZE SNACKS**

VARIETY, TASTE AND CONVENIENCE MAKE FOR SNACKS WORTHY OF ANY TRIP, GET THESE HEALTHFUL GOODIES—AND MORE—AT HY-VEE.

1. HY-VEE raisin & nut trail mix
2. HY-VEE SHORT CUTS carrots & celery
3. STRETCH ISLAND fruit leather
4. NATURALLY BARE cinnamon apple chips
5. ANGIE’S BOOM CHICKA POP sea salt popcorn
6. OATMEGA KIDS grass-fed whey protein bars
7. APPLES assorted varieties
8. HY-VEE mountain trail mix
9. BLUE DIAMOND oven-roasted almonds
10. JUSTINS almond butter
11. BANANAS regular or organic
12. HY-VEE turkey jerky
ATTITUDE ADJUSTMENT

For most Midwesterners, Spring Break is a chance to relax and let cares evaporate with the last of the winter snow. Yet many Americans don’t take their allotment—the U.S. Travel Association reports that each year about half their days are untaken.

A 2018 survey by the American Psychological Association, a majority of working Americans taking a vacation from everyday routines lifts mood and fosters optimism. In a 2015 article published in Psychology Today, "Spring Break Does The Body Good," research suggests that travel-related stress is less than that caused by daily work. For most personal travel, the American Automobile Association suggests two or more days for a full recovery.

Take a break from the daily grind. It doesn’t take a vacation to another country to feel refreshed. Even a short day trip or a staycation (hanging out with your own family) can have benefits, including:

1. RELAX and take in a local art gallery. Once inspired, spend the rest of the day creating a work of art in whichever medium strikes your fancy.
2. UNPLUG and turn off electronic devices. Then indulge yourself with popular books and magazines from Hy-Vee or take a family outing to the library.
3. PLAY GAMES with the family. Organize a tournament day of cards and board games, taking turns choosing which to play. Add to the festivities with quirky snacks (see examples, beginning on page 60) and silly prizes.
4. SEE THE WORLD from your couch. Match a meal with a movie and the world will be at your (stocking) feet. For example, pair an Italian dish such as lasagna with the cinema classic Roman Holiday. Cook together as a family. Or keep it simple with a take-and-bake meal from Hy-Vee.
5. STAY SAFE from the news. Pack a portable battery pack. Bring an emergency kit. Fill it with items from Hy-Vee, including:
   - bottled water
   - first aid kit
   - paper towels
   - moist towelettes
   - dry-cleaning and pain relief caplets.
   - secondary versions of personal care products
   - food and perishable foods.

Sources:
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- tripsavvy.com/travel-tips
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- tripsavvy.com/travel-tips
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**HY-VEE CAN HELP**

READY FOR A BREAK? SHOP THE HY-VEE AISLES ACROSS ALL DEPARTMENTS FOR YOUR VACATION NEEDS.

**PHARMACY**
- Prescription refills
- Flu shots
- Medication information
- Multivitamins and supplements
- Cold prevention and treatment

**CUSTOMER SERVICE**
- Dry-cleaning
- Mail packages

**BULK FOODS FOR SNACKS**
- Ingredients for trail mix

**PACKAGED FOODS**
- Snacks
- Candy
- Gum

**DELII (ROAD-TRIP FOODS)**
- Meat and cheese for sandwiches
- Subs
- Salads

**PRODUCE (EATING ON THE GO)**
- Hy-Vee Short Cuts veggies & fruits
- Apples
- Bananas
- Oranges
- Grapes

**ENTERTAINMENT DURING TRAVEL**
- Games
- Toys
- Coloring books
- Crayons
- Activity books
- Paperbacks
- Magazines

**MIDWEST SPRING VACATION IDEAS**

### SOUTH DAKOTA
- Rapid City: Mount Rushmore, Badlands National Park, Black Hills National Forest
- Old Faithful: Mount Rushmore, Badlands National Park, Black Hills National Forest

### MINNESOTA
- Minneapolis/St. Paul: Mall of America, Science Museum, Como Park Zoo & Conservatory
- St. Paul: Science Museum, Como Park Zoo & Conservatory

### WISCONSIN
- Milwaukee: Public Market, Discovery World, Art Museum, Door County: Sunfish, windy, outdoor recreation
- Wisconsin Dells: Family-friendly indoor water parks and amusement parks

### KANSAS
- Wichita: Old Town
- Hutchinson: Old Town

### IOWA
- Des Moines: State Capitol, Valley Junction, Pappajohn Sculpture Park, Des Moines Art Center
- Iowa City: Iowa City Public Library, Old Capitol, Old Art Center, Old Main, Downtown

### MISSOURI
- Kansas City: Worlds of Fun, Kansas City Zoo, Liberty Memorial, Gateway Arch, Missouri Botanical Garden

### ILLINOIS
- Chicago: Art Institute, Adler Planetarium, Navy Pier, Wrigley Field, Magnificent Mile

### MICHIGAN
- Detroit: Detroit Institute of Arts, Henry Ford Museum, Belle Isle

### PENNSYLVANIA
- Philadelphia: Independence Hall, Liberty Bell, Philadelphia Museum of Art, University of Pennsylvania

### NEW YORK
- New York City: Empire State Building, Central Park, Times Square, Bowery Ballroom

### NEW JERSEY
- Jersey City: Newport, Hoboken, Jersey City Museum, Liberty State Park

### FLORIDA
- Tallahassee: Capitol, Tom Brown Park, Tallahassee Museum
- Sarasota: Ringling Museum of Art, Sarasota Botanical Gardens, Sarasota Art Museum

### MONTANA
- Missoula: University of Montana, Montana Museum of Art, Montana State University

### COLORADO

### OKLAHOMA
- Oklahoma City: Myriad Botanical Gardens, Oklahoma City National Memorial, OKC Zoo

### LOUISIANA
- New Orleans: French Quarter, Bourbon Street, Superdome

### CALIFORNIA
- Los Angeles: Hollywood, Santa Monica, Griffith Observatory, Universal Studios
- San Diego: Balboa Park, Sea World, Legoland
- Santa Barbara: Old Mission, Mission Santa Barbara, Riviera

### ARIZONA
- Phoenix: Phoenix Zoo, Arizona State University, Phoenix Arizona Botanical Garden

### NEVADA
- Las Vegas: Strip, Bellagio, Wynn Las Vegas, Mandalay Bay

### GEORGIA
- Atlanta: Coca-Cola World, CNN Center, Stone Mountain

### ALABAMA
- Birmingham: Birmingham Civil Rights Institute, Alabama Shakespeare Festival, Legion of Honor

### VIRGINIA
- Richmond: Virginia Museum of Fine Arts, Virginia Commonwealth University, Virginia Zoo

### WISCONSIN
- Milwaukee: Public Market, Discovery World, Art Museum, Door County: Sunfish, windy, outdoor recreation
- Wisconsin Dells: Family-friendly indoor water parks and amusement parks

10 BEST FAMILY SPRING BREAK DESTINATIONS According to U.S. News & World Report Rankings

- SAN DIEGO, CALIFORNIA
- YOSEMITE
- GRAND CANYON
- OUTER BANKS, NORTH CAROLINA
- HONOLULU-OAHU
- BANANAS
- OREGON-WALT DISNEY WORLD
- ANAHEIM-DISNEYLAND
- SANIBEL ISLAND, FLORIDA
- JAMAICA

**5 FUN STAYCATION ACTIVITIES**

1. VISITUURES in your own hometown. Act like a tourist and visit local landmarks and must-see attractions, take pictures, send postcards, and visit restaurants new to you.

2. SMART CAR TRAVEL TIPS FROM THE PROS

   - Ensure your vehicle is properly maintained. Have the vehicle and tires inspected before a trip.
   - Leave purses, lap tops, and other valuables in plain sight when parked. Pack them in the trunk or storage compartment.
   - Map your route in advance so you know where you’re going, when you expect to arrive and whether there are any key stops along the way.

   - Use electronic devices, even if hands-free, while driving. That means no calls, texting, email, internet or video-games.

   - Pack a cooler and reusable ice packs (available from Hy-Vee) for beverages and perishable foods.

   - Keep a cell phone and charger within reach. The American Automobile Association offers a smartphone app to motorists who need help without making a phone call.

   - Bring an emergency kit. Fill it with items from Hy-Vee, including:
     - bottled water
     - first aid kit
     - paper towels
     - dry-cleaning and pain relief caplets.

3. UNPLUG and turn off electronic devices. Then indulge yourself with popular books and magazines from Hy-Vee or take a family outing to the library.

4. PLAY GAMES with the family. Organize a tournament day of cards and board games, taking turns choosing which to play. Add to the festivities with quirky snacks (see examples, beginning on page 60) and silly prizes.

5. SEE THE WORLD from your couch. Match a meal with a movie and the world will be at your (stocking) feet. For example, pair an Italian dish such as lasagna with the cinema classic Roman Holiday. Cook together as a family. Or keep it simple with a take-and-bake meal from Hy-Vee.

### HY-VEE CAN HELP

READY FOR A BREAK? SHOP THE HY-VEE AISLES ACROSS ALL DEPARTMENTS FOR YOUR VACATION NEEDS.

**PHARMACY**
- Prescription refills
- Flu shots
- Medication information
- Multivitamins and supplements
- Cold prevention and treatment

**CUSTOMER SERVICE**
- Dry-cleaning
- Mail packages

**BULK FOODS FOR SNACKS**
- Ingredients for trail mix

**PACKAGED FOODS**
- Snacks
- Candy
- Gum

**DELII (ROAD-TRIP FOODS)**
- Meat and cheese for sandwiches
- Subs
- Salads

**PRODUCE (EATING ON THE GO)**
- Hy-Vee Short Cuts veggies & fruits
- Apples
- Bananas
- Oranges
- Grapes

**ENTERTAINMENT DURING TRAVEL**
- Games
- Toys
- Coloring books
- Crayons
- Activity books
- Paperbacks
- Magazines

**MIDWEST SPRING VACATION IDEAS**
health

Pick up small habits to improve your health. Plus, beat allergy season before it knocks you off your feet.

96 ALL-DAY EXERCISE
102 FOODS THAT MAKE YOU HAPPY
106 SEASONAL ALLERGIES
113 DIETITIAN Q&A: THE GOODS ON GLUTEN
116 $4 GENERICS
Integrate exercise into your day to burn more calories. Take a step (or the stairs) in the right direction by making small tweaks to your routine without bogging down an already cramped schedule.

ALL-DAY EXERCISE

Easy Addition

At home or work, short bouts of exercise help you hit fitness goals. No need for memberships, just a few blocks of activity built into your agenda make a difference. A study in Medicine & Science in Sport & Exercise shows those who perform three 10-minute bouts of exercise experience similar improvement to cholesterol, weight and heart disease risk factors as those who perform one 30-minute session.

Morning
Make exercise a priority to start the day. A study in the British Journal of Sports Medicine found that a 30-minute walk in the morning improves memory and focus. Wake up a little earlier for an aerobic workout or walk around the neighborhood.

Afternoon
A 15-minute walk during lunch may sharpen focus and reduce afternoon fatigue. Walk during breaks, stretch or perform body-weight exercises like squats or lunges.

Night
Sneak in strength exercises while watching TV or cooking dinner. Body-weight moves are simple, and require minimal equipment. According to the Mayo Clinic, less than 1 hour of strength training per week lowers risk of heart disease.

AEROBIC EXERCISE

Promotes cardiovascular conditioning.

Activities:
• Commute by bike or walk.
• Walk farther away from the destination.
• Take the stairs instead of an elevator.
• Walk with a friend to a café or restaurant.
• Walk to the grocery store.

STRENGTH TRAINING

The body works against a form of resistance to improve lean muscle mass and strength.

Activities:
• Perform body-weight exercises while watching TV.
• Carry groceries to the car instead of using a cart.
• Hold hand weights while waiting.
• Do squats while waiting for dinner to cook.

22% REDUCTION IN ALL-CAUSE MORTALITY BY WALKING BRISKLY FOR 15 MINUTES A DAY.

—EUROPEAN HEART JOURNAL

Sources:
• bjoms.bmj.com/content/early/2019/04/24/bjsports-2018-100168
• acefitness.org/education-and-resources/professional/expert-articles/5330/why-we-still-need-cardio-training-a-more-effective-approach
• mayoclinicproceedings.org/article/S0025-6196(17)30167-2/fulltext
• iuh.edu/news-hub/new-study-walking-during-lunch-can-create-a-better-work-day
• health.gov/news/blog/2018/08/time-can-be-a-barrier-to-exercise-clinicians-can-help-patients-overcome-it

PRO TIP: TAKE THE LONG WAY

“Avoid getting yourself to walk in 20–30 minutes of movement each day.” Add something small every day and pay attention to the way you feel. For example, at work, instead of using the bathroom near you, go to the one across the building. This extra movement and you might meet someone new at work!”

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

Just like walking and biking, these moves raise your heart rate and improve cardiovascular conditioning. Perform each move for 3 sets of 30–45 seconds with 30 seconds of rest between sets and moves.

1. **JUMP ROPE**
   - Stand with feet hip-width apart.
   - Holding a jump rope with both hands, swing the rope over your head from the back and jump over it.

2. **JUMPING JACKS**
   - Stand with feet hip-width apart.
   - Jump feet to each side while raising arms overhead. Immediately return to starting position.

3. **HIGH KNEES**
   - Stand with feet hip-width apart. Lift left knee toward chest and raise right arm. Quickly alternate so right knee and left arm are up.

---

Strength

Sneak in these body-weight exercises at work to help build muscle and strength and reduce time sitting. Perform each move for 3 sets of 10 reps with 1 minute of rest between sets.

1. **BODY-WEIGHT SQUAT**
   - Stand with feet shoulder-width apart. Squat until thighs are parallel to the floor. Push off heels and glutes to return to starting position.

2. **DESK DIPS**
   - Stand with back to desk and place palms, open on edge. Use arms to lower body until arms are at a 90-degree angle. Push up with arms and repeat.

3. **FORWARD LUNGE**
   - Stand with feet hip-width apart. Step right foot forward and bend at both knees until right thigh is parallel to floor. Push off from right foot to return to starting position.
FOODS THAT MAKE YOU Happy

FEED YOUR BLISS. BITE INTO FOODS THAT PREVENT ANXIETY AND GIVE YOU REASON TO FEEL GOOD ANTIOXIDANTS, B VITAMINS, TRYPTOPHAN AND OMEGA-3 FATTY ACIDS NOURISH AND PROTECT THE BRAIN AND ELEVATE MOOD.

**AVOCADOS**
- **Importance:** Vitamin E, an antioxidant, protects brain cells from free radicals caused by pollution, smoking and food digestion.
- **OTHER FOODS WITH VITAMIN E:** almonds, kiwi, spinach, sunflower seeds, trout

**TOMATOES**
- **Importance:** Canned and fresh tomatoes have abundant vitamin C and the antioxidant lycopene protects brain cells.
- **OTHER FOODS WITH LYCOPENE:** grapefruit, guavas, mangos, papayas, peniummons, red bell peppers, red cabbage

**CHICKEN BREAST**
- **Importance:** Studies link low blood levels of the mineral selenium, an antioxidant, to a decline in mental function, especially in people over 70. Chicken and other poultry also contain tryptophan, precursor of the feel-good hormone serotonin.
- **OTHER FOODS WITH SELENIUM:** Brazil nuts, oysters, pork chops (beer), shiitake mushrooms, shrimp, steak, tofu, tuna, whole wheat pastas

**SPINACH**
- **Importance:** Folate protects against depression. People with folic acid deficiencies may respond less favorably to antidepressant treatment than those with normal levels.
- **OTHER FOODS WITH FOLATE:** asparagus, black-eyed peas, Brussels sprouts, kidney beans, oranges, plus folate-fortified cereals and breads

**PISTACHIO NUTS**
- **Importance:** In the brain and other parts of the body, lutein repairs damage from free radicals, or unstable molecules from food metabolism, smoking and pollution.
- **OTHER FOODS WITH LUTEIN:** asparagus, broccoli, Brussels sprouts, carrots, green peas, kale, lettuce, pumpkin, summer squash

**SALMON**
- **Importance:** Omega-3 fatty acids help form healthy nerve cells. Omega-3s are linked to lower risks of depression, according to the Journal of Nutrition & Food Sciences.
- **OTHER FOODS WITH OMEGA-3:** avocados, Brussels sprouts, carrots, chia seeds, flaxseeds and flaxseed oil, navy beans, oysters, tofu, walnuts

**BROCCOLI**
- **Importance:** Vitamin A, an antioxidant, repairs cell damage from environmental toxins, ultraviolet rays and breakdown of food.
- **OTHER FOODS WITH VITAMIN A:** apricots, butternut squash, cantaloupe, carrots, leafy greens, peas, red bell peppers, spinach, sweet potatoes

**BANANAS**
- **Importance:** Vitamin B6 (pyridoxine) may lower levels of homocysteine, linked to dementia and cognitive decline.
- **OTHER FOODS WITH VITAMIN B6:** beef liver, chicken, chickpeas, potatoes, salmon, steak, sweet potatoes

**STRAWBERRIES**
- **Importance:** Vitamin C, an antioxidant, fights unstable molecules that limits hormones and other substances carried in blood to the brain. However, a carb-rich, protein-poor meal might increase the ability of gut tryptophan to get to the brain, according to a report in the U.S. National Institutes of Health.
- **OTHER FOODS WITH VITAMIN C:** bell peppers, blueberries, broccoli, Brussels sprouts, guavas, kale, kiwi, mangos, oranges, papaya, pineapple, snow peas, strawberries, tomatoes, watermelon

**TUNA**
- **Importance:** Vitamin B1 (thiamine) protects against memory loss and confusion. Deficiency can result in nerve damage in hands or feet.
- **OTHER FOODS WITH VITAMIN B1:** corn squash, asparagus, black beans, brown rice, flaxseeds, green peas, navy beans, pork chops, salmon, sunflower seeds

**EGGS**
- **Importance:** Choline, which regulates mood and muscle movements, is associated with verbal and visual memory, according to a study in The American Journal of Clinical Nutrition.
- **OTHER FOODS WITH CHOLINE:** broccoli, cauliflower, chicken breast, dairy milk, green beans, mac and cheese, navy beans, pork chops (lean), salmon, shrimp, steak, tuna (cooked)

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Hy-Vee aisles are filled with foods that fire up brain cells and are easy to pack in lunches or tote for snacks. Here are just a few.

1. HY-VEE SUNFLOWER KERNELS
At 180 calories per ¼ cup, sunflower seeds are an efficient source of B vitamins and tryptophan.

2. HY-VEE SHORT CUTS BERRY BLEND
This blend brims with antioxidants: vitamin C in berries and vitamin E in kiwi.

3. GREEK YOGURT
Rich in B vitamins, Greek yogurt offers significant levels of selenium, a mineral linked to mental function.

4. AVOCADOS
These fruits offer significant levels of vitamins B and E, plus lutein, a vitamin A-related antioxidant that defends against free radicals in cells.

5. HY-VEE SHORT CUTS HARD-BOILED EGGS
Choline, which regulates mood and muscle movements, is linked to memory.

For an uplifted mood and overall health, bake a sweet potato and top it with cooked shredded chicken, salsa, sliced avocado and fresh cilantro. Or toss in a handful of spinach and chopped cherry tomatoes while scrambling eggs for breakfast.

—Lindsey Frisbie
Registered Dietitian
Hy-Vee, Iowa City, Iowa
SEASONAL ALLERGIES

Triggered by pollen and other airborne irritants, seasonal allergies come around at particular times of year. This guide explains how to find relief.

WHAT IS A SEASONAL ALLERGY?

Allergic rhinitis, better known as hay fever, is the immune system's reaction to an airborne substance like pollen or mold. When these irritants are inhaled, the immune system generates antibodies that cause mast cells to release chemicals such as histamine that eventually find their way to the eyes, nose, throat and lungs. That's when symptoms appear. Seasonal allergies come and go depending on what's blooming, so someone with spring allergies may not necessarily have reactions other times of the year.

CAUSES

Seasonal allergies are most often caused by two common irritants:

SPORES
The lightweight spores of fungi such as molds, mildew, yeasts and mushrooms, are easily carried by air. Mold spores, common to moist areas, can be found indoors and outdoors.

POLLEN
Pollen that causes allergies is produced by different plants, depending on season. In spring, it may be trees such as oak, western red cedar, elm, birch, ash, poplar, sycamore and maple. In late spring and summer, grass and weed pollen are common culprits. Ragweed is the major offender in late summer and early fall.

SYMPTOMS

The severity and length of symptoms depend on a person's sensitivity to pollen or mold and the degree of exposure. Common symptoms of seasonal allergies are:

• Sneezing
• Coughing
• Wheezing
• Itchy throat
• Sore throat
• Runny/stuffy nose
• Headache
• Congestion
• Sinus pressure
• Watery and/or bloodshot eyes
• Hives

Hay fever affects about 1 in 5 Americans.

Sources:
health.harvard.edu/diseases-and-conditions/nothing-to-sneeze-at
health.harvard.edu/diseases-and-conditions/allergic-rhinitis-your-nose-knows

SEASONS | March 2020
THE RIGHT FORM TO USE

Many allergy medications are now available over the counter. Deciding on a specific form of medication is generally a matter of patient preference. If a patient is having worsened symptoms in a specific area—itchy eyes, for example—using a medication that targets that specific area, such as an eye drop, may be better at relieving the patient’s symptoms.”

—Erin Copeland, PharmD

Hy-Vee Court Avenue
Des Moines, Iowa

HOW TO DEAL WITH ALLERGIES

These strategies may help.

• Use a portable air purifier with HEPA filter to remove pollen, mold, dust mites and pet dander.
• Keep windows closed and turn on air-conditioning (clean vents and replace filters, too).
• Shower and change clothes after being outside to remove allergens from hair, skin and clothing.
• Limit outdoor time when pollen count is highest (weather reports often include this information during peak allergy times).
• Wear a filter mask when mowing the lawn or doing other yardwork.
• Rinse nasal passages with saline solution to flush mucus and allergens from nose.
• Reduce stress, which can worsen allergy symptoms. Try meditation, yoga, tai chi, breathing techniques or exercise.

TREATMENTS

Here are some ways to treat seasonal allergies.

ANTIHISTAMINES

Oral antihistamines may help relieve allergy symptoms such as sneezing, itching, runny nose and watery eyes.

DECONGESTANTS

Oral decongestants provide temporary relief from nasal congestion and are also available as nasal sprays.

NASAL SPRAYS

Corticosteroid sprays, available as prescription and nonprescription, may help with runny nose, congestion and itchy, watery eyes. Nonsteroidal nasal sprays are available over the counter.

IMMUNOTHERAPY

An extract of a small amount of the allergen is injected under the skin for a set period of time to build up immunity. A newer practice, sublingual immunotherapy, builds immunity with tablets instead.

HOLISTIC

Some evidence suggests holistic approaches may help, according to the National Institutes of Health. These range from mind-body practices such as acupuncture to ingesting probiotics or locally raised honey.

GET WHAT YOU NEED

Hy-Vee offers everything from tablets and capsules to eye drops and nose sprays. Some prescription medications—Allegra, Flonase, Nasacort and Rhinocort—are now available over the counter.

Please talk to your pharmacist or health care professional before choosing any of these over the counter items.
This spring, don’t just clean, protect® with Lysol®

Kill 99.9% of germs with 0% bleach®

WHAT IT TAKES TO PROTECT™
*Help protect from the spread of germs  **Kills germs on surfaces when used as directed

© 2020 RB
Stomach problems and other symptoms might be tied to gluten. Here’s what you should know.

**Q: What is gluten?**
**A:** It’s a protein in wheat, barley and rye. When mixed with water, gluten makes dough elastic.

**Q: Which foods contain gluten?**
**A:** Glutenous foods include baked goods made with wheat or rye flour, such as cakes, crackers, pretzels, bagels and donuts. Cereals, pasta, some soups and beer also contain gluten.

**Q: Why is gluten a problem?**
**A:** Some people are allergic or sensitive to it and develop gastrointestinal problems such as chronic diarrhea, fatigue, constipation, pain and bloating. People with celiac disease who ingest gluten may develop joint or bone pain, reduced bone density or iron deficiency due to poor absorption of nutrients.

**Q: How is it treated?**
**A:** There is no cure. Celiac patients manage symptoms through a gluten-free diet, such as baking with rice or tapioca flour and avoiding gluten in sauces and salad dressings. They also can refer to the many gluten-free foods carried by Hy-Vee in the HealthMarket and elsewhere in the store.

**Q: How are celiac disease, nonceliac gluten sensitivity and wheat allergy different?**
**A:** The latter two are usually less severe than celiac disease. People with nonceliac gluten sensitivity have symptoms similar to those of celiac disease. They do not test positive for celiac disease, but symptoms improve when gluten is removed from their diet. Wheat allergies are triggered by proteins in wheat; symptoms include hives, throat irritation, congestion and watery eyes. In severe cases anaphylaxis can occur.
Is gluten-free good?

People with celiac disease must be meticulous about avoiding gluten. Care must be taken to ensure adequate nutrition through substitution, because eliminating whole grains can rob the diet of needed iron, calcium, folate, thiamine, niacin, riboflavin and fiber. Gluten-free substitutes that contain these nutrients include amaranth, buckwheat, quinoa and sorghum. Gluten-free oats are also available (oats are naturally gluten-free unless contaminated). In general, increased intake of whole fruits and vegetables provides a boost in necessary vitamins and minerals.

HOW GLUTEN AFFECTS THE BODY

Celiac disease, the most serious intolerance of gluten, attacks the intestines, although symptoms can affect other parts of the body as well. Symptoms are so wide and varied that people are often undiagnosed.

INTESTINAL Damaged villi in the small intestines prevent nutrient absorption in the body, possibly leading to iron deficiency, fatigue and weight loss. Diarrhea, constipation and bloating are common symptoms.

JOINTS Due to inflammation in joints, people with celiac disease are more likely to have early symptoms of arthritis than those who don’t have the disease.

SKIN Dermatitis herpetiform, an itchy, blistering skin rash typically on elbows, knees and buttocks, may be present.

MOUTH Recurrent mouth ulcers may indicate celiac disease. Disclosed teeth might also be a sign.

BONES Poor absorption of calcium, magnesium and vitamin D can thin and weaken bones.

BREADS

Gluten-free options are made with alternatives, such as sorghum, potato, tapioca and brown rice flours. Manufacturing equipment that processes both gluten-containing and nongluten ingredients will contaminate the final product, so make sure the label reads “gluten-free.”

CRACKERS & COOKIES

Packaged wheat goods made in gluten-free facilities and that carry the “gluten-free” label, are made using non-wheat flours such as rice or tapioca, plus seeds and grains such as amaranth, chia, flax, millet, quinoa and sesame.

FLORS

Substitutes for wheat flour include almond flour, made from blanched almonds, and flour made from ground whole oats. Other gluten-free options: amaranth, buckwheat, chickpea and tapioca flours. Package labels indicate how much to substitute for wheat flour in recipes.

PASTAS

Traditional pastas made with wheat flour. Gluten-free options use brown rice, chickpeas, quinoa and other sources. Other alternatives to wheat-based pasta: soba (made with buckwheat flour), kelp (seaweed) or rice noodles.

CEREALS

Many cereals contain corn, rice or oats, which are naturally gluten-free. Always check for a gluten-free label; these grains might become contaminated with gluten if nearby farm fields grow wheat, barley or rye.

CONDIMENTS

Gluten can be hidden in preservatives, thickeners and seasonings in condiments, sauces and gravies. Read labels for modified food starch, malt dextrin, emulsifiers and flavorings in ketchup, mayonnaise, marinades, gravy mixes, marinade, soy sauce and other condiments.

GRAINS

Gluten-free grains should still carry the gluten-free label to reassure customers that the grains did not come into contact with gluten-containing foods during the milling and distribution processes.

CANDY

Some candy has no gluten-containing ingredients yet isn’t safe for those with celiac disease because the manufacturing equipment might be gluten tainted. Check labels.


GLUTEN-FREE SIPS

Hard ciders and mixers are usually gluten-free. Look for gluten-free beers.

STONE DELICIOUS

A gluten-reduced beer with a delicate malt flavor and refreshing citrus notes.

WHITE CLAW HARD Seltzer

A taste of citrus, gluten-free and crafted with a hint of natural lime flavor.

MIKE’S HARD LEMONADE

A satisfying, gluten-free blend of fizzy lemon and lemon flavor.

OMISSION LAGER

A refreshing and crisp, with a wheat/lager flavor. Crafted to remove gluten.

ANGRY MULE HARD HARD CIDER

A refreshing, gluten-free flavor has a sweet and slightly bitter finish.

GLUTEN-FREE FREE PRODUCTS

Bread

Stohl’s Gluten-Free Artisan Baker Bread

Udi’s Gluten-Free Bread

Pasta

Hy-Vee Gluten-Free Spaghetti

Saratona Gluten-Free Spaghetti

Candy

Udi’s Gluten-Free Licorice

Gluten-Free Licorice

Gluten-Free Dressing

Sweetness and balance of flavor has a crisp, refreshing, and citrusy finish.

Gluten-Free Cheese Crisps

Whisps Cheddar Cheese Crisps

Gluten-Free Spaghetti

Barilla Gluten-Free Spaghetti

Cookies

Tate’s Bake Shop Cookies

YumEarth Organic Gluten-Free Licorice

Milk Crisps

frezz! Mint Cups

Sourdough Bread

Quinoa Bread

Almond Flour

Buckwheat Flours

Roland White Quinoa

Artisan Baker Bread

Schär Gluten-Free Breads

Spaghetti

Udi’s Gluten-Free Spaghetti

Butter Baked Goods

Udi’s Gluten-Free Butter Baked Goods

Substitutes

Wheat Products

Plain Cow’s Milk

Dairy

Many cereals are gluten-free. During processing, cereals may be added. Many cereals are gluten-free. During processing, cereals may be added. Substitutes: All types of dairy cows’ milk.

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GENERICS

Hy-Vee’s dedicated pharmacists are committed to helping you get the prescriptions you need, at prices you can afford. Budget-friendly generics, as low as $4, provide peace of mind.

LOW PRICE, HIGH QUALITY

Generic drugs are the same as name-brand in quality, safety, strength, stability and dosage—all at a lower price. Manufacturers produce low-cost generics after name-brand patents expire and there’s no requirement to repeat clinical testing. To guarantee effectiveness and safety, new generics must be approved by the U.S. Food and Drug Administration to ensure they are equal to name-brand versions.

At Hy-Vee, you’ll find 30-day generic drug prescriptions as low as $4. Discount prescriptions are available at no cost and no sign-up. Insured customers pay whichever is less between the list price and their plan’s copay: “As healthcare costs continue to rise, Hy-Vee’s $4 generic list is a benefit for our patients to save on health care expenses,” says Angie Nelson, Vice President, Hy-Vee Pharmacy Operations.

80-850%

ESTIMATED DISCOUNT OF GENERIC PRICES COMPARED TO NAME-BRAND DRUG PRICES.

$4 GENERIC MEDICATIONS TREAT:
• ANTIVIRAL
• ALLERGIES
• ARTHRITIS & PAIN
• ASTHMA
• COLD & FLU
• GASTROINTESTINAL HEALTH
• GLAUCOMA & EYE CARE
• MENTAL HEALTH
• SKIN CONDITIONS
• VITAMINS
• WOMEN’S HEALTH

FOR A COMPREHENSIVE LIST OF AVAILABLE GENERIC MEDICATIONS, VISIT HY-VEE.COM/HY-PHARMACY

“Hy-Vee makes it easy for patients to fill prescriptions. We offer a mobile app to fill or check the status of prescriptions and an automatic refill program, and most stores offer prescription delivery. More importantly, Hy-Vee pharmacists and pharmacy technicians genuinely care about our patients and their health.”

—Tan Nguyen, Pharmacy Fulfillment
Hy-Vee shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

<table>
<thead>
<tr>
<th>Fridge &amp; Freezer Products</th>
<th>Hy-Vee Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hillshire Farm Smoked Sausage Ropes, Links</td>
<td>2/6.00</td>
</tr>
<tr>
<td>Bertolli, PF Chang’s, Marie Callender’s, or Bird’s</td>
<td>6.49</td>
</tr>
<tr>
<td>Land O’Frost Deli Shaved Lunch Meat or Canadian Bacon</td>
<td>2/5.00</td>
</tr>
<tr>
<td>Land O’Frost Premium or Bistro Favorite Sliced Lunch Meat</td>
<td>6 to 16 oz.</td>
</tr>
<tr>
<td>Bertolli, P.F. Chang’s, Marie Callender’s or Bird’s</td>
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</tr>
</tbody>
</table>

More items are available in-store, including:

- Wimmer’s Summer Sausage, select varieties | 5.88 |
- Wimmer’s Wieners, Dinner Links or Smokies | 2.99 |
- Buitoni Family Size Pasta, select varieties | 6 to 9 oz. | 2/3.00 |
- Sweet Earth Entrées, select varieties | 6.49 |
- Devour, SmartMade or Macaroni and Cheese Meal Kits | 7.2 to 12 oz. | 3.99 |
- Johnsonville Ground Sausage, select varieties | 16 oz. | 3.99 |
- Johnsonville Family Pack Breakfast Links | 23 oz. | 4.99 |
- Land O’Frost Breakfast Cuts, select varieties | 7 oz. | 3.99 |
- Drumstick, Little Drum or Nestlé Snacks Ice Cream, select varieties | 6 to 20 ct. | 6.48 |
- Buitoni Family Size Pasta, select varieties | 18 or 20 oz. | 6.77 |
- Delimex Snacks or Pioneer Woman, select varieties | 12 to 24 oz. | 2/7.00 |
- Devour, SmartMade or Macaroni and Cheese Meal Kits | 7.2 to 12 oz. | 2.99 |
- Devour, SmartMade or Macaroni and Cheese Meal Kits | 7.2 to 12 oz. | 2.99 |
- Land O’Frost Premium or Bistro Favorite Sliced Lunch Meat | 6 to 16 oz. | 2/5.00 |
- Land O’Frost Premium or Bistro Favorite Sliced Lunch Meat | 6 to 16 oz. | 2/5.00 |

Generics as low as $4

See your Hy-Vee pharmacist for details. A complete list is available at Hy-Vee.com.
EXPLORE OUR FLAVORS

Taste your way through Hy-Vee every Friday and Saturday through the month of March.

FRIDAY, MARCH 6: 4 P.M. TO 7 P.M.
SATURDAY, MARCH 7: 11 A.M. TO 2 P.M.

Produce: Pazazz Apples
Meat: Smoked Pork Tenderloin
Seafood: Sockeye Salmon
Charcuterie: Schaller & Weber Pastrami
Specialty Cheese: Kerrygold Irish Cheddar
Hickory House: Beef & Chicken Potpies
Bakery: Creme Brulee Specialty Pies
Chinese: Hot Szechuan Artisan Sushi
Bakery: Chocolates & Sweets All-American Cheesecake
Grocery: Starbucks Spring Blend Coffee - Heat & Go
Bakery: Take Home Coffee Frito-Lay Cheekios Popcorn
Beverage: KDP Dr Pepper & Cream Soda

FRIDAY, MARCH 13: 4 P.M. TO 7 P.M.
SATURDAY, MARCH 14: 11 A.M. TO 2 P.M.

Produce: Ojai Pixie Tangerines
Seafood: Wild Alaska Cod
Frozen: Karlow’s Egg Roll Thin & Fluffy French Toast
Specialty Cheese: Claddagh Buni Irish Cheddar
Deli: Hormel DiLusso Roast Beef
Bakery: Nori Sushi Artisan Rolls
Chinese: Asian Box Boats - Shrimp, Beef & Chicken
Bakery: Iced Cutout Cookies - Shamrocks
Grocery: Hormel Irish Square Packets

FRIDAY, MARCH 20: 4 P.M. TO 7 P.M.
SATURDAY, MARCH 21: 11 A.M. TO 2 P.M.

Produce: CantaGold Cantaloupe
Meat: Hormel Culinary Pairings Pork Chops
Seafood: Fair Trade Sesame Tuna Steaks
Frozen: Hormel Skippy Frozen Mini Sandwiches, Nestle New! Ice Cream Treats
Charcuterie: La Quercia Prosciutto
Specialty Cheese: Dorothy’s Brie
Hickory House: Spinach Artichoke & Buffalo Chicken Dip & Tortilla Chips
Italian: Family Size Breakfast Pizza
Chinese: Asian Deli & Wonton Chips
Bakery: Iced Mini Cupcakes
Grocery: Kraft Creative Roots - Kids Water

FRIDAY, MARCH 27: 4 P.M. TO 7 P.M.
SATURDAY, MARCH 28: 11 A.M. TO 2 P.M.

Produce: Tomatoes Simply Dressed Salad
Meat: Hormel Culinary Cuts
Frozen: Jimmy Dean Roll-Ups
Seafood: Shrimp Stuffed
Charcuterie: Schaller & Weber Fratetini
Specialty Cheese: Marieke Gouda
Hickory House: Boneless Chicken Wings
Italian: Family Size Gourmet Pizza
Chinese: Chinese Appetizers - Egg Rolls, Crab Rangoon, Pot Stickers
Bakery: Texas Size Coffee Cakes

TASTE YOUR WAY THROUGH HY-VEE EVERY FRIDAY AND SATURDAY THROUGH THE MONTH OF MARCH.