

# Hy-Vee®

FOOD | LIFE | HEALTH

# seasons



FRESH  
CATCH

**march**  
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AT **HyVee**

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**MISSOURI (Baby and child only)** Kansas City NW 64th St. | Liberty

## MARCH 2020

### food



#### **10 30-MINUTE SEAFOOD EVEN KIDS WILL LOVE**

Kid-friendly seafood meals that cook in 30 minutes or less.

#### **18 FRESH & SIMPLE MEATLESS MEALS**

Give veggie-forward meals a chance with 5 delicious recipes.

#### **27 101: ASPARAGUS**

Roasted, grilled or sautéed—you'll love it cooked every way.

#### **32 BUZZER BEATERS**

A tasty start (or finish) to the NCAA basketball tournament.

#### **44 ST. PADDY'S DAY SPLASH**

Recipes, drinks and decor for the best St. Paddy's Day bash.

#### **50 SIPS OF IRELAND**

Mix up more than Irish coffee this year.

#### **54 EASTER IN 3 EASY STEPS**

Easter dinner has never been easier with Hy-Vee meal packs.

#### **60 PEEPS & POPS**

Classic springtime sweets become even sweeter.

#### **66 STORE-BOUGHT SURPRISES**

Hy-Vee makes semihomemade meals delicious and doable.

### life



#### **76 HAPPY HUNTING**

Host an Easter egg hunt, dye beautiful eggs and create the most amazing Easter baskets ever.

#### **84 10 WAYS TO ADD CALM TO YOUR LIFE**

Improve your health and mood with soothing downtime, a good diet, exercise and more.

#### **90 GUIDE TO SPRING BREAK 2020**

Make family travel stress-free with preparation.

### health



#### **96 ALL-DAY EXERCISE**

Work in small habits to make your days healthier.

#### **102 FOODS THAT MAKE YOU HAPPY**

What you eat can really make a difference on your attitude.

#### **106 SEASONAL ALLERGIES**

Know how to tame allergies before they arrive.

#### **113 DIETITIAN Q&A: THE GOODS ON GLUTEN**

It's easy to shop gluten-free at Hy-Vee.

#### **116 \$4 GENERICS**

Keep your medical costs low with \$4 generic options.



**DONNA TWEETEN**  
EXECUTIVE VICE PRESIDENT,  
CHIEF MARKETING OFFICER,  
CHIEF CUSTOMER OFFICER

**M**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!

**FOLLOW US...**



CONNECT WITH **HyVee**  
@ **Hy-Vee.com**



# MIX IT, MICROWAVE IT — and — *be on your way*



Jimmy Dean Simple Scrambles or Morning Combos select varieties 3.27 to 5.35 oz. 2.77



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# aisles

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



## now trending

**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.

NEW

## SALTED 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.



now  
trending

# 4 ON THE FLOOR

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

## BAKERY

### Irish Soda Bread



'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.

## DELI

### Truly Grass-Fed Cheddar



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

## WINE & SPIRITS

### Baileys Irish Cream Liqueur



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

## PRODUCE

### Brussels Sprouts



Have you heard the news? Brussels sprouts are now riding a wave of popularity! They're a great-tasting spring vegetable loaded with important nutrients.

## brand highlight

### 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.

# SPRING-CLEANING

MAKE SHORT WORK OF HOUSECLEANING WITH CLEANING PRODUCTS ENGINEERED FOR EFFICIENCY.



### SCRUB DADDY SCRUBBER

Adjustable texture: soft in warm water for gentle cleaning, firm in cold water for scrubbing.



### LIBMAN BIG JOB KITCHEN BRUSH

Slip-resistant ergonomic rubber handle; short bristles for scrubbing, long bristles for cleaning.



### 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.



### QUICKIE ALL-PURPOSE MICROFIBER TOWELS

Microfiber removes allergens and dust from surfaces; use wet or dry.



### QUICKIE DUST PAN & BRUSH

Flagged fibers pick up small dirt particles; brush and pan snap together for storage.



### SIMPLY DONE ANGLE BROOM

Angled to reach corners, wide expanse for quick cleanup, split-tip fibers to grab dirt.



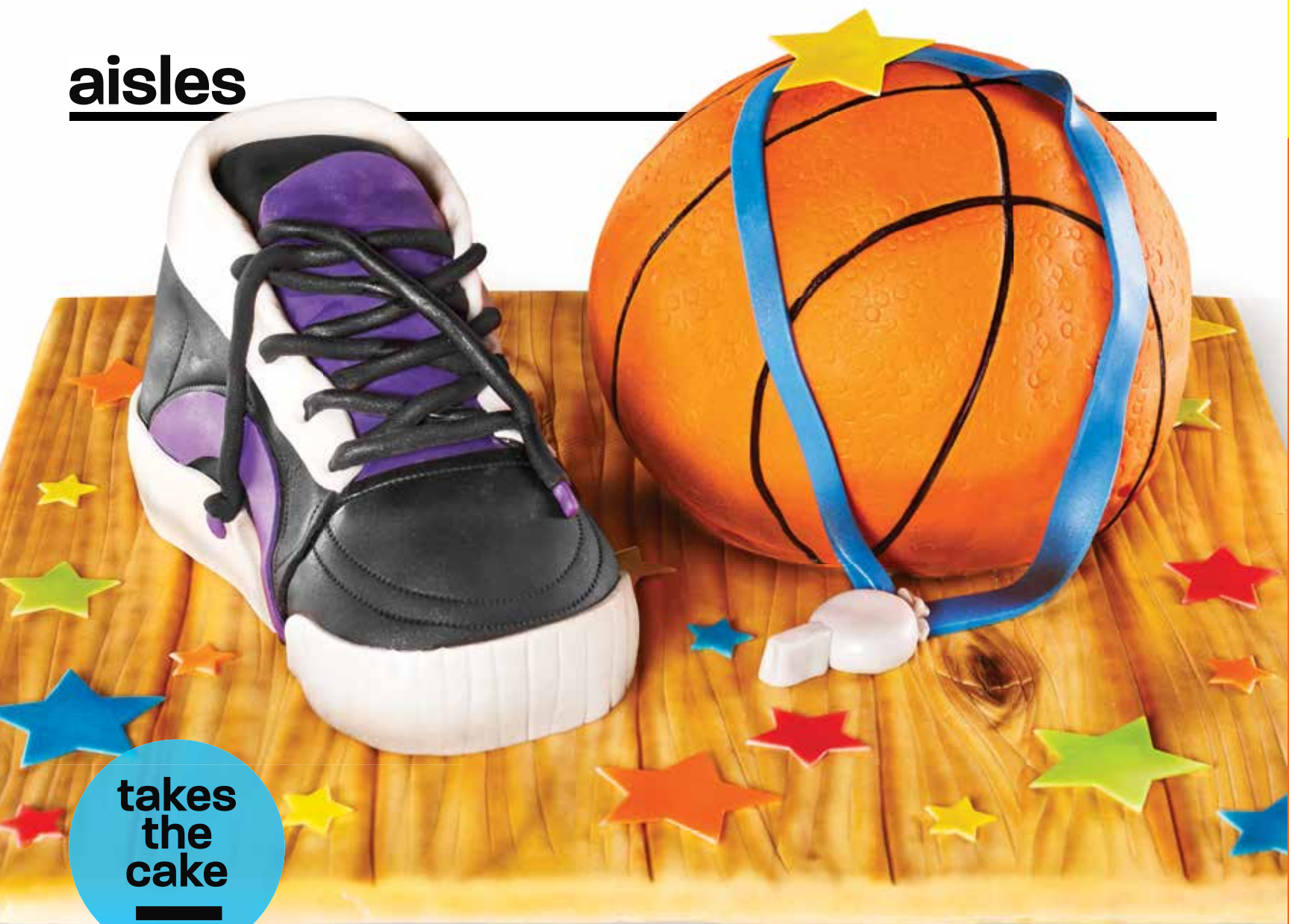
### LIBMAN 2-SIDED MICROFIBER MOP

One side for dusting, one for mopping; removable head is machine washable.

### LIBMAN FEATHER DUSTER

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





takes  
the  
cake

# 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 airbrushed 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.



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

**Hoop Hoop Hooray!**  
See how this spectacular basketball cake came together. Watch our video at [HSTV.com](http://HSTV.com).



Watch and learn at [HSTV.com](http://HSTV.com) today!

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DELI CO.

SERVING  
SUGGESTION

CRAFTED WITH INTEGRITY

MIDWEST MADE

## 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.



# food

**Game-winning snacks, Easter inspiration, simple seafood and more.**

- 10** 30-MINUTE SEAFOOD
- 18** FRESH & SIMPLE MEATLESS MEALS
- 27** 101: ASPARAGUS
- 32** BUZZER BEATERS
- 44** ST. PADDY'S DAY SPLASH
- 50** SIPS OF IRELAND
- 54** EASTER IN 3 EASY STEPS
- 60** PEEPS & POPS
- 66** STORE-BOUGHT



#### PARENT TIPS

### HOW TO MAKE KIDS INTO LITTLE SEAFOODIES!

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](http://LittleSeafoodies.com)



**30**  
minutes  
or less

## 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 (0 g added sugar), 29 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 15%, Iron 30%, Potassium 8%

#### WHY KIDS LOVE IT...

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.

# 30-MINUTE SEAFOOD

## EVEN KIDS WILL LOVE

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**  
minutes  
or less

## 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.  
**Daily Values:** Vitamin D 20%, Calcium 10%, Iron 20%, Potassium 15%



### 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.



## 3 WAYS TO GET KIDS TO LOVE FISH

### Cook milder fish

Cod, halibut, farm-raised catfish, tilapia and salmon are good first options.

### Tailor the flavor

Go with your child's taste preferences—crunchy, cheesy, mildly spiced, etc.

### Let 'em pick and choose

Offer fish fillets with buns or wraps, shredded lettuce, cheese and kid-pleasing toppers and condiments.

### Go for dips

Serve fish nuggets with salsa, ranch dressing or nacho cheese dip.

**30**  
minutes  
or less

## Easy 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  
½ 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.  
**Daily Values:** Vitamin D 10%, Calcium 10%, Iron 6%, Potassium 15%



### 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.





**30**  
minutes  
or less

# Sesame Salmon Oven Stir-Fry

**Total Time** 30 minutes  
**Serves** 4

**Hy-Vee nonstick cooking spray**  
**4 medium carrots, peeled and bias-sliced**  
**2 Tbsp. Hy-Vee vegetable oil, divided**  
**Hy-Vee salt and black pepper to taste**  
**½ cup Hy-Vee unsweetened pineapple juice**  
**2 tsp. Hy-Vee cornstarch**

**3 Tbsp. Hy-Vee honey**  
**2 Tbsp. Hy-Vee less-sodium soy sauce**  
**1 (6-oz.) pkg. fresh snow peas into strips**  
**¼ cup canned Hy-Vee sliced water chestnuts**  
**1 (1-lb.) Verlasso skinless salmon fillet**  
**2 cups hot cooked white rice**  
**Sesame seeds, for garnish**

**1. PREHEAT** oven to 425°F. Line a sheet pan with foil; spray with nonstick spray.

Toss carrots in 1 Tbsp. oil; spread in prepared pan. Season with salt and black pepper. Roast for 10 minutes.

**2. WHISK** together pineapple juice and cornstarch in a small saucepan. Whisk in honey and soy sauce. Cook and stir over medium-high heat until thick and bubbly. Use 2 Tbsp. for brush-on sauce; reserve remaining sauce for serving.

**3. MOVE** roasted carrots toward one edge of pan. Toss snow peas, bell pepper and water chestnuts with remaining 1 Tbsp. oil; add to opposite

edge of pan. Pat salmon dry and cut into 4 portions; add to center of pan. Brush salmon with brush-on sauce.

**4. BAKE** for 6 to 8 minutes or until fish flakes easily with a fork (145°F). Serve salmon and vegetables over rice. Drizzle remaining sauce on top. Garnish with sesame seeds, if desired.

**Per serving:** 540 calories, 23 g fat, 4.5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 370 mg sodium, 54 g carbohydrates, 5 g fiber, 22 g sugar (13 g added sugar), 28 g protein.  
**Daily Values:** Vitamin D 60%, Calcium 4%, Iron 15%, Potassium 15%



## 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.

### Seafood Favorites

Check out our recipe tutorial for this delicious sheet-pan meal, along with how-tos for the Shrimp & Broccoli Pasta (page 11) and Go-Fish Tacos (page 12).



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



### PARENT HACKS

## 3 WAYS TO WORK SEAFOOD INTO KIDS' DINNER

### Shrimp Spaghetti

Swap in shrimp for beef in spaghetti sauce and serve over pasta.

### Crab Mac and Cheese

Add lump or imitation crabmeat to a familiar dish that your kids already love.

### Shrimp on a Stick

Kabobs are easy to build and cook quickly. Serve with a favorite dipping sauce.



## WHY KIDS LOVE IT...

Chinese or pizza? Kids can have both with this faster-than-delivery pizza. It's crunchy, creamy and punchy with crab and corn. It also gives kids a chance to try a new food.

**30**  
minutes  
or less

# Crab Rangoon Pizza

**Hands On** 20 minutes  
**Total Time** 28 minutes  
**Serves** 8

**½ (20-oz.) pkg. stone-fired, brick-oven-style pizza crusts (1 crust)**  
**6 green onions**  
**6 oz. Hy-Vee cream cheese, softened**  
**1 tsp. Hy-Vee less-sodium soy sauce**  
**½ tsp. Hy-Vee garlic powder**  
**1 (8-oz.) pkg. Hy-Vee Fish Market imitation flaked crabmeat**  
**¼ cup bias-sliced carrots**  
**¼ cup bias-sliced canned baby corn**  
**½ cup crumbled Hy-Vee Kitchen wonton chips**  
**¼ cup Hy-Vee finely shredded Parmesan cheese**  
**½ cup Culinary Tours sweet Thai-style chili sauce**

**1. PREHEAT** oven to 425°F. Place crust on a large baking sheet; bake for 5 minutes or until lightly brown.

**2. SLICE** green onions, separating green and white pieces; set aside.

**3. COMBINE** cream cheese, green onion white pieces, soy sauce and garlic powder in a medium bowl. Spread cream cheese mixture on partially baked crust. Top with crabmeat, carrots and baby corn. Sprinkle with crumbled wonton chips and Parmesan cheese.

**4. BAKE** for 8 to 10 minutes or until cheese is melted and lightly brown. Drizzle with chili sauce and sprinkle with remaining green onions before serving.

**Per serving:** 290 calories, 11 g fat, 6 g saturated fat, 0 g trans fat, 25 mg cholesterol, 780 mg sodium, 40 g carbohydrates, 0 g fiber, 13 g sugar (1 g added sugar), 9 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 8%, Iron 6%, Potassium 2%



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



On The Border Tortilla  
Chips or Salsa  
select varieties  
8 to 16 oz.  
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Stock up for your  
next gathering

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FRESH & SIMPLE

# Meatless Meals

COOK UP AMAZING FLAVORS WITH VEGETARIAN MEALS. THESE RECIPES PROVIDE ENERGIZING PROTEIN PLUS NUTRIENTS THAT CONTRIBUTE TO A HEALTHY DIET.

try  
this

Swap gluten-free spaghetti squash for the pasta. Roast until tender, then scrape the flesh with a fork. The noodlelike strands hold sauce well. See directions, page 20.

30  
minutes  
or less

## 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. 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%

**PROTEIN POWER**  
PAIR CANNED BEANS WITH PASTA FOR A WELL-BALANCED, PROTEIN-BASED MEAL. THE BUDGET-WISE COMBO COSTS LESS THAN \$5 PER SERVING.



## Vegetarian Meatballs

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

1 Tbsp. Gustare Vita olive oil  
½ cup Hy-Vee Short Cuts chopped white onions  
3 cloves garlic, minced  
1 (15-oz.) can Hy-Vee no-salt-added garbanzo beans, drained and rinsed  
1 cup cooked Hy-Vee brown lentils  
½ cup Hy-Vee English walnuts, toasted  
½ cup lightly packed Italian parsley

¼ cup Hy-Vee plain panko bread crumbs  
1 tsp. Hy-Vee ground cumin  
½ tsp. Hy-Vee salt  
¼ tsp. Hy-Vee black pepper  
Hy-Vee nonstick cooking spray  
1½ cups Gustare Vita tomato basil pasta sauce  
6 cups hot cooked spaghetti squash, see directions, *top right*  
Hy-Vee shredded mozzarella cheese, for serving  
Fresh basil, for garnish

1. HEAT oil in a skillet over medium heat. Add onions and garlic; cook until softened. Remove from heat; cool slightly. Combine onion mixture, garbanzo beans, lentils, walnuts, parsley, panko, cumin, salt and black pepper in a food processor. Cover and process until combined. Form mixture into 30 balls. Cover and refrigerate 1 hour.

2. PREHEAT oven to 350°F. Line baking sheet with foil; spray with nonstick spray. Arrange meatballs 1 in. apart on prepared baking sheet. Bake for

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

Per serving: 300 calories, 15 g fat, 20 g saturated fat, 0 g trans fat, 5 mg cholesterol, 350 mg sodium, 35 g carbohydrates, 10 g fiber, 8 g sugar (0 g added sugar), 10 g protein.  
Daily Values: Vitamin D 0%, Calcium 6%, Iron 15%, Potassium 15%

try  
this

To make spaghetti noodles, roast two halved and seeded spaghetti squash in a 350°F oven for 45 minutes. Scrape out the flesh with a fork.

**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.

## Thai Tofu Salad

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

1 (14-oz.) pkg. firm tofu, drained, pressed and cut into 1-inch cubes  
½ cup Hy-Vee creamy peanut butter  
¼ cup Hy-Vee less-sodium soy sauce  
3 Tbsp. fresh lime juice  
2 Tbsp. Hy-Vee honey  
2 Tbsp. Hy-Vee Thai sweet chili sauce  
1 Tbsp. Hy-Vee canola oil  
6 large butter lettuce leaves  
2 cups finely chopped red cabbage  
1 cup frozen shelled edamame, steamed  
½ mango, peeled, pitted and sliced  
2 thinly sliced Persian cucumbers  
1 large carrot, peeled and julienned  
½ cup Hy-Vee dry roasted peanuts  
Fresh mint, for garnish

1. PLACE tofu in a shallow baking dish. Whisk together peanut butter, soy sauce, lime juice, honey and sweet chili sauce in a small bowl. Reserve half of mixture for serving. Pour remaining mixture over tofu. Cover and marinate for 30 minutes.

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 carrot on a large serving platter with tofu and peanuts. Garnish with fresh mint, if desired. Warm reserved peanut butter mixture in the microwave and serve with salad.

Per serving: 290 calories, 16 g fat, 2.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 530 mg sodium, 28 g carbohydrates, 4 g fiber, 19 g sugar (7 g added sugar), 13 g protein.  
Daily Values: Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 10%

**PROTEIN POWER**  
MARINATED AND PAN-FRIED TOFU AND CRISP, BUTTERY EDAMAME ARE SOY-BASED PROTEINS THAT CONTAIN 8 TO 10 GRAMS PROTEIN PER CUP. MORE PROTEIN COMES FROM PEANUT BUTTER, WHICH ADDS BODY AND DEPTH OF FLAVOR. AND DRY-ROASTED PEANUTS THAT LEND MEATY CRUNCH.



# Butternut Squash Risotto

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

2 Tbsp. Gustare Vita olive oil, divided  
2 (10-oz.) pkg. frozen riced butternut squash, thawed  
5½ cups Hy-Vee vegetable stock  
4 Tbsp. Hy-Vee unsalted butter, divided  
½ cup Hy-Vee Short Cuts chopped white onions



For a meat version, stir cooked shredded Hy-Vee rotisserie chicken into the risotto just before serving.

2 cloves garlic, minced  
2 cups dry Arborio rice  
½ cup dry white wine, such as Pinot Grigio, or Hy-Vee vegetable stock  
½ tsp. Hy-Vee salt  
¼ tsp. Hy-Vee black pepper  
1 (8-oz.) pkg. sliced baby bella mushrooms  
2 cups Hy-Vee baby spinach  
1½ cups halved cherry tomatoes  
Shaved Parmesan cheese, for serving

1. HEAT 1 Tbsp. oil in large skillet over medium-high heat. Add squash; cook

5 minutes or until tender. Remove from heat and cool slightly. Process half of squash in food processor until smooth. Stir into remaining squash; keep warm.

2. ADD stock to a stockpot; bring to a simmer. Melt 2 Tbsp. butter in large saucepan. Add onions and garlic; cook until softened. Add rice; cook and stir 3 minutes or until fragrant and toasted. Stir in wine until absorbed. Add ½ cup hot stock; simmer and stir until absorbed. Add remaining stock, ½ cup at a time, stirring until absorbed before adding more stock. Add squash mixture; heat

through. Stir in remaining 2 Tbsp. butter, salt and pepper; cover and 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: 640 calories, 20 g fat, 8 g saturated fat, 0 g trans fat, 30 mg cholesterol, 1,120 mg sodium, 105 g carbohydrates, 9 g fiber, 11 g sugar (3 g added sugar), 13 g protein  
Daily Values: Vitamin D 0%, Calcium 8%, Iron 15%, Potassium 20%

**PROTEIN POWER**  
A BOWL OF CREAMY, DECADENT SQUASH RISOTTO PROVIDES ADEQUATE PROTEIN, EVEN MORE IF YOU STIR IN A COUPLE TABLESPOONS MILK OR SHREDDED PARMESAN CHEESE AT THE END.



Swap in Cajun-seasoned sautéed cauliflower steaks for the stuffed mushrooms. Spread buns with a mix of Greek yogurt, lemon juice and parsley.

# Stuffed Mushroom Burgers

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

4 large portabella mushroom caps, wiped clean, stems and gills removed  
1 cup Hy-Vee plain panko bread crumbs  
½ cup Hy-Vee all-purpose flour plus additional, for dusting mushrooms

2 tsp. Fresh thyme leaves  
½ tsp. Hy-Vee salt  
¼ tsp. Hy-Vee black pepper  
2 Hy-Vee large eggs, lightly beaten  
Hy-Vee nonstick cooking spray  
4 oz. Hy-Vee cream cheese, softened  
1 cup Hy-Vee finely shredded mozzarella and provolone cheese  
4 Hy-Vee Bakery wheat hamburger buns, split and toasted  
½ cup Gustare Vita pesto Genovese  
1 cup fresh arugula  
1 beefsteak tomato, cut into slices  
½ cup sliced red onion

1. PREHEAT oven to 425°F. Line a rimmed baking pan with foil. Arrange mushrooms, cap sides down, on prepared pan. Bake for 15 minutes. Cool, and drain.

2. COMBINE panko, flour, thyme, salt and pepper in a shallow dish. Place eggs in another shallow dish. Dust mushroom caps with flour, then dip into eggs and immediately into panko mixture, coating well. Return mushrooms, cap sides down, to pan. Spray with nonstick spray. Combine cream cheese and shredded cheese in a bowl. Form mixture into four patties; place one in the center of each

mushroom cap. Bake for 15 minutes or until cheese is melted. Cool slightly.

3. TO ASSEMBLE, spread cut sides of buns with pesto. Layer arugula, stuffed mushrooms, tomato slices, more arugula and red onion slices on bun bottoms. Add bun tops.

Per serving: 550 calories, 33 g fat, 12 g saturated fat, 0 g trans fat, 135 mg cholesterol, 1,030 mg sodium, 48 g carbohydrates, 2 g fiber, 10 g sugar (0 g added sugar), 22 g protein.  
Daily Values: Vitamin D 6%, Calcium 45%, Iron 15%, Potassium 15%



# Try NEW



Dr Pepper &  
Cream Soda  
select varieties  
16 fl. oz.  
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# 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.

**Johnsonville**  
- SINCE 1945 -



# TASTE WHAT'S NEW!



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## 101

## ASPARAGUS

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

**F**resh 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.

**OVEN-ROASTING**  
BRINGS OUT  
NATURAL  
SWEETNESS WHILE  
GIVING SPEARS  
IRRESISTIBLE  
TEXTURE. SEE  
RECIPE, PAGE 28.

### HOW TO EAT ASPARAGUS

#### 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.





# Garlic-Cheese Asparagus

30 minutes or less

Total Time 30 minutes  
Serves 8

- Hy-Vee nonstick cooking spray  
1 1/4 lb. fresh asparagus spears, trimmed  
3 Tbsp. Gustare Vita olive oil  
4 cloves garlic, minced  
1 1/2 tsp. Hy-Vee Italian seasoning  
3/4 tsp. kosher salt  
1/4 tsp. cracked black pepper  
1 1/4 oz. Kerrygold aged Cheddar cheese, shredded  
3/4 tsp. Hy-Vee all-purpose flour  
1/4 cup Hy-Vee 2% reduced-fat milk  
2 oz. Hy-Vee cream cheese, softened  
1/4 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 and, if desired, 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%



## pro tip: SAVOR THE SPEARS

“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](http://hstv.com) to see this simple asparagus sheet-pan recipe being put together.



Watch and learn  
at [HSTV.com](http://HSTV.com) today!



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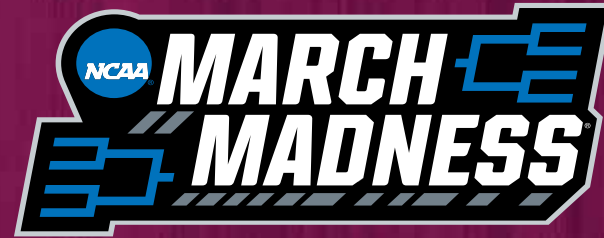
ENJOY

Find it in the coffee aisle

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OFFICIAL FAN REFRESHMENT

NEW



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# MAKE WINNING SNACK PICKS



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

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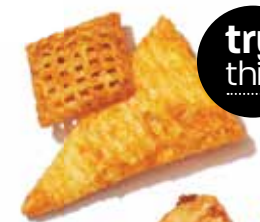
# BUZZER BEATERS

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.

## PARTY TIME

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.



try  
this

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 250°F. Toss together 3 cups toasted corn cereal, 3 cups regular-flavor cone-shape 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, ¼ cup Hy-Vee less-sodium Worcestershire sauce, ¼ cup Frank's RedHot sauce, ½ tsp. That's Smart! 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 (½ cup each).



Watching 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 butler required.

## 42%

OF FANS FILL OUT A TOURNAMENT BRACKET, JUST FOR THE SOCIAL CAMARADERIE

## WATCH BASICS

IT'S MARCH AND FEVERS ARE RISING. IT'S TIME FOR OUR ANNUAL OBSESSION WITH BASKETBALL.

### THE WATCH STATS

Roughly 100 million people will tune in to watch the NCAA Division I men's basketball tournament, which is played across 14 cities over 3 weeks.

### WHEN'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](http://bracketchallenge.ncaa.com)

### LATE TO THE GAME?

No problem! While basketball addicts may be glued to their TVs 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 stock even last-minute party plans!

Sources: [forbes.com/sites/bradadgate/2019/03/18/50-fun-facts-about-march-madness/](http://forbes.com/sites/bradadgate/2019/03/18/50-fun-facts-about-march-madness/), [ncaa.com/news/basketball-men/article/march-madness-2020-schedule](http://ncaa.com/news/basketball-men/article/march-madness-2020-schedule), [wallethub.com/blog/march-madness-statistics/11016/](http://wallethub.com/blog/march-madness-statistics/11016/), [nielsen.com/us/en/insights/article/2019/communal-celebration-ncaa-mens-basketball-march-madness/](http://nielsen.com/us/en/insights/article/2019/communal-celebration-ncaa-mens-basketball-march-madness/), [nielsen.com/wp-content/uploads/2014/09/Year-in-Sports-Media-2016-Nielsen.pdf](http://nielsen.com/wp-content/uploads/2014/09/Year-in-Sports-Media-2016-Nielsen.pdf)



# BEAT THE CLOCK

## EIGHT EATS THAT CAN'T BE BEAT

Drop by your local Hy-Vee and grab any of these ready-to-go options.



Di Lusso Entertainment Tray



Take-and-Bake Pizzas



Charcuterie Boards



Hickory House Chicken Tenders or Fried Chicken



Shrimp and Surimi Crab Platter



Fruit and Veggie Trays



Di Lusso Sandwiches



Fiesta Tray

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

## GET READY FOR A SWEET FINISH

No need to skimp on dessert. The Hy-Vee Bakery can satisfy any craving.



Giant basketball-theme cookie



Brownie Triangles



Cupcakes



Basketball Cookies

## 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](https://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.



## 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 Tuscano crusts 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 Tsao
- Sweet Chili



# 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.

Pale Lager



## HEINEKEN

Light-bodied lager features smooth, blended bitterness and clean finish. 150 cal., 11 g carbs, 5% ABV (12 oz. bottle)

Pale Ale



## SIERRA NEVADA

Pale ale with hop-heavy taste and intense pine and citrus aromas. 175 cal., 14 g carbs, 5.6% ABV (12 oz. bottle)

IPA



## BELL'S TWO HEARTED ALE

American-style IPA has hoppy aromas and taste balanced by malts. 214 cal., 18 g carbs, 7% ABV (12 oz. bottle)

Amber Ale



## NEW BELGIUM FAT TIRE

Clear amber ale with a balance of toasty malt and gentle sweetness and a hint of hop bitterness. 156 cal., 13.2 g carbs, 5.2% ABV (12 oz. bottle)

Brown Ale



## NEWCASTLE BROWN ALE

Ale made with English house ale yeast reformulated with a roasty and slightly hoppier flavor. 150 cal., 13 g carbs, 4.7% ABV (12 oz. bottle)

Stout



## GUINNESS EXTRA STOUT

Full-bodied ale with rich, creamy head and rounded flavor of bitter and sweet. 116 cal., 9.3 g carbs, 5.6% ABV (11.2 oz. bottle)

Source: nutritionix.com



## Sheet-Pan Panini

**Total Time** 45 minutes  
**Serves** 24

### 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 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 celery and 2 Tbsp. shredded carrot. Spread mixture on 3 bread slices. Sprinkle ¼ cup shredded Monterey Jack cheese on top.

**PHILLY CHEESESTEAK:** Spread 2 Tbsp. bottled horseradish sauce on 3 bread slices. Layer 4 slices provolone cheese, 4 oz. Hy-Vee deli roast beef and ½ cup sautéed Hy-Vee Short Cuts fajita vegetables 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 sliced black olives, chopped green bell pepper and chopped fresh basil on top.



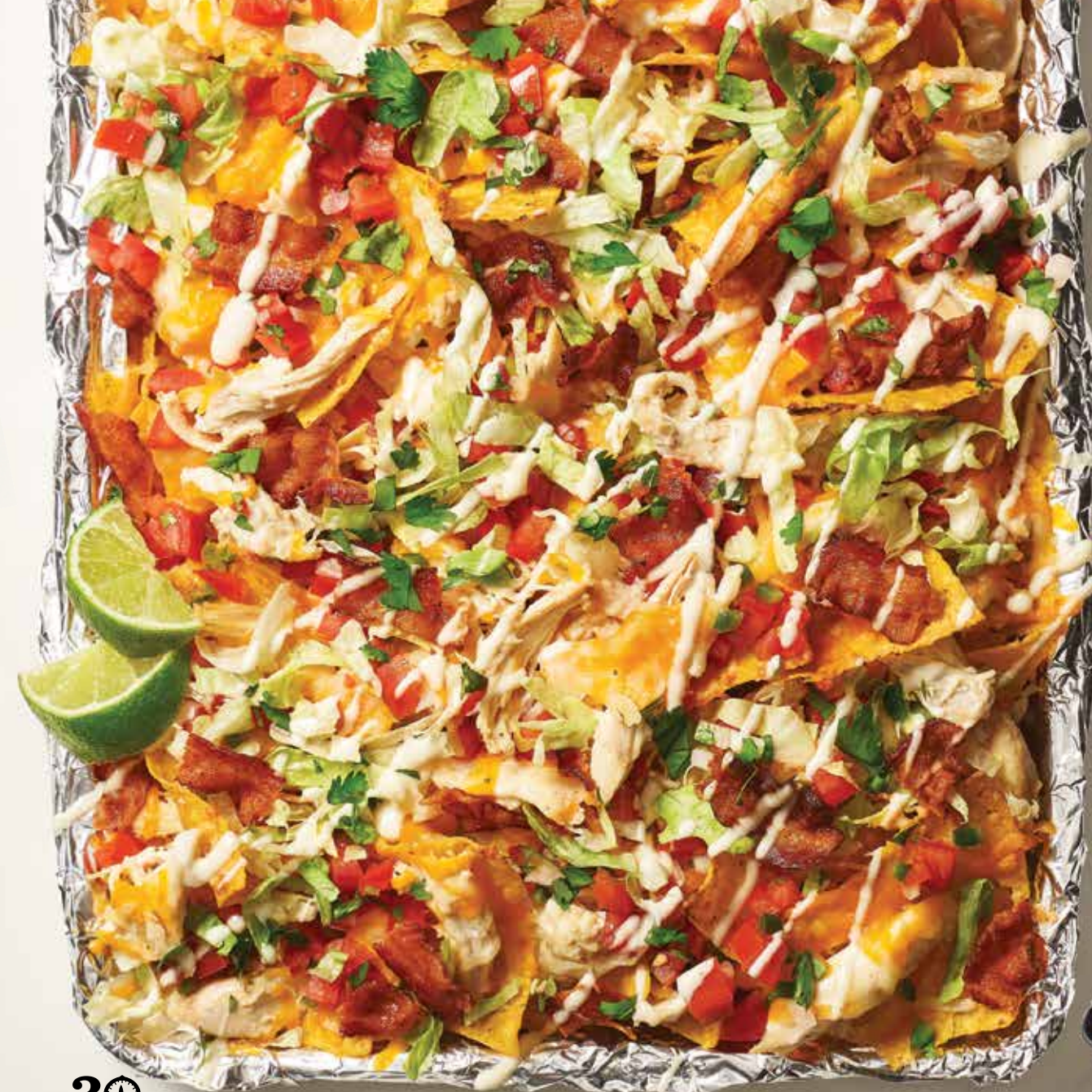
**1. PREHEAT** oven to 400°F. Brush ¼ cup melted butter on one side of 12 (½-in.) slices Hy-Vee Bakery white bread; arrange buttered side down on a 15x10-in. sheet pan.



**2. LAYER** fillings on bread slices (see left).



**3. TOP** with 12 additional bread slices. Brush slices with ¼ cup melted butter. Cover with another sheet pan. Weight down sandwiches by placing 2 cast-iron skillet on top. Bake 20 minutes. Remove skillet and top sheet pan. Bake 5 to 10 minutes more or until bread is toasted.



**30**  
minutes  
or less

## Chicken & Bacon Ranch Nachos

**Hands On** 10 minutes  
**Total Time** 30 minutes  
**Serves** 10

½ lb. Hy-Vee center-cut bacon  
1 (10-oz.) bag Hy-Vee restaurant-style tortilla chips  
1 lb. shredded Hy-Vee rotisserie chicken  
¾ cup bottled plain or spicy Hy-Vee ranch dressing, divided  
3 cups Hy-Vee shredded Colby Jack cheese  
1 (.70-lb.) container fresh pico de gallo  
2 cups Hy-Vee shredded lettuce  
Fresh cilantro, for garnish  
Lime wedges, for serving

**1. PREHEAT** oven to 425°F. Line a 15x10x1-in. sheet pan with foil. Set a wire rack on pan. Arrange bacon slices on rack. Bake for 20 minutes or until crisp. Remove from oven; drain bacon on paper towels. Crumble and set aside. Discard foil.

**2. LINE** sheet pan with another sheet of foil. Spread chips in pan. Combine chicken and ½ cup ranch dressing; spoon over chips in pan. Sprinkle with cheese. Bake for 10 minutes or until cheese is melted.

Remove from oven. Spoon pico de gallo on top. Add lettuce and crumbled bacon. Drizzle remaining ¼ cup ranch dressing on top. Garnish with cilantro, if desired. Serve with lime wedges.

**Per serving:** 480 calories, 30 g fat, 11 g saturated fat, 0 g trans fat, 85 mg cholesterol, 900 mg sodium, 19 g carbohydrates, 0 g fiber, 0 g sugar (0 g added sugar), 29 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 25%, Iron 10%, Potassium 4%

**try this**

Rotisserie chicken from Hy-Vee makes a quick addition because it's already cooked and ready to go.





# THE WINNING BRACKET



Napkins

## 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!



Prepackaged Meats and Cheeses



Beer and Hard Seltzer



Basketball-Theme Cake



Assorted Cookies



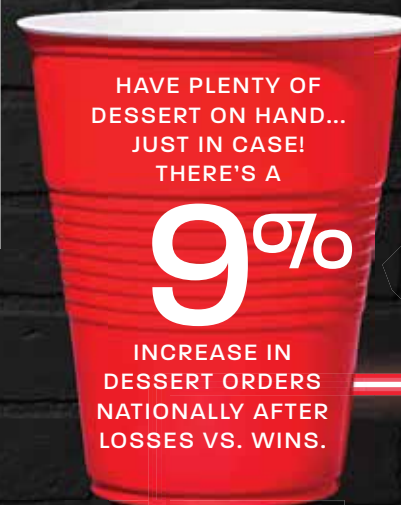
Paper and Plastic Plates



Set out a variety of dips and dipping snacks, including some vegetable options.



Boneless Wings and Dip



HAVE PLENTY OF DESSERT ON HAND... JUST IN CASE! THERE'S A

9%

INCREASE IN DESSERT ORDERS NATIONALLY AFTER LOSSES VS. WINS.



Sushi Platter



Soft Drinks



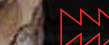
Tortilla Chips, Guacamole, Salsa



Pepperoni Pinwheels and Calzones



Hy-Vee Bakery Scotcheroos



## Scotcharoo Brownies

Hands On 30 minutes  
Total Time 1 hour  
Serves 20

- Hy-Vee nonstick cooking spray
- 1 (18.3-oz.) box Hy-Vee chewy fudge premium brownie mix
- 1 cup salted roasted peanuts, chopped
- 1 (8-oz.) pkg. Oreo mini chocolate sandwich cookies, plus additional for topping
- 1 (10-oz.) pkg. Hy-Vee peanut butter baking chips
- 2 Tbsp. Hy-Vee shortening, divided
- $\frac{2}{3}$  cup Hy-Vee butterscotch baking chips
- $\frac{2}{3}$  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

- PREHEAT** oven to 350°F. Line a 13x9x2-in. baking pan with foil, extending foil over edges of pan. Spray foil with nonstick spray.
- 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.
- 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

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**FUEL SAVER**  
EARN  
**8¢**  
OFF  
PER GALLON

Pillsbury Toaster Strudel select varieties 12 ct. 3.99  
Save 8¢ per gallon with each item purchased



### 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 6 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.hy-vee.com/perks](http://www.hy-vee.com/perks). © General Mills.





# IMPROVE YOUR GAME EVERY DAY

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# CARE ABOUT ANIMALS? SO DO WE.

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# Happy St. Patrick's Day



# ST. PADDY'S DAY SPLASH

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 Cuts Brussels sprouts in lightly salted simmering water for 3 to 4 minutes or until nearly tender; drain and cool slightly. Cut 12 slices Hy-Vee bacon in half crosswise; wrap 1 piece bacon around slightly thawed Hy-Vee frozen potato puffs and a Brussels sprout half; 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.

## 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.

## Reuben Pinwheels

Combine 1 (8-oz.) pkg. softened Hy-Vee cream cheese, ½ cup Hy-Vee Thousand Island salad dressing and 1 tsp. prepared horseradish. Stir in 1 (8-oz.) can well-drained sauerkraut; spread on 4 (10-in.) garden spinach-herb flour tortilla wraps. Top with 1 (6-oz.) pkg. Hy-Vee finely shredded Swiss cheese and 1 lb. thinly sliced Hy-Vee Deli corned beef. Tightly roll up. Trim ends; cut into ¾-in. slices. Secure with short skewers. Serves 16 (2 slices each).

## IRISH ROOTS

### 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

30 minutes or less

- 1 Honeycrisp apple, cored and chopped
  - ½ cup Hy-Vee Short Cuts chopped red onions
  - ½ cup Odell 90 Shilling Ale beer
  - ¼ cup Hy-Vee apple cider
  - 2 tsp. packed Hy-Vee light brown sugar
  - 1 tsp. caraway seeds
  - 1 tsp. Hy-Vee salt
  - 1 Tbsp. Kerrygold pure Irish butter
  - Chopped curly parsley, for garnish
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. Daily Values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 4%



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 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
- 12 slices Jewish rye seeded bread, toasted
- 6 slices Hy-Vee Deli-sliced Colby cheese
- Horseradish sauce, optional
- Fresh dill, optional
- 6 (1-oz.) slices Kerrygold aged Cheddar cheese

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 6 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 for 8 minutes or just until cheese melts. Cut sandwiches in half to serve.

Per serving: 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. Daily Values: Vitamin D 0%, Calcium 15%, Iron 10%, Potassium 10%



IRISH ROOTS

### 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.



## ST. PADDY'S DAY SWEETS



### 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 row of red, using strawberries, raspberries and watermelon pieces on a large round platter. Follow the shape of the arch underneath the red by using cantaloupe, pineapple, a mixture of honeydew and kiwi, blueberries and red grapes. Spoon the Hy-Vee fruit dip into a bowl; place at one end of the fruit arch for a cloud. Place gold foil-wrapped chocolate candies in another bowl and place at the other end of the arch for the pot of gold.



### Lucky Popcorn

Line a large rimmed baking pan with parchment paper; set aside. Stir together 5 cups Hy-Vee lightly salted popcorn, 1½ cups mint-chocolate Drumstick cereal and 1 cup salted, roasted shelled pistachios in a large bowl. Place 1 (12-oz.) pkg. Hy-Vee creamy white vanilla baking chips in a microwave-safe bowl. Microwave on HIGH at 30-second increments until melted, stirring each time. Stir in 3 drops 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).



### Green Mint Shakes

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-creamy aerosol whipped topping. Garnish with chopped crème de menthe chocolate thin candies, if desired. Serves 2 (1 cup each).



### Nutty Leprechauns

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.

#### IRISH ROOTS

##### Leprechauns

The tiny bearded men are characters from Irish folklore, and their name derives from the Old Irish word *luchorpán*, which means "little body."

## CELEBRATE IN STYLE

### Dress to Impress

What's a St. Paddy's Day party without a little green? For a bit of the *craic*, "Irish fun," wear witty shirts and bedecked green bowlers or top hats.



RAYGUN T-Shirts



Shamrock Bowler



Felt Top Hat



Sequin Top Hat

#### IRISH ROOTS

##### Wearing Green

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.



Tableware Decor

### Serve Up The Green

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

Creative Converting 32-oz. St. Pat's Plastic Cup



Creative Converting Fresh Green Plastic Cutlery



RAYGUN Can Coolers



Tiara

Feather Boa

Party Necklace

### Accessorize For Style

Add flash and flare to your green getup for parades, parties or the local pub.



# SIPS OF IRELAND

Celebrate St. Paddy's with lavish libations—tasty and colorful Irish-inspired cocktails to please a crowd.

## 10 minutes or less 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.



**BAILEYS IRISH CREAM**  
Kick up drinks, desserts and more with a blend of Irish whiskey and cream.

10 minutes or less

## 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.



**FINAGREN'S IRISH WHISKEY**  
Sold exclusively at Hy-Vee and made in Ireland with a blend of malt and grain whiskeys.



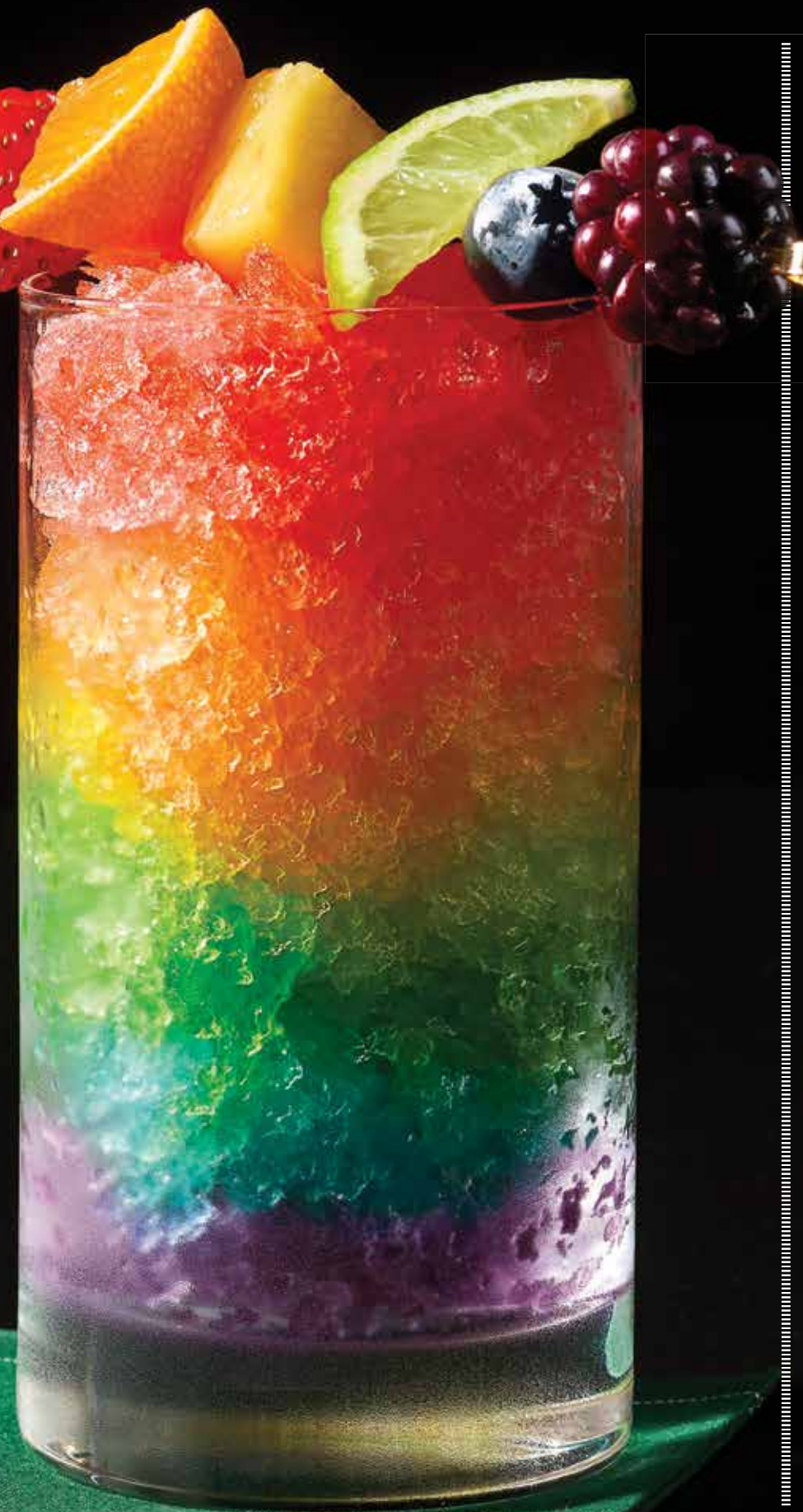
## Rainbow Rum Slushies

**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 colors 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.



## 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.



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



**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.

**10**  
 minutes  
 or less

## 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**  
**2 oz. Jameson Irish whiskey**

**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.



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





# EASTER IN 3 EASY STEPS

Hy-Vee makes Easter dinner planning as easy as 1, 2, 3. Order a whole heat-and-eat meal, dessert, even the centerpiece.



## 1 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](http://hy-vee.com) at least 48 hours ahead.

## 2 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.

## 3 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](http://hy-vee.com) at least 48 hours before pick-up time.

### HONEY-GLAZED SPIRAL HAM FEAST

- Serves 12
- Hy-Vee honey-glazed spiral ham (18-20 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  $\frac{1}{3}$  to  $\frac{1}{2}$  pound per person.

**Boneless:**  
Plan  $\frac{1}{4}$  to  $\frac{1}{3}$  pound per person.





# MORE MEAL PACK OPTIONS

Turkey, prime rib and ham star in delicious heat-and-eat spreads to feed a crowd.



**APPLEWOOD PIT HAM MEAL**

- **Serves 8**
- CarveMaster® Applewood pit 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 \$11.25 per person)



**BROWN SUGAR SPIRAL HAM MEAL**

- **Serves 8**
- Savory brown sugar 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: \$89.99**  
(only \$11.25 per person)



**PRIME RIB PARTY PICK**

- **Serves 8**
- Hormel® USDA Select prime rib (5–6 lb.)
- Two large sides of mashed potatoes
- Two large sides of your choice
- 16 oz. of beef or turkey gravy
- 12 dinner rolls

**Price: \$149.99**  
(only \$18.75 per person)



**TURKEY PARTY PLEASER**

- **Serves 8**
- Butterball® turkey (10–12 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 \$11.25 per person)



**CROWD'S CHOICE GOURMET HAM & TURKEY**

- **Serves 12**
- Butterball® turkey (10–12 lb.)
- Hy-Vee honey-glazed spiral ham (18–20 lb.)
- Three large sides of mashed potatoes
- Four large sides of your choice
- 32 oz. of beef or turkey gravy
- 24 dinner rolls
- One Cheesecake Factory Bakery® dessert
- One gourmet pie

**Price: \$269.99**  
(only \$22.50 per person)



**TURKEY BREAST BUNDLE**

- **Serves 6**
- Jennie-O® boneless turkey breast (3–4 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)



Au Gratin Potatoes



Brussels Sprouts with Spicy Honey Butter



Mashed Potatoes



White Cheddar Macaroni



Buttered Sweet Corn



Cheesy Corn Bake with Cheddar



Holiday Potatoes with Cheddar



Creamed Spinach



Sage Bread Dressing



Green Bean Casserole



Honey Citrus Waldorf Salad



Caesar Salad



Broccoli Supreme Salad

## SO MANY SIDES!

A large selection of side dishes lets you customize your Easter meal.

Sweet Potato Casserole





# 2 CHOOSE DESSERT

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



Apple Pie



Apple Crisp



French Silk Pie

## 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.

Strawberry Pie



Banana Cream Pie



The Cheesecake Factory Bakery® Original Cheesecake



## TIP

### How to keep florals fresh:

Use the packet supplied by Hy-Vee Floral to mix with water and preserve cut flowers.

# 3

## PICK A CENTERPIECE

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

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.

# PEEPS & POPS

## treats



### ON A ROLL: SUSHI PEEPS

#### 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.”



### CHICK S'MORES

Peep-ify this campfire tradition! Preheat oven to 350°F. Finely chop four 3.5-oz. Zōet 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 63*. Check out the video.

Hy-Vee  
**seasons**



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



# trimmings



## BUNNY BOUQUET

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. Loop ribbon around wreath to hang.



## Places, Peeps!

Attach name tags to colorful drink straws to serve as place cards. Push the top of each straw through a Peeps candy and make it a pop!

## Gourmet Crispy Bars <sup>20 minutes or less</sup>

**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.

**2. MELT** butter in a large stockpot over low heat. Add marshmallows and stir until completely melted. Remove stockpot from heat. Add rice cereal; stir until well-coated. Divide mixture

between prepared pans, pressing evenly. Cool at room temperature for 15 minutes. Cut each pan into 24 bars.

**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%



## 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 PB &  
Jelly Minis  
select varieties  
20 oz.  
6.49



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# ALL THAT AND A BAG OF CHIPS



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





# STORE-BOUGHT SURPRISES

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



## HY-VEE Tomato Soup



Hy-Vee  
canned  
coconut  
milk  
1 cup

+



Thai red  
curry paste  
1 Tbsp.

+



Cod fillets  
8 oz.

### 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.

## Ramen Soup



+



+



Chopped  
Hy-Vee Short  
Cuts fajita  
vegetables  
1½ cups

Short  
CUTS

Bibb  
lettuce  
12 leaves

Hy-Vee  
sesame  
teriyaki  
sauce  
Drizzle

### RAMEN-VEGGIE LETTUCE CUPS

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 tsp. Hy-Vee vegetable oil. Serve noodles and veggies in lettuce leaves. Drizzle with sesame teriyaki sauce, if desired. Serves 4.



## HY-VEE REFRIGERATED HOMESTYLE Guacamole



+



+



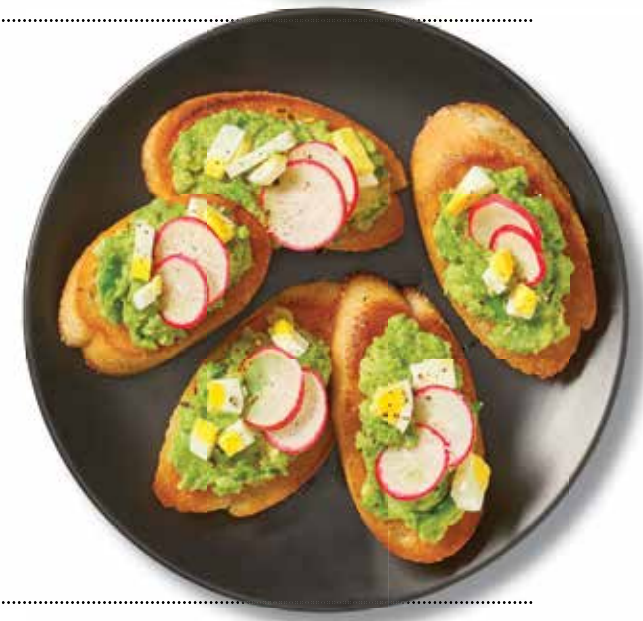
Hy-Vee  
Bakery  
baguette  
12 (½-in.)  
slices

Hy-Vee  
Short Cuts  
hard-boiled  
eggs  
2 eggs

Radish  
slices  
5 radishes

### GUACAMOLE CROSTINI

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.



## HY-VEE Mashed Potatoes



+



+



Garlic-and-  
herbs soft  
spreadable  
cheese  
6 oz.

Hy-Vee fully  
cooked  
hickory-  
smoked  
bacon  
6 slices

Sliced green  
onions  
3 Tbsp.

### CHEESY BACON 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.







## HY-VEE BURRITO-SIZE Flour Tortillas



**Hy-Vee dark brown sugar**  
3 Tbsp. +  
⅓ cup

+



**Finely chopped Hy-Vee pecans**  
6 Tbsp. +  
3 Tbsp.

+



**Hy-Vee ground cinnamon**  
2 tsp.

### TORTILLA CARAMEL ROLLS

Preheat oven to 375°F. Spray eight 2½-in. nonstick muffin cups with Hy-Vee nonstick cooking spray. Microwave 3 Tbsp. brown sugar and 2 Tbsp. Hy-Vee salted butter on HIGH for 25 seconds or just until sugar is melted, stirring once. Spoon into prepared muffin cups; set aside. Combine ⅓ cup brown sugar and cinnamon. Spread 1 Tbsp. softened Hy-Vee salted butter on 4 flour tortillas. Sprinkle each with 2 Tbsp. brown sugar mixture and 1½ Tbsp. pecans. Stack tortillas. Tightly roll up to form a log. Trim ends; cut log into 8 slices. Place slices, cut sides 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



**Gustare Vita organic orzo**  
1 cup

+



**Fresh basil**  
1 cup



**Hy-Vee sweet grape tomatoes**  
1½ cups

+



**Lemon-turmeric vinaigrette**  
⅓ to ½ cup

**LEMON-CHICKEN ORZO SALAD** Cook orzo according to pkg. directions. Drain and cool. Combine orzo, 3 cups shredded rotisserie chicken, halved grape tomatoes and basil. Toss with lemon-turmeric vinaigrette. Chill for 2 hours. Season with Hy-Vee black pepper. Serves 4.



## HY-VEE ORIGINAL Macaroni & Cheese



**Hy-Vee shredded Cheddar cheese**  
⅔ cup + ⅓ cup

+



**Hy-Vee nacho-flavor tortilla chips**  
½ cup crushed



**Fully cooked taco-flavor beef crumbles**  
6 oz.

+



**Hy-Vee refrigerated pico de gallo**  
¼ cup

**TACO-MAC BAKE** Preheat oven to 400°F. Prepare 1 pkg. macaroni & cheese dinner according to pkg. directions, except use ⅓ cup Hy-Vee 2% reduced-fat milk. Stir in ⅔ cup Hy-Vee shredded Cheddar cheese. Spoon half of the mixture into an 8-in. oven-safe skillet. Top with taco-flavor beef crumbles and remaining macaroni mixture. Bake, covered, 20 minutes. Sprinkle with ½ cup Cheddar cheese. Bake, uncovered, 3 minutes or until cheese is melted. Top with crushed chips and pico de gallo. Serves 4.



## HY-VEE TRADITIONAL CRUST CHEESE Take & Bake Pizza



**Cooked Italian sausages**  
2 sausages,  
thinly sliced

+



**Hy-Vee Short Cuts tricolor bell peppers**  
¾ cup

+



**Grated fresh Parmesan cheese**  
1 Tbsp.

**LOADED CALZONE** 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 sausage 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 NONFAT Greek Yogurt



Hy-Vee  
Short Cuts  
tri-berry  
blend  
¼ cup



Honey-  
almond  
granola  
1 Tbsp.



Chia seeds  
½ tsp.

### BERRY-YOGURT BOWL

Transfer 1 (5.3-oz.) container nonfat strawberry, raspberry or blueberry Greek yogurt to a small serving bowl. Top with berry blend, honey-almond granola and chia seeds. Serves 1.



## HY-VEE YELLOW Cake Mix



Hy-Vee  
ground  
cinnamon  
2 tsp.



Zucchini,  
coarsely  
shredded  
2 cups



Hy-Vee  
walnuts  
½ cup

### EASY ZUCCHINI BREAD

Preheat oven to 350°F. Prepare cake mix batter according to pkg. directions, except reduce water to ⅓ cup; do not beat. Stir in cinnamon. Fold in zucchini and walnuts. Transfer batter to two greased 8×4-in. loaf pans; bake 40 to 45 minutes or until toothpick inserted in center comes out clean. Cool; remove from pans. Makes 2 loaves (12 servings each).



## HY-VEE Short Cuts STRAWBERRIES



Hy-Vee  
honey  
3 Tbsp.



Gustare  
Vita blood  
orange  
Italian soda  
¾ cup



Fresh mint  
for garnish

### SPARKLING STRAWBERRY- ORANGE SORBET

Freeze 1 (1½-lb.) container strawberries in a single layer for 4 hours. Place frozen berries in a food processor. Add honey and Italian soda. Cover; 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 (½ cup each).



# COOKIE DOUGH 4 WAYS

Get creative with Hy-Vee refrigerated sugar cookie dough—add extra flavors, crunch and decorations.

Let 1 (16.5-oz.) pkg. refrigerated sugar cookie dough stand at room temperature for 15 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.



Hy-Vee white  
vanilla  
baking chips  
¾ cup



Hy-Vee dried  
cranberries  
¾ cup

### 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.



Jimmies  
3 Tbsp. +  
additional for  
decorating



Hy-Vee  
creamy white  
frosting  
1¼ cups

### CONFETTI CUTOUTS

Knead ⅓ cup Hy-Vee all-purpose flour into cookie dough until combined. Add 3 Tbsp. multicolor jimmies; gently knead to combine. Roll dough between 2 large sheets of waxed paper to ¼-in. 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 wire racks. Frost, then sprinkle with additional jimmies, if desired. Makes 24.



Hy-Vee  
unsweetened  
coconut flakes  
½ cup + 1 cup



Hy-Vee red  
raspberry  
preserves  
⅓ cup

### 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 an additional 1 cup coconut in a food processor. Cover and process until finely chopped. Knead chopped coconut into cookie dough until combined. Shape dough into 1-in. balls. Dip balls in water, then roll in toasted coconut. Place 1 in. apart on prepared cookie sheets. Bake for 6 to 8 minutes or until edges are light golden brown. Use the handle of a wooden spoon to make indents in warm cookies. Cool for 2 minutes on cookie sheets; remove and cool completely on wire racks. Just before serving, fill centers with raspberry preserves. Makes 25.



60% cacao  
baking bar  
4 oz.



Chopped  
crème de  
menthe  
chocolate thin  
candies  
¾ cup

### CHOCOLATE-MINT COOKIES

Melt baking bar according to pkg. directions; cool slightly. Stir melted chocolate into cookie dough until combined. Add crème 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 cookies are set. Cool for 2 minutes on cookie sheets; remove and cool completely on wire racks. Makes 18.







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



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# life

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





# HAPPY HUNTING

Create all things Easter for the whole family—the egg hunt, pretty eggs and treat-filled baskets—with help from Hy-Vee.

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

-  **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.
-  **PUT TOGETHER A MENU**  
It can't all be Easter candy! For kids: mini sandwiches, fruit, veggies and dip. Adults: pizza or sandwiches, devilled eggs, fruit salad.
-  **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.
-  **PLAN THE DECOR**  
Some ideas: balloons, egg-hunt yard signs, bunny footprints, bunny ears, spray-painted egg cartons, stuffed animals, flowers.
-  **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.
-  **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.
-  **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 & 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.

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.

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 stuffed toys.

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



DOG-FRIENDLY EGG HUNT

Send dogs off to sniff out dog treats in plastic eggs. Include coupons for doggy items. Consider selling tickets for participation and give proceeds to your local animal rescue group, or set out an Easter basket for donations.



adults love to hunt, too

SKIP THE BUNNIES AND BASKETS. HAVE THE HUNT INDOORS WITH WINE AND A CHARCUTERIE BOARD, AND USE DYED EGGS FOR DECOR. PLASTIC-EGG TREATS CAN BE LIP BALM, MINTS OR VOUCHERS FOR BIGGER PRIZES, *RIGHT*, AVAILABLE AT HY-VEE.

4 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.



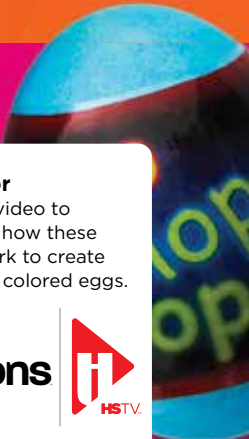
3. glitter eggs

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](https://www.hstv.com) today!



# the ultimate easter basket



## 3 STEPS TO THE PERFECT BASKET

FILL AN EASTER BASKET WITH GOODIES FOR KIDS OF ALL AGES AND WITH ALL INTERESTS.



### 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.

## 1 TODDLER BASKET

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

## 2 CREATIVE-KIDS BASKET

Crayons, washable paints, stuffed animal, grow kit, bubble wand, creme eggs and glittery hair barrettes in a movie-theme pail.

## 3 PAMPERING BASKET

Colorful bath salts or bombs, bath pouf, hydrating lotion, facial mask, craft kit, candy.

## 4 GUY-THING BASKET

Razor, shaving products, water bottle, soap, trail mix, protein cookies, candy.

## GRAB 'N' GO BASKETS

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



### PJ MASKS

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



### TROLLS

A puzzle and other toys, and jelly beans, lollipop and gummy candies.



### SPIDERMAN

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



### PAW PATROL

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





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I wish to be  
a fashion model  
- Ava

I wish to have  
a princess party.  
- Andrea

*new!*

# HAPPINESS *comes in* MANY FLAVORS



Have  **HAPPY ON HAND!**

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# 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.**



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## 2 begin<sup>TM</sup> 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](http://hy-vee.com/health/begin-program) for more information.

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## 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."



5

# use essential oils

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.



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



# 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.



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# 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.

#### 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.

#### 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.

#### 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.



BROWSE THE AISLES OF YOUR LOCAL HY-VEE FOR THESE TRAVEL-WORTHY SNACKS.

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 | JUSTIN'S almond butter 11 | BANANAS regular or organic 12 | HY-VEE turkey jerky

## SNACK

### HEALTHFULLY

**FRESH** "Apples, bananas, or Cuties mandarin oranges are all 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 guacamole packs or hummus for dipping."

—Kristi Sanders, RD, LD, registered dietitian, Hy-Vee, Manhattan, 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



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. Taking a vacation from everyday routines lifts mood and fosters optimism. In a 2018 survey by the American Psychological Association, a majority of working Americans reported returning to work with a more positive attitude after taking a vacation.

MIDWEST SPRING VACATION IDEAS

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
- BAHAMAS
- ORLANDO-WALT DISNEY WORLD
- ANAHEIM-DISNEYLAND
- SANIBEL ISLAND, FLORIDA
- JAMAICA



**SOUTH DAKOTA**

**Rapid City:**

- Mount Rushmore
- Badlands National Park
- Black Hills National Forest

**NEBRASKA**

**Omaha:**

- Henry Doorly Zoo and Aquarium
- Old Market

**Nebraska City:**

- Arbor Day Farm

**Kearney:**

- The Archway Museum

**MINNESOTA**

**Minneapolis/St. Paul:**

- Mall of America
- Chain of Lakes Regional Park
- Como Park Zoo & Conservatory

**WISCONSIN**

**Milwaukee:**

- Public Market
- Discovery World
- Art Museum

**Door County:**

- State parks, arts, outdoor recreation

**Wisconsin Dells:**

- Family-friendly indoor water parks and amusement parks

**KANSAS**

**Wichita:**

- Old Town
- Old Cowtown Museum
- Wichita Art Museum
- The Botanica

**Manhattan:**

- Flint Hills Discovery Center
- Sunset Zoo

**IOWA**

**Des Moines:**

- State Capitol
- Valley Junction
- Pappajohn Sculpture Park
- Science Center of Iowa

**Prairie City:**

- Neal Smith National Wildlife Refuge

**Ames:**

- Reiman Garden

**MISSOURI**

**Branson:**

- Shows and theaters

**Kansas City:**

- Worlds of Fun
- Kansas City Zoo

**St. Louis:**

- Gateway Arch
- Missouri Botanical Garden

**ILLINOIS**

**Chicago:**

- Art Institute
- Adler Planetarium
- Navy Pier
- Willis Tower
- Wrigley Field
- Magnificent Mile

5 FUN STAYCATION ACTIVITIES

- 1. SIGHTSEE** in your own hometown. Act like a tourist and visit local landmarks and must-see attractions, take pictures, send postcards, and eat in restaurants new to you.
- 2. BE ARTFUL** 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.
- 3. UNPLUG** from the news 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.

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STAY SAFE

SMART CAR TRAVEL TIPS FROM THE PROS

- DO** ensure your vehicle is properly maintained. Have the vehicle and tires inspected before a trip.
- DON'T** leave purses, packages and other valuables in plain sight when parked. Pack them in the trunk or storage compartment.
- DO** map your route in advance so you know where you're going, when you expect to arrive and whether there is time for stops along the way.
- DON'T** use electronic devices, even if hands-free, while driving. That means no calls, texting, email, internet or video games.
- DO** pack a cooler, ice and reusable ice packs (available from Hy-Vee) for beverages and perishable foods.
- DO** keep a cell phone and charger within reach. The American Automobile Association offers a smartphone app so motorists can request help without making a phone call.
- DO** bring an emergency kit. Fill it with items from Hy-Vee, including:
- bottled water
  - food
  - flashlight
  - first aid kit
  - extra batteries
  - moist towelettes
  - paper towels
  - travel-size versions of personal care products

You may also want to bring extra clothes, blanket, rain gear, and a charger and portable battery pack for your cell phone.

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

TRAVEL-SIZE HEALTH & BEAUTY

- Cosmetics
- Lotions
- Skin care
- Toiletries

Purchase a first aid kit at your local Hy-Vee. It includes bandages, gauze, ointments, cleansing wipes and pain relief caplets.

CUSTOMER SERVICE

- Dry-cleaning
- Mail packages

BULK FOODS FOR SNACKS

- Ingredients for trail mix

PACKAGED FOODS

- Snacks
- Candy
- Gum

DELI (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



Sources: [exchange.aaa.com/safety/driving-advice/holiday-road-trip-travel-tips/](https://exchange.aaa.com/safety/driving-advice/holiday-road-trip-travel-tips/)  
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# THE NEW TASTE OF ENERGY.



Not recommended for children, people sensitive to caffeine, pregnant or breastfeeding women. ©2020 The Coca-Cola Company.

# health

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

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# ALL-DAY EXERCISE

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.



## 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
- Park 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 walking
- Do squats while waiting for dinner to cook



### pro tip: TAKE THE LONG WAY

“Ask yourself, ‘How can I add 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 will increase movement and you might meet someone new at work!”

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

# 22%

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

—EUROPEAN HEART JOURNAL

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# 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 down 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.





# FEED THE FLAMES



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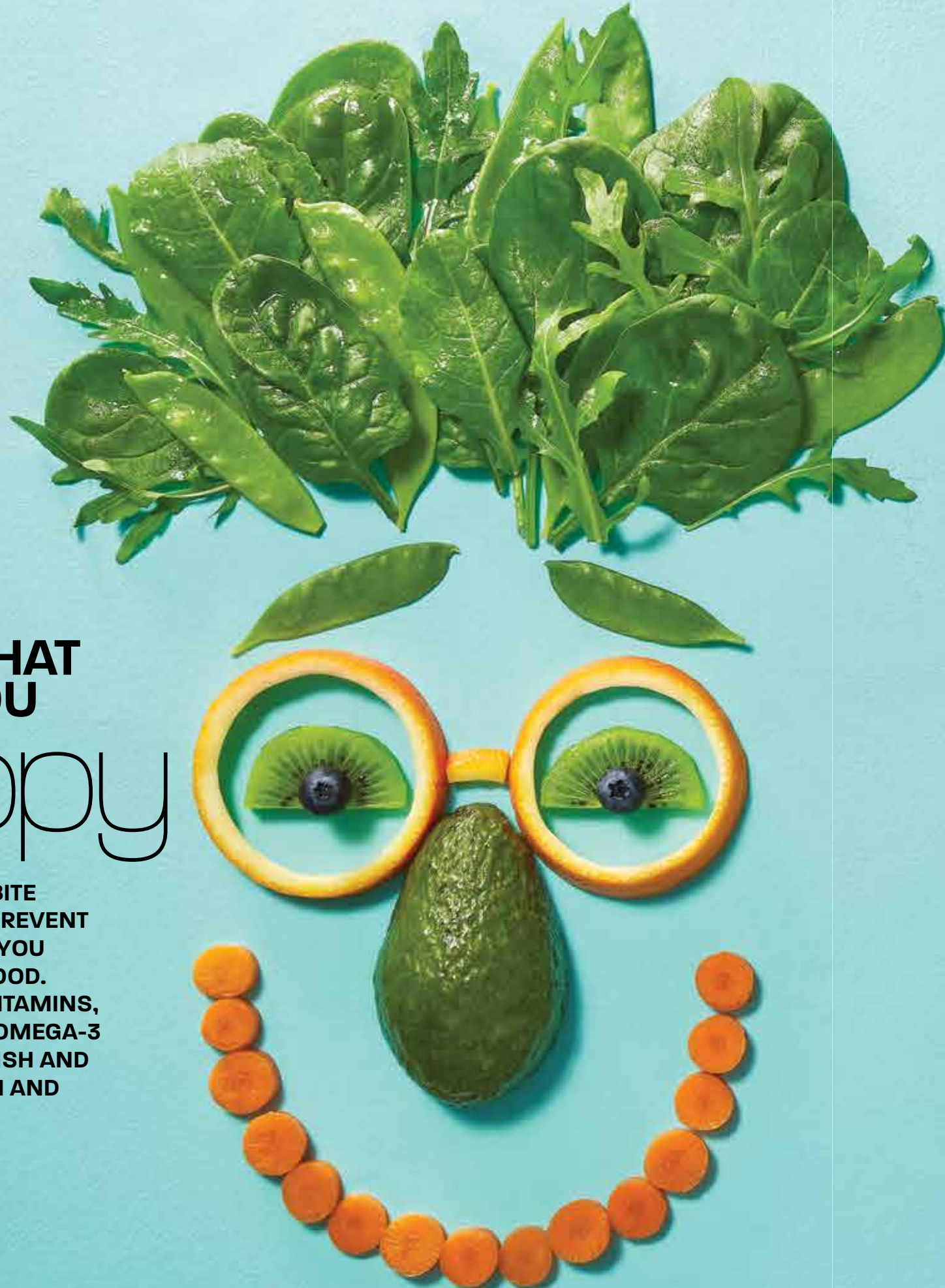
NEW





# 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, mangoes, papayas, persimmons, red bell pepper, 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 (lean), shiitake mushrooms, shrimp, steak, tofu, tuna, whole wheat pastas



## SPINACH

**Importance:** Folate protects against depression. People with folate

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-3S:** avocados, Brussels sprouts, canola oil, 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



## 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:** acorn 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, mackerel, navy beans, pork chops (lean), salmon, shrimp, steak, tuna (cooked)



## STRAWBERRIES

**Importance:** Vitamin C, another antioxidant, fights unstable molecules

in the brain. The body is unable to make or store vitamin C, so ample intake is important.

**OTHER FOODS WITH VITAMIN C:** bell peppers, blueberries, broccoli, Brussels sprouts, guavas, kale, kiwi, mangoes, oranges, papaya, pineapple, snow peas, strawberries, tomatoes, watermelon

## The Tryptophan-Serotonin Connection

Serotonin, a neurotransmitter that stabilizes mood, is made mostly in the gut from tryptophan in the food we eat; the rest is made in the nervous system. Gut serotonin typically cannot squeeze through the blood-brain barrier, the membrane 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.

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# 5

## READY-TO-EAT CHOICES

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.



### pro tip: EAT FOR HEALTH

“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

# NEW KIDS' BEVERAGE CREATIVE ROOTS



## 1 GRAM SUGAR



HYDRATION  
ALL NATURAL  
CREATIVITY

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BY PLANTS

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# 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.

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

## 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.**







**“THE HY-VEE PHARMACY CAN BE A WONDERFUL RESOURCE FOR ALLERGY SUFFERERS. TALK TO A PHARMACIST TO LEARN WHICH MEDICATION MAY BE BEST FOR YOU, WHEN TO TAKE IT AND WHETHER THERE COULD BE INTERACTIONS WITH OTHER MEDICATIONS.”**

—ANGIE NELSON,  
HY-VEE VICE PRESIDENT,  
PHARMACY OPERATIONS

## 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.



### pro tip: 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

## 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.

Please consult with a medical professional for any questions. This information is not meant to substitute for any medical test or advice.

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## 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.

### 1. TYLENOL SINUS SEVERE

Decongestant, pain reliever, fever reducer — treats sinus pressure, sinus headache, nasal and chest congestion.

### 2. TOPCARE FLUTICASONE PROPIONATE

Comparable to Flonase — treats itchy, watery eyes; nasal congestion; runny nose; sneezing.

### 3. BENADRYL

Antihistamine — orally treats allergies and cold symptoms; as an ointment, topically treats insect bites, poison ivy, poison oak, poison sumac.

### 4. FLONASE

Steroid — treats itchy, watery eyes, nasal congestion, runny nose, itchy nose, sneezing.

### 5. TOPCARE CETIRIZINE

Antihistamine — treats hay fever, allergy symptoms, hives and itching.

### 6. SYSTANE ZADITOR

Antihistamine eye drops — treats itchy eyes and discomfort caused by allergies.

### 7. ALLEGRA ALLERGY

Antihistamine — treats hay fever and chronic skin hives.

### 8. TOPCARE LORATADINE

Antihistamine — treats allergy symptoms and hives.



Please talk to your pharmacist or health care professional before choosing any of these over the counter items.





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## dietitian Q&A

### THE GOODS ON GLUTEN

Stomach problems and other symptoms might be tied to gluten. Here's what you should know.



Stacey Loftus, RD, LD  
Assistant Vice President,  
Retail Dietetics

#### 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: What is celiac disease?

**A:** It's a serious hereditary autoimmune disease that targets the small intestine and is diagnosed either by presence of antibodies in the blood or by genetic testing. If either test is positive, a biopsy is performed on the small intestine to detect damage to villi, the hair-like projections inside.

#### 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.

Sources: [celiac.org/about-celiac-disease/what-is-celiac-disease/beyondceliac.org/celiac-disease/facts-and-figures/](http://celiac.org/about-celiac-disease/what-is-celiac-disease/beyondceliac.org/celiac-disease/facts-and-figures/)



**1%**  
**OF AMERICANS  
HAVE CELIAC  
DISEASE.  
MOST ARE  
MISDIAGNOSED  
OR  
UNDIAGNOSED.**

— BEYONDCELIAC.ORG



# GLUTEN-FREE PRODUCTS

## Gluten and Subs

### GRAINS & SEEDS



BARLEY, RYE, WHEAT  
**Substitute:** CHIA, CORN, GLUTEN-FREE OATS & CEREALS, QUINOA, RICE

### STARCHES



WHEAT PRODUCTS (BREADS, PASTAS, PASTRIES)  
**Substitute:** BEANS, GLUTEN-FREE BAKED GOODS, LEGUMES, POTATOES

### FRUITS & VEGGIES



PROCESSED FRUITS & VEGGIES WITH GLUTEN-CONTAINING SAUCES  
**Substitute:** ALL FRESH & FROZEN PRODUCE WITHOUT SAUCES

### PROTEIN



MEATS WITH BREADING OR MARINADES THAT CONTAIN GLUTEN  
**Substitute:** MEAT, FISH, EGGS, BEANS THAT ARE GENERALLY GLUTEN-FREE

### DAIRY



MANY CHEESES ARE GLUTEN-FREE; DURING PROCESSING GLUTEN MAY BE ADDED  
**Substitute:** ALL TYPES OF PLAIN COW'S MILK

## 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 intestine 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. Discolored 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."



Schär Gluten-Free Artisan Baker Bread



Udi's Gluten-Free Bread

### CRACKERS & COOKIES

Packaged baked 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.



Tate's Bake Shop Cookies



Whisps Cheddar Cheese Crisps

### FLOURS

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.



Full Circle Almond Flour



Bob's Red Mill All-Purpose Baking Flour

### PASTAS

Traditional pasta is 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.



Hy-Vee Gluten-Free Spaghetti



Barilla Gluten-Free Spaghetti

### 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.



Nature's Path Crispy Rice Cereal



Nature's Path Koala Crisp Cereal

### CONDIMENTS

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



Walden Farms Gluten-Free Dressing



Sir Kensington's Mayonnaise

### GRAINS

Naturally 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.



Roland White Quinoa



Bob's Red Mill Flaxseed Meal

### CANDY

Some candies have no gluten-containing ingredients yet aren't safe for those with celiac disease because the manufacturing equipment might be gluten-tainted from processing wheat, soy or other products. Licorice typically contains wheat flour and malt. Check labels.



YumEarth Organic Gluten-Free Licorice



free2b Mint Cups

## GLUTEN-FREE SIPS

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



### STONE DELICIOUS IPA

Gluten-reduced brew with a subtle malt flavor and refreshing citrus notes.



### WHITE CLAW HARD SELTZER

Low in calories, gluten-free and just a hint of natural lime flavor.



### MIKE'S HARD LEMONADE

A satisfying gluten-free blend of fizz and natural lemon flavor.



### OMISSION LAGER

Refreshing and crisp, with aromatic hops. Crafted to remove gluten.



### ANGRY ORCHARD HARD CIDER

Crisp apple flavor has a balance of sweetness and bright acidity.





# 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 co-pay. "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.

# 80-85%

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/MY-PHARMACY](https://www.hy-vee.com/my-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







## Generics as low as \$4

See your Hy-Vee pharmacist for details. A complete list is available at [Hy-Vee.com](http://Hy-Vee.com).

**HyVee** pharmacy

Some restrictions may apply. Not applicable with all insurance plans. MN and WI state law restrictions apply.

# GET THE GOODS

Hy-Vee shelves are stocked with deals.  
Save money by picking up the items  
shown here and throughout the magazine.

## fridge & freezer



Hillshire Farm Smoked Sausage Ropes, Links or Cocktails  
select varieties  
12 to 14 oz.  
**2/6.00**



Bertolli, P.F. Chang's, Marie Callender's or Bird's Eye Family Serve Meals  
select varieties  
18 to 25 oz.  
**6.49**



Land O' Frost Deli Shaved Lunch Meat or Canadian Bacon  
select varieties  
6 to 9 oz.  
**2/5.00**



Land O' Frost Breakfast Cuts  
select varieties  
7 oz.  
**2.98**



Land O' Frost Premium or Bistro Favorite Sliced Lunch Meat  
select varieties  
6 to 16 oz.  
**4.48**



Wimmer's Summer Sausage  
select varieties  
18 oz.  
**5.88**



Wimmer's Wieners, Dinner Links or Smokies  
select varieties  
12 to 16 oz.  
**3.99**



Buitoni Family-Size Pasta  
select varieties  
18 or 20 oz.  
**6.77**



Sweet Earth Entrées  
select varieties  
9 oz.  
**2/9.00**



Drumstick, Little Drum or Nestlé Snacks Ice Cream  
select varieties  
6 to 20 ct.  
**6.48**



Delimex Snacks or Pioneer Woman Appetizer or Side  
select varieties  
11.2 to 24 oz.  
**2/10.00**



Outsiders or DiGiorno Stuffed, Stacked or Crispy Pan Pizza  
select varieties  
18.6 to 28.1 oz.  
**6.98**



Devour, SmartMade or Macaroni and Cheese Meal Kits  
select varieties  
7.2 to 12 oz.  
**2.99**



Johnsonville Ground Sausage  
select varieties  
16 oz.  
**3.99**



Johnsonville Family Pack Breakfast Links  
23 oz.  
**4.99**





Johnsonville Family Pack Smoked Sausage select varieties 28 oz. **5.99**



Johnsonville Meatballs or Grillers select varieties 24 oz. **6.99**



Sugardale Ham Steaks or Ham Roast select varieties **3.77 lb.**



Sugardale Hot Dogs 16 oz. **2/3.00**



Sugardale Bacon select varieties 16 oz. **4.99**



Sugardale Simple Carve Ham **3.99 lb.**



Stacy's Pita Chips select varieties 18 oz. **5.99**



Stacy's Cheese Petites select varieties 4 oz. **2.99**



Frito-Lay Simply Snacks select varieties 7.5 to 8.5 oz. **3.29**



King's Hawaiian Slider Buns, Sliced Bread or Mini Sub Rolls select varieties 10 to 16 oz. **2.99**



King's Hawaiian Sweet Rolls select varieties 12 ct. **3.48**



King's Hawaiian Sweet Rolls 24 ct. **6.49**



Jimmy Dean Rolls or Fully Cooked Sausage select varieties 8 to 16 oz. **2/7.00**



Jimmy Dean Bacon select varieties 2.2 to 12 oz. **2/7.00**



State Fair Corn Dogs, Jimmy Dean Pancakes & Sausage on a Stick or Ball Park Frozen Burgers select varieties 16.2 to 42.7 oz. **6.99**



Jimmy Dean Natural Sausage or Skillet select varieties 7.5 or 20 oz. **3.99**



Smucker's Uncrustables select varieties 10 ct. **6.49**



Starbucks Creamer select varieties 28 fl. oz. **4.98**



Snack Pack select varieties 6 or 8 pk. **2.28**



Hershey's Gusset Bags select varieties 32.5 to 35.9 oz. **9.99**



Hershey's Chocolate Pouches select varieties 6.1 to 9.9 oz. **3.29**



Hershey's Chocolate Package Candy select varieties 7.3 to 15 oz. **2/7.00**



Hershey's King Size select varieties 2.2 to 5 oz. **2/3.00**



Kraft Easy Mac Cups select varieties 8 ct. **7.49**

pantry



Mom's Best Natural Cereal select varieties 13 to 24 oz. **2.99**



Great Grains Raisin Cluster Crunch 16.5 oz. **2.88**  
Save 5¢ per gallon with each item purchased



Honey Bunches of Oats Frosted 13.5 oz. **2.99**  
Save 5¢ per gallon with each item purchased



Post Licensed Brand Cereals select varieties 11 to 12.25 oz. **2.68**



Jif Power Ups select varieties 6.5 oz. **2/5.00**



Folgers or Café Bustelo Coffee select varieties 10 to 11.5 oz. **3.99**



Nabisco Family Size Ritz Crisps select varieties 10 or 11.5 oz. **3.68**



Crisco Shortening select varieties 20 oz. **2/7.00**



Hunt's Tomatoes or Sauce select varieties 28 or 29 oz. **1.88**



Kraft Easy Mac or Velveeta Shells and Cheese Big Bowls select varieties 3.5 or 5 oz. **2/5.00**



Monster Singles select varieties 15.5 or 16 fl. oz. **3/5.00**



Coca-Cola Energy 12 fl. oz. **1.69**

beverages



Gevalia or McCafé Premium Coffee or Pods select varieties 12 oz. or 6 to 12 ct. **6.49**



Olive Garden or Marzetti Cole Slaw Dressings select varieties 16 fl. oz. **3.49**



Sahale Snacks select varieties 1.5 oz. **2/3.00**



Barbara's Cheese Puffs select varieties 5.5 or 7 oz. **2/6.00**



Duncan Hines Cookies select varieties 10 oz. **3.99**



Frito-Lay Red Rock Deli Chips select varieties 6.87 or 7 oz. **3.49**



7Up Products 6 pk. cans 7.5 fl. oz. **4/9.00**  
with purchase of 4



Canada Dry Sparkling Water select varieties 8 pk. 12 fl. oz. **2/5.00**



Lipton Iced Tea select varieties 1 gal. **2/5.00**



Lipton or Pure Leaf select varieties 12 pk. 16.9 fl. oz. or 6 pk. 16.9 fl. oz. **2/10.00**



Lipton Pure Leaf select varieties 64 fl. oz. **1.99**



Lipton Pure Leaf Singles select varieties 18.5 fl. oz. **4/5.00**



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- Qualified language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as:
- Qualified interpreters
- Information written in other languages upon request

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

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



Bai or Core select varieties  
6 pk. 18 fl. oz.  
**7.99**



Peace Tea select varieties  
4 pk. 15.5 fl. oz.  
**2.99**



Snapple, Core or Vita Coco select varieties  
6 pk. 16 to 18.5 fl. oz. or 33.8 fl. oz.  
**4.49**



Air Wick Air Fresheners select varieties  
.67 to 5.89 oz., 1 or 2 ct.  
**4.98**



Colgate Toothpaste, Toothbrush or Mouthwash select varieties  
1.75 to 3.5 oz., 12 to 16 oz. or 1 to 2 ct.  
**4.96**



Colgate Toothpaste, Toothbrush or Mouthwash select varieties  
5.1, 5.8 oz., or 16 fl. oz. each  
**3.99**



Colgate Toothpaste, Toothbrush or Mouthwash select varieties  
4.6 to 6 oz., or 500 ml. each  
**2.99**



U By Kotex select varieties  
28 to 129 ct.  
**2/10.00**



Clorox Fabric Sanitizer  
24 fl. oz.  
**3.99**



Lysol All-Purpose Cleaners select varieties  
22 to 40 oz.  
**2.99**



Lysol All-Purpose Cleaners or Laundry Sanitizer select varieties  
19 or 41 oz.  
**4.99**  
**Save 5¢ per gallon with each item purchased**



Lysol Wipes or Toilet Bowl Cleaner select varieties  
35 ct. or 24 oz.  
**2/4.00**



Lysol Wipes, Spray, Toilet Bowl or Finish Dishwasher Cleaner select varieties  
8.45 to 75 oz. or 12 to 80 ct.  
**3.99**



Palmolive, Fabuloso or Suavitel select varieties  
32.5 to 56 fl. oz.  
**2.99**



Suave Shampoo or Conditioner, Body Wash, Deodorant or Antiperspirant select varieties  
2.6 to 30 oz.  
**1.99**



Dove Men Care or Axe Shampoo or Conditioner, Deodorant, Body Wash select varieties  
2.7 to 16 oz.  
**4.49**



Axe Deodorant or Body Wash select varieties  
2.7 to 3 oz. or 16 fl. oz.  
**3.88**



Dove Advance Care or Dove Men Care Deodorant or Degree Antiperspirant or Axe Antiperspirant select varieties  
2.6 to 3.8 oz. or 25 ct.  
**4.99**



Dove Body Wash, Dove Shower Foam, Body Polish, Mousse, Bath Bomb, Deodorant or Caress Body Wash select varieties  
2.6 to 25.4 oz. or 2 to 25 ct.  
**5.99**

**other**

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**30**  
minutes  
or less

**30 MINUTES  
OR LESS**

**20**  
minutes  
or less

**20 MINUTES  
OR LESS**

**10**  
minutes  
or less

**10 MINUTES  
OR LESS**

**GF**  
option

**GLUTEN  
FREE**

**V**  
option

**VEGETARIAN  
DISH**

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TAKE IT. BAKE IT.  
**MAKE**  
THEIR NIGHT.

## samples

# 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:** Breaded Pork Tenderloin

**Seafood:** Bristol Bay Wild Alaska Sockeye Salmon

**Charcuterie:** Schaller & Weber Pastrami

**Specialty Cheese:** Kerrygold Irish Cheddar

**Hickory House:** Beef & Chicken Potpies

**Italian:** Crab Rangoon Specialty Pizza

**Chinese:** Nori Sushi Artisan Rolls

**Bakery:** Cheesecake Factory All-American Cheesecake

**Grocery:** Starbucks Spring Blend Coffee – New!

Grocery Take Home Coffee; Frito-Lay Cheetos 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:** Kellogg's Eggo Thick & Fluffy French Toast

**Specialty Cheese:** Claddagh Bó Irish Cheddar

**Deli:** Hormel Di Lusso Roast Beef

**Hickory House:** Napa Valley Cashew Chicken Salad

**Italian:** Lasagna & Chicken Fettuccine Alfredo

**Chinese:** Asian Rice Bowls – Shrimp, Beef & Chicken

**Bakery:** Iced Cutout Cookies – Shamrocks

**Grocery:** Hormel Skippy Squeeze 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 Dips & Wonton Chips

**Bakery:** Irish Mint 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:** T. Marzetti Simply Dressed Dressings

**Meat:** Hormel Culinary Cuts

**Frozen:** Jimmy Dean Roll-Ups

**Seafood:** Shrimp Skewers

**Charcuterie:** Schaller & Weber Pastrami

**Specialty Cheese:** Marieke Gouda

**Hickory House:** Boneless Chicken Wings

**Italian:** Family-Size Gourmet Pizza

**Chinese:** Chinese Appetizers – Egg Rolls, Crab

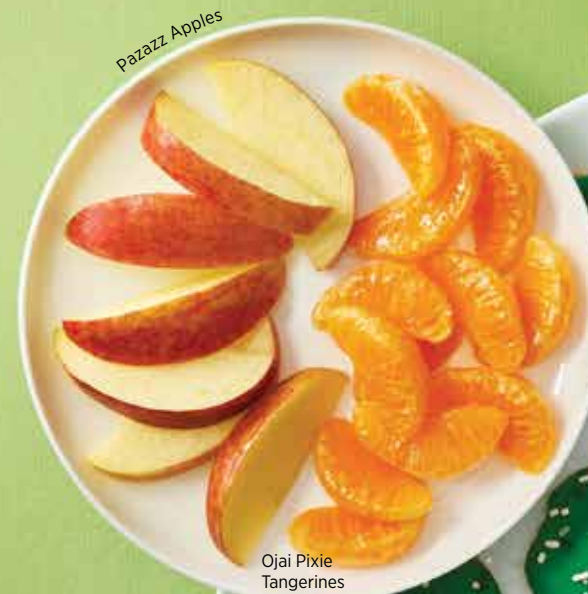
Rangoon, Pot Stickers

**Bakery:** Texas-Size Coffee Cakes



Kerrygold Irish Cheddar

Claddagh Bó Irish Cheddar



Pazazz Apples

Ojai Pixie Tangerines



Iced Cutout Cookies



Shrimp Skewers

Irish Mint Cupcakes





**HyVee**



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