

Hu•Vee® FOOD | LIFE | HEALTH
Seasons

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Seasons



GET GRILLIN'

may
Prices good May 1-31, 2020

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MAY 2020

food



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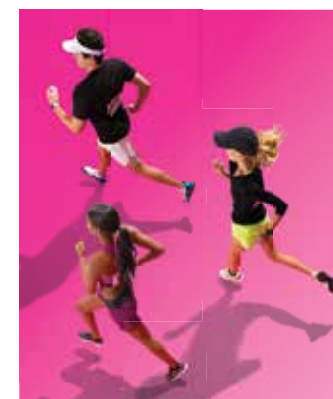
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#HelpfulSmileStrong



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

As we Midwesterners have faced the challenges of a global pandemic, we have also united against a common enemy with faith and resolve. It may seem like the world has stopped, but that doesn't mean you have to. Be encouraged by the onset of warmer weather and use this unique opportunity to better your life.

It's time to get outdoors and enjoy the back deck or patio. May is for grilling, and this issue of *Hy-Vee Seasons* has recipes and ideas for terrific burgers! Check out *page 10* for scrumptious patties featuring beef, salmon, turkey and veggies. Enjoy colorful fruity cocktails, *page 38*, or make a tasty outdoor lunch, *page 60*. Need inspiration setting up an outdoor space? Turn to *page 78* for basics on grills and *page 68* for stylish outdoor living ideas.

Here's to spending time in the sun and to our good health!

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make it a s'mores saturday

#SmoresSaturday



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select varieties
6 pk.
3.99

SINCE 1894
HERSHEY'S

aisles

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

introducing

WELLY

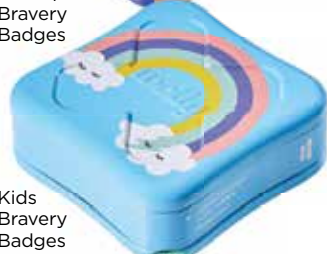
This new line of premium bandages and first aid products comes in tins in a range of prints, patterns and colors. Bandages follow suit—veritable badges of honor for the cuts and scrapes of life.



Kids Bravery Badges



Waterproof Bravery Badges



Kids Bravery Badges



Bravery Badges



Bravery Badges



FRIED CHICKEN BUCKET

By the piece or by the bucket, Hy-Vee's classic fried chicken is a mouthwatering monument to the best of traditional American picnic foods. Each bite starts with a crispy, crunchy outer layer flavored

with just the right amount of spices. Next comes the buttery tenderness of the meat, deep fried to juicy perfection and practically falling off the bone. Hy-Vee fried chicken—it's truly YUM-eee!

NEW AT HY-VEE!

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

DELI
Sikorski Meat



These award-winning, naturally wood-smoked meats are now available at Hy-Vee. Crafted in Canada, they offer authentic Polish taste.

FROZEN
Nestlé USA Life Cuisine



This new line of frozen dinners features everything from Meatlovers Cauliflower Pizza Bowl to Korean Style BBQ Beef Bowl to Buffalo Style Chicken & Cauliflower Bowl.

PANTRY
General Mills



The first meal of the day makes a lasting impression with these new cereals: Lucky Charms Honey Clovers, Cinnamon Cheerios and Minions Vanilla Cake.

PANTRY
Kellogg's Jumbo Snax



Sized for snacking, Kellogg's Jumbo Snax include Froot Loops, Tiger Paws, Corn Pops and Apple Jacks. Enjoy them anytime—no milk needed!

now
trending

IT'S PICONIC TIME!

HY-VEE HAS WHAT YOU NEED—OTHER THAN SUNNY WEATHER (THAT'S MOTHER NATURE'S JOB)



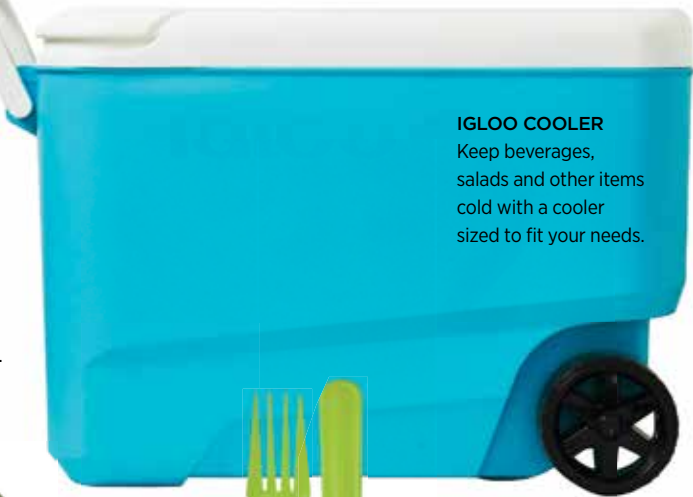
GENERAL STORE
BEVERAGE
DISPENSER

Drinks are easy to serve in this 1-gal. glass jar with spigot.



CORN HOLDERS

Simple but effective, they keep fingers off hot, buttered corn on the cob.



IGLOO COOLER

Keep beverages, salads and other items cold with a cooler sized to fit your needs.

PLATES &
NAPKINS

Watermelon-theme plates and napkins are sure to inspire a picnic mood.



PLASTIC
TABLEWARE

Convenient utensils are washable and reusable.

CHAIRS

Lawn chairs that transport easily make lounging comfortable.

PLATE HOLDERS

Use colorful and sturdy plate holders to prevent plates from folding.



OUTDOOR
LAWN DARTS

An old favorite is back, this time with built-in safety.



OFF! DEEP
WOODS
BUG SPRAY

Play a game of keep-away with mosquitos, gnats, ticks and more.

RUBBERMAID
SERVING BOWLS

Serving, transport and storage are easy with durable TakeAlongs.



brand
highlight

ARTISAN BREAD

Baked fresh every morning, Artisan Bread is now available at 66 Hy-Vee locations. Choose from favorites such as whole-grain hearth, Asiago cheese, jalapeño Cheddar, rosemary olive, sourdough, onion rye and raisin walnut.



donut of
the month

STRAWBERRY
S'MORESCAKE DONUT

Get ready for a switch hit: strawberry and s'mores. Hey, why should chocolate have all the fun?



takes
the
cake

BEEFCAKE

Wherever your imagination takes you, Hy-Vee’s talented cake designers can meet you there. Just walk in or schedule a time to discuss what you have in

mind and let them take it from there. Or let them toss a few ideas your way. Whether you want a cake to spotlight a hobby or special interest or to

commemorate an event, Hy-Vee has you covered. The cake *above* was created by Hy-Vee cake designer Stephanie Dillon in honor of May Burger Month.



Burgers were covered with fondant, dimpled, then “painted” with a brown gel and water mix.



The 14-in.-diameter burger cake rounds were placed atop airbrushed 12-in.-diameter buns.



Burger rounds were held in place with plastic pillars, then decorated with fondant.



Fondant in various colors was pressed into flat shapes and poked for more realistic texture.

It’s “Diner” Time!
See how this ode to traditional diner fare came together. Watch our video at [HSTV.com](https://www.hstvtv.com).



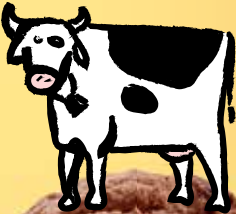
Watch and learn at [HSTV.com](https://www.hstvtv.com) today!

OLD MACDONALD HAD A PINT.



TIL the
COWS
Come HOME™
ICE CREAM

WHETHER YOU’RE FEELING FUNKY OR SPUNKY, YOU’RE SURE TO FIND A PINT OF TIL THE COWS COME HOME™ ICE CREAM TO MATCH YOUR MOOD. FROM IT WAS MINT TO BE™ TO MIND YOUR PECAN QS™ AND SHIVER ME TRUFFLES™, THERE ARE A VARIETY OF UDDERLY IRRESISTIBLE FLAVORS TO CHOOSE FROM — AND JUST AS MANY EXCUSES TO NOT SHARE. TRY IT TODAY!



HyVee®

**EVEN OUR
ADVICE
IS A CUT
ABOVE.**

At Hy-Vee, our experienced meat specialists will not only help you choose the right cut, they can also give you recipes and grilling tips, too. You won't find a better selection of the best steaks — or experts — anywhere else.



food

A thoughtful gift for Mom, a berry-good brunch, burgers galore and more.

- 10** BRING ON THE BURGERS!
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BRING ON THE BURGERS!



Serve up succulent, super-moist burgers piled high with layers of flavor. Learn how to make beef, turkey, salmon or veggie burgers taste as good as they look. For easy prep, choose Hy-Vee's fresh gourmet burgers, packed with the tastiest ingredients. Just take your pick, grab some buns and get grilling!

LEARN THE BASICS

COMBINE HIGH-QUALITY GROUND BEEF, EXPERT SHAPING AND FLAVORFUL SEASONINGS TO GET TENDER, JUICY GRILLED BURGERS.

1

CHOOSE A PROTEIN BASE

- **Ground beef** is popular for crowd-pleasing All-American grilled burgers.
- **Ground turkey** or **chicken** are lean options; special mix-ins or condiments contribute moistness.
- **Salmon**, finely chopped or coarsely ground in a food processor and combined with panko, holds together well.
- **Veggie** burgers consisting of plant-based proteins—such as beans—get a toothsome chew by adding grains, such as brown rice.

2

GET A GOOD BEEF GRIND

For the ultimate in juiciness, buy beef with **15 to 20 percent fat** content—enough fat to keep a burger moist and juicy as the bulk of the fat drips away during grilling. Coarsely ground meat gives the best texture. **To grind beef** at home, use heavily marbled cuts such as brisket, short ribs and chuck.



3

SEASON LIBERALLY!

Add a little sausage, chunks of cheese, bits of sweet or hot peppers or chopped onions to ground meat. A tablespoon of fresh herbs or a few dashes of Worcestershire sauce can turn up the flavor. **Season patties with salt** just before grilling for better taste.

4

PICK FRESH, STURDY BUNS

Hy-Vee Bakery buns are your freshest best and will hold up to 8-oz. patties. Always toast the buns so they're sturdy enough to hold the burger yet still have a soft, fluffy inside. Flavored buns, such as ones topped with onion or sesame seeds, add flavor appeal to a burger.



Perfect Patties

Select quality ground beef, then follow these tips to shape and prep patties for the grill.

Mix lightly. Use a fork to combine ingredients, then gently pat meat into a patty.

Size patties to fit buns. Shape patties about 1 in. larger than the bun, taking into account shrinkage during cooking.

Form a slight impression in the center of each patty. Indent by pressing a thumb or bowl of a spoon in center of each patty to prevent patties from puffing in center and to ensure even cooking.

Refrigerate ground beef until time to form patties. When forming patties ahead, refrigerate them until grill time. Once the burgers are cooked, transfer them to a clean plate.

BBQ Apple- Beer Burgers

Hands On 30 minutes
Total Time 53 minutes
Serves 6

- 10 slices Hy-Vee double-smoked bacon, divided**
- 2 Fuji red apples, cored and divided**
- 1 white onion, divided**
- 2 (1 lb.) pkg. 85%-lean ground beef**
- ¼ cup stout beer**
- 2 cloves garlic, minced**
- 2 tsp. finely chopped fresh thyme**
- 1 tsp. Hy-Vee salt**
- ¼ tsp. Hy-Vee black pepper**
- 6 slices Hy-Vee deli-style smoked Gouda cheese**
- ¾ cup Culinary Tours craft beer chipotle BBQ sauce**
- 6 Hy-Vee Bakery pretzel buns, split and toasted**
- 6 leaves Bibb lettuce**

1. FINELY CHOP 4 slices bacon, 1 apple and half of onion; combine in a large bowl. Add beef, beer, garlic, thyme, salt and pepper; combine well. Form mixture into 6 (¾-in.-thick) patties.

2. CUT remaining 6 bacon slices in half crosswise. Cook bacon in a large skillet over medium-high heat until crisp. Drain on paper towels; set aside.

3. PREHEAT a gas or charcoal grill with a greased grill rack for direct cooking over medium heat (350°F). Grill beef patties for 12 to 15 minutes or until well-done (160°F), turning once. Top with cheese slices during the last minute of cooking.

4. TO SERVE, cut remaining apple and remaining onion half into thin slices. Spread 1 Tbsp. BBQ sauce on bun bottoms; layer lettuce, apple slices, burgers, bacon and onion slices. Add bun tops.

Per serving: 810 calories, 30 g fat, 13 g saturated fat, 0.5 g trans fat, 120 mg cholesterol, 1,850 mg sodium, 86 g carbohydrates, 2 g fiber, 22 g sugar (8 g added sugar), 47 g protein. **Daily Values:** Vitamin D 0%, Calcium 25%, Iron 45%, Potassium 10%

GRILL GUIDE

PREPARE THE GRILL FOR DIRECT COOKING OVER MEDIUM HEAT. CLEAN AND OIL THE GRILL GRATES, THEN YOU'RE READY TO GRILL BURGERS.



1

ADD PATTIES TO GRILL
Spread patties so heat circulates around them. When it's time to flip burgers, slip the edge of a spatula underneath a burger and gently lift. If the meat sticks to the grate, continue grilling until you can lift the edge of the burger easily without sticking.



2

ADD CHEESE AND BUNS
Top burgers with cheese slices about 1 minute before they finish cooking. Butter bun tops and bottoms, then toast on the back of the grill away from direct heat during the last minute of grilling.



3

CHECK DONESS
Insert an instant-read thermometer into the side of the patty (meat color is not always an accurate indicator). We suggest USDA recommendations for grilling ground beef patties to well-done without any pink in the center (160°F).



4

LET BURGERS REST
A minute of resting time allows juices to redistribute throughout the burger for a flavorful experience.

DIRECT VS INDIRECT GRILLING

Use **direct grilling** and medium heat to cook thin patties ($\frac{1}{2}$ in. thick) on the grill rack directly over the heat source. Use **indirect grilling** to cook thicker patties ($\frac{3}{4}$ in. or more) on the grill rack away from the heat source. Indirect heat will allow burgers to cook through without burning.

Southwestern Chicken Burgers

Hands On 20 minutes
Total Time 32 minutes
Serves 4

2 lb. 95%-lean ground chicken
1 (4-oz.) can Hy-Vee hot diced jalapeño peppers, drained
 $\frac{1}{2}$ cup chopped fresh cilantro, plus additional for garnish
5 cloves garlic, minced
2 tsp. fresh lime zest

2 Tbsp. fresh lime juice
1 tsp. Hy-Vee salt
1 tsp. Hy-Vee chili powder
 $\frac{1}{2}$ tsp. Hy-Vee ground cumin
1 ear Hy-Vee Short Cuts sweet corn or Hy-Vee frozen corn on the cob, thawed
1 tsp. Gustare Vita olive oil

8 slices Hy-Vee sliced pepper Jack cheese
 $\frac{1}{2}$ cup purchased guacamole
4 Hy-Vee Bakery wheat hamburger buns, split and toasted
 $\frac{1}{2}$ cup fresh pico de gallo
Romaine lettuce leaves, for serving

1. COMBINE chicken, jalapeño peppers, cilantro, garlic, lime zest, lime juice, salt, chili powder and cumin in a medium bowl.

Form mixture into 8 ($\frac{1}{2}$ -in.-thick) patties.

2. PREHEAT a charcoal or gas grill with a greased grill rack for direct cooking over medium heat (350°F). Brush corn with oil. Place chicken patties and corn on grill. Grill for 10 to 12 minutes or until patties are cooked through (165°F) and corn is charred, turning burgers once and corn occasionally. Top burgers

with cheese slices during the last minute of cooking.
3. CUT corn from cob, discard cob. To serve, spread guacamole on bun bottoms. Layer cilantro and chicken patties. Top with pico de gallo, charred corn and romaine. Add bun tops.

Per serving: 690 calories, 43 g fat, 14 g saturated fat, 0 g trans fat, 200 mg cholesterol, 1,790 mg sodium, 35 g carbohydrates, 12 g fiber, 7 g sugar (0 g added sugar), 55 g protein. **Daily Values:** Vitamin D 0%, Calcium 30%, Iron 20%, Potassium 6%

KEEP 'EM JUICY!

Resist the urge to press the patties as you flip them on the grill. Pressing forces out moisture and fat—and results in less-flavorful burgers.

TENDER JUICY PATTIES

Chicken burgers have minimal fat, and dry out when overcooked. For moist burgers, as soon as they test done, transfer to a baking dish with a small amount of chicken broth. Cover with foil and place in a warm oven until serving time.

Top 'em Off

Choose toppers that contrast in taste or texture to the meat and bun. A few examples:



GREENS/VEGGIES

- Bibb lettuce
- Tomatoes
- Red onions
- Coleslaw
- Roasted red peppers
- Avocado
- Cucumber slices
- Grilled sweet corn
- Spinach or arugula



CHEESE

- Pungent, salty feta or blue crumbles
- Rich, melty American, pepper Jack or Monterey Jack slices
- Tangy goat cheese
- Creamy Brie
- Smoked Gouda slices
- Salty, aged Cheddar slices



CONDIMENTS

- Pepperoncini
- Pickled beets
- Dill pickles
- Pickled jalapeño slices
- Pesto
- Steak sauce
- Mayo
- Ketchup
- Hot sauce
- Ranch dressing
- BBQ sauce
- Tzatziki sauce
- Pico de gallo



EXTRAS

- Cornichons
- Bacon
- Fried egg
- Sautéed garlic
- Sautéed mushrooms
- Onion rings
- Fresh jalapeño slices
- Grilled pineapple slices
- Guacamole
- French fries
- Potato chips
- Fresh herbs
- Caramelized onions
- Bacon-onion jam



1

BEER BRATWURST BURGER

Theme: BLT

- Bread: ciabatta
- Spread: Parmesan-lemon mayo
- Toppers: bacon slices, iceberg lettuce, tomato slices



2

CLASSIC SALMON BURGER

Theme: Asian

- Bread: Hy-Vee Bakery sesame bun
- Spread: mayo + ginger paste
- Toppers: broccoli slaw with shredded purple cabbage stirred in, tomato slices



6

COWGIRL CHICKEN GRILLER BURGER

Theme: Italian

- Bread: Hy-Vee Bakery Toscano bread slices
- Spread: purchased green pesto
- Toppers: grilled Hy-Vee Short Cuts peppers and onions



9

COWBOY CHICKEN GRILLER BURGER

Theme: Southwest

- Bread: Hy-Vee Bakery plain bun
- Spread: purchased nacho cheese sauce
- Toppers: chopped tomato, avocado, black beans, chopped iceberg lettuce, salad tortilla strips



3

BEEF BURGER

Theme: Pizza

- Bread: Hy-Vee Bakery pretzel bun
- Spread: pizza sauce, soft mozzarella cheese
- Toppers: pepperoni slices & fresh basil



4

JALAPEÑO PEPPER JACK BURGER

Theme: Loaded Chili Burger

- Bread: Hawaiian bun
- Spread: canned chili
- Toppers: Fritos corn chips, shredded Cheddar cheese melting into burger, chopped red onion, yellow bell pepper slices



5

GROUND PORK BURGER

Theme: Poutine

- Bread: Hy-Vee Bakery Sourdough bread slices
- Spread: garlic butter
- Toppers: crisp French fries, brown gravy, cheese curds, sliced green onions

HY-VEE READY-TO-GRILL BURGERS

YOUR HY-VEE MEAT DEPARTMENT OFFERS AMAZING BURGERS MADE WITH TOP-QUALITY INGREDIENTS. FROM BASIC TO UNIQUE FLAVOR COMBINATIONS, YOU'LL FIND BURGER OPTIONS TO SUIT EVERY TASTE.

7

PINEAPPLE BRAT BURGER

Theme: Hawaiian

- Bread: lettuce buns
- Spread: sweet BBQ sauce or ketchup
- Toppers: thin ham slice, grilled pineapple slices, red bell pepper, red onion



8

GOURMET STEAKHOUSE BURGER MIGNON

Theme: Premium Steakburger

- Bread: brioche bun
- Spread: Stonewall Kitchens roasted garlic onion jam
- Toppers: arugula, tomato slices, blue cheese crumbles



10

GROUND TURKEY BURGER

Theme: Bahn Mi

- Bread: quartered Hy-Vee Bakery French baguette
- Spread: mayo + lemongrass paste
- Toppers: seedless cucumber slices, bagged shredded carrots, radish slices, cilantro



Swap in butter lettuce in place of the bun to cut 140 calories or more per sandwich.

MADE FOR GRILLING

Savor the smoky flavor of a grilled veggie burger, which rises to new heights when prepared on a grill. Chilling the patties makes them firm so they hold shape during grilling.

Grilled Beet Burgers

Hands On 20 minutes
Total Time 1 hour 50 minutes
Serves 4

8 oz. grated, peeled red beets
1 cup Hy-Vee no-salt-added garbanzo beans, drained and rinsed
¾ cup cooked Hy-Vee instant brown rice

½ cup Hy-Vee plain panko bread crumbs
1 Hy-Vee large egg
2 cloves garlic
1 tsp. Hy-Vee dried thyme leaves
1 tsp. smoked paprika
1 tsp. Hy-Vee ground cumin
½ tsp. Hy-Vee salt
¼ tsp. Hy-Vee black pepper
4 (¼-in.) fresh pineapple slices
1 tsp. Gustare Vita olive oil
4 (1-oz.) slices Hy-Vee sliced Swiss cheese
½ cup Hy-Vee stone-ground Dijon mustard
4 Hy-Vee Bakery Hy-Waiian hamburger buns, split and toasted

1 cup fresh arugula
4 pasteurized eggs, fried sunny-side up

1. PROCESS beets, beans, rice, panko, uncooked egg, garlic, thyme, smoked paprika, cumin, salt and pepper in food processor until combined. Form mixture into 4 patties; refrigerate for 1 hour.

2. PREHEAT a charcoal or gas grill with a greased grill rack for direct cooking over medium heat (350°F). Brush pineapple with oil. Grill patties and pineapple 6 to

8 minutes or until patties are done (165°F) and pineapple is slightly charred, turning once. Top patties with cheese slices during last minute of cooking.

3. TO ASSEMBLE, spread mustard on cut sides of buns. Layer arugula, pineapple, beet patties and fried eggs on bun bottoms. Add bun tops.

Per serving: 640 calories, 25 g fat, 9 g saturated fat, 0 g trans fat, 275 mg cholesterol, 1,300 mg sodium, 79 g carbohydrates, 8 g fiber, 24 g sugar (0 g added sugar), 30 g protein. Daily Values: Vitamin D 6%, Calcium 30%, Iron 35%, Potassium 15%

Blackened Salmon Burgers with Mango Slaw

Hands On 30 minutes
Total Time 44 minutes
Serves 4

½ mango, peeled, pitted and chopped
1 Tbsp. finely chopped Hy-Vee Short Cuts red onions
1½ tsp. chopped jalapeño pepper
1 Tbsp. finely chopped fresh cilantro
1½ tsp. fresh lime juice
Dash Hy-Vee ground cumin
1 cup finely shredded red cabbage
2 Tbsp. bottled coleslaw dressing
1 (1-lb.) boneless skinless salmon fillet
½ cup Hy-Vee plain panko breadcrumbs
2 Tbsp. Traeger blackened Saskatchewan rub
½ cup Hy-Vee Select chipotle mayo
4 Hy-Vee Bakery onion hamburger buns, split and toasted

1. TOSS together mango, red onions, jalapeño, cilantro, lime juice and cumin in a medium bowl. Cover and chill until serving time. Combine cabbage and coleslaw dressing in another bowl. Cover and chill until ready to serve.

2. CUT salmon into large pieces. Combine salmon, panko and rub in a food processor. Cover and process into ¼-in. pieces, stopping to scrape sides of processor as needed. Form mixture into 4 patties.

3. PREHEAT a charcoal or gas grill with a greased grill rack for direct cooking over medium heat (350°F). Grill salmon patties 8 to 10 minutes or until cooked through (160°F).

4. TO ASSEMBLE, spread 1 Tbsp. mayo on bun tops and bottoms. Place burgers on bun bottoms; top with cabbage and mango mixtures. Add bun tops.

Per serving: 640 calories, 36 g fat, 5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 1,150 mg sodium, 48 g carbohydrates, 1 g fiber, 15 g sugar (2 g added sugar), 30 g protein. Daily Values: Vitamin D 60%, Calcium 4%, Iron 10%, Potassium 15%

time saver

Love salmon burgers but not a fan of making them from scratch? Pick up prepared salmon patties at your Hy-Vee Seafood Department and get grilling!

FOR IMPROVED TEXTURE

Pulse salmon very lightly in a food processor, being careful not to overmix—it should be chunky, not smooth. Or finely chop the salmon by hand.



pro tip: DON'T SKIP A BEET—BURGER, THAT IS!

“Beets are dietitian-approved for many reasons, mainly because they are a natural, energizing food that relaxes blood vessels for easier blood flow and oxygen delivery throughout the body. Beets are also rich in potassium and can help lower blood pressure. For an

added 6 grams of protein, top any plant-based burger with a fried, scrambled or poached egg.”

—Erin Good
Registered Dietitian
Hy-Vee, Waukee, Iowa

Greek Turkey Burgers

Hands On 20 minutes
Total Time 35 minutes
Serves 4

2 cups lightly packed fresh spinach (1½ oz.), divided
1 lb. 93%-lean ground turkey
1 Hy-Vee large egg, beaten

½ cup Soirée traditional feta cheese crumbles
1 Tbsp. finely chopped Italian parsley
2 cloves garlic, minced
¼ tsp. Hy-Vee black pepper
4 Hy-Vee Bakery white hamburger buns, split and toasted
½ cup purchased tzatziki Greek dip
4 beefsteak tomato slices
½ cup seedless cucumber, cut into ribbons
½ cup sliced red onion

1. **FINELY CHOP** 1 cup (¾ oz.) spinach. Combine turkey, egg, chopped spinach, feta cheese, parsley, garlic and pepper in a medium bowl. Form mixture into 4 patties.

2. **PREHEAT** a charcoal or gas grill with a greased grill rack for direct cooking over medium heat (350°F).

3. **GRILL** turkey patties for 12 to 15 minutes or until cooked through (165°F), turning once halfway through.

4. **TO ASSEMBLE**, layer remaining 1 cup (¾ oz.) spinach, tomato slices and turkey burgers on bun bottoms. Spread 2 Tbsp. tzatziki dip on top of each burger. Top

with cucumber ribbons and red onion slices. Add bun tops.

Per serving: 510 calories, 28 g fat, 7 g saturated fat, 0 g trans fat, 100 mg cholesterol, 710 mg sodium, 33 g carbohydrates, 2 g fiber, 7 g sugar (0 g added sugar), 30 g protein. Daily Values: Vitamin D 0%, Calcium 15%, Iron 20%, Potassium 2%

BURGER-LICIOUS!

Spinach and feta boost flavor and moistness in turkey burgers. For extra flavor, brush cut sides of buns with Gustare Vita garlic-flavored olive oil before toasting.



Swap in ground beef in place of turkey and serve in pita pockets for a different take on burger night.

5 MORE WAYS TO STUFF 'EM

MIX EXTRA FLAVOR AND JUICINESS INTO BURGERS WITH THESE INGREDIENTS.



1

HERB BUTTER

Find it at your Hy-Vee Meat Counter.



2

CHEESE

Gouda, Brie, Cheddar, Blue or Muenster.



3

PIZZA FIXINGS

Fresh mozzarella cheese + pizza sauce + pepperoni + sliced olives or chopped bell pepper.



4

SPINACH-ARTICHOKE DIP

Purchase readymade at your local Hy-Vee.



5

JALAPEÑO

Combine desired amount of chopped jalapeño pepper and cream cheese.

Mac & Cheese-Stuffed Burgers

Hands On 20 minutes
Total Time 35 minutes
Serves 4

2 lb. 85%-lean ground beef
1 Tbsp. Hy-Vee Worcestershire sauce

2 cloves garlic, minced
½ tsp. Hy-Vee black pepper
½ cup Hy-Vee Hickory House white Cheddar macaroni and cheese
¼ cup Hy-Vee shredded sharp Cheddar cheese
8 Hy-Vee frozen onion rings
4 Hy-Vee Bakery seeded buns, split and toasted
½ cup Hy-Vee spicy buffalo mayo dip and sauce
4 leaves Bibb lettuce
12 Hy-Vee bread and butter pickle slices

1. **COMBINE** beef, Worcestershire sauce, garlic and pepper; form mixture into 8 (½-in.) patties.

2. **SPOON** 3 Tbsp. macaroni and cheese in the center of four patties; sprinkle with cheese. Top with remaining patties; pinch edges together all the way around to seal filling inside.

3. **PREPARE** a charcoal or gas grill with a greased grill rack for direct cooking over medium heat (350°F). Grill patties 10 to 12 minutes or until well-done

(165°F), turning halfway through. Place onion rings on grill during the last 5 minutes of cooking. Grill until golden brown, turning once.

4. **SPREAD** cut sides of buns with mayo. Layer lettuce, beef patties, pickles and onion rings on bun bottoms. Add bun tops.

Per serving: 960 calories, 61 g fat, 17 g saturated fat, 2 g trans fat, 180 mg cholesterol, 1,330 mg sodium, 50 g carbohydrates, 1 g fiber, 12 g sugar (3 g added sugar), 53 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 40%, Potassium 15%

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**Short
CUTS**



Berries

Brunch

BRIGHTEN A BRUNCH WITH LUSCIOUS, RIPE BERRIES FROM HY-VEE, WHERE ONLY THE SWEETEST, JUICIEST, BEST-SOURCED FRUITS MAKE IT TO THE PRODUCE AISLES.



Lemon-Glazed Triple-Berry Streusel Bread

Hands On 20 minutes
Total Time 1 hour 30 minutes plus cooling time
Makes 1 loaf (16 slices)

- 2¼ cups plus 1 Tbsp. Hy-Vee all-purpose flour, divided
- 2 Tbsp. plus 1 cup Hy-Vee granulated sugar
- ½ tsp. Hy-Vee ground cinnamon
- ¼ tsp. Hy-Vee ground nutmeg
- 3 Tbsp. Hy-Vee salted butter, cold
- 3 Tbsp. Hy-Vee chopped pecans
- 2 cups mixed blueberries, raspberries and coarsely chopped strawberries
- 1 tsp. Hy-Vee baking powder
- ½ tsp. Hy-Vee salt
- 1 Hy-Vee large egg, beaten

- 1 cup Hy-Vee skim milk
- ¼ cup Hy-Vee canola oil
- 1 Tbsp. lemon zest
- 1 tsp. Hy-Vee vanilla extract
- 1 cup Hy-Vee powdered sugar
- 1 to 2 Tbsp. fresh lemon juice

1. PREHEAT oven to 350°F. Grease bottom and sides of a 9x5-in. loaf pan; set aside. For streusel, combine ¼ cup flour, 2 Tbsp. sugar, cinnamon and nutmeg. Cut in butter until mixture resembles coarse crumbs; stir in pecans. Set streusel aside.

2. FOR BREAD, toss berries with 1 Tbsp. flour; set aside. Combine remaining 2 cups flour, remaining 1 cup sugar, baking powder and salt in a large bowl. Make a well in center of the flour mixture; set aside. Combine egg, milk, oil, lemon zest and vanilla in a medium bowl. Add egg mixture all at once to flour mixture. Stir just until moistened; batter will be lumpy.

Fold in berries. Spoon batter into prepared pan, spreading evenly. Sprinkle streusel on top.

3. BAKE for 60 to 65 minutes or until a toothpick inserted near the center comes out clean. Cool in pan on a wire rack for 10 minutes. Remove bread from pan. Cool completely on wire rack.

4. COMBINE powdered sugar and enough lemon juice to make a thick glaze. Drizzle glaze over loaf; slice and serve.

Per serving (1 slice): 240 calories, 7 g fat, 2 g saturated fat, 0 g trans fat, 20 mg cholesterol, 130 mg sodium, 41 g carbohydrates, 1 g fiber, 25 g sugar (23 g added sugar), 3 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 2%

Homemade Hero
Say howdy to homemade with this streusel bread recipe. See how it was made in our new video.



Hy-Vee
Short CUTS

Save time with Hy-Vee Short Cuts Triple-Berry Blend and Short Cuts Strawberries. They're washed and ready to use in recipes.

BUYER'S GUIDE



GROWING BERRIES FOR OVER 100 YEARS

Family-owned and -operated, Driscoll's is on a constant mission to cultivate and grow the juiciest and most flavorful strawberries, raspberries, blackberries and blueberries.

Carefully Grown—
The botanists and breeding specialists at California-based Driscoll's develop varieties with top flavor, texture and

juiciness. Berries are handpicked and packed in the field before shipping; only the highest-quality fruits make it to Hy-Vee.

Tasty Results—
Driscoll's harvests glossy heart-shape strawberries with exceptional sweetness; fragrant, juicy raspberries;

rich-flavor blackberries with a balance of sweetness and acidity; and firm blueberries with sweet, slightly tart flavor.

Waffle French Toast Sticks with Berry Compote

Hands On 15 minutes
Total Time 36 minutes
Makes 4 servings (8 sticks plus ¼ cup compote each)

- 1 (1-lb.) pkg. Hy-Vee Short Cuts triple-berry blend, divided
- ½ cup Hy-Vee granulated sugar
- 2 Tbsp. fresh orange juice
- Hy-Vee nonstick cooking spray
- 5 Hy-Vee large eggs, beaten

- ⅓ cup Hy-Vee half-and-half
- ¼ cup packed Hy-Vee brown sugar
- 1 tsp. Hy-Vee vanilla extract
- ¼ tsp. orange zest
- ¼ tsp. Hy-Vee ground cinnamon
- 8 (½-in.) slices Hy-Vee Bakery challah* or cinnamon swirl bread
- Hy-Vee powdered sugar, for garnish

1. PREHEAT oven to 200°F. Place a wire rack in a large rimmed pan; set aside.

2. SET aside 1 cup berries. For berry compote, combine remaining berries, granulated sugar and orange juice in a small saucepan. Heat over medium heat 2 to 4 minutes or just until berries begin to break down, stirring occasionally. Remove from heat; stir in reserved 1 cup berries, then set aside.

3. SPRAY grids of a Belgian or regular waffle maker with cooking spray; wipe off excess. Preheat waffle maker to medium-high.

4. WHISK together eggs, half-and-half, brown sugar, vanilla, orange zest and cinnamon in a shallow bowl. Soak bread slices in egg mixture, for 3 minutes, coating both sides. Place soaked bread on heated waffle iron; close lid and gently press down. Bake according to manufacturer's instructions or until golden. Use a fork to lift toast off grids. Transfer to wire rack in pan; keep warm in oven. Repeat with remaining bread slices.

5. CUT each French toast slice into 4 strips. Sprinkle with powdered sugar, if desired. Serve with berry compote.

***NOTE:** Order challah from your Hy-Vee Bakery.

Per serving: 450 calories, 12 g fat, 5 g saturated fat, 0 g trans fat, 270 mg cholesterol, 400 mg sodium, 73 g carbohydrates, 1 g fiber, 43 g sugar (30 g added sugar), 14 g protein. **Daily Values:** Vitamin D 6%, Calcium 8%, Iron 10%, Potassium 6%



Make with Hy-Vee Bakery Fresh bread. No need to mix batter!

BERRY EASY



Try this family-favorite recipe from Donna Tweeten, Executive Vice President, Chief Marketing Officer & Chief Customer Officer, at Hy-Vee!

FUN FACT

Sausage Egg-Bake Casserole

Hands On 20 minutes
Total Time 2 hours plus chilling time
Serves 12

Hy-Vee nonstick cooking spray
4 cups of Hy-Vee garlic butter-flavored croutons

2 (8-oz.) pkg. Hy-Vee shredded sharp Cheddar cheese, divided
1½ lb. pork sausage
6 Hy-Vee large eggs, lightly beaten
3¾ cups Hy-Vee whole milk, divided
1 tsp. Hy-Vee black pepper
1 tsp. Hy-Vee mustard powder
1½ (10.5-oz.) cans Hy-Vee condensed cream of mushroom soup
1 lb. Hy-Vee frozen country-style shredded potatoes

1. SPRAY a 3-qt. baking dish with nonstick spray. Spread croutons in dish; sprinkle

with 2 cups cheese. Set aside. Cook sausage in a skillet over medium heat until brown; drain. Spoon sausage over cheese layer in dish. Whisk together eggs, 3 cups milk, pepper and mustard powder; pour over sausage layer. Cover and refrigerate overnight.

2. PREHEAT oven to 300°F. Remove casserole from refrigerator. Combine condensed soup and remaining ¾ cup milk in a bowl. Uncover casserole and pour soup mixture on top. Spread hash browns evenly

on top, then sprinkle with remaining 2 cups cheese. Cover; bake 1 hour and 15 minutes.

3. INCREASE oven temperature to 400°F. Uncover casserole and bake for 15 minutes more or until cheese is melted and begins to brown and casserole is heated through (165°F). Let stand for 10 minutes before serving.

Per serving: 540 calories, 36 g fat, 14 g saturated fat, 0 g trans fat, 180 mg cholesterol, 1,220 mg sodium, 30 g carbohydrates, 1 g fiber, 5 g sugar (0 g added sugar), 27 g protein. **Daily Values:** Vitamin D 15%, Calcium 30%, Iron 6%, Potassium 10%

Berry Lemonade

Combine ½ cup fresh blueberries, ¼ cup Hy-Vee granulated sugar and ¼ cup water in a small saucepan. Bring to boiling; reduce heat. Simmer for 3 minutes or until sugar is dissolved and blueberries start to release juices. Remove from heat; cool. Combine blueberry mixture with 3½ cups Hy-Vee lemonade in a large pitcher. Serves 4.

Cook berry sauce, then refrigerate in covered container up to 5 days before making lemonade.

MAKE IT AHEAD



Tropical Berry Fruit Cups

Combine 1 cup sliced strawberries, ¼ cup chopped Hy-Vee Short Cuts pineapple chunks, ½ cup peeled and sliced kiwi, ½ cup raspberries, ½ cup

blueberries and ½ cup blackberries in a medium bowl. Divide mixture among 6 (9-oz.) plastic freezer-safe cups; set aside. Whisk together 1 cup Hy-Vee 100% orange juice, 1 cup Hy-Vee coconut water, 2 Tbsp. finely chopped fresh mint and 1 Tbsp.

agave nectar in a large measuring cup. Pour mixture over fruit in cups. Cover and freeze for 4 hours or until firm. Before serving, allow cups to thaw at room temperature for 1 hour or until slushy. Serves 6.

Pick Up Brunch

Put together brunch in short order with delicious choices from Hy-Vee. Look for ready-to-serve foods from the bakery, fresh produce, deli and catering departments.



FRUIT TRAY Bring home a size and fruit variety to fit your crowd. Includes fruit dip. Also available at Hy-Vee: berry trays of hand-selected berries, melon medleys and fruit pizzas.

YOGURT BAR Order a Hy-Vee Catering yogurt bar: yogurt (plain, strawberry and blueberry), granola and fresh berries. Order in store or online at hy-vee.com.

DELI Pick up one of our fresh, ready-to-go appetizer trays excellent for any event. Or create your own charcuterie board with an assortment of our world-class artisan cheeses and meats, along with accompaniments like jams, crackers and more.



BREAKFAST PIZZA Grab a take-and-bake sausage or bacon breakfast pizza from Hy-Vee. Or order a specialty breakfast pizza with a wide variety of toppings through Hy-Vee Catering.

MUFFINS Set out Hy-Vee Bakery Fresh muffins, *right*. Choose from lemon-poppyseed, apple spice, double-Dutch and chocolate chip.



Pick up a Hy-Vee Strawberry Pie, then set it on a pie plate or dish for a homemade presentation.

BERRY FAST

Hy-Vee Strawberry Pie

LUSCIOUS BERRY GOODNESS
Plump strawberries fill a flaky crust and top creamy mounds of whipped topping. Find it in the refrigerated case in the Hy-Vee Bakery.



Gifts for Mom

Pick up something pretty, fragrant, sweet or simply special. All these Mother's Day gifts are available at Hy-Vee.



1

CANDY

Sugarpova Flirty Strawberry Cream
Lip-shape gummies brand created by tennis star Maria Sharapova; all-natural ingredients.

2

BATH & BODY

Philosophy Set "You're Amazing"
Foaming gel for hair and body, plus creamy moisturizer.

3

COSMETICS

MODA Cosmetics Brushes
Set of 5 quality brushes plus travel pouch.
Sophia Joy Travel Bag
With separate travel pouch inside.

4

COFFEE MUG

Kane Home Mother's Day Mug
Sweet message on a dishwasher- and microwave-safe coffee mug.

5

BAKERY

Hy-Vee Macarons
Meringue-based gourmet treats. These French cookies are almost too pretty to eat.

6

KITCHEN

Primula Copper Coffee Press
Makes smooth, rich French press coffee in style.
KitchenAid Artisan Mixer
Ten speeds, tilt head, 5-qt. bowl.

7

PERFUME

Marc Jacobs Daisy Dream
Fruity-floral perfume inspired by fresh daisies offers light and airy fragrance.

8

WINE & SPIRITS

Yes Way Rosé
Notes of citrus, strawberry and stone fruit.
Ketel One Botanical Grapefruit & Rose
Crisp, refined vodka infused with grapefruit and rose petals.

9

MOMMY & ME SOCKS

Joe Fresh Mother & Daughter Socks
A pair for Mom, a pair for her little girl. Fun, happy prints.

10

CANDLES

Yankee Candle Pink Sands
Mix of citrus, bright florals and spicy vanilla.
Yankee Candle Lilac Blossoms
Lush, heavenly aroma of fresh lilacs.

11

BASIN

Basin bath & body products soothe and pamper:
Bombshell Bath Salts
Daisy Soap
Japanese Cherry Blossom Bath Bomb
Lavender Natural Oil-based Soap

12

CARDS

Greeting Cards
Hy-Vee carries a wide variety of greeting cards for Mother's Day—including this card from Hallmark—and holidays throughout the year.

DON'T FORGET FLOWERS!



Por La Mejor



Best of the Bunch



Bountiful Love



In a Class By Herself

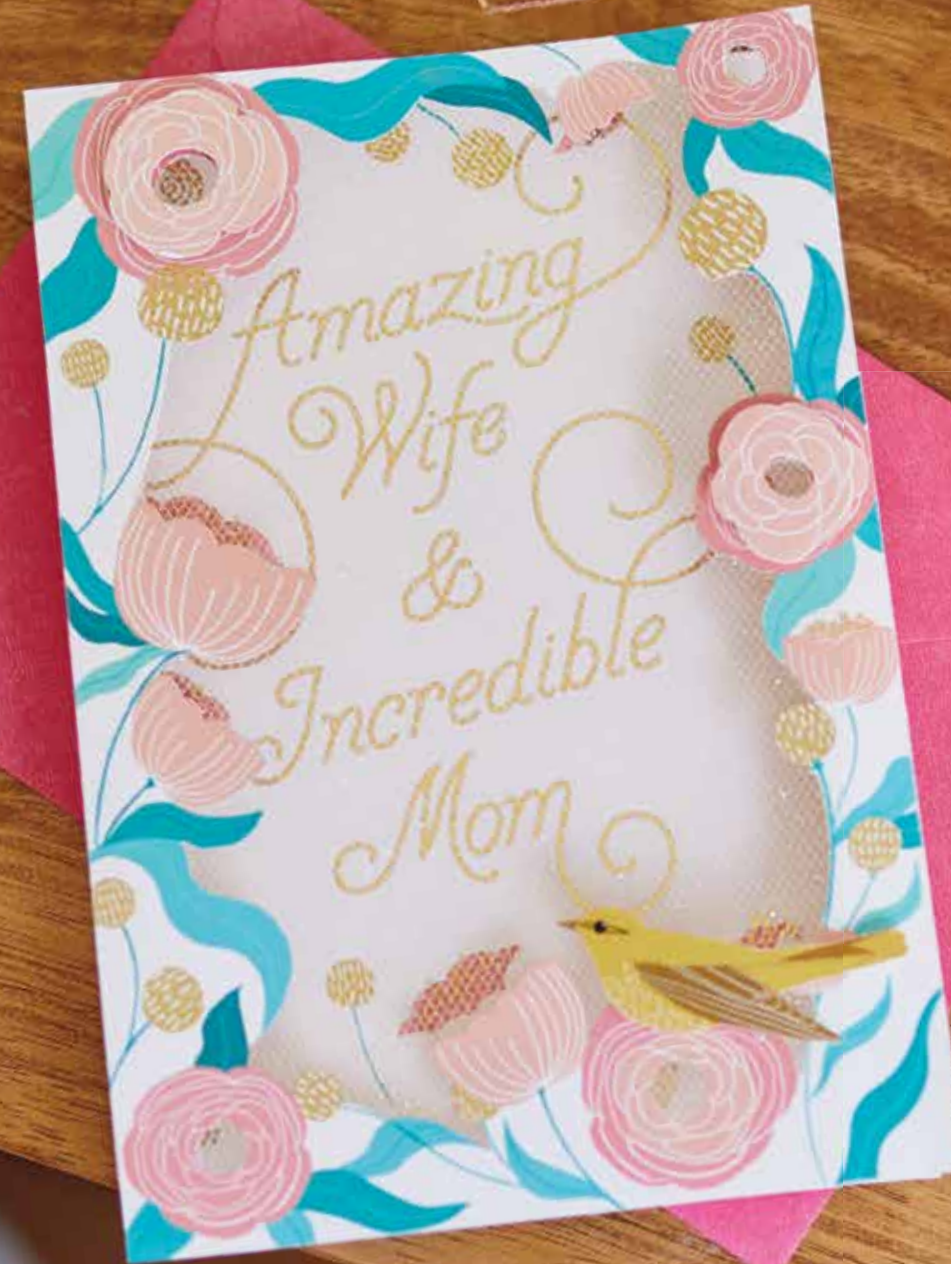


Succulent Hanging Basket

Give the gift of healthy smiles with **Oral-B**

Mother's Day

— 5.10.20 —



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From the hard work they put in
to the endless love they give, show
moms in your life how appreciated
they are with a Hallmark card.

Mother's Day is Sunday, May 10

For Mother's Day and more

From graduations to birthdays, there's
a Hallmark card for any occasion.



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101

AVOCADO

Smooth, creamy avocados make irresistibly delicious (and nutritious) snacks.

Nutrient-dense avocados are a tasty addition to a heart-healthy diet. Avocados are a strong source of healthy monounsaturated fat, which helps lower LDL cholesterol and reduces risk of heart disease. The fruit is also packed with about 13.5 grams of satiating fiber, which helps lower both blood pressure and cholesterol.

BUY Ripe avocados have a slight give when pressed but should not be soft or have soft spots. Pick avocados that are somewhat large, oval-shaped and heavy for their size.

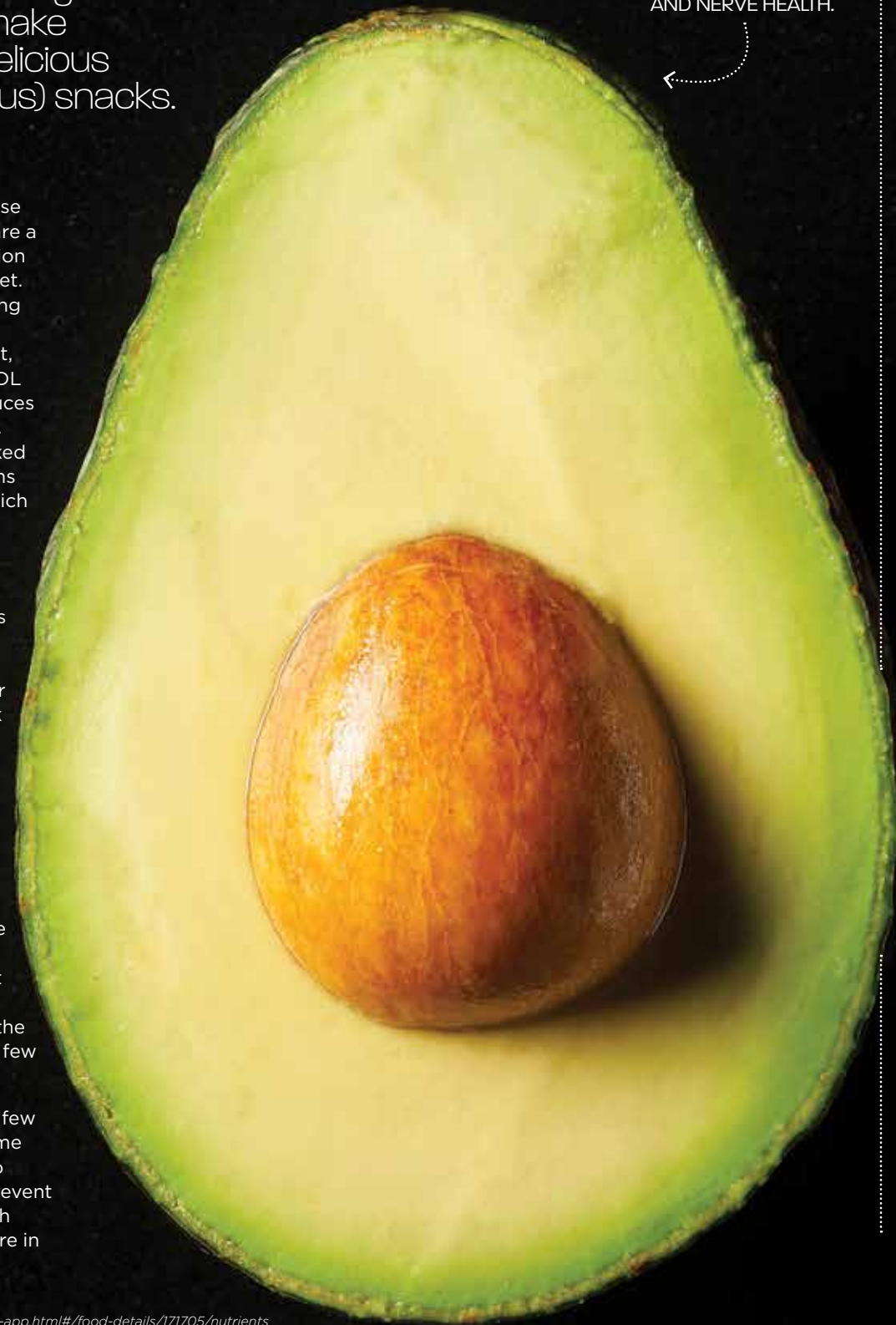
STORE

Whole: Leave underripe avocados at room temperature for 2 to 3 days. Ripe avocados that aren't used immediately should be stored in the refrigerator to last a few more days.

Prepped: Sprinkle a few drops of lemon or lime juice on cut avocado halves or slices to prevent browning. Cover with plastic wrap and store in the refrigerator.

Sources: fdc.nal.usda.gov/fdc-app.html#/food-details/171705/nutrients
heart.org/en/healthy-living/healthy-eating/eat-smart/fats/monounsaturated-fats
medlineplus.gov/potassium.html

AVOCADOS ARE LOADED WITH POTASSIUM, AN ESSENTIAL MINERAL FOR CELL AND NERVE HEALTH.



WAYS TO ENJOY

Plain

Slice open an avocado (see page 36 for directions). With a spoon, simply scoop out the fruit. Topping ideas: a sprinkle of sea salt, black pepper or a spritz of lime juice.

Smoothie

Give smoothies creamy texture by tossing in an avocado. If smoothie becomes too thick, add an ice cube and a little water, then pulse in blender.

Sandwich topper

Prep avocados and mash fruit in a bowl. Assemble sandwich, then spread mashed avocado evenly on the top bun.



pro tip: IN THE BAG

“If you take home an avocado that's not yet ripe, place it in a paper bag and wrap it closed. Avocados produce ethylene gas, which the bag traps to speed up the ripening process. It takes anywhere from 2 to 4 days, depending on ripeness.”

—Drew Miller

Produce Manager
Hy-Vee, Waukee, Iowa

30
minutes
or less

Salsa Verde Guacamole

Hands on 15 minutes
Total Time 25 minutes
Serves 32 (2 Tbsp. each)

4 medium tomatillos, husked and halved (8-oz.)
1 jalapeño pepper, seeded and halved lengthwise*
2 cloves garlic, peeled
1 Tbsp. Gustare Vita olive oil
2 avocados, peeled and pitted; plus additional for garnish
¼ cup Hy-Vee Short Cuts chopped white onions
¼ cup chopped fresh cilantro, plus additional for garnish
1 Tbsp. fresh lime juice
½ tsp. Hy-Vee salt
¼ tsp. Hy-Vee ground cumin

1. PREHEAT oven to 400°F. Arrange tomatillos and jalapeño, cut sides down, on a rimmed baking pan. Add garlic; drizzle with oil. Roast 8 to 10 minutes or until tomatillos are fork tender; cool.

2. TRANSFER cooled tomatillo mixture to a food processor. Add avocados, onions, cilantro, lime juice, salt and cumin. Cover and process until well-combined. Transfer to a serving bowl.

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

Per serving: 25 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 20 mg sodium, 2 g carbohydrates, 1 g fiber, 0 g sugar (0 g added sugar), 0 g protein.
Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 2%

EASY AVOCADO PREP



CUT
Use a knife to slice through the avocado lengthwise and gently rotate around the pit.



TWIST
Hold both halves and gently twist in opposite directions.



REMOVE
With the blade of the knife, firmly whack the pit; twist and pull to remove it. Use a large spoon to gently scoop out fruit.



TOMATILLOS AND GARLIC
Roasting tomatillos, jalapeño and garlic on a rimmed pan adds rich, roasted flavor to guacamole.

Top The Tater Dips
select varieties
12 oz.
2/4.00

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**STRANGE NAME.
DELICIOUS DIP.**

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MARGARITAS, MICHELADAS AND MORE!

Celebrate the longer daylight and warming weather of spring by enjoying cold, refreshing adult beverages outdoors.



National Margarita Day may have been held in February, but these colorful, fruity drinks deserve an encore in spring—where they can be enjoyed outdoors in the warming breezes of the season.

TIMING

Add beer right before serving this spicy and refreshing Michelada.



PINEAPPLE BEER-GARITAS

Combine 6 oz. pineapple juice, 4 oz. Herradura Silver tequila, 2 oz. lime juice and 1 oz. agave nectar in a large pitcher. Add 1 (12-oz.) can Dos Equis Lager Especial; gently stir to combine. Divide among 4 ice-filled 8-oz. cocktail glasses. Garnish with pineapple wedges and fresh mint, if desired. Serves 4.

MICHELADAS

Combine 2 oz. clamato juice, 2 oz. fresh lime juice, 1 tsp. Tabasco hot sauce, 1 tsp. Hy-Vee Worcestershire sauce and dash celery salt in a 20-oz. measuring cup. Stir until combined. Top mixture with 1 (16-oz.) can Modelo Especial. Divide between 2 ice-filled (10-oz.) beer glasses. Garnish glasses with lime slices, if desired. Serves 2 (8 oz. each).



MIXERS



These mixers are great for parties because you can easily double or triple the size of the batch. Save time by making the mixers in advance, then refrigerating for 3 to 5 days.

MANGO-ORANGE margarita mixer



Total Time 10 minutes
Mixer serves 4
Margarita serves 1 (8 oz.)

The Mixer

Combine 1½ cups chopped fresh mango, ½ cup fresh orange juice, ½ cup fresh lime juice and 2 Tbsp. light agave nectar in a blender. Cover and blend until smooth. Makes 2 cups.

The Cocktail

Combine 4 oz. margarita mixer, 2 oz. Altos 100% agave tequila and 2 oz. DeKuyper triple sec in an ice-filled cocktail shaker. Cover and shake well. Strain into sugar-and-orange-zest-rimmed, 10-oz. ice-filled cocktail glass.

The Garnish

Thread mango slices on a skewer and set on rim of glass.

STRAWBERRY-BASIL margarita mixer

Total Time 10 minutes
Mixer serves 7
Margarita serves 1 (14 oz.)

The Mixer

Combine 4 cups chopped fresh strawberries, ½ cup fresh lime juice, ¼ cup lightly packed fresh basil leaves and ¼ cup light agave nectar in a blender. Cover and blend until smooth. Makes 3 cups.

The Cocktail

Combine 4 oz. margarita mixer, 2 oz. el Jimador Silver tequila, 2 oz. Grand Marnier and 2 cups ice in a blender. Cover and process until mixture is combined and slushy. Pour into a 16-oz. margarita glass.

The Garnish

Garnish margarita with a whole strawberry and fresh basil leaves, if desired.

try this

Moisten only the outer rim of the glass before dipping so the substance doesn't adhere to the inside of the glass and eventually make its way into the drink.



Total Time 10 minutes
Mixer serves 6
Margarita serves 1 (8 oz.)

The Mixer

Combine 3 cups fresh raspberries, 1½ cups fresh grapefruit juice, ½ cup fresh lime juice and ¼ cup light agave nectar in a blender. Cover and blend until smooth. Strain; discard seeds. Makes 3 cups.

The Cocktail

Combine 4 oz. margarita mixer, 2 oz. Patron Silver tequila and 2 oz. Cointreau in an ice-filled cocktail shaker. Cover and shake well. Strain margarita into an ice-filled 10-oz. cocktail glass.

The Garnish

Skewer fresh raspberries and grapefruit wedges; place on cocktail glass.

RASPBERRY-GRAPEFRUIT margarita mixer

FROZEN JALAPEÑO margarita mixer



Total Time 20 minutes
Mixer serves 5
Margarita serves 1 (16 oz.)

The Mixer

Combine 1 cup Hy-Vee granulated sugar, 1 cup water, ½ cup fresh lime juice and 1 sliced jalapeño in a small saucepan. Bring mixture to a boil; reduce heat. Simmer for 5 minutes or until thickened slightly. Remove from heat and cool. Strain; discard jalapeño slices. Makes 1¾ cups.

The Cocktail

Combine 2½ oz. margarita mixer, 2 oz. Don Julio Blanco tequila, 1½ oz. DeKuyper triple sec and 2 cups ice in a blender. Cover and process until combined and slushy. Pour into salt-rimmed 16-oz. margarita glass.

The Garnish

Garnish with a jalapeño pepper,* lime slice and cilantro, if desired.

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

EAT THE WAY
YOU LIVE

LIFE cuisine

NEW!

**LIFESTYLE
BOWLS**

**LOW CARB
LIFESTYLE**

**MEATLOVERS
CAULIFLOWER
PIZZA BOWL**

italian sausage, pepperoni
made with pork, chicken & beef,
cauliflower florets, mozzarella
cheese and tomato pizza sauce

13g **20g** **ESSENTIAL**
NET CARBS* **PROTEIN** **NUTRIENTS**
80% DV of Vitamin C
40% DV of Vitamin A

U.S.
DEPARTMENT OF AGRICULTURE
PER PACKAGE
430 **15g** **820mg** **9g** **410mg** **2.5mg**
CALORIES **SAT FAT** **SODIUM** **TOTAL SUGARS** **CALCIUM** **IRON**
75% DV 30% DV 30% DV 15% DV
SEE NUTRITION INFORMATION FOR TOTAL FAT, SAT FAT & SODIUM CONTENT

KEEP FROZEN - SERVING SUGGESTION
COOK THOROUGHLY

NEW Life Cuisine
Bowls, Egg Bites
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select varieties
6 to 11 oz.
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**HIGH PROTEIN
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**VERMONT WHITE CHEDDAR
MAC & BROCCOLI BOWL**

FROM THE MAKERS OF **Lean cuisine**

A homemade meal in
one easy step.



Pick up a variety of ready-made Hy-Vee Mealtime entrées.
Just warm up or bake for a delicious family meal.



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BRISTOL BAY SALMON

A fresh, clean flavor and dense, firm texture make wild sockeye salmon the perfect catch for tonight's dinner. From pristine Alaskan waters, dedicated fishermen harvest this high-quality fish to deliver to Hy-Vee.



BRISTOL BAY

ALASKA'S SOCKEYE SALMON

BRISTOL BAY IS THE WORLD'S MOST VALUABLE WILD SALMON FISHERY, PRODUCING ABOUT 46 PERCENT OF THE WORLD'S WILD SOCKEYE HARVEST. BEGINNING IN MAY, LOOK FOR THE RICH-TASTING FISH AT YOUR LOCAL HY-VEE. WHEN CHOOSING BRISTOL BAY SALMON, YOU CAN BE CONFIDENT THAT IT HAS BEEN SUSTAINABLY HARVESTED AND CAREFULLY HANDLED BY DEDICATED FISHERMEN. SHORTLY AFTER CATCH, THE FISH IS FLASH-FROZEN FOR PEAK FLAVOR, TEXTURE, COLOR AND NUTRITION.

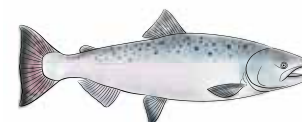
LIFE OF A SOCKEYE

Sockeye salmon begin life in fresh water and migrate to the ocean in 1 to 4 years. After another 1 to 7 years at sea, they return to freshwater where they were hatched, reproduce (spawn), then ultimately die. The upstream journey home from the ocean begins in May and ends in October—a long, hard trip, with some fish swimming up to 2,400 miles to their spawning ground. Before the journey, salmon feed on krill and plankton, storing energy as fat. This is when sockeye are the fattest and tastiest—and caught by fishermen before they swim upstream. Freshly caught sockeye have deep red color and rich, fresh flavor. When flash frozen, skin is left on the bottom of each fillet because some of the highest omega-3 levels are in the flesh next to the skin. Skin also seals in moistness during cooking.

Photo courtesy of Ben Temple (fisherman)

HEALTHFUL APPEAL

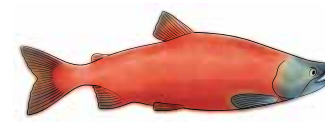
Sockeye is rich in protein, omega-3 fatty acids and vitamin D. With only 220 calories, a 3.5-ounce serving of cooked sockeye contains 27 grams protein, 1,200 mg of omega-3s and 930 IUs of vitamin D, according to the USDA. The American Heart Association recommends eating at least two portions of fish each week, and the high levels of omega-3s found in sockeye make it a heart-healthy choice. Recent studies also indicate that omega-3s may play an important role in mental health and prevention of depression. Sockeye is also rich in vitamin D, which is important for bone health and helping the body absorb calcium.



KING SALMON

Largest of all Pacific Salmon

- Richest flavor of all Pacific salmon species and highest fat content.
- Bright reddish flesh; silken, melting texture and rich flavor.
- Pan-sear, grill, bake or broil.



SOCKEYE SALMON

Distinct deep red color

- Highly praised for unique flavor (due to diet), deep natural color and extra-firm texture.
- Broil, steam or grill on a cedar plank. Fresh herbs and citrus bring out rich flavor.



PROTECTING THE FISH

State groups, such as the Alaska Department of Fish & Game, work to ensure that the salmon population in Bristol Bay remains healthy while supporting commercial harvesting by local fishers.



MEET A FISHERMAN

REBA TEMPLE

I've been fishing 15 years and run my boat, *Cloud 9*, to catch Bristol Bay sockeye salmon.

WHAT GOT YOU INTERESTED?

My parents fished in Bristol Bay when I was growing up. I couldn't wait until I was old enough to be on the boat and have been going back [to Bristol Bay] ever since.

WHY BRISTOL BAY?

It's wild, sustainable and delicious salmon.

WHAT'S A DAY LIKE?

That's one of the best things about fishing—every day is different. Some days there are lots of fish and I get no sleep. Other times, I am shut down and spend the day reading in my bunk.

WHAT ARE YOU MOST PASSIONATE ABOUT?

Keeping Bristol Bay healthy and pristine so future generations can enjoy wild Bristol Bay sockeye.

WHAT KEEPS YOU COMING BACK?

The salmon, the people and the place. There's nothing better than being on the water fishing with family and friends.

WHAT SURPRISES YOU ABOUT SOCKEYE SALMON?

The first time most people taste it, they're blown away by the complexity of its flavor. They realize what they've been missing.

Sources: webmd.com/osteoporosis/ss/slideshow-superfoods-for-your-bones
mayoclinic.org/diseases-conditions/heart-disease/in-depth/omega-3/art-20045614



SEAFOOD STANDARDS

Hy-Vee is the largest supplier of seafood in the Midwest. The Responsible Choice label identifies seafood that is fished or farmed in ways that minimize environmental impact.

Parmesan-Crusted Salmon

Hands On 15 minutes
Total Time 32 minutes
Serves 4

- ¼ cup Hy-Vee plain panko bread crumbs
- 2 Tbsp. grated fresh Parmesan cheese
- 1½ tsp. finely chopped curly parsley
- ¾ tsp. finely chopped fresh thyme leaves
- 1 Tbsp. Hy-Vee salted butter, melted
- 1 (1½- to 2-lb.) skin-on salmon fillet, ½ to ¾ in. thick
- 1 Tbsp. Hy-Vee Dijon mustard
- 8 oz. broccolini spears, trimmed
- 1 Tbsp. Gustare Vita olive oil
- Hy-Vee salt and black pepper, to taste
- Lemon wedges, for serving

1. PREHEAT oven to 400°F. Line a large rimmed baking pan with parchment paper; set aside. Combine bread crumbs, Parmesan cheese, parsley and thyme in a small bowl. Stir in melted butter until well-combined.

2. PAT salmon dry with paper towels. Place salmon, skin side down, on one side of prepared baking pan. Tuck under thin edges of salmon, if necessary. Spread mustard evenly on top of salmon. Top salmon with crumb mixture.

3. ROAST salmon for 17 to 20 minutes or until salmon flakes easily with a fork (145°F). Toss broccolini in olive oil and roast alongside salmon during the last 10 minutes.

4. TRANSFER salmon and broccolini to a serving platter. Season to taste with salt and pepper; serve with lemon wedges.

Per serving: 290 calories, 12 g fat, 3.5 g saturated fat, 0 g trans fat, 90 mg cholesterol, 320 mg sodium, 8 g carbohydrates, 2 g fiber, 1 g sugar (0 g added sugar), 38 g protein.
Daily Values: Vitamin D 100%, Calcium 6%, Iron 6%, Potassium 2%



Pairing fish with broccolini works well for a sheet pan meal. Both cook at the same time and they naturally taste good together.



30
minutes
or less

Salmon BLTS

Total Time 25 minutes
Serves 2 (1 sandwich each)

- 4 (¾-in.-thick) slices Hy-Vee Bakery Pane Toscano bread
- 3 Tbsp. Gustare Vita olive oil, divided
- 3 slices Hy-Vee Country Smokehouse thick-cut applewood bacon, halved crosswise
- 3 Tbsp. Hy-Vee plain Greek yogurt
- 1 Tbsp. finely chopped fresh dill
- 1 tsp. finely chopped green onion
- ¼ tsp. lemon zest
- 2 (6-oz.) skinless salmon fillets, ½ to ¾ in. thick
- Hy-Vee Mediterranean sea salt and coarse-ground black pepper

- 2 romaine lettuce leaves
- ½ roma tomato, sliced
- ½ avocado, pitted, peeled and sliced

1. BRUSH both sides of bread with 2 Tbsp. oil. Place bread slices in a large nonstick skillet; toast over medium heat, turning occasionally. Remove bread from skillet; set aside.

2. PLACE bacon in same skillet. Cook over medium heat for 8 to 10 minutes or until desired doneness, turning occasionally. Drain on paper towels; set aside. Carefully wipe skillet clean with paper towels.

3. STIR together yogurt, dill, green onion and lemon zest in a small bowl; set aside.

4. PAT salmon dry with paper towels. Lightly sprinkle both sides of salmon with salt and pepper. Heat remaining 1 Tbsp. oil in skillet. Add salmon; cook over medium-high heat for 5 to 9 minutes or until fish flakes easily with a fork (145°F), turning halfway through.

5. SPREAD yogurt mixture on a toasted bread slice. Add lettuce, salmon, tomato, avocado and bacon. Top with remaining bread.

Per serving: 850 calories, 61 g fat, 13 g saturated fat, 0 g trans fat, 115 mg cholesterol, 660 mg sodium, 31 g carbohydrates, 4 g fiber, 2 g sugar (0 g added sugar), 45 g protein.
Daily Values: Vitamin D 100%, Calcium 4%, Iron 6%, Potassium 20%

FISH TIPS

Wild salmon cooks much faster than farm-raised fish, so watch closely. Large fillets can be cut into individual portions before cooking.



Cook fillets skin side up first to allow natural fat beneath the skin to draw down into the fillet, keeping it rich and moist. Flip it to crisp up the skin.



Cook salmon for 8 to 10 minutes per inch of thickness. To test for doneness, insert a fork into the thickest area to see whether it flakes easily.



Or insert an instant-read thermometer into the thickest part of the salmon fillet to test for doneness (145°F).

THE PARTY STARTS HERE!



Party Size Oreo,
Chips Ahoy! or Ritz
select varieties
25.3 to 27.4 oz.
4.49



Bubly
select varieties
16 fl. oz.
4/5.00

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CLASS OF

2020

Hosting a grad party crowd is a snap when you rely on the wide variety of grab-and-go foods at Hy-Vee. Pick up hot and cold foods from the Deli and Kitchen, and scrumptious sweets from the Bakery.

GOURMET CUPCAKE TOWER

Stack them high for a tempting display. Hy-Vee Bakery Fresh Gourmet Cupcakes, top to bottom: Raspberry-Laced Vanilla, Confetti Birthday, Peanut Butter Cup, Red Velvet. Gourmet cupcakes also available in mini sizes.



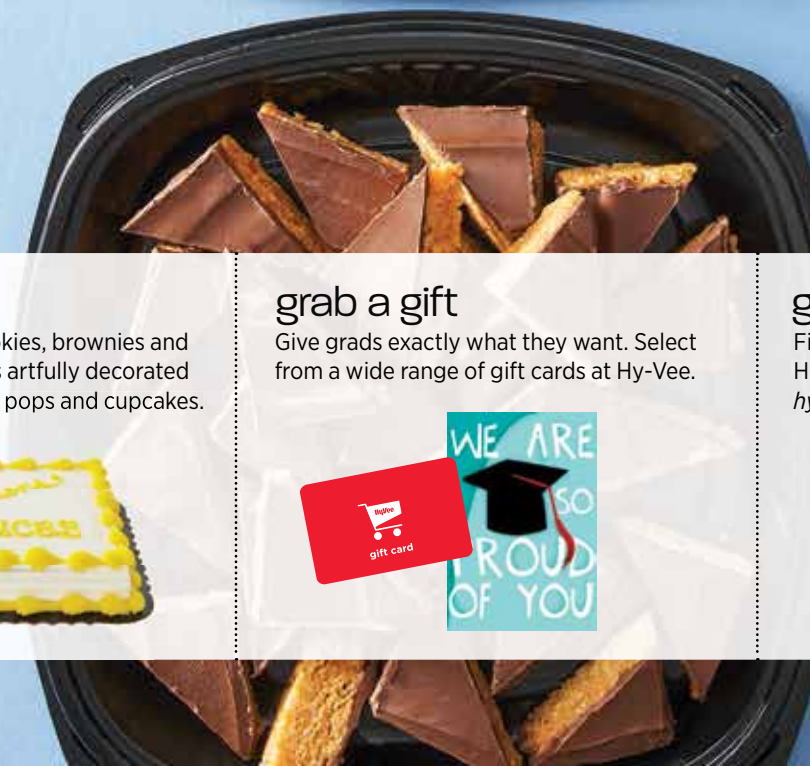
LAST-MINUTE SOLUTIONS

PICK UP DELICIOUS FOOD TRAYS, READY TO SERVE.

TASTY FOOD TRAYS

COLORFUL, CONVENIENT, BEAUTIFULLY ARRANGED FOOD TRAYS ARE AVAILABLE FOR PICKUP IN THE PRODUCE AISLES OR CAN BE CUSTOM ORDERED.

- boneless wings tray
- nori sushi platter
- meat and cheese trays
- veggie trays
- shrimp trays
- sandwich and wrap trays
- fiesta party trays
- sparkling berry tray



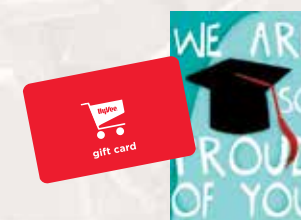
bakery

Ready for your party: cookies, brownies and bars for many tastes, plus artfully decorated freshly baked cakes, cake pops and cupcakes.



grab a gift

Give grads exactly what they want. Select from a wide range of gift cards at Hy-Vee.



graduation guide

Find more tips and ideas in the Hy-Vee 2020 Graduation Guide, hy-vee.com/graduationguide





WAYS TO USE RAMEN NOODLES

It's fun to slurp on a bowl of the squiggly noodles—but even more fun to turn them into pizza crust, cheeseburger casserole, easy no-bake snack bars and more.



1. Ramen Pizza

Preheat oven to 400°F. Spray 12-in. pizza pan with Hy-Vee nonstick cooking spray; set aside. Cook 4 (3-oz.) pkg. ramen noodles without seasoning according to pkg. directions; drain. Rinse with cold water; drain. Whisk together 2 Hy-Vee large eggs, ½ cup Hy-Vee grated Parmesan cheese and 1 tsp. Hy-Vee Italian seasoning. For crust, toss noodles in egg mixture to coat; spread in prepared pan. Bake 5 minutes. Spread 2 cups Gustare Vita pizza sauce on crust; sprinkle with 2 cups Hy-Vee shredded mozzarella cheese and desired toppers. Bake 12 to 15 minutes or until bubbly. Let stand 5 minutes before serving. Serves 6.

Pizza de Résistance

See how a masterpiece, *this page*, and its sweet follow-up, *page 57*, were created at HSTV.com.



Watch and learn at HSTV.com today!



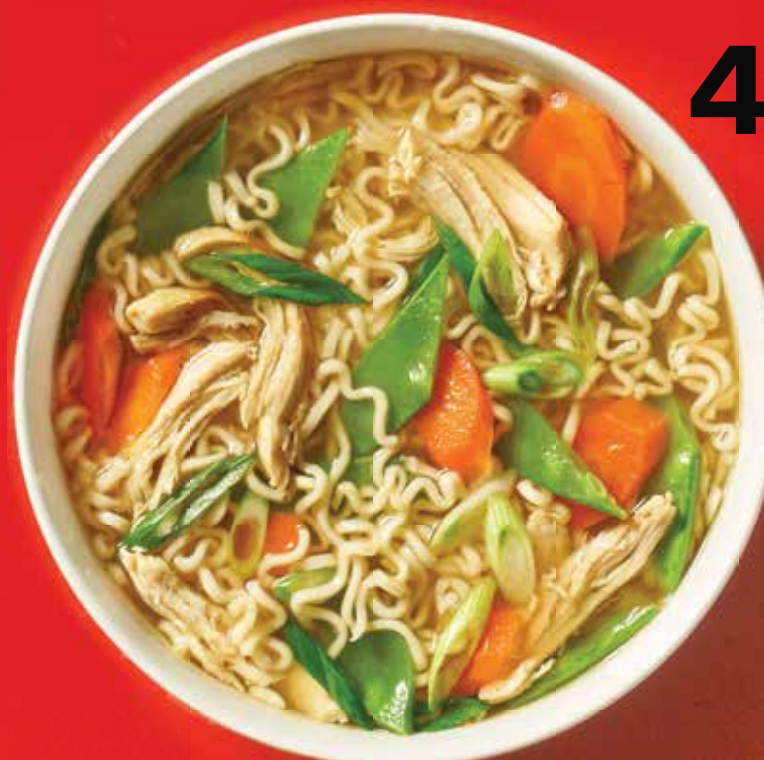
2. Ramen Veggie Stir Fry

Cook 3 (3-oz.) pkg. soy sauce-flavor noodles without seasoning according to pkg. directions; drain. Rinse with cold water; drain. Cut 1 baby bok choy lengthwise, then slice crosswise. Heat 1 Tbsp. Hy-Vee canola oil in a large skillet over medium-high heat. Stir-fry bok choy, 1½ cups sliced baby bella mushrooms and 1 (1-lb.) container Hy-Vee Short Cuts tricolor bell pepper strips 2 to 3 minutes or until crisp-tender. Combine ½ cup hoisin sauce, ¼ cup water, 1 Tbsp. Hy-Vee honey and 2 ramen seasoning packets. Add hoisin mixture to skillet; stir to coat vegetables and heat through. Serve over ramen. Serves 3.



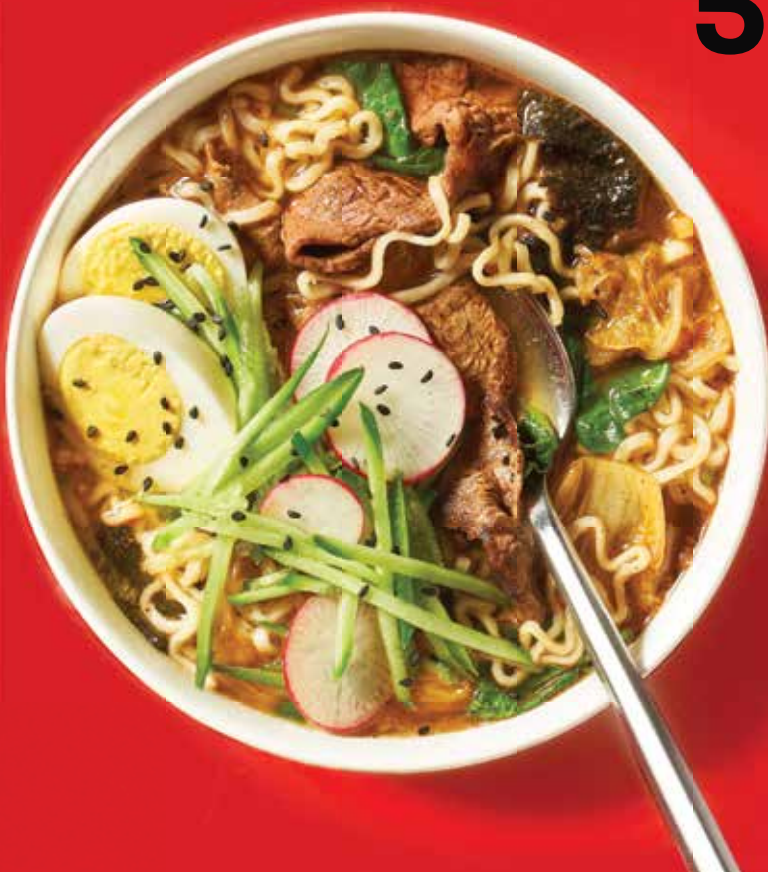
3. 20-Minute Ramen & Meatballs

Heat 1 (17.6-oz.) jar Gustare Vita Mediterranean pasta sauce and 8 oz. frozen Hy-Vee Homestyle meatballs in a saucepan over low heat for 15 minutes or until meatballs are heated through, stirring occasionally. Meanwhile, cook 4 (3-oz.) pkg. ramen noodles without seasoning according to pkg. directions; drain. Serve meatballs and sauce over ramen noodles. Sprinkle with ¼ cup Hy-Vee grated Parmesan cheese. Garnish with chopped fresh basil, if desired. Serves 4.



4. Quick Chicken Ramen Soup

Combine 1 (32-oz.) container Hy-Vee 33%-less-sodium chicken broth, 2 cups water, 1 cup halved fresh snow peas, ¾ cup sliced carrots, ½ cup sliced green onions and 1½ Tbsp. grated fresh ginger in a large saucepan. Bring mixture to boiling. Stir in 2 (3-oz.) pkg. roasted chicken-flavor ramen noodles, 1 ramen seasoning packet (discard remaining packet) and 2 cups shredded Hy-Vee rotisserie chicken. Cook for 3 minutes or until noodles are tender. Serves 4.



5. Beef Kimchi Ramen Bowl

Cut 1 lb. beef chuck flat iron steak across the grain into thin bite-size strips. Heat 1 Tbsp. Hy-Vee canola oil in a large skillet over medium-high heat. Stir-fry steak 2 to 3 minutes or until browned. Remove from skillet. Add 6 cups water, 3 (3-oz.) pkg. beef-flavor ramen noodles and seasoning packets, 4 cups baby spinach, 2 cups kimchi and 2 Tbsp. Hy-Vee Korean gochujang sauce to same skillet. Bring to boiling; reduce heat. Stir in beef, 3 sliced green onions and 4 sheets torn, toasted seaweed snack; heat through. Spoon into serving bowls; sprinkle with Hy-Vee crushed red pepper. Garnish each bowl with sliced Hy-Vee Short Cuts hard-boiled eggs, julienne-cut cucumber, sliced radishes and black sesame seeds, if desired. Serves 4.



6. Crunchy Broccoli-Ramen Slaw

Toss together 1 (12-oz.) pkg. Hy-Vee broccoli slaw, 2 cups pitted, peeled and chopped mango, 1 cup halved snow peas and 2 sliced green onions. Break up 2 (3-oz.) pkg. ramen noodles; discard seasoning packets. Toss ramen with slaw mixture. Whisk together ⅓ cup seasoned rice vinegar, 2 Tbsp. Hy-Vee granulated sugar, 4 tsp. Hy-Vee less-sodium soy sauce, 1 tsp. sesame oil and 1 tsp. sesame seeds in a small bowl. Whisk in ⅓ cup Hy-Vee canola oil. Toss slaw with vinaigrette, coating well. Cover and chill 1 to 2 hours before serving. Serves 10.



7. Ramen 'n' Cheese

Place 2 (3-oz.) pkg. Sriracha-chicken-flavor ramen noodles (reserve seasoning) in a colander. Run hot water over noodles to soften. Melt 2 Tbsp. Hy-Vee salted butter in a saucepan. Whisk in 2 tsp. Hy-Vee all-purpose flour; cook and stir 30 seconds. Add 2 cups Hy-Vee 2% reduced-fat milk, 1½ cups Hy-Vee shredded mac-and-cheese blend and 2 tsp. ramen seasoning. Cook and stir over medium heat until melted. Pull noodles apart; add to cheese mixture. Simmer 2 minutes or until noodles are tender, stirring to break noodles apart. Remove from heat; cover and let stand 2 to 3 minutes. Serve topped with halved cherry tomatoes, finely chopped curly parsley and additional ramen seasoning. Serves 3.

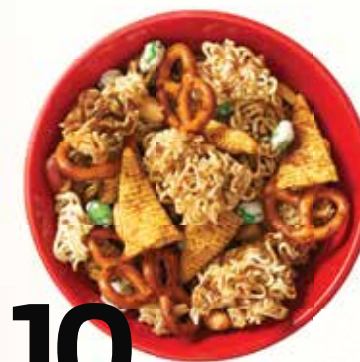
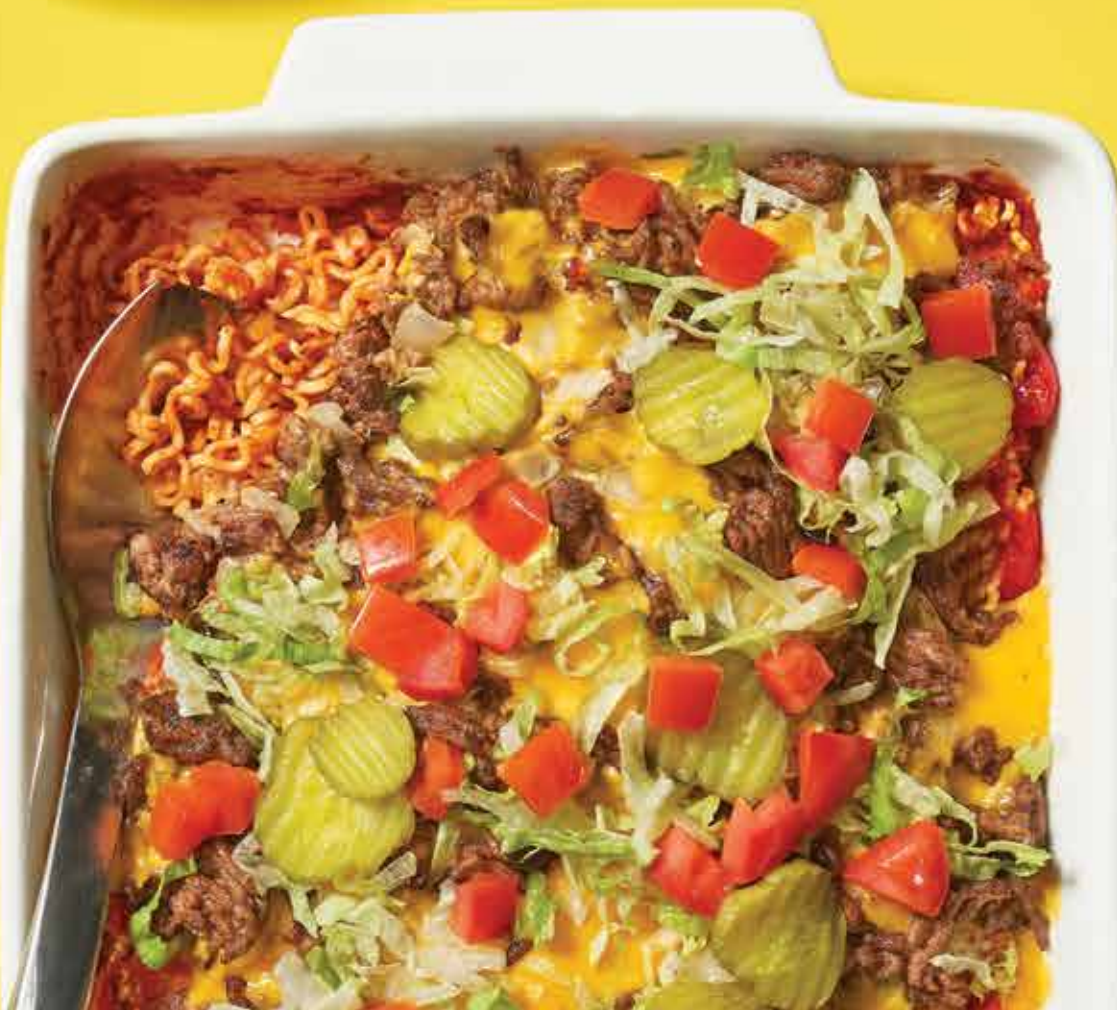


8. Ramen-Crusted Chicken

Preheat air-fryer to 350°F according to manufacturer's directions. Crush 2 (3-oz.) pkg. chili-flavor ramen noodles (reserve seasoning) into a bowl. Add ½ cup Hy-Vee all-purpose flour to another bowl and 2 beaten Hy-Vee large eggs to a third bowl. Rub ramen seasoning on 1 lb. Hy-Vee True chicken breast tenderloins. Coat chicken with flour; dip into egg, then into ramen. Spray chicken with Hy-Vee nonstick cooking spray. Season to taste. Air-fry in batches for 5 minutes or until done (165°F). Garnish with Italian parsley and lemon wedges, if desired. Serves 4.

9. Ramen Cheeseburger Casserole

Preheat oven to 350°F. Grease a 9-in. square baking dish. Cook 1 lb. 85%-lean ground beef and ¾ cup chopped white onions until beef is brown; drain. Separate 2 (3-oz.) pkg. beef-flavor ramen noodles into 4 squares. Combine 1 (15-oz.) can Hy-Vee diced tomatoes, 1 (8-oz.) can Hy-Vee tomato sauce, ½ cup Hy-Vee ketchup, 2 tsp. Hy-Vee yellow mustard and 2 ramen seasoning packets. Layer 1 cup tomato mixture, ramen squares, remaining tomato mixture and beef mixture in prepared dish. Bake, covered, 25 minutes. Top with 2 cups diced Hy-Vee smooth & cheesy loaf. Bake, uncovered, 5 minutes or until cheese is melted. Garnish with lettuce, dill pickles and tomato. Serves 6.



10. Spicy Ramen Snack Mix

Preheat oven to 400°F. Crush 2 (3-oz.) pkg. soy sauce-flavor ramen noodles (reserve seasoning) into large pieces; toss with 1 cup each Hy-Vee tiny twist pretzels, Bugles and unsalted dry-roasted peanuts on a 15×10-in. sheet pan. Drizzle with mixture of 3 Tbsp. melted Hy-Vee unsalted butter and ramen seasoning; toss to coat. Bake 10 minutes, stirring halfway through. Stir in ½ cup wasabi peas; cool. Store in airtight container up to 2 weeks. Serves 10.



11. No-Bake Ramen Clusters

Line a baking sheet with parchment paper; set aside. Crush 2 (3-oz.) pkg. ramen noodles without seasoning into a large bowl. Add ¾ cup Hy-Vee miniature marshmallows, ½ cup Hy-Vee chopped walnuts and ½ cup Hy-Vee dried cranberries. Place 1½ cups white chocolate melting wafers in a microwave-safe bowl. Microwave on HIGH 30 seconds or until melted. Stir into ramen mixture until coated. Drop by rounded teaspoons onto prepared baking sheet to form 24 clusters. Let stand at room temperature for 1 hour or until set. Makes 24.



12. Chocolate Peanut Butter Ramen Bars

Spray a 9×13-in. pan with Hy-Vee nonstick cooking spray. Melt 6 Tbsp. Hy-Vee salted butter in a large saucepan. Add 7 cups Hy-Vee miniature marshmallows, stirring until melted; stir in 1 tsp. Hy-Vee vanilla extract. Remove from heat. Stir in ¾ cup Hy-Vee creamy peanut butter; 4 (3-oz.) pkg. ramen noodles without seasoning, broken up; and 3 cups Hy-Vee crispy rice cereal; combine well. Press mixture into prepared pan. Cool 15 minutes. Melt 1 cup Hy-Vee semisweet chocolate chips in the microwave. Drizzle on top. Cut into 24 bars.



The leading
low carb lifestyle™

KETO
FRIENDLY*



*Product designed to be used with the Atkins ketogenic programs.

FEED YOUR
FAMILY.
FIT YOUR
BUDGET.



With That's Smart!, you can stock up
on everyday items for less. It doesn't
get much smarter than that.





PLANNING YOUR

MEMORIAL DAY PICNIC

Gather outdoors and celebrate the freedoms we enjoy because of the sacrifices of our veterans.

A REASON TO REMEMBER

Originally called Decoration Day, the holiday was an occasion to decorate graves of Civil War soldiers. Following World War I, the day was expanded to honor all Americans who fell in battle. The tradition of decorating veterans' graves with small American flags continues. Around the country, cities and towns celebrate with Memorial Day parades and cookouts—a celebration of the hard-fought freedoms we enjoy today.

56%

OF AMERICANS GRILL OVER THE MEMORIAL DAY WEEKEND, SECOND ONLY TO THE FOURTH OF JULY.

—2019 SURVEY
HEARTH, PATIO &
BARBECUE ASSOCIATION

PLAN PICNIC ACTIVITIES



1

BOCCE
Get on a roll with a game that dates back to the days of the Roman Empire. Pick up a bocce set at Hy-Vee and see why this ancient tradition is still popular.



2

HORSESHOES
Don't pitch a fit, pitch a horseshoe! Warm up your pitching arm because with a horseshoes set from Hy-Vee, you'll be a shoo-in.



3

MINIATURE SOCCER, FOOTBALLS, ETC.
Score a goal or go long with a variety of miniature sports balls and other accessories, available at Hy-Vee.

3 WAYS TO DO CHICKEN

Hy-Vee simplifies picnics with ready-to-go chicken prepared just the way you like it!



Fried Chicken Bucket



Chicken Grillers and Chicken Griller Patties



Boneless Chicken Wing Platter

SALAD MASTER

Round out the barbecue with delicious sides and salads from your Hy-Vee Kitchen.



Market Fresh Fruit



Broccoli Supreme Salad



Rainbow Rotini



Bacon Ranch Potato Salad

10 MUST-HAVES FOR A MOST HEAVENLY PICNIC

OUTDOOR ESSENTIALS



1

GET COMFORTABLE

Make your picnic last longer with comfy chairs. In addition to outdoor furniture, Hy-Vee sells folding lawn chairs and portable camper chairs—with built-in beverage holders!



2

BANISH THE BUGS

Arm yourself for insects. Hy-Vee has what you need to ward off mosquitoes, gnats, flies and more. Get patriotic with a mason jar torch.



3

A GRILLING FINISH

Make the main course sizzle—literally—with a grill (page 78) from Hy-Vee. Then cap off the picnic by roasting marshmallows for s'mores.



4

SIP IN STYLE

Go ahead, serve those drinks right out of a can or bottle. These beverage holders make it their patriotic duty to keep drinks cold (and hands from getting that way).



5

KEEP YOUR COOL

To ensure beer, soda and other beverages are ice cold and conveniently handy, find the right cooler and plenty of ice at Hy-Vee.



6

marshmallow pops

Dip ½ of a Hy-Vee marshmallow into a shallow dish of Hy-Vee light corn syrup, then into red sugar crystals; let dry. Insert a Hy-Vee pretzel stick into red end, then dip bottom end into corn syrup and blue sugar crystals; let dry.



7

candy bucket

Decorate a popcorn box (available at Hy-Vee) with a blue band and white star made from construction paper. Fill box with red, white and blue M&M's, then insert cherry and grape Tootsie Roll Pops.

8

Lighten Up

Try something light and refreshing this Memorial Day. Hy-Vee has the most popular brands and the latest flavors of hard seltzer and hard lemonade.



9 EASIEST KABOBS

Crunched for time? Hy-Vee offers a variety of ready-to-grill kabobs including chicken, beef and seafood. Simply fire up the grill on medium heat and grill 15 to 20 minutes or until done, turning occasionally. Loosely cover and let rest 3 minutes before serving.

10 Finish with a Sweet Reward



Hy-Vee Bakery Fresh cookies



Hy-Vee Bakery Fresh Gourmet Cupcakes



NEW!

donettes[®]

BRAND

on the go!



PERFECT PORTION SIZE
FOR SNACKING *ON THE GOOOOO*



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Mars Candy
select varieties
7.7 to 10.7 oz.
2/6.00

NEW!

LAUNCH BOX

**FILL &
FUEL**
WITH 8G OF
PROTEIN

Find in the **FROZEN**
snacks aisle!



LaunchBox Frozen
Sandwiches
select varieties
6.5 oz.
2/\$8.00

life

**Furnish a
welcoming
outdoor retreat
just in time for
grilling season.**

68 CREATING OUTDOOR
STYLE

78 GRILL PRIMER: THE
OUTDOOR KITCHEN

86 10 NEW DOG
ESSENTIALS

90 OH BABY



TAKE IN FRESH AIR AND ABUNDANT GOOD VIBES THIS SUMMER. STYLISH FURNITURE FROM HY-VEE WILL MAKE YOUR TIME OUTDOORS EXCEEDINGLY COMFY.

OUTDOOR CREATING STYLE



This conversation set has the look of genuine wicker—in weather-resistant materials.

Sausalito 3-Piece Steel Open Woven Bistro Set

FOR INFORMATION ON PRICING AND AVAILABILITY, CHECK THE GARDEN CENTER (OR CUSTOMER SERVICE) AT YOUR LOCAL HY-VEE.



Wonderful Wicker

With classic curves and neutral colors, this weather-resistant wicker dining set has a timeless appeal that won't grow stale. The glass top makes cleanup super easy and there's even room for an optional umbrella.

Host everything from cocktail hour to card games with this wicker dining set from Hy-Vee.

Canary 5-Piece Wicker Dining Set

Long, Sleek and Comfortable

With its modern lines, this sectional sofa from Hy-Vee has a clean, fresh style inspired by the best indoor furniture. It's also adaptable—accommodating everything from a weekend shindig to an afternoon snooze.

A sectional outdoor sofa offers a place to entertain or space to stretch out.

Amelia Island 3-Piece Sectional

Hourglass-shape stools, available in bronze, gray, blue and red metal bases, double as side tables.

Metal Garden Stool with Wooden Top

Pretty and practical, lanterns provide both light and ambience.

Tall Metal Lantern with Glass Insert

ELEMENTS OF THE

OUTDOOR LIVING ROOM

[CHOOSE YOUR SEATING]

Hy-Vee has a range of furniture styles and colors—from stackable sling chairs and Adirondacks to versatile conversation sets.

Saatchi 5-Piece Aluminum Conversation Set



Beverly Sling Stack Chairs



Real Comfort Adirondack Chairs

[ACCESSORIZE FOR STYLE]

Once you decide on a style, Hy-Vee makes it easy to match furnishings with accessories to complete your outdoor space.



Metal Garden Stool with Wooden Top



Assorted Garden Containers

GET READY FOR

GATHERINGS



Ergonomic chairs offer relaxing comfort in a bistro-style set for two.

Palma/Oxford/
Lasalle Steel 3-Piece
Bar Set



Sectional furniture can be arranged to suit any space or purpose.

Carolina Coast
Wicker 6-Piece
Sectional

[FIRE 'EM UP]

Extend evening hours and outdoor dining and relaxing season with lanterns, space heaters and fire pit.



Metal Lantern Set
with Wooden Bases



Stainless Steel
Patio Heater



Lattice Fire Pit



Clean lines and sturdy construction give this dining set true staying power. Outdoor lighting and table decorations are welcoming touches.

Lakeside 6-Piece
Dining Set

Open Air Dining

Coupled with pleasant weather, a dining set from Hy-Vee is incentive to enjoy meals outdoors, where the food just seems to taste better!

GET READY FOR

SUMMER FUN

Outside Swingers

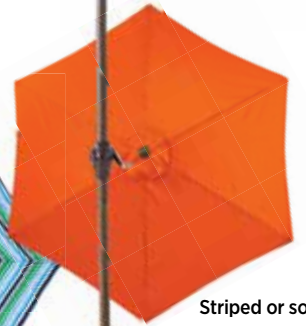
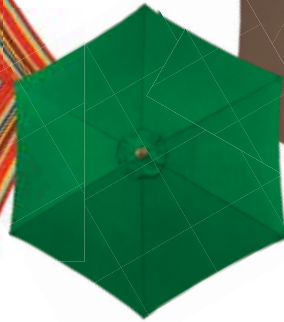
Nestle into the cocoon of sturdy metalwork hammock chairs with soft, cozy cushions.

Retro-inspired hammock chairs and polyester cushions offer an impossible-to-resist invitation to relax.

Seychelles Steel Foldable "Egg Design" Hammock

[MADE IN THE SHADE]

Say good day to sunshine! Patio umbrellas provide a splash of color along with a shady refuge from direct sun.



Striped or solid, patio umbrellas from Hy-Vee inject color into outdoor retreats.

9' Aluminum Market Umbrella

[PERK UP THE PATIO]

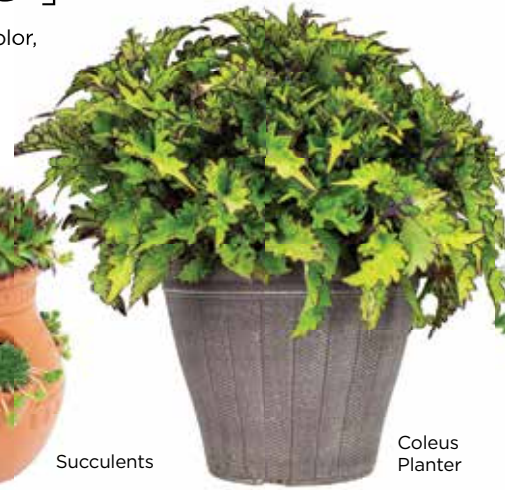
Place potted plants in outdoor living spaces for color, fragrance and mood.



Hydrangea



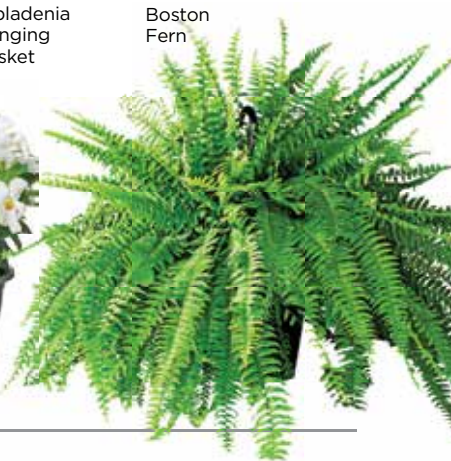
Succulents



Coleus Planter



Dipladenia Hanging Basket



Boston Fern

[AMUSEMENT PARK AT HOME]

Entice kids to spend time outdoors amid tigers, elephants and frogs in fun-loving outdoor furnishings from Hy-Vee.



Children's 4-Piece Tiger Patio Set



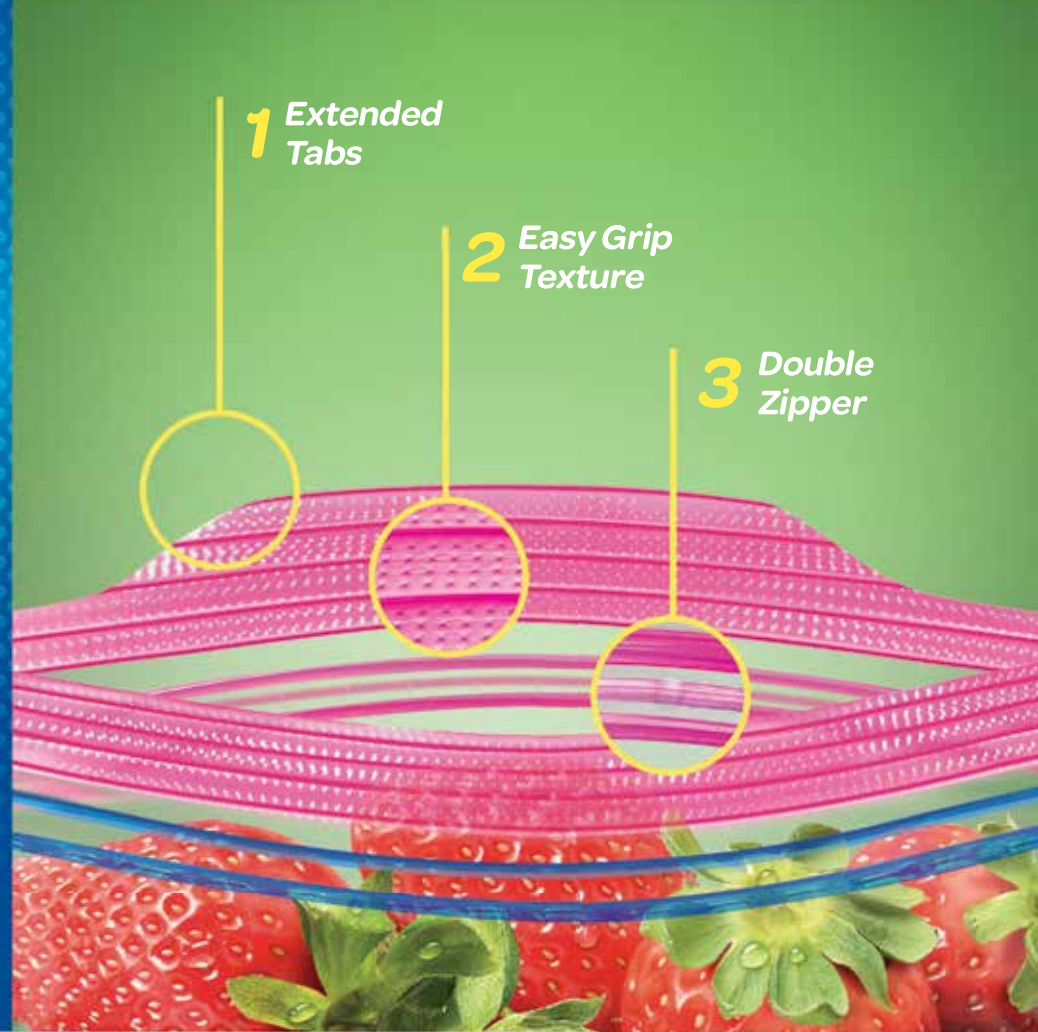
Children's Elephant Chair



Children's Frog Swing



designed for
**UNBEATABLE
FRESHNESS**



Don't just clean
**GET FRESH
FOR SPRING**



*Ocean Bound Plastic, in partnership with Plastic Bank, is post-consumer recycled plastic collected within 30 miles of an ocean or a waterway leading to an ocean, in countries with high volumes of uncollected plastic waste, which has been discarded or would otherwise be discarded into the environment.
**Based on Windex® Original lab testing against leading competitor glass cleaners per AC Nielsen 52 weeks ended 3/29/2019

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Inspired spring cleaning combinations for your bathroom



**FIRE UP
THE GRILL.**

this is the good stuff™

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Grilled
GREEK PIZZA
For this recipe, visit
ReynoldsKitchens.com/Grilling

SNAP THE CODE AND VISIT
[REYNOLDSKITCHENS.COM/RECIPES/
GREEK-GRILLED-PIZZA](https://REYNOLDSKITCHENS.COM/RECIPES/GREEK-GRILLED-PIZZA)
FOR RECIPES AND TIPS.



GRILL PRIMER

THE Outdoor Kitchen

WHAT TO KNOW WHEN CHOOSING THE RIGHT GRILL AND ACCESSORIES FOR YOUR NEEDS.

“

One thing that people tend to get wrong when using a charcoal grill is, they generally use too much charcoal or stack it too high, bringing the heat too close to the item being grilled and causing massive flare-ups.”

—Chef Mark Webster
Hy-Vee, Lee's Summit,
Missouri, certified as
executive chef and
culinary educator

Nearly 70% of people who grill do so for the flavor, while 45% embrace grilling as a lifestyle.* (It is a good excuse to host a cookout!) Hy-Vee has the most popular types of grills, including charcoal, gas, ceramic and smokers. Here's how to choose the right one for you.

1 CHARCOAL GRILLS

There's something special about the smoky flavor of foods cooked on charcoal, especially steaks and other meat cuts that benefit from a crusty sear.

FUEL Charcoal, the primary heat source, is available in natural chunks or charcoal briquettes. Wet wood chips are sometimes added before grilling for extra-smoky flavor.

HEAT CAPABILITY Charcoal grills burn hot, searing meat quickly for a crisp, caramelized outer layer that seals in juices.

Charcoal grills also offer heating options, depending how charcoal is distributed and whether the lid is in place.

DESIGN The kettle design was introduced by Weber-Stephen in the 1950s. Today's version features a porcelain enamel finish baked on at high temperature for better rust protection. Vents control temperature and the lid seals in smoke for flavor.

CHOICES Hy-Vee carries the 22-inch Weber kettle in original and premium models, the latter with a built-in lid thermometer and cooking grate hinged on two sides to easily add charcoal. A fully enclosed ash catcher in the premium model simplifies cleanup and prevents windblown ashes.

CHARCOAL GRILLS IMPART GREAT SMOKY FLAVOR AND EXCEPTIONAL SEARING CAPABILITY.

BEST CARE TIPS

GRILL BASICS FOR CHARCOAL

PREP THE GRILL

Remove the grill grate and open the bottom grill vent halfway to completely, depending on how hot you want the grill.

with light gray ash. Remove the chimney starter and distribute coals (evenly for direct heat, on one side for indirect heat).

BEFORE GRILLING
Preheat grill rack and scrape with a wire brush. To prevent food from sticking, apply a layer of cooking oil with a wad of paper towels held by tongs.

LIGHT THE COALS

Line the bottom of a chimney starter with crumpled newspaper and set on charcoal rack. Fill the chimney starter with charcoal, then light the newspaper and wait until charcoal is partly covered

CONTROL HEAT
Fully open vents result in a higher temperature. To test temperature, hold your hand about 5 inches from coals. If you need to pull it away within 4 seconds, the temperature is high; 5 to 7 seconds is medium; 8 to 10 seconds is low.

AFTER GRILLING
Scrape the grate free of food residue. Extinguish coals with water, or put the lid in place and close all vents to extinguish the fire. Wait at least 48 hours for ash to cool completely.

Weber 22" Premium Kettle

*Source: Hearth, Patio & Barbecue Association Survey, 2019

CHARCOAL GRILLS

GO FOR THE GADGETS

The grate is great. And these grilling accessories make it more adaptable.



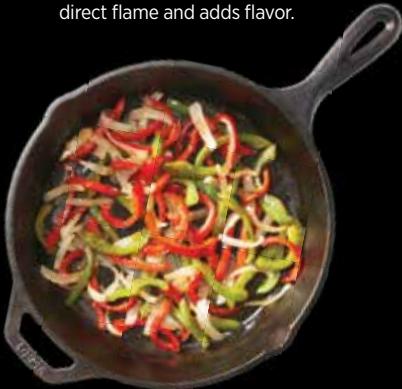
VEGGIE BASKET

Conveniently cooks a mix of vegetables quickly and easily with just occasional tossing.



CEDAR PLANK

Ideal for salmon and other fish, a cedar plank separates food from direct flame and adds flavor.



CAST-IRON PAN

Concentrates heat and allows food to cook in its own liquid, whether fat or marinade.

GAS GRILLS

2 GAS GRILLS

Always at the ready, gas grills offer the convenience of on-demand grilling for quick weekday meals or when the midnight munchies strike on

weekends. No wonder gas grills were favored by 61 percent of respondents in a recent survey by the Hearth, Patio & Barbecue Association, compared to 49 percent for charcoal.

FUEL Gas grills are powered by one of two sources: natural gas (from a gas line hooked up at the residence) or liquid propane (from a portable tank). A standard 20-pound propane

tank should last 18 to 20 hours on most grills before needing to be replaced. An empty propane tank can be exchanged for a full tank at participating Hy-Vee gas stations.

HEAT CAPABILITY Gas grills feature adjustable temperatures, which are intensified with the lid down. Most have a second-tier grate for indirect heat and to keep food warm.

DESIGN Gas grills have built-in warming racks and one or two side trays to hold food and utensils. A 2-burner grill is sized for individuals and couples, while a 3-burner unit is designed for an average family. A 4-burner grill will serve large families, people who entertain or chefs who prepare an entire meal—including entrée and sides—on the grill at one time. Large grills have more options for direct vs. indirect grilling and use more fuel when all burners are lit.

CHOICES Hy-Vee has a range of gas grill sizes and capabilities from companies such as Char-Broil and Weber-Stephen, as well as accessories and supplies.

Char-Broil
Performance
4-Burner Gas Grill

GAS GRILLS ARE CONVENIENT.

READY AT A MOMENT'S NOTICE, THEY MAKE IT EASY

TO GRILL FOODS SIMULTANEOUSLY
IN DIFFERENT TEMPERATURE ZONES.



BEST CARE TIPS

GAS GRILL BASICS



TURN ON THE GAS

TURN ON THE GAS

Open the lid, then open the valve on the propane tank. Wait a minute for gas to travel through the gas line.

START THE GRILL

Turn one dial to the lighting setting, then push the igniter button. Once that burner is lit, turn on other burners if needed.



PREHEAT

PREHEAT

With burners set on high, close the lid for 15 to 20 minutes to preheat the grill, ensure even cooking and help prevent food from sticking.

BEFORE COOKING

Open the lid and use a wire brush to remove any residue. Treat the grate with vegetable oil applied with tongs and a wad of paper towels.



BEFORE COOKING

DURING COOKING

Cook with lid closed and try not to open it more than necessary, because doing so slows cooking. If some foods cook faster than others, create cooking zones for food by turning the dial to high on one side and to low on the opposite.

AFTER COOKING

When grilling is finished and food is off, turn all burners to high, close the lid and burn off residue. Once the grill stops smoking, turn off burners and use a wire brush to remove any residue. Close the valve on the propane tank.



AFTER COOKING

STORAGE

Wait until the grill cools completely before replacing the grill cover. If storing the grill in a garage, disconnect the propane tank and store that outside.



Gas grills can definitely deliver on flavor

AND THERE ARE OTHER OPTIONS AVAILABLE WHEN USING A GAS GRILL. A SMOKER BOX ALLOWS YOU TO USE FLAVORED WOOD CHIPS SUCH AS CHERRY, APPLE, PECAN AND HICKORY. THIS HELPS CONVERT YOUR GAS GRILL INTO A QUICK AND EASY SMOKER AND CAN BE USED TO SMOKE CHICKEN BREASTS, FISH, STEAKS AND MORE. YOU CAN ALSO USE A CEDAR PLANK ON A GAS GRILL TO MAKE CEDAR-PLANKED SMOKED SALMON."

—Chef Mark Webster
Hy-Vee, Lee's Summit, Missouri, certified as executive chef and culinary educator



Char-Broil
Performance
2-Burner Gas
Grill



Weber Spirit II
E-310 3-Burner
Gas Grill



Weber Spirit II
E-210 2-Burner
Gas Grill

Source: consumer-care.weber.com/hc/en-us/articles/360023604732-How-long-will-my-propane-LP-tank-last-

CERAMIC GRILLS

3 CERAMIC GRILLS

The versatile ceramic grill, also called a kamado, can be used to grill steaks over flame, smoke-cook pork or smoke ribs using a ceramic insert.

FUEL Ceramic grills are generally fueled by charcoal, and manufacturers recommend natural lump charcoal over charcoal briquettes because it has less ash and no additives to taint the taste of the food.

HEAT CAPABILITY The dome shape and ceramic walls retain heat to cook foods evenly from all sides, not just the bottom. Dampers control air flow, so the grill holds very high and very low temperatures.

DESIGN The kamado is an ancient Asian-style grill that has remained virtually unchanged for centuries. The thick-walled ceramic cooker imparts rich smoky flavor to meat, fish and vegetables. A range of cooking surface options includes not only stainless-steel and cast-iron grates but also soapstone for making pizza and a cast-iron griddle for stir-fries.

CHOICES Hy-Vee has the Kamado Joe Classic II with an easy-open dome and a thick-walled, heat-resistant shell to lock in smoke. The multi-level, half rack design creates heat zones to cook a range of foods simultaneously.

MULTIPURPOSE CERAMIC GRILLS CAN SMOKE, GRILL, ROAST AND DOUBLE AS A PIZZA OVEN.



Kamado Joe Classic II Red

BEST GRILL TIP

DIRECT VS. INDIRECT HEAT

DIRECT HEAT BASICS

Direct-heat grilling means cooking food directly over the heat source, the preferred way to grill tasty hot dogs, juicy burgers, crisp vegetables and meat seared to a crisp outer layer. Direct heat also delivers wonderful grill marks. However, food cooks more quickly over direct heat and can burn unless you keep an eye on it. Foods to cook over direct heat include steaks, chops, fish, vegetables and thin, tender foods such as burgers.

INDIRECT HEAT BASICS

Indirect heat is from a zone adjacent to the heat source, such as a warming rack or where a burner is turned off. Indirect heat works best for slowly cooking thick, tough pieces of meat and foods with high water or sugar content, such as roasts, whole chickens and racks of ribs. It is also used to keep food warm, so you can grill the food over direct heat, then move it to indirect heat until slower-cooking foods are done.

cool tools



Weber Chimney Starter



Weber Premium Two-Piece Tool Set



Weber Instant-Read Thermometer



Weber 21-in. Grill Brush

SMOKER GRILLS

4 SMOKER GRILLS

Smokers create an authentic barbecue taste by maximizing the amount of smoke that penetrates the meat.

FUEL Traditionally, smokers have been fueled by wood, charcoal or a combination of the two. Charcoal might be used to start the fire. Once coals are hot, wood chips are added for smoky flavor. In recent years, wood pellet smokers have gained popularity. Pellets are made from compressed, dehydrated hardwood sawdust and fed through an automatic hopper. One bag of pellets can provide fuel for up to 20 hours of grilling or 40 hours of smoking. However, cold, wet or windy weather will increase cooking time and burn more fuel.

HEAT CAPABILITY Smokers operate with indirect heat. Because they maintain a consistent low temperature, they're well suited to cooking over long periods to result in very tender, flavor-packed meat.

DESIGN The offset smoker, *below*, is a popular design with two chambers: (1) cooking chamber to hold food and (2) firebox, where fuel is burned. Heat and smoke from the firebox enter the cooking chamber through a small hole, then circulate, slowly cooking and flavoring food. Smoke eventually escapes through the smokestack. Dampers help control temperature, and sometimes a water pan is included to add moisture.

CHOICES Hy-Vee carries a smoker for every need, from a small, portable unit for tailgating to medium-size 20- and 22-inch grills to a 34-inch Pro Series smoker.



The key to using a smoker

IS USING THE RIGHT WOOD FOR THE ITEM YOU ARE SMOKING—FRUIT WOODS FOR PORK OR CHICKEN, HEAVY WOODS LIKE HICKORY WHEN SMOKING MEAT ITEMS. YOU CAN ALSO INCREASE YOUR HEAT PRETTY EASILY BY ADDING OAK TO YOUR FIREBOX."

—Chef Mark Webster
Hy-Vee, Lee's Summit, Missouri, certified as executive chef and culinary educator

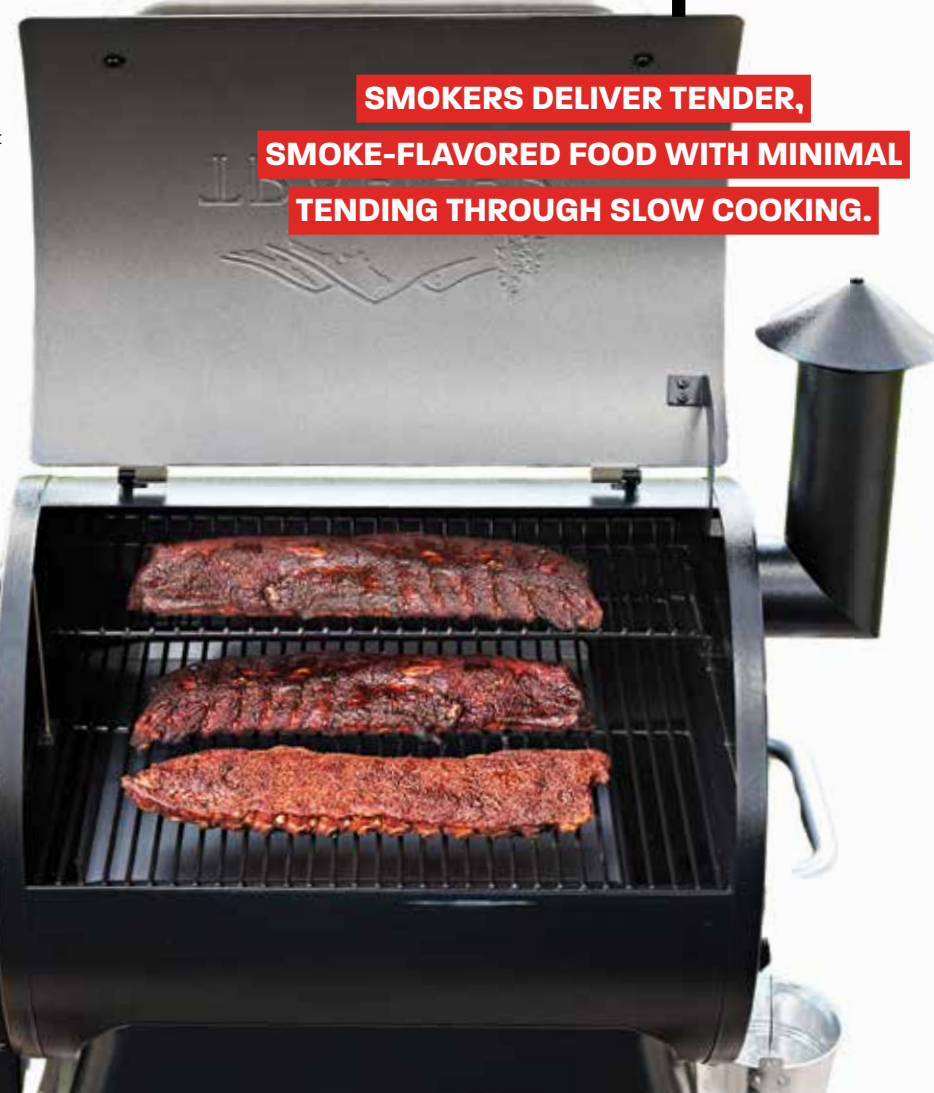
SMOKERS DELIVER TENDER, SMOKE-FLAVORED FOOD WITH MINIMAL TENDING THROUGH SLOW COOKING.



Davey Crockett WiFi Enabled



Bronson 20 Grill 20"



A POWERFUL COMBINATION.



Monster Hydro
select varieties
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AFTER
TRAINING

BEFORE/DURING
TRAINING



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DISCOVER *Premium* SNACKING.



Hillshire Snacking
Small Plates
select varieties
2.4 to 2.8 oz.
2.88

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Congratulations! You've adopted a puppy or dog—a pet that will soon become a faithful member of your family. Ensure a smooth transition by following these tips.

1 BE SURE TO...

- ORDER AN I.D. TAG WITH YOUR PHONE NUMBER ON IT.
- SCHEDULE A VET APPOINTMENT FOR A CHECKUP AND VACCINES.
- SPAY OR NEUTER TO PREVENT UNINTENDED BREEDING.
- PROTECT CAR UPHOLSTERY WITH A WASHABLE BEDSHEET OR OTHER COVER.

2 THINK LIKE A DOG. Remember they naturally investigate their surroundings. Dog-proof the house for your peace of mind and your pet's safety. Tape electrical cords to baseboards; temporarily relocate plants; remove chewables, breakables and valuables; store household chemicals out of reach; and give puppies constant surveillance when they're not asleep or in a crate.



3 GATHER SUPPLIES IN ADVANCE. Don't wait until the last minute—you'll have enough to do! Hy-Vee has all the essentials, including:

COLLAR for everyday use

HARNESS to prevent stress on the dog's neck during training walks

LEASH for walks (standard-size leash for training, retractable leash for leisurely strolls)

BOWLS for food and water

DOG BED to fit dog's mature size; spray with bitters to stop chewing

GROOMING SUPPLIES such as brush and puppy or dog shampoo



4 NIX THE NOISE.

Avoid unnecessary excitement, and speak in a calm, gentle voice. Remember, your living quarters are a strange environment to the pet and could be frightening. The same goes for new sounds, even from a television or radio. Let your pet adjust to her surroundings and investigate at her own pace (with supervision). Give her time to adjust to you, your family and the house before introducing her to strangers or other dogs.

5

A CRATE IDEA. CRATES ARE USEFUL—TO YOU AND YOUR PET.

They appeal to a dog's nesting instinct and can serve as a psychological "off" switch when it's time for quiet. A crate with a nice comfy bed inside is a safe haven. When you have to leave the dog alone for short periods, a crate is the safest place because it prevents trouble. Make sure the crate is big enough for the dog to stand, turn around and stretch.

6

STAY ON SCHEDULE. A ROUTINE IS REASSURING AND LETS DOGS KNOW WHAT TO EXPECT.

Try to follow the same schedule each day with feeding, housetraining, playing and walks. A good example: when you bring your dog out of the crate, put him on a leash and take him outside right away to take care of business. If he becomes distracted and doesn't do what you expect, put him back in the crate and try again in 10 minutes. Following a schedule will show your dog what you expect of him—and what he can expect from you.



7

TIME TO GATE GOING? Make sure your new friend has enough space

when you're away for an extended time. Instead of a crate, consider closing off a kitchen or mud room with a baby gate. A room without tempting chewables is a good start, especially if it has a stainproof floor that's easy to wipe up. Leave something comfortable for your pet to sleep on, a water dish, and papers in case she needs to go.



8

FOOD FOR THOUGHT. Look for quality puppy or dog food, with meat as the first ingredient. Transition the puppy or dog to his new food. Feed him the same thing he's been eating, gradually replacing it with the food you've chosen.



9

TREAT 'EM RIGHT. Dog treats serve multiple purposes, so you'll need more than one kind. Use kibble as training treats, dog biscuits for goodbye treats, rawhides to fight boredom and dental chews to fight plaque.

10 CHOOSE TOYS FOR PLAYTIME

HAVE A VARIETY OF TOYS AND SWITCH THEM OUT TO KEEP A DOG'S INTEREST.

- Squeaky toy to mouth and chew
- Soft toy to carry around and cuddle
- Ball or similar item to play fetch
- Kong or other kibble dispenser for mental stimulation

“When deciding what to feed your pet, the most important factor is to make sure the food is 100% complete and balanced to ensure your pet gets the nutrients it needs to thrive. It's also a good idea to consult your veterinarian before purchasing, so you can confidently choose a food that works best for your pet.”

—Kurt Venator, DVM, PHD, chief veterinarian for Purina



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expect the best.



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SOMETHING DELICIOUS!



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dark chocolate experience for you to share with
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Learn more at Lindt.com



Oh Baby



Girl or boy? Share the joy of learning a baby's gender at a gender-reveal party. Here's how to throw the best ever.

Order a custom gender-reveal cake from the Hy-Vee Bakery in-store or online at hy-vee.com

gender-reveal party tips

No. 1 GET THE RESULTS

Schedule a mid-pregnancy ultrasound (about 20 weeks).

Want to surprise yourself as well as the guests? Have the technician put the results in an envelope and seal it.

venue

Your or a friend's home or backyard, or at a park for a large number of guests.



invites

Send party invitations 1 to 2 months in advance. Indicate whether guests can bring food and/or gifts.

No. 2 PICK A THEME

Decide how your boy-or-girl setup should look.

lashes or staches

Eyelash and mustache cutouts on drink straws, cake pops and coasters.

señor or señorita

Pink and blue piñata cutouts on glasses; piñata shapes on cookies.

prince or princess

Glittery blue crown and pink tiara cupcake toppers; crowns and tiara party favors.

what will it bee?

Question posed on coasters, bee-strung garland and balloons in cheery yellow.

touchdowns or tutus

Helmets and tutus on invitations and napkins; football and tutu icing shapes on cookies.

No. 3 FIND DECOR

Scope out baby-theme decorations at Hy-Vee.

balloons

Ask the Hy-Vee Floral Department about baby-theme balloons and balloon bouquets.

flowers

Pick up pink and blue flowers to set in small vases, or buy readymade arrangements with baby themes. Ask the Floral Department about custom-arranged centerpieces that can be ordered ahead.

party favors

Shop for Floral Department mini plants—succulents, ivy, ferns—for party favors. Tuck plants inside small pots from the Hy-Vee Garden Center. Small terra-cotta pots can be spray-painted pink or blue.

HE OR SHE



come into play

Mingling, eating and party games provide entertainment before the big reveal.

WEAR YOUR GUESS

Ask guests to come dressed in either pink or blue, depending on their gender guess. After the big reveal, hand out prizes to those who guessed right.

KNOW THE OLD WIVES' TALES

Research online, then make a list of myths (heartburn, crave pickles, etc.) about gender predictions. The guest who links the most myths to their prediction wins.

NAME THE BABY

Hand each guest a "Girl" or "Boy" sheet with space for each letter of the alphabet. Ask guests to write as many names as possible for each letter over a certain time period.



Brew the tea ahead of time and refrigerate until ready to make the mocktail.

Pink & Blue Mocktails

Total Time 15 minutes plus chilling time
Serves 2 (8 oz. each)

- 1 cup water
- 1 passion fruit-flavor tea bag
- 4 tsp. Hy-Vee granulated sugar, divided
- Pink nonpareils, for garnishing glass rim
- Hy-Vee light corn syrup, for garnishing glass rim
- 1 cup refrigerated coconut milk
- 2 drops Hy-Vee blue food coloring

1. BOIL water in a small saucepan. Remove from heat; add tea bag and steep 2 to 3 minutes. Remove tea bag. Stir in 2 tsp. sugar. Cover; refrigerate at least 2 hours.

2. PLACE nonpareils in shallow dish. With small food-safe paintbrush, brush corn syrup along rim of glasses; dip rims into nonpareils.

3. COMBINE coconut milk, remaining 2 tsp. sugar and blue food coloring in small measuring cup. Divide between glasses; fill with ice. Slowly pour tea over back of spoon and into glasses, carefully layering on top of milk.

Per serving: 110 calories, 4.5 g fat, 4 g saturated fat, 0 g trans fat, 0 mg cholesterol, 40 mg sodium, 18 g carbohydrates, 0 g fiber, 17 g sugar (17 g added sugar), 0 g protein. Daily Values: Vitamin D 15%, Calcium 35%, Iron 0%, Potassium 0%

PINK & BLUE FAST SNACKS

Scout the aisles at Hy-Vee for foods available in pink and blue.

- 1 M&M'S
- 2 JELLY BEANS
- 3 JONES SODAS

party foods

Go for convenience. Head to Hy-Vee for ready-to-serve platters and trays loaded with delicious party eats.

veggie and fruit trays

Washed, cut and beautifully arranged, Signature Fantastic Fruit Platter includes fruit dip; Signature Premier Vegetable Platter has a creamy ranch dip. Check out other trays and platters.



charcuterie trays

Hy-Vee charcuterie boards, such as this La Quercia Spicy Borsellino, Spec Prosciutto and Lomo tray, include delicious cured meats, condiments and nuts.



cupcakes

Bakery sweets include chocolate and vanilla cupcakes, plus a wide assortment of festively decorated gourmet versions in regular and mini sizes.



cookies

Hy-Vee cookies available in brownie-flavor, chocolate chip, M&M's, oatmeal raisin, snickerdoodle, monster and more. Pick up a variety package.

6 big reveals



1 BALLOON POP

Use a funnel to insert blue or pink confetti into a black balloon. Pop the balloon to send confetti fluttering for the big reveal.



2 EGG ROULETTE

Dye hard-boiled eggs plus one raw egg (the gender color). Guests or parents-to-be take turns hitting an egg on the forehead until the raw egg reveals!

3 FILLED SWEETS

Give cupcakes or donuts a pink or blue filling (if you're to be surprised, too, give baker ultrasound results before they make the treats).



4 TINTED BUBBLES

Tint clear bubble solutions pink or blue; cover labels. When guests blow bubbles, the gender is revealed.

5 FORTUNE COOKIES

Microwave premade fortune cookies until soft, remove fortunes, insert "It's a boy/girl!" notes and close cookies. Everyone opens cookies at the same time.



6 DRINK REVEAL

Purchase packets of pink or blue juice powders (Kool-Aid or water flavor enhancer); wrap in paper so guests can't see color. Distribute bottles of water; have guests pour powder into water to reveal gender.



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Prep for a road race, get tip-top hair and nails, and eat brain-friendly foods.

96 TRAIN YOUR WAY

100 HOW TO HAVE THE BEST HAIR DAY

104 FOODS THAT KEEP YOUR MIND YOUNG

108 MANI-PEDI 101

114 DIETITIAN Q&A: DIETITIAN SERVICES



Exercise routine running stale? Take on a new challenge and sign up for a road race. If you're new to running, read up on expert tips for road race prep as well as health benefits that convince you to keep moving well after you cross the finish line.

On your mark, get set...

The health benefits of long-distance running—weight loss, improved short- and long-term memory, a 25- to 40-percent reduced risk of premature mortality, and much more—are well worth signing up for a race. Those who run may live approximately three years longer than non-runners, according to research in *Progress in Cardiovascular Diseases*. Before you start racking up miles, though, consider these training and race tips from Loran Storts, assistant track and field coach at Luther College in Decorah, Iowa.

TRAINING
• Pick a race, pay for it and tell people about it to encourage accountability.

- Find a partner to run with. “I always say do it with someone else. Finding a running partner holds you accountable on days you don’t want to run,” Storts says.
- To counter soreness, Storts recommends stretching often.

THE RACE
• At the starting line, “Ask those around you what they think their time will be in the race so you know the pace around you,” Storts says. “Don’t put yourself in the front of the crowd because you might get trampled.”
• When you begin running, “Start slow, finish fast,” Storts says. “If you burn too much energy [at first], you can’t make it up.”

Make running a road race part of a larger goal, like weight loss or lowering blood pressure, to keep you motivated. “If you attach [running a race] to something bigger, you’ll tend to fight through when training gets hard,” Storts says.

GO THE DISTANCE

THREE MOST COMMON RACE LENGTHS.

5K RACE	10K RACE	HALF MARATHON
3.1-mile course. Ideal race for a beginner and good option for avid runners who hope to challenge themselves or prepare for a longer race.	6.2-mile course. Good for avid runners, competitive runners and beginners with some experience. New runners might want to start with 5K races first.	13.1-mile course. Half a full marathon, which is 26.2 miles, is tailored toward avid runners and competitive runners.



keep moving

The first few weeks of training may present new challenges, such as sore muscles and tight schedules. For beginners, it’s important to remember to stay the course of your training, even if it means squeezing in two miles instead of three to give your body a break. According to a study in the *Journal of The American College of Cardiology*, those who run just 5 to 10 minutes a day at a slow pace experience significantly reduced risk of all-cause mortality than those who do not run at all. Put simply, a short bout of exercise is better than no exercise.

Sources: pubmed.ncbi.nlm.nih.gov/28365296/—running-as-a-key-lifestyle-medicine-for-longevity/health.harvard.edu/blog/regular-exercise-changes-brain-improve-memory-thinking-skills-201404097110
mcgill.ca/oss/article/healthy/want-lose-weight-then-run-dont-walk-study
onlinejacc.org/content/64/5/472

True to Form

HEAD
Keep head up and in a neutral position to promote postural alignment. Look forward and toward the horizon.

ARMS
Drive arms forward and backward, while keeping them compact and close to sides.

FEET
Land flat on the ground with feet beneath knees. Landing on the heel, or “heel striking,” can cause additional shock throughout legs.

SHOULDERS
Relax and slightly retract shoulders. Tension may cause stress on neck muscles.

TORSO
Maintain an upright posture with slight forward lean.

STRIDE
Focus on light, quick turnover rather than long strides. “If you’re heel striking, that means you’re over-striding,” Storts says.

NUTRITION TIPS

FOLLOW THESE PRE- AND POST-RACE NUTRITION TIPS TO EXCEL ON AND OFF THE COURSE.



WATER
Hydration is key on race day. Drink plenty the day before and a little pre-race.



FRUIT
If you must eat pre-race, have something light like an apple or banana.



COMPLEX CARBS
Post-race, complex carbs like whole grains provide energy. For every 3 grams of carbs, eat 1 gram of protein.



PROTEIN
Eat some protein after the race to rebuild stressed muscle fibers.

Training Charts

USE THESE CHARTS TO GET ON THE RIGHT TRACK FOR TRAINING. FOR EACH CHART, PICK DAYS OF THE WEEK TO RUN, WALK AND REST AND CHECKMARK BOXES UPON COMPLETION.

5K TRAINING

WEEK 1
3 DAYS: RUN/WALK 30-45 MINS
1 DAY: RUN 1 MILE
☐ Run/Walk
☐ 1-mile run

WEEK 2
3 DAYS: RUN/WALK 30-45 MINS
1 DAY: RUN 1.5 MILE
☐ Run/Walk
☐ 1.5-mile run

WEEK 3
3 DAYS: RUN/WALK 30-45 MINS
1 DAY: RUN 2 MILES
☐ Run/Walk
☐ 2-mile run

WEEK 4
3 DAYS: RUN/WALK 30-45 MINS
1 DAY: RUN 2.5 MILES
☐ Run/Walk
☐ 2.5-mile run

WEEK 5
3 DAYS: RUN/WALK 30-45 MINS
1 DAY: RUN 3 MILES
☐ Run/Walk
☐ 3-mile run

WEEK 6
3 DAYS: RUN/WALK 30-45 MINS
1 DAY: RUN 3.5 MILES
☐ Run/Walk
☐ 3.5-mile run

WEEK 7
3 DAYS: RUN/WALK 30-45 MINS
1 DAY: RUN 1.5 MILES
☐ Run/Walk
☐ 1.5-mile run
☐ Race Day

10K TRAINING

WEEK 1
3 DAYS: 1 MILE, 2 MILES, 3 MILES
2 DAYS: WALK 30 MINS
☐ Walk 1 hour total
☐ Run 6 miles total

WEEK 2
3 DAYS: 1 MILE, 2 MILES, 3.5 MILES
2 DAYS: WALK 30 MINS
☐ Walk 1 hour total
☐ Run 6.5 miles total

WEEK 3
3 DAYS: 1.5 MILES, 2 MILES, 4 MILES
2 DAYS: WALK 30 MINS
☐ Walk 1 hour total
☐ Run 7.5 miles total

WEEK 4
3 DAYS: 1.5 MILE, 2 MILES, 4.5 MILES
2 DAYS: WALK 30 MINS
☐ Walk 1 hour total
☐ Run 8 miles total

WEEK 5
3 DAYS: 2 MILE, 2 MILES, 5 MILES
2 DAYS: WALK 30 MINS
☐ Walk 1 hour total
☐ Run 9 miles total

WEEK 6
3 DAYS: 2 MILES, 2 MILES, 5.5 MILES
2 DAYS: WALK 30 MINS
☐ Walk 1 hour total
☐ Run 9.5 miles total

WEEK 7
2 DAYS: 2 MILES, 2 MILES, 2 DAYS: WALK 30 MINS
☐ Walk 1 hour total
☐ Run 4 miles total
☐ Race Day

HALF MARATHON TRAINING

WEEK 1
4 DAYS: 3 MILES, 2 MILES, 3 MILES, 3.5 MILES
2 DAYS: WALK 30-45 MINS
☐ Walk 1-1.5 hours total
☐ Run 11.5 miles total

WEEK 2
4 DAYS: 3 MILES, 2 MILES, 3 MILES, 4 MILES
2 DAYS: WALK 30-45 MINS
☐ Walk 1-1.5 hours total
☐ Run 12 miles total

WEEK 3
4 DAYS: 3.5 MILES, 2 MILES, 3 MILES, 4.5 MILES
2 DAYS: WALK 30-45 MINS
☐ Walk 1-1.5 hours total
☐ Run 13 miles total

WEEK 4
4 DAYS: 3.5 MILES, 2 MILES, 3.5 MILES, 5 MILES
2 DAYS: WALK 30-45 MINS
☐ Walk 1-1.5 hours total
☐ Run 14 miles total

WEEK 5
4 DAYS: 4 MILES, 2 MILES, 4 MILES, 6 MILES
2 DAYS: WALK 30-45 MINS
☐ Walk 1-1.5 hours total
☐ Run 16 miles total

WEEK 6
4 DAYS: 4 MILES, 2 MILES, 4 MILES, 7 MILES
2 DAYS: WALK 30-45 MINS
☐ Walk 1-1.5 hours total
☐ Run 17 miles total

WEEK 7
4 DAYS: 4.5 MILES, 3 MILES, 4.5 MILES, 8 MILES
2 DAYS: WALK 30-45 MINS
☐ Walk 1-1.5 hours total
☐ Run 20 miles total

WEEK 8
4 DAYS: 4.5 MILES, 3 MILES, 4.5 MILES, 10 MILES
2 DAYS: WALK 30-45 MINS
☐ Walk 1-1.5 hours total
☐ Run 22 miles total

WEEK 9
4 DAYS: 5 MILES, 3 MILES, 5 MILES, 6 MILES
2 DAYS: WALK 30-45 MINS
☐ Walk 1-1.5 hours total
☐ Run 19 miles total

WEEK 10
4 DAYS: 5 MILES, 3 MILES, 5 MILES, 11 MILES
2 DAYS: WALK 30-45 MINS
☐ Walk 1-1.5 hours total
☐ Run 24 miles total

WEEK 11
4 DAYS: 5 MILES, 3 MILES, 5 MILES, 7 MILES
2 DAYS: WALK 30-45 MINS
☐ Walk 1-1.5 hours total
☐ Run 20 miles total

WEEK 12
4 DAYS: 4 MILES, 3 MILES, 2 MILES
2 DAYS: WALK 30-45 MINS
☐ Walk 1-1.5 hours total
☐ Run 9 miles total
☐ Race Day

NEED A QUICK SNACK BEFORE OR AFTER A RUN? HOW ABOUT A WATER BOTTLE? HY-VEE HAS YOU COVERED! STOP BY AND GET THE SUPPLIES YOU NEED TO TRAIN LIKE A PRO.

HOW TO HAVE THE Best Hair Day

YOUR CROWNING GLORY DESERVES TOP-NOTCH CARE. USE PRODUCTS FROM HY-VEE ALONG WITH THIS GUIDE FOR LUSTROUS, MANAGEABLE LOCKS.

Clean, shiny, styled hair boosts confidence. Face it—a good hair day raises self-esteem. A Yale University study commissioned by Procter & Gamble found that when hair doesn't behave, both men and women experience self-doubt, become self-critical and believe their capabilities are reduced. Fortunately, products abound to clean, condition, repair and style all types of hair—straight, wavy, curly, coiled or textured.

SWITCH YOUR PART TO GIVE ROOTS A LIFT AND HAIR A FULLER LOOK.

RINSING HAIR WITH COOL WATER CLOSES HAIR CUTICLES FOR LUSTER AND SHINE.

match your type

Use products best suited for your hair texture, elasticity and amount of curl for clean, glossy, manageable locks.

STRAIGHT Shampoo

For fine hair with oily scalp, use volumizing shampoos; avoid those with extra oils. Occasionally use dry shampoo—washing too often causes scalp to release excess oil. Thick straight hair benefits from sulfate-free shampoo. **Pantene Pro V Sheer Volume Shampoo** adds volume and lift.

Conditioner

For oily hair, concentrate product on ends, not roots. **Pantene Miracle Moisture Boost** hydrates with rose extract.

WAVY Shampoo

Moisturizing sulfate-free shampoos tame frizz. Sulfates dull hair by stripping it of natural oils. **Redken All Soft Moisturizing Shampoo** conditions as it cleanses.

Conditioner

Anti-frizz treatments lock in moisture; follow up with a leave-in conditioner with keratin, a hair protein that smooths the cuticle to protect while heat-styling. **Not Your Mother's Curl Talk 3-in-1 Conditioner** makes hair elastic and seals in moisture.

CURLY Shampoo

Moisturizing sulfate-free shampoos soften curls and tame frizz; oils add shine. **SheaMoisture Curl & Shine Shampoo** cleanses gently and adds bounce.

Conditioner

Anti-frizz conditioners lock in moisture; a leave-in conditioner with keratin, a hair protein, strengthens strands and adds shine. **Garnier Fructis Curl Nourish Conditioner** strengthens hair with protein and vitamins and tames frizz.

COILED/TEXTURED Shampoo

Gentle lather and extra moisture protect dry, fragile hair. **Love, Beauty and Planet Sulfate Free Shampoo** gently cleanses; natural oils add silkiness.

Conditioner

Leave-in conditioning creams define curls. Deep-conditioning weekly with all-natural oils reduces frizz and adds luster. Occasional protein butter or cream strengthens hair. **OGX Brazilian Keratin Therapy Conditioner** smooths and fortifies with keratin protein.

PRO TIP: COMB THROUGH WET HAIR WITH A WIDE-TOOTH COMB OR PADDLE BRUSH TO GENTLY DETANGLE.

protect & style

Spray, cream and gel hair protectants prevent damage from heated styling tools. Styling mousses and gels create lift, shape and volume, especially at roots and crown.

L'Oréal Elvive Protein Recharge leave-in treatment, Pantene Curl Affair shaping cream, Garnier Fructis Sleek Shot smoother



the tools to great hair

Get the 'do you want with these tools and techniques.

1. ROUND BRUSH

Combine with hair dryer for sleek, curved styles and to add body and create lift at roots. A mix of boar's head and synthetic bristles flexes with hair to reduce damage. To prevent tangling, do not wrap entire strand around brush.



Conair Quick Blow-Dry

2. PADDLE BRUSH

This wide-base brush gently detangles wet or dry hair, smooths large sections of hair and styles the ends. Flexible ball-tipped bristles glide through all types of hair—straight, coarse, thick—without snagging.



Conair Knot-Free

3. HAIR DRYER

Blow-dry at 1,200–1,500 watts; higher settings can damage hair over time. Use nozzle attachments to direct heat and air flow exactly where you want it. Some hair dryers use ions and infrared heat to dry hair quickly and reduce frizz.



Hot Tools Tourmaline 2000

4. CURLING/FLAT IRON

Straighten and smooth hair with a flat iron. Ceramic plates are easier on strands than titanium plates, which heat up quicker. Ceramic plates infused with tourmaline add moisture to hair. Create waves or curls or add structure to wavy hair with a curling iron—the smaller the barrel, the tighter the curl. For hard-to-curl hair, opt for a 1-in. barrel.



Chi Tourmaline Ceramic Styling Iron

USE A CURLING IRON ON HAIR TO CREATE BEACH WAVE CURLS.

MEGA COMFORT. MEGA LONG-LASTING.

1 Mega Roll = 4 Regular Rolls*

Quilted Northern Ultra Soft & Strong® delivers durability & comfort. Quilted Northern Ultra Soft Plush® lavishes you in 3-ply luxurious softness. Both come in long-lasting Mega Rolls, so you can change the roll less.



**QUILTED
•NORTHERN•**

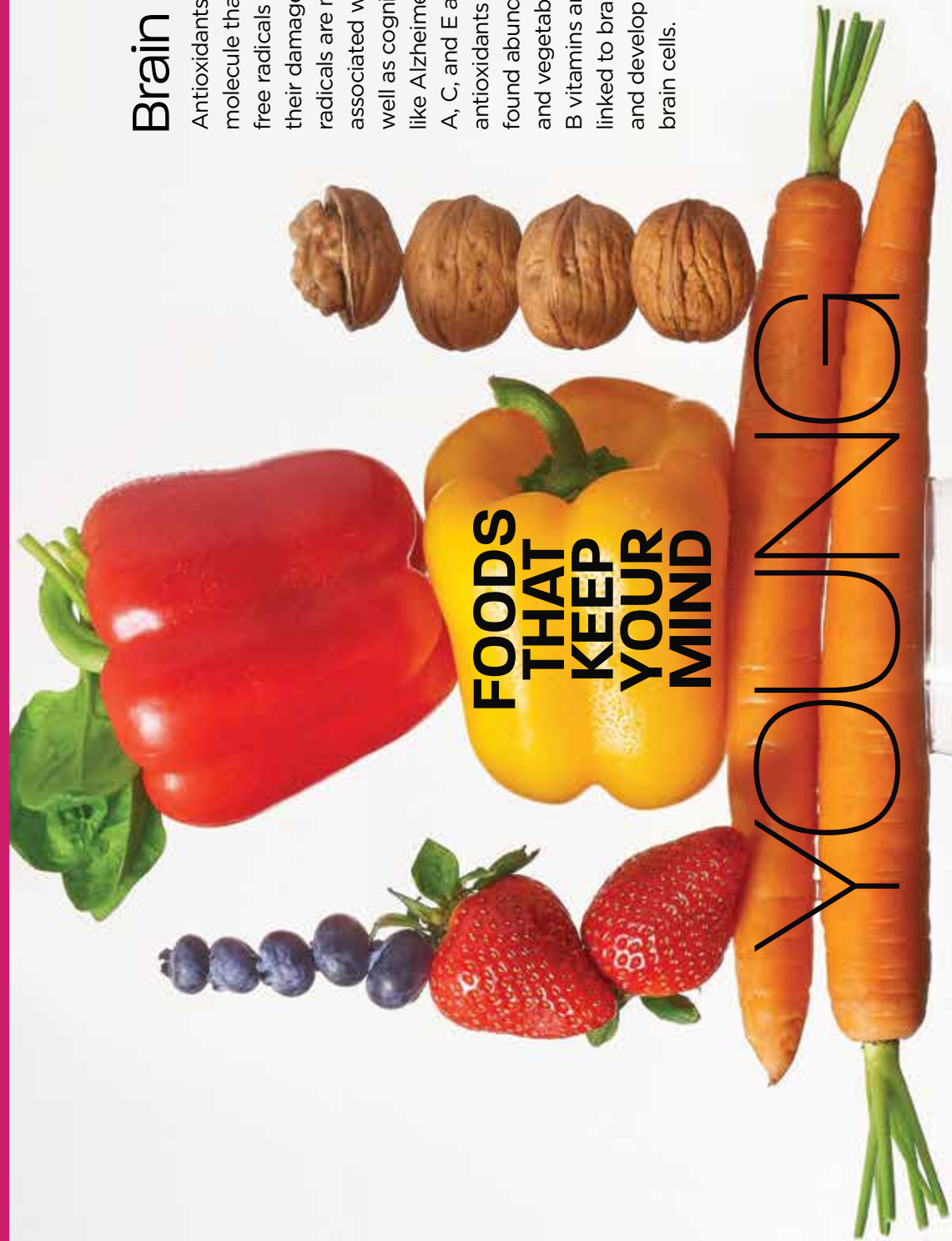
*vs. Quilted Northern® regular roll

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make
a
splash
WITH
DIAL



Dial Body Wash or
Right Guard Extreme
Deodorant
select varieties
2.6 to 4 oz. or
14 to 32 fl. oz.
2/700



FOODS
THAT
KEEP
YOUR
MIND

YOUNG

FILL UP ON FOODS HIGH IN ANTIOXIDANTS, HEALTHY
FATS AND OTHER GOOD-FOR-YOU NUTRIENTS TO
MAINTAIN A SHARP MIND.



BERRIES
Importance: Berries are packed with flavonoids, which have powerful antioxidant and anti-inflammatory properties to combat inflammation and stress, two factors that may contribute to cognitive impairment. **TYPES:** blueberries raspberries, strawberries



NON-STARCHY VEGETABLES
Importance: Eat a range of vegetables that vary in color. Most are fiber rich and good sources of antioxidants like vitamins A, C and E. **TYPES:** asparagus, bell peppers, broccoli, Brussels sprouts, carrots



OLIVE OIL
Importance: Monounsaturated fatty acids are the main type of fat in olive oil. A 2012 study in *The Journal of the American Geriatrics Society* found that, compared to other types of fat, monounsaturated fatty acids are associated with less cognitive decline over a three-year period.



FISH & POULTRY
Importance: Fatty fish are excellent sources of omega-3 fatty acids, which have been linked to lower blood levels of beta-amyloid, a protein that clusters in the brain and contributes to Alzheimer's disease. **TYPES:** chicken breast, mackerel, salmon, trout, tuna, turkey breast



LEAFY GREENS
Importance: Linked to brain health thanks to antioxidant-rich nutrients like folate and vitamin E, which protects brain cells from free radical damage. Folate deficiency is associated with depression and dementia. **TYPES:** arugula, collard greens, kale, lettuce, romaine, spinach



NUTS
Importance: A recent study from the University of South Australia found that eating more than 10 grams of nuts per day is associated with improved thinking, reasoning and memory. **TYPES:** almonds, peanuts, pistachios, walnuts



WHOLE GRAINS
Importance: Oats and barley contain vitamin B1 (thiamine), which helps protect against memory loss and confusion. Choline in quinoa is associated with verbal and visual memory, according to a study in *The American Journal of Clinical Nutrition*. **TYPES:** brown rice, oatmeal, quinoa, whole-wheat pasta, 100%-whole-grain bread



BEANS
Importance: A strong source of B vitamins, which help cells produce energy, form healthy red blood cells and help form neurotransmitters in the brain to pass signals between nerves. **TYPES:** black, kidney, pinto, navy, lentils, soybeans



Sources: health.harvard.edu/mind-and-mood/foods-linked-to-better-brainpower
online.library.wiley.com/doi/abs/10.1002/ana.23594
nla.nih.gov/news/leafy-greens-linked-slower-age-related-cognitive-decline
pubmed.ncbi.nlm.nih.gov/29263222-nutrients-and-bio-actives-in-green-leafy-vegetables-and-cognitive-decline-protects-brain-cells
www.sciencedirect.com/science/article/pii/S0926641013000300
hsh.harvard.edu/nutritionsource/what-should-you-eat/whole-grains/
ncbi.nlm.nih.gov/pmc/articles/PMC324991/
link.springer.com/article/10.1007%2Fs12603-018-1122-5

5

MIND-FRIENDLY DISHES



1. Pan-Seared Tuna with Cowboy Salsa

Combine 1½ tsp. ground coriander, ½ tsp. Hy-Vee ground cumin, ¼ tsp. kosher salt and ¼ tsp. Hy-Vee paprika. Rub on both sides of 2 (1-in.-thick) fresh tuna steaks. Heat 2 tsp. Gustare Vita olive oil in a skillet over medium-high heat. Add tuna; cook 4 to 8 minutes or until desired doneness, turning once. Serve topped with Hy-Vee Deli cowboy caviar. Serves 2.

2. Hot Barley Breakfast Bowls

Bring 2 cups Hy-Vee almond milk to a simmer in saucepan. Add 1 cup quick-cooking pearl barley and ¼ tsp. Hy-Vee ground cinnamon. Simmer, covered, 10 to 12 minutes or until tender. Let stand 5 minutes. Spoon into serving bowls. Top with Hy-Vee Short Cuts triple berry blend and toasted Hy-Vee chopped pecans. Drizzle with Hy-Vee honey. Serves 4.

3. Tri-Berry Vinaigrette

Place ½ cup Gustare Vita extra-virgin olive oil, ½ cup Hy-Vee Short Cuts triple-berry blend, 2 Tbsp. Gustare Vita red wine vinegar, 1 Tbsp. Hy-Vee honey and ¼ tsp. Hy-Vee garlic salt in a blender. Cover and blend until smooth. Serve over Hy-Vee spring salad greens mix. Makes 1¼ cups.

4. Rosemary Snack Almonds

Preheat oven to 350°F. Line rimmed baking pan with parchment paper. Add 1 (10-oz.) pkg. Hy-Vee whole almonds to pan; toss with 2 tsp. Gustare Vita extra virgin olive oil. Sprinkle with mixture of 2 tsp. Hy-Vee dried rosemary leaves, ½ tsp. fine sea salt and ¼ tsp. Hy-Vee dried thyme leaves; toss to coat. Roast 8 to 10 minutes or until lightly toasted. Serves 8 (¼ cup each).



pro tip: BERRY BOOST

“My family loves fresh berries, so I always keep some in my freezer. For a brain-friendly boost, add them to smoothies, oatmeal and yogurt. Before meals, I quickly rinse raspberries, blueberries

or strawberries and set them on the table for my family. They go quickly because they are so delicious on their own.”

—Nicole Johnson,
RD, LD
Hy-Vee Dietitian

5. Tuscan Lemon Chicken Sauté

Pat 1 lb. Hy-Vee True chicken breast tenders dry; sprinkle with ¼ tsp. Hy-Vee lemon-pepper seasoning. Heat 1 Tbsp. Gustare Vita olive oil in skillet over medium heat. Cook chicken 5 to 8 minutes or until done (165°F), turning occasionally. Remove from skillet; keep warm. Heat 1 Tbsp. Gustare Vita olive oil in same skillet over medium heat. Add 2 cups Hy-Vee Short Cuts broccoli florets; cook 1 minute. Add 2 cups Hy-Vee Short Cuts tricolor bell pepper strips and 1 cup halved Hy-Vee Short Cuts zucchini and summer squash. Cook 2 minutes. Increase heat to medium-high. Add ½ cup Hy-Vee 33%-less-sodium chicken broth, 1 tsp. lemon zest, 2 Tbsp. lemon juice and 1½ tsp. Hy-Vee Italian seasoning. Heat through. Stir in 1 (15-oz.) can rinsed and drained Hy-Vee great Northern beans. Serves 4.



Give yourself beautiful, well-groomed nails with tools and on-trend polish colors from Hy-Vee. No salon needed.

MANI-PEDI 101

MANICURE HOW-TO

SET A CLEAN TOWEL ON A TABLE OR OTHER FLAT SURFACE AND HAVE YOUR TOOLS READY.



1 REMOVE any old polish with cotton balls or cotton swabs soaked in nail polish remover.



2 WITH CLIPPERS or manicure scissors, clip nails straight across to desired length, then file them in same-direction strokes with an emery board so they're slightly rounded.



3 MIX a few drops of mild soap, almond oil or other moisturizer in a bowl of warm water. Soak fingertips about 5 minutes. Pat dry.



4 MESSAGE a small amount of cuticle oil into cuticles. Gently push back cuticles with a cuticle pusher or orange stick. Gently clean under and around nails with a nail brush.



5 BUFF with a nail buffer to smooth nails and give them a slight sheen. Then brush nails with a clear base coat, which helps adhere colored polish to nails.



6 BRUSH nails with polish. Brush a vertical stripe along center of nail, then another on each side. Let dry. Apply a second coat. When dry, brush on a top coat of clear polish for a shiny finish.

PAMPER YOUR FEET Try Aveeno Repairing CICA Foot Mask. Wear the supplied socks 10 minutes as shea butter and other ingredients render feet soft and smooth. Gold Bond PEDI Smooth Foot Cream exfoliates and softens for a long-lasting post-pedicure feeling.



tools of the trade

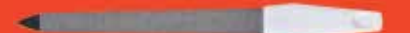
FIND THEM ALL IN THE COSMETICS AISLES AT HY-VEE.



polish remover Acetone-free solution removes light shades and is easy on false nails. Acetone polish remover might be needed to remove dark or glitter polishes.



nail clippers Standard size for fingernails; large clippers for toenails.



file with cuticle pusher Smooths nails; separates cuticle from nail bed and pushes it back (work gently).



cuticle clipper Clips any excess cuticle after it's pushed back. Also called cuticle scissors or nippers.



nail brush Short bristles remove dirt on nail bed, under nails and around cuticle.



nail buffer Boards or blocks with coarse side (smooths ridges on nail bed to enhance nail polish grip) and smooth side (buffs a shine on nails). Use monthly; too-frequent use might make nails brittle.



toe separators Foam spacers that separate toes to ease toenail polish application and other pedicure treatments.

ART OF THE NAIL

FOR EXTRA FLAIR, PAINT A DESIGN ON NAILS.
A FEW CREATIVE FLOURISHES:

ON THE DIAGONAL

Apply base coat; let dry. Apply adhesive tape at a slant and paint bottom half blue; let dry. Paint a second coat; let dry. Repeat process with lime green. Use toothpick or pointed end of tweezers to add white dot of polish in center; let dry. Add top coat.

FINE LINES

Apply base coat; let dry. Paint two coats of white polish, letting each coat dry. Use toothpick or pointed end of tweezers to paint two parallel lines of black polish; let dry. Finish with a top coat.

COLOR TRIO

Apply base coat. Tape off slanted section to paint two coats of blue polish to bottom section; repeat for pink section above. With toothpick or pointed end of tweezers paint dark blue curve at top of nail. Finish with top coat.

FOCAL POINT

Apply base coat, then paint two coats of blue polish to entire nail; let dry between coats. Tape off and apply pink polish, then lime green polish. Finish with a top coat.

INSTANT LENGTH

Beautifully shaped KISS press-on acrylic nails attach with special glue. Use KISS All in One artificial nail remover or acetone polish remover to remove. File and polish acrylic nails as you would natural nails. Will not damage natural nails.

SHOW YOUR COLORS

EXPRESS YOURSELF WITH THIS YEAR'S HUES AND FINISHES, FROM SHIMMERY PASTELS TO BOLD REDS TO CHIC BLUES.

metallics

go for sophistication with a hit of glamour. Metallics are more iridescent and shimmery than all-out glittery. Natural-color metallics say elegance; bold-color metallics add drama.

reds

show confidence and strength. True reds convey energy and power; poppy reads boldly playful. Wine and burgundy lend edginess and a sense of daring.

pastels

reveal a calm, relaxed side. Besides pink, pale blue and lilac, pastels include yellow, cream and gray. Pale yellow adds enthusiasm; gray appears arty and modern.

blues

showcase creativity and willingness to try new things. Blues—denim, navy, cobalt, peacock, teal—say “I like to experiment.”

classic nudes

put a feminine, classy, unfussy color on fingertips. Pearly beige, barely-there pink and pale taupe show poise and self-assuredness.

Power
Longer Days.
**Stock Up
This Spring.**



QUEST
NUTRITION®

**MAKING THE
FOODS YOU CRAVE
WORK FOR YOU
NOT AGAINST YOU**

Join your dietitian for a **FREE** **Nutrition Walk.**

Throughout the week, your Hy-Vee dietitians host free nutrition walks. Join as we tour the store and discuss topics such as diabetes, hypertension and high cholesterol. Ask your dietitian for details.

HyVee®



dietitian Q&A

DIETITIAN SERVICES

Hy-Vee's dietitians go the extra mile to educate customers about healthful eating.



Elisa Sloss, RD, LD
Vice President,
HealthMarket

Q: What is a dietitian?

A: Hy-Vee dietitians are easily accessible and credible sources for better understanding nutrition. Our expertise allows us to assess your unique nutritional needs and provide thoughtful answers or solutions to any problem.

Q: What degrees or certifications are required to be a dietitian?

A: Hy-Vee dietitians are credentialed Registered Dietitians (RD) or Registered Dietitian Nutritionists (RDN). This means that the dietitian has a bachelor's, master's or doctorate in nutrition, completed a supervised dietetics internship, passed a national exam and maintains continuing education hours.

Q: How can attending a store tour with a dietitian lead to better health?

A: Dietitians translate the science behind nutrition into practical information to apply to daily life. They not only offer tips for eating healthful food, like nutrient-dense fruits and vegetables, they also tell exactly why those foods are good for you. This information can lead to a variety of health improvements.

Q: Can a dietitian help me find foods to help with conditions like high blood pressure or high cholesterol?

A: Of course. Hy-Vee dietitians are always happy to help you find healthy food options. We even have store tours focused around heart-healthy foods.

Q: How do I contact a Hy-Vee dietitian?

A: Speak with a dietitian by simply calling your preferred Hy-Vee or searching at hy-vee.com/health/hy-vee-dietitians. And, of course, our door is always open if you'd like to stop by when you're in the store!

SUPERIOR SERVICES

Cooking Classes

Channel your inner chef and get a first-hand lesson on cooking healthful meals. During in-store classes, a Hy-Vee dietitian will walk you through recipes, while explaining the nutritional benefits. Then, put that knowledge to work by making your own delicious meals. Some stores offer classes for adults and children, so check with your local store for availability and get the whole family involved!

Community and Work-Site Wellness Services

Hy-Vee offers a wide variety of services to improve the health and wellness of your group or business. Some of these services include health fairs, weight management programs, nutrition presentations and immunization clinics.

Nutrition Tours

Hy-Vee dietitians host store nutrition tours that focus on a single topic, such as diabetes, blood pressure or cholesterol. Dietitians introduce customers to healthful foods or supplements related to the topic and answer questions. Check with your local dietitian about dates and times for nutrition tours.

Health Screenings

Sign up for a health screening at Hy-Vee. Screenings check cholesterol, blood pressure, blood sugar, body fat and body mass index with same-day results. After the screening, a dietitian will go over the results with you.

SERVICES VARY BY LOCATION. CHECK WITH YOUR LOCAL HY-VEE FOR A COMPLETE LIST OF DIETITIAN SERVICES IN YOUR AREA!

HY-VEE DIETITIANS' FAVORITE SNACKS



"I love to mix a handful of berries and nuts with full-fat Greek yogurt. The higher fat content from the yogurt and the nuts leaves me feeling satisfied, while the berries provide a nice antioxidant boost with a hint of sweetness."
—Ryan Weiler, RD, LD, CSSD
Hy-Vee Dietitian



"My favorite healthy snack is definitely dark chocolate hummus! It pairs perfectly with apple or pear slices, cheese and even pita chips. It's a perfect low-sugar option to satisfy sweet cravings and has some nutritious ingredients, like sesame seeds and garbanzo beans."
—Ashton Ibarra, RD, LD
Hy-Vee Dietitian



"My favorite healthy snack is carrots and peanut butter. I just love the sweet crunch of a carrot mixed with the salty, creamy texture of peanut butter. It is a great way to increase vegetable, protein and healthy fat intake for the day, while satisfying your hunger."
—Anne Cundiff, RD, LD, FAND
Hy-Vee Dietitian



SCHEDULE AN APPOINTMENT WITH A HY-VEE DIETITIAN TO LEARN MORE ABOUT HEALTHFUL FOODS AND NUTRIENTS.

begin™

This isn't a diet. This is Hy-Vee begin™, a healthy lifestyle program that emphasizes overall health. Together, you and a Hy-Vee dietitian create a plan to boost exercise and develop better eating habits to lose weight and to lower blood pressure, cholesterol and blood sugar. Over the course of the 10-session program, you'll learn about food portions, how to control hunger and how to prepare nutritious meals, and you'll go on a store shopping tour. Call your local Hy-Vee dietitian to begin a healthy lifestyle today!

TRY NEW

OIKOS[®]

BLENDED WITH

ALMOND BUTTER



Two Good, Light & Fit,
Drinks, Crunch, Activia
Less Sugar, Smoothies
or Oikos Nut Butter
select varieties
5 to 10 oz.
4/5.00



13g
protein

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Did you *Know*?



*After eating one bowl of Frosted Mini-Wheats with 2% milk at least half of adults had a lower desire to eat than before breakfast for 3 ½ hours

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Total Relief.

Complete allergy solutions
for every season

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



DiGiorno Stuffed,
Stacked or Crispy
Pan Pizza
select varieties
22.2 to 29.6 oz.
6.99



Hillshire Farm
Premium Smoked
Rope Sausage
42 oz.
8.99



Benihana
Frozen Meals
select varieties
10 oz.
2/7.00



Healthy Choice
Power Bowls or
Birds Eye Bowls
select varieties
7.2 to 9.9 oz.
2/6.00



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



Jimmy Dean Delights,
Egg'wich, Frittatas or
New Wraps
select varieties
12 to 22.8 oz.
5.99



Freschetta Gluten
Free Pizza
select varieties
16.77 to 18 oz.
8.99



Bertolli, P.F. Chang's,
Marie Callender's Meal
for Two, Pub Style Pizza
or Birds Eye Voila!
select varieties
18 to 42 oz.
5.99



Johnsonville
Summer Sausage
20 oz.
5.99



Hillshire Snacking
Bistro Boards
select varieties
4.6 or 5.32 oz.
4.48



Pagoda Egg Rolls
select varieties
22 oz.
5.99



Blue Bonnet or
Egg Beaters
select varieties
45 oz. or
15 to 16 oz.
2.99



Blue Bonnet
select varieties
15 oz.
1.58



Hillshire Farm
Lunchmeat
select varieties
11 or 16 oz.
5.88



Kemps Ice Cream,
Frozen Yogurt or
Sherbet
select varieties
48 or 54 oz.
2/7.00



Outshine or Frozen Bars
select varieties
4 to 12 ct.
2/7.00



Reddi Wip, Baristas or Non Dairy Toppings
select varieties
6 or 13 oz.
3.88



Atkins Ready To Drink, Snack or Endulge Bars
select varieties
4 to 15 ct.
2/12.00



Atkins Meal Bars or Ready to Drink
select varieties
4 or 5 ct.
7.98



Quest Chips
select varieties
1.1 or 1.25 oz.
1.99



Quest Protein Drinks
select varieties
4 ct.
7.49



Quest Snack Bar
select varieties
1.52 oz.
2/3.00



Kemps IttiBitz Ice Cream
select varieties
2.9 oz.
5/5.00



Kemps Simply Crafted Ice Cream or Ice Cream Sandwiches
select varieties
16 oz. or 8 pk.
2/7.00



McCormick Grill Mates Marinades
select varieties
.71 to 1.25 oz.
5/5.00



Lawry's Seasoned Salt
8 oz.
2/4.00



McCormick Grill Mates Bottle Blends
select varieties
2.5 to 3.5 oz.
2/3.00



Heinz Ketchup, Mustard or BBQ Sauce
select varieties
19.8 to 21.4 oz.
2/4.00



French's Mustard
select varieties
5.7 to 14 oz.
1.68

pantry



Kemps Simply Crafted Ice Cream
select varieties
48 oz.
3.98



Hunt's Tomatoes
select varieties
28 oz.
1.88



Kellogg's Rice Krispies Treats
40 ct.
8.99



Nabisco Snack Sacks or Teddy Grahams
select varieties
8 or 10 oz.
2/5.00



Frito-Lay Smartfood Popcorn
select varieties
5 to 10 oz.
2/6.00



Heinz 57 Steak Sauce
select varieties
10 fl. oz.
3.79



Frank's Thick Sauces
select varieties
12 or 14 oz.
2.98



Gevalia or McCafé Premium Bags or Pods
select varieties
6 to 12 pk. or 12 oz.
5.99



Monster Muscle
select varieties
15 fl. oz.
2/5.00



Red Bull
select varieties
4 pk. 8.4 fl. oz.
5.99

beverages



Lay's Stax Chips
select varieties
5.5 to 5.75 oz.
4/5.00



Frito-Lay SunChips or Off the Eaten Path
select varieties
4.5 to 10 oz.
2/6.00



Frito-Lay Multipacks
select varieties
8 to 12 ct.
2/8.00



Stacy's Pita Chips or Bagel Chips
select varieties
7 to 7.33 oz.
2/5.00



Frito-Lay Doritos
select varieties
9.25 to 11.25 oz.
2/6.00



Chameleon Cold-Brew
select varieties
8 fl. oz.
2/5.00



Adrenaline Shoc
select varieties
16 fl. oz.
2/4.00



Snapple, Yoo-Hoo, Bai Bubbles or Core
select varieties
11.5 to 23.9 fl. oz.
10/10.00



Bai, Evian or Vita Coco Sparkling Water
select varieties
12 or 18 fl. oz. or 750 ml.
4/5.00



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

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

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

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

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

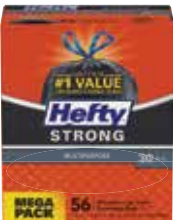
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other



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Hefty Waste Bags select varieties 56 to 90 ct. **10.97**



Hefty Storage Slider Bags select varieties 10 to 20 ct. **2/4.00**



Hefty Molded Fiber Tableware select varieties 16 or 25 ct. **1.98**



Energizer Max or Lithium Batteries select varieties 2 to 8 ct. **7.47**



Dial Bar Soap select varieties 3 ct. **2/4.00**



Dove Bar Soap select varieties 4 oz. **6.99**



Gillette or Venus Disposable select varieties 2 or 3 ct. **6.99**



Keratin Color or göt2b Metallic Color select varieties 2.03 to 5.7 oz. **9.99**



göt2b Men's or Women's Styling Products select varieties 3.5 to 12 oz. **2/12.00**



Dove Advanced Care Deodorant or Degree Wipes select varieties 2.6 oz. or 25 ct. **4.99**



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Aussie select varieties 8 or 12.1 fl. oz. **2.94**



TRESemmé Premium, Dove or Suave Pro Haircare or Styling Aids select varieties 4.3 to 22 oz. **4.99**



Dove Body Wash, Body Polish, Deodorant, Mousse, Bath Bombs, Wipes, Dove or Degree Deodorant or TRESemmé Shampoo select varieties 2.6 to 22 oz. or 2 to 25 ct. **5.99**



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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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WORK IT.



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