GET GRILLIN'
MAY 2020

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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!

FRIED CHICKEN BUCKET

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.
**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 tastes.

**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.

**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**
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!

**IT’S PICNIC TIME!**
HY-VEE HAS WHAT YOU NEED—OTHER THAN SUNNY WEATHER (THAT’S MOTHER NATURE’S JOB)

**OUTDOOR LAWN DARTS**
An old favorite, they keep fingers off hot, buttered corn on the cob.

**OFF! DEEP WOODS BUG SPRAY**
Play a game of keep-away with mosquitoes, gnats, ticks and more.

**RUBBERMAID SERVING BOWLS**
Serving, transport and storage are easy with durable TakeAlongs.

**PLASTIC TABLEWARE**
Convenient utensils are washable and reusable.

**PLATES & NAPKINS**
Watermelon-themed plates and napkins are sure to inspire a picnic mood.

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

**CHAIRS**
Lawn chairs that transport easily make lounging comfortable.

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

**GENERAL STORE BEVERAGE DISPENSER**
Drinks are easy to serve in this 1-gal. glass jar with spigot.

**PLATES & NAPKINS**
Watermelon-themed plates and napkins are sure to inspire a picnic mood.

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**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?

**May 2020**
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.

OLD MacDonALD HAD A PINT.

Whether you’re feeling funny or spunky, you’re sure to find a pint of Til the Cows Come Home™ ice cream to watch your mood. From it was mint to be* to Mind Your Pecan Qu™ and Shiver me Truffles®, there are a variety of utterly irresistible flavors to choose from — and just as many excuses to not share. Try it today!
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.
LEARN THE BASICS

1. CHOOSE A PROTEIN BASE
- Ground beef is popular for crowd-pleasing All-American grilled burgers.
- Ground turkey or chicken are lean options, special mixes or condiments contribute moisture.
- Salmon, finely chopped or coarsely ground in a food processor and combined with parsley, 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 juicy burgers, 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.

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 bet and will hold up 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 mix meat into a patty.

Shape 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, looked 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.

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!
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
- ½ 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
- ½ 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
- ½ cup purchased guacamole
- 4 Hy-Vee Bakery wheat hamburger buns, split and toasted
- ½ 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.
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.

DIRECT VS INDIRECT GRILLING
Use direct grilling and medium heat to cook thin patties (½ in. thick) on the grill rack directly over the heat source. Use indirect grilling (use 85% lean patties) to grill away from the heat source. Indirect heat will allow burgers to cook through without burning.

TENDER JUICY PATTIES
Chicken burgers have minimal fat, and dry out when overcooked. For moist burgers, do not press the patties as you flip. Transfer to a baking dish with a small amount of chicken broth. Cover with foil and place in a warm oven until serving time.
Choose toppings 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
- Arugula
- 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 • Miso • Ketchup
- Hot sauce • Ranch dressing
- BBQ sauce • Trattoria 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 • Carmalized onions • Bacon-onion jam

**HY-VEE READY-TO-GRILL BURGERS**

1. **BEER BRATWURST BURGER**
   - Theme: Oktoberfest
   - Bread: Hy-Vee Bakery pretzel bun
   - Spread: mustard
   - Toppings: bratwurst, sauerkraut, pickles, shredded cheese

2. **CLASSIC SALMON BURGER**
   - Theme: Asian
   - Bread: Hy-Vee Bakery sesame bun
   - Spread: wasabi sauce
   - Toppings: grilled salmon, pickled onions

3. **BEEF BURGER**
   - Theme: Swiss
   - Bread: Hy-Vee Bakery Almond bun
   - Spread: Swiss cheese sauce
   - Toppings: pickles, sauerkraut, grilled onion

4. **JALAPENO PEPPER JACK BURGER**
   - Theme: Loaded Chili Burger
   - Bread: Hy-Vee Bakery
   - Spread: cheddar cheese sauce
   - Toppings: jalapeño jam, grilled pepper jack

5. **GROUND PORK BURGER**
   - Theme: French Fries
   - Bread: Hy-Vee Bakery Sesame seed bun
   - Spread: garlic butter
   - Toppings: smoked Gouda, French fries, grilled onions

6. **COWGIRL CHICKEN GRILLER BURGER**
   - Theme: Italian
   - Bread: Hy-Vee Bakery Parmesan garlic bun
   - Spread: pesto
   - Toppings: grilled chicken, basil, pomodoro sauce

7. **PINEAPPLE BRAT BURGER**
   - Theme: Hawaiian
   - Bread: lettuce buns
   - Spread: sweet BBQ sauce
   - Toppings: grilled pineapple, red onion, red bell pepper

8. **GOURMET STEAKHOUSE BURGER PATTY**
   - Theme: Premium Steakhouse
   - Bread: brioche bun
   - Spread: truffle butter
   - Toppings: truffle oil, chives, blue cheese

9. **COWBOY CHICKEN GRILLER BURGER**
   - Theme: Southwest
   - Bread: Hy-Vee Bakery plain bun
   - Spread: homemade enchilada sauce
   - Toppings: grilled chicken, avocado, salsa

10. **GROUND TURKEY BURGER**
    - Theme: Bahn Mi
    - Bread: quartered Hy-Vee Bakery French baguette
    - Spread: mayo + lemongrass paste
    - Toppings: seedless cucumber, bagged shredded carrots, radish slices

Swap out the bun for a lettuce wrap to cut 140 calories or more per sandwich.
Grilled Beet Burgers

Hands On 20 minutes  Total Time 30 minutes Serves 4

8 oz. grilled, peeled red beets 1 cup Hy-Vee no-salt-added garbanzo beans, drained and rinsed ¼ cup cooked Hy-Vee instant brown rice

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

1. PROCESS beets, beans, rice, garlic, chives, 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). Grill salmon patties 8 to 10 minutes or until cooked through (160°F). Grill salmon patties at 350°F. Grill salmon patties at 350°F.

3. TO ASSEMBLE, spread mustard on bun bottoms. Add bun tops and cheese slices during last minute of cooking.

4. TO ASSEMBLE, spread 1 Tbsp. mayo on bun bottoms. Place burgers on bun bottoms; top with coleslaw dressing and fried eggs on bun bottoms. Add bun tops.

Per serving:

• 48 g carbohydrate
• 24 g protein
• 75 mg cholesterol
• 1,150 mg sodium
• 15% daily value for added sugar

Date and time of preparation: 3/31/20 8:20 AM

Blackened Salmon Burgers with Mango Slaw

Hands On 30 minutes  Total Time 44 minutes  Serves 4

¾ mango, peeled, pitted and chopped 1 Tbsp. finely chopped Hy-Vee Short Cuts red onions 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 down 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 tops; top with coleslaw and mango mixtures. Add bun tops. 

Per serving:

• 47 g carbohydrate
• 24 g protein
• 275 mg cholesterol
• 1,300 mg sodium
• 12% daily value for fat

Date and time of preparation: 3/31/20 8:20 AM
**Greek Turkey Burgers**

**Hands On 20 minutes**  
**Total Time 35 minutes**  
**Serves 4**

2 cups lightly packed fresh spinach (5% oz.), divided  
1 lb. 93%-lean ground turkey  
1/2 cup Hy-Vee large egg, beaten  
1/4 tsp. Hy-Vee black pepper  
2 cloves garlic, minced  
1 Tbsp. finely chopped Italian parsley  
½ cup purchased tzatziki  
8 Hy-Vee Bakery white hamburger buns, split and toasted  
12 to 15 minutes or until cooked through (165°F), turning halfway through.

1. **FINELY CHOP** 1 tsp (1/2 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). Grill patties 10 to 12 minutes or until cooked through (165°F), turning halfway through.
3. **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.

**Turkey Greek Burgers**

**Serves** 4

**Total Time** 20 minutes  
**Hands On** 15 minutes

1. **COMBINE** 4 Tbsp. Hy-Vee Hickory House white cheddar macaroni and cheese and 2 Tbsp. Hy-Vee shredded sharp Cheddar cheese in the center of four burger patties. Place onion rings on grill during the last 5 minutes of cooking. Grill until golden brown, turning halfway through.
2. **SPREAD** basil mayonnaise and sauce on top of each burger. Top with remaining patties, pickles and onion rings with mayo. Layer lettuce, beef cut sides of buns
3. **Prep** 24 Tbsp. reduced-calorie olive oil
4. **STUFF** a burger into a stuffed burger with these ingredients.

**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.**

**HERB BUTTER**

Fresh pesto, garlic + pepper + cream cheese.

**PIZZA FIXINGS**

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

**SPINACH-ARTICHOKE DIP**

Purchase readymade at your local Hy-Vee.

**JALAPEÑO**

Combine desired amount of chopped jalapeño pepper and cream cheese.
YOUR MUST-HAVE SUMMER GRILLING FLAVORS!

VISIT MCCORMICK.COM FOR GRILLING RECIPES!

Savory sides. IN A SNAP.

Get this recipe and more at hy-vee.com/shortcuts
BRIGHTEN A BRUNCH WITH LUSCIOUS, RIPE BERRIES FROM HY-VEE, WHERE ONLY THE SWEETEST, JUICIEST, BEST-SOURCED FRUITS MAKE IT TO THE PRODUCE AISLES.
BUYER’S
Streusel
Triple-Berry
Lemon-Glazed

1 Hy-Vee large egg, beaten

1 cup Hy-Vee skim milk
1 cup Hy-Vee canola oil
1 Tbsp. lemon zest
1 tsp. Hy-Vee vanilla extract
1 tsp. Hy-Vee ground cinnamon
4 Tbsp. Hy-Vee chopped pecans
3 Tbsp. Hy-Vee salted butter, cold
¼ tsp. Hy-Vee ground nutmeg

2½ cups plus 1 Tbsp. Hy-Vee all-purpose flour, divided
2 Tbsp. plus 1 cup Hy-Vee granulated sugar
1 cup Hy-Vee powdered sugar
1 tsp. Hy-Vee salted butter, cold
2 Tbsp. lemon juice

1 (1-lb.) pkg. Hy-Vee Short Cuts triple-berry blend, divided
8 (½-in.) slices Hy-Vee Bakery challah*

1 cup Hy-Vee half-and-half
1 cup packed Hy-Vee brown sugar
1 tsp. Hy-Vee vanilla extract
1 tsp. orange zest
1 tsp. Hy-Vee ground cinnamon
4 Tbsp. Hy-Vee powdered sugar
3 Tbsp. powdered sugar

½ cup Hy-Vee half-and-half
1 cup packed Hy-Vee brown sugar
1 tsp. Hy-Vee vanilla extract
1 tsp. orange zest
1 tsp. Hy-Vee ground cinnamon
0 (⅛-in.) slices Hy-Vee Bakery challah* or cinnamon swirl bread
Hy-Vee powdered sugar, for garnish

3/27/20   2:51 PM
022-029 Berries and Brunch_03.27.indd   25
Make It Ahead
Cook berry sauce, then refrigerate in covered container up to 5 days before making lemonade.

**Berry Lemonade**

Combine 1 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 3 ½ cups Hy-Vee lemonade in a large pitcher. Serve 4.

**Tropical Berry Fruit Cups**

Combine 1 cup sliced strawberries, ¾ 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. Divide 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. Serve 6.

**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
- 1/4 lb. pork sausage
- 6 Hy-Vee large eggs, lightly beaten
- 3 ½ cups Hy-Vee whole milk, divided
- 1 tsp. Hy-Vee black pepper
- 1 tbsp. Hy-Vee mustard powder
- 1/4 cup (10.5-oz.) can Hy-Vee condensed cream of mushroom soup
- 1 1/2 lb. pork sausage
- 6 Hy-Vee large eggs, lightly beaten
- 3 ¾ cups Hy-Vee whole milk, divided
- 1 tsp. Hy-Vee black pepper
- 1 tsp. Hy-Vee mustard powder
- 1/2 cup Hy-Vee nonstick cooking spray

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%
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.

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

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.

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.

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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.

SHARE A GLASS OF WINE OR AN ELEGANT COCKTAIL. TELL MOM SHE’S GREAT!

SURPRISE MOM WITH A POWERFUL KITCHENAID ARTISAN MIXER—MAKES DOZENS OF COOKIES IN ONE BATCH.

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
Mōda 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 Marzipan-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 Tin bowls, 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
Bath & body products soothe and pamper:
Bombshell Bath Soaks Daisy Soap
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

SeasOns | May 2020

30
Give the gift of healthy smiles with **Oral-B**

**Mother’s Day**

— 5.10.20 —

Because moms do so much for us

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

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

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 in a paper bag and seal 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

WIIINGS FOR YOUR SUMMER.
WITH THE TASTE OF WATERMELON.*

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 should give slightly 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.

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Sources:
fdc.nal.usda.gov/fdc-app.html#/food-details/171705/nutrients
heart.org/en/healthy-living/healthy-eating/eat-smart/fats/monounsaturated-fats
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Produce Manager
Hy-Vee, Waukee, Iowa
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
1 cup Hy-Vee Short Cuts chopped white onions
1 cup chopped fresh cilantro, plus additional for garnish
1 Tbsp. fresh lime juice
½ tsp. Hy-Vee salt
½ 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

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 and garlic on a rimmed pan adds rich, roasted flavor to guacamole.

Top The Tater Dip
select varieties
12 oz.
2/4.00
MARGARITAS, MICHELADAS AND MORE!

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.

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.

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).

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

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

TIMING
Add beer right before serving this spicy and refreshing Michelada.
**MIXERS**

**The Mixer**
Combine 3 cups fresh raspberries, 1½ cups fresh grapefruit juice, ⅓ 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**

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

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**MIXERS**

**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 seeds. 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 mixture is combined and slushy. Pour into salt-rimmed 16 oz. margarita glass.

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

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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.
NEW Life Cuisine
Bowls, Egg Bites
or Pizza
select varieties
6 to 11 oz.
2/7.00

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.
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.

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.

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 fishermen.

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.

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.
SEASONS | hy-vee.com

**Parmesan-Crusted Salmon**

**Hands On:** 15 minutes  
**Total Time:** 32 minutes  
**Serves:** 4

1. **PAPRIKA** over 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 crumb mixture 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 pepper; serve with lemon wedges. Pairing fish with broccolini works well and adds fiber to the dish.

4. **TRANSFER** salmon and broccolini to a serving platter. Swab with food-safe oil and roast alongside salmon during the last 10 minutes.

5. **SPREAD** yogurt mixture on a toasted bread slice.

6. **PRESS** the sandwich and serve as desired.

**Tips:** Don’t overcook the salmon, as it will become dry. To test for doneness, insert a thermometer into the thickest part of the salmon fillet or farmed in ways that minimize environmental impact.

**FISH TIPS**

**Wild salmon cooks much faster than farmed-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).**

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**Salmon BLTs**

**Total Time:** 35 minutes  
**Serves:** 2 (1 sandwich each)

1. **BRUSH** 3 Tbsp. Gustare Vita olive oil on 2 (3½- to 4-in.) slices Hy-Vee Bakery Panini. Heat oil in a large nonstick skillet; toast until golden brown on both sides.

2. **PLACE** lettuce, tomato, bacon and avocado on toasted bread. Add salmon, lettuce, tomato, avocado and bacon. Top with remaining bread.

**Tips:** The black pepper should be freshly ground. For the bacon, use applewood bacon, halved crosswise.

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**FISHERIES**

**Hy-Vee is the largest supplier of seafood in the Midwest.**

**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.

**Hy-Vee Mediterranean sea salt and coarse-ground black pepper**

**Time Saver**

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

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THE PARTY STARTS HERE!

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

there’s enough of me to go around

no calories no sweeteners all smiles™
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.

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

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

Bakery
Ready for your party: cookies, brownies and bars for many tastes, plus artfully decorated freshly baked cakes, cake pops and cupcakes.
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 toppings. Bake 12 to 15 minutes or until bubbly. Let stand 5 minutes before serving. Serves 6.
2. **Ramen Veggie Stir Fry**


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 package directions. Drain. Add 1 cup Hy-Vee shredded mozzarella cheese and sauce over ramen noodles. Sprinkle with 1½ tsp. Hy-Vee shredded parmesan cheese. Garnish with chopped fresh basil, if desired. Serve 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. Simmer, stirring occasionally, until noodles are tender. Serve topped with grated Parmesan cheese. Serve 4.

5. **Beef Kimchi Ramen Bowl**


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 ½ 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 ½ cup Hy-Vee canola oil. Toss salad with vinaigrette, coating well. Cover and chill 1 to 2 hours before serving. Serve 10.

7. **Ramen ‘n’ Cheese**

Mix 2 (2.5-oz.) pkgs. Sriracha-chicken flavor ramen noodles in a saucepan over low heat for 5 minutes or until noodles are heated through, stirring occasionally. Meanwhile, cook 4 (3-oz.) pkg. roasted chicken-flavor ramen noodles. Toss ramen with 1 cup grated Parmesan cheese. Garnish with chopped fresh cherry tomatoes, finely chopped curly parsley and additional ramen seasoning. Serve 4.

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**2.** Beef Kimchi Ramen Bowl

**3.** 20-Minute Ramen & Meatballs

**4.** Quick Chicken Ramen Soup

**5.** Crunchy Broccoli-Ramen Slaw

**6.** Ramen ‘n’ Cheese
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 third bowl. Dip ramen-seasoning-wrapped 1 lb. Hy-Vee True chicken breast tenderloins in flour mixture with flour; dip into eggs, then into ramen. Spray chicken with Hy-Vee nonstick cooking spray. Season to taste. Air-fry at 350°F for 5 minutes or until done (165°F). Garnish with Italian parsley and lemon wedges, if desired. Serve 4.

10. Spicy Ramen Snack Mix
Preheat oven to 400°F. Crush 2 (3-oz.) pkg. soy sauce-flavor ramen noodles (reserve seasoning) into 2 large pieces; toss with 1 cup each Hy-Vee mini pretzels, Bugles and unsalted dry-roasted peanuts on a 15-in. x 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 1-cup wasabi peas; cool. Store in airtight container up to 2 weeks. Serves 10.

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, 2 ramen seasoning packets, 1 cup Hy-Vee crispy rice cereal; combine well. Layer 1 cup tomato mixture, ramen squares, remaining tomato mixture and beef mixture in prepared dish. Bake, covered, 25 minutes. Garnish with lettuce, dill pickles and tomato. Serves 6.

12. Chocolate Peanut Butter Ramen Bars

57 SEASONS | May 2020
**The leading low carb lifestyle**

**KETO FRIENDLY**

**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.

*Product designed to be used with the Atkins Induction phases.*
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. BOOCE
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

Sources: almanac.com/content/when-memorial-day
history.com/topics/holidays/memorial-day-history
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 ’smores.

4. SIP IN STYLE
   Go ahead, serve those drinks right out of a can or bottle. These beverage holders make a 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 1/3 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. 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.

9. Finish with a Sweet Reward
   Hy-Vee Bakery Fresh cookies
   Hy-Vee Bakery Fresh Gourmet Cupcakes

10. 10 MUST-HAVES FOR A MOST HEAVENLY PICNIC

SEASONS | hy-vee.com

MUST-HAVES FOR A MOST HEAVENLY PICNIC

OUTDOOR ESSENTIALS

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!

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.

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 ’smores.

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

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.

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.

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MUST-HAVES FOR A MOST HEAVENLY PICNIC
NEW!

Hostess®
donettes
on the go!

PERFECT PORTION SIZE
FOR SNACKING ON THE GO!

©2020 Hostess Brands, LLC

Mars Candy
select varieties
2.7 to 10.7 oz
2/6.00
Furnish a welcoming outdoor retreat just in time for grilling season.

LAUNCH BOX

FILL & FUEL
WITH 8G OF PROTEIN

Find in the FROZEN snacks aisle!
Canary 5-Piece Wicker Dining Set

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

OUTDOOR STYLE

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

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.
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.

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

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

Elements of the Outdoors

Choose Your Seating
Saatchi 5-Piece Aluminum Conversation Set

Beverly Sling Stack Chairs

Real Comfort Adirondack Chairs

Accessorize For Style
Pretty and practical, lanterns provide both light and ambience.
Tall Metal Lantern with Glass Insert

Pretty and practical, lanterns provide both light and ambience.

Tall Metal Lantern with Glass Insert

Metal Garden Stool with Wooden Top

Assorted Garden Containers

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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!

Lakeside 6-Piece Dining Set
Clean lines and sturdy construction give this dining set true staying power. Outdoor lighting and table decorations are welcoming touches.

Palma/Oxford/Lasalle Steel 3-Piece Bar Set
Ergonomic chairs offer relaxing comfort in a bistro-style set for two.

GATHERINGS
GET READY FOR

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

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

Carolina Coast Wicker 6-Piece Sectional

Metal Lantern Set

Stainless Steel Patio Heater

Lattice Fire Pit

GET READY FOR
Outside Swingers
Nestle into the cocoon of sturdy metalwork hammock chairs with soft, cozy cushions.

SUMMER FUN

[ MADE IN THE SHADE ]
Say good day to sunshine! Patio umbrellas provide a splash of color along with a shady refuge from direct sun.

[ PERFECT THE PATIO ]
Striped or solid, patio umbrellas from Hy-Vee inject color into outdoor retreats.

75 SEASONS | hy-vee.com

[ PERK UP THE PATIO ]
Place potted plants in outdoor living spaces for color, fragrance and mood.

Dipladenia Hanging Basket
Boston Fern
Succulents
Coleus Planter
Dipladenia
Hydrangea

[ 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
Children’s Frog Swing
FIRE UP THE GRILL.

this is the good stuff™

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

Don't just clean
GET FRESH FOR SPRING

Inspired spring cleaning combinations for your bathroom
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.

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

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.

   **PREP THE GRILL**
   - Remove the grill grate and open the bottom grill vent halfway to completely, depending on how hot you want the grill.

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

   **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.

   **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.

   **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.

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

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

**THE OUTDOOR KITCHEN**

**GRILL PRIMER**

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**GRILL BASICS FOR CHARCOAL**

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**CHARCOAL GRILLS IMPART GREAT SMOKY FLAVOR AND EXCEPTIONAL SEARING CAPABILITY.**

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**BEST CARE TIPS**

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**SEASONS | hy-vee.com**

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**THE GRILL PRIMER**

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**GRILL PRIMER**

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**CHARCOAL GRILLS**

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**THE OUTDOOR KITCHEN**

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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 65 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 swiveling 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.

GAS GRILLS ARE CONVENIENT.

READY AT A MOMENT’S NOTICE, THEY MAKE IT EASY TO GRILL FOODS SIMULTANEOUSLY IN DIFFERENT TEMPERATURE ZONES.

Veggie Basket

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

Cedar Plank

Ideal for salmon and other fish, a cedar plank imparts flavor 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 GRIL BASICS

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

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.

DURING COOKING

Cook with lid closed and try not to open it more than necessary. 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.

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.

BEST CARE TIPS

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 when using a gas smoker and can make cedar-planked smoked salmon.

–Chef Mark Webster

Hy-Vee, Lee’s Summit, Missouri, certified as executive chef and culinary educator

Source: consumer.care.weber.com/H/CLR/un/articles/0160325606172-how-long-will-my-propane-4-p Orcas Island.
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 baked to a crisp outer layer. Direct heat also delivers wonderful heat, then move it to indirect heat so you can grill the food over direct heat works best for slowly cooking thin, tough pieces of meat and 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.

HEAT CAPABILITY
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 pellets have gained popularity. Pellets are made from compressed, dehydrated hardwood sawdust and provide smoke without fire. However, cold, wet or windy weather will increase cooking time and burn more fuel.

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. 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

Direct-heat grilling means cooking food directly over the heat source, the preferred way to grill tasty hot dogs, crisp vegetables and juicy burgers, crisp vegetables and fish, vegetables and thin, tender foods such as burgers.

SMOKER GRILLS

SMOKER GRILLS

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SMOKER GRILLS

SMOKER GRILLS

KEVIN CROCKETT

WIFI

DRAIN

WEBSERIES

SMOKER GRILLS

SMOKER GRILLS
A POWERFUL COMBINATION.

Monster Hydro, select varieties
25.4 fl oz.
$2.40

Monster Energy, Chocolate
27g Protein
Chocolate Energy Drink

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

DISCOVER Premium SNACKING.

Monster Energy Drink
Monster Hydro
Hillshire Snacking
Small Plates
Genoa Salame
Italian Dry Salame

MONSTERENERGY.COM

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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. ORDER AN I.D. TAG WITH YOUR PHONE NUMBER ON IT.
2. SCHEDULE A VET APPOINTMENT FOR A CHECKUP AND VACCINES.
3. SPAY OR NEUTER TO PREVENT UNINTENDED BREEDING.
4. PROTECT CAR UPHOLSTERY WITH A WASHABLE BEDSHEET OR OTHER COVER.
5. A CRATE IDEA. CRATES ARE USEFUL—TO YOU AND YOUR PET.
6. STAY ON SCHEDULE. A ROUTINE IS REASSURING AND LETS DOGS KNOW WHAT TO EXPECT.
7. TIME TO GATE GONE? Make sure your new friend has enough space when you’re away for an extended time.

BE SURE TO...

- Avoid unnecessary excitement, and speak in a calm, gentle voice. Remember, your living quarters and your pet’s safety are a strange environment to the pet and can cause 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.

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.

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

Try to follow the same schedule each day with feeding, house-training, 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.

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THE SAFEST PLACE BECAUSE IT PREVENTS TROUBLE. Make sure the crate is big enough for the dog to stand, turn around and stretch.

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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We keep it fresh for those who expect the best.
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.

1. GET THE RESULTS
Schedule a mid-pregnancy ultrasound (about 20 weeks).

2. PICK A THEME
Decide how your boy-or-girl setup should look.

3. FIND DECOR
Scope out baby-theme decorations at Hy-Vee.

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

GET THE RESULTS
PICK A THEME
FIND DECOR

Gender-Reveal Party Tips

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

No. 1 GET THE RESULTS

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

No. 2 PICK A THEME

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

No. 3 FIND DECOR

Scope out baby-theme decorations at Hy-Vee.

- balloons
- flowers
- party favors

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

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

Girls and boys

- Eyelash and mustache cutouts on drink straws, cake pops and coasters.
- Glittery blue crown and pink tiara shapes on cookies.
- Glittery blue crown and pink tiara shapes on cookies.
- Glittery blue crown and pink tiara shapes on cookies.

Prince or princess

- Glittery blue crown and pink tiara shapes on cookies.
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What will it be?

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

- Shop for Floral Department mini plants—succulents, ivy, ferns—for party favors. Tuck plants inside small pots from the Hy-Vee Garden Center.
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Party favors

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- Baby-themed balloons
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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 or Signature Premier Vegetable Platter has a creamy catch stick. Check out other trays and platters.

**charcuterie trays**

Hy-Vee charcuterie boards, plus the Pink & Gucci Spicy Guazzelino, Speck Prosciutto and Lemo 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, snickers, chocolate chip, monster and more. Pick up a variety package.

**Drinks**

Use a funnel to insert blue or pink confetti into a black balloon. Pop the balloon to send confetti fluttering for the big reveal.
Prep for a road race, get tip-top hair and nails, and eat brain-friendly foods.
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.

**GO THE DISTANCE**

THREE MOST COMMON RACE LENGTHS.

**5K RACE**

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.

**10K 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.

**HALF MARATHON**

13.1-mile course. Half a full marathon, which is 26.2 miles. Is tailored toward avid runners and competitive runners.

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 Lorin 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.

**Sources:**

- *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.
**PRE- AND POST-RACE NUTRITION**

Follow these tips to excel.

**FEET**

Landing on the heel, with feet beneath knees.  
**TOE**

Close to sides.  
**ARMS**

Horizontal.  
**HEAD**

Maintain an upright posture and in a neutral alignment.  
**EYES**

Look forward and toward the horizon.  
**SHOULDER**

Relax and slightly retract shoulders. Tension may cause additional shock or "heel striking," can cause additional shock.

"Heel striking," that means you’re over-striding, which means you’re not running efficiently.  

**SHOES, INSOLES**

A good fit.  

**NUTRITION TIPS**

Follow these pre- and post-race nutrition tips to excel:

**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 for the whole grains provide energy. For every 3 grams of carbs, eat 1 gram of protein.

**PROTEIN**

Eat some protein after exercise to rebuild stressed muscle fibers.

**SOURCE:**

[https://www.achess.org/education-and-resources/professions/sports/article/5360/nutrition-support-for-long-distance-running](https://www.achess.org/education-and-resources/professions/sports/article/5360/nutrition-support-for-long-distance-running)

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**TRAINING CHARTS**

**SEASONS | hy-vee.com**

*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 1.5-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 4 MILES  
Run/Walk 4-mile run

**10K TRAINING**

**WEEK 1**

3 DAYS: 1 MILE, 2 MILES, 5 MILES  
1 DAY: Walk 1 hour total  
Run 6 miles total

**WEEK 2**

3 DAYS: 1 MILE, 2 MILES, 5 MILES  
1 DAY: Walk 1 hour total  
Run 6.5 miles total

**WEEK 3**

3 DAYS: 1.5 MILES, 2 MILES, 4 MILES  
1 DAY: Walk 1 hour total  
Run 7.5 miles total

**WEEK 4**

3 DAYS: 1.5 MILES, 2 MILES, 4.5 MILES  
1 DAY: Walk 1 hour total  
Run 8 miles total

**WEEK 5**

3 DAYS: 2 MILES, 5 MILES, 5 MILES  
1 DAY: Walk 1 hour total  
Run 9 miles total

**WEEK 6**

3 DAYS: 2 MILES, 5 MILES, 5.5 MILES  
1 DAY: Walk 1 hour total  
Run 9.5 miles total

**WEEK 7**

3 DAYS: 2 MILES, 5 MILES, 5.5 MILES  
1 DAY: Walk 1 hour total  
Run 10 miles total

**WEEK 8**

3 DAYS: 2 MILES, 5 MILES, 6 MILES  
1 DAY: Walk 1 hour total  
Run 11 miles total

**WEEK 9**

3 DAYS: 2 MILES, 5 MILES, 6 MILES  
1 DAY: Walk 1 hour total  
Run 11.5 miles total

**WEEK 10**

3 DAYS: 3 MILES, 2 MILES, 6 MILES  
1 DAY: Walk 1 hour total  
Run 12 miles total

**WEEK 11**

3 DAYS: 3 MILES, 2 MILES, 6 MILES  
1 DAY: Walk 1 hour total  
Run 12.5 miles total

**HALF MARATHON TRAINING**

**WEEK 1**

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 2**

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 3**

4 DAYS: 5 MILES, 3 MILES, 5 MILES, 6 MILES  
2 DAYS: Walk 30-45 MINS  
Walk 1-1.5 hours total  
Run 24 miles total

**WEEK 4**

4 DAYS: 5 MILES, 3 MILES, 5 MILES, 6 MILES  
2 DAYS: Walk 30-45 MINS  
Walk 1-1.5 hours total  
Run 24 miles total

**WEEK 5**

4 DAYS: 5 MILES, 3 MILES, 5 MILES, 6 MILES  
2 DAYS: Walk 30-45 MINS  
Walk 1-1.5 hours total  
Run 24 miles total

**WEEK 6**

4 DAYS: 5 MILES, 3 MILES, 5 MILES, 6 MILES  
2 DAYS: Walk 30-45 MINS  
Walk 1-1.5 hours total  
Run 24 miles total

**WEEK 7**

4 DAYS: 5 MILES, 3 MILES, 5 MILES, 6 MILES  
2 DAYS: Walk 30-45 MINS  
Walk 1-1.5 hours total  
Run 24 miles total

**WEEK 8**

4 DAYS: 5 MILES, 3 MILES, 5 MILES, 6 MILES  
2 DAYS: Walk 30-45 MINS  
Walk 1-1.5 hours total  
Run 24 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 24 miles total

**WEEK 10**

4 DAYS: 5 MILES, 3 MILES, 5 MILES, 6 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, 6 MILES  
2 DAYS: Walk 30-45 MINS  
Walk 1-1.5 hours total  
Run 24 miles total

**WEEK 12**

4 DAYS: 5 MILES, 3 MILES, 5 MILES, 6 MILES  
2 DAYS: Walk 30-45 MINS  
Walk 1-1.5 hours total  
Run 24 miles total

**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.
HAIR Day: The tools to great hair

Get the 10 you want with these tools and techniques.

1. ROUND BRUSH

Combines with hair dryer for sleek, crown style and to add body and create lift at roots.

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, wavy, thick—with a friction-free feel.

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 a frizz.

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. Ceramic waves or curls add volume and waves with a curling iron—use smaller the barrel, the tighter the curl. For hard-to-curl hair, opt for a 1-in. barrel.

how to have the

Best Hair Day

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.

STRAIGHT

Shampoo

For fine hair with oily scalp, use volumizing shampoo; avoid those with extra oils. Occasionally use dry shampoo—washing too often causes scalp to release excess oil. Those straight hair benefits from sulfate-free shampoos.

Conditioner

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

WAVY

Shampoo

Moisturizing sulfate-free shampoo tames frizz. SoftSheen curl hair by adding a bit of natural oils. Redken All Soft Moisturizing Shampoo conditions as it cleans.

Conditioner

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

Conditioner

Leave-in conditioning cream defines curls. Deep-conditioning weekly with all-natural oils reduces frizz and adds luster. Ojon Protein butter or cream strengthens hair. Ojon Brazilian Keratin Therapy Conditioner smooths and fortifies with keratin protein.

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 shampoo; avoid those with extra oils. Occasionally use dry shampoo—washing too often causes scalp to release excess oil. Those straight hair benefits from sulfate-free shampoos.

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protect & style

Spray, cream and gel hair protectants prevent damage from heated styling tools. Styling mousse and gel 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 Split Smoother
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.

Dial Body Wash or Right Guard Extreme Deodorant, select varieties 2.6 to 4 oz. or 14 to 32 fl. oz. 2/$7.00

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/$7.00
### Brain Food

Antioxidants are a type of molecule that neutralize free radicals and reduce their damage. Free radicals are reactive substances that can be produced in the body as well as through environmental exposure, and they are implicated in the development of Alzheimer's disease and other cognitive diseases. Vitamin A, C, E and B vitamins are also linked to brain health and the development of new brain cells.

#### 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

Sources: [health.harvard.edu/mind-and-mood/foods-linked-to-better-brainpower](http://health.harvard.edu/mind-and-mood/foods-linked-to-better-brainpower)

#### Leafy Greens

Importance: Linked to brain health thanks to antioxidant-rich nutrients like folate and vitamin E, which protect brain cells from free radical damage. Folate deficiency is associated with depression and dementia.

Types: arugula, collard greens, kale, lettuce, romaine, spinach

#### Red Wine in Moderation

Red wine in moderation (1 to 2 glasses a day) is associated with reduced risk of cognitive impairment and increased total brain volume.

#### 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.

#### 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

#### Non-Starchy Vegetables

Importance: Eat a range of vegetables that vary in color. Most are high in fiber and good sources of nutrients like vitamins A, C and E.

Types: asparagus, bell peppers, broccoli, Brussels sprouts, carrots

#### Fish & Poultry

Importance: Fatty fish are excellent sources of omega-3 fatty acids, which have been linked to lower 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

#### 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: [hsph.harvard.edu/nutritionsource/what-should-you-eat/whole-grains/](http://hsph.harvard.edu/nutritionsource/what-should-you-eat/whole-grains/)

#### 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
1. 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 a skillet over medium-high heat. Add chicken; 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 1½ 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 ½ tsp. Hy-Vee garlic salt in a blender. Cover and blend until smooth. Serve over Hy-Vee spring salad greens mix. Makes 1½ 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, ¼ 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).

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 a 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, 1 cup 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.
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. MASSAGE 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 tender feet soft and smooth. Gold Bond Pedi Smooth Foot Cream exfoliates and softens for a long-lasting post-pedicure feeling.

GIVE YOURSELF BEAUTIFUL, WELL-GROOMED NAILS WITH TOOLS AND ON-TREND POLISH COLORS FROM HY-VEE. NO SALON NEEDED.

MANI-PEDI 101
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; let 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.

FOR EXTRAVAGANT INTEREST, PAINT A DESIGN ON NAILS. A FEW CREATIVE FLOURISHES:

• 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

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

• Pastels

reveal a calm, relaxed vibe. Subtle pink, pale blue and blue pastels include yellow, cream and gray. Pale yellow adds warmth; gray appears artsy and modern.

• Blues

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

• Classic Nudes

are unassuming, classy, unsung color on fingers. Nearly beige, bumpy there and pale nudes show poise and self-assuredness.

Power Longer Days.
Stock Up This Spring.
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.
DIETITIAN SERVICES

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

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 healthful 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/healthy/hy-vee-dietitians. And, of course, our door is always open if you’d like to stop by when you’re in the store.

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 meal. 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!

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

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!
Two Good, Light & Fit, Drinks, Crunch, Activia Likes, Super Food/Nut 5 to 10 oz.

Did you Know?

**Kellogg's** has 11g OF PROTEIN with 6g from milk and 5g from cereals.

**Kellogg's** has HIGH FIBER.

**Kellogg's** has 5g OF SUGAR or less.

*After using the bowl of finely ground wheat, blend thoroughly, add a liquid of choice, and refrigerate for 3-5 hours.*

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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

Benihana Frozen Meals select varieties 10 oz. 2/7.00

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

Freschetta Gluten Free Pizza select varieties 10 to 16 oz. 8.99

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

Hillshire Farm Premium Smoked Rope Sausage 42 oz. 8.99

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

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

Johnsonville Summer Sausage 22 or 24 oz. 5.99

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

Jimmy Dean Lunchmeat select varieties 11 or 16 oz. 3.88

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

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

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Hy-Vee shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.
Outshine or Frozen Bars select varieties 4 to 12 ct. 2/7.00

Reddi Wip, Baristas or Non Dairy Toppings select varieties 8 or 13 oz. 3.88

Kemps Simply Crafted Ice Cream or Ice Cream Sandwiches select varieties 31 oz. 2/7.00

Kemps Malt Milk Ice Cream select varieties 2.5 oz. 3.99

Atkins Ready To Drink, Snack or Endulge Bars select varieties 4 or 5 ct. 7.98

Quest Chips select varieties 13 or 25 oz. 7.49

Quest Protein Drinks select varieties 4 ct. 7.49

Quest Snack Bar select varieties 11.2 or 14 oz. 2/3.00

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

Frito-Lay Doritos select varieties 3.75 to 3.79 oz. 4/5.00

Frito-Lay Dips select varieties 8 to 13 oz. 2/8.00

Frito-Lay Dips select varieties 23.9 to 25 oz. 2/8.00

Atkins Ready To Drink, Snack or Endulge Bars select varieties 4 or 5 ct. 7.98

Quest Chips select varieties 13 or 25 oz. 7.49

Quest Protein Drinks select varieties 4 ct. 7.49

Quest Snack Bar select varieties 11.2 or 14 oz. 2/3.00

Lawry’s Seasoned Salt 8 oz. 2/4.00

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

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

Heinz 57 Steak Sauce select varieties 10 fl oz. 3.79

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

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

McCormick Grill Mates Marinades Select 4 ct. 7.98

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

McCormick Grill Mates Marinades Select 4 ct. 7.98

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

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

Chameleon Cold-Brew select varieties 8 fl oz. 2/4.00

Adrenaline Shoc select varieties 16 fl oz. 2/4.00

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

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

Monster Muscle select varieties 15 fl oz. 2/5.00

Kellogg’s Rice Krispies Treats 40 ct. 8.99

In-n-Out-treats or Off the Eaten Path select varieties 4.5 to 10 oz. 2/8.00

Kemps Simply Crafted Ice Cream or Ice Cream Sandwiches select varieties 31 oz. 2/7.00

Heineken select varieties 10 fl oz. 2/4.00

Snapple, Yoo-Hoo, Bai, Evian or Vita Coco Sparkling select varieties 12 or 18 fl oz. or 750 ml. 4/3.00

Atkins Ready To Drink, Snack or Endulge Bars select varieties 4 or 5 ct. 7.98

Quest Chips select varieties 13 or 25 oz. 7.49

Quest Protein Drinks select varieties 4 ct. 7.49

Quest Snack Bar select varieties 11.2 or 14 oz. 2/3.00
This Mother’s Day

Give mom the care she deserves

#ShowUs
the beauty of being a mom

WASH IT.
STYLE IT.
WORK IT.

Generics as low as $4
See your Hy-Vee pharmacist for details. A complete list is available at Hy-Vee.com.