All is a time to enjoy home and family, and to get organized before the holidays. This issue of Hy-Vee Seasons magazine has plenty of ideas and guidance for doing just that.

Make home life more efficient with tips on organizing a bathroom, page 93; doing laundry, page 96; and getting the most from your freezer space, page 48.

Cooking is a big part of family life, and we offer recipes that are fast and inexpensive on page 58. And if you’re planning a night in for just two, check out meals you can roast on one sheet pan, page 44.

Make family life more satisfying, healthy and fun with our 24 ideas on page 80. With a sense of well-being at home, it’s easy to savor the season.

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PUMPKIN PIE ICE CREAM
With 64% fewer calories than regular ice cream, Halo Top pumpkin pie ice cream lets you enjoy guilt-free.

PUMPKIN SPICE GRANOLA
This soft-baked granola has whole grain oats, pumpkin seeds, white chocolate, cinnamon and nutmeg.

PUMPED UP ABOUT PUMPKINS
Enjoy this fleeting flavor of fall, available at Hy-Vee for a limited time.

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

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Back by popular demand, these miniature Kit Kat wafers are covered in pumpkin-pie-flavored cream.

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PUMPKIN BAKERY
Can you imagine October without pumpkins? These gorgeous gourds are a featured attraction in many homes. This month, they’re also a featured attraction in the Hy-Vee Bakery. Hy-Vee’s Donut of the Month is Pumpkin Pie Cake Donut—so good you won’t want to limit it to breakfast. It’s also time for pumpkin bread straight from the Hy-Vee Bakery. Remember a timeless favorite: Hy-Vee Bakery Fresh pumpkin pie!
HALLOWEEN ITEMS
SCARE UP A GOOD TIME THIS HALLOWEEN WITH THESE FUN AND FESTIVE PRODUCTS FROM HY-VEE.

SUPER GOOP AND COLOSSAL CARVER
Jack-o’-lantern has met his match with these pumpkin-carving tools.

HALLOWEEN LED TEA LIGHTS
Shed some light on the holiday. Don’t worry with these LED candles.

HALLOWEEN PLUSH MASKS
Choose from T-Rex, cat, shark, giraffe, sloth and unicorn.

HALLOWEEN INFLATABLE SPIDER
This 6-foot inflatable spider is too cute to be creepy.

HALLOWEEN LED TEA LIGHTS
Shed some light on the holiday. Don’t worry with these LED candles.

HALLOWEEN CAKE PAN
Bake a ghoulishly great cake in this nonstick pan.

MINI HAIRY SPIDERS
Set ‘em out and instantly up the fright factor.

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TIERED FALL CAKE

It’ll be a walk in the park when you enlist the help of the Hy-Vee Bakery. This decadent cake—perfect for a fall wedding or other special event—is just one example of what Hy-Vee’s talented cake designers can whip up. Stop by the Hy-Vee Bakery or schedule a time to discuss what you have in mind. You plant the seed and our cake designers will nurture that vision into reality.

A heart was carved out of the fondant, then leaf cut-outs were added around the perimeter.

Leaf shapes were formed with cookie cutters and plungers from various colors of fondant.

Frosted cake rounds were airbrushed with different shades of brown for extra dimension.

The stump was created with chocolate fondant after it was massaged and rolled out.

Arbor Dazed Watch our video to get a firsthand look at the evolution of this dazzling forest cake.

Lotzza Motzza

Made with Wisconsin Cheese

Over 1/2 LB Wisconsin Cheese

HIGHEST QUALITY

www.brewpubpizza.com

@brewpubpizza
Spooktacular eats, chocolate chip cookies, spice combos and bacon in recipes.

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64 FOOD CHART: MAKE YOUR OWN SPICE BLENDS
Split a Hy-Vee Bakery white hamburger bun. Cut 1 slice Hy-Vee provolone cheese into shape of teeth; set aside. Layer bun with butterhead lettuce leaves, white onion slices and tomato slices. Add a Hy-Vee kosher dill sandwich pickle for the tongue, then top with a cooked beef burger and the provolone teeth. Drizzle with Hy-Vee ketchup and add bun top. Use toothpicks to attach 2 Hy-Vee pimento-stuffed queen olives for eyes.

**Bloody Big Bite Burger**

Split a Hy-Vee Bakery white hamburger bun. Cut 1 slice Hy-Vee provolone cheese into shape of teeth; set aside. Layer bun with butterhead lettuce leaves, white onion slices and tomato slices. Add a Hy-Vee kosher dill sandwich pickle for the tongue, then top with a cooked beef burger and the provolone teeth. Drizzle with Hy-Vee ketchup and add bun top. Use toothpicks to attach 2 Hy-Vee pimento-stuffed queen olives for eyes.

**THIS SPOOKY SEASON, HAVE BLOODCURDLING FUN WITH FOOD. SCARE UP EVERYONE’S FAVORITES—PIZZA, DOGS, BURGERS, SPAGHETTI—and give them a CREEPY TWIST. BONE APPÉTIT!**
**CHICKEN WING VAMPIRE FIX-UP**

Arrange 2 Hy-Vee Hickory House herb-roasted chicken wings on a serving platter to form a bat shape. Secure with toothpicks, if desired. Repeat for additional bats.

Brush wings with hickory cracked-pepper BBQ sauce and coat with black sesame seeds. Add red bell pepper pieces for eyes and pitted black olives for ears. Serve with additional sauce, if desired.

**Hand & Eyeball Punch**

Fill round ice cube molds three-fourths full of refrigerated coconut milk, top each with a fresh blueberry. Using a toothpick, swirl a few drops of Hy-Vee red food coloring into the milk. Freeze molds. Fill a disposable glove with Hy-Vee grape-cranberry juice. Tie closed and freeze. Combine 1 (64-oz.) container chilled Hy-Vee grape-cranberry juice, 2½ cups Hy-Vee 100% no-sugar-added pineapple juice and 2 cups chilled Hy-Vee ginger ale in a large serving bowl. Remove disposable glove; float frozen hand and eyeball cubes in punch. Makes 12½ cups.

**Frankenstein Guacamole**

Garnish 2 (12-oz.) containers prepared guacamole on a rectangular serving platter. Garnish with Hy-Vee blue corn chips for hair, cucumber and pitted black olive slices for eyes, Hy-Vee pretzels for mouth and sesame cucumber pieces for nose and bolts.

**One Bad Apple**

Cut several holes in a halved apple. Make a sauce Fix. Hy-Vee hazelnut creamy spread with milk. Mix Hy-Vee hazelnut creamy spread with milk and cocoa to pipe into holes. Insert Granny Smith apple slices. Attach candy eyes to apple slice, with additional hazelnut creamy spread.

**Shrunken Potato Heads**

Preheat oven to 425°F. Carve faces into small yellow potatoes using a sharp knife and/or melon baller. Place potatoes on a baking sheet. Bake for 45 minutes or until potatoes are fork-tender and start to shrivel.
Preheat oven to 425°F. Unroll 1 (13.8-oz.) container Hy-Vee refrigerated pizza crust; cut into 1-in. strips. Arrange strips on 1 large (14-in.) Hy-Vee Take-and-Bake cheese, traditional crust pizza; tuck ends under pizza. Spoon Hy-Vee pizza sauce between dough strips, if desired. Bake for 12 to 15 minutes or until top is golden brown and cheese is melted. Add tomato slices, fresh mozzarella cheese slices and Hy-Vee pitted black olive slices for eyes or mini pizza mummies, shown on page 9. Use a 3¾-in. round cutter to cut a Take-and-Bake pizza into 12 rounds. Wrap ½-in. strips dough around pizzas, add pitted black olive slices for eyes and bake as directed for large pizza.

Count Linguine
Cook Hy-Vee linguine or spaghetti according to package directions; drain. Transfer pasta to serving plates. Spoon warmed Hy-Vee marinara pasta sauce on pasta. Add circles cut from Hy-Vee Swiss cheese slices and Hy-Vee pitted black olive slices for mouth and horns and hard-boiled egg white for fangs.

Serpent Breadsticks
Preheat oven to 375°F. Line 2 baking sheets with parchment paper. Unroll 1 (11-oz.) container refrigerated breadsticks (12 ct.); separate into 12 strips. Roll each strip to 12 in. and wrap around a skewer. Place strips on prepared baking sheets. Spray with Hy-Vee nonstick cooking spray and sprinkle with black sesame seeds. Press Gustare Vita capers or sliced green bell pepper into dough for eyes. Add red bell pepper tongues. Bake for 10 to 13 minutes or until golden. Makes 12.

Mac & Cheese Webby
Preheat oven to 425°F. Prepare Hy-Vee original macaroni & cheese dinner according to package directions; spoon into individual casseroles. Sprinkle Hy-Vee shredded sharp Cheddar cheese on top. Bake for 10 minutes or until cheese is melted. Let stand for 5 minutes. Pipe Hy-Vee sour cream on top in a spiderweb design. Create spiders out of Hy-Vee large pitted black olives and place on the web. Add tomato slices, fresh mozzarella cheese slices and Hy-Vee pitted black olive slices for eyes.

Bloody Finger Dogs
Trim one end of bun-length hot dog to fit Hy-Vee Bakery hot dog bun. On untrimmed end, carve an area for a fingernail. To mark the finger joints, use a knife to make horizontal cuts. Cook hot dogs in skillet over medium heat until evenly browned and heated through. Cut fingernail shapes from thin pieces of cooked white onion and insert the nails on the fingertips. Place hot dogs in buns and drizzle with Hy-Vee ketchup.
Cut an ice-cream sugar cone in half crosswise; discard wide end. Dip cone in melted dark chocolate and place on the bottom of a Hy-Vee fudge-striped shortbread cookie. Sprinkle chocolate jimmies on hat and let dry. Place hat on a Hy-Vee Bakery chocolate-frosted chocolate cupcake. Pipe melted white chocolate and dark chocolate dots on cupcake for eyes.

**Witch Cupcake**

Fill piping bag fitted with a large round tip with Hy-Vee creamy white frosting. Pipe a line across the top of a Hy-Vee Bakery unfrosted vanilla cupcake. On each side of the line, pipe thick, wiggly lines of frosting. Repeat layers twice. Combine 1 Tbsp. Hy-Vee light corn syrup, 1 tsp. That’s Smart! chocolate-flavored syrup and 6 drops Hy-Vee red food coloring in a small bowl. Drizzle on top for “blood.”

**Brain Cupcake**

Cut 1 Hy-Vee Bakery chocolate-iced plain cake donut in half horizontally, then vertically. Tint Hy-Vee creamy white frosting with Hy-Vee red food coloring. Spread frosting on cut sides of donut. Sandwich Hy-Vee mini marshmallows between two donut sections. Using red frosting, attach split almond halves to the top donut for fangs.

**Count Chocula**

Cut a Hy-Vee marshmallow in half crosswise. Place a marshmallow half, sticky side down, on a Hy-Vee Bakery powdered sugar-topped brownie. Pipe melted white chocolate to shape skeleton. Pipe melted dark chocolate eyes and mouth on marshmallow. Let dry.

**Bone Brownie**

Cut a Hy-Vee marshmallow in half crosswise. Place a marshmallow half, sticky side down, on a Hy-Vee Bakery powdered sugar-topped brownie. Pipe melted white chocolate to shape skeleton. Pipe melted dark chocolate eyes and mouth on marshmallow. Let dry.

**Spider Cookie**

Using melted dark chocolate, attach two dark chocolate truffles to a Hy-Vee Bakery sugar cookie for the spider’s head and body. Attach two Hy-Vee milk chocolate mini gems to one truffle for eyes. Pipe dark chocolate body features on the second truffle and spider legs on the cookie; let dry.

**Pretzel Logic**

Place a wire rack on a rimmed baking pan. Form individual stacks of Hy-Vee pretzel sticks on the wire rack. Pipe melted 20% extra-dark chocolate with 85% cocoa in the center of each to secure each stack; let dry. Pour additional melted chocolate on top, add candy eyes and let dry.
YOU’LL NEED

Wilton Happy Halloween Baking Cups
Wilton Halloween Shaped Sprinkles Test Tube Set
Wilton jack-o’-lantern cake pan
Creative Converting Fluted Bowl
Wilton Comfort-Grip cookie cutter
Creative Converting Jack-o’-lantern platter
Wilton Comfort-Grip cookie cutter
Wilton Halloween Spooky Sprinkles Mix
Wilton Sparkle Gel
Wilton Halloween Spooky Sprinkles
Wilton Halloween cookie cutter sets
Creative Converting Jack-o’-lantern platter
Wilton Comfort-Grip cookie cutter
Wilton Sparkle Gel
Wilton Halloween Spooky Sprinkles Mix
Wilton Comfort-Grip cookie cutter
Wilton Halloween Spooky Sprinkles
Ultimate Breakfast BLT

Cook 18 slices Hy-Vee Country Smokehouse Thick-slice applewood bacon in desired doneness; drain. Stir together ⅓ cup Hy-Vee mayonnaise and 1½ tsp. Hy-Vee stone-ground Dijon mustard; set aside. Preheat oven to 425°F. Bake 4 Hy-Vee frozen potato patties according to pkg. directions. Meanwhile, slice 1 large beetroot into ½-in. slices. Place on a paper towel and sprinkle both sides with salt; let drain. Toast 6 slices Hy-Vee Bakery Pane Tuscano bread. To assemble, spread mayo mixture on one side of each toast slice. On 2 toast slices, divide and layer 4 leaves butterhead lettuce, 6 slices bacon and half the tomato slices. Add a second toast slice, mayo side up, to each stack, then divide and layer 1 peeled and sliced avocado, 3 slices Hy-Vee mild Cheddar cheese, 6 slices bacon, remaining tomato slices, potato patties and remaining 6 slices bacon. Set aside. Heat 2 tsp. Hy-Vee canola oil in a medium nonstick skillet over medium heat. Crack 2 large pasteurized eggs into skillet; reduce heat to low. Season with black pepper. Cook 3 to 4 minutes or until whites are set and yolks are still runny. Place egg on top of each sandwich, then place remaining 2 toast slices, mayo side down, on top. Secure with sandwich picks; cut each sandwich in half to serve. Serves 4 (½ sandwich each).

Bacon Cut Basics

<table>
<thead>
<tr>
<th>Standard</th>
<th>Usually cut in ¼-in. slices from the belly and sides. Cooks crisp.</th>
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<tbody>
<tr>
<td>Center-Cut</td>
<td>Fatty ends are trimmed; slices have about 30% less fat than standard bacon.</td>
</tr>
<tr>
<td>Thick-Cut</td>
<td>Slices are about twice as thick as standard. Cooks chewier than standard.</td>
</tr>
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</table>

Sweet, salty, smoky bacon enhances umami flavor, moistens other meats and puts a surprise in desserts. With so many ways to serve it, no wonder we’re all on the bacon bandwagon!
**How to Cook Bacon**

- **Line microwave-safe plate with paper towels.** Lay out strips (don’t overlap). Cover with paper towels. Cook on HIGH 4 to 6 minutes.

- **Let bacon cool to room temperature.** Lay in cold skillet (don’t overlap). Cook over medium heat 8 to 12 minutes or to desired doneness, turning as needed. Drain on paper-towel-lined platter.

- **Line rimmed baking sheet with foil or parchment.** Add bacon strips. Place in cold oven. Heat oven to 400°F. Bake 15 to 20 minutes. For extra crispy bacon, bake 25 to 30 minutes. Drain on paper-towel-lined platter.

- **Cut bacon.** Arrange uncooked bacon in a single layer in air-fryer basket. Cook at 400°F for 8 to 10 minutes, turning halfway through. Remove with tong; drain on paper-towel-lined platter.

- **Wrap bacon.** Wrap uncooked stripes between layers of waxed paper, then freeze. Or place whole package of uncooked bacon in a freezer bag. Cook frozen bacon within 1 month.

---

**Bacon Wrap**

A slice of pork loin wrapped in bacon, brushed with glaze and served with apple relish.

**Hands On: 15 minutes  Total Time: 1½ hours plus standing time**

**Serves: 6**

**Hy-Vee® mustard cooking spray**

1 (8-oz.) bottle Culinary Torus bournemouth barrel-aged Vermont maple syrup, divided

½ cup Hy-Vee® black pepper

2 (12-in.) Midwest Pork boneless pork loin

**Hy-Vee® Medallion**

Sea salt, to taste

1 (8.5-oz.) bottle Culinary Country Smoked thick-sliced, applewood-smoked bacon

1 medium Granny Smith apple, cored and chopped

1 medium Pink Lady® apple, cored and chopped

3½ cups chopped Italian parsley, for garnish

**Chef Brandon's Bacon-Wrapped Pork Loin Roast**

CHECK OUT THE HY-VEE MEAT CASE

**WHEN BUYING BACON:**

**CERTAIN DISHES. A FEW THINGS TO KEEP IN MIND**

**SOME BACON CUTS ARE ESPECIALLY GOOD IN**

**BEST BACON PICKS**

**SOME BACON CUTS ARE ESPECIALLY GOOD IN CERTAIN DISHES. A FEW THINGS TO KEEP IN MIND WHEN BUYING BACON.**

**THICK-CUT:** Holds cooked shape better than standard. Chop cooked strips for crunchy toppings for soups, stews and salads. Add to pasta carbonnades, cooéd cabbage or green beans, hash or mac and cheese.

**THIN-SLICED/STANDARD:** Crunchy for breakfasts, sandwiches, mac and cheese and salads. Fully stripped render bacon fat to cook onions for a soup or for sautéing steaks and chops. (See “Uses for Bacon Fat,” page 24.)

**CENTER-CUT:** Less fat than standard bacon. Use to build BLT’s or top burgers. Wrap around appetizer foods—veggies, pineapple, water chestnuts. Figs, shrimp—before baking; the foods absorb less fat than with standard bacon.

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**CENTER-CUT:** Less fat than standard bacon. Use to build BLT’s or top burgers. Wrap around appetizer foods—veggies, pineapple, water chestnuts. Figs, shrimp—before baking; the foods absorb less fat than with standard bacon.
3 medium jalapeño combined. Seed and thinly slice milk in a large bowl. Stir in 2 (8.5-oz.) cream and ⅓ cup Hy-Vee 2% reduced-fat batches; do not wipe out skillet. Whisk remove drippings from skillet between batches. Drain bacon on paper towels and pieces, in a 10-in. cast-iron skillet in two double-smoked bacon, cut into ½-in. Cook 1 (16-oz.) pkg. Hy-Vee thick-sliced Cornbread bacon love 10 WAYS TO HAVE YOUR BACON AND EAT IT TOO!

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

Bacon & Bean Soup
Cook 11 cups, 5-oz. Hy-Vee Shred Cult mixed chopped onions, celery and carrots in 2 Tbsp. bacon drippings in large saucepan until softened. Add (22-oz.) container Hy-Vee 32% min. chicken broth; 3 (15-oz.) cans Great Northern beans, drained and rinsed; 3 Tbsp. minced fresh rosemary; 1 tsp. minced thyme; and one-fourth of the cooked bacon. Simmer covered, 20 minutes. Puree half the mixture in food processor; return to saucepan. Add two-thirds remaining bacon and 2 Tbsp. Hy-Vee tomato paste. Heat until hot. Serve topped with remaining bacon and Hy-Vee ranch dressing, garnish with thyme, 1d. directed. Serves 6.

Use for bacon fat
Strain and store bacon fat in the fridge up to 1 month. Use it to sauté sweet corn, rub onto roasted potatoes before baking, add richness to a salad, vinaigrette or to cook pancakes.

Bacon-Fried Rice
Cook and cut up 6 slices Hy-Vee Country Smokehouse thick-sliced black peppered bacon. Combine with 2 (10-oz.) pkg. Hy-Vee white rice with mixed vegetables; 3 Hy-Vee large button mushrooms, and ¼ cup each sliced green onions and minced red pepper. Add 1 cup mirin (Japanese sweet rice cooking wine), 1 Tbsp. Hy-Vee soy sauce, 1 Tbsp. vegetable shortening. Stir and cook until rice is tender. Toss in 1 (12-oz.) pkg. Hy-Vee center-cut bacon, crisp-cooked and cut up, and 1 Tbsp. shredded Parmesan cheese. Serves 8.

Bacon-Wrapped Asparagus
Toss trimmed asparagus with 2 Tbsp. Hy-Vee vegetable shortening. Place 3 (10-oz.) pkg. Hy-Vee Country Smokehouse thick-sliced black peppered bacon, cut into ½-in. strips, on a wire rack in a rimmed baking pan at 400°F for 7 minutes. Pat drippings from bacon with paper towels. In a bowl, mix 1 Tbsp. coarse-ground pepper into 2 Tbsp. Hy-Vee Select 100% pure maple syrup. Make 4 cups.

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Maple-Bacon Cupcakes
Make cupcakes. Fill small microwave proof containers Hy-Vee bacon-flavored ice cream according to pkg. directions. Drizzle with melted Hy-Vee salted butter; Sprinkle with with three drops Hy-Vee everything bagel seasoning. Licks 1 (12-oz.) pkg. Hy-Vee center-cut bacon, crisp-cooked and cut up, and 1 Tbsp. shredded Parmesan cheese. Serves 8.

Parmesan-Bacon Popcorn

Spicy-Chocolate-Dipped Bacon
(Från page 20) Crisp cook 1 (8-oz.) pkg. Hy-Vee hickory-smoked bacon in oven according to directions. Mix 1 Tbsp. of a 15-oz. pkg. dark chocolate melting wafers and Hy-Vee vegetable shortening according to pkg. directions. Dip half of each bacon slice into chocolate; place on parchment-lined baking sheet. Sprinkle with Hy-Vee cinnamon red pepper. Let stand until chocolate is set. Store in refrigerator. Serves 12 (1 slice each).

Maple-Rosemary Bacon
(Från page 20) Bake sliced Hy-Vee center-cut bacon on a wire rack in a rimmed baking pan at 400°F for 7 minutes. Pat drippings from bacon with paper towels. Add 1½ Tbsp. Hy-Vee vegetable shortening. Wrap each breast with Kansas City-style BBQ rub; place on parchment-lined baking sheet. Bake 15 to 17 minutes or until edges become crisp. Cool 5 minutes before serving. Serves 8 (1 slice each).
PORK IN A FIELD OF ITS OWN.

To us, “fresh and local” are more than just words, it’s the promise we make to our customers and the communities we serve to only source fresh, premium pork from Midwest family farms near our stores. Buying locally raised pork supports the local farmers, it also connects the local community to the people who produce their food. That’s why we’re proud to work with real family farms in Iowa, Minnesota, South Dakota, Nebraska, Kansas, Missouri, Illinois and Wisconsin.

The T. Marzetti Company
Family of Products

The T. Marzetti Company product family includes many of your favorite products like Marzetti® produce salad dressings and dips, New York Bakery® frozen breads, Olive Garden® salad dressings, Bibbibop® Sauces, Reames® frozen egg noodles, Sister Schubert’s® frozen dinner rolls and Flatout® deli flatbread.
Mix up a batch of chocolate chip cookies (or two or three) and witness the science of ingredients—how ingredient temperatures as well as amounts affect size, shape and texture. Take, for example, cookie thickness and diameter, which are determined by how quickly the dough spreads in a hot oven. If the recipe calls for melted butter, the dough will be wet and spread quickly, and cookies will be flat and wide. When softened butter is creamed with sugar during the first step of the mixing process, pockets of air form in the dough. These help lighten and leaven cookies. For the best creaming, let the butter come to room temperature first. Leavening agents—baking powder and baking soda—determine the spread, rise and cakiness of cookies. Soda alone reacts with brown sugar, which has a bit of acid, for chewy-yet-crisp cookies that spread nicely. Baking powder reacts differently, producing softer, thicker cookies. If your goal is nicely browned cookie tops, set the oven temperature to 375°F or higher to ensure caramelization. And if you’re after thick, soft cookies, roll or shape the dough, then chill or freeze for 30 to 60 minutes. Chilling solidifies the fat in the dough; during baking the fat takes longer to melt, resulting in cookies that hold their shape and are soft inside. Here’s to wishing you many joys of baking as you discover the chocolate chip cookies of your dreams.
### Sticky Chocolate Chip Cookies

**Preheat** the oven to 375°F. Line 2 cookie sheets with parchment paper.

**Dough**

1. **Sift together**
   - 3 cups all-purpose flour
   - 1 1/2 tsp baking soda
   - 1/2 tsp salt

2. **Beat**
   - 1 cup soft butter
   - 3/4 cup sugar
   - 3/4 cup packed brown sugar

3. **Stir together**
   - 2 Hy-Vee large eggs
   - 1 tsp vanilla extract

4. **Drop**
   - 1 (12-oz.) pkg Hy-Vee semi-sweet chocolate chips

5. **Place**
   - 33 (1 cookie each)

**Serves**

55 minutes

---

**Nutritional Information**

- **Calories**: 90
- **Total Fat**: 5 g
- **Saturated Fat**: 2 g
- **Cholesterol**: 23 g
- **Sodium**: 20 mg
- **Total Carbohydrate**: 1 g
- **Dietary Fiber**: 1 g
- **Protein**: 0%
- **Vitamin D**: 0%
- **Iron**: 0%

**Ingredients**

- 3 cups all-purpose flour
- 1 1/2 tsp baking soda
- 1/2 tsp salt
- 1 cup butter, softened
- 3/4 cup sugar*
- 3/4 cup brown sugar*
- 2 Hy-Vee large eggs
- 1 tsp vanilla extract
- 1 (12-oz.) pkg Hy-Vee semi-sweet chocolate chips

**How to Measure**

- **Dry**
  - Spoon into a dry measuring cup without packing; level off excess.
- **Granulated Sugar**
  - Fill dry measuring cup with sugar; level off excess.
- **Brown Sugar**
  - Pack tight into dry measuring cup or measuring spoon; press firmly.
- **Liquid**
  - Pour into liquid measuring cup. Check at eye level for accuracy.

---

**Easy Baking Tips**

1. **Let it cool**
   - Cool cookie sheets between batches. Hot sheets cause cookies to spread and flatten. Cookie edges may also overbrown.

2. **Stagger rows**
   - Place cookies about 2” apart in staggered rows on cookie sheets, allowing dough room to spread. To determine how much cookies will spread during baking, test by baking a single cookie, then place on cookie sheets.

3. **Ensure chewy texture**
   - Remove cookies from the oven while they’re light and underbaked (cookies droop over edges). Once cookies are cool, they’ll firm up slightly. For cookies on the cookie sheet for 2 minutes, then transfer them to a cooling rack.

4. **Rescue overbaked cookies**
   - For cookies that have baked a bit too long, transfer them immediately from the hot cookie sheet to a wire rack to begin cooling. If cookies are too overdone for your liking, combine them over ice cream or berry desserts.

---

**Tips**

- **Baking sheets**
  - Size is key. Use pan sizes that allow 1 to 2 in. from pan edges to oven walls, each direction.
- **Baking sheets**
  - Check at eye level for accuracy.
- **Liquid measuring cup**
  - Narrow neck allows for fast scooping and leveling. Cups nest together for easy storage.
- **Rubber spatula**
  - Guide a small spatula or chunky dough.
- **Baking sheets**
  - Wide, open shape allows for fast scooping and leveling.
- **Dry measuring cups**
  - A powerful mixer has a accuracy.
- **Rubber spatula**
  - A cookie scoop ensures uniform-size cookies for even baking.
- **Baking sheets**
  - A cookie scoop ensures uniform-size cookies for even baking.
- **Dry measuring cups**
  - An accurate mix is a smart investment if you plan to bake cookies regularly.
- **Baking sheets**
  - A stand mixer with a flat beater is a smart investment if you plan to bake cookies regularly.
- **Baking sheets**
  - Your local Hy-Vee carries all the must-have tools that make baking easy and accurate. A stand mixer with a flat beater, a wire cooling rack, and a cookie scoop are must-haves.
- **Baking sheets**
  - Parchment paper, nonstick spray, vegetable shortening, and brown sugars. Use 1 1/2 cups of the liquid sweetener but omit the shortening and increase baking soda to 1 1/2 tsp and all-purpose flour to 6 cups.
- **Baking sheets**
  - Cool cookies on a wire rack. Do not store warm cookies in tinfoil. Cookies will lose their crispness in tinfoil.
- **Baking sheets**
  - Let it cool

---

**Recipe Nutrition**

**Per cookie**: 90 calories (5% DV), 5 g total fat (2% DV), 20 mg cholesterol (115 mg), 0 mg sodium (23 g total carbohydrate, 1 g dietary fiber), 0% protein, 0% vitamin D, 0% iron, 0% calcium, 0% iron.
Recipes for chocolate chip cookies have had numerous modifications over the years. To show how various ingredients and techniques affect taste, texture and appearance of this classic cookie, we tweaked our classic recipe, page 31, noting characteristics for each recipe alteration. We share with you what we learned from making changes to fats, sweeteners, flours, cookie sheets, baking times and temperature. All cookies, except those made with canola oil, baked successfully on ungreased cookie sheets, with no sticking to the pan. Although we did not use parchment paper, we find it works well to make cleanup a breeze.

The Control

<table>
<thead>
<tr>
<th>Fat</th>
<th>Sweetener</th>
<th>Flour</th>
<th>Cookie Sheet</th>
<th>Time &amp; Temp.</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALL BUTTER</td>
<td>• Brown  • Spread widely  • Flat</td>
<td>• Light color  • Spread some  • Crispy</td>
<td>• Pale golden color  • Spread some</td>
<td>325°F FOR 16 MINUTES</td>
</tr>
<tr>
<td></td>
<td>• Good overall flavor and richness</td>
<td>• Crunchy  • Sweet yet mild taste</td>
<td>• Crisp bottom and edges  • Rich flavor</td>
<td>• Chewy &amp; somewhat tough  • Rich flavor</td>
</tr>
<tr>
<td>ALL GRANULATED SUGAR</td>
<td>• Light brown  • Spread a little</td>
<td>• Slightly chewy  • Rich, warm molasses flavor</td>
<td>• Very little spread  • Chewy  • Hearty</td>
<td>350°F FOR 12 MINUTES</td>
</tr>
<tr>
<td></td>
<td>• Tendrily chewy  • Mild flavor</td>
<td></td>
<td>• Flour aftertaste</td>
<td>• Every browned  • Tangy  • Slightly chewy  • Rich flavor</td>
</tr>
<tr>
<td>ALL SHORTENING</td>
<td>• Tall  • Light color  • Spread a little</td>
<td>• Spread widely  • Flat  • Chewy  • Hearty</td>
<td>• Overbrowned bottom  • Fusing, lower oven temp by 25°F</td>
<td>400°F FOR 8 MINUTES</td>
</tr>
<tr>
<td></td>
<td>• Tendrily chewy  • Mild flavor</td>
<td></td>
<td>• Spread &amp; little  • Caramelized taste</td>
<td>• Dark bottom  • Crisp edges  • Tender  • Slightly  • Nutty flavor</td>
</tr>
<tr>
<td>ALL CANOLA OIL</td>
<td>• Light color  • Flat  • Very soft</td>
<td>• Mild flavor  • Oily aftertaste</td>
<td>• Slightly spread  • Soft &amp; cakey</td>
<td>400°F FOR 8 MINUTES</td>
</tr>
<tr>
<td></td>
<td>• Mild flavor  • Oily aftertaste</td>
<td></td>
<td>• Light texture  • Mild molasses flavor</td>
<td>• Spread &amp; little  • Caramelized taste</td>
</tr>
<tr>
<td>ALL DARK BROWN SUGAR</td>
<td>• Dark brown  • Moist  • Pleasently chewy</td>
<td>• Rich, toffeelike flavor</td>
<td>• Very little spread  • Chewy  • Hearty</td>
<td>• Spread &amp; little  • Caramelized taste</td>
</tr>
<tr>
<td>50/50 BREAD &amp; ALL-PURPOSE FLOURS</td>
<td>• Very little spread  • Chewy  • Hearty</td>
<td>• Flour aftertaste</td>
<td>• Overbrowned bottom  • Fusing, lower oven temp by 25°F</td>
<td>• Dark bottom  • Crisp edges  • Tender  • Slightly  • Nutty flavor</td>
</tr>
<tr>
<td>50/50 WHOLE WHEAT &amp; ALL-PURPOSE FLOURS</td>
<td>• Golden to dark brown  • Very little spread  • Slightly chewy  • Hearty  • Nutty flavor</td>
<td>• Air-cushioned</td>
<td>• Baked longer  • Spread widely  • Line browning  • Soft, moist  • Rich flavor</td>
<td>• Baked longer  • Spread widely  • This &amp; flat  • Rich flavor</td>
</tr>
<tr>
<td>ALL MARGARINE</td>
<td>• Dark  • Flat  • Chewy  • Crisp edges</td>
<td>• reminiscent of a childhood favorite</td>
<td>• Baked longer  • Spread widely  • Line browning  • Soft, moist  • Rich flavor</td>
<td>• Baked longer  • Spread widely  • This &amp; flat  • Rich flavor</td>
</tr>
<tr>
<td>ALL 100% PURE MAPLE SYRUP</td>
<td>• Nice rise  • Little spread  • Soft &amp; cakey</td>
<td>• Light texture  • Mild molasses flavor</td>
<td>• Air-cushioned</td>
<td>• Baked longer  • Spread widely  • Line browning  • Soft, moist  • Rich flavor</td>
</tr>
<tr>
<td></td>
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<td>• Crisp edges  • Mild flavor  • Nutty flavor</td>
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The Control
**Chewy Oats!**

Old-fashioned rolled oats (not quick oats) result in a chewy cookie. Butter and a higher proportion of brown sugar to granulated sugar make these soft and chewy. Enjoy with milk!

**Hands On** 10 minutes  
**Total Time** 50 minutes  
**Serves** 38 (1 cookie each)

- 2½ cups Hy-Vee old-fashioned oats
- 1¾ cups Hy-Vee all-purpose flour
- 1 tsp. Hy-Vee baking soda
- ½ tsp. Hy-Vee salt
- 1 cup Hy-Vee salted butter, softened
- 1 cup packed Hy-Vee brown sugar
- ½ cup Hy-Vee granulated sugar
- 2 Hy-Vee large eggs
- 2 tsp. Hy-Vee vanilla extract
- 1 (12-oz.) pkg. Hy-Vee semisweet chocolate chips

1. **PREHEAT** oven to 375°F.
2. **STIR TOGETHER** oats, flour, baking soda and salt; set aside.
3. **BEAT** butter in a large mixing bowl with an electric mixer on medium for 30 seconds. Add brown sugar and granulated sugar. Beat on medium for 2 minutes, scraping sides of bowl occasionally. Beat in eggs and vanilla until combined. Gradually add flour mixture and beat until combined. Stir in as much oats mixture as you can with the mixer. Stir in any remaining oats mixture; add chocolate chips.
4. **DROP** cookie scoops (1½ Tbsp.) of dough 2 in. apart on an ungreased cookie sheet. Bake for 9 to 10 minutes or until edges are light brown. Let cookies stand on cookie sheet for 1 minute. Cool cookies on a wire rack.

**Per cookie:**
- 160 calories, 8 g fat, 5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 110 mg sodium, 22 g carbohydrates, 1 g fiber, 13 g sugar (13 g added sugar), 2 g protein. Daily Values: Vitamin D 0%, Calcium 0%, Iron 6%, Potassium 2%.

**Try this!**

- Varying sizes ensures some chocolate in every bite.

Visit and learn at hy-vee.com today!

**Never Burn Another Cookie Again!**

Learn more about the science of how cookies bake and the techniques to prevent cookies from burning. Visit hy-vee.com and search 8 Ways to Prevent Cookies from Burning on Bottom.

**Soft, Cakey Chocolate Chip Cookies**

Hands On 20 minutes  
**Total Time** 1 hour plus chilling time  
**Serves** 17 (1 cookie each)

- 1½ cups Hy-Vee all-purpose flour
- 1½ cups cake flour
- 2 tsp. baking powder
- 1 tsp. Hy-Vee cornstarch
- ½ tsp. Hy-Vee salt
- 1 cup cold Hy-Vee salted butter, cut up
- 1 cup packed Hy-Vee brown sugar
- ¾ cup Hy-Vee granulated sugar
- 2 Hy-Vee large eggs
- 1 Tbsp. Hy-Vee vanilla extract
- 1 (12-oz.) pkg. Hy-Vee semisweet chocolate chips

1. **PREHEAT** oven to 375°F.
2. **STIR TOGETHER** all-purpose and cake flours, baking powder, cornstarch and salt; set aside.
3. **BEAT** butter in a large mixing bowl with an electric mixer on medium for 30 seconds. Add brown sugar and granulated sugar. Beat on medium for 1 minute more. Add eggs and vanilla; beat until combined. Gradually add flour mixture and beat until combined. Stir in chocolate chips.
4. **FORM** ¼-cup portions of dough into balls and place 2 in. apart on a large, heavy, rimmed baking pan. Refrigerate for 30 minutes. Bake for 12 to 13 minutes or until golden brown on top. Cool cookies on a wire rack.

**Per cookie:**
- 360 calories, 18 g fat, 11 g saturated fat, 0 g trans fat, 50 mg cholesterol, 230 mg sodium, 50 g carbohydrates, 2 g fiber, 30 g sugar (29 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 2%.

**Try this!**

- A heavy rimmed baking pan helps control the heat so the cookies brown evenly. For really soft cookies, pull them from the oven while cookie centers look slightly underdone.

**Cake flour and cornstarch create a soft, delicate texture. Chilling the dough prevents the cookies from spreading.**
Bakery Fresh cookies are available when the craving hits. Visit your Hy-Vee Bakery or order cookies through online shopping. Cookies are in 12-, 24-, 36- or 48-count packages.

You’ll have more time to be creative! Make classic cookies, bars, desserts and more.

Simply scoop and bake. One 36-oz. container makes 36 chocolate-studded treats.
basics

CHOCOLATE 101

The chocolate we know and love begins with beans from the cacao (ka-KAY-oh) tree. The beans—dried, fermented, roasted and ground—become an ingredient in many foods. Hy-Vee has choices to suit the recipe and satisfy tastes.

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WAFFERS
Small dark-chocolate waffles are available in dark and white varieties. Melt them in the microwave on 50% power for 30-second intervals, stirring each time, until smooth.

BEST USES:
Bake or no-bake cookies, fresh strawberries, pretzels, almonds, cookies, bars, trifles.

BAKING BARS
Dark, milk or white chocolate. Semisweet and bittersweet bars with high cocoa butter content melt to 70%–90% milk-foam smoothly.

BEST USES:
Snack, chop or shave for garnishes, cookies, bars, brownies, bark, hot chocolate, chocolate sauce, ice cream.

CANDY COATING
Also known as confectionery coating, the candy product flavored with dark, milk or white chocolate has vegetable or palm oils in place of cocoa butter.

BEST USES:
Melted as coating for cake balls, fresh fruit or pretzels, binder for a no-bake treat or melted and drizzled over desserts or snack mixes.

CHOCOLATE CHIPS
These contain less cocoa butter than bar chocolate but have stabilizers and emulsifiers to hold shapes better when baked.

BEST USES:
Cookies, bars, cakes, ice cream, snack mixes, fudged and drizzled over caramel corn.

COCOA POWDER
Cocoa powder is made when chocolate liquor is processed to make the unsweetened cocoa powder in its various forms—natural or Dutch—then dry, dark chocolate flavor.

BEST USES:
Cocoa mix, cakes, frosting, desserts.

WHITE CHIPS
White baking chips contain no cocoa butter and cannot be labeled “chocolate,” but they do contain partially hydrogenated oil, usually palm kernel oil.

BEST USES:
Baked or no-bake cookies, white candy bark, brownies, desserts, melted and drizzled over desserts or snack mixes.

WAYS TO PREP

CHOP
Using a chef’s knife, cut chocolate into large chunks. Cut into small pieces by making small chops with the knife, moving side to side.

MELT
Place chopped chocolate in a heatproof bowl set over hot, but not boiling, water. Stir occasionally until chocolate is almost melted. Remove from heat and stir until chocolate is melted and smooth.

WHITE CHOCOLATE
White chocolate isn’t really chocolate. The candy coating product contains no pure chocolate or cocoa solids. It’s called white chocolate because it contains cocoa butter, milk solids and sugar. It melts beautifully for a candy coating, and its sweetness is a nice addition to baked goods. For baking, use only white chocolate products with “cocoa butter” on the label.

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UNSWEETENED CHOCOLATE
Also called baking chocolate, this product is pure chocolate and cocoa butter with no added sugar. Its depth of flavor stands out in brownies, cookies and chocolate cake, all recipes that call for a good amount of sugar to balance the bitterness of the chocolate.

CHOCOLATE 101
The chocolate we know and love begins with beans from the cacao (ka-KAY-oh) tree. The beans—dried, fermented, roasted and ground—become an ingredient in many foods. Hy-Vee has choices to suit the recipe and satisfy tastes.

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SWEET POTATOES
From entrée through dessert, sweet potatoes are a bounty of nutrition. Hy-Vee carries this versatile veggie year-round.

**Mashed**
Peel and quarter potatoes, cover with lightly salted water, and cook until tender (10 to 12 minutes). Drain off water, then mash with a potato masher or an electric mixer on low speed.

**Baked**
Lightly pierce skin in a few spots with the tip of a knife. Place on a baking sheet and bake at 375°F about 50 minutes or until tender.

**Fries**
Preheat oven to 350°F. Slice peeled or unpeeled sweet potatoes in strips or rounds. Line a baking sheet with foil, spray with cooking spray and arrange potatoes on foil. Drizzle with olive oil and bake about 15 minutes.

WAYS TO ENJOY

Sweet potatoes, which are especially popular in fall and traditional holiday dishes, have recently gained in popularity because they work deliciously in so many recipes. The root vegetable is low in calories, high in fiber and vitamin A and an excellent source of vitamin C and potassium.

**BUY** Select potatoes that feel heavy for their size. Avoid those with bruises, soft spots, shriveling or sprouting. Handle with care; sweet potatoes bruise easily.

**STORE** Keep in a cool, dark, well-ventilated place up to 1 week. Do not store them in the refrigerator, which adversely affects taste and texture.

**PREP** Gently scrub with a brush while holding under water. To peel, use a serrated peeler from tip to tip. Cut or slice on an even, stable surface.

**SWEET POTATO OR YAM?** Sweet potatoes have thin, smooth skin with orange, reddish-orange or sometimes yellow or whitish flesh. Yams, typically imported from the tropics, have coarse brown skin and dry white or purplish flesh.

Savory Oven-Roasted Sweet Potatoes

Hands On: 10 minutes
Total Time: 40 minutes
Serves: 8

3 lb. sweet potatoes, peeled
2 Tbsp. Gustare Vita olive oil
4 cloves garlic, minced
½ tsp. Hy-Vee Mediterranean sea salt, plus additional to taste
½ tsp. Hy-Vee black pepper, plus additional to taste

1. PREHEAT oven to 425°F.
2. CUT sweet potatoes into ¾-in. chunks and place on a large rimmed baking pan.
3. COMBINE olive oil, garlic, salt and pepper. Pour over sweet potatoes in pan and toss to combine. Bake 15 minutes. Using a spatula, turn and rearrange potatoes. Bake 15 minutes more or until tender. Season to taste. Serve immediately.

Per serving: 190 calories, 3.5 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 210 mg sodium, 36 g carbohydrates, 6 g fiber, 11 g sugar (0 g added sugar), 4 g protein.

Daily Values: 0% Vitamin D, 6% Calcium, 6% Iron, 15% Potassium

3 ideas to try FOR ROASTED SWEET POTATOES

CINNAMON, PECAN AND MARSHMALLOWS
Prepare as directed above, except omit garlic. Combine 2 Tbsp. melted Hy-Vee salted butter, 1 Tbsp. packed Hy-Vee brown sugar and ⅛ tsp. Hy-Vee ground cinnamon. Brush mixture on sweet potatoes after 15 minutes of baking. Sprinkle with ¾ cup Hy-Vee coarsely chopped pecans. Bake for 10 minutes. Top with 1½ cups Hy-Vee miniature marshmallows. Bake 5 minutes more or until marshmallows are melted.

APPLE, BROWNED BUTTER AND SAGE
Prepare as directed above. Melt ¼ cup Hy-Vee salted butter in a small saucepan. Cook butter over medium-low heat until light brown. Remove from heat. Stir in 2 tsp. finely chopped fresh sage. Brush mixture on sweet potatoes after 20 minutes of baking. Sprinkle sweet potatoes with 1 cored and chopped Fuji apple. Garnish with additional fresh sage leaves, if desired.

HONEY, ROSEMARY AND GOAT CHEESE
Prepare as directed above. Combine 1 Tbsp. Hy-Vee honey, 1 tsp. fresh lemon juice and 2 tsp. finely chopped fresh rosemary. Brush mixture on sweet potatoes after 15 minutes of baking. Serve topped with 2 oz. crumbled goat cheese and fresh rosemary.
Veggie Buddha Bowl

Watch and learn at HSTV.com today!

Veggie Buddha Bowl

Hands On: 25 minutes
Total Time: 1 hour 5 minutes
Serves: 2

2 medium carrots, peeled and cut into 3-in.-long sticks
1 medium fennel bulb, cut into 1¼-in.-wide wedges
4 oz. Hy-Vee Short Cuts Brussels sprouts
1 Tbsp. plus 2 tsp. Gustare Vita olive oil, divided
2 cloves garlic, sliced
2 small red beets, peeled and cut into 1¼-in.-wide wedges
5 or 6 sprigs fresh thyme
1 cup white quinoa
⅜ cup lightly packed, coarsely chopped baby kale; plus additional leaves for garnish
⅔ cup bottled honey-mustard salad dressing, divided

1. PREHEAT oven to 400°F. Place carrots, fennel and Brussels sprouts in a large bowl. Combine 1 Tbsp. oil and garlic; drizzle over vegetables and toss to coat. Arrange vegetables on a large rimmed baking pan.

2. TOSS beets with remaining 2 tsp. oil; add to sheet pan. Scatter thyme sprigs on top. Roast for 40 minutes or until vegetables are tender. Discard thyme sprigs.

3. MEANWHILE, cook quinoa according to pkg. directions. Remove from heat; stir in kale. Cover and let stand for 5 minutes.

4. DIVIDE quinoa mixture between two individual shallow bowls. Arrange vegetables on top. Garnish with kale leaves, if desired. Drizzle with some of the honey-mustard dressing; serve remaining dressing on the side.

Per serving: 570 calories, 31 g fat, 4 g saturated fat, 0 mg cholesterol, 390 mg sodium, 45 g carbohydrates, 9 g fiber, 22 g sugar

Dinner for 2

Autumn Vegetable Buddha Bowls

WHAT’S A BUDDHA BOWL?
It’s a colorful, nourishing meal of little bites of many foods—typically rice or whole grains; raw and/or cooked veggies; a protein such as beans, tofu or meat; and dressing. A rainbow of color in the bowl represents a variety of nutrients.
**Salmon**

**Hands On** 10 minutes

**Total Time** 35 minutes

**Serves** 2

- 2 (6- to 8-oz.) salmon fillets, ¾ to 1 in. thick
- ¼ tsp. garlic paste
- 1 tsp. seasoned rice vinegar
- 1 tbsp. refrigerated garlic paste
- 1 tbsp. Hy-Vee Select 100% pure maple syrup
- 1 tbsp. red wine
- 1 to 2 tsp. soy sauce
- 1 (6- to 8-oz.) can whole tomatoes, drained
- 2 large carrots, sliced lengthwise
- 1 onion, sliced lengthwise
- 8 broccoli trimmings
- 3 medium potatoes, quartered
- 8 asparagus stems
- 1 onion, quartered
- 1 green pepper, quartered
- 1 red pepper, quartered
- 2 cloves garlic, halved
- 1 tbsp. margarine
- 2 tbsp. all-purpose flour
- 1 cup water
- 2 cups milk
- 2 tbsp. chopped fresh dill
- 1 tbsp. chopped fresh parsley
- 1 tbsp. sugar
- 2 tsp. ground black pepper
- 1 tsp. ground cumin
- 1 tsp. paprika
- ½ tsp. ground coriander
- ½ tsp. ground cayenne pepper
- ½ tsp. salt
- ¼ tsp. black pepper
- 2 cups grated Parmesan cheese
- 1 cup Hy-Vee crumb topping
- 1 cup Hy-Vee sour cream

1. **PREHEAT** oven to 425°F. Line a large rimmed baking sheet with parchment paper; set aside. Combine soy sauce, garlic paste, rice vinegar, and sugar. Add to a bowl with the onions, carrots, and asparagus stems. Toss to coat. Bake for 25 minutes or until vegetables are tender and browned.

2. **PREPARE** the salmon fillets. In a small bowl, combine the soy sauce and sugar. Sprinkle evenly over the salmon fillets. Bake for 15 minutes or until fish is opaque.

3. **BASIL** the potatoes. In a large saucepan, combine the diced tomatoes, water, and milk. Bring to a simmer. Add the carrots, potatoes, and asparagus. Reduce heat to low and simmer for 25 minutes or until vegetables are tender.

4. **BASIL** the mixture. In a large bowl, combine the tomatoes and vegetables. Add the chicken broth, milk, and dill. Stir to combine. Serve over the quinoa.

Per serving: 780 calories, 39 g fat, 12 g saturated fat, 110 mg cholesterol, 1140 mg sodium, 39 g carbohydrates, 15 g fiber, 45 g protein. Daily Values: Vitamin D 15%, Calcium 190%, Iron 21%, Potassium 34%.
HY-VEE CARRIES HIGH-QUALITY PACKAGING MATERIALS, DURABLE CONTAINERS AND OTHER SUPPLIES TO FREEZE SINGLE-PORTION MEALS, FAMILY-SIZE CASSEROLES AND COOKIES.

Top freezer-friendly tools

- **FREEZER BAGS**: Portion leftovers or freezer meals to maximize freshness.
- **GLASSES WITH LIDS**: Keep contents airtight and stack together well in the freezer.
- **HEAVY-DUTY FOIL**: Protects overwrapped foods from freezer burn. Use to cover a dish without a lid.
- **PLASTIC CONTAINERS**: Come in various sizes with tight-fitting lids and stack easily.
- **PRODUCE PROTECTOR**: Prevents browning and protects flavor of fresh-cut produce, such as apples, when frozen.
- **GLASSES WITH LIDS**: Keep contents airtight and stack together well in the freezer.
- **FOIL PANS**: Great for casseroles; cover with foil. Pans are stackable, relatively sturdy and disposable.
- **PLASTIC WRAP OR WAXED PAPER**: Food layered between sheets stays separated to prevent sticking and freezer burn.
- **QUALITY FIRST**: Choose containers specially designed for freezing. They’re less likely to crack or leak during temperature shifts.
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RAW MEAT/SEAFOOD

PREP Soon after purchase, remove meat or seafood from store packaging. Fish fillets, chicken breasts, steaks, pork chops and ground beef all freeze well. Place in moisture- and vapor-proof freezer bags or containers. Once frozen, stack bags or containers to save space. For best flavor and texture, use frozen vegetables within 8 to 10 months.

PACKAGE Place frozen packages of meat or seafood in the coldest part of the freezer, furthest from the door, for 2 to 3 months.

FREEZE Store packages of meat or seafood in the refrigerator and thaw gradually. If rushed for time, thaw in a microwave. Once thawed, do not refreeze. Follow recommendations for reheating.

THAW Place frozen packages in the refrigerator and thaw gradually. If rushed for time, thaw in a microwave. Once thawed, do not refreeze. Follow recommendations for reheating.

FRESH FRUITS

PREP Select fruits at peak freshness—berries, stone fruits, apples and pears freeze well. Wash and prep fruits to freeze in one of several ways—in natural form, in sugar-and-water syrup or lightly sprinkled with sugar. Treat fruits that are susceptible to browning with ascorbic acid or lemon juice.

PACKAGE Place fruit in moisture- and vapor-proof freezer bags or containers. Press out air, which leads to freezer burn. For an extra layer of protection, wrap bags in heavy-duty freezer foil.

FREEZE Freeze delicate fruits—berries, peach slices, etc.—in a single layer on a metal tray. Once frozen, transfer to freezer bags or containers; freeze for 8 to 10 months.

THAW/REHEAT Thaw fruits in bag or container in fridge or a bowl of cold water. Or pour it into a large shallow pan to cool quickly.

FRESH VEGETABLES

PREP Choose veggies at peak freshness—corn, peas, green beans, carrots and broccoli freeze well. Wash and prep veggies; then blanch, or cook briefly, in boiling water and plunge into ice water. Cool veggies for the same amount of time as blanching, then drain well. Blanching maintains nutrients and preserves flavors and colors.

PACKAGE Place veggies in moisture- and vapor-proof freezer bags or containers. Press out air, which can lead to freezer burn. For an extra layer of protection, wrap bags in heavy-duty freezer foil.

FREEZE Lay bags flat in a single layer in the freezer or leave space between containers. Once frozen, stack bags in heavy-duty freezer foil.

THAW/REHEAT Thaw cooked vegetables in the oven. Once frozen, remove vegetables from the dish, tightly wrap in foil and plastic wrap, and replace in freezer.

FRESH ENTREES/CASSEROLES

PREP Thoroughly cool baked casseroles before freezing. To prep unbaked dishes, such as lasagnas, for freezing, line the baking dish with heavy-duty freezer foil before building the layers.

PACKAGE Place individual portions of baked casseroles in moisture- and vapor-proof freezer containers. Wrap unbaked casseroles in heavy-duty freezer foil. Once frozen, remove casseroles from the dish, tightly wrap in foil and plastic wrap, and replace in freezer.

FREEZE Stack frozen casseroles in the freezer. Freeze up to 6 months.

THAW/REHEAT Thaw a baked casserole in the refrigerator, then heat through (165°F). Unwrap a frozen unbaked casserole, pop it back into the baking dish and thaw overnight in the refrigerator. Bake until bubbly and an instant-read thermometer in the center reads 165°F.

FRESH BAKED GOODS

PREP Thoroughly cool unfrosted cakes, bars or cookies before freezing.

PACKAGE Double-wrap cake layers in plastic wrap, then heavy-duty freezer foil. Layer cookies between sheets of waxed paper in freezer containers. Freeze raw cookie dough in freezer containers. For logs of cookie dough, roll and wrap dough in plastic wrap and heavy-duty freezer foil.

FREEZE Store cake layers on a flat surface in the freezer to maintain shape. Freeze cookies, bars or cakes up to 3 months.

THAW/REHEAT Thaw cakes, cookies and bars on the counter for about an hour. Thaw frozen cookie dough in the container in the refrigerator. If dough is too stiff to work with, let it stand at room temperature to soften.

FRESH SOUPS/STEWES

PREP Cool hot soup or stew quickly by placing it in a bowl set over another bowl filled with ice water. Or pour it into a large shallow pan to cool quickly.

PACKAGE Ladle cooled food into moisture- and vapor-proof freezer bags or containers. Use quart-size packages to allow food to freeze quickly.

FREEZE Lay bags flat in a single layer in the freezer or leave space between containers. Once frozen, stack bags or containers to save space. Freeze soups and stews up to 3 months.

THAW/REHEAT Thaw frozen soups or stews in the refrigerator overnight or in the microwave on DEFROST setting, never at room temperature. Reheat chowders over low heat; gumbo, stew, and hearty soups over medium-low heat, stir occasionally.

FRESH SEASONS

PREP Choose seasonal vegetables as they become available. Wash and prep veggies to freeze in one of several ways—in natural form, in sugar-and-water syrup or lightly sprinkled with sugar. Treat veggies that are susceptible to browning with ascorbic acid or lemon juice.

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FRESH FROZEN FRUITS

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FREEZE Freeze delicate fruits—berries, peach slices, etc.—in a single layer on a metal tray. Once frozen, transfer to freezer bags or containers; freeze for 8 to 10 months.

THAW/REHEAT Thaw fruits in bag or container in fridge or a bowl of cold water. Or pour it into a large shallow pan to cool quickly.

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5 food-safe freezer tips

1. Give it a Good Freeze

At first, allow space between packages and containers for air circulation. When frozen, stack items to save space.

2. Prevent Freezer Burn

Press out as much air from a bag or container as possible before sealing.

3. Leave Headspace

Leave ½-in. headspace in containers of soups, stews and stocks to allow for expansion during freezing.

4. Label It

Write the packaged and/or use-by date to ensure contents are used within the recommended time.

5. Freeze at 0°F

Food stored constantly at this temp will be safe. Only quality is affected with lengthy freezer storage.
Welcome to fall! It’s time to enjoy the smooth texture and spicy aromatics of special wines recommended by a certified sommelier, along with tips to store and serve these seasonal standouts.

Top 8 Fall Wines

Welcome to fall! It’s time to enjoy the smooth texture and spicy aromatics of special wines recommended by a certified sommelier, along with tips to store and serve these seasonal standouts.

Fall Wines

The shape, size and rim diameter of a wineglass can affect the taste and sensation of wine. To unlock the best wine experience for yourself and guests, learn which are most compatible.

Libbey wineglasses are designed with strength and style in mind. The sophisticated styles make every occasion feel like a special one. Lead-free, dishwasher-safe and made in the USA.

White Wineglass
The glass balances the acidity and sugar of fruity white wines while emphasizing tone and aroma.

Rosé Wineglass
An elegantly curved bowl emphasizes the bouquet and fresh fruitiness of rosé wines.

Sparkling Wineglass
An elegant shape, with slender bowl and narrow rim, highlights bouquet and taste and preserves effervescence.

Red Wineglass
A large bowl enhances aromas and flavor by allowing the bouquet to fully develop.

Blair Zachariasen knows wine. As a Hy-Vee certified sommelier, or wine steward, she understands the nuances of wines, as well as the aromas and flavors. She can match the best foods for specific wines and the wine glasses to use. She knows what the right accessories can do, such as to aerate a wine while pouring or storing an open bottle. “Oxygen is probably wine’s biggest enemy,” Blair says. See her wine preserving tips on page 57.

Blair Zachariasen, Certified Sommelier
**Rosé**

**Features:**
- Rosés from warm climates often are nice juicy wines with notes of ripe red raspberries, strawberries, and black cherries.

**Santa Julia Organica Malbec Rosé:**
- From Mendoza, Argentina.

**Côtes du Rhône**

**Features:**
- Medium-bodied and silky on the tongue, with juicy red berry notes, a bit of spice and a hint of earthiness.

**M. Chapoutier Belleruche Rouge:**
- From the Rhône River valley of Southern France.

**Sangiovese**

**Features:**
- Made with the signature red grape of Italy’s Tuscany region; rich but not heavy, often with notes of cranberries, plums, tobacco, leather, and dried herbs.

**Sassoregale Sangiovese:**
- From the Maremma coast of Tuscany.

**Tempranillo**

**Features:**
- Features the most well-known grape of Spain, with notes of cherry, cedar, tobacco, and spice that are well-suited to fall flavors.

**Bodegas LAN Rioja Reserva:**
- From the wine-making region of Rioja, Spain.
FOR PRESERVING WINE
Some wines get better with age, while most should be enjoyed within a year or two of purchase. In either case, proper storage is important.

Before opening
“Store the wine somewhere dark and cool with decent humidity,” says Hy-Vee certified sommelier Blair Zachariasen. “Wines with a natural cork need to be stored on their side so the cork does not dry out and allow oxygen to start seeping in before you even open it. Wine with screw caps and synthetic corks should be kept upright.”

After opening
“Once a bottle is open, keep it upright,” says Zachariasen. “This leaves the least amount of surface area exposed to oxygen.” Also, use a snug-fitting stopper and keep the wine in a cool spot—or in the fridge. “A wine should last 3 to 5 days stored like this,” she adds.

WINE WORDS
Use these wine terms to describe your wine-tasting experience.

Acidity: Essential to quality and preservation; ranges from a pH of 4.0+ for very low acid wines to 3.0 for sweet white wines.

Aeration: Allows wine to breathe, enhancing flavor by softening tannins and releasing gases; accomplished by decanting or using an aerator.

Dry: Wine that has been completely fermented with little residual sugar or sweetness.

Earthly: Residual flavor or aroma of soil that adds to complexity.

Full-bodied: Rich and complex with a lingering flavor.

Mouthfeel: How a wine feels in the mouth (e.g. silky, smooth, rough).

Length: How long the taste and aroma linger after swallowing.

Tannins: Naturally occurring compounds that contribute bitterness, astringency or dryness.
Heat 1 Tbsp. Hy-Vee canola oil in a large skillet. Add 1 lb. 85%-lean ground beef, ½ cup Hy-Vee Short Cuts chopped white onions and 1 (1.25-oz.) pkg. Hy-Vee taco seasoning mix. Cook until meat is browned, stirring occasionally. Drain off fat and return meat mixture to skillet.

Stir in 2 (14.5-oz.) cans undrained Hy-Vee diced tomatoes, 1 (15-oz.) can rinsed and drained Hy-Vee black beans, 1 cup uncooked Hy-Vee long grain white rice and 1 cup Hy-Vee no-salt-added beef broth. Bring mixture to boiling; reduce heat. Cover and simmer 20 minutes or until rice is tender. Sprinkle 1½ cups Hy-Vee finely shredded taco or Mexican cheese over food. Cover and let stand until cheese is melted.

Add desired toppings, such as Hy-Vee sour cream, jalapeño pepper slices, chopped avocados, chopped tomato and cilantro. Serve immediately. Serves 6.
Preheat oven to 375°F. Line two large rimmed baking pans with foil; spray foil with Hy-Vee nonstick cooking spray. Set aside.

Combine 4 beaten Hy-Vee large eggs, \( \frac{2}{3} \) cup soft bread crumbs, 1 cup Hy-Vee shredded Parmesan cheese, \( \frac{1}{2} \) cup finely chopped fresh Italian parsley, \( \frac{1}{2} \) cup Hy-Vee Short Cuts chopped white onions, 1 tsp. Hy-Vee salt, \( \frac{3}{4} \) tsp. Hy-Vee black pepper and 2 minced garlic cloves in a large bowl. Add 2 lb. 85%-lean ground beef and 1 lb. ground pork; mix well.

Shape mixture into 40 (1-in.) meatballs. Place meatballs on prepared pans. Bake one pan at a time for 20 to 25 minutes or until meatballs are cooked through (165°F). Drain off fat.

Cool meatballs. Place in a single layer on a rimmed pan lined with waxed paper. Freeze 30 minutes or until firm. Transfer meatballs to resealable freezer bags or freezer containers. Seal and freeze up to 3 months. Thaw in refrigerator before using. Serves 8 (5 meatballs each).
Heat 1 Tbsp. Gustare Vita olive oil in a Dutch oven over medium-high heat. Add 1 chopped yellow onion, 1 cup chopped celery, 1 cup Hy-Vee Short Cuts chopped red bell peppers and 3 minced garlic cloves; cook until softened and fragrant.

Stir in 3 cups Hy-Vee 33%-less-sodium chicken broth, 1 (14.5-oz.) can Hy-Vee diced tomatoes, 1 (15-oz.) can drained and rinsed Hy-Vee cannellini beans, 1½ cups Hy-Vee Big Bad Buffalo sauce, 1 cup Hy-Vee frozen corn and 3 Tbsp. Hy-Vee ranch dressing mix. Bring mixture to boiling; reduce heat. Simmer 15 minutes.

Stir in 1 (8-oz.) pkg. Hy-Vee cream cheese, cut up, and 5½ cups shredded Hy-Vee rotisserie chicken (1½ lb.); cook over low heat until cream cheese is melted.

Just before serving, stir in ⅓ cup finely chopped cilantro. Garnish with celery, blue cheese crumbles and additional Buffalo sauce, if desired. Serves 10.

Heat 1 Tbsp. Gustare Vita olive oil in a Dutch oven over medium-high heat. Add 1 chopped yellow onion, 1 cup chopped celery, 1 cup Hy-Vee Short Cuts chopped red bell peppers and 3 minced garlic cloves; cook until softened and fragrant.

Add 6 cups Hy-Vee 33%-less-sodium chicken broth, bring to boiling. Add 1 cup uncooked traditional Gustare Vita farfalle pasta and 1 cup finely chopped carrots. Return to boiling, reduce heat. Simmer, covered, for 10 minutes.

Stir in 1 (18-oz.) pkg. Hy-Vee cream cheese, cut up, and 2 cups shredded Hy-Vee rotisserie chicken; heat through.

Add 2 cups Hy-Vee frozen green beans and 2 cups shredded Hy-Vee rotisserie chicken; heat through.

Heat 1 Tbsp. Gustare Vita olive oil in a Dutch oven over medium-high heat. Add 1 chopped yellow onion, 1 cup chopped celery, 1 cup Hy-Vee Short Cuts chopped red bell peppers and 3 minced garlic cloves; cook until softened and fragrant.

Add 2 cups Hy-Vee 33%-less-sodium chicken broth, bring to boiling. Add 1 cup uncooked traditional Gustare Vita farfalle pasta and 1 cup finely chopped carrots. Return to boiling, reduce heat. Simmer, covered, for 10 minutes.

Stir in 1 (18-oz.) pkg. Hy-Vee cream cheese, cut up, and 2 cups shredded Hy-Vee rotisserie chicken; heat through.

Wrap 1 Hy-Vee burrito-size flour tortillas in damp paper towels. Microwave on HIGH at 30-second intervals until warmed through.

Divide rice mixture, 1 cup drained and rinsed Hy-Vee no-salt-added black beans, beef mixture and 1 cup Hy-Vee shredded Cheddar cheese among warmed tortillas. Add desired toppers, such as chopped tomato, jalapeño pepper, avocado and torn greens. Fold in tortilla sides, then roll. Serves 8.

“Roll in all the good flavors.”

HY-VEE SHAVED USDA CHOICE BEEF AVAILABLE IN THE MEAT DEPARTMENT. COOKS EXTRA QUICK FOR THIS 20-MINUTE RECIPE.

“All in all the good flavors.”

“Saucier-drier flavor is in the big pot.”

FREEZE WITH EASE TRANSFER SOUP TO FREEZER CONTAINERS AND FREEZE UP TO 3 MONTHS. REFRIGERATE TO THAW OVERNIGHT.

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MAKE YOUR OWN SPICE BLENDS

Tailor each seasoning combo to your own taste. Toasting the spices over low heat until fragrant brings out complex flavors. Store in a cool, dry place up to 6 months.

**Autumn Blend**
Combine 3 Tbsp. Hy-Vee dried rosemary leaves, 2 Tbsp. Hy-Vee ground cumin, 2 Tbsp. ground coriander, 2 tsp. Hy-Vee ground cinnamon and ½ tsp. Hy-Vee salt. Makes about 8 Tbsp.

**Maple-Spice Blend**
Combine 3 Tbsp. cinnamon-maple seasoning, 2 tsp. Hy-Vee ground ginger, 2 tsp. Hy-Vee ground nutmeg and 1 tsp. ground cinnamon. Makes 4½ Tbsp.

**Ranch Spice Blend**

**Mediterranean Herb Blend**
Combine 1 Tbsp. Hy-Vee dried thyme leaves, 1 Tbsp. Hy-Vee dried sweet basil, 1 Tbsp. Hy-Vee dried oregano leaves, 1 Tbsp. Hy-Vee ground cumin and 1 tsp. kosher salt. Makes 7½ Tbsp.

**All-Purpose Blend**
Combine 3 Tbsp. Hy-Vee chili powder, 1 Tbsp. Hy-Vee garlic powder, 2 tsp. Hy-Vee dried minced onion, 1 Tbsp. Hy-Vee dried oregano leaves, 1 Tbsp. ground cumin and 1 tsp. kosher salt. Makes 7½ Tbsp.

**Smoky Spice Blend**

**MAKE YOUR OWN SPICE BLENDS**

- Autumn Blend
- Maple-Spice Blend
- Ranch Spice Blend
- Mediterranean Herb Blend
- All-Purpose Blend
- Smoky Spice Blend

**USE IT ON:**
- Buttered popcorn, mashed potatoes, chicken salad, avocado toast, fries or pizza. Or stir into crumb coatings or Greek yogurt for a veggie dip.
- Steak, pork ribs, burgers, pork tenderloin, BBQ sauces, corn on the cob, chili and stews, enchiladas, tacos or roasted root vegetables.
- Grilled fish, poultry, pork, vegetables, pasta, pizza or bread. Or add to soups, tomato-based pasta sauce or salad dressing.
- Meat or poultry as a dry rub, shrimp, vegetables or oven roasted nuts. Or stir into hearty sauces, chili, stews or dressings.
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**MAKE YOUR OWN SPICE BLENDS**

- Autumn Blend
- Maple-Spice Blend
- Ranch Spice Blend
- Mediterranean Herb Blend
- All-Purpose Blend
- Smoky Spice Blend

**USE IT ON:**
- Oven-roasted veggies (carrots, parsnips, butternut squash, potatoes), stews, roasted chicken or baked or poached apples or pears.
- Roasted squash, sweet potatoes or pears. Or use to flavor a ham glaze, cinnamon rolls, quick breads or snickerdoodles. Or lightly dust a coffee drink or whipped cream.
- Meat or poultry as a dry rub, shrimp, vegetables or oven roasted nuts. Or stir into hearty sauces, chili, stews or dressings.
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2-hour grocery pickup

NOW AVAILABLE.

Now Hy-Vee Aisles Online is faster and easier than ever with a 2-hour grocery pickup option. Try it today.

Select the “Get it faster” time slot option on Aisles Online for $9.95.
These at-home Halloween activities and projects for kids are more bloodcurdling fun than a night of trick-or-treating. Everything you need is in the Hy-Vee aisles.

1 SLIMED!
Empty a 6-oz. container of Elmer’s Glue-All into a bowl or on a flat surface, then sprinkle about 1 Tbsp. of baking soda into the glue mixture. Add in a small amount of contact lens saline solution, then mix. Experiment with the ingredients until a mixture is somewhat gooey but doesn’t stick. Then stretch away!

2 POP-A-PUMPKIN
Pick up a passel of orange balloons at the Hy-Vee Floral Department. Before inflating them, place a candy, paper money or trinket inside. Inflate, tie the end, then attach them to a wall with tape. Cut a stem shape from green construction paper and tape it to the wall above the balloons. Then let the fun begin as kids take turns sticking a push-pin into a balloon and collect their prizes.

3 CREEPY CAULDRON
Fill a plastic trick-or-treating pail with cans of aerosol spray streamers such as Silly String and Wacky String, and throw in a few plastic spiders for extra thrills. Don’t worry—spray streamers pull off household surfaces, though they’re probably more fun used outdoors.

4 MONSTER ROLLS
Paint cardboard toilet-paper rolls with Crayola Washable Kids’ paint, then hot-glue goofy touches with candy corn, candy eyes, Lifesavers and other candies. Also: Popsicle sticks (antennae), licorice (hair), a Brillo soap pad (hair) and a cupcake liner as a skirt.

5 WITCH-HAT RING TOSS
Pluck some scrappiness with black spray paint, empty glass soda or water bottles and black paper plates. Attach the painted bottles to the plates with hot glue. Fashion rings from rings at the tops of quart-size ice cream containers. Use duct tape for the “buckles” on the hats.

6 FRIGHT-NIGHT HUNT
Haunt the backyard and let kids search for their treats. Wrap kitchen cheesecloth around tree trunks, or drape it across bushes or along window boxes, then tuck in the treats. Fill small paper bags with candy, small toys or trinkets and tie to branches or fence posts.
A FALL WELCOME

Accent your entry with autumn colors and textures. Craft wreaths from fresh flowers, dried grasses and twigs and a range of other floral supplies available at Hy-Vee.

FALL FLORALS

Add fall flair with this 21-in.-wide wreath on a grapevine wreath base decorated with football and button mums, scabiosa pods, red hypericum berries, green hypericum mon, pepperberries and Italian ruscus. See how-to, right.

WHITE ON WHITE

Featuring dried grasses, this 28-in. wreath will have a lasting presence if kept dry. Cut grasses into about 8-in. lengths and insert into an Oasis floral foam ring. Starting with the larger pampas grass, insert each stem at a slight angle. Leave space between to add alternating layers of feathery and wheat-type grasses. Cut shorter pieces to cover the base and finish with bunny tails for added texture. When wreath is assembled, trim longer grasses as needed.

YELLOW DOT

This 26-in. wreath, right, has definite artistic flair. Make 24 bundles of 8-in. twigs, each with 10 to 12 twigs. Wrap ends in craft-paper-covered floral wire. Layer bundles onto an 8-in. metal ring at a slight angle, securing with the floral wire. Cut Billy Balls (Craspedia) to 10-in. lengths and poke into wreath. Use extra twigs to fill in and cover floral wire. Place fall leaves around inner portion of wreath and secure with hot glue. Trim ends of twigs to uniform circular shape.

ASSEMBLE FALL FLORALS WREATH

1. CHOOSE THE RIGHT BASE

Hy-Vee Floral offers metal, foam and grapevine wreath bases. We used an 18-in. grapevine base for the fresh Fall Florals wreath.

2. PLACE A LAYER OF GREENS

Clip top sections of greens (Italian ruscus and pepperberries), then insert stems into the grapevine base. Space them out for a light, wispy look.

3. ADD FLOWERS, BERRIES AND MOSS

Cut mums and other florals, leaving stems 1½ to 2 in. long. Place the larger flowers into wreath first for desired spacing, then fill in with smaller flowers (button mums and scabiosa pods) and berries. Use a hot glue gun to attach the moss and florals with shorter stems. Fill out with additional greens as needed.

VISIT THE HY-VEE FLORAL DEPARTMENT FOR IDEAS AND SUPPLIES TO MAKE A WREATH.
ONE MILLION DOLLARS

Hy-Vee’s donation is funded through the company’s philanthropic One Step program. Since its inception, One Step has provided:

• nearly $1 million dollars to build 86 wells in poverty-stricken communities without a supply of clean drinking water
• $1.18 million to serve 9.5 million meals to hungry people in the U.S. and overseas
• funding to create 750 community gardens in urban and suburban areas to support education and food production
• financial support to plant more than 420,000 trees in the Midwest
• an additional $1 million during the COVID-19 pandemic to Feeding America-affiliated food banks throughout Hy-Vee’s 8-state region

“The First Step is One Step” is the idea that while we can’t solve all the problems, we can take one step toward a better future. That’s what we want to do right now,” says Timbo.

DOING BETTER MEANS DOING MORE

OFFERING SUPPORT, LENDING A HAND, MAKING A DIFFERENCE

Hy-Vee is ramping up its community outreach efforts by donating $1 million and committing to provide one million volunteer hours to organizations that support racial unity and equality. So far, $470,000 of the million dollars has been distributed.

“The events of this spring and summer have definitely shown all of us that there needs to be more emphasis on creating racial equality in our communities, and Hy-Vee is committed to doing just that,” says Sailu Timbo, Hy-Vee vice president for community and diversity relations.

THE DOLLARS

“Those organizations definitely need concrete financial commitments to create the programming and events that meet their communities’ needs,” Timbo says. “These monetary donations are very important.”

THE HOURS

“We’re going to our existing community partners and seeking out new organizations, and asking these groups, ‘What help do you need?’ We’ve got thousands of employees who are focused each day on serving their customers and communities, and we can help meet those needs,” Timbo says. As a result, he adds, “I think that engagement is going to have some exponential gains and some sustainable relationships will be built out of it.”

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“DOING BETTER MEANS DOING MORE”

“AT HY-VEE, WE HAVE ALWAYS BEEN COMMITTED TO HELPING OUR COMMUNITIES AND SHOWING THEM WE CARE. OUR COMMUNITIES SUPPORT OUR STORES, AND WE SUPPORT THOSE COMMUNITIES. EVERYTHING THAT’S HAPPENING RIGHT NOW IS HIGHLIGHTING THE WAYS THAT WE CAN DO MORE AND DO BETTER TO HELP OUR COMMUNITIES, AND THAT’S WHAT WE’RE COMMITTED TO DO.”

—Sailu Timbo, Hy-Vee Vice President, Community and Diversity Relations
COMMUNITY OUTREACH

Hy-Vee's $1 Million Dollar and 1 Million Volunteer Hour commitment launched in June and has already benefitted many organizations. “We’ve always worked to be the good neighbor for all of our customers and our communities, and this is part of our continued efforts, part of how we continue to learn and grow and have a better understanding of each and every community that we serve,” says Saliu Timbo, Vice President of Community and Diversity Relations at Hy-Vee.

DES MOINES

The Evelyn K. Davis Center helps central Iowans build their educational and job dreams by providing workforce training, employment opportunities and financial coaching services. The center, which received a donation of $50,000 from Hy-Vee, is a partnership among the Community Foundation of Greater Des Moines, The Directors Council, United Way of Central Iowa and Des Moines Area Community College (DMACC).

Urban Dreams provides a wide range of human service programs that break down barriers to underserved and underrepresented populations throughout Des Moines’ inner city and central Iowa. Hy-Vee’s $50,000 contribution will benefit Urban Dreams’ programs including outpatient mental health treatment, workforce development, substance abuse treatment, programs including outpatient will benefit Urban Dreams throughout Des Moines’ inner city.

KANSAS CITY

Page Education Foundation inspires young people throughout the state of Minnesota to attend college. In return for financial help, Page Scholars mentor younger students in grades K-8. Hy-Vee’s $120,000 donation will go toward creating more scholarship awards and providing further education and mentorship opportunities for students. “At the Page Foundation, their focus is to help youth with education and scholarships, and we know that’s very important,” says Timbo. One goal is to see how store services and employee expertise could be leveraged to enhance the education and career readiness of Page Scholars. “We look at organizations that are going to allow us to be able to connect and engage in unique ways versus just being a financial resource,” Timbo says.

Negro Leagues Baseball Museum in Kansas City is the world’s only museum dedicated to preserving and celebrating the history of African-American baseball and its impact on social advancement in America. Hy-Vee, which has supported the Museum since 2014, is donating an additional $50,000 to support the Museum’s future community outreach.

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HY-VEE HELPS

Being a good partner really means being a good neighbor.

COVID-19 Relief

Hy-Vee raised more than $1 million in the ongoing effort to supply local food banks across its 8-state region during the COVID-19 outbreak. The money benefits 17 Feeding America-affiliated food banks. Hy-Vee matched customer donations dollar for dollar up to $500,000 from its One Step program.

End Summer Hunger

More than 11 million children face hunger in America and this number could escalate to 18 million as a result of the pandemic. In response, Hy-Vee partnered with Koologos and Kourig Dr Pepper to provide 1.5 million meals to children and families in need. For every qualifying purchase made at our stores, one meal (10¢) was donated to Feeding America’s food banks in local communities.

Urban Dreams provides a wide range of human service programs that break down barriers to underserved and underrepresented populations throughout Des Moines’ inner city and central Iowa. Hy-Vee’s $50,000 contribution will benefit Urban Dreams’ programs including outpatient mental health treatment, workforce development, community connectivity, and mental health treatment.

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Hy-Vee has served the needs of shoppers and stayed in tune with their habits for nine decades. Within every Hy-Vee milestone—from that first store in Beaconsfield, Iowa, in 1930 to its network of more than 270 stores in eight Midwestern states today—customers come first. Most recently, that includes the challenge of meeting customers’ needs during a continuing pandemic by ramping up online shopping, grocery delivery and curbside services. For Hy-Vee, it was all a matter of forward-thinking.

Since then, Hy-Vee has emphasized health, hiring dietitians; incorporating HealthMarket aisles of health-conscious foods; and creating programs for kids’ exercise and healthy living, diabetes management and smoking cessation. Hy-Vee’s monthly magazines, the former Balance magazine and the current Seasons, offer recipes, guidance and inspiration on food, health and lifestyle. Hy-Vee also puts focus on those in need and on the environment with its One Step program of donating proceeds of sales on select products for clean-water projects, garden and tree planting and feeding meals to those in need.

Read on to see how Hy-Vee has served the Midwest one smart and caring step at a time.

---

**1930**
Founded by Charles Hyde and David Vredenburg in Beaconsfield, Iowa.

**1938**
Hyde & Vredenburg Inc. officially incorporated.

**1940**
Centerville, Iowa, supply store opens with new concepts—shopping carts, frozen food cases, fluorescent lights and background music.

**1941**
First corporate donation made with a $400 gift to the Boy Scouts.

**1948**
Chariton Distribution Center opens.

**1949**
Company’s first “supermarket” opens in Centerville, Iowa, with its own parking lot, carry-out service and self-service meat cases.

**1952**
The name “Hy-Vee” is adopted as the company name after an employee naming contest.

**1956**
First private-label products introduced.

**1957**
First in-store bakery opens in Iowa City, Iowa.

**1960**
Becomes employee owned.

**1963**
Company name officially changed to Hy-Vee Food Stores Inc.

**1965**
First in-store deli opens in Independence, Missouri.

**1969**
The first Hy-Vee Drugtown opens.

**1975**
“Where there’s a helpful smile in every aisle.”

**1979**
Full-service floral department introduced.

**1985**
First food and drug “combo” store opens in Lincoln, Nebraska.

**1992**
The first Chinese Express opens in Independence, Missouri.

**1995**
Corporate office moves from Chariton to West Des Moines, Iowa.

**1997**
The first Hy-Vee Gas opens in Davenport, Iowa.

**1998**
Self-scanners introduced in Des Moines, Iowa.

**2000**
First in-store delis are hired.

**2001**
First sports partnership formed with Kansas City Royals (now includes Kansas City Chiefs, Minnesota Vikings, Minnesota Wild, Minnesota Timberwolves, Minnesota Lynx and Iowa Wolves).

**2006**
Hy-Vee Seasons magazine is launched.

**2009**
Hy-Vee begins partnership with Honor Flight organizations in Des Moines, Quad Cities area and Cedar Rapids, Iowa.

**2011**
Launch of Hy-Vee One Step, with proceeds supporting charitable and community organizations.

**2020**
First in-store delis are hired.
2012
FIRST MARKET GRILLE
FULL-SERVICE
RESTAURANT OPENS
AT THE URBANDALE,
IOWA, HY-VEE

2015
RESPONSIBLE CHOICE
DESIGNATION RECEIVED FOR
ENVIRONMENTAL SOURCING
OF SEAFOOD

2018
HY-VEE LAUNCHES HSTV
A FREE ONLINE VIDEO
STREAMING NETWORK
WITH MORE THAN 40
PROGRAMS THAT OFFER
RECIPES, WORKOUTS,
LIFE HACKS AND MORE.

2019
JOE FRESH
PARTNERS WITH CLOTHING RETAILER JOE
FRESH TO OFFER ON-TREND, AFFORDABLE
CLOTHING AND ACCESSORIES

2012
THE HY-VEE FUEL SAVVER
PROGRAM BEGINS,
OFFERING DISCOUNTS AT THE PUMP AND REWARDS

2015
HY-VEE AISLES ONLINE
BRINGS ONLINE SHOPPING
TO ALL STORES

2017
FORMS PARTNERSHIP WITH PERFORMANCE INSPIRED, MARK
WALBURG’S SPORTS NUTRITION LINE

2018
OPEN First WALBURGERS
RESTAURANT AT MALL OF AMERICA

LEARN ABOUT SOME OF THE FAMOUS PEOPLE WHO’VE WORKED THE HY-VEE AISLES. FROM CHECKERS TO COURTESY CLERKS, THESE FAMOUS FIVE GOT THEIR START AT HY-VEE.

KURT WARNER

ASHTON KUTCHER
HOLLYWOOD ACTOR AND PRODUCER, WAS A PART-TIME COURTNEY AND KITCHEN CLERK IN 1994 AT THE CEDAR FALLS, IOWA, EASTERN PARK PLAZA STORE.

KIM RENOYLLS

DAVID COOK

ADAM YOUNG

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2020
DSW SHOES NOW
AVAILABLE

Hy-Vee partners with the DSW Designer Shoe Warehouse to offer on-trend footwear from Vince Camuto, Sperry, Lucky and other top designer in-store and online.

2015
LARGEST STORE TO DATE—
108,000 SQUARE FEET OPENS IN BLOOMINGTON, ILLINOIS

2014
RESPONSIBLE CHOICE
DESIGNATION RECEIVED FOR
ENVIRONMENTAL SOURCING
OF SEAFOOD

2019
HY-VEE AISLES ONLINE
BRINGS ONLINE SHOPPING
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Dinner Planning with Hy-Vee.com

Breaking bread together is an age-old practice for good reason: It works! And it’s rewarding. Share stories and news, but more importantly, be an attentive listener to show interest and foster trust. To make sure you’re not rushed, visit hy-vee.com for simple recipes that you can put together in a flash.

Hy-Vee makes it convenient with Aisles Online.

Download the Hy-Vee Aisles Online app on your smart phone to immediately browse through items, fill your virtual shopping cart, then opt for either delivery or curbside pickup. Now that’s easy!

Hy-Vee Bakery

Pick up Hy-Vee Bakery Fresh cookies to decorate as a family. Hold a contest to declare the most creative.

Save Time Shopping

Hy-Vee makes it convenient with Aisles Online. Download the Hy-Vee Aisles Online app on your smart phone to immediately browse through items, fill your virtual shopping cart, then opt for either delivery or curbside pickup. Now that’s easy!
When planning family activities, remember four-legged members of the household. Walking a dog is good for canine and companions—physically and emotionally. It teaches responsibility to kids, too, so get out there and enjoy the fresh air and sidewalk smiles that await your family and furry friend.

Hy-Vee has collars and leashes to make walking the dog a walk in the park.

11

**HY-VEE FUEL SAVER + PERKS**

It’s easy to use and saves money. But did you know that Hy-Vee Fuel Saver + Perks can also be fun? Along with special offers, digital deals and hundreds of digital coupons, Fuel Saver + Perks offers a chance for random rewards, such as a kitchen makeover, vacation packages or even a new vehicle. If you’re not already a member, pick up a card at the Customer Service counter and activate it through the Hy-Vee Aisles Online app or at hy-veeperks.com.

12

**CHORE CHARTS FOR EVERYONE!**

There’s a sense of accomplishment as a to-do list is whittled down. Keep a chart at a reminder of what needs to be done—and to make it easy for family members to trade chores. Then let everyone experience the joy of checking off completed tasks, one by one.

13

**Saturday Morning One-Hour Cleaning Routine**

Get the weekend off to a fresh start with a one-hour cleaning session. Concentrate first on kitchen and bath areas, rooms that get the most activity, mopping floors thoroughly and wiping surfaces with cleaners and disinfectants. Assign pickup duty for living and play areas. Dust and vacuum bedrooms and living spaces. Then enjoy a clean home throughout the weekend.
**17 Family At-Home Camping**

Anyone up for backyard camping? You supply the tent and sleeping bags, Hy-Vee provides everything else—eats and drinks, cooler, lawn chairs and bug repellent. If the weather’s dicey, take the camping indoors and enjoy jumbo marshmallows dipped in chocolate and sprinkled with graham cracker bits.

**20 NO TV NIGHT**

Television can be entertaining. It also can be a terrific time waster. That goes for any screen time, including social media and surfing the Web. Designate a screen-free night and watch a world of conversation and camaraderie open up.

**21 PLAY A GAME**

Games are fun diversions that foster teamwork and friendly competition—depending on the game. Hy-Vee has a range of games and puzzles to satisfy the whole family.

**22 GROW LOVE**

Stop by Hy-Vee Floral to pick up some indoor plants. They not only add to the decor, they also purify the air and have a calming effect psychologically. Invite each family member to choose their own plant and container. Or get creative and put several plants together in a larger pot.

**23 READ ALOUD AS A FAMILY**

Research shows that reading to young children stimulates language development. Reading aloud with older children can be fun exercise, as you allow each reader to get creative with narration and dialogue.

**24 Plan a Family Volunteer Day**

Volunteering as a family can strengthen values and foster a sense of compassion in children as they learn to think about others instead of just themselves. A shared day of volunteering brings the family closer together and makes everyone feel good, so find a good cause and get cracking.
MEET
Julie Johnson

Hy-Vee shopper Julie Johnson, a stay-at-home mom of three, sets a weekly budget of roughly $100. Here’s how Hy-Vee helps her maintain that goal.

ONLINE DEALS “I enjoy grocery shopping, but trying to do it with three kids, I need to be prepared,” Julie says. “It’s nice to preview the sales online and to save coupons that I might use before I head into the store.”

STORE BRANDS “There are lots of Hy-Vee-brand items that I honestly can’t tell the difference from name brands—canned and frozen veggies, eggs, tortillas, bread.” Julie says. “I love frozen veggies because they’re so quick to prepare. And we go through tons of tortillas for wraps, breakfast burritos, soft tacos and enchiladas.”

SEASONAL BUYS “My kids love fruit, so we buy lots of fresh fruit in season. For example, we eat more apples during fall when prices are lower.” In season now: berries, grapes, pears, broccoli and cauliflower.

“My Grandma Liked to Say, ‘It Freezes Beautifully!’ I Pretty Much Live by That Phrase.” Julie stocks her freezer with sale items bought in volume. She freezes shredded cheese, butter, chocolate chips, pizzas, vegetables, flour and baking mixes. “As a mom, it’s nice to have extras in the freezer so I don’t have to load up three kids to go to the store for something like a stick of butter,” she says.

Budget stretcher: filler ingredients
Mix nutritious and inexpensive foods, such as beans or brown rice, with ground beef or shredded chicken to make a larger volume. Julie also relies on onions. “I often stretch meats by dicing an onion and adding it to whatever I’m cooking. It gives the meat more flavor and it’s cost-effective for our grocery budget.”

Meal plans save money
“Mondays I do a pasta dish. Tuesdays are usually Taco Tuesdays. Wednesdays are more home-cooking-type meals like fried chicken and mashed potatoes. Thursdays are leftovers and Fridays we do pizza—frozen or carryout. I also serve rotisserie chicken as a meal with potatoes and a veggie. Then I pull the extra chicken off to use for chicken salad, chicken enchiladas or homemade chicken and noodles.”
How can I eat healthfully on a budget?

Stock up on whole grain breads, pastas and crackers when they’re on sale, Tveitnes says. “Bread freezes well. Just pop it in the toaster for a quick thaw.” In addition, “Buy dairy foods—fat-free cottage cheese, fat-free Greek yogurt and low-fat cheeses—as inexpensive sources of protein. If buying canned vegetables, grab no-salt-added, often the same price as regular canned veggies. Buy fruit packed in its own juice, with no added sugar. “Look for canned or frozen fruits and veggies, baking essentials, breads, cereals, pasta, eggs, bagged greens, canned tuna, milk, yogurt, sauces and much more.”

Hy-Vee Dietitian Jennifer Tveitnes recommends snacks that nourish. “Think of snacks as a healthful substitute for meal. To prepare, soak dried beans overnight in room-temperature water (10 cups water to 1 lb. beans). Drain and rinse, then cook beans in three times their volume of fresh water.

Eggs and beans are good sources of protein. Add to dishes with meat to stretch them farther. Beans are least expensive when bought dry and in bulk.”

—Jennifer Tveitnes, Hy-Vee Dietitian

EAT WELL ON A BUDGET!
Get delicious, inexpensive recipes, plus tips on how to spend less on food at Hy-Vee.com/budget-cooking

“POPCORN IS CONSIDERED A WHOLE GRAIN AND CAN BE A HEALTHY SNACK. BUY IN BULK AND POP IT YOURSELF TO SAVE MONEY.”

Hy-Vee Dietitian Jennifer Tveitnes recommends snacks that nourish. “Think of snacks as mini-meals,” she says. “Half a turkey sandwich, with lettuce and tomato, or half a PBJ work well as snacks. Or make a quick roll-up with low-fat cheese, deli meat or turkey pepperoni and a few chopped vegetables.”

Any tips for buying canned foods?

Choose no-salt-added canned vegetables, often the same price as regular canned veggies. Buy fruit packed in its own juice, with no added sugar. “Look for Hy-Vee or That’s Smart! brands,” Tveitnes says. “You’ll rarely taste the difference and will save a significant amount of money.”

Any other meal ideas?

Stir-fries are tasty dishes that take advantage of a variety of inexpensive ingredients, Tveitnes says. “I love making a quick stir-fry with Hy-Vee frozen stir-fry vegetables, edamame or other beans for protein and brown rice or whole grain pasta for a carbohydrate.”

You can always have a vegetable on the dinner table. Simply throw a thrower bag of frozen vegetables in the microwave.”

—Jennifer Tveitnes, Hy-Vee Dietitian

HOW TO PREPARE DRIED BEANS

Versatile ingredients for countless recipes, dried beans, peas and lentils supply folate, potassium, iron, magnesium and fiber. A good source of protein, they’re a healthful substitute for meat. To prepare, soak dried beans overnight in room-temperature water (10 cups water to 1 lb. beans). Drain and rinse, then cook beans in three times their volume of fresh water.


BROWN RICE
KEEPS UP TO 6 MONTHS
IN A PANTRY,
DRIED HERBS
UP TO 2 YEARS AND
GROUND SPICES
UP TO 3 YEARS.
That’s Smart! and Full Circle Market as well as general Hy-Vee-brand items cover a wide variety of lower-price meal ingredients and staples. These are only a few.

**Dairy**

“Buy cheeses in block form, and slice or shred it yourself. Fat-free cottage cheese and Greek yogurt are good, inexpensive sources of protein.”

**Pro tip:**

Frozen fruits and vegetables are just as nutritious as fresh. They have a long shelf life, so you don’t have to worry about wasting money or about them spoiling before you eat them.”

–Jennifer Tveitnes, RD, LD
Hy-Vee Dietitian

**SNACK SMARTS**

TRAIL MIX “It’s less expensive per serving to buy the ingredients and mix your own,” dietitian Jennifer Tveitnes says. “Combine Hy-Vee Tasteeos, peanuts and raisins in whatever ratios your kids like.”

**DAIRY** “Buy cheeses in block form, and slice or shred it yourself. Fat-free cottage cheese and Greek yogurt are good, inexpensive sources of protein.”

**Pro tip:**

Frozen fruits and vegetables are just as nutritious as fresh. They have a long shelf life, so you don’t have to worry about wasting money or about them spoiling before you eat them.”

–Jennifer Tveitnes, RD, LD
Hy-Vee Dietitian
Stretch the space in your bathroom whatever its size. Organize and stock the space with inexpensive drawers, bins, and trays available at Hy-Vee.

The busiest and most useful room in the house is often the most cluttered because of minimal counter space for cosmetics, personal hygiene products, hair tools and other items. The trick to neatening it all: see-through plastic containers in shapes and sizes that allow stacking and strategic placement. These solutions keep items at hand and leave the vanity top and floor uncluttered.

**Vanity Storage Basics**

- Group similar items such as shampoos and conditioners in Sterilite Storage Trays and Shoe Storage Boxes to contain any wet residues.
- Remove toilet paper from packaging and place in a stackable Sterilite Deep Clip Box for easier access.
- Place seldom-used items (first aid kits, cotton balls, rash ointments, rubbing alcohol) in a modular stackable Sterilite Deep Clip Box.

**GET IT AT HY-VEE!**

Find these storage containers and more at your local Hy-Vee!
easy bathroom storage solutions

**CLOSET**

1. **STERILITE 3-DRAWER ORGANIZER**
   Stackable, multipurpose organizers are available in small, medium and wide sizes. There’s also a 5-drawer option.

**CABINET**

2. **STERILITE SHOE STORAGE BOX**
   Shadow boxes hold short and small items and feature snap-tight lids for efficient stacking.

3. **STERILITE STORAGE TRAYS**
   Stash cosmetics, brushes, clippers, nail polish and lotions in separate containers.

**UNDER SINK**

4. **HUTZLER SPONGE STATIONS**
   Attach stations to the insides of cabinet doors to hold combs, sprays and styling tools.

ENJOY DUNKIN’ FALL FLAVORS AT HOME

Discover DUNKIN’ Pumpkin Spice Artificially Flavored coffee, a delightfully fall-friendly medium roast with the flavors of pumpkin and seasonal spices. Or try DUNKIN’ Rich Harvest Roast™ coffee, a rich, bold, and intensely dark roast.

© The J.M. Smucker Company © 2020. D.P. Nickler LLC (as to Dunkin’, Dunkin’ Donuts, and all other trademarks, logos and trade dress of D.P. Nickler LLC) used under license. Keurig and K-Cup are Trademarks of Keurig Green Mountain, Inc., used with permission.
Washer basics: Customize your wash

Settings indicate cycle length, speed (agitator force) and water temperature. Regular setting has fast agitation and spin for sheets, towels and socks. Permanent press has fast agitation and slow spin to reduce wrinkles for jeans and synthetics. Delicate has slow agitation and spin for wool, wool and items labeled “gentle wash.” Hot water is for whites, cotton fabrics, sheets and heavily soiled items. Warm water is safe for permanent press fabrics and synthetics. Cold water cleans dark and bright-color items with no fading or shrinking.

BRIGHTS AND DARKS
Regular cycle for bright- or dark-color items might transfer into and stain light or white clothing, especially if washed in warm or hot water. Wash dark and bright colors separately from others.

DelaCares
Wash wool, silk, and delicate undergarments in cold water on delicate cycle. Also wash clothing with embellishments, such as sequins, beads, ribbons or embroidery, on the delicate cycle. Place delicate in a piped net laundry bag before washing them.

SORT IT OUT
Check garment labels for fabric care. Separate by color to prevent dye transfer from dark or bright colors to white or light-color clothes. Then sort by fabric type to prevent shrinking, stretching and fading.

WHITE AND LIGHT COLORS
Wash whites and lights in hot or warm water on regular cycle (sheets, towels, socks) or permanent press (knits, polyester, synthetics and synthetic blends).

BRIGHTS AND DARKS
Sort heavily soiled sheets, towels and socks. Fast agitation and spin cycles can stretch lightweight fabrics.

HEAVILY SOILED
Dirty items need regular wash cycle with rigorous agitation and spin cycles, and can be washed with hot water to thoroughly clean. Best for towels and socks; fast agitation and spin cycles can stretch lightweight fabrics.

PRETREAT STAINS

- FOR MOST STAINS, soak fabric in cold water as soon as stains occur, then pretreat and/or launder.
- IF THE FABRIC LABEL ALLOWS, use a spray-on enzyme-containing solution such as Shout or Spray ‘n Wash stain remover, let set for about 5 minutes, then launder. Or soak the stain in liquid detergent for 30 minutes before washing.
- BEFORE PUTTING CLOTHES IN DRYER, stains should be removed completely. Putting stained clothes in the dryer heat-sets the stains.

CAPS ON LIQUID DETERGENTS CONTAIN MARKS THAT INDICATE PROPER AMOUNT TO USE FOR LOAD SIZE.
PREP AND WASH
LIFT STAINS, ELIMINATE OdORS AND GET CLOTHES THEIR CLEANEST, FRESHEST BEST.

PREWASH TREATMENTS

Shout Advanced Action Gel
GOOD FOR: Tackling stubborn set-in stains, including stains, blood and make-up, as well as everyday stains.

Clorox Bleach Pen
GOOD FOR: Precise stain removal. Pen has a fine point for small spots, scrub-brush for larger ones.

Tide To Go Stain Remover Pen
GOOD FOR: Conveniently removing stains at work or on the go.

OxiClean Max Force Gel Stick
GOOD FOR: Removing grease, dirt, grass and blood stains; nubs on cap work gel deep into fibers to lift stains.

Simply Done Oxy Stain Remover
GOOD FOR: Adding to laundry to prevent stress on buttonholes and button threads.

Clorox2 for Colors
GOOD FOR: Adding color brightening power to wash. Also use to remove tough stains before laundering.

Simply Done 4-in-1 Free & Clear Detergent

Common Laundry Mistakes

• VIGOROUSLY SCRUBBING A STAIN, which spreads the stain and wears down fabric; instead, gently blot at stain with a clean white cloth.

• LEAVING ZIPPERS OPEN. The metal teeth can grab other garments and snag them. Zip up jeans and other items before washing.

• NOT UNBUTTONING SHIRTS before washing. Unbutton clothing to prevent stress on buttons and other threads.

• USING TOO MUCH DETERGENT. Excess detergent results in incomplete rinsing and can cause skin irritation.

• LEAVING CLOTHES TOO LONG in the washer when the cycle is finished, leading to musty odors.

• OVERLOADING THE DRYER. The motor works hard, drying clothes longer, and items twist around each other and stretch.

• NOT READING FABRIC CARE LABELS: Some clothes should be washed in hot water, while others should be washed in cold; specify the correct setting.

Dry Goods

Check fabric labels for correct drying cycle and allow space for clothes to tumble. If you don’t add fabric softener to the washer, toss in a dryer sheet or dryer ball. Try these products. Some also minimize wrinkles.

Bounce Wrinkle Guard
Mega-size dryer sheets reduce wrinkles and static cling.

Simply Done Free & Clear Dryer Sheets
Freshen clothes and reduce wrinkles. Value-priced.

Ultra Downy Liquid Fabric Conditioner
Softens clothes, protects against stretching and fading.

Woolite Dryer Balls
Reduce static, crinkles and separate garments in dryer to shorten drying time.

Know How to Fold ‘Em
FILE-FOLD T-SHIRTS TO KEEP THEM SMOOTH AND MAXIMIZE DRAWER SPACE.

1. Place shirt, front down, on a clean surface. Align side seams, then smooth any wrinkles.

2. From one side, vertically fold over one-third of the shirt, then fold over the sleeve (one fold for short sleeve, two for long sleeve) even with the folded edge of the shirt.

3. Repeat, folding with the opposite side to form a long rectangle. Then fold the rectangle in half. Smooth any wrinkles.

4. Fold the new rectangle in half to resemble a small neat packet that can be filed, standing with final fold up, in a drawer.

Fold clothes immediately after removing from the dryer for smooth appearance.
Learn a simple kettlebell workout routine, the oft-forgot basics of oral hygiene and what healthy living really means.

102 CLEAR AS A (KETTLE) BELL
106 BRUSH UP
108 FOODS THAT FIGHT BACTERIAL INFECTION
112 REDEFINING HEALTHY
118 DIETITIAN Q&A: MACRO- & MICRONUTRIENTS
120 PRESCRIPTION COVERAGE
Kettlebells are popular weight-training tools that have been used for centuries to build muscle, shed fat, improve flexibility and boost cardiovascular health. Because most kettlebell exercises require full-body effort and engage multiple muscle groups at once, the body must burn more calories to keep up. The pace and duration of each move is also a factor. “Kettlebell-specific exercises are designed for higher, faster repetitions, which improve power endurance, or your muscles’ ability to repeatedly perform fast, powerful movements over an extended period,” says Daira Driftmier, certified personal trainer and director of Hy-Vee KidsFit and Hy-Vee Fitness.

RUSSIAN STRONGMEN DEVELOPED KETTLEBELLS IN THE 1700S TO EFFECTIVELY BUILD GREATER STRENGTH, FLEXIBILITY AND BALANCE.

CLEAR AS A RING THE BELL KETTLEBELLS, KNOWN FOR BUILDING STRENGTH AND IMPROVING CARDIO, ALSO IMPROVE POSTURE.

STRENGTH
A study in the Journal of Strength and Conditioning Research found that a 6-week kettlebell program is sufficient to increase both maximum and explosive strength.

CARDIO
In a study sponsored by the American Council on Exercise (ACE), researchers found that participants in a 20-minute kettlebell workout burned 20 calories per minute, which is equivalent to running a 6-minute mile.

POSTURE
Exercising with kettlebells boosts core strength, which improves posture. Moves, like the kettlebell swing, work muscles in the back and lower body to promote healthy posture.

Sources:
acefitness.org/certifiednewsarticle/3172/ace-sponsored-research-study-kettlebells-kick-butt/
acefitness.org/getfit/studies/kettlebells012010.pdf

pro tip:
NICE AND EASY
Start with basic moves and use lighter weights to work on form and build confidence. To maximize your potential, work with a certified personal trainer to help you exercise safely.
—Daira Driftmier
Certified Personal Trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitness

CENTER OF BALANCE
RUSsIAN STRONGMEN DEVELOPED KETTLEBELLS IN THE 1700S TO EFFECTIVELY BUILD GREATER STRENGTH, FLEXIBILITY AND BALANCE.

AT THE CORE
Exercising with one or two kettlebells activates core muscles to stabilize and balance the uneven distribution of weight. The American Council on Exercise found that those who participated in an 8-week kettlebell workout program increased core strength by 70 percent.

BALANCING ACT
In the same study from the American Council on Exercise, subjects who completed an 8-week kettlebell workout program increased core strength by 70 percent.

BOOST YOUR EXERCISE ROUTINE WITH KETTLEBELLS. IN A SINGLE WORKOUT, YOU'LL BURN CALORIES, INCREASE STRENGTH, BUILD MUSCLE AND MORE.
-MOVE ROUTINE

Perform each move for 3 sets of 30 seconds. Rest for 30 seconds between each set and 1 minute between each move.

1. **KETTLEBELL DEAD LIFT**
   - Feet at hip-width and a kettlebell between feet, bend slightly at knees while gripping at the hips to pick up kettlebell handle. With feet and shoulders over knees, power through heels to stand straight. Slowly lower kettlebell.

2. **TWO-HAND SWING**
   - Feet wider than hip-width, grab kettlebell handle in an overhand grip with both hands. Power hips backward, maintaining a slight bend in both knees, then engage glutes and core to drive hips forward while swinging kettlebell upward.

3. **HALO**
   - Feet at shoulder-width, hold kettlebell handle with overhand grip, bell downward. Revolve kettlebell around your head, rotating the bell portion downward as it passes the back of your head.

4. **GOBLET SQUAT**
   - Feet at shoulder-width, hold kettlebell close to the chest with an underhand grip around the handle, bell downward. Squat, then power back to standing.

5. **SINGLE-ARM SWING**
   - Feet wider than hip-width, pick up kettlebell handle with one hand in overhand grip. Slightly bending both knees, power hips back, then power hips forward, simultaneously engaging glutes and core while swinging kettlebell upward. Repeat for 30 seconds. Alternate.

6. **WINDMILL**
   - Feet wider than hip-width for stability, hold a kettlebell overhead in one hand. Keep arm straight overhead, while bending and sliding opposite hand downward toward foot. Pause, then return to standing.

7. **SUITCASE CARRY**
   - Stand with feet hip-width apart, holding a kettlebell with underhand grip, bell downward. Walk forward while maintaining an upright posture. Shoulder blades retracted. After 30 seconds, switch hands and repeat.

8. **ONE-ARM OVERHEAD PRESS**
   - Stand with feet shoulder-width apart, holding a kettlebell by the handle with overhand grip at shoulder height, bell downward. Press the kettlebell straight up. Slowly return to starting position. Repeat for 30 seconds. Alternate.

**WORKOUT VARIABLES**

- **Driftmier suggests increasing rep time to improve muscle endurance. To increase cardio endurance, shorten rest time.**

**PARTICIPANTS IN A STUDY WHO COMPLETED A 20-MINUTE KETTLEBELL WORKOUT BURNED AN AVERAGE OF 272 CALORIES**

- American Council on Exercise
October is National Dental Hygiene Month. Before you dig into Halloween candy, head to Hy-Vee and stock up on the best oral hygiene products.

National Dental Hygiene Month
Celebrate the month-long observance designated by the American Dental Hygienists Association by brushing, flossing and using mouthwash every day. Schedule a dental appointment to ensure teeth and gums are healthy.

GUIDE TO CLEAN TEETH

TOOTHBRUSH
ADULTS: Brush at least twice a day with a soft-bristle brush. Electric brushes may reduce plaque more than traditional brushes.

KIDS: Ensure that your child’s toothbrush is the right size, fits comfortably in their mouth and is easy to hold.

TOOTHPASTE
ADULTS: Fluoride in toothpaste helps prevent cavities and protects enamel, the outermost layer of the tooth.

KIDS: For children younger than 3 and with teeth, use only small amounts of fluoride toothpaste (about the size of a grain of rice). For children 3 to 6, use a pea-size amount.

MOUTHWASH
ADULTS: Use mouthwash after brushing. Regular use helps remove any remaining bacteria or food particles.

KIDS: Use to prevent cavities and may be useful to remove food from around braces. Not recommended for children under 6.

FLOSS
ADULTS: Flossing once a day helps remove hard to reach bacteria between teeth.

KIDS: Start flossing when a child has two teeth that touch (ages 2 or 3). Older kids may enjoy flavored dental picks.

PEARLY WHITES
MAKE YOUR TEETH SHIMMER AND SHINE WITH THESE WHITENING PRODUCTS

Over time, teeth lose luster due to age, tobacco use or regular consumption of coffee, tea or wine. Teeth whitening products contain small, safe amounts of mildly abrasive ingredients, such as hydrogen peroxide, to polish teeth and remove surface stains.

Most adults have 32 teeth: 16 each in the upper and lower jaw.

1. SWITCH BRUSH
Change brushes every 3 to 4 months. Fretted bristles don’t clean as well as new ones.

2. STORE PROPERLY
Store toothbrushes upright and in open air.

3. BRUSH EASY
Use a gentle hand. Brushing too hard may damage enamel.

4. TAKE YOUR TIME
Spend at least 2 minutes brushing your teeth.

5. GET THE RIGHT ANGLE
Hold brush at a 45-degree angle and gently move it around teeth in small, circular motions.
**FOODS THAT FIGHT BACTERIAL INFECTION**

**159% THE DAILY VALUE OF VITAMIN C IN ONE MEDIUM-SIZE GREEN BELL PEPPER**

**NUTRIENT DEFENSE**

The cells and organs that make up the immune system work together to block harmful pathogens, such as bacteria and viruses, from wreaking havoc on the body. To feel these defenses, the body needs the right nutrients. Antioxidants, such as vitamins A, C and E, quell free radicals from the body and support immune health. Select foods contain bacteria-fighting compounds that help rid the body of pathogens that may cause infection. See which foods you need to bolster your immune system and stay healthy.

### GARLIC

- **What it does:** One of the most potent antibiotic substances, garlic has been used in folk medicine for centuries to treat a variety of ailments. Allicin, the active compound, is released when garlic is crushed or chopped. Allicin helps ward off many pathogens and is effective against some viruses, including influenza B. Limit consumption to no more than two cloves per day.

- **What you need:** 8–18 mg/day

### GINGER

- **What it does:** Ginger has been shown to fight different bacteria, including some strains that may contribute to infections in the blood or lungs.

- **What you need:** 10–50 mg/day

### VITAMIN A

- **What it does:** Helps increase the amount of disease-fighting cells in the body.

- **What you need:** 700–900 mcg/day

### VITAMIN C

- **What it does:** One of the most potent antioxidant substances, vitamin C helps increase the amount of disease-fighting cells in the body.

- **What you need:** 400 mcg/day

### SELENIUM

- **What it does:** This trace mineral bolsters the immune system to protect against infection. Deficiency in selenium may increase susceptibility to infection.

- **What you need:** 200 mcg/day

### ZINC

- **What it does:** Deficiency in zinc may increase susceptibility to infection.

- **What you need:** 11 mg/day

### IRON

- **What it does:** This mineral helps shuttle oxygen throughout the body and is necessary for a healthy immune system.

- **What you need:** 8–11 mg/day

### FOLATE

- **What it does:** Deficiency in folate may increase susceptibility to infection.

- **What you need:** 400 mcg/day

### VITAMIN E

- **What it does:** A powerful antioxidant, this vitamin helps protect the body’s immune response and repair oxidative damage and support immune cells.

- **What you need:** 90 mcg/day

### VITAMIN B12

- **What it does:** Deficiency in B12 weakens the immune system.

- **What you need:** 2.4 mcg/day

### B12-DEFICIENT VITAMIN B12

- **What it does:** Deficiency in B12 weakens the immune system.

- **What you need:** 50 mcg/day

### ALICIN

- **What it does:** Allicin, which is produced when garlic is crushed or chopped, is a compound called allicin, which is produced when garlic is crushed or chopped. Allicin helps ward off many pathogens and is effective against some viruses, including influenza B. Limit consumption to no more than two cloves per day.

- **What you need:** 8–18 mg/day

### NUTRIENT DEFENSE

- **What it does:** A trace mineral bolsters the immune system to protect against infection. Deficiency in selenium may increase susceptibility to infection.

- **What you need:** 200 mcg/day

### IMMUNE SYSTEM

- **What it does:** The immune system delivers a powerful, diverse range of immune cells to protect against infection. Deficiency in B12 weakens the immune system.

- **What you need:** 0.8 mcg/day

### ANTIBACTERIAL AND ANTIOXIDANT PROPERTIES

- **What it does:** Antioxidants, such as vitamins A, C and E, quell free radicals from the body and support immune health. Select foods contain bacteria-fighting compounds that help rid the body of pathogens that may cause infection. See which foods you need to bolster your immune system and stay healthy.

### SHIELD YOUR BODY FROM HARMFUL BACTERIA AND OTHER PATHOGENS BY EATING FOODS RICH IN ANTIBACTERIAL AND ANTIOXIDANT PROPERTIES.

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**Source:** [ncti.nlm.nih.gov/pmc/articles/PMC3758027/](https://ncti.nlm.nih.gov/pmc/articles/PMC3758027/)

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<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Food Sources</th>
<th>Daily Requirement</th>
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<tbody>
<tr>
<td>Vitamin A</td>
<td>Egg yolks, carrots, sweet potatoes, broccoli, cauliflower, spinach, cantaloupe, eggs, kale, mangoes, peanuts, peanut butter, pumpkin, red bell peppers, sweet potatoes, spinach, tomatoes,</td>
<td>700–900 mcg/day</td>
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<tr>
<td>Vitamin C</td>
<td>Bell peppers, broccoli, cauliflower, grapefruit, green bell peppers, kiwi, oranges, strawberries,</td>
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<tr>
<td>Selenium</td>
<td>Broccoli, kale, lawn grass, oysters, shrimp, ground turkey, tuna,</td>
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<tr>
<td>Zinc</td>
<td>beef, chicken, fish, beef liver, pumpkin seeds, whole-grain bread, black-eyed peas,</td>
<td>8–11 mg/day</td>
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<tr>
<td>Iron</td>
<td>Egg yolks, blackstrap molasses, heme iron from meat,</td>
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<tr>
<td>Folate</td>
<td>Leafy greens, citrus fruits,</td>
<td>400 mcg/day</td>
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<tr>
<td>Vitamin E</td>
<td>Eggs, fortified cereal, fortified milk,</td>
<td>90 mcg/day</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>Beef, chicken, turkey, salmon,</td>
<td>2.4 mcg/day</td>
</tr>
<tr>
<td>Allicin</td>
<td>Garlic,</td>
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</table>
Pro tip: BALANCING ACT

A strong immune system is built over time through a balanced diet. There is no magic food that can instantly boost immunity. A diet that incorporates 50 percent fruits and veggies, 25 percent whole grains, and 25 percent lean protein supports many aspects of health, including immunity.

—Jennifer Tveitnes, RD, LD
Hy-Vee Registered Dietitian

NEED HELP ADDING IMMUNE-BOOSTING NUTRIENTS INTO YOUR DIY? YOU’RE COVERED! WHIP UP THESE QUICK, SIMPLE RECIPES THAT HELP THE BODY STAVE OFF BACTERIA.

1 Citrus-Avocado Salad
Peel and slice 1 grapefruit, 1 each Cara Cara and mandarin orange. Peel, seed and slice 1 avocado. Arrange on a mix of 1 cup spinach and 1 cup kale leaves. Sprinkle with 1 Tbsp. sunflower seeds. Combine 3 Tbsp. Gustare Vita olive oil, 2 Tbsp. fresh orange juice and 1 Tbsp. Hy-Vee apple cider vinegar; drizzle over salad just before serving. Serves 4.

2 Honey-Apricot Snacks
Combine 1 cup chopped Hy-Vee dried apricots, 1 cup toasted Hy-Vee sweetened flaked coconut, 1 cup roasted almonds and 2 Tbsp. fresh orange juice in a food processor. Form mixture into 1-in. balls. Chill for 30 minutes or until firm. Serves 18.

3 Mango-Apricot Snacks
Combine 1½ cups chopped Hy-Vee dried apricots, 1 cup chopped Hy-Vee dried mangoes, 1 cup toasted Hy-Vee chopped pecans and 2 Tbsp. fresh orange juice in a food processor. Form mixture into 1-in. balls. Chill for 30 minutes or until firm. Serves 18.

4 Roasted Garlic
Cut off top ½ in. of a garlic bulb, leaving bulb whole. Place, cut end up, in a cup. Roast at 400°F for 25 minutes or until garlic feels soft. Cool, then squeeze bulb to remove garlic paste. Makes 1 to 1½ Tbsp. garlic paste.

5 Roasted Rosemary Almonds
Combine ½ cup Gustare Vita olive oil, 1 tsp. Hy-Vee garlic powder, 1 tsp. finely chopped fresh rosemary, 1 tsp. Hy-Vee salt and 1 tsp. smoked paprika. Toss mixture with 1½ cups whole almonds. Spread almonds on a rimmed baking pan. Bake at 375°F for 15 minutes or until lightly toasted. Serves 6 (¼ cup each).

Pineapple-Turmeric Slushies
Total Time 10 minutes
Serves 4 (8 oz. each)
1½ cups Hy-Vee frozen pineapple chunks
1 cup Hy-Vee coconut water
1 cup Hy-Vee no-sugar-added pineapple juice
2 Tbsp. Hy-Vee honey
1 (½-in. piece) fresh ginger, peeled
½ tsp. ground turmeric

Fresh pineapple wedges and leaves, for garnish

1. Combine pineapple chunks, coconut water, pineapple juice, honey, ginger and turmeric in a blender. Cover and blend until slushy. Pour into glasses. Garnish with fresh pineapple wedges and leaves, if desired.

Per serving: 100 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 20 mg sodium, 24 g carbohydrates, 1 g fiber, 16 g sugar (9 g added sugar), 1 g protein.

Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 4%.

BROMELAIN, AN ENZYME IN PINEAPPLE, HELPS ELIMINATE ORAL BACTERIA THAT MAY LEAD TO GUM DISEASES OR TOOTH DECAY.

5 EASY FOOD IDEAS
Some people define healthy simply as “not being sick.” Others might couple that with favorable readings—weight, blood pressure, etc.—from their annual checkups. Being healthy means different things to different people, but it really comes down to a body’s ability to withstand everything from bacteria and viruses to the bumps and bruises of everyday life. Many variables—from winning the genetic lottery to practicing good hygiene—aff ect health. Exercising and eating well play key roles; so does one’s emotional outlook. Read on to see what can positively infl uence your health.

THE PICTURE OF HEALTH

1 STRIKE A BALANCE
Follow a balanced diet of primarily vegetables, fruits, whole grains and protein, plus a source of dietary calcium such as milk or yogurt. Find out more at choosemyplate.gov.

2 BE MINDFUL
Mindful eating means chewing slowly, without distractions, and paying attention to each bite. Research suggests slow, thoughtful eating can help people turn away from less-healthy foods.

3 SHOP SMART
Consider the healthfulness of your food. Hy-Vee has many low-fat, reduced-sodium and sugar-free alternatives, as well as foods to fit special diets, such as gluten-free, vegetarian and vegan.

4 CHANGE IT UP
Try healthy techniques such as baking or air-frying to replace frying. Serve a salad with pizza. Swap in lower-calorie or fat-free recipe ingredients, such as beans for beef or yogurt for sour cream.

5 FIND COMFORT
Healthy eating doesn’t necessarily mean giving up comfort foods. Instead, try eating them less often—say, once a week instead of once a day—or try a healthier version. Find recipes at hy-vee.com/recipes.

6 PORTION IT OUT
Restaurant portions have grown over the years, so plan to take half your meal home when eating out. At home, use a 9-in. plate instead of 12-in. to encourage moderate servings.

“HEALTH IS A STATE OF COMPLETE PHYSICAL, MENTAL AND SOCIAL WELL-BEING AND NOT MERELY THE ABSENCE OF DISEASE OR INFIRMITY.”
—WORLD HEALTH ORGANIZATION (WHO)

STATS AND HEALTH READINGS TELL ONLY PART OF THE STORY. FOR A COMPLETE PICTURE, CONSIDER BOTH PHYSICAL AND EMOTIONAL ASPECTS OF HEALTH.
pro tip: MAKING DAILY CHOICES

“Being healthy means making daily choices to help your body feel its best. Healthy looks different for every person. Overall, measure your success for healthy living by:

spending 2 hours or less on recreational screen time, moving for 1 hour, consuming non-sweetened drinks and drinking more water.”

—Dara Dittmer
Certified Personal Trainer
and Director of FitLife KidsFit and Hy-Vee Fitness

“PHYSICAL ACTIVITY CAN REDUCE YOUR RISK OF CHRONIC DISEASE, IMPROVE YOUR BALANCE AND COORDINATION, HELP YOU LOSE WEIGHT AND EVEN BOOST YOUR SELF-ESTEEM. AND YOU CAN REAP THESE BENEFITS REGARDLESS OF YOUR AGE, SEX OR PHYSICAL ABILITY.”

—MAYO CLINIC

1 AEROBIC FITNESS
This involves several measurements, among them the heart rate at rest, which for most adults should be 60 to 100 beats per minute. Another key measurement is the target heart rate zone— the goal for your heart rate during exercise. It varies by age, but should be 50–70% of your maximum heart rate during moderate intensity and 70–85% for vigorous intensity.

2 MUSCULAR STRENGTH AND ENDURANCE
Push-ups and sit-ups are good markers for muscular strength and endurance. Targets differ by age and gender, but a fit woman should be able to do at least 20 push-ups at the age of 25 or 34 at age 45. Moreover, she should be able to do 39 sit-ups in a minute as a 25-year-old or 25 sit-ups in a minute when she is 45.

3 FLEXIBILITY
Flexibility, taken for granted as a child, can diminish in adults over time. One way to measure the flexibility of legs, hips and lower back is to sit on the floor with a yardstick between your legs, the 0-inch end aimed at your body and the 15-inch mark even with the soles of your feet. Reach forward as far as you can three times and note the farthest reach. A good reach is 2½ inches for a woman at age 25 or 20 inches at age 45.

4 BODY COMPOSITION
If your waist circumference is greater than that of your hips, you have a higher risk of heart disease and type 2 diabetes. The Body Mass Index (BMI) measures body fat, which can affect metabolism, blood sugar, movement and more. A reading between 34.5 and 24.9 is considered healthy. Online calculators can help you estimate your BMI.

5 CONTROL OVER LIFE
You feel you have a considerable amount of control over your life and let go of what you can’t control.

6 STRESS AND TENSION
You are able to deal with stress and tension appropriately and find time for leisure activities.

7 SHORTCOMINGS AND MISTAKES
You are aware of, and accept, your shortcomings and view your mistakes as learning opportunities.

8 EXPRESSING FEELINGS
You can recognize and express your feelings, which can positively influence your values, thoughts and feelings about yourself.

9 ENJOYING LIFE
You are able to have fun, laugh and appreciate life.

STUDIES HAVE SHOWN THAT SOCIAL AND EMOTIONAL SUPPORT CAN PROTECT AGAINST PREMATURE MORTALITY, PREVENT ILLNESS AND AID RECOVERY.

—NATIONAL INSTITUTES OF HEALTH (NIH)

RECOGNIZE THESE AREAS OF LIFE AND THE CONNECTIONS TO SELF-CARE, STRESS AND INNER STRENGTH.

1 RELATIONSHIPS WITH OTHERS
You are able to have deep, meaningful relationships with others and feel a sense of interconnectedness.

2 PERSONAL RESPONSIBILITY
You take personal responsibility for your actions, behaviors, thoughts and feelings. Noticing our own habits and reactions allows us to cause less pain to ourselves and others.

3 CHALLENGES AND CHANGE
You consider challenges and change opportunities for growth. You embrace the goodness in your life and look at your glass as half full, not half empty.

4 SELF-IMAGE
You generally feel good about yourself, who you are and how you look and feel. A positive self-image can contribute to physical, mental and emotional well-being.

5 CONTROL OVER LIFE
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6 STRESS AND TENSION
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Sources (this page and opposite): mayoclinic.org/healthy-lifestyle/fitness/basics/fitness-basics/hlv-20049447
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shcs.ucdavis.edu/wellness/emotional
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FULL OF TASTE. FREE OF GLUTEN

NEW LOOK. Same great taste

You won’t miss gluten ever again with the soft texture of our delicious breads and incredible taste of our gourmet muffins, chock-full of blueberry goodness.

NO artificial dyes or flavors. NO dairy, soy, tree nuts, or peanut ingredients. Certified Gluten-Free.

FINALLY
A PLANT-BASED BURGER
THAT TASTES LIKE MEAT

NEW

TRY THE NEW
JUICY, MOUTHWATERING DELICIOUSNESS
dietitian Q&A

MACRONUTRIENTS & MICRONUTRIENTS

Learn the difference between the two and why your body needs plenty of both to perform its best.

Q: How are they measured?
A: Macronutrients are measured in grams and micronutrients are measured in milligrams or micrograms. The recommendations for single nutrients are not one-size-fits-all. Our bodies need more of certain macro- and micronutrients than others.

Q: Do some foods have both macronutrients and micronutrients?
A: Yes! Almost all foods have both in varying amounts.

Q: Can monitoring macronutrients help me hit my fitness goals?
A: Yes, you can track macronutrient consumption to meet a targeted caloric intake to either build muscle or lose weight. Amounts of macronutrients and calories consumed may vary greatly by person and goal. Meet with a Hy-Vee Dietitian to discuss your goals and get an accurate calculation of your macronutrients.

Q: How can I ensure that I get all the nutrients I need?
A: The best way to ensure you consume all the nutrients you need is by eating a varied diet rich in colorful fruits and veggies, lean meat and whole grains.

WANT TO LEARN MORE ABOUT THESE NUTRIENTS AND WHERE TO FIND THEM?
SET UP AN IN-STORE NUTRITION TOUR WITH A HY-VEE DIETITIAN!

CARBOHYDRATES
Function: Provide glucose, which converts into energy to support bodily functions and physical activity. Healthy sources of carbs are whole grains, veggies, fruits and beans. Limit or avoid carbs from processed or refined foods, including white bread, soft drinks and desserts.

Good Sources: Bananas, beans, blueberries, brown rice, butternut squash, lentils, oats, quinoa

Vitamins and minerals are called micronutrients because the body needs them in large amounts. They provide energy in the form of calories. Carbohydrates and protein both provide four calories per gram. Fat provides nine calories per gram and should be consumed more sparingly than the other two.

VITAMINS
Function: Thirteen vitamins help support functions of the body and overall health. Vitamin C and several B vitamins dissolve in water and the excess is excreted through urine, so they must be replenished regularly. The remaining vitamins dissolve in fat and create a surplus which must be stored in fatty tissue for future use.

Good Sources: Broccoli, berries, carrots, citrus fruits, broccoli, red peppers, leafy greens, lean meat, whole grains

MINERALS
Function: Minerals come from soil and water and are absorbed by plants and animals. Like vitamins, minerals are essential nutrients for healthy growth, development and carrying out bodily processes. Without them, the body would function poorly. The body needs major minerals, such as calcium and magnesium, in greater amounts than trace minerals, such as copper and zinc.

Good Sources: Bananas, beans, broccoli, chicken, dairy, eggs, legumes, salmon, spinach, tuna, turmeric, walnuts, whole grains

MACRONUTRIENTS
Carbohydrates, protein and fats are the three macronutrients. Together, they supply the body with necessary energy in the form of calories. Individually, each macronutrient plays a vital role in health.

FATS
Function: Provide energy and help the body absorb vitamins. The body needs fat to function, but too much can negatively affect health. Healthy monounsaturated and polyunsaturated fats may help improve blood cholesterol levels.

Good Sources: Almonds, avocados, chia seeds, flaxseeds, hemp seeds, olive oil, flax seeds, pumpkin seeds, salmon, tea seeds, walnuts

VERSUS
MICRONUTRIENTS

How much do you know about vitamins and minerals? Take this quiz and find out.

Source: avitahealth.org/health-identification/nutrients-important-what-are/diabetes-glucose-managing-q-a
Source: medlineplus.gov/dietaryfats.html
Source: medlineplus.gov/dietaryproteins.html
Source: medlineplus.gov/carbohydrates.html
Source: mynutrition.wsu.edu/nutrition-basics#:~:text=Nutrients%20can%20be%20divided%20into%20three%20categories%3A%20Macronutrients%2C%20micronutrients%2C%20and%20water%20and%20minerals%20for%20healthy%20growth%2C%20development%2C%20and%20functioning%20of%20the%20body%2C%20as%20well%20as%20to%20supply%20energy%20for%20daily%20activities.
Source: healthline.com/nutrition/micronutrients
Source: healthline.com/nutrition/essential-minerals
PRESCRIPTION COVERAGE

Are prescription costs giving you a headache? Sign up for a free Medicare Part D plan comparison at Hy-Vee to learn how you can save money.

Call or stop by the Hy-Vee Pharmacy during the open enrollment period (Oct. 15 to Dec. 7) for a free Medicare Part D plan comparison and medication review. You’ll meet with a Hy-Vee pharmacist to review potential plans, costs and coverage to ensure you get the best plan for your situation. All you need to bring is a list of current medications.

Part D offers prescription coverage for those 65 and older and is covered by Medicare. The open enrollment period is the only time to enroll in the program if you missed the initial enrollment period. Current members may also drop or make changes to existing plans.

Need to Know

WHO’S ELIGIBLE & WHAT’S COVERED

• Anyone on Medicare can qualify for prescription drug coverage.
• There are no income requirements or physical exams.
• No one is denied coverage for health reasons or for having multiple prescriptions.
• Part D pays for outpatient prescription drugs.
• It does not pay for over-the-counter medications, vitamins or prescriptions for conditions like hair regrowth or weight loss.

HOW HY-VEE CAN HELP:

• Call or visit your local Hy-Vee Pharmacy to schedule a comparison. You do not have to be a regular customer of the pharmacy to meet for a comparison.
• Plan comparisons are offered during the open enrollment period and year-round as customers become eligible.
• Plan costs and savings vary by person. The process is easier and stress-free with a Hy-Vee pharmacist by your side to answer questions.

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PRO TIP: DECISION GUIDE

The plan comparison and medication review gives customers valuable information to guide their coverage decision. Customers receive insight on enrollment, monthly and annual costs, and deductible and drug coverage restrictions. It’s a very useful resource for reviewing all options.”

—Carolyn Lewarne
Pharmacy Manager
Hy-Vee, West Des Moines, Iowa

Need to Know

ENROLLMENT

• Initial enrollment begins three months before your 65th birthday and ends three months after.
• After the initial enrollment, all who are eligible to enroll will be allowed to do so during the annual enrollment period from Oct. 15 to Dec. 7. Existing members may drop or adjust current plans.
• A late enrollment penalty will be applied to your monthly premium if you are not signed up 63 days after initial enrollment period ends.

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Don’t miss your shot!

Earn a 20-cent Fuel Saver by getting your flu shot at the Hy-Vee Pharmacy, available on a walk-in basis—no prescription necessary.*

Drive-up flu shots are also available through Oct. 31 during the following times each week:

- Monday: 7 a.m.-11 a.m.
- Tuesday: 3 p.m.-7 p.m.
- Saturday: 10 a.m.-2 p.m.

Safety protocols added due to COVID-19:
- Hy-Vee pharmacy team members wear face masks at all times.
- Any patient with COVID-19-like symptoms or who has had prolonged exposure should wait the appropriate amount of time prior to receiving their vaccine.
- Patients must wear a face covering.

*See store for details. Restrictions apply. Subject to availability.

recipe index

**EAT, DRINK & BE SCARY!**

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**EVERYBODY (STILL) LOVES BACON**

**CRAZY EASY EATS**

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Hy-Vee provides:
- Free ads & services to people with disabilities.
- Effective communication that is accessible, effective and effective as needed, such as QHC interpreter.
- Written information in other formats, such as print, audio, electronic formats, translation services.
- Free language services to people whose primary language is not English, such as translation services.
- Information written in other languages upon request.

If you need these services, contact your local pharmacist. If you believe that Hy-Vee has failed to provide these services, you may file a grievance in person or by mail, fax, email, or phone. For your grievance, the Hy-Vee Civil Rights Coordinator is available to help you. You may also file a grievance with the Department of Health and Human Services. See the Offi ce of Civil Rights website for more information. If you need these services, you may call the Department of Health and Human Services, 800-537-7697 (TDD).
Make everyone happy.
Without making a thing.
Let us handle mealtime. Just order your favorites from all of Hy-Vee’s food service departments to satisfy everyone’s taste.

Order at hy-vee.com/mealtime
Takeout | Curbside Pickup | Delivery*

*Where available
DON'T MISS OUT.
DOWNLOAD THE APP NOW!