

# HyVee<sup>®</sup> seasons

FOOD | LIFE | HEALTH

PUMPKIN  
PARTY



october





# Hy-Vee® BRANDS FOR GRAND\$

## SHOP. SAVE. WIN!

Hy-Vee brands save you money. Now they could help you win money. During the Brands for Grands event, 100 random shoppers will each win \$100 for every Hy-Vee brand in their cart — up to \$1,000 per winner. That could be you.

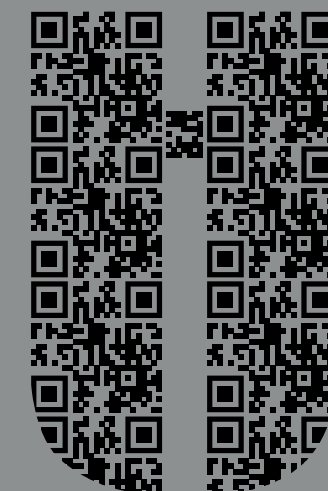
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**Hy-Vee** PLUS

**EXCLUSIVE  
OCTOBER OFFERS**  
for **Hy-Vee Plus™**  
Premium Members

**ENJOY BIG  
FALL SAVINGS  
WITH THESE OFFERS!**



**JOIN HY-VEE IN THE  
FIGHT AGAINST HUNGER.**

A few minutes and a few dollars can have a huge impact in combating food insecurity. Scan the "H" QR code to help Hy-Vee and its partners provide 5 million meals to families in need.



**Hy-Vee  
mealtime  
TO GO**

## 20% OFF

**Mealtime**

All month long. Exclusive to [Hy-Vee.com/mealtime](https://hy-vee.com/mealtime) orders, pickup only. See monthly email or your Hy-Vee Plus dashboard for code. Minimum purchase of \$15.00. Maximum discount is \$5.00.



**FREE**  
**Hy-Vee Soda  
or Mixer\***  
2 liter



**FREE**  
**Hy-Vee Macaroni  
& Cheese\***  
7.25 oz.



**FREE**  
**Pretzel Bites or  
Cheese Curds**

Valid at both Wahlburgers stand-alone locations as well as the @Hy-Vee locations. No purchase necessary. Please present your Hy-Vee Plus digital card, found in the Hy-Vee app, at time of ordering. Valid only one time. Dine-in only.



**20% OFF**  
**Starbucks\***  
Limit 1 per day (in-store only)



Don't have a membership? Sign up today. [hy-vee.com/plus](https://hy-vee.com/plus)

See reverse side for MORE exclusive offers.

\*Offer available only to Hy-Vee Plus Premium members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires October 31, 2021. Void where prohibited. Not available in all states.





**FREE**  
Hy-Vee Pita Chips\*  
9 oz. with purchase of  
Hy-Vee Hummus 8 or 10 oz.



**FREE**  
TopCare Ibuprofen\*  
100 ct. with purchase of  
TopCare Headache Relief  
value pack 200 ct.



**FREE**  
Free Hy-Vee  
Cottage Bread\*  
20 oz. with purchase of  
Hy-Vee Peanut Butter 40 oz.



**BUY ONE, GET ONE  
FREE**  
Fresh Express  
Iceberg Garden Salad\*  
12 oz.



**BUY ONE, GET ONE  
FREE**  
Hy-Vee Kettle Chips\*  
8.5 oz. (equal or lesser value)



**BUY ONE, GET ONE  
FREE**  
Hy-Vee Midwest  
Stuffed Boneless  
Pork Chop\*  
8 oz. from the meat service case



**BUY ONE, GET ONE  
FREE**  
Crav'n Flavor Pizza\*  
14.5 to 35.6 oz.  
(equal or lesser value)



**BUY ONE, GET ONE  
FREE**  
Crav'n Flavor  
Crackers\*  
4.4 to 30 oz.  
(equal or lesser value)



**BUY ONE, GET ONE  
FREE**  
Crav'n Flavor Frozen  
Appetizers\*  
5 to 45 oz. (equal or lesser value)

# OCTOBER 2021

## food



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**DONNA TWEETEN**  
EXECUTIVE VICE PRESIDENT,  
CHIEF OF STAFF,  
PRESIDENT HY-VEE  
MARKETING AND MEDIA

October brings out the child in all of us as the leaves fall and we enjoy the fun, ghoulish ghosts and goblins of the season. Find ideas on throwing an epic Halloween party with *bootiful* home decor suggestions, *page 88*, and *spooktacular* food tips, *page 10*. Or brew some scary cocktails for adult parties, *page 34*. Find costume ideas, noncarving tricks for the perfect jack-o'-lantern and treats for Beggar's Night, *page 64*.

Since it's pumpkin time, find recipes that use the popular squash in fun and exciting ways—without baking, *page 48*.

As the days shorten, the nights lengthen and the weather cools, snuggle in with family and friends while enjoying the comforts of home!

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OUR MOBILE APP



**HyVee**  
**aisles**  
online

# aisles

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

## now trending

### PUMPKIN PARTY

Gourd yourself on everything pumpkin. Find what you crave at Hy-Vee.



### PUMPKIN BAR

Loaded with pumpkin flavor and topped with the perfect amount of cream cheese icing.



### PUMPKIN PIE

A homestyle favorite packed with spices and baked fresh in the Hy-Vee Bakery.



### PUMPKIN MUFFIN

Start your morning with a sweet blast of seasonal flavor and spices in an easy-to-eat treat.



### HOMEMADE PUMPKIN BREAD

Enough for the whole family to enjoy a slice or two of pumpkin deliciousness any time of day.



## MIA ITALIAN PIZZA

Every ghost and goblin needs a pre-trick-or-treat dinner. All-new Mia Italian Take & Bake Pizza options start with a crispier crust, robust new chef-inspired sauce, meltier ribbon-cut mozzarella and

a reimagined seasoning blend for an extra-tasty finish. Choose from cheese, pepperoni, sausage, meat cravers, supreme, breakfast combo and more. Gluten-free crust is also available. Watch the vampires feast!





HyVee  
**BRANDS  
FOR  
GRAND\$**

**BRANDS FOR  
GRANDS**  
Shop for Hy-Vee brands—  
Simply Done, That's Smart!,  
TopCare, Tippy Toes, Full Circle  
Market, Paws Happy Life and  
more—and earn a chance to  
win up to \$1,000! See the  
ad opposite of the Table of  
Contents for more details.

**donut of  
the month**

**PUMPKIN PIE  
CAKE DONUT**  
The season's popular pumpkin  
pie flavor in the form of a moist,  
crumbly cake donut. It's a fall  
must-have with frosting, drizzled  
icing and cake crumbs.



**POPULAR AT HY-VEE!**  
CHECK OUT THESE NOTEWORTHY SEASONAL PRODUCTS AT HY-VEE.

**PANTRY**  
Gluten-Free Food Fair



Join Hy-Vee for a Gluten-Free Fair, October 16,  
noon to 2 p.m. at 100+ locations. Enjoy virtual gluten-  
free store tours and cooking classes.

**SEAFOOD**  
Ultra Natural Pure Shrimp



Celebrate National Seafood Month with Fair Trade  
100% natural peeled tail-off cooked shrimp. Hy-Vee is  
committed to selling only responsibly sourced seafood.

**MEAT**  
Midwest Pork  
Stuffed Pork Chops



In a field of its own, Hy-Vee Midwest Pork has superior  
tenderness and flavor. High-quality Hy-Vee Midwest  
Pork is locally raised from family-owned farms.

**MEAT**  
Gourmet Steakhouse Burgers



Hy-Vee fresh ground chuck is blended with cheese and  
fresh ingredients. Try mushroom & Swiss, blue cheese  
mignon, jalapeño pepper Jack, bacon Cheddar, or new  
French onion coming soon!

**HAPPY HALLOWEEN**

IF YOU'VE GOT IT, HAUNT IT! GET FRIGHTENINGLY FA-BOO-LOUS  
HALLOWEEN GOODIES AND DECOR AT HY-VEE.



**PLASTIC PUMPKIN PAIL**  
This jack-o'-lantern is just the right  
size for little hands to carry  
big treats.



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



**HALLOWEEN  
TABLEWARE**  
Eat, drink and  
be scary with  
Halloween-  
theme plates  
and napkins.



**MINI HAIRY  
SPIDERS**  
These hair-  
raising creepers  
help decorate  
anything and  
everything.



**FOSTER & RYE  
SKULL ICE MOLD**  
Add spine-chilling  
ice skulls to  
drinks to surprise  
your thirsty little  
monsters.



**DASH PUMPKIN  
WAFFLE MAKER**  
Warm up cool mornings  
with cute and cozy fall-  
theme waffles.



**WILTON COOKIE  
CUTTER SET**  
Create the scariest  
cookies ever, with no  
magic spells needed.



**TRICK-OR-TREAT BOWL**  
Hand out loads of yumminess  
from a bowl big enough to treat  
the neighborhood.

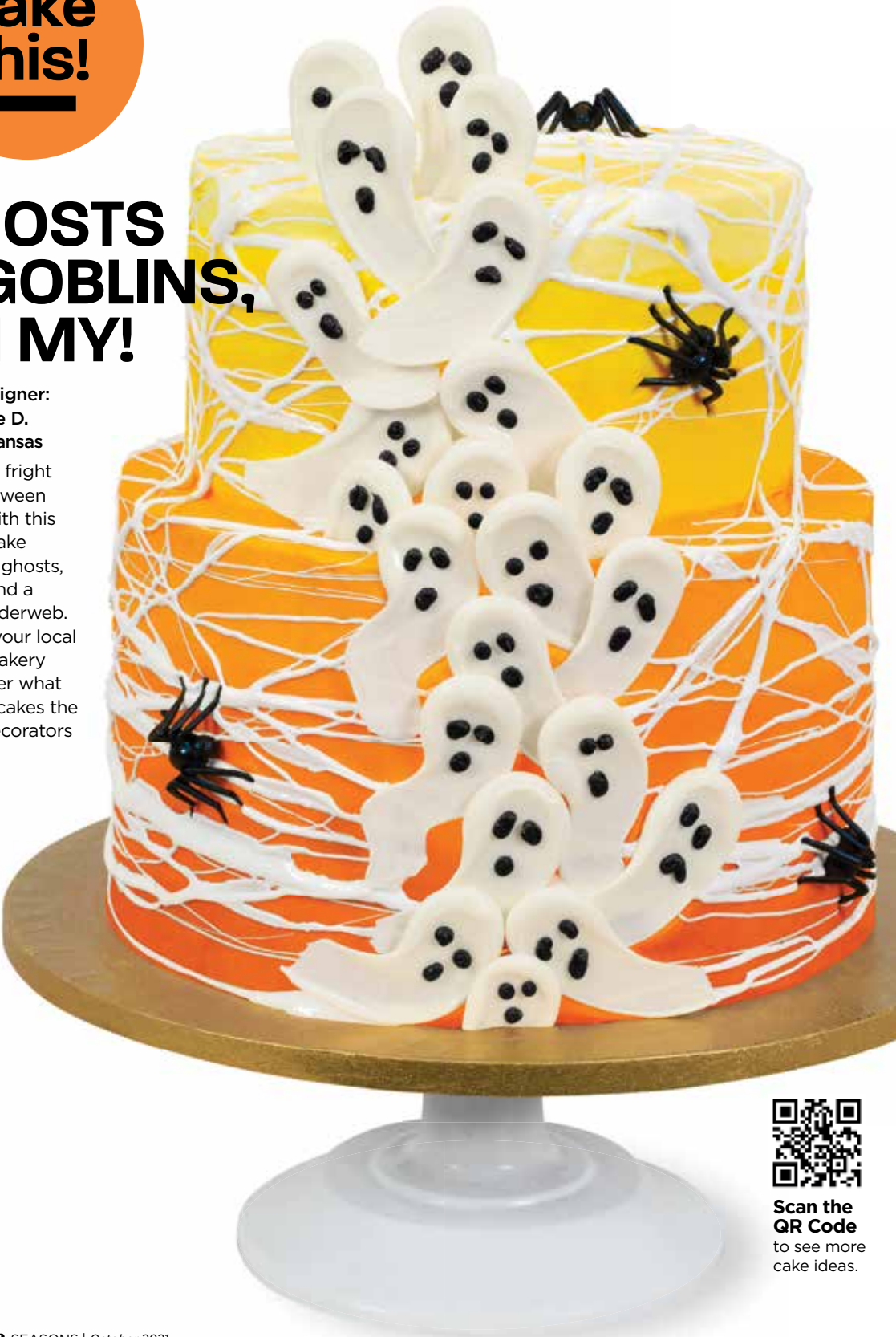


cake  
this!

# GHOSTS & GOBLINS, OH MY!

Cake Designer:  
Stephanie D.  
Olathe, Kansas

Put some fright  
into Halloween  
parties with this  
spooky cake  
featuring ghosts,  
spiders and a  
sticky spiderweb.  
Contact your local  
Hy-Vee Bakery  
to discover what  
ghoulish cakes the  
expert decorators  
can craft.



Scan the  
QR Code  
to see more  
cake ideas.



Orange, yellow and cream color  
icing is smoothed on round cakes  
for an ombre effect.



A paint brush is used to pull  
circles of melted almond bark  
into a ghostly shape.





Sticky spiderwebs, made from  
melted marshmallows, are spread  
over the top and sides of the cake.



Almond bark ghosts cascade  
down the cake. Black buttercream  
eyes and mouths are piped on.

**Spooky  
Halloween Cake**  
Watch Hy-Vee's talented  
decorator create this  
*spooktacular* cake, perfect  
for Halloween parties.



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



Turtle approved.

INTRODUCING  
**MIA**  
ITALIAN  
TAKE & BAKE PIZZA

Exclusively at **HyVee**







# 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](https://hy-vee.com/mealtime)**

Takeout | Curbside Pickup | Delivery\*

\*Where available



# food

Scare up ghoulish party treats, spine-tingling cocktails and more.

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A PARTY IS

# BREWING!

HY-VEE HAS THE DELIGHTS (AND FRIGHTS) FOR BEWITCHING HALLOWEEN PARTIES.

  
**seasons**  
DIGITAL EDITION  
Enjoy an enhanced version of this story at [Seasons.Hy-Vee.com](https://Seasons.Hy-Vee.com)

## CREEPLY crawly!

### GORY FRUIT PUNCH

Freeze plastic spiders in round ice molds. Place in a pitcher of fruit punch for a scary drink—the spiders will emerge as the ice melts.

THESE SNACKS WILL SEND CHILLS DOWN YOUR SPINE AND LEAVE YOU BUGGING FOR MORE.

### SPIDERWEB CARAMEL APPLES

Insert craft sticks into apples. Dip apples in melted caramel; let dry. Melt white chocolate and pipe a spiderweb pattern. Add plastic spiders.

FOR READY-TO-HATCH SPIDER EGGS, POUR MELTED HY-VEE CREAMY WHITE FROSTING OVER HY-VEE BAKERY DONUT HOLES. PIPE ON SPIDERS USING BLACK GEL FOOD COLORING MIXED WITH FROSTING.

### CHOCOLATE TRUFFLE SPIDERS

Place 35 Crav'n Flavor original vanilla crème chocolate sandwich cookies in a food processor. Cover and process until finely ground. Place  $\frac{3}{4}$  cup cookie crumbs in a medium bowl; set aside. Add 1 (8-oz.) pkg. Hy-Vee cream cheese, cut up and softened, to remaining crumbs in food processor. Cover and process until well combined. Form mixture into 12 (1½-in.) balls. Roll in reserved crumbs to coat for spider bodies; set aside. Microwave  $\frac{3}{8}$  cup

dark chocolate melting wafers in a small microwave-safe bowl on HIGH at 30-second intervals until melted, stirring each time. Pipe melted chocolate onto parchment paper to make 96 spider legs; let dry. Use remaining melted chocolate to attach candy eyeballs to spider bodies. Using a toothpick, poke 8 holes into sides of spider bodies for attaching legs; attach legs. Add white jimmies for teeth and Over the Top red write-on gel for blood. If desired, lightly drizzle bodies with remaining melted chocolate. Serves 12 (1 each).



CREEPLY CRAWLY  
COOKIES

1. Microwave  $\frac{1}{2}$  (16-oz.) container Hy-Vee creamy milk chocolate frosting in a medium microwave-safe bowl on HIGH for 30 seconds until melted. Stir in black gel food coloring, if desired.

2. Dip tops of 12 Hy-Vee Bakery sugar cookies into melted frosting

and place on a sheet of parchment paper to dry.

3. Add assorted M&M's milk chocolate candies to form insect bodies; dry. Pipe melted white chocolate on dry cookies for legs and eyes and/or add candy eyeballs. Serves 12 (1 each).



# GRAVEYARD

# grub!

THE PARTY WILL BE ANYTHING BUT DEAD WITH THIS FOOD SPREAD FROM 6 FEET UNDER.

PASTA IN INDIVIDUAL SERVINGS MAKES IT EASY TO GRAB AND GO WHILE MINGLING WITH FRIENDS.

CHOOSE FROM A MIX OF SOFT, HARD, SWEET AND SAVORY CHEESES TO FILL THE BOARD. PAIR WITH BOLD AND SPICY MEATS, AND ADD FRUITS AND VEGGIES FOR GARNISH.

## QUICK CLEANUP

You won't be afraid of the after-party mess with stacks of napkins and paper plates for serving. Wipe up spills during the party and toss it all out after.

ORDER AN UNFROSTED ROUND CAKE FROM YOUR LOCAL HY-VEE BAKERY TO CREATE THIS BONE-CHILLING TREAT.

## ZOMBIE PASTA CUPS

Preheat oven to 400°F. Cook ½ (16-oz.) pkg. Hy-Vee rigatoni pasta according to pkg. directions; drain. Place half of pasta in 4 (6-oz.) ramekins. Stand remaining pasta up vertically in ramekins. Top each with ¼ cup Gustare Vita tomato basil pasta sauce and 1 Tbsp. Hy-Vee finely shredded Parmesan cheese. Add mozzarella pearls and Hy-Vee sliced ripe olives for eyes. Bake for 10 to 12 minutes or until heated through. Slit ends of 8 green bell pepper strips and insert into ramekins for arms. Serves 4.



## HOW TO BUILD A CHARCUTERIE CEMETERY

THIS IS THE KIND OF CEMETERY YOU'LL WANT TO SPEND TIME AROUND.



1. Cut spooky bats out of cheese slices with Halloween-inspired cookie cutters.



2. Use toothpicks to secure cheese crosses and meat stick fencing to cheese blocks.



3. Slice ghosts out of your favorite white cheese. Use a small straw to poke out the eyes and mouth.



4. Carve words into cheese tombstones with a toothpick. Fill in lines with seasoning so they're easy to read.

## BONE CAKE

Order 4 (7-in.) unfrosted round white cakes from the Hy-Vee Bakery. For bones, break 20 Hy-Vee pretzel rods into various lengths to make 40 pieces. Microwave ½ cup white chocolate melting wafers in small microwave-safe bowl on HIGH at 30-second intervals or until melted, stirring each time. For pretzel bones, use the melted chocolate to attach 2 Hy-Vee miniature marshmallows to both ends of each pretzel piece; let dry. Transfer pretzel bones to a wire rack in a rimmed baking pan. Microwave an additional 2 cups of white chocolate melting wafers in medium microwave-safe bowl on HIGH at 30-second intervals or until melted, stirring each time. Pour melted white chocolate over pretzel bones to coat; let dry. To assemble, place 1 cake on a cake stand. Spread ½ cup Hy-Vee creamy white frosting on top. Repeat with 2 more cakes, spreading ½ cup frosting on top of each. If necessary, secure layers with cake dowels. Place remaining cake on top. Frost top and side of cake with an additional 2 cups of frosting. Press pretzel bones into frosting on cake. Serves 24.

IT TAKES MORE THAN FOOD TO SET THE MOOD. CREATE A MYSTERIOUS AND EXCITING ATMOSPHERE WITH DIM LIGHTING, CANDLES, STROBE OR STRING LIGHTS AND A FOG MACHINE.



# MONSTER

## bash!

SINK YOUR TEETH INTO THESE GHOULISH GOODIES THAT ARE SURE TO BE A SMASH.



### SEA MONSTER POT PIES

BE WELL-ARMED AT DINNER TONIGHT!



**1.** Spoon 1½ cups desired pot pie filling\* into each of 2 (12-oz.) ramekins; place on baking sheet. Unfold ½ (17.3-oz.) pkg. frozen puff pastry (1 sheet), thawed, onto a lightly floured surface. Cut lengthwise into 12 (½-in.) strips; halve strips crosswise to make 24 strips. Arrange 12 strips of pastry over edge of each ramekin for legs.



**2.** Cut 2 (3-in.) squares and 4 (1½-in.) squares from remaining pastry. Place an additional ¼ cup pot pie filling in the center of each 3-in. square; fold edges up and around filling, pinching edges together to form a ball. Place filled pastry ball on top of legs for a body.



**3.** Roll remaining pastry squares into balls for eyes; add carrot pieces for pupils. Attach eyes to body using water.



**4.** Tint 1 Tbsp. water with Hy-Vee green food color and brush over body and legs. Sprinkle with sesame seeds. Bake 25 to 30 minutes or until golden brown and bubbly. Serves 2.

*\*Use your favorite pot pie filling recipe or 2 (15.5-oz.) containers chunky pub-style chicken pot pie soup.*

### WEREWOLF CUPCAKES

Order 6 Hy-Vee Bakery unfrosted chocolate cupcakes. Fit a piping bag with a small star tip; fill with 1½ cups Hy-Vee creamy chocolate fudge frosting. Set aside. Spoon 1 Tbsp. additional chocolate fudge frosting in center of each cupcake for the snout. Pipe frosting around snout for fur. Cut 2 red Hy-Vee gumdrops into thin slices; add a slice to each cupcake for the tongue. Insert white jimmies into snout for teeth. Add candy eyeballs. Cut dark chocolate melting wafers and insert for nose, ears and eyebrows. Serves 6 (1 each).

### BRIE MUMMIES

Preheat oven to 375°F. Line a baking sheet with parchment paper; spray with Hy-Vee nonstick cooking spray. Unfold ½ (17.3-oz.) pkg. frozen puff pastry (1 sheet), thawed, onto a lightly floured surface. Cut crosswise into ½-in. strips. Place 2 (8-oz.) Brie rounds on prepared baking sheet; arrange pastry strips on top of each round. Bake 25 to 30 minutes or until pastry is lightly browned. Garnish each round with 2 Tbsp. Hy-Vee red raspberry preserves for blood, 2 Hy-Vee dried apricots and 2 Hy-Vee dried cranberries for eyes. Cool slightly before serving. Serve with additional dried fruit and crackers, if desired. Serves 12.

MUMMIFY BOTH BRIE ROUNDS WITH STRIPS OF PUFF PASTRY. USE SEASONAL FRUITS TO CREATE SPOOKY FACES. NO TWO SHOULD LOOK ALIKE.

### VAMPIRE HEARTS

Preheat oven to 375°F. Line a baking sheet with parchment paper. Unroll crusts from 1 (15-oz.) pkg. Hy-Vee ready-to-bake 9-in. pie crusts (2 ct.) on a lightly floured surface. Cut 8 hearts from each crust using a 3-in. heart-shape cookie cutter. Brush edges of 8 hearts with water; place 1 rounded tsp. That's Smart! cherry pie filling in the center of each. Top with remaining 8 hearts. Crimp edges with fork. Place on prepared baking sheet. Make a ½-in. slit in top right corner of each heart. Lightly brush hearts with beaten egg. Bake for 25 to 30 minutes or until lightly browned. Cool completely on wire rack. Break apart 1 (1.5-oz.) bar Kit Kat milk chocolate candy. Cut each stick in half; insert 1 piece into each pastry slit. Serves 8 (1 each).



### FLOATING PHANTOMS

Inflate some large white balloons and cover them with spare white sheets. Suspend the balloons from the ceiling with string or fishline and add felt eyes!

### LIME SLIME PUNCH

Use black construction paper, googly eyes, a black permanent marker and foil-wrapped chocolate caramel candies to decorate 4 (8-oz.) plastic cups; set aside. Combine 2 cups chilled Hawaiian Punch green berry rush juice drink, 1 cup Full Circle Market organic canned unsweetened coconut milk and ¼ cup fresh lime juice in a blender. Cover and blend until frothy. Pour into decorated cups. Top each cup with ¼-cup scoop of Hy-Vee We All Scream! lime sherbet. Insert straws. Serve immediately. Serves 4 (8 oz. each).

KIDS LOVE THIS DRINKABLE SLIME. LET THEM DECORATE THEIR OWN CUPS, OR PERSONALIZE ONE FOR EACH PARTY GUEST.

### JACK-O'-LANTERN FRUIT CUPS

Cut off the tops of navel oranges in a zigzag pattern and scoop out the fruit. Carve out eyes, nose and mouth. Fill the jack-o'-lanterns with blueberries, blackberries and raspberries. Add sugar snap peas for the stems, if desired.

### MUMMIES IN A BLANKET

Preheat oven to 375°F. Line a baking sheet with parchment paper. Unroll 1 (8-oz.) can refrigerated seamless crescent dough sheet onto a lightly floured surface. Reshape dough into a 12×8-in. rectangle. Cut dough into 20 (8-in.-long) strips. Wrap and crisscross 2 dough strips around each of 10 hot dogs. Place on prepared baking sheet. Lightly brush dough with beaten egg. Bake for 20 to 25 minutes or until golden brown. Cool slightly. Attach candy eyeballs with Hy-Vee original yellow mustard, if desired. Serves 10 (1 each).

## GHOST MERINGUE PANCAKES

FRIENDLY GHOSTS GUARD THE DELICIOUS, READY-IN-MINUTES PANCAKES.



### 1. GHOST MERINGUES

Place 2 egg whites in a medium bowl; let stand at room temperature for 30 minutes. Preheat oven to 200°F. Line a baking sheet with parchment paper. Beat egg whites with an electric mixer on medium until soft peaks form (tips curl). Add ½ cup Hy-Vee granulated sugar, 1 Tbsp. at a time, beating on high until stiff peaks form (tips stand straight). Fold in ½ cup Hy-Vee powdered sugar and ¼ tsp. Hy-Vee vanilla extract. Transfer mixture to a piping bag fitted with a large round tip. Pipe 12 ghosts 1 in. apart on prepared baking sheet. Bake for 45 minutes or until dry and remove easily from parchment paper. Transfer to wire racks; add Hy-Vee mini semi-sweet chocolate baking chips while meringues are warm; cool completely. Serves 6 (2 each).

### 2. CANDY CORN PANCAKES

Whisk together 2 cups Hy-Vee buttermilk complete pancake & waffle mix and 1½ cups water in a medium bowl. Divide batter into 3 portions. Tint one portion with Hy-Vee yellow food color and another with Hy-Vee orange food color. For each pancake, pour ¼ cup batter onto a hot, lightly greased griddle or large heavy skillet. Cook over medium-low heat for 2 minutes or until bubbles break at surface. Flip; continue cooking for 2 minutes or until golden brown. Serves 6 (3 each).

### 3. GHOST GOO

Stack yellow, orange and white pancakes. Spread top of stack with Hy-Vee hazelnut creamy spread with skim milk and cocoa. Top with meringues and Hy-Vee candy corn, if desired.

TAKE THE FRIGHT OUT OF THE NIGHT WITH A KID-APPROVED HALLOWEEN PARTY.

# SCARYcute!



# BEST PRODUCERS. BEST PORK.

IT'S THAT SIMPLE.

At Hy-Vee, we offer a simple “thank you”  
to our Midwest pork producers.  
Their commitment ensures we provide our  
customers with the highest quality pork every time.



Learn more about the  
different cuts of pork  
available by scanning  
the code.







# SLOW & STEADY

## ULTIMATE SLOW COOKER GUIDE

Get the most out of this handy kitchen appliance with little-known tips and incredible meal combinations.

### BENEFITS OF SLOW COOKERS

- Minimize cleanup by adding all the ingredients to the slow cooker's inner pot (or eliminate washing altogether by using a slow cooker liner).
- Cook fall tailgate recipes at home, then take them straight to the game and keep them warm without using any extra dishes for serving.
- Slow cooking tenderizes tough meats and allows more time for developing flavor in soups.

## Spicy Thai Chicken with Root Veggies

**Hands On** 15 minutes  
**Total Time** 5 hours 15 minutes  
**Serves** 6

- 2 lb. Hy-Vee True boneless, skinless chicken thighs**  
**1 large sweet potato, peeled and cut into 2-in. cubes**  
**1 turnip, peeled and cut into 2-in. cubes**  
**1 Tbsp. Gustare Vita olive oil**  
**1 small white onion, finely chopped**  
**1 Tbsp. bottled minced garlic**  
**¼ cup Thai red curry paste**  
**2 Tbsp. Hy-Vee creamy peanut butter**  
**1 Tbsp. packed Hy-Vee light brown sugar**  
**1 Tbsp. refrigerated ginger paste**  
**1 tsp. ground turmeric**  
**½ tsp. kosher salt**  
**2 cups Hy-Vee chicken cooking stock**  
**2 Tbsp. fish sauce**  
**4 cups lightly packed baby spinach**  
**1 cup canned unsweetened coconut cream**  
**Fresh basil, for garnish**

**Thinly sliced radishes, for garnish**  
**Crushed peanuts, for garnish**

- 1. PLACE** chicken, sweet potato and turnip in a 6-qt. slow cooker; set aside.
- 2. HEAT** olive oil in a large skillet over medium heat. Add onion and garlic; cook for 3 to 5 minutes or until softened, stirring occasionally. Stir in curry paste, peanut butter, brown sugar, ginger paste, turmeric and salt. Whisk in chicken stock and fish sauce until combined. Pour mixture over chicken and vegetables in slow cooker. Gently stir to coat.
- 3. COVER** and cook on HIGH for 4 to 5 hours or LOW for 7 to 8 hours or until chicken is very tender and cooked through (165°F).
- 4. STIR** in spinach and coconut cream. Cover and cook for 5 minutes. Garnish with basil, radish slices and peanuts, if desired.

Per serving: 510 calories, 19 g fat, 10 g saturated fat, 0 g trans fat, 140 mg cholesterol, 1,740 mg sodium, 45 g carbohydrates, 3 g fiber, 34 g sugar (3 g added sugar), 36 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 20%, Potassium 8%

### FINISHING TOUCH

A handful of chopped peanuts sprinkled on top of each plate helps highlight the flavors of the peanut sauce while adding crunch.





# SLOW COOKER BASICS

## SIDE HANDLES

Moving and toting your slow cooker is simple with easy-grip handles on each side.

## EASY CLEAN

Many slow cookers have dishwasher-safe inner ceramic pots and glass lids for quick cleanup.

## TEMPERATURE SETTINGS

“High,” “low” and “warm” settings allow you to serve the meal when you’re ready for it.

## LID LOCK

Some cookers have clamps that help keep the lid in place while you tote meals.

## BEST FOODS FOR THE SLOW COOKER

Texture, ingredients and flavor determine what to slow cook.



**Tougher cuts of meat**, such as chuck roast, short ribs and brisket, become tender and juicy as they slowly cook.



**Chicken thighs** and other dark meat poultry cuts contain enough fat to simmer for hours without drying out.



**Soups, stews and chilis** are slow cooker classics. Letting them simmer longer helps develop their flavors.



**Dips** are easy to cook and serve in a slow cooker, and the “warm” setting prevents them from drying out.



**Appetizers**, such as meatballs and chicken wings, can be cooked, toted and served all in one pot.



SCAN THE QR CODE to learn about the best beef, get recipes and more from Hy-Vee.

## FINISHING TOUCH

Serve Hy-Vee artisan bread alongside slow cooker soups and meals with heavy sauces to help soak up every last drop.

## Steak Bourguignon

**Hands On** 15 minutes

**Total Time** 8 hours 45 minutes

**Serves** 6

**3 lb. Hy-Vee Angus Reserve beef top sirloin steak, cut into 2½-in. cubes**

**1 tsp. Hy-Vee black pepper**

**½ tsp. kosher salt**

**2 Tbsp. Gustare Vita olive oil**

**4 slices Hy-Vee sweet smoked thick sliced bacon, chopped**

**1 small yellow onion, chopped**

**1 Tbsp. bottled minced garlic**

**1 (750-ml) bottle dry red wine**

**1 Hy-Vee beef bouillon cube**

**3 Tbsp. Hy-Vee tomato paste**

**1 (14.4-oz.) pkg. frozen pearl onions**

**1 (8-oz.) pkg. baby bella mushrooms, quartered**

**8 oz. fresh small shiitake mushrooms, stems removed**

**8 fresh thyme sprigs, plus chopped thyme for garnish**

**4 carrots, peeled and bias sliced**

**Hy-Vee Bakery French bread, for serving**

**1. PAT** beef dry with paper towels; sprinkle with pepper and salt. Heat oil in a large Dutch oven over medium-high heat. Add beef in batches and cook for 1 to 2 minutes or until browned. Transfer to a 6-qt. slow cooker; set aside.

**2. COOK** bacon over medium heat in the Dutch oven until crisp. Transfer bacon to the slow cooker using a slotted spoon. Add onion and garlic to bacon drippings in Dutch oven. Cook for 2 to 3 minutes or until softened; transfer to slow cooker.

**3. REMOVE** Dutch oven from heat; add red wine. Return to heat; cook and scrape brown bits from bottom of Dutch oven. Whisk in beef bouillon and tomato paste until combined. Pour wine mixture over beef in slow cooker. Stir in pearl onions, baby bella and shiitake mushrooms.

**4. TIE** 8 sprigs of thyme together with kitchen string; add to slow cooker. Cover and cook on LOW for 7 hours. Remove and discard thyme bundle; add carrots. Cover and cook for 1 to 1½ hours more or until carrots are tender. Garnish with chopped fresh thyme, if desired. Serve with French bread, if desired.

**Per serving:** 550 calories, 17 g fat, 4.5 g saturated fat, 0 g trans fat, 165 mg cholesterol, 690 mg sodium, 20 g carbohydrates, 4 g fiber, 9 g sugar (0 g added sugar), 58 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 35%, Potassium 30%

## FIND IT AT AT HY-VEE

Pick up a Crock-Pot manual 6-qt. Cook and Carry slow cooker at Hy-Vee.

## TROUBLESHOOTING

### CHOOSE THE SETTING

High setting brings food to boil faster, then simmers for the remaining time. Low setting takes longer to boil and lessens simmer time.

### THICKEN DISHES EASILY

Slow cooker lids trap moisture in the pot. At the end of cooking, remove the lid and turn the cooker to high for an extra hour to evaporate the extra liquid.

### COOK FOOD EVENLY

Some slow cookers contain hot spots or seem to get hotter on one side. To fix this issue, rotate the inner pot every few hours as your food cooks.

## SLOW COOKER tips & tricks

### 1. Brown Meat

Before adding a roast or another large piece of meat to the slow cooker, brown it on the stove. This extra step helps caramelize the surface of the meat, giving it better, more complex flavors. Then slow cooking helps retain the moisture inside for tender, delicious meat.

### 2. Layer Ingredients

Some foods cook faster than others, so layering helps everything finish at the same time. Place tougher ingredients like root veggies at the bottom with meats on top. Add delicate vegetables, herbs and dairy items toward the end of the cooking time.

### 3. Cover Food

It's tempting to peek, stir and sample while your food cooks, but lifting the lid releases heat and increases cooking time. Leave the lid on while your food cooks and wait to stir in any extra ingredients, such as fresh herbs and cheese, until the end, when cooking is nearly complete.





#### FINISHING TOUCH

Want more citrus flavor? Serving with orange slices or wedges allows everyone to add more juice to their plate for extra tang.

## Citrus and Thyme Homestyle Turkey

**Hands On** 20 minutes  
**Total Time** 3 hours 20 minutes  
**Serves** 6

- 1 (2- to 2 ½-lb.) head cauliflower, trimmed and cut into florets**
- 2 oranges, quartered; plus orange slices for garnish**
- 5 sprigs fresh thyme, plus additional sprigs for garnish**
- 2 sprigs fresh rosemary**
- 1 (2-lb.) pkg. turkey breast tenderloins**
- 1 Tbsp. Gustare Vita olive oil**
- ½ tsp. kosher salt**
- 1 tsp. Hy-Vee black pepper, divided**
- 2 cups unsalted vegetable stock**
- 2 Tbsp. Hy-Vee unsalted butter**
- 2 Tbsp. Hy-Vee all-purpose flour**
- ¼ cup Hy-Vee sour cream**
- 2 tsp. chopped fresh thyme, divided**

**1. PLACE** cauliflower florets, 2 quartered oranges, 5 thyme

sprigs and rosemary sprigs in a 6-qt. slow cooker.

**2. PAT** turkey tenderloins dry with paper towels. Place turkey in slow cooker; drizzle with olive oil. Sprinkle with salt and ½ tsp. pepper. Add vegetable stock. Cover and cook on LOW for 2 to 3 hours or until turkey reaches 165°F.

**3. TRANSFER** turkey to cutting board; loosely cover with foil and let stand for 10 minutes. Meanwhile, strain cooking juices; reserve 2¼ cups cooking juices and cauliflower. Discard remaining juices, oranges and herb sprigs.

**4. FOR GRAVY**, melt butter in a small saucepan over medium heat. Whisk in flour, then slowly whisk in 2 cups reserved cooking juices. Bring to a boil; reduce heat. Simmer, uncovered, for 2 to 3 minutes or until thickened, whisking often. Remove from heat; cover to keep warm.

**5. PLACE** cauliflower in a food processor. Add remaining ¼ cup reserved cooking juices, sour cream, 1 tsp. chopped thyme and ¼ tsp. pepper. Cover and process until creamy. Transfer to a serving bowl. Sprinkle with remaining 1 tsp. chopped thyme and remaining ¼ tsp. pepper.

**6. TO SERVE**, slice turkey tenderloins. Garnish with additional thyme sprigs and orange slices, if desired. Serve with gravy and cauliflower.

**Per serving:** 310 calories, 11 g fat, 4.5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 340 mg sodium, 17 g carbohydrates, 4 g fiber, 8 g sugar (0 g added sugar), 43 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 3%, Potassium 10%



#### LOCALLY RAISED PORK

Hy-Vee partners with more than 400 family farms across the Midwest to source locally raised, superior flavor pork. Look for the Midwest Pork label when shopping to enjoy the freshest, best-tasting cuts of pork. There's no better month to try it—October is National Pork Month, which celebrates farmers nationwide. We thank our hard-working local producers for providing Hy-Vee with the freshest high-quality pork.



#### FINISHING TOUCH

Before piling on sandwich toppings, toast the buns so they'll stay crisp as you eat and won't fall apart when the sauce soaks in.

## Hawaiian Pulled Pork Sandwiches

**Hands On** 30 minutes  
**Total Time** 8 hours 30 minutes  
**Serves** 8

- 1 (20-oz.) can Hy-Vee pineapple slices in pineapple juice**
- 1 (10-oz.) bottle teriyaki marinade & sauce**
- 1 (3½- to 4-lb.) Hy-Vee boneless pork shoulder blade roast**
- ½ cup Hy-Vee mayonnaise**
- ¼ cup Hy-Vee apple cider-flavored vinegar**
- 2 tsp. Hy-Vee granulated sugar**
- ¼ tsp. kosher salt**
- 1 (10-oz.) pkg. shredded red cabbage**
- 1 jalapeño pepper, sliced and seeded**
- 1 (16-oz.) pkg. Hy-Vee Bakery brioche hamburger buns (8 ct.), split and toasted**

**1. DRAIN** pineapple, reserving ¾ cup juice. Reserve pineapple slices for serving.

**2. COMBINE** pineapple juice and teriyaki marinade & sauce in a 4-qt. slow cooker. Add pork shoulder; toss to coat. Cover and cook on LOW for 6 to 8 hours or until pork is very tender.

**3. REMOVE** pork from slow cooker and shred using 2 forks. Return pork to slow cooker. Cover and keep warm.

**4. FOR SLAW**, combine mayonnaise, vinegar, sugar and salt in a medium bowl. Add cabbage and jalapeño; toss to coat.

**5. TO SERVE**, remove pork from slow cooker using a slotted spoon; serve pork in buns with reserved pineapple slices and cabbage slaw.

**Per serving:** 550 calories, 23 g fat, 6 g saturated fat, 0 g trans fat, 105 mg cholesterol, 490 mg sodium, 56 g carbohydrates, 2 g fiber, 25 g sugar (8 g added sugar), 25 g protein. **Daily Values:** Vitamin D 6%, Calcium 4%, Iron 10%, Potassium 10%





### FINISHING TOUCH

Offer fresh tomatoes and guacamole on the side. Everyone can customize their enchiladas exactly how they like.

## Chicken Enchilada Casserole

**Hands On** 30 minutes  
**Total Time** 4 hours 45 minutes  
**Serves** 8

- 1 (10-oz.) can Hy-Vee mild tomato based enchilada sauce**
- 1 (10-oz.) can Hy-Vee Mexican lime & cilantro diced tomatoes & green chilies, drained**
- 1 (4-oz.) can Hy-Vee diced green chiles**
- 1 medium red onion, thinly sliced**
- 1 lime, juiced**
- 1 tsp. bottled minced garlic**
- 2 lbs. Hy-Vee True boneless, skinless chicken breasts**
- 1 (8-oz.) pkg. Hy-Vee Monterey Jack cheese, cubed**
- 1 (11-oz.) pkg. street taco flour tortillas, quartered**
- 1 cup shredded white Cheddar cheese**
- 1 cup Hy-Vee corn chips**
- Hy-Vee sour cream, for garnish**
- Fresh cilantro leaves, for garnish**

**1. COMBINE** enchilada sauce, tomatoes, green chiles, red onion, lime juice and garlic in a 6-qt. slow cooker. Add chicken breasts. Stir to coat. Cover and cook on HIGH for 4 hours or LOW for 8 hours or until chicken is very tender and cooked through (165°F).

**2. TRANSFER** chicken to a cutting board using a slotted spoon. Pour liquid into large bowl; wipe slow cooker clean with paper towels. Shred chicken using two forks. Place chicken into a separate large bowl; add 3 cups cooking liquid; stir to combine.

**3. TO ASSEMBLE,** layer one-third of each of the chicken mixture, Monterey Jack cheese cubes and quartered tortillas in the slow cooker. Repeat layers 2 more times using remaining chicken mixture, cheese cubes and tortillas. Pour an additional 1½ cups cooking liquid over top to cover tortillas. Top with shredded Cheddar cheese.

**4. COVER** and cook on HIGH for 15 minutes or until cheese is melted and layers are heated through. Top with corn chips. Garnish with sour cream and cilantro, if desired.

**Per serving:** 510 calories, 24 g fat, 10 g saturated fat, 0 g trans fat, 120 mg cholesterol, 960 mg sodium, 35 g carbohydrates, 1 g fiber, 3 g sugar (1 g added sugar), 41 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 30%, Iron 15%, Potassium 10%

### SLOW COOKER LEFTOVERS

Slow cookers are perfect for making big batches of food. Leftover shredded meats can be added to sandwiches, pizzas, pastas and more. Extra slow-cooker soup or chili can be repurposed into a casserole or frozen and reheated later. When saving leftovers, divide them into containers with tight-fitting lids, then freeze up to 3 months. To reheat servings, use the microwave or oven; slow cookers don't get hot enough to safely reheat leftover food.



### FINISHING TOUCH

Thin slices of green onion add a touch of fresh flavor that helps brighten up heavier slow cooker recipes like macaroni.

## Vegetarian Chili Mac

**Hands On** 15 minutes  
**Total Time** 6 hours 15 minutes  
**Serves** 12 (1½ cups each)

- 4 ears Hy-Vee Short Cuts fresh sweet corn**
- 2 (14.5-oz.) cans Hy-Vee diced tomatoes, undrained**
- 1 (15.5-oz.) can Hy-Vee chili style beans in chili gravy, undrained**
- 1 (15.5-oz.) can Hy-Vee dark red kidney beans, drained and rinsed**

- 1 (15-oz.) can Hy-Vee no-salt-added black beans, drained and rinsed**
- 1 (15-oz.) can Hy-Vee no-salt-added garbanzo beans, drained and rinsed**
- 1 each medium yellow, red and green bell pepper, seeded and chopped**
- 1 small yellow onion, finely chopped**
- 1 jalapeño pepper, seeded and chopped**
- 2 Tbsp. Better Than Bouillon vegetable base**
- 2 Tbsp. Hy-Vee chili powder**
- 1 Tbsp. bottled minced garlic**

- 1½ cups water**
- 2 (8.5-oz.) pkg. Barilla Ready Pasta fully cooked gemelli pasta**
- 2½ (8-oz.) pkg. Hy-Vee shredded mild Cheddar cheese (5 cups), divided**
- Sliced green onions, for garnish**

**1. CUT** the corn kernels off the cobs; place in a 6-qt slow cooker. Add undrained tomatoes; chili beans in gravy; red kidney, black and garbanzo beans; bell peppers; onion; jalapeño; vegetable base; chili powder and garlic. Stir in water.

**2. COVER** and cook on LOW for 6 hours. Stir in pasta and 4 cups cheese. Cover and cook for 10 minutes or until cheese is melted and mixture is heated through. Top with remaining 1 cup cheese; garnish with green onions, if desired.

**Per serving:** 720 calories, 26 g fat, 13 g saturated fat, 0 g trans fat, 65 mg cholesterol, 1,420 mg sodium, 92 g carbohydrates, 13 g fiber, 9 g sugar (0 g added sugar), 35 g protein.  
**Daily Values:** Vitamin D 6%, Calcium 40%, Iron 20%, Potassium 15%



# SNACK YOUR WAY WITH MEAT, CHEESE AND A TREAT



NEW AT HY-VEE

TRY NOW

## 101 SQUASH

Look for delicious, healthful winter squash varieties at Hy-Vee in early autumn through mid-winter. Try roasting to highlight their slightly sweet, nutty flavor.

**W**inter squash earned their name because, while they're harvested in autumn, most can be stored throughout winter thanks to their tough skin and hard flesh. Technically classified as a fruit, winter squash are packed with nutrients such as vitamin C, fiber and beta carotene.

**BUY** a squash that feels heavy for its size with a hard skin free of bruises, cracks and soft spots.

**STORE** whole, fresh squash in a cool, dry place for up to one month. Refrigerate sliced or cubed squash.

**PREP** by carefully slicing squash in half lengthwise and removing seeds. To peel the tough skins, pierce the squash with a knife and microwave up to 4 minutes to soften.

**SQUASH SEEDS ARE ALSO EDIBLE AND MAKE A TASTY SNACK.** WASH AND DRY THE SEEDS, SPRINKLE WITH SEASONING AND ROAST AT 300°F UNTIL SEEDS ARE JUST STARTING TO BROWN, ABOUT 20 MINUTES.



### WINTER SQUASH AT HY-VEE



#### Acorn

Small with dark green or orange skin, yellow-orange flesh and a sweet, nutty flavor. Slice in half, remove seeds and microwave or roast.



#### Butternut

Sweeter than other winter squashes, with a slight nuttiness; similar to carrots and turnips. Can be cooked whole, cut in half or peeled and cubed.



#### Buttercup

Dark green outer skin with bright orange flesh and a sweet, creamy flavor. It can be dry, so steam, simmer or bake to help add moisture.



#### Spaghetti

Known for stringy fibers resembling pasta, with a mild, slightly sweet flavor. Cut in half and microwave, bake, slow-cook or boil until tender.

Source: [hsph.harvard.edu/nutritionsource/food-features/winter-squash/](https://hsph.harvard.edu/nutritionsource/food-features/winter-squash/)





## Garlic-Herb Roasted Acorn Squash

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

**1 head garlic**  
**5 Tbsp. Gustare Vita olive oil,**  
**divided**  
**Hy-Vee nonstick cooking spray**  
**2 medium acorn squash**  
**1 Tbsp. chopped fresh thyme,**  
**divided**  
**⅓ tsp. Hy-Vee salt**  
**1 lemon, halved**  
**½ cup grated fresh**  
**Parmesan cheese**

**1. PREHEAT** oven to 375°F.  
Cut off the top third of the  
garlic bulb. Remove papery  
outer layer. Place garlic on a  
sheet of foil. Drizzle with 1 Tbsp.  
olive oil. Wrap in foil. Place in a  
shallow baking pan. Bake for  
40 to 45 minutes or until soft.

**2. LIGHTLY** spray a large rimmed  
baking pan with nonstick spray;  
set aside. Cut squash lengthwise  
in half. Remove seeds. Cut halves  
crosswise into 1-in.-thick slices.

**3. ARRANGE** squash slices in  
prepared baking pan. Drizzle  
with 3 Tbsp. olive oil. Sprinkle  
with ½ Tbsp. thyme and salt.  
Place lemon halves, cut sides  
down, in baking pan. Roast  
for 25 to 30 minutes or until  
squash is tender.

**4. PEEL** roasted garlic cloves.  
Mash garlic with fork in small  
bowl. Stir in remaining 1 Tbsp.  
olive oil, remaining ½ Tbsp. thyme  
and juice from roasted lemon.  
Brush on top of roasted squash.  
Sprinkle with Parmesan cheese.

Per serving: 290 calories, 20 g fat,  
4 g saturated fat, 0 g trans fat,  
5 mg cholesterol, 250 mg sodium,  
27 g carbohydrates, 4 g fiber,  
1 g sugar (0 g added sugar),  
6 g protein. Daily Values:  
Vitamin D 0%, Calcium 15%,  
Iron 10%, Potassium 15%

**EAT IT ALL**  
COOKED SQUASH  
SKINS ARE EDIBLE,  
SAVING PREP TIME  
AND ADDING COLOR  
TO ANY DISH.



ESTD 1883

So many ways to  
**Keep it  
Oscar**

**oscar  
Mayer**





# HOMEMADE NUT BUTTER

Go beyond peanut and almond butter! Healthy, customized, eat-by-the-spoonful nut butters can be made right at home in a few basic steps.

**Chocolate-Hazelnut Butter**  
2 cups unsalted hazelnuts + 1 cup powdered sugar + ½ cup baking cocoa powder + ¼ cup coconut oil + salt, to taste

**Pecan Nut Butter**  
12 oz. pecan pieces + 1 Tbsp. pure maple syrup + ½ tsp. kosher salt

**Pistachio Nut Butter**  
2 cups roasted, salted pistachios + 1 Tbsp. vanilla extract

**Cashew Nut Butter**  
2 cups lightly salted cashew halves & pieces + ¼ cup avocado oil + 2 Tbsp. honey

**Macadamia Nut Butter**  
8 oz. macadamia nuts + ½ tsp. kosher salt

FIND FULL NUT BUTTER RECIPES AT SEASONS.HY-VEE.COM

## WHAT YOU NEED



**Sealed Containers**  
Keep homemade nut butter fresh for 2 to 3 weeks in Anchor Glass Food Storage containers.

**Spatula**  
Stir, scoop and scrape up servings of nut butter with a silicone spatula spoon available at your local Hy-Vee.

**Food Processor**  
This 13-cup Cuisinart food processor helps you take on any chopping, dicing or mixing task.

## BEST PICKS FOR NUT BUTTER



**Hazelnut**  
With a rich, buttery, sweet interior and slightly bitter shell, these creamy nuts share a depth of flavor with chocolate, which they are often paired with.



**Pecan**  
The sweet, almost candy-like flavor of pecans is less bitter and more delicate than walnuts, making it compatible in a variety of desserts.



**Pistachio**  
In the same family as cashews, pistachios have a slightly minty, spicy flavor, and the soft texture lends itself to making a great nut butter.



**Cashew**  
With a mild flavor similar to peanuts and almonds, cashews are technically a seed, but are treated and eaten like a nut, and the texture is ideal for nut butter.



**Macadamia**  
Roasting and salting draws out the sweet, buttery flavor of macadamias, and the amount of oil in the nut creates a smooth nut butter texture.

**FLAVORS** like cinnamon, vanilla, honey, pumpkin spice, chocolate and/or maple added during the blending step personalize nut butters to any taste or purpose. Get creative and mix and match nuts and flavors.

## NUT BUTTER IN 3 EASY STEPS



**PULSE** roasted nuts in a 13-cup food processor 10 to 15 times until the nuts come to a finely chopped consistency.



**ADD** desired flavors, a dash of salt and an oil, such as coconut or avocado, to prevent the nut butter from becoming too dry.



**PROCESS** for 5 to 10 minutes or until creamy, stopping every few minutes to scrape down the sides of the food processor with a spatula.



# SPOOKY SPIRITS

INDULGE IN THE FLAVORS OF FALL WITH BONE-CHILLINGLY GOOD HALLOWEEN-INSPIRED COCKTAILS THAT USE SEASONAL AND TRENDING SPIRITS FROM HY-VEE.



**Make it spooky:  
ADD FOG**

Add dry ice to your punch bowl for a creepy cauldron effect. Handle with tongs, avoid contact with skin and wait for smoke to dissipate before drinking.

## Bubbling Inferno

Fill round ice cube molds three-fourths full of water; add a fresh blueberry to each mold. Freeze molds. For punch, combine 1 (750-ml.) bottle Apothic Inferno red blend wine, 2 cups 100% pomegranate juice and ¼ cup Cointreau liqueur in a small punch bowl. Stir to combine. Add eyeball ice cubes. Garnish with fresh orange slices, if desired. Serves 12 (4 oz. each).

## SEASONAL WINE AT HY-VEE

Hy-Vee carries a huge selection of wine year-round, but in the fall, pick up seasonal autumn and Halloween-themed vino.

- **APOTHIC HALLOWEEN PACKS** are full of rich flavor. Plus, the bottles themselves look good enough to be Halloween décor.
- **FREAKSHOW CABERNET SAUVIGNON** has raspberry, plum and vanilla aromas.



## AUTUMN LIQUORS AT HY-VEE

Bring the flavors of fall to your favorite cocktails when you shop the Wine & Spirits Department at Hy-Vee.

- **CROWN ROYAL REGAL APPLE** gives cocktails the crisp flavor of green apple.
- **CAPTAIN MORGAN JACK-O-BLAST** proves pumpkin spice isn't just for your coffee.

### Spiced Caramel Whisky Apple Cider

Dip rim of a 12-oz. glass into Hy-Vee caramel-flavored syrup; lightly sprinkle with pumpkin pie spice. Fill glass with ice cubes. Add 5 oz. Hy-Vee 100% apple cider, 3 oz. Crown Royal Regal Apple whisky and ¾ oz. simple syrup to an ice-filled cocktail shaker. Cover and shake until well chilled. Strain into prepared glass. Garnish with thinly sliced apple and fresh sage, if desired. Serves 1 (8 oz.).

#### Make it spooky: COVERED IN SLIME

Caramel syrup creates a scary slime effect, but for an even gorier cocktail, drizzle red grenadine syrup onto the rim of your glass.

### Purple Luster

Dip the rim of a martini glass into water and then immediately into Over the Top shy violet sanding sugar. Add 1½ oz. Row vodka, 1½ oz. blue curaçao, 1½ oz. sweet & sour mix and 1 oz. grenadine to an ice-filled cocktail shaker. Cover and shake until chilled. Strain into prepared glass. Top with 1 oz. Hy-Vee lemon lime soda. Garnish with fresh blackberries, if desired. Serves 1 (8 oz.).

## HY-VEE FALL BEER FLAVORS

From lagers to IPAs, Hy-Vee carries an array of brews to choose from.

- **SAMUEL ADAMS JACK-O PUMPKIN ALE** Combine cinnamon and nutmeg for a crisp finish.

### Orange Moon

Fill 2 (12-oz.) glasses with crushed ice. Pour 1 (12-oz.) bottle Blue Moon Belgian white wheat ale over the ice. Gently pour 1 oz. Aperol over the back of a bar spoon into each glass. Garnish with orange zest, if desired. Serves 2 (11 oz. each).

## MORE CREEPY WAYS TO GARNISH YOUR DRINKS

### Spooky Lighting

Illuminate drinks by placing glow sticks in the glass.

### Witchy Potion

Edible glitter magically turns cocktails into enchanted concoctions.

### Monster Hands

Fill a latex glove with water and freeze it. Cut away the glove and place the frozen hand in a punch bowl.

### Watchful Eyes

Spear a partially peeled radish and green olive on a toothpick to create a bloodshot eyeball garnish to top off drinks or add to punch bowls.



# FALL veggies

**AUTUMN HARVEST  
BRINGS A NEW  
CROP OF HEARTY,  
NUTRITIOUS  
PRODUCE TO  
HY-VEE. LEARN  
SELECTION AND  
STORAGE TIPS AND  
TRICKS TO KEEP  
VEGGIES FRESH.**



## **rooted goodness**

In fall, we shift away from summertime fruits—that are often easy to enjoy after a simple cleaning—to vegetables. These leaves, stalks, bulbs and roots of plants usually need some type of preparation to bring out their full flavor.

### **AUTUMN BOUNTY**

Nearly all fall vegetables can be roasted for a delicious side dish. Check out the Veggie Roasting Guide and learn how to select, store and use some versatile fall vegetables as well as a few additional ways to prepare and enjoy these autumn staples.

### **HY-VEE HOMEGROWN**

Look for the Hy-Vee Homegrown label in the Produce Department for fresh fall vegetables grown within 200 miles of your local Hy-Vee.



# 8

## stalks, bulbs & roots

Learn how to select, prep and store the best fresh veggies. Check out solutions to common vegetable issues.

### Storage Guide

The best place to store vegetables for long-lasting freshness



**PANTRY**

- Potatoes
- Sweet potatoes



**REFRIGERATOR**

- Beets
- Broccoli
- Brussels sprouts
- Carrots
- Leeks
- Radishes



Fall vegetables also freeze well. Broccoli and radishes stay tastier when blanched before freezing. Potatoes and sweet potatoes need to be cooked before freezing.

## brussels sprouts

**SELECT** Bright green, firm, compact sprouts with unblemished leaves; avoid wilted and yellow leaves.

**SLICE/PREP** Trim the stalk and remove outer leaves. Cut an X into the base if cooking whole. Or cut sprouts in half through the core; slice again for quarters. Finely shaving the sprout is another option.

**COOK** Sauté over high heat with olive oil and spices; finish with a splash of water for added steaming. Roast in a high-heat oven, or fry on a stove top or in a deep fryer. Serve sprouts raw, finely shaved, in a salad.



**STORE** Remove any wilted or yellow leaves, but don't wash or trim sprouts until you're ready to use them. Keep in the refrigerator in a perforated plastic bag for up to 5 days.

**BEST FOR** Side dishes, in salads or added to mac and cheese.

**ONE WAY TO SERVE** Roast Brussels sprouts according to Veggie Roasting Guide. Top with cooked bacon and blue cheese crumbles and drizzle with honey.



Buy sprouts of similar size to make cooking time more uniform. When trimming the stalks, trim just to the edge of the leaves.

## BEETS

**SELECT** Small, firm beets with a deep red color and unblemished skin. The taproots (pointy tips) and leaves should still be attached.

**SLICE/PREP** Rinse under warm water. To serve raw, remove skin with a vegetable peeler. Or cook, then rub skin off with a paper towel. Cut and slice to use as needed.



**STORE** Trim leaves to about 2 in. from roots; place beets unwashed and loose in the crisper drawer of the refrigerator for up to 10 days. Or keep them in a dark place for up to 3 days.

**BEST FOR** Sandwiches and salads when raw, or a side dish when roasted or grilled.

**ONE WAY TO SERVE** Roast beets according to according to Veggie Roasting Guide. Slice beets into rounds. Serve over baby arugula and top with chopped pecans.



**problem solved**  
Beets stain everything they contact. Prep them on a plastic cutting board that can be bleached clean.

**SELECT** Firm stalks with moist and fresh ends; heads should have tight, green florets and very mild aroma.

**SLICE/PREP** Rinse right before using. Cut florets from the stems. Soak in cold water for 10 minutes to crisp, if serving raw.

**COOK** Steam, blanch, bake or grill broccoli or serve/eat it raw.



**STORE** Place broccoli unwashed in an open plastic bag in the refrigerator or wrap in a damp paper towel. Newly picked broccoli stays fresh for up to

10 days. To freeze, blanch cut broccoli in hot water for 5 minutes, then shock in cold water for 5 minutes. Drain and place broccoli in freezer bags and freeze for up to 1 year.

**BEST FOR** Pasta, salads, veggie trays, or stir-fries with chicken, beef or tofu.

**ONE WAY TO SERVE** Roast broccoli according to Veggie Roasting Guide. Top with slivered almonds and shaved Parmesan cheese.



## broccoli

## LEEKS

**SELECT** Leeks with large white and light green sections that are firm and have roots at the bottom. Smaller leeks are more flavorful than large ones.



**STORE** Place leeks in the crisper drawer of your fridge.



To freeze, clean and freeze in a single layer on

a baking sheet, then transfer them to a freezer bag.

**SLICE/PREP** Rinse off dirt and trim dark green tops where they start fading into light green. Remove roots; slice in half lengthwise. Rinse again before chopping.

**BEST FOR** Soups, pasta, risottos, stuffings, pizzas or as a side dish on their own.

**ONE WAY TO**

**SERVE** Roast leeks according to Veggie Roasting Guide. Top with shredded Parmesan cheese and crushed red pepper.

**COOK** Leeks are prepared like onions; they can be cut in large chunks or small pieces. Just make sure to cook them thoroughly.



**problem solved**  
The dark green leek tops are too tough to eat, but store them in an airtight container in the freezer and use them to add a delicious onion flavor to stocks.





## Veggie Roasting Guide

Create tasty side dishes by adding a dash of seasoning and oil and using this primer.

### BRUSSELS SPROUTS

400°F; cut in half; bake 20–30 minutes

### BEETS

400°F; whole; bake 45–55 minutes

### BROCCOLI

400°F; florets; bake 20–25 minutes

### LEEKs

400°F; slice in half lengthwise; bake 25–30 minutes

### POTATOES

425°F; cut into 1½-in. chunks; bake 20–25 minutes

### CARROTS

400°F; cut in half lengthwise; bake 25–30 minutes

### SWEET POTATOES

400°F; cut into ½-in. slices; bake 25–30 minutes

### RADISHES

400°F; cut in half; bake 20–25 minutes



## POTATOES

**SELECT** Firm, smooth potatoes with evenly colored skin free of sprouts and any green tinge.

**SLICE/PREP** Gently scrub with a vegetable brush under cool, running water. To peel, use a vegetable peeler or paring knife.

**COOK** Boil (to mash), bake, roast or fry on the stove top or in a deep fryer.



**STORE** Unwashed in a cool, dark, well-ventilated place in a bag that allows potatoes to breathe (paper or perforated plastic). Potatoes should not be refrigerated.

**BEST FOR** Baking/roasting, boiling and frying, and for riced/grated dishes

**ONE WAY TO SERVE** Roast potatoes according to Veggie Roasting Guide. Top with chopped fresh rosemary and chopped fresh parsley.

### problem solved

If your potatoes have sprouted, cut out the eyes and use the potatoes if they are still firm. To prevent sprouting, store properly (see above) and keep them away from onions. If your potatoes have a green cast, trim off these portions, which are toxic.



**SELECT** Firm carrots with bright and smooth skin. Medium-size carrots with tapered ends are more tender than thicker carrots.

**SLICE/PREP** Wash and scrub carrots to remove dirt or contaminants. Cut away the outer layer and trim ¼ in. off the fat end.

**COOK** Steam or roast. Cooking brings out carrots' sweet flavor and breaks down the tough outer skins, releases beta-carotene and makes the nutrients more usable in the body.



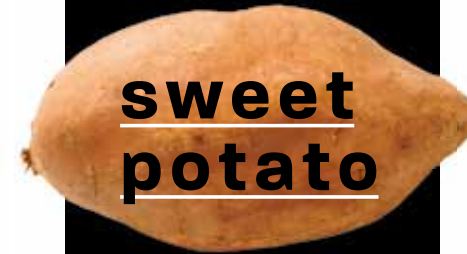
**STORE** Clip off any greens and store carrots in perforated plastic bags in the crisper drawer. Carrots last for a few weeks.

**BEST FOR** Eating raw, in salads and side dishes.

**ONE WAY TO SERVE** Roast carrots according to Veggie Roasting Guide. Top with chopped fresh thyme.



## carrots



## sweet potato

**SELECT** Small to medium-size sweet potatoes that are firm with smooth, unblemished skin.

**SLICE/PREP** Remove the skin with a vegetable peeler and cut as needed with a chef's knife. Or clean the skin with a vegetable brush if cooking with the skin on.

**COOK** Release the sweet flavor by almost any cooking method—roasting, grilling, stir-frying, steaming, boiling, sautéing or microwaving.



**STORE** Place in a cool pantry in a well-ventilated container for up to 2 weeks; the cold temperature of the refrigerator negatively affects the starches in the potatoes. Only store in the fridge once potatoes are prepped for cooking.

**BEST FOR** Salads, soups or side dishes topped with cheese or other vegetables.

**ONE WAY TO SERVE** Roast sweet potatoes according to Veggie Roasting Guide. Top with plain Greek yogurt and fresh dill.

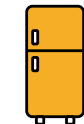


## RADISHES

**SELECT** Radishes with very hard roots, no insect damage and bright, fresh green leaves; avoid brown or wilted leaves.

**SLICE/PREP** Remove greens and wash roots well; trim the root ends. Eat whole or slice as desired.

**COOK** Blanch and shock radishes to retain vibrant color; stir-fry for a short time to take off the edge of spiciness.



**STORE** Keep radishes wet. Untrimmed, unwashed radishes can be partially submerged



in water and kept in the fridge or on the counter; or between damp paper towels in a sealable plastic bag. Washed and trimmed radishes can be stored in a water-filled mason jar in the fridge.

**BEST FOR** Risottos, tacos and side dishes; raw, roasted or pickled

**ONE WAY TO SERVE** Roast radishes according to Veggie Roasting Guide. Season with salt and pepper, and top with chopped parsley.





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WITH BREWERS AND TIPS FROM HY-VEE,  
THE LATEST COFFEE TRENDS ARE  
YOURS WITHOUT LEAVING HOME.**

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SERVE MOMENTS**  
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K-Mini Oasis



**CUSTOMIZABLE  
AND PORTABLE**  
Today by Primula  
Coffee Press



**BLEND AND FROTH**  
KitchenAid 2-Speed  
Silver Hand Blender

## DIY COFFEE SHOP CREATIONS

**SERVE UP SPECIALTY DRINKS  
IN 2 SIMPLE STEPS**



### SWEET VANILLA COLD FOAM WITH ICED COFFEE

#### WHAT YOU NEED

French coffee press + 1 cup Hy-Vee heavy whipping cream + ½ cup Hy-Vee 2% reduced-fat milk + 1 Tbsp. Hy-Vee vanilla extract + 1 Tbsp. Hy-Vee powdered sugar + 4 cups Wide Awake Coffee Co. cold brew unsweetened black coffee

- **STEP 1** Add heavy cream, milk, vanilla and powdered sugar in a French coffee press. Cover; press and pull the handle down and up for 20 to 30 seconds or until thick and creamy.
- **STEP 2** Divide cold brew among 4 (12-oz.) ice-filled glasses; top each with 2 oz. sweet vanilla cold foam. Serves 4 (10 oz. each).

### SHAKERATO

#### WHAT YOU NEED

Cocktail shaker + ice + 6 oz. brewed espresso + 4 tsp. simple syrup + 2 Tbsp. Hy-Vee sweetened condensed milk + ¼ tsp. instant espresso powder

- **STEP 1** Combine brewed espresso, simple syrup and sweetened condensed milk in an ice-filled cocktail shaker. Cover and shake for 30 seconds or until chilled and frothy.
- **STEP 2** Strain into an 8 oz. glass. Garnish with espresso powder, if desired. Serves 1 (8 oz.).



**POUR LIKE A PRO**  
Capture the charm of  
coffeehouse latte art with  
this leaf technique.



**1 TIP A CUP OF ESPRESSO** at  
a 45-degree angle and slowly  
pour in steamed milk (140°F  
to 160°F) from a height of  
6 in. until cup is ¾ full.



**2 LOWER MILK PITCHER** to  
just above rim and pour faster  
while quickly moving pitcher  
left and right and slowly  
bringing the cup level.



**3 POUR A LINE OF MILK** from  
one side of the cup to the  
other once cup is almost full  
to complete the design.

## 4 TIPS FOR FLAVOR

Remember these  
hints for the purest,  
freshest-tasting  
coffee every time.

**1**

**DAILY GRIND** Whole beans  
stay fresh longer than  
ground coffee. If possible,  
grind just the amount you  
need each time and store the  
rest as whole beans.

**2**

**STORAGE SOLUTIONS** Store  
beans in a dark ceramic  
container away from light,  
air and heat. Keep coffee out  
of the freezer. It can absorb  
moisture, affecting its flavor.

**3**

**WATER MATTERS** Use  
cold filtered water for the  
cleanest starting point  
and keep brewing temps  
between 195°F and 205°F to  
stave off sour or bitter notes.

**4**

**CAREFUL CLEANING** Coffee  
oils can stay in the machine  
or pot, causing a burnt flavor.  
Rinse machine regularly and  
deep-clean according to  
manufacturer's instructions.



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Try our  
**NEW**  
breakfast  
menu



**HyVee**

# DESSERT DREAM'N'

CHOCOLATE CRÈME PIE



FIND THEM IN THE FREEZER AISLE!

**crav'n** FLAVOR  
IT'S SERIOUS SATISFACTION.

**new!**





# NO-BAKE PUMPKIN SEASON

This year, leave the oven off and turn to these simple, fast, no-bake recipes for your pumpkin-flavored goodies. Add the season's favorite flavor to more than just pie.

## 1 PUMPKIN BROWNIE TRIFLE

Whisk together 1½ cups Hy-Vee 2% reduced-fat milk, 1 cup canned pumpkin pie mix and 1 (3.4-oz.) pkg. Hy-Vee instant vanilla pudding & pie filling mix in

a large bowl until smooth. Fold in ½ (8-oz.) container Hy-Vee frozen whipped topping, thawed until combined. Tint with orange food coloring, if desired. Set aside. Cut 3 (14-oz.) pkg. Hy-Vee Bakery brownies (6 ct. each) into bite-size pieces. Place 2 cups brownie pieces into the bottom of a 4-qt. trifle dish. Layer with ½ cup chopped Hy-Vee

walnuts, half of the pudding mixture, and 1 (8-oz.) container Hy-Vee frozen whipped topping, thawed. Add next layers using remaining half of pudding mixture, ½ cup chopped walnuts, remaining brownie pieces and 1 (8-oz.) container Hy-Vee frozen whipped topping, thawed. Garnish with additional brownie pieces, if desired. Serves 24.



TURN A RICH AND CREAMY PUMPKIN PIE—CRUST INCLUDED—INTO CHOCOLATE-COATED BITE-SIZE DESSERTS.

## 2 PUMPKIN PIE TRUFFLES

Line a large baking sheet with waxed paper; set aside. Beat 3 oz. Hy-Vee cream cheese, softened, and 2 Tbsp. Hy-Vee powdered sugar with an electric mixer in a large bowl until smooth and creamy. Add ¼ (10-in.) Hy-Vee Bakery pumpkin pie, chopped; beat on medium until smooth. Stir in ½ cup Hy-Vee graham cracker crumbs. Scoop mixture into balls using a 1-in. cookie scoop; place on prepared baking sheet. Freeze 1 hour or until firm. If necessary, reform balls. Melt 4 oz. dark chocolate melting wafers according to pkg. directions. Dip pumpkin balls in melted chocolate, allowing excess to drip off; return to baking sheet. If desired, sprinkle with additional graham cracker crumbs. Store in a tightly covered container in the refrigerator up to 5 days. Serves 30 (1 each).

## 3 Spiced Pumpkin Pie Dip

Beat 1 (8-oz.) pkg. Hy-Vee cream cheese, softened, and 2 cups Hy-Vee powdered sugar in a medium bowl with an electric mixer until creamy. Add 1 cup canned Full Circle Market organic 100% pure pureed pumpkin and ½ tsp. pumpkin pie spice. Beat on low until combined. Gently fold in 1 cup Hy-Vee frozen whipped topping, thawed. Garnish with chopped macadamia nuts and additional pumpkin pie spice, if desired. Serve with pretzels, apple slices and/or vanilla wafer cookies for dipping. Makes 3 cups.

SCOOP UP THIS DECADENT DIP WITH CRUNCHY PRETZEL RODS FOR A SEASONAL SALTY-SWEET COMBO.

 seasons  
DIGITAL EDITION

Enjoy an enhanced version of this story at [Seasons.Hy-Vee.com](https://Seasons.Hy-Vee.com)





4



## PUMPKIN SPICE CHIA SEED PUDDING

Whisk together 1 cup Hy-Vee vanilla almond milk, ½ cup canned Full Circle Market organic 100% pure puréed pumpkin, ½ cup Full Circle Market organic chia seeds, 3 Tbsp. Hy-Vee Select 100% maple syrup, 1 tsp. pumpkin pie spice and ½ tsp. Hy-Vee vanilla extract in a medium bowl. Cover and refrigerate 8 hours or overnight. Divide mixture between 2 (10-oz.) serving glasses. Top each with ¼ cup Hy-Vee vanilla nonfat Greek yogurt. Garnish with Hy-Vee granola and fresh berries, if desired. Serves 2 (8 oz. each).

6

## Pumpkin Smoothie Bowl

Place 2 bananas, sliced and frozen; 1 cup canned Full Circle Market organic 100% pure puréed

pumpkin; ¾ cup Hy-Vee 2% reduced-fat milk; ¼ cup Hy-Vee honey and 1½ tsp. pumpkin pie spice in a blender. Cover and blend until smooth. Divide between 2 (10-oz.) serving bowls.

Garnish with desired toppers, such as coconut chips, chopped almonds, chopped apple, roasted & unsalted pepitas and orange zest. Serves 2 (8 oz. each).



## Pumpkin Pops

Combine ½ cup softened Soirée mascarpone cheese, ¼ cup Hy-Vee vanilla nonfat Greek yogurt, ¼ cup Hy-Vee whole milk and 2 Tbsp. Hy-Vee honey in a medium bowl; set aside. Combine ¼ cup canned Full Circle Market organic 100% pure puréed pumpkin, ¼ cup chopped caramelized pecans and 2 Tbsp. Hy-Vee honey. Alternate spooning mascarpone mixture and pumpkin mixture into 4 (3-oz.) pop molds. Gently swirl mixtures using a wooden skewer. Insert craft sticks; freeze 4 to 6 hours or until completely frozen. Serves 4 (1 each).



7

## PIE MIX VS. Pumpkin Puree



Canned pumpkin pie mix contains sweeteners and spices, while pumpkin puree is completely free of seasonings. Using pie mix in recipes that call for puree could add too much extra flavor, changing the overall taste of the dish. For the best results, use the canned pumpkin product listed in the recipe.

8

## PUMPKIN SWIRL CHEESECAKE

Line the bottom of a 9-in.-round springform pan with parchment paper. Lightly spray bottom and side of pan with Hy-Vee nonstick cooking spray. Combine graham cracker crumbs from 2 (11.2-oz.) pkg. Hy-Vee no-bake original real cheesecake mix with ⅓ cup Hy-Vee granulated sugar and ⅔ cup Hy-Vee unsalted butter, melted. Press mixture in bottom and halfway up the side of prepared pan; set aside. Combine 1 cup Hy-Vee 2% reduced-fat milk, ½ cup Hy-Vee sour cream and 1 cheesecake filling from pkg. mixes in a medium bowl. Beat

with an electric mixer for 3 minutes; set aside. Combine ½ cup Hy-Vee sour cream, ¼ cup Hy-Vee 2% reduced-fat milk, ¾ cup canned pumpkin pie mix and remaining cheesecake filling from pkg. mixes in another medium bowl. Beat with an electric mixer for 3 minutes. Alternatively drop large spoonfuls of cheesecake mixture into prepared crust. Gently swirl using a wooden skewer. Chill 1 hour. To serve, top with Hy-Vee frozen whipped topping, thawed, and drizzle with Hy-Vee caramel flavored syrup. Store, covered, in refrigerator. Serves 12.



5

## PUMPKIN CHOCOLATE CHIP ENERGY COOKIES

Line a baking sheet with parchment paper; set aside. Place 1 cup pitted Medjool dates, 1½ cups Hy-Vee quick oats, ½ cup canned Full Circle Market organic 100% pure puréed pumpkin, ½ cup Hy-Vee whole natural almonds, 2 Tbsp. Hy-Vee Select 100% pure maple

syrup and ½ tsp. Hy-Vee ground nutmeg in a food processor. Cover and process until combined. Stir in ¾ cup Hy-Vee milk chocolate baking chips. Roll mixture into 18 (1-in.) balls. Place on prepared baking sheet; flatten each ball. Store in a tightly covered container in the refrigerator up to 5 days. Makes 18 (1 each).





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## 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' Falling for Maple™** Artificially Maple Flavored coffee, a medium roast with the sweet, rich flavors of brown sugar and maple.

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# FUSION

COMBINE POPULAR GLOBAL DISHES TO CREATE DELICIOUS, COMFORTING WEEKNIGHT MEALS IN 30 MINUTES OR LESS.

-MINUTE

## Tex-Mex Tortilla-Wrapped Burgers

Total Time 30 minutes  
Serves 4

- 1 Tbsp. Hy-Vee vegetable oil
- 4 (6-oz.) Hy-Vee gourmet steakhouse jalapeño pepper Jack burgers
- 4 slices Hy-Vee deli sliced pepper Jack cheese

- 1 cup Hy-Vee traditional refried beans
- 4 (12-in.) extra grande flour tortillas
- ¼ cup Hy-Vee canned Mexican-style corn, drained
- ¼ cup Hy-Vee pickled sliced jalapeños, drained
- 1 cup Hy-Vee refrigerated homestyle guacamole
- 1 small red onion, sliced
- 1 medium tomato, sliced
- Hy-Vee shredded lettuce, for serving
- Ripe avocado, seeded, peeled and chopped; for serving

1. BRUSH oil on grill pan; heat over medium-high heat. Cook burgers for 8 minutes, turning halfway through. Add sliced cheese to burgers. Cover and cook over medium-low heat for 1 to 2 minutes or until cheese is melted and burgers reach 165°F.
2. TO ASSEMBLE, spread ¼ cup refried beans in center of each tortilla. Top each with 1 Tbsp. corn, 1 Tbsp. jalapeños, ¼ cup guacamole, burger, red onion and tomato. Fold two sides of the tortilla up

and over the burger, then fold the other two sides up and over to enclose burger.

3. COOK wrapped burgers in the grill pan over medium-high heat for 5 minutes or until golden brown, turning halfway through. Top with lettuce and avocado to serve.

Per serving: 940 calories, 53 g fat, 20 g saturated fat, 3.5 g trans fat, 100 mg cholesterol, 5,990 mg sodium, 79 g carbohydrates, 9 g fiber, 7 g sugar (0 g added sugar), 35 g protein. Daily Values: Vitamin D 0%, Calcium 60%, Iron 35%, Potassium 20%



**MEXICAN-AMERICAN:** INTRODUCE A TRADITIONAL AMERICAN CHEESEBURGER TO MEXICAN FLAVORS BY WRAPPING THE PATTY IN A TORTILLA WITH REFRIED BEANS, GUACAMOLE AND SPICY JALAPEÑO.



# Italian Poutine

**Total Time** 30 minutes  
**Serves** 8

**Hy-Vee nonstick cooking spray**  
**1 (28-oz.) bag frozen Hy-Vee steak fries**

**2 Tbsp. Gustare Vita olive oil**  
**1 Tbsp. Hy-Vee unsalted butter**  
**1 medium white onion, chopped**  
**2 Tbsp. refrigerated basil paste**  
**1 tsp. minced garlic**

**1 lb. Hy-Vee Signature Butcher Block Blend ground beef**  
**1 tsp. kosher salt**  
**½ tsp. Hy-Vee black pepper**  
**1 (26.5-oz.) bottle Gustare Vita tomato basil pasta sauce**  
**2 cups white Cheddar cheese curds**

**⅓ cup red and/or yellow cherry tomatoes, halved**

**Fresh basil, for garnish**

**1. PREHEAT** oven to 450°F. Lightly spray a large rimmed baking pan with nonstick spray. Spread fries evenly on prepared pan. Spray with nonstick spray. Bake for 18 to 19 minutes or until crispy, turning halfway through.

**2. HEAT** oil and butter in a large saucepan over medium heat. Add onion; cook for 3 to 5 minutes or until softened. Stir in basil paste and garlic; cook for 30 seconds.

**3. ADD** ground beef, salt and pepper. Cook for 5 to 8 minutes over medium-high heat or until browned, stirring occasionally to break into crumbles. Drain and discard drippings. Stir in pasta sauce. Simmer, uncovered, 15 minutes or until thickened.

**4. DIVIDE** fries among 8 serving dishes. Top with cheese curds, ground beef mixture and tomatoes. Garnish with fresh basil, if desired.

**Per serving:** 620 calories, 43 g fat, 17 g saturated fat, 0.5 g trans fat, 105 mg cholesterol, 1,360 mg sodium, 26 g carbohydrates, 2 g fiber, 4 g sugar (0 g added sugar), 24 g protein. Daily Values: Vitamin D 0%, Calcium 30%, Iron 10%, Potassium 15%

**ITALIAN-CANADIAN:**  
IN CLASSIC CANADIAN POUTINE, CHEESE CURDS AND CHICKEN- OR BEEF-BASE GRAVY TOP THICK-CUT FRENCH FRIES. GIVE THE DISH AN ITALIAN TWIST BY USING A TOMATO BASIL SAUCE INSTEAD.

**IT'S ALL ABOUT THE CURDS:** POUTINE NEEDS A CHEESE THAT DOESN'T MELT AWAY, AND HY-VEE OFFERS WHITE CHEDDAR CHEESE CURDS IN A VARIETY OF FLAVORS TO MAKE THE DISH UNIQUELY YOUR OWN.



## pro tip: DINNER SHORTCUT

“Save time by reaching for Hy-Vee Short Cuts for quick, easy, no-prep ways to add nutrient density to any meal. Use a rotisserie chicken to bulk up your meal with added protein or make it a meatless dinner night using a chickpea or lentil pasta tossed in pesto and topped with cheese!”

**—Ashton Ibarra, RD, LD**  
Hy-Vee Dietitian



**KOREAN-AMERICAN:**  
KIMCHI, A MIXTURE OF PICKLED AND FERMENTED VEGETABLES, IS A KOREAN SIDE DISH OR APPETIZER. UP THE HEAT BY INCREASING THE GOCHUJANG SAUCE. (1 TBSP. FOR MILD; 2 TBSP. FOR MEDIUM; 3 TBSP. FOR HOT)

## Kimchi Spaghetti

**Total Time** 25 minutes  
**Serves** 6

**1 (16-oz.) pkg. Hy-Vee spaghetti**  
**2 Tbsp. Hy-Vee vegetable oil**  
**5 green onions, thinly sliced,**  
**plus additional for garnish**

**4 cloves garlic, minced**  
**1 tsp. refrigerated ginger paste**  
**¼ cup Hy-Vee vegetable cooking stock**  
**1 Tbsp. gochujang Korean chili sauce**  
**1 Tbsp. Hy-Vee less-sodium soy sauce**  
**1 (14-oz.) jar mild kimchi, undrained**  
**1 (14-oz.) pkg. frozen Hy-Vee Italian style meatballs**  
**½ (16-oz.) container baby spinach**  
**Hy-Vee crushed red pepper, for garnish**

**1. COOK** spaghetti according to pkg. directions. Drain; set aside.

**2. HEAT** vegetable oil in a large Dutch oven over medium heat. Add 5 green onions, garlic and ginger paste. Cook for 3 minutes or until softened, stirring frequently.

**3. STIR** in vegetable stock, gochujang and soy sauce. Add kimchi; simmer for 5 minutes. Add frozen meatballs; cook

for 3 to 5 minutes or until meatballs reach 165°F, stirring frequently.

**4. STIR** in spaghetti and spinach. Cook 2 minutes or until spinach is wilted. Garnish with additional green onions and crushed red pepper, if desired.

**Per serving:** 530 calories, 19 g fat, 6 g saturated fat, 0 g trans fat, 40 mg cholesterol, 920 mg sodium, 68 g carbohydrates, 5 g fiber, 5 g sugar (0 g added sugar), 23 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 35%, Potassium 4%



# Brazilian Steak Chili

**Total Time** 30 minutes  
**Serves** 6 (1¾ cups each)

**5 Tbsp. Gustare Vita olive oil, divided**  
**2 stalks celery, finely chopped;**  
plus leaves for garnish  
**1 medium white onion, finely chopped**  
**2 tsp. bottled minced garlic, divided**  
**2 Tbsp. Montreal steak seasoning, divided**  
**1 Tbsp. Hy-Vee ground chili powder**  
**1 tsp. Hy-Vee ground cumin**  
**¼ tsp. hot sauce**  
**¼ tsp. Hy-Vee Worcestershire sauce**  
**1 (46-oz.) bottle V8 hint of black pepper 100% vegetable juice**  
**1 (15.5-oz.) can Hy-Vee no-salt-added red kidney beans, drained and rinsed**  
**1 (15-oz.) can Hy-Vee no-salt-added pinto beans, drained and rinsed**  
**3 (5-oz.) Hy-Vee Prime Reserve beef New York strip steaks**  
**½ cup packed fresh parsley**  
**½ cup packed fresh cilantro**  
**Hy-Vee sour cream, for serving**

**1. HEAT** 2 Tbsp. olive oil in a large Dutch oven over medium heat. Add chopped celery and onion; cook for 3 to 5 minutes or until softened. Stir in 1 tsp. garlic; cook for 30 seconds.

**2. STIR** in 1 Tbsp. steak seasoning, chili powder, cumin, hot sauce and Worcestershire. Stir in vegetable juice and kidney and pinto beans. Cover; simmer over low heat for 12 minutes.

**3. HEAT** 1 Tbsp. olive oil in a 10-in. cast-iron skillet over medium-high heat. Pat steaks dry with paper towels; season with remaining 1 Tbsp. steak seasoning. Place steaks in skillet. Cook for 6 to 8 minutes for medium-rare doneness (135°F), turning halfway through. Transfer steaks to a clean cutting board; loosely cover with foil and let rest for 5 minutes.

**4. PLACE** parsley, cilantro and remaining 1 tsp. garlic in a food processor or blender. Cover and process until finely chopped. Slowly add remaining 2 Tbsp. olive oil. Continue processing until smooth, stopping occasionally to scrape down sides.

**5. SLICE** steaks across the grain. Ladle chili into serving bowls; top with steak slices and parsley mixture. Serve with sour cream and garnish with celery leaves, if desired.

**Per serving:** 400 calories, 19 g fat, 4.5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 1,490 mg sodium, 33 g carbohydrates, 17 g fiber, 8 g sugar (0 g added sugar), 23 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 30%, Potassium 20%

**BRAZILIAN-AMERICAN:**  
PAIR BEAN-FILLED CHILI WITH BRAZILIAN-SEARED STEAK AND POPULAR CHIMICHURRI SAUCE. JUST AS IN A BRAZILIAN STEAK HOUSE, SLICE THE MEAT BEFORE SERVING AND ADD AS MUCH AS YOU WANT.

**CHOOSE HY-VEE CHOICE RESERVE:**  
HY-VEE'S STRINGENT SELECTION STANDARDS—ONLY AN AVERAGE OF 6 OUT OF 100 MIDWEST-RAISED, CORN-FED CATTLE MAKE THE CUT—MEANS BIGGER FLAVOR AND BETTER VALUE

# Butter Chicken Mac 'n' Cheese

**Total Time** 30 minutes  
**Serves** 8

**1 (16-oz.) pkg. Hy-Vee large elbow macaroni**  
**1 Tbsp. Gustare Vita olive oil**  
**2 Tbsp. Hy-Vee unsalted butter**  
**1 medium yellow onion, chopped**  
**1 tsp. refrigerated ginger paste**  
**1 tsp. refrigerated garlic paste**  
**1½ pounds Hy-Vee boneless, skinless chicken breasts, cut in ¾-in. cubes**  
**1 (6-oz.) can Hy-Vee tomato paste**  
**1 Tbsp. garam masala seasoning**  
**1 tsp. smoked paprika**  
**1 tsp. mustard seed**  
**1 tsp. kosher salt**  
**1 cup Hy-Vee heavy whipping cream**  
**1 (8-oz.) pkg. Hy-Vee shredded mozzarella cheese**  
**1 cup Hy-Vee shredded sharp Cheddar cheese**  
**Chopped parsley, for garnish**

**1. COOK** elbow macaroni according to pkg. directions. Drain, reserving 1 cup pasta water; set aside.

**2. HEAT** olive oil in a large Dutch oven over medium heat. Add butter; stir until melted. Add onion; cook for 3 to 5 minutes or until softened, stirring occasionally. Stir in garlic and ginger; cook for 30 seconds.

**3. ADD** chicken, tomato paste, garam masala, smoked paprika, mustard seed and salt. Cook for 10 minutes or until chicken reaches 165°F, stirring occasionally. Stir in elbow macaroni and cream.

**4. STIR** in mozzarella and Cheddar cheeses. Add enough reserved pasta water for desired consistency. Cook over medium heat until cheeses are melted and mixture is heated through, stirring occasionally. Spoon into serving bowls. Garnish with parsley, if desired.

**Per serving:** 610 calories, 30 g fat, 15 g saturated fat, 0 g trans fat, 130 mg cholesterol, 600 mg sodium, 52 g carbohydrates, 4 g fiber, 7 g sugar (0 g added sugar), 37 g protein. Daily Values: Vitamin D 6%, Calcium 25%, Iron 10%, Potassium 15%

## FOR FASTER DINNERS EVERY NIGHT

### FREEZE MEAT

If buying meat in bulk to freeze it, prep it first as called for in the recipe. Chop chicken breasts, form meatballs or marinate, then freeze. Thaw in the fridge before using.

### PREP PRODUCE

After buying produce, wash and prep hearty vegetables like carrots right after purchasing. Store in the fridge or freezer so the produce is ready to toss into any recipe.

### COOK BATCHES

Cooked grains such as rice, barley and quinoa keep in the fridge for 3 to 5 days, so cook more than needed for a specific recipe. Store in an airtight container and use later in the week.

### STAY ORGANIZED

Stock the pantry with staples such as flour, spices and oils, and set up a system for organizing them. Weeknight meals come together faster when everything is easy to find.



**OUT HERE,  
IT'S DEW.**



**DO THE DEW**

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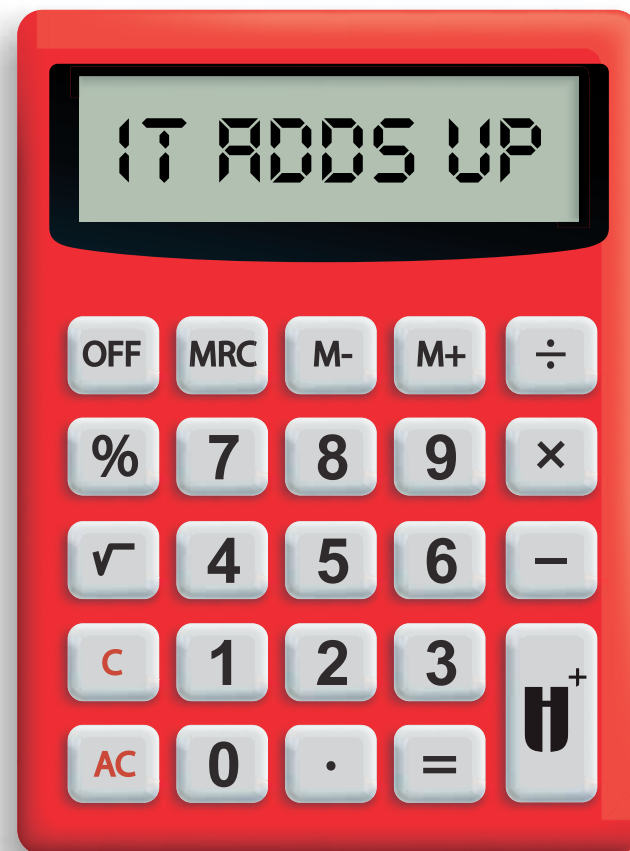
    
[brewpubpizza.com](http://brewpubpizza.com)

**The Ingredients for a  
GREAT TIME!**





“Our Hy-Vee Plus membership has really **saved us so much time and money** overall.” – Claire K.



**Save more than \$2,000** in discounts and deals each year\* with your \$99 Hy-Vee Plus™ Premium membership. Enjoy extra fuel savings every time you shop, plus express pickup, free delivery and exclusive deals.

**SIGN UP TODAY AT HY-VEE.COM/PLUS**

\*Savings based on redemption of all available exclusive member monthly offers by a member who shops two times per week for a year.

**HyVee** PLUS™

PREMIUM MEMBERSHIP

# life

Create *spooktacular* costumes, spoil your pup with homemade treats and find fast, healthy food at Hy-Vee.

- 64** FRIGHT(LESS) NIGHT
- 72** FIGHT HUNGER WITH HY-VEE
- 76** DROOLWORTHY DOGGY DELIGHTS
- 80** CBD
- 84** GOOD FOOD FAST
- 88** SPOOKY HOME
- 92** SAVE FACE





# FRIGHT less

KEEP HALLOWEEN FREE OF TRICKS AND FULL OF TREATS WITH HELP FROM HY-VEE. SPOOK UP YOUR FRONT PORCH, CREATE A CREEPY JACK-O'-LANTERN AND DRESS UP IN THE COOLEST COSTUMES EVER.



## Monster Door

Create monster fur and eyebrows with cut and crumpled tissue paper, and use paper plates, googly eyes and paper cutouts for eyes and teeth. Attach candy bags to the door for trick-or-treaters.

## MORE OUTDOOR DECOR AT HY-VEE

In addition to DIY projects, dress up your front porch or yard with ready-to-display Halloween decorations.



## STROBE LIGHT

Create an eerie, glowing jack-o'-lantern by picking up a pumpkin and carving kit at Hy-Vee, then placing a multicolored LED strobe light inside.



## SPIDERWEBS AND HAIRY SPIDERS

Decorate your door or porch with glow-in-the-dark spiderwebs complete with a few hairy spiders.

## creating an entrance

Decorate a not-too-scary entryway that shows your Halloween spirit and invites trick-or-treaters to your door. Cover a pumpkin with bright pom-poms, then use googly eyes and paper cutouts to form a face. Stick larger googly eyes in potted plants to bring them to life.



# [pumpkin] DESIGN 101



**1 |** Clean dirt off the pumpkin with a sanitizing wipe or soap and water; dry. Use a serrated knife to cut a circular lid around the pumpkin stem. Clean out the inside of the pumpkin.



**2 |** Choose the design you want to carve onto your pumpkin, and print it out on plain paper. Use tape to secure the design to the smoothest, least-blemished side of the pumpkin.



**3 |** Using a small knife or pushpin, carefully punch holes about 1/4" apart through the design and onto the surface of the pumpkin. Or carefully use a knife to cut through the design and score the pumpkin.



**4 |** Remove the paper and trace over the design with a black permanent marker. Then use a sharp serrated knife to cut through to the inside of the pumpkin, starting with the face and arms and removing pieces as you cut.

## HOW TO PAINT A PUMPKIN



**1 |** Choose a pumpkin with a smooth, even surface free of bumps and scratches. Clean it with a sanitizing wipe or wash with soap and water to remove dirt.

**2 |** When the pumpkin is completely dry, paint with the base color. Use washable paint if kids are painting, or longer-lasting acrylic or spray paint.

**3 |** Apply a second coat of base color, if necessary. When dry, paint on any details or glue on embellishments like ribbons or buttons.

### TEAL PUMPKIN PROJECT

Place a teal pumpkin on your porch to signal that you have nonfood treats available for trick-or-treaters with food allergies.

## FUN IDEAS FOR NONFOOD TREATS

Instead of candy, consider handing out small toys, stickers or other Halloween goodies.



### HALLOWEEN TOYS

Fill a bowl with small Halloween toys like spider rings, mini jack-o'-lanterns and fake snakes.



### HOT WHEELS

Start your engines! Give each trick-or-treater their own Halloween-theme mini race car.



### GLOW BRACELETS & LANYARDS

Just bend and shake to light up the night while haunting the neighbors.

## ALLERGEN-FREE CANDY

Some Halloween candies, including Skittles, Starburst, Dots, Lemonhead and Smarties, are naturally free of common allergens like milk, eggs and tree nuts. You also can look for brands like Enjoy Life that make allergen-free candy bars.



Hy-Vee  
**seasons**  
DIGITAL EDITION  
Enjoy an enhanced version of this story at  
[Seasons.Hy-Vee.com](https://Seasons.Hy-Vee.com)



# HALLOWEEN costumes

CREATE THE COOLEST COSTUMES IN THE NEIGHBORHOOD! START WITH JOE FRESH HALLOWEEN CLOTHES, AVAILABLE ONLINE AND IN SELECT HY-VEE STORES.

**GRAPHIC TOPS**  
Create a *catastic* costume with a cute black cat long-sleeve top and add furry ears, tail and paws. Add a sparkly tutu for the *purrrfect* finishing touch.

**CREEPY LEGGINGS**  
Comfortable Joe Fresh leggings with a spiderweb print can be dressed up into a costume. Pair with a matching Joe Fresh top, DIY webbing cape and spider eyes hat.

**EVEN MORE WAYS FOR KIDS TO PLAY!**  
Make healthy choices easy, fun and rewarding at school and home.

- Teachers, join the School Wellness Club to activate a week built just for your classroom.
- Parents, sign your family up today to continue building healthy habits with [Hy-VeeKidsFit.com](http://Hy-VeeKidsFit.com)



## TRICK-OR-TREAT ETIQUETTE

Remind little ghouls and goblins to have good Halloween manners:

- Be respectful of lawns, decorations and flowerbeds. Walk only on sidewalks and paved paths.
- Knock or ring the doorbell once. If no one answers, move on to the next house.
- Only take one piece of candy unless offered more.
- Say “thank you” at each house after receiving treats.

## TRICK-OR-TREAT SAFELY

Keep Halloween free of frights with a few safety precautions.

**COMFY COSTUMES**  
Choose a costume that fits each child well, with no trailing hems, capes or ribbons they might trip over. Dress them in comfortable, easy-to-walk-in shoes; use nontoxic makeup and ensure face masks do not obstruct vision.

**BUDDY SYSTEM**  
Tell children to always trick-or-treat in a group, never alone. Children under age 12 should go with an adult, and older children should stay in groups and stick to well-lit, familiar areas.

**LIGHT UP THE NIGHT**  
Especially if children plan to trick-or-treat at dusk or after dark, send flashlights and attach reflective tape to their costumes and treat bags to make them easier for drivers to see. Giving your group glow sticks to wear or carry is another fun way to increase visibility.

**SAFE SWEET TOOTH**  
Remind children to only accept wrapped and sealed candy when trick-or-treating, and to turn down homemade treats with unknown ingredients (especially if they have food allergies). Instruct kids to wait until trick-or-treating is over to open and eat any candy, and toss any open or crushed pieces.



## trick out your bucket

Cover an orange Halloween bucket with black felt, securing with glue. Cut eyes, a nose and a mouth from different colors of felt. Attach the felt and pipe cleaner whiskers to the bucket with glue. For ears, cut two triangles out of cardboard and cover with black fur. Use glue to secure to the inside of the bucket.

**COZY JACKETS**  
Stay warm while trick-or-treating with a sherpa-lined Joe Fresh hoodie that doubles as a skeleton costume. Complete the look with ghoulish facepaint and use double-sided tape to attach cutout bones to pants.



SCAN THE QR CODE to shop Joe Fresh clothes at Hy-Vee.





Enter for a chance to win

**\$10,000**

to brighten the days ahead



[winwithoptic.com](http://winwithoptic.com)

Scan for  
a chance  
to win

NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. Open to legal residents of the 50 United States (D.C.) 18 years of age and older. Void where prohibited. Sweepstakes begins 8/1/21 and ends 10/31/21. For Official Rules, prize descriptions and odds disclosure, visit [winwithoptic.com](http://winwithoptic.com). Prizes include: Grand Prize \$10,000 check, Runner Up Prizes: \$5,000 check, Second Runner Up Prizes: Retailer Gift Cards. Limit one prize per person. Sponsor: Colgate-Palmolive Company, 300 Park Avenue, 11th Floor, New York, NY 10022.



**SCAN OUT HUNGER.**

Scan the code and help us feed **5 MILLION PEOPLE.**

All money raised will benefit local food banks.





# FIGHT

# HUNGER

# WITH

# HY-VEE

**MILLIONS OF PEOPLE IN THE U.S. ARE FOOD INSECURE BECAUSE THEY LACK ACCESS TO ENOUGH FOOD EVERY DAY TO MAINTAIN A HEALTHY LIFESTYLE. HY-VEE IS COMMITTED TO FEEDING FAMILIES ACROSS THE REGION, AND YOU CAN HELP.**



## WHAT IS **FOOD INSECURITY** AND WHY DOES IT MATTER?

Food insecurity and hunger aren't the same thing, but they often go hand in hand. Food insecurity is a lack of consistent access to enough food for an active, healthy life, according to the U.S. Department of Agriculture. Feeding America projects that as many as 1 in 8 Americans may experience food insecurity in 2021.

"The biggest crisis that impacts every single community we serve is food insecurity," says Brad Waller, assistant vice president of community relations at Hy-Vee. "How we fight food insecurity is predominantly through our One Step program."

Hy-Vee's One Step Program began a decade ago. "But in March 2020 the world changed and so did the face of hunger in our states," Waller says. "Almost overnight, so many more families became food insecure. Hy-Vee leadership made the commitment early in the pandemic to mobilize company resources and leverage supplier relationships to provide food to those impacted by the pandemic."

## How You Can Help

**"There are many ways for our customers to get involved, but the easiest way is to purchase One Step products. Proceeds fund specific projects and programs to help improve our communities."**

—BRAD WALLER, HY-VEE ASSISTANT VICE PRESIDENT, COMMUNITY RELATIONS

**BUY ONE STEP** cereal, eggs, potatoes, bottled water and paper towels. Proceeds benefit a number of worthy causes including feeding the hungry. Now all Hy-Vee-brand cereals are included in the One Step program. Every box of cereal purchased provides a meal to a child struggling with hunger.

## ONE STEP THAT MATTERED

**IN 2020, \$1.82 MILLION IN SUPPLIES** was donated to 17 Feeding America food banks through a register roundup, where shoppers round up their purchase price. The total includes \$500,000 in matching funds from the Hy-Vee One Step program.



**IN 2020, 14.4% OF RURAL HOUSEHOLDS AND 13.1% OF URBAN HOUSEHOLDS MAY HAVE EXPERIENCED FOOD INSECURITY.**

—FEEDING AMERICA



## Going One Step Beyond

Proceeds from One Step product sales funded 5.6 million meals for hungry children in 2020. Sales also fund initiatives such as drilling drinking-water wells in Africa. "We can't solve all the problems in our communities,

but we can take one step forward," says Brad Waller, Hy-Vee assistant vice president of community relations. "And with each step, we are making progress in improving the lives of those who live in the communities we serve."





# MAKING A DIFFERENCE

**Food insecurity is an ongoing problem that Hy-Vee continues to address with help from suppliers, staff and shoppers.**

## End Summer Hunger

In July, Hy-Vee partnered with Kellogg's, Keurig Dr Pepper and Chobani for its second End Summer Hunger campaign. All month long, customers helped donate meals to families in need each time they purchased select products at a Hy-Vee store. Proceeds from sales are donated to Feeding America to benefit 17 affiliated food banks in our eight-state region.



## Feed the Need

Last November, 260 Hy-Vee stores across eight states each donated up to 100 meal kits for a local nonprofit partner to distribute to families in need. As many as 80,000 people were served. Meal kits included a turkey, 5-pound bag of potatoes, stuffing mix, corn, green beans, dinner rolls and a pumpkin pie.



## KidsFit

Throughout the year, Hy-Vee KidsFit works to bring awareness to childhood hunger. More than 360,000 healthy snacks were donated to over 80 schools to help feed 50,000 kids. The donation was in partnership with MadeGood, Abbot (Pedialyte and PediaSure), Kraft, Kodiak Cakes, GoGo SqueeZ and General Mills.

In April, students at Clay Elementary in Altoona, Iowa, won the Hy-Vee KidsFit Squat Challenge and set the world record for the most dominos made from boxes of cereal. The 3,600 General Mills Cheerios boxes, which spanned more than half a mile in the school hallways, were then donated to students and a local food



pantry. The event was a lesson on the domino effect breakfast has on student performance.

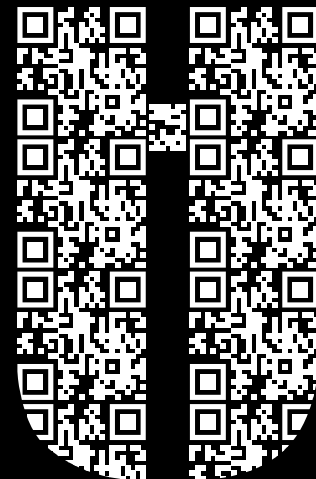
To celebrate National Mac & Cheese Day on July 14, Hy-Vee KidsFit Club All-Stars participated in a Mac-Man Mayhem event where teams of five kids raced through their local stores to collect as many boxes of Kraft Macaroni & Cheese as they could in 90 seconds. Each All-Star winner took home boxes of mac & cheese and 6,000 additional boxes were donated to local food banks across Hy-Vee's eight states. The Mac-Man Mayhem was held to raise awareness of summer food insecurity for kids while they're not in school.



## Hams for the Holidays

Hy-Vee and Hormel Foods team up annually with first responders to hand out 5,000 Hormel Cure 81 hams to families in need in Hy-Vee's eight-state region under the Hams for the Holidays initiative.

**FEEDING AMERICA ESTIMATES MORE THAN 42 MILLION PEOPLE MAY EXPERIENCE FOOD INSECURITY THIS YEAR, INCLUDING 13 MILLION CHILDREN. THAT MEANS 1 IN 8 PEOPLE IN AMERICA DON'T HAVE ENOUGH TO EAT.**



Scan the QR code to join Hy-Vee in our effort to raise 5 million meals for families in need. Now through December 2021, Hy-Vee is working with its customers, suppliers and community partners to collect monetary donations to help combat hunger across the Midwest. All funds raised will directly support Feeding America and local Feeding America-affiliated food banks. Alongside our partners, we can reach every community in our eight-state region.

HY-VEE DONATED 2,000 MEALS TO LOW-INCOME COMMUNITIES THROUGH DRIVE-THRU EVENTS FOR NATIONAL FAMILY MEALS MONTH.



## WHAT OUR STORES ARE DOING



### FOOD DONATIONS:

- Fill the Truck events were held at stores in the Quad Cities of Iowa and Illinois and in Peoria, Illinois, with donated supplies distributed to food banks and nonprofits.
- Quad Cities stores donated \$5,000 to the Salvation Army to replenish food banks and provide meals to homeless people. They

also donated food baskets to Habitat for Humanity for new homeowners.

- Kansas City, Missouri, area stores donated bags of food to benefit City Union Mission.

### MEALS FROM THE HEARTLAND:

Des Moines, Iowa, area stores held a large packaging event in February that provided meals for Iowa families in need.

### FOOD GIVEAWAYS:

- Galesburg, Illinois, stores joined the fire department in August for Galesburg Gives Back, donating food, water and other items.
- Madison, Wisconsin, area stores currently cater meals to families at the American Family Children's Hospital and a countywide senior meal program.

**"Our commitment to eliminate food insecurity is not just writing a check. We execute these initiatives at every level—from Hy-Vee leadership packing Thanksgiving sacks to store employees doing produce and meal giveaways."**

—BRAD WALLER, HY-VEE ASSISTANT VICE PRESIDENT, COMMUNITY RELATIONS



# DROOLWORTHY

## doggy delights

BAKE SOMEONE HAPPY.  
SERIOUSLY SPOIL SPOT WITH  
HOMEMADE TREATS. THEN  
ROUND OUT THE MENU WITH  
OTHER GOODIES FROM HY-VEE.

**TO KEEP  
PUPS SAFE,**  
AVOID LOW- OR  
NO-SUGAR PEANUT  
BUTTERS WITH  
THE SWEETENER  
XYLITOL, WHICH  
IS TOXIC TO DOGS.

### Peanut Butter 'n' Bacon Dog Bones

Place 1½ cups Hy-Vee old fashioned oats in a food processor. Cover; process until finely ground. Add ¾ cup Hy-Vee whole wheat flour, ¼ cup Jif low-sodium natural creamy peanut butter, ¼ cup Hy-Vee 1% lowfat milk, 2 Tbsp. Hy-Vee honey and 1 Hy-Vee large egg. Cover; process until combined. If dough is dry, add an additional 1 Tbsp. milk. Knead in 3 slices Hy-Vee lower sodium sweet smoked bacon, crisp-cooked and crumbled. Roll dough to ¼-in. thickness between 2 sheets of parchment paper. Use a 3-in. cookie cutter to cut into bone shapes. Bake on a parchment-lined baking sheet at 350°F for 14 to 16 minutes. Cool on baking sheet. Combine ¼ cup peanut butter and 1 Tbsp. melted virgin coconut oil; drizzle over baked dog treats. Refrigerate until set. Store in a tightly covered container in the refrigerator up to 1 week or in freezer up to 1 month. Makes 18 (3-in.) bone treats.



MAKE IT  
MODERATE

Give treats to dogs in moderation and adjust the amount of everyday food to compensate for extra calories. Treats should account for no more than 10 percent of a dog’s daily calories. Protein and fat are the main energy sources for dogs, although they can also use carbohydrates for that purpose. Never feed dogs treats containing chocolate or macadamia nuts, as both are toxic to dogs.

Doggie  
Meatballs

Combine 1 lb. 93%-lean ground beef; ¾ cup frozen brown rice, thawed; ½ cup finely shredded carrot and ½ cup cooked and mashed sweet potato in a large bowl. Shape mixture into 1- to 1½-in. balls. Place on a lightly greased, foil-lined rimmed baking pan. Bake at 375°F for 12 to 18 minutes or until meatballs reach 160°F. Drain on paper towels; cool before serving. Store in a covered container in refrigerator up to 3 days or in freezer up to 2 months. Makes 16 meatballs.



SUBSTITUTE A  
PLANT-BASED  
MILK IN THE RECIPE  
IF EVEN A SMALL  
AMOUNT OF DAIRY  
CAUSES YOUR DOG  
DIGESTIVE ISSUES.

Frozen Fruit  
Smoothie  
Dog Treats

Place 2 cups strawberries, hulled and halved, in a blender. Add 1 large sliced banana, ¾ cup Hy-Vee plain nonfat Greek yogurt and ¼ cup Hy-Vee 1% lowfat milk. Cover; blend until smooth. Divide between 20 (3-oz.) paper cups set on a large rimmed baking pan. Freeze for 6 hours or until firm. Remove frozen treats from paper cups and place in a resealable plastic freezer bag; close bag. Store in freezer up to 1 month. Makes 20 (1½-in.) treats.

snacks  
TO GO

Hy-Vee has even more goodies for furry friends!



THREE DOG  
BAKERY

classic cookies  
baked with  
oats & apples



BLUE BUFFALO  
health bars;  
baked with  
apples & yogurt



PURINA

Frosty Paws frozen  
treats; original or  
peanut butter



DOGSTERS

ice cream style  
treats; peanut butter  
and cheese



# CBD

CBD (CANNABIDIOL) PRODUCTS\* SUCH AS OILS, GUMMIES AND CREAMS HAVE BEEN GAINING POPULARITY FOR YEARS THANKS TO THEIR POTENTIAL TO HELP IMPROVE A VARIETY OF COMMON AILMENTS, INCLUDING CHRONIC PAIN, ANXIETY AND ACNE. FIND HIGH-QUALITY CBD PRODUCTS AT SELECT HY-VEE STORES.

## 3 REASONS TO TRY CBD

### CBD MAY HELP MANAGE ANXIETY.

Initial studies, including from researchers with the New York University School of Medicine, show CBD may help treat generalized anxiety, post-traumatic stress and other ailments.

### CBD MAY IMPROVE ACNE, ECZEMA, PSORIASIS

and other inflammatory skin conditions when used in topical creams and lotions, according to a review of early research published in the peer-reviewed medical journal *Clinical, Cosmetic and Investigational Dermatology*.

### CBD MAY HELP ALLEVIATE INSOMNIA.

Initial research, including a study from researchers from the University of Colorado and Colorado State University, suggests CBD might help with both falling asleep and better quality sleep.

\*The statements in this article have not been evaluated or approved by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

## WHAT IS CBD?

CBD is a natural ingredient found in both hemp and marijuana plants. On its own, it does not produce a high (THC is the psychoactive ingredient in cannabis plants such as marijuana and hemp that produces a high). State and federal laws require CBD products to be derived from hemp plants with no (or low levels of) THC.

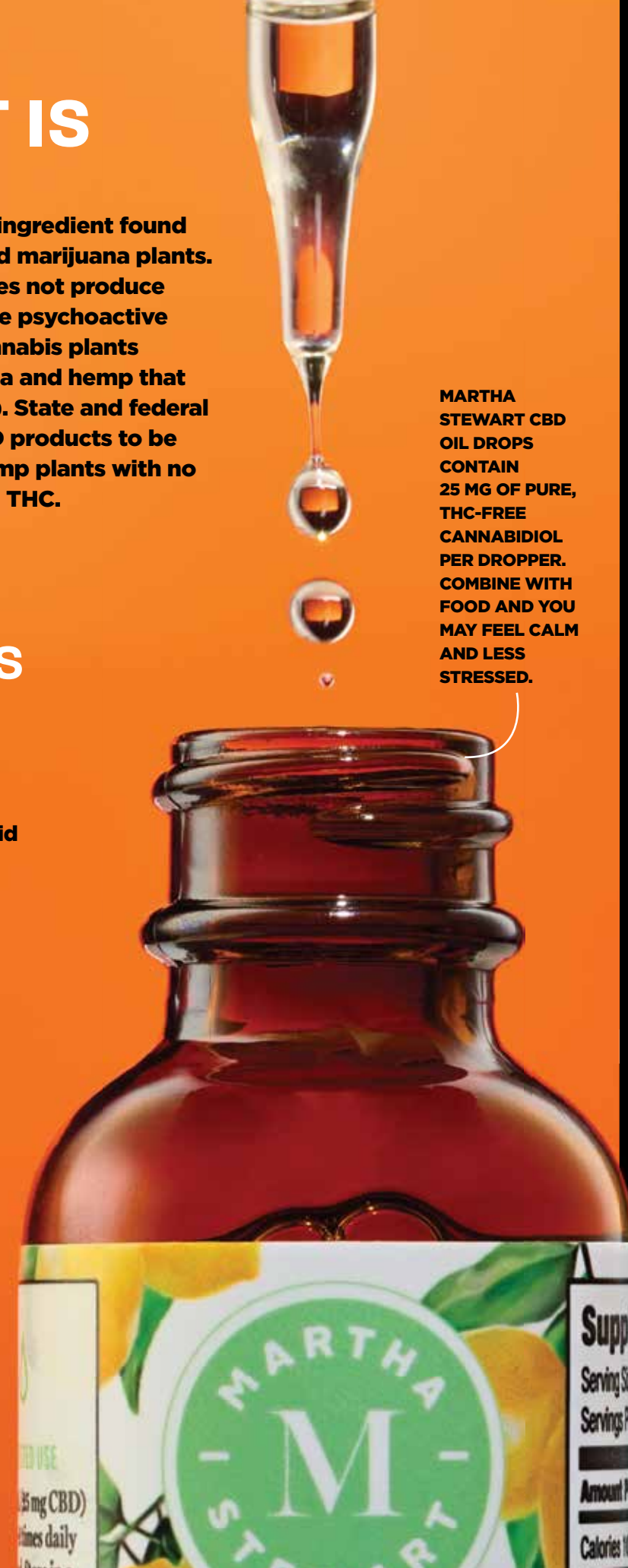
## HOW CBD WORKS

CBD can affect receptors in the body's endocannabinoid system.

These receptors help regulate functions such as pain, mood and memory. Initial research suggests CBD might help relieve chronic pain related to illnesses like cancer and arthritis, as well as some neurological benefits. More research is needed to prove its long-term effects.

Sources: [ncbi.nlm.nih.gov/pmc/articles/PMC4604171/](https://ncbi.nlm.nih.gov/pmc/articles/PMC4604171/), [health.harvard.edu/blog/cannabidiol-cbd-what-we-know-and-what-we-dont-2018082414476](https://health.harvard.edu/blog/cannabidiol-cbd-what-we-know-and-what-we-dont-2018082414476), [ncbi.nlm.nih.gov/pmc/articles/PMC6326553/](https://ncbi.nlm.nih.gov/pmc/articles/PMC6326553/), [ncbi.nlm.nih.gov/pmc/articles/PMC7736837/](https://ncbi.nlm.nih.gov/pmc/articles/PMC7736837/), [mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/is-cbd-safe-and-effective/faq-20446700](https://mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/is-cbd-safe-and-effective/faq-20446700), [cedars-sinai.org/blog/cbd-beauty-products.html](https://cedars-sinai.org/blog/cbd-beauty-products.html), [ncbi.nlm.nih.gov/pmc/articles/PMC5470879/](https://ncbi.nlm.nih.gov/pmc/articles/PMC5470879/), [ncbi.nlm.nih.gov/pmc/articles/PMC5922297/](https://ncbi.nlm.nih.gov/pmc/articles/PMC5922297/), [cedars-sinai.org/blog/cbd-safe.html](https://cedars-sinai.org/blog/cbd-safe.html)

MARTHA STEWART CBD OIL DROPS CONTAIN 25 MG OF PURE, THC-FREE CANNABIDIOL PER DROPPER. COMBINE WITH FOOD AND YOU MAY FEEL CALM AND LESS STRESSED.



## Use Safely

Most edible CBD products are sold as supplements, not medications, and many people can tolerate them in small doses. Like any other supplement, it's a good idea to consult a healthcare provider before regular use. Similar to grapefruit juice, some CBD products can interact with and raise the levels of certain medications in your bloodstream. Topical CBD products are less likely to cause a reaction with medication because a smaller amount absorbs into the bloodstream. Always follow the package instructions for dosage when using any CBD product.

### DOSAGE RECOMMENDATIONS

The FDA has not released recommended doses for CBD. However, a review of over 130 studies into the safety of CBD found that doses of up to 1,500 mg of oral CBD can be tolerated well. Most research so far has used doses between 20 mg and 1,500 mg. If you've never tried CBD before, consult your doctor first and use a low dosage such as 20 mg to 30 mg.

## CBD LAWS

In 2018, the production and sale of hemp (and hemp extracts like CBD) with no more than 0.3% THC became legal at the federal level. However, individual states still have varying regulations for hemp and CBD. Currently, CBD is not approved in all states.



# CBD @ HY-VEE

Find a variety of topical and edible CBD products at many Hy-Vee stores.

## TOPICAL

Using topical CBD products may help reduce inflammation and moisturize skin, or may help relieve pain and soreness.



**SOCIAL CBD INFUSED PATCH**  
Water-resistant patches slowly release CBD over 24 hours.



**CBD FX SHEET FACE MASKS**  
Choose from five formulas, including charcoal and aloe vera.



**SERATOPICAL RADIANT GLOW FACIAL OIL**  
CBD oil may hydrate and promote smooth, silky skin.



**CHARLOTTE'S WEB LAVENDER CBD ROLL-ON**  
May help you relax when applied to wrists or temples.



**FIND KRISTEN BELL'S LINE OF PREMIUM CBD SKINCARE, HAPPY DANCE, at many Hy-Vee stores. Look for CBD-infused bath bombs, moisturizer and body butter.**

## READ THE LABEL

- **CBD isolate** is pure cannabidiol and doesn't contain any THC.
- **Broad-spectrum CBD** includes other plant compounds, but little to no THC.
- **Full-spectrum CBD** contains all extracts from the plant, including THC.

## EDIBLE

Look for edible CBD oils to add to food and drink or try ready-to-eat CBD items like gummies, cookies and tea.



**CHARLOTTE'S WEB CBD SLEEP GUMMIES**  
Pairing CBD with melatonin, gummies may help sleep quality.



**IRWIN NATURALS CBD TINCTURE**  
Full-spectrum CBD oil with unflavored and peppermint options.



**CBD FX PROTEIN COOKIES**  
Vegan protein cookies with CBD available in two yummy flavors.



**GREEN ROADS CBD RELAX CAPSULES**  
CBD-isolate capsules can be taken once per day and may help relaxation.



**SOCIAL CBD LEMON GINGER DROPS**  
Add drops to drinks or food; may help relieve stomach discomfort.



**CALIPER CBD SWIFTSTICKS**  
Pour flavored CBD powder on tongue for fast absorption.



**PURITY ORGANIC CBD TEA**  
Made with no THC, choose from flavors like chamomile and Earl Grey.

Sources (this page and opposite): [ncbi.nlm.nih.gov/pmc/articles/PMC7340472/](https://ncbi.nlm.nih.gov/pmc/articles/PMC7340472/)  
[fda.gov/news-events/public-health-focus/fda-regulation-cannabis-and-cannabis-derived-products-including-cannabidiol-cbd](https://fda.gov/news-events/public-health-focus/fda-regulation-cannabis-and-cannabis-derived-products-including-cannabidiol-cbd)  
[ncbi.nlm.nih.gov/pmc/articles/PMC5569602/](https://ncbi.nlm.nih.gov/pmc/articles/PMC5569602/)





Quick and convenient food can be good for you. Let Hy-Vee show you a healthier take on breakfast, lunch, dinner and snack time.

# GOOD FOOD FAST

We're all busy, and mealtime sometimes sneaks up on us. Snacks can be an issue, too, especially when we eat on the run. But while fast food may be part of modern life, we don't need to sacrifice nutrition. Find healthy, yet convenient options every day of the week at Hy-Vee, whether you shop and eat in store, order pickup from Mealtime TO GO or dart into a Fast & Fresh.

## fast options @ Hy-Vee

LOTS OF CHOICES FOR SNACK TIME OR MEALTIME



Dozens of entrées available, including:

- Hand-breaded chicken tenders
- Rotisserie chicken
- Chicken or beef enchiladas
- Meatloaf dinner



Satisfy any appetite with conveniently packaged food for on-the-go lifestyles.

- Breakfast
- Flatbread pizzas
- Burgers
- Sandwiches
- Chicken quesadilla
- Pork tenderloin



Order online and get curbside pickup for ready-to-eat meals:

- Hibachi (select locations)
- MIA Italian Pizza (select locations)
- Market Grille
- Wahlburgers
- #HyChi
- Nori Sushi



Healthy eating is in hand with Short Cuts produce: It's washed, cut and ready to eat.

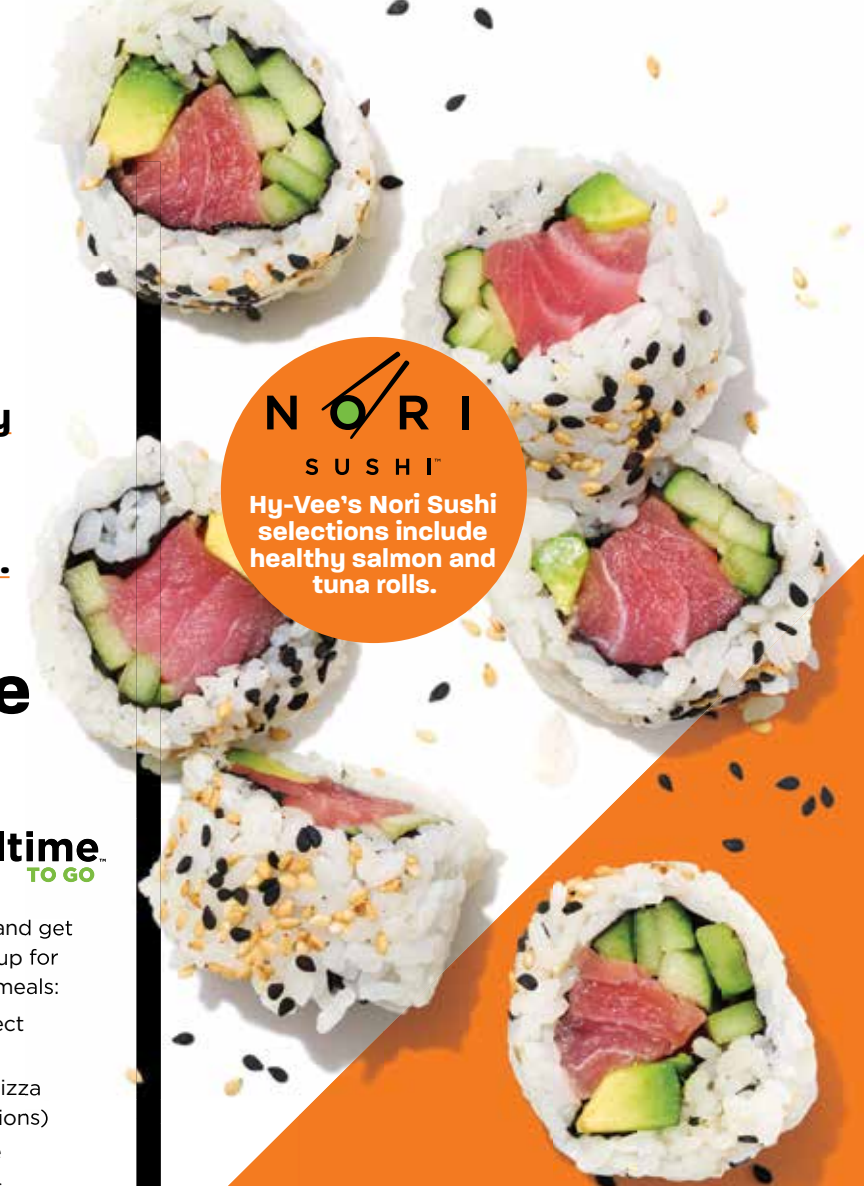
- Fruits
- Vegetables
- Spiralized vegetables
- Steam bags
- Oven & Grill Ready
- Ready-made snacks



You'll find fast, fresh and convenient food.

- Fresh produce, meat, dairy and baked goods
- Take-and-heat meals
- Dietitian's Pick meals
- Sandwiches, salads, soups and more
- Protein snacks

**DIETITIAN'S PICKS ARE BETTER-FOR-YOU MENU OPTIONS THAT ARE LOWER IN SODIUM AND HIGHER IN FIBER, PROTEIN AND HEART-HEALTHY FATS.**



**NORI**  
SUSHI

Hy-Vee's Nori Sushi selections include healthy salmon and tuna rolls.

# 30

**MINUTES:**

THE AVERAGE AMOUNT OF MEAL PREPARATION TIME SAVED PER DAY WHEN PEOPLE PURCHASED PREPARED FOOD.

—U.S. DEPARTMENT OF AGRICULTURE



# GRAB 'N' GO

## MONGOLIAN BEEF WITH STEAMED RICE

Steamed rice is lower in fat and sodium than fried rice, making it a more heart-healthy option.

## CHILI LIME CHICKEN BURRITO BOWL

Packed with flavor and nutrients, it is an excellent way to get whole grains, lean protein, fiber and vegetables in your diet.

## YOGURT PARFAIT

Treat yourself to a delightful combination of low-fat yogurt, granola and blueberries. Mix 'em together and enjoy a sweet pick-me-up.

## CHEESE AND MEAT STICKS

Colby Jack cheese partners with beef sticks for a ready-made snack with protein. Don't want meat? Get Colby Jack cheese cubes paired with crunchy red grapes instead.

## GRILLED CHICKEN SANDWICH

"Choosing a grilled option vs. fried helps reduce the sodium, calories and fat content in a meal," says Hy-Vee Dietitian Kristina Swanson.

## FRUIT SALAD

A mix of fresh strawberries, pineapple, grapes, cantaloupe and honeydew melon makes a nutritious side or entrée.

## FIT START OMELET WITH ENGLISH MUFFINS

"If you're looking for a veggie-loaded omelet with flavor, this is one of my favorites," Kristina says. "It's a lighter option that tastes so fresh for breakfast and is a great start to the day!"

## DI LUSSO BERRY CHICKEN SALAD

Fruit-topped salads are a great way to add a serving of fruits to your meal. "Make sure to have a protein option like chicken, tuna, edamame or eggs on top to make your salad filling and satisfying," Kristina says.

## drink up

FIND GREAT-TASTING AND HEALTHFUL BEVERAGE OPTIONS AT HY-VEE.



"Reducing added sugars in our foods and beverages can help with managing blood sugars, energy and overall health. Try switching from pop to a sparkling water, an unsweetened iced

tea, or bottled options like Hint flavored waters or Zevia zero-calorie sodas. There are so many tasty lower-sugar beverages available," says Hy-Vee Dietitian Kristina Swanson.

## pro tip: WHEN THE SANDWICH IS KING

Look for one of our ready-to-go sandwiches that have a balance of lean proteins—chicken, turkey, ham—plus veggies and light condiments. Deli meat can be high in sodium, so be mindful of the number of deli meat slices you consume if

heart health is a concern. Another option is to opt for a sandwich with our Hy-Vee Napa Chicken Salad or even a PB&J on whole-grain bread."

—Kristina Swanson, RDN, LDN  
Hy-Vee Dietitian

## FAST & FRESH

WHETHER YOU'RE FUELING THE CAR, GRABBING A SNACK OR PICKING UP A MEAL, HY-VEE FAST & FRESH MAKES IT CONVENIENT. A FULL MENU IS AVAILABLE IN THE IN-STORE CAFE.



Made-to-order meals are available for carryout.



Mealtime TO GO take-and-heat options include Dietitian's Picks, Asian entrées, pizza and more.

**SELECT LOCATIONS OFFER DRIVE-THRU COFFEE FEATURING SMOKEY ROW, CARIBOU OR STARBUCKS.**





# SPOOKY HOME

Don't be afraid to act ghoulish! Scare up some Halloween fun with plants, decorations and accessories from Hy-Vee Floral.



**A BAT-ASTIC WAY TO DECORATE FOR HALLOWEEN**  
Bats flock to a twiggy wreath and dead branch painted black. Cut bats from black construction paper and attach to the twigs with hot glue and to the wall with double-sided tape.

FIND THEM  
AT HY-VEE

These seasonal decor items will add fall flair to any room.



**BOO DECOR**  
set of 3 resin pumpkins with pedestals



**BLACK METAL AND GLASS LANTERN**  
7.5" x 16"



**MISFIT URN SIGNATURE**  
7.75"



**TUSCANY**  
Dry Bones and Beetles scented candle



## GET AN EERIE FEELING

Make spooky pots and playful plants from Hy-Vee part of your Halloween decor.



**BOG GARDEN MONSTER  
IN A BOX**

6" planter of Venus flytrap



**SPOOKY FRIENDS BOUQUET**

Halloween-color flowers



**SKULL AND GHOST  
AIR PLANTS**

Jack-o'-lantern also available



**SPOOKY TEACUP ORCHID**

3" planter with mini orchid



**CERAMIC HOWLERS**

5" ceramic planters

## PAINT IT BLACK

Set against a black backdrop, this flower arrangement really pops. The hollow pumpkin holding the vase is painted black to match the color theme. As a finishing touch, spiderwebs are handpainted with white dimensional paint on the black table runner and clear glass plates.





# save face

DISCOVER WHAT YOUR ACNE SAYS ABOUT YOU, THEN LEARN HOW TO TREAT AND PREVENT IT WITH PRODUCTS FROM HY-VEE.

## T-ZONE

Acne on the nose and between eyebrows can mean too much oil is being produced, or makeup is clogging pores.

## 4 common spots FOR ACNE

## CHIN

Pimples on the chin and along the jawline can be due to hormone changes or clogged pores.

## FOREHEAD

Stress and product buildup can be the culprits of forehead acne, so switch out hair products, and de-stress to reduce those pesky pimples.

## CHEEKS

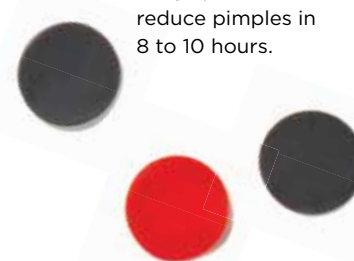
Cheeks can get irritated more easily than the rest of the face. Cheek blemishes also can be a sign of face-to-phone contact.

## HABITS FOR HAPPY SKIN

Along with a skin care regimen, some routine habits can aid in a healthy and happy complexion. Drink plenty of water to keep skin hydrated, wash bedsheets often, remove makeup before bed, keep hands away from your face to avoid transferring dirt and grease and try to refrain from popping any pimples.



**YES TO TOMATOES ZIT ZAPPING DOTS**  
Purge pores and reduce pimples in 8 to 10 hours.



## CLEAR OUT PORES

Use a quality skin care regimen to defend against breakouts.



# 1

## cleanse

Wash away impurities and bacteria with **TopCare Acne Wash**. The formula gently cleanses pores for clear skin without overdrying. **Bioré Charcoal Acne Scrub** removes acne-causing dirt and oil to help get rid of breakouts.

# 2

## tone & moisturize

**Bioré Pore Clarifying Toner** removes residue cleansers miss, while tightening pores and treating blemishes. **CeraVe AM Facial Moisturizing Lotion with SPF 30** hydrates and protects skin without causing acne flare-ups.



# 3

## spot-treat

Boost skin cell renewal to heal pimples with **Oxy Maximum Action Rapid Spot Treatment**. Try **Bioré Charcoal Deep Cleansing Pore Strips** to free pores and apply **Neutrogena Stubborn Marks PM Treatment** to reduce acne marks.



**“Acne is estimated to affect 9.4% of the global population, making it the eighth most prevalent disease worldwide.”—British Association of Dermatologists**

Source (for entire article): [health.clevelandclinic.org/what-does-it-mean-when-acne-is-on-certain-areas-of-your-face/](https://health.clevelandclinic.org/what-does-it-mean-when-acne-is-on-certain-areas-of-your-face/)  
<https://pubmed.ncbi.nlm.nih.gov/25597339/>



GET EVERYTHING  
YOU NEED FOR

# GAME DAY



Delicious tailgating essentials all available at **HyVee**

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# health

Burn calories without the workout, find relief from common sinus problems and get a flu shot at Hy-Vee.

- 96** SLOW DOWN DIABETES
- 102** 50 WAYS TO FEEL THE BURN
- 106** DIETITIAN Q&A: FUEL YOUR FITNESS
- 108** FOODS THAT HELP YOU GO
- 112** MENTAL HEALTH CHECK
- 116** SINUS RELIEF
- 121** TIME FOR A FLU SHOT



Change everyday habits to prevent or successfully manage diabetes. Need assistance? Reach out to Hy-Vee dietitians and pharmacists—they can help you live safely with diabetes.

# SLOW DOWN DIABETES

**Diabetes occurs when the body can't properly make or use insulin, a hormone that channels fuel (glucose) from carbohydrates in food into cells for energy.** The result is a buildup of glucose in the bloodstream. Immediate symptoms of excess sugar in blood can include excessive thirst, blurry vision, fatigue, and numbness or tingling in hands or feet. Over time, high blood glucose can cause serious health issues as cells become energy-starved. Problems include blindness, poor circulation and damage to nerves and organs. Diabetes also heightens risks for heart attacks and strokes. Diabetes is the seventh leading

cause of death for Americans. An estimated 30 million Americans have some form of diabetes, and 7 million don't know they have it. In addition, 84 million U.S. adults have prediabetes, slightly high blood sugar signaling the possibility of developing diabetes. With numbers like these, it's essential to learn your blood sugar level and take stock of risk factors you can control: diet, weight, physical activity and lifestyle factors such as smoking. It's possible to prevent prediabetes and Type 2 diabetes—by far the most prevalent type—through smart lifestyle choices. Hy-Vee can help with those choices through education, products and programs.

## DEFINING DIABETES

Three types of diabetes cause the insulin response:

### TYPE 1

Previously referred to as juvenile-onset diabetes, Type 1 diabetes is caused by an autoimmune attack on the pancreas that stops production of insulin. It usually occurs in children and young adults but can afflict any age. About 10 percent of those with diabetes have Type 1. It has no cure and cannot be prevented; insulin must be taken daily.

### TYPE 2

Type 2 diabetes is caused when cells do not make insulin or do not respond to it. It occurs mostly in those middle-age and older, although it can start in childhood. Almost all diabetes cases are Type 2. Weight control and the right diet help manage—and in some cases reverse—Type 2 diabetes.

### GESTATIONAL

This variety of diabetes occasionally occurs during pregnancy and usually ends after. Pregnancy hormones make cells insulin-resistant. A woman who develops gestational diabetes might have a higher risk for Type 2 later in life.

The information presented in this article is for informational purposes only and not medical advice. Consult with a medical professional for any questions.  
Sources: [health.harvard.edu/topics/diabetes](https://health.harvard.edu/topics/diabetes)  
[hsph.harvard.edu/nutritionsource/disease-prevention/diabetes-prevention/diabetes.org/diabetes](https://hsph.harvard.edu/nutritionsource/disease-prevention/diabetes-prevention/diabetes.org/diabetes)  
[my.clevelandclinic.org/health/diseases/7104-diabetes-mellitus-an-overview](https://my.clevelandclinic.org/health/diseases/7104-diabetes-mellitus-an-overview)



# PREVENT

A FEW LIFESTYLE CHANGES COULD PREVENT, MANAGE AND EVEN REVERSE DIABETES. FOLLOW THESE CHANGES BELOW, AND REACH OUT TO HY-VEE FOR HELP.

Hy-Vee dietitians explain food labels, offer personalized meal plans and host classes, tours and events virtually or in person. Call or stop in to speak to your local dietitian or visit the Healthie app for a one-on-one online consultation.

## EAT THE GOOD

Focus on complex carbs (fruits, vegetables, beans, whole grains), which have vitamins and minerals; they also contain fiber, which moderates digestion and blood sugar levels. Low-fat protein such as fish, chicken and beans can control weight. Try cutting 250 calories each day—it might help you lose half a pound each week.

## LIMIT THE BAD

Pass on refined-sugar treats—cookies, cake, white bread, candy—which create blood sugar spikes. Limit saturated fats (high-fat dairy, sausage, bacon, hot dogs) and avoid trans fats (baked goods, processed snacks), as diabetes can accelerate development of clogged arteries. Limit alcohol to 1 drink per day for women, 2 for men.

## QUIT SMOKING

Chemicals in cigarettes cause inflammation throughout the body and stunt insulin's ability to regulate blood sugar. Smokers are up to 40 percent more likely to develop Type 2 diabetes than nonsmokers. Hy-Vee's Quit for Good program offers a six-session class, headed by a pharmacist, to help smokers learn to quit.

## ASK A DIETITIAN

Chat virtually with a dietitian via the free Healthie app (go to [hy-vee.com/health/hy-vee-dietitians](https://hy-vee.com/health/hy-vee-dietitians)). "Getting to know an individual's daily routine and food likes and dislikes helps us assist with small lifestyle changes that may have a big impact toward better health," says Anne Hytrek, Hy-Vee dietitian.



Scan the QR Code to learn about dietitian services at Hy-Vee.

# exercise

Regular exercise makes the body's cells more sensitive to insulin. During exercise, muscle cells are better able to accept glucose for energy than while sedentary, so regular physical activity is a key part of weight management and prevention of diabetes and prediabetes. Health experts recommend 150 minutes of moderate physical activity each week. Some help from Hy-Vee:

## EXERCISE VIDEOS

Hy-Vee's *HSTV.com* videos offer workout sessions with professional trainers. The "Short & Sweat" series provides 20-minute fitness sessions, and "MOMentum" features workout sessions geared for expectant mothers and new moms.

## HY-VEE KIDSFIT APP

The Hy-Vee KidsFit interactive app engages children and teens with games and kid-friendly at-home exercise videos to encourage them to stay physically active. The app also offers guidance on nutrition and healthy living in general.

## WELLNESS CAMPAIGNS

Hy-Vee dietitians host Smart Carb Cooking, and the Healthy Habits program, which teach what a healthy carbohydrate balance looks like. Also in November: a free A1C screening tour throughout Hy-Vee's eight-state region.

TRY TO INCLUDE MODERATELY INTENSE ACTIVITIES LIKE SWIMMING, WALKING, LIGHT BICYCLING, TENNIS AND VOLLEYBALL.

to  
do



LEAFY GREENS, NUTS AND EGGS ARE JUST A FEW FOODS THAT CAN HELP CONTROL DIABETES.

# 5x

AEROBIC EXERCISE CAN IMPROVE THE MOVEMENT OF GLUCOSE TO MUSCLE CELLS UP TO FIVE-FOLD, ACCORDING TO THE AMERICAN DIABETES ASSOCIATION.



# TREAT

IN ADDITION TO SUPPORT WITH LIFESTYLE CHANGES, HY-VEE OFFERS BLOOD SUGAR MONITORS AND MEDICATIONS THAT CAN IMPACT THE BODY'S INSULIN PRODUCTION OR RESPONSE. SPEAK TO YOUR HY-VEE PHARMACIST.



## help from Hy-Vee

**STOP IN, CALL OR EMAIL YOUR LOCAL HY-VEE PHARMACY FOR DIABETES MANAGEMENT SERVICES. HY-VEE PHARMACISTS COLLABORATE WITH STORE DIETITIANS TO PROVIDE SCREENINGS, BLOOD SUGAR MONITORING AND GUIDANCE.**

### DIABETES EDUCATION PROGRAM

Hy-Vee Pharmacy Services offer diabetes medication reviews and suggest possible med adjustments if needed. Diabetes-specialist pharmacists train clients how to use medical devices.

### SCREENINGS

Hy-Vee pharmacists administer free hemoglobin A1C blood tests that people with diabetes can use to monitor their blood sugar levels. A1C tests provide an average level of blood glucose over a 2- to 3-month period. Check stores for availability.

### MEDICATION THERAPY MANAGEMENT

Hy-Vee pharmacists can explain how best to take meds, potential interactions with other meds and side effects. The service is especially helpful for those taking more than one medication or who have more than one health condition.

LET A HY-VEE PHARMACIST FIELD YOUR QUESTIONS ABOUT DIABETES TREATMENT.

THE LATEST IN DIABETES TECHNOLOGY FROM HY-VEE ADVANCEMENTS INCLUDE INJECTOR PENS THAT LINK WITH A PHONE APP, IMPLANTED SENSORS THAT REPORT GLUCOSE LEVELS, AND TINY COMPUTERIZED PUMPS THAT DELIVER INSULIN THROUGH A TUBE UNDER THE SKIN. MORE TRADITIONAL (AND AFFORDABLE) TECH INCLUDES INSULIN INHALERS AND A FINGER STICK GLUCOSE METER (SEE CARE TOUCH BLOOD GLUCOSE MONITORING SYSTEM) THAT INCLUDES LANCETS AND TEST STRIPS.

## know your risk

According to Cleveland Clinic, healthy blood glucose levels are less than 140 milligrams per deciliter (nonfasting), less than 100 mg/dL (fasting) and below 5.7% (A1C test). Besides poor diet, being overweight or inactive and smoking, the following are risk factors for diabetes:

### RACE/ETHNICITY

Black, Hispanic, Native American and Asian-American people and Pacific Islanders are more likely to develop Type 2 diabetes than Caucasians. Reasons are unclear.

### FAMILY HISTORY

Having a parent or sibling with Type 1 diabetes, prediabetes or Type 2 diabetes increases the odds of having those types of diabetes as well as gestational diabetes.

### AGE

Being age 45 or older increases risk for Type 2 diabetes. Being over 25 years old increases risk for gestational diabetes, which increases risk for Type 2 diabetes.

## HY-VEE JDRF PARTNERSHIP

For 20 years Hy-Vee has worked with JDRF (formerly Juvenile Diabetes Research Foundation), the world's largest nonprofit funder of research on Type 1 diabetes, toward finding a cure and advancing access to new therapies. Hy-Vee sponsors auctions and donates items to raise money, and many Hy-Vee store directors serve on JDRF chapter boards. Store employees also volunteer on fund-raising events.

### HY-VEE SUPPORTS JDRF'S MISSION WITH:

- JDRF sneaker sale campaigns
- JDRF One Walk®
- JDRF Ride to Cure Diabetes

# 18.8

MILLION DOLLARS RAISED BY HY-VEE OVER THE PAST 20 YEARS FOR JDRF EFFORTS TO FIND A CURE FOR TYPE 1 DIABETES.



# 50 WAYS TO FEEL THE

# 50

MANY OF LIFE'S EVERYDAY TASKS BURN MORE CALORIES THAN YOU MAY THINK. THESE 50 COMMON ACTIVITIES CAN HELP BURN AT LEAST 100 CALORIES.

**1**  
DANCE AROUND IN THE LIVING ROOM FOR 17 MINUTES.

## CALORIE BURNING BASICS

The number of calories burned during any activity is a measure of the energy required by the body to do that activity. Calculating this energy varies based on weight, age and other factors. Check out this list of common activities that can help you burn off 100 calories\*—that's 3 cups of air-popped popcorn, half an apple with 2 tsp. of peanut butter or ½ cup of fat-free ice cream! The more intense the activity, the more calories burned. So play harder, dance longer and feel the burn.

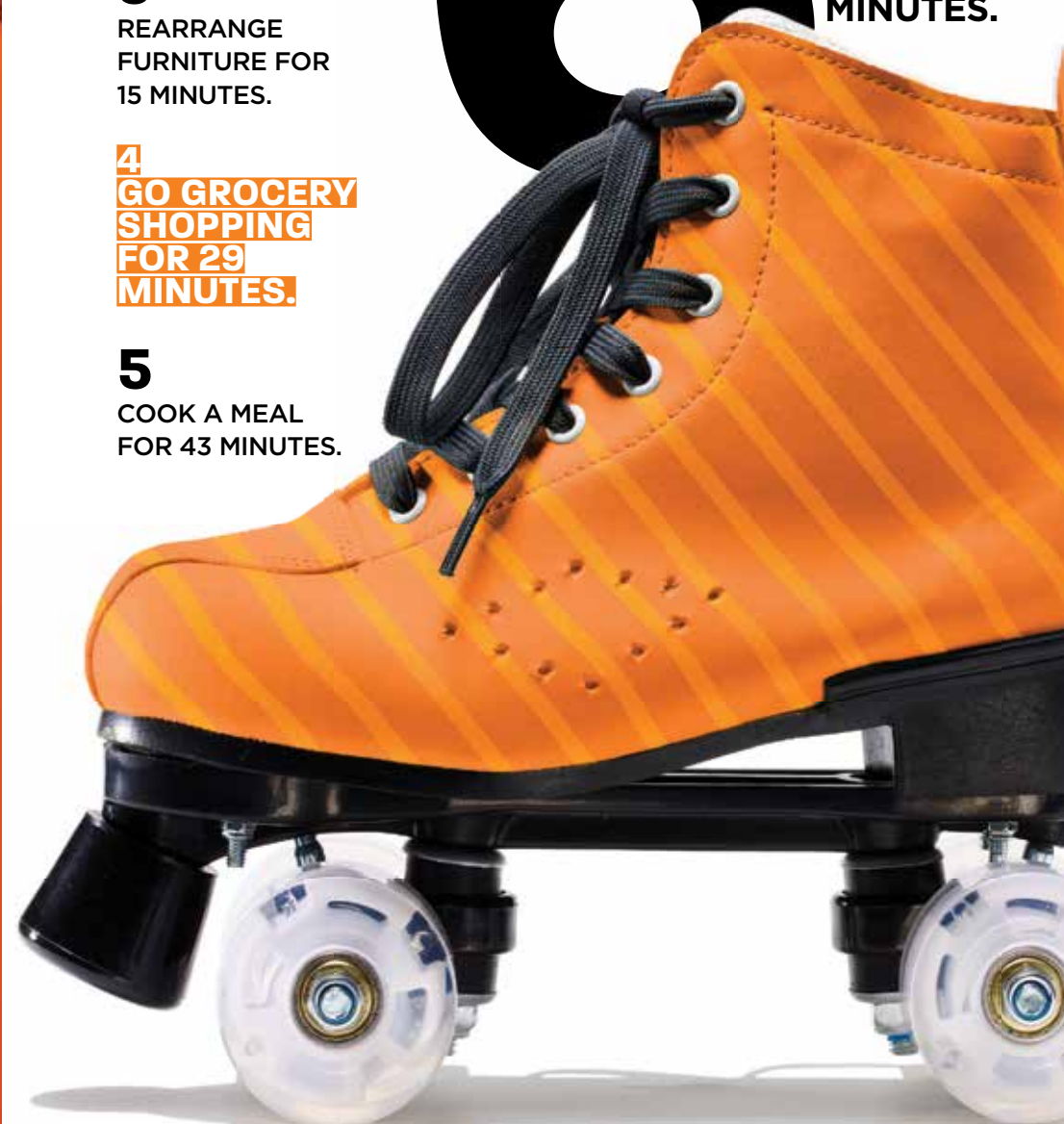
**2**  
CLEAN THE HOUSE FOR 29 MINUTES.

**3**  
REARRANGE FURNITURE FOR 15 MINUTES.

**4**  
GO GROCERY SHOPPING FOR 29 MINUTES.

**5**  
COOK A MEAL FOR 43 MINUTES.

**6**  
ROLLER-SKATE FOR 12 MINUTES.



**7**  
Rake leaves for 22 minutes.



**8**  
Garden for 17 minutes.



**9**  
Shovel snow for 15 minutes.

**10**  
Mow the lawn with a pushmower for 22 minutes.

**11**  
Wash your car for 22 minutes.

**12**  
Mop the floor for 22 minutes.

**13**  
Iron clothes for 43 minutes.

**14**  
Sweep floors for 43 minutes.



**15**  
PLAY FETCH WITH YOUR DOG FOR 34 MINUTES.





**16**  
THROW  
DARTS FOR  
34 MINUTES.

**17**  
STACK FIREWOOD  
FOR 17 MINUTES.

**18**  
GO SLEDDING FOR  
13 MINUTES.

**19**  
GO FISHING  
FOR 34  
MINUTES.

**20**  
DO PILATES FOR  
15 MINUTES.

21

PLAY WITH CHILDREN  
FOR 22 MINUTES.



22 Climb stairs  
for 15 minutes.

23 Push a stroller  
for 43 minutes.

24 **run a mile.**

25 Hike for 15 minutes.

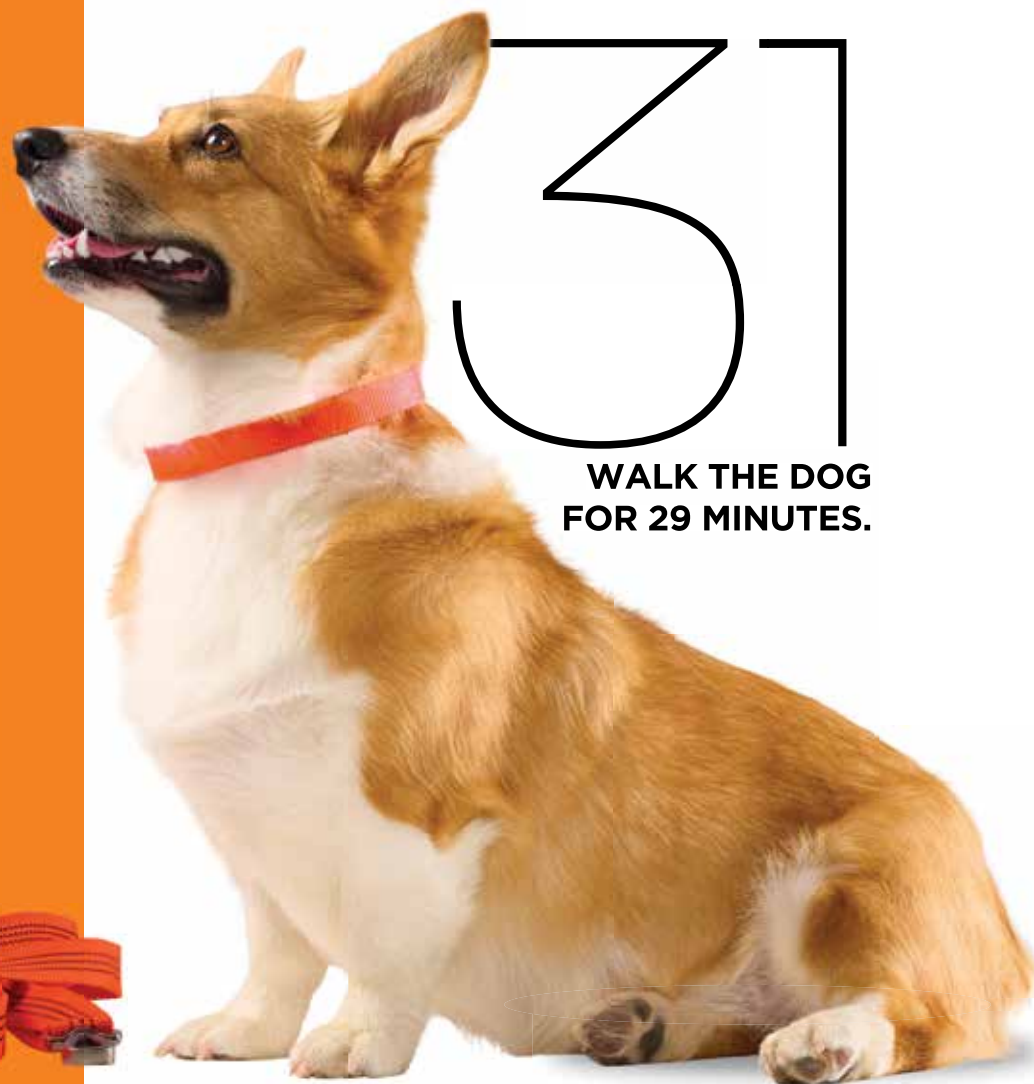
26 Ride a horse  
for 43 minutes.

27 Swim laps for  
15 minutes.

28 Cross-country  
ski for 11 minutes.

29 Kayak for 17 minutes.

30 Paint a wall  
for 17 minutes.



WALK THE DOG  
FOR 29 MINUTES.

**45**  
PRACTICE YOGA  
FOR 22 MINUTES.

**46**  
**RIDE A  
BICYCLE  
FOR 22  
MINUTES.**

**47**  
LIFT MODERATE  
WEIGHTS FOR  
29 MINUTES.

**48**  
DO WATER  
AEROBICS  
FOR 22  
MINUTES.

**49**  
WATER-SKI  
FOR 15  
MINUTES.

**FIND DSW FOOTWEAR AND  
JOE FRESH CLOTHING AT HY-VEE FOR  
ALL YOUR CALORIE-BURNING ACTIVITIES.  
FROM CLEANING TO RUNNING, DO IT  
ALL IN COMFORT AND STYLE.**



SCAN THE  
QR CODE  
to shop  
DSW  
footwear.

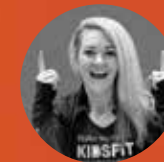


SCAN THE  
QR CODE  
to shop  
Joe Fresh  
activewear.



50

**JUMP-ROPE FOR  
11 MINUTES.**



**pro tip:**  
BURN YOUR FUEL

“I love the analogy of thinking your body is like a car, and food is the gas used to fuel your daily life. Just like over-fueling your car can lead to a mess, over-fueling your body can lead to unhealthy weight gain. Regular daily activities like mowing the yard, doing laundry and gardening empties your tank (burns calories). Completing these daily tasks burns gas out of the tank and can have a positive effect on maintaining a healthy weight.”

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



**JOIN HY-VEE KIDSFIT FOR  
IDEAS TO GET THE WHOLE  
FAMILY MOVING. SIGN UP AT  
HY-VEEKIDSFIT.COM**

play...



32  
Tennis for  
11 minutes.



33  
Mini golf for  
29 minutes.



34  
Table tennis for  
22 minutes.



35  
Kickball for  
12 minutes.



36  
Flying disc for  
29 minutes.



37  
Soccer for  
13 minutes.



38  
Volleyball for  
29 minutes.



39  
Handball for  
8 minutes.



40  
Basketball for  
15 minutes.



41  
Baseball for  
17 minutes.



42  
Bowling for  
28 minutes.



43  
Hockey for  
11 minutes.



44  
Racquetball for  
13 minutes.



# dietitian Q&A

## FUEL YOUR FITNESS

Learn how food and nutrition affect athletic performance and what to eat before and after working out.



Elisa Sloss, RD, LD  
Vice President,  
HealthMarket

**Q: How does diet affect athletic performance?**

**A:** The food you eat fuels your body and provides energy, so a good diet can give athletes the boost they need for a tough competition or workout. Specifically, carbohydrates provide energy, fluids help regulate your body temperature and protein helps muscle growth and tissue repair.

**Q: Should athletes eat a specific diet?**

**A:** A balanced diet of whole grains, fruits, vegetables and protein should give athletes the energy they need. However, the amount of each food can change depending on the sport and exercise length and intensity.

**Q: When is the best time to eat before a workout?**

**A:** Try eating a small meal or snack about 1 to 3 hours before

exercising, and limit large meals to 3 to 4 hours before your workout. Even eating a piece of fruit 5 to 10 minutes before working out can help provide energy; if you don't eat anything for a few hours before exercising, you might feel lightheaded or sluggish.

**Q: Can sports drinks help my endurance?**

**A:** It's crucial to replace fluids before, during and after exercise, and water is the most important. But if you're exercising for more than one hour, sports drinks can help replenish fluids and provide extra carbohydrates for energy.

**Q: Should I add supplements like protein powder to my diet?**

**A:** Protein powders, shakes and bars aren't limited to athletes. These supplements can help almost anyone add more protein to their diet. Most people (including athletes) get enough protein from the food they eat and don't need supplements. However, research suggests that protein supplements combined with resistance training may help improve muscle mass and strength.



Scan the QR Code to find a local dietitian and explore other Hy-Vee health services.



### FOOD FOR FUEL

NUTRITION RECOMMENDATIONS FOR ATHLETES ARE SIMILAR TO GUIDELINES FOR THE AVERAGE HEALTHY PERSON.

**PROTEIN**

About 15 to 20 percent of daily calories should come from protein. This likely is enough for the average athlete, but people participating in intense training may need up to twice the daily recommended amount of protein.

**HEALTHY CARBS**

Normal nutrition guidelines ought to be enough if you're not training for a specific goal, with about 45 to 55 percent of the calories consumed per day coming from healthy carbs (grains, fruits and vegetables), and at least half of those from whole grains. Endurance athletes and people engaging in frequent high-intensity training may need more carbs.

**GOOD FATS**

Plan for about 25 to 35 percent of your daily calories to come from fats. Healthy fats like those in avocados, nuts and olive oil help replenish and maintain energy.

**EXERCISE SUPPLEMENTS**  
DIETARY SUPPLEMENTS MAY HELP STAMINA. FOLLOW PACKAGE INSTRUCTIONS FOR SERVING SIZE.

**Pre-workout:** According to the International Society of Sports Medicine, creatine, a popular pre-workout supplement, can improve exercise

performance and may enhance post-workout recovery.  
**Post-workout:** Consume protein powders or shakes within 60 minutes of

finishing a workout to help repair and build muscles. Whey protein supplements (derived from milk) are among the most effective options.

### FITNESS MEAL TIPS

FUEL YOUR BODY BEFORE, DURING AND AFTER EXERCISE TO MAXIMIZE THE WORKOUT.



**PRE-WORKOUT**

Eat a light meal or snack with plenty of healthy carbohydrates 1 to 3 hours before exercising.



**DURING EXERCISE**

Drink water during workouts lasting less than 60 minutes. For exercise longer than 60 minutes, replenish fluids and carbohydrates with an energy drink or a small healthy snack.



**POST-WORKOUT**

Help muscles recover by eating a meal with carbs and protein within 2 hours of your workout.

Sources (entire article): [medlineplus.gov/ency/article/002458.htm](https://medlineplus.gov/ency/article/002458.htm)  
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# HELP YOU GO

## FOODS THAT

FIBER-RICH  
FOODS CAN  
HELP RELIEVE  
CONSTIPATION.  
DRINKING  
PLENTY OF  
WATER AND  
EXERCISING  
CAN ALSO HELP  
YOU GO.

## WHY FIBER IS IMPORTANT

Foods with higher levels of fiber provide the fuel colon cells need to be healthy. Dietary fiber softens and increases the size and weight of your stool, all of which make it easier to pass. A higher fiber diet may even decrease your risk of colorectal cancer. Men age 50 or younger need about 38 grams of fiber each day, while women in the same age group need about 25 grams. At age 51 and older, men need 30 grams of fiber per day, and women need 21 grams per day. If you're not able to get enough fiber from food, your doctor may recommend a supplement.

## TOP FIBER-FILLED FOODS



### FRUITS

Raspberries, pears, apples, bananas, oranges and strawberries are all higher in fiber. Leave edible skins on fruits when possible, because much of the fiber is usually in the skin.



### WHOLE GRAINS

Eat whole grains whenever possible, because they contain more fiber than refined grains. Good sources include whole wheat pasta, quinoa, barley, oatmeal, whole wheat bread and brown rice.



### VEGETABLES

Leave the skins on veggies for as much fiber as possible. Asparagus, corn, broccoli, potatoes and squash are all higher in fiber and so are salads made with lettuce, spinach and cabbage.



### LEGUMES

Beans and nuts will also add fiber to your diet. Navy beans, kidney beans, chickpeas, soybeans, lentils, peanuts, walnuts and almonds are some of the best sources.

## OTHER SOURCES OF FIBER



Bran flakes, ground flaxseeds and wheat bran are also richer in fiber; blend into smoothies, add to cereal or sprinkle on yogurt for a few extra grams of fiber.

## OTHER HELPFUL HABITS

Along with diet, lifestyle habits can help relieve constipation.

### DRINK WATER

Plenty of fluids, especially water, will help you stay regular. Your goal should be to drink 8 to 10 cups of liquid every day, with most of them being water.

### EXERCISE

Regular physical activity will make it easier to go. Try to do something active at least 3 or 4 times per week, whether it's a full workout or walking around your neighborhood.

### EAT REGULARLY

Do your best to eat on a regular schedule, whether it's three meals a day or smaller meals every few hours. Skipping meals won't relieve constipation and may make it more difficult for you to go.

### CHOOSE HEALTHY FOODS

Eating healthy foods with plenty of fiber helps prevent constipation. As much as possible, avoid processed and fast foods, such as white breads, pastries and potato chips, because they can make constipation worse.



**CHICKPEAS  
(ALSO KNOWN AS  
GARBANZO BEANS)  
AND GLUTEN-FREE  
CHICKPEA PASTA  
ADD AN EXTRA FIBER  
PUNCH TO THIS  
FLAVORFUL STEW.**

## Italian Pasta and Chickpea Stew

**Total Time** 30 minutes  
**Serves** 6 (1½ cups each)

**1 Tbsp. Gustare Vita olive oil**  
**1 medium yellow onion, chopped**  
**1 medium carrot, peeled and sliced ¼-in. thick**  
**2 stalks celery, sliced ¼-in. thick**  
**2 cloves garlic, minced**  
**5 cups Hy-Vee vegetable cooking stock**  
**1 (15-oz.) can Hy-Vee no-salt-added garbanzo beans, drained and rinsed**  
**1 (14.5-oz.) can Hy-Vee diced Italian style tomatoes, undrained**  
**1 Tbsp. finely chopped fresh rosemary**  
**1 tsp. Hy-Vee black pepper, plus additional for garnish**  
**1 (8-oz.) pkg. gluten-free chickpea pasta shells**  
**Shaved Parmesan cheese, for serving**  
**Zest and juice of 1 lemon, for serving**

**1. HEAT** olive oil in a large Dutch oven over medium heat. Add onion, carrot, celery and garlic. Cook for 8 to 10 minutes or until softened, stirring occasionally.

**2. STIR** in stock, garbanzo beans, undrained tomatoes, rosemary and 1 tsp. pepper. Bring to a boil over high heat. Reduce heat to medium-low; simmer for 2 to 3 minutes.

**3. RETURN** to a boil. Stir in pasta. Reduce heat; simmer for 9 to 11 minutes or until pasta is al dente.

**4. LADLE** stew into serving bowls. Top with Parmesan cheese, lemon zest, a squeeze of lemon juice and additional black pepper.

**Per serving:** 270 calories, 6 g fat, 0 g saturated fat, 0 g trans fat, 5 mg cholesterol, 660 mg sodium, 40 g carbohydrates, 9 g fiber, 6 g sugar (2 g added sugar), 13 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 15%, Potassium 15%

## FIBER- PACKED IDEAS

### 1 Protein Date Bars

Place 3 cups Hy-Vee natural almonds, ½ cup Hy-Vee roasted & unsalted cashews and ½ cup Hy-Vee unsweetened coconut flakes in a food processor. Cover; process until finely chopped. Add 3 cups Hy-Vee whole Medjool dates, pitted. Cover and process until well combined. Add ½ cup Performance Inspired whey chocolate protein powder, ½ cup water, 2 Tbsp. Full Circle Market organic chia seeds and ½ tsp. fine sea salt. Cover; pulse until well combined, gradually adding an additional ½ cup protein powder. Stir in an additional ½ cup cashews. Firmly press mixture in a parchment-lined 8×8-in. baking pan. Cover and refrigerate for 1 hour. Cut into bars. Serves 16 (1 each).

### 2 Creamy Mushroom, White Bean and Barley Soup

Heat 2 Tbsp. Hy-Vee salted butter and 1 Tbsp. Gustare Vita olive oil in a large Dutch oven over medium heat. Add 1 leek, thinly sliced; cook and stir for 2 minutes or until softened. Add 4 cups sliced baby bella mushrooms; 1 (15-oz.) can Hy-Vee cannellini beans, drained and rinsed; 1 tsp. kosher salt; 1 tsp. Hy-Vee ground sage and ½ tsp. Hy-Vee black pepper. Remove Dutch oven from heat; stir in 1 cup dry sherry. Return to

heat; gently simmer for 3 minutes. Add 1 (32-oz.) container Hy-Vee vegetable cooking stock; bring to a boil. Stir in 1 cup quick barley; reduce heat to low. Simmer, uncovered, for 12 to 15 minutes or until cooked through, stirring occasionally. Remove from heat; stir in ½ cup Hy-Vee sour cream. Ladle into serving bowls. Garnish with green onions, if desired. Serves 6 (1¼ cups each).

### 3 Peach & Spinach Smoothie

Combine 1 cup Hy-Vee unsweetened vanilla almond milk; 1 cup Hy-Vee frozen unsweetened sliced peaches; 1 cup lightly packed baby spinach; 1 medium banana, peeled and sliced; ½ cup Hy-Vee quick oats; 1 Tbsp. Full Circle Market organic chia seeds and 1 scoop Performance Inspired BCAA tropical mango delight powder in blender. Cover and blend until smooth. Pour smoothie into 2 serving glasses. Garnish with thawed peach slices, if desired. Serves 2 (12 oz. each).



# MENTAL HEALTH CHECK

Take life's stresses in stride. With so much weighing on our minds these days, it's important to keep tabs on our mental health—and get help when needed.

## WHAT IS **MENTAL** HEALTH?

A measure of emotional, psychological and social well-being, mental health helps determine how we make choices, handle stress and deal with other people.

When mental health suffers, it can cause a range of problems including anxiety, eating disorders, obsessive-compulsive behavior that repeats actions and depression. Each mental health disorder has its own symptoms, but the National Alliance on Mental Illness lists some common signs:

- excessive worry or fear
- feeling overly sad or low
- extreme mood swings
- prolonged irritability or anger
- changes in sleeping habits, eating habits or sex drive
- alcohol or drug overuse
- problems concentrating and learning
- inability to perform daily activities or handle problems
- intense fear of gaining weight
- multiple physical ailments without any obvious cause
- thoughts of suicide

### TWO-THIRDS OF PEOPLE WITH A DIAGNOSABLE MENTAL HEALTH DISORDER DO NOT SEEK TREATMENT.

—Centers for Disease Control and Prevention (CDC)

ACCORDING TO THE NATIONAL INSTITUTES OF HEALTH, ONLY **44%** OF ADULTS AND LESS THAN **20%** OF CHILDREN AND ADOLESCENTS WITH DIAGNOSABLE MENTAL HEALTH DISORDERS RECEIVE NEEDED TREATMENT.

## 4 TYPES OF RISK

Mental health disorders occur in all racial, ethnic and socioeconomic groups. Although the specific cause of many mental health disorders is unknown, the most common contributing factors are:

### 1. BIOLOGICAL

Infections, brain defect or injury, disruption of fetal brain development, poor nutrition, exposure to toxins

### 2. PSYCHOLOGICAL

Trauma, such as emotional, physical or sexual abuse; an early loss of a parent; neglect; inability to relate to others

### 3. ENVIRONMENTAL

Living in poverty, dysfunctional family life, significant life changes, social or cultural expectations

### 4. FAMILY HISTORY

Heredity (although a person who inherits susceptibility doesn't necessarily develop the illness)



# EARLY SIGNS OF DEPRESSION

- > **eating or sleeping** too little or too much
- > **withdrawing** from family, friends and activities
- > **low energy**
- > **feeling numb, empty, helpless or hopeless**
- > **extreme mood swings**
- > **smoking, drinking or using drugs** more often
- > **arguing** with family and friends
- > **feeling confused, forgetful, edgy, angry, worried, scared**
- > **inability to cope** with problems or stress
- > **harboring** persistent thoughts and memories
- > **thinking of harming oneself** or another person

Talk with a doctor or mental health professional if you're experiencing any of these symptoms. If you're not sure where to turn, call the national helpline of the Substance Abuse and Mental Health Administration, a U.S. government agency, at 800-662-4357 or visit [samhsa.gov/find-treatment](https://www.samhsa.gov/find-treatment)

# POSITIVE mental health

Foster positive mental health with these tips.



**CONNECT WITH OTHERS**  
Maintain relationships with others, whether in person or by phone, text, email or mail.



**STAY POSITIVE**  
Try to find the good in any situation and avoid ruminating over past losses, errors, grievances or misfortunes.



**TAKE CARE OF YOURSELF**  
Eat right, get plenty of rest and stay physically active. Limit exposure to things that bring you down.



**HELP OTHERS**  
Step outside your personal bubble and help someone else, either by doing a favor or volunteering regularly.



**REACH OUT**  
If you or someone you know is suicidal, call the National Suicide Prevention Lifeline 24/7 at 800-273-8255.



# sadness VS. depression

One is temporary; the other may be chronic or ongoing.

## Sadness

Sadness—feeling blue—is a normal reaction to a loss, disappointment or difficulty. It is part of being human. Sadness does not impact life in a big way, and it soon goes away.

## Depression

Depression lasts longer than 2 weeks and may continue for years or a lifetime if untreated. It causes serious symptoms affecting how one feels, thinks, sleeps, eats or works. The CDC estimates about 1 in 6 American adults will have depression at some point in their life.

# HOW HY-VEE CAN HELP

**HY-VEE PHARMACY** fills doctor-prescribed antidepressant medications.

**HY-VEE DIETITIANS** offer nutritional counseling to help determine which foods to eat—and which to avoid.

**HY-VEE HEALTHMARKET** has herbal and nutritional supplements intended to improve mood or increase focus. (Always talk with your doctor before starting a supplement regimen.)

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**STUFFY NOSE?  
BLEARY EYES?  
HEADACHE?  
YOUR SINUSES  
MIGHT BE  
FLARING FROM  
INFECTION OR  
ALLERGIES.  
FIND THE  
RIGHT REMEDY  
AT HY-VEE.**

# SINUSES, EXPLAINED

Sinuses clean and moisten the air we breathe into our nose.

## WHAT ARE SINUSES?

Sinuses are air-filled pockets with channels connecting to the nose. They are lined with mucus, a watery substance that washes dust and other particles from sinus cavities and out the nose.

## WHERE THEY'RE LOCATED

Sinus cavities (four pairs) are behind the forehead, behind each cheekbone, behind the bridge of the nose and deep in the skull behind the nose.

## WHY THEY MATTER

Sinuses filter dust, allergens, germs and other pollutants from air breathed in through the nose, and they warm and humidify air before it moves into the lungs.

# 6

## signs of sinus issues

A cold can cause thick, infected mucus and allergies can inflame nasal passages. Symptoms of sinus problems:

1. **Thickened nasal discharge** that's greenish or yellowish
2. **Pressure or pain on the face**, especially along the bridge of the nose or under the eyes; sometimes worsens when bending over
3. **Postnasal drip** (discharge of mucus down back of throat)
4. **Difficulty breathing** through nose due to nasal congestion
5. **Changes in sense of smell** due to inflammation, which affects olfactory nerve cells in sinus cavities
6. **Tooth pain** or sensitivity, especially in upper rear teeth that are close to sinuses; caused by sinus pressure and drainage



**"Sinusitis" refers to inflammation in **SINUS CAVITIES** from colds, sinus infections or allergies.**



## HOW DO I KNOW IF I HAVE...

It can be difficult to distinguish between colds, allergies, headaches and sinus infections, all of which have similar symptoms. Some help:

### Cold

A stuffy nose, postnasal drip, excessive mucus, pressure or pain around nose or under eyes lasting up to a week. A lingering cold can become a sinus infection.

### Sinus Infection

Discolored nasal discharge, postnasal drip, stuffy nose, pressure or pain around nose or under eyes, headache, ear pressure, tooth pain, fever, altered sense of smell, bad breath.

### Allergy

Nasal inflammation from dust, pollen, dander or other allergens can result in excess mucus, sneezing, itchy nose and itchy, watery eyes.

### Sinus Headache

Sinus bacterial infection causes thick, discolored mucus, fever, stuffy nose, feeling of fullness in the ears, and dull ache in cheekbones, forehead or bridge of nose.

### Migraine

Headache, facial pressure and nasal discharge can also be signs of a migraine; the difference is that mucus is watery and clear, not the thick and discolored mucus of a sinus infection.



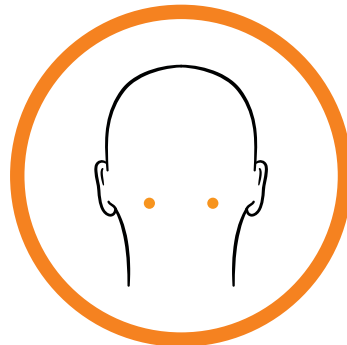
# PRESSURE POINTS

Acupressure may soothe common sinus pains. Gently push down on designated “pressure points” for 3 minutes.



## Facial Swelling, Nasal Congestion

Press a finger at either side of base of nostril.



## Neck Pain, Headache

With thumbs, press at point where neck muscles meet skull.



## Headache, Face Pain

Press the hollow areas between eyebrows and nose.



## Asthma, Chest Pain

Press hollow on thumb side of wrist crease, palm facing you.



## Face and Tooth Pain

Apply pressure at web where thumb and index finger meet.



## Stress, Anxiety

Press on tendon between big toe and second toe.



**ACUPRESSURE** is an approach that originated in ancient China and is used around the world as an alternative to, and in tandem with, pharmacological treatments to relieve pain and manage illness. It does not involve needles, is not invasive, and no medications are used. Instead, pressure is applied to a cluster point (or pressure point) just below the surface of the skin that leads to a particular organ or tissue. According to research, this continuous pressure creates impulses that slow pain messages from reaching the brain.

# FOODS THAT HELP SINUSES

**Antioxidants and omega-3s can prevent trouble; spicy foods clear passageways.**

## 1. Citrus fruits

High levels of vitamin C, an antioxidant that can prevent colds

## 2. Bell peppers

Also high in vitamin C, which works with the immune system

## 3. Green vegetables

Counteract histamine, which contributes to runny nose and sneezing

## 4. Fish

Inflammation-fighting omega-3 fatty acids in salmon, cod and mackerel

## 5. Avocados

Also high in omega-3 fatty acids

## 6. Ginger

Regulates immune response linked to allergic asthma

## 7. Garlic

Thought to thin mucus and improve mucus flow

## 8. Onion

Antihistamine properties; fresh onion can help open and drain sinuses

## 9. Curcumin

Active ingredient in turmeric may lessen secretion of mucus

## 10. Cayenne pepper

Capsaicin may thin mucus and open sinus airways

# 7 WAYS TO RELIEVE SINUSES

1

**DRINK GREEN TEA** to relieve headache caused by constant sneezing and blowing your nose. Green tea extract may clear mucus from the nose.

2

## INHALE STEAM

from a humidifier, hot bath or shower to lessen congestion. Or place a towel over your head and bend over a pan or cup of hot water, then inhale.

3

## RINSE SINUSES

with a nasal wash, using a bulb syringe or neti pot and a sterile saline solution, to moisten sinus membranes and help clear excess mucus.

4

## DRINK WATER

throughout the day to thin mucus. Dehydration leads to headache and aggravation of sinus symptoms. Keep a glass or bottle of water nearby as a reminder.

5

## RUN A HUMIDIFIER

in the bedroom to counteract the damaging effects of dry indoor air and to prevent nasal passages from drying out.

6

## PROP UP YOUR HEAD

while sleeping, either with pillows or with a wedge, to prevent mucus from pooling inside the sinus cavities overnight.

7

## BLOW YOUR NOSE GENTLY

one nostril at a time. Avoid forceful blowing, which irritates nasal passages and can push bacteria-filled mucus back into sinus cavities.

## SINUS MEDS

Get relief with over-the-counter drugs at Hy-Vee:



**Alka Seltzer Plus PowerMax**  
Sinus pressure reliever, fever reducer, cough suppressant



**TopCare Sinus Relief Day & Night**  
Nondrowsy relief by day, pain & congestion relief all night



**Afrin NoDrip**  
12-hour relief from painful sinus pressure, nasal swelling and congestion

Sources: [health.clevelandclinic.org/try-this-easy-6-minute-acupressure-exercise-for-allergy-relief-video/](http://health.clevelandclinic.org/try-this-easy-6-minute-acupressure-exercise-for-allergy-relief-video/)  
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The information presented in this article is for informational purposes only and not medical advice. Consult with a medical professional for any questions.

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health | everyday | beauty

# TIME FOR A FLU SHOT

Keep your immunity up with a seasonal flu shot from Hy-Vee Pharmacy.

## WHY GET A FLU SHOT?

Influenza can cause serious illness leading to hospitalization or even death in people with chronic health problems. This contagious virus affects the nose, throat and lungs, causing symptoms such as weakness, fatigue, digestive issues and coughing. Symptoms generally last 3 to 7 days but may stretch out two weeks.

## HOW TO GET A FLU SHOT AT HY-VEE

You can get a flu shot at your Hy-Vee Pharmacy without a prescription. Each person receiving a flu vaccine at the Hy-Vee Pharmacy earns a discount of 20 cents per gallon on their Fuel Saver + Perks card.\* An annual flu shot is recommended because the flu virus changes over time and a new vaccine must be formulated each year.

## DRIVE-THRU FLU SHOTS

Hy-Vee Pharmacy locations are offering drive-thru flu shot clinics through October 30 at the following dates and times: Tuesdays and Thursdays 3 p.m. to 7 p.m. and Saturdays 10 a.m. to 2 p.m. Complete the consent form in advance at [hy-vee.com/my-pharmacy](https://hy-vee.com/my-pharmacy). In-store flu vaccines will also be available during regular pharmacy hours. Flu vaccine recipients will receive a 20-cent Fuel Saver reward.\*

55%

OF AMERICAN ADULTS RECEIVED  
A FLU SHOT IN THE 2020-21  
FLU SEASON. —CENTERS FOR DISEASE

CONTROL & PREVENTION

## COVID VACCINE UPDATE

Schedule an appointment for a COVID-19 vaccine at your local Hy-Vee Pharmacy. To determine which vaccine the pharmacy is offering, visit [hy-vee.com/covidvaccine](https://hy-vee.com/covidvaccine) and use the drop-down menu.

Source: [cdc.gov/flu/fluview/dashboard/vaccination-dashboard.html](https://cdc.gov/flu/fluview/dashboard/vaccination-dashboard.html)

\*Some restrictions apply. See store for details.



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The Fair Trade Certified™ label means Hy-Vee is committed to positively impacting the lives of fishermen and their communities through:

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- Improved working and living conditions
- Increased demand for responsibly-sourced seafood
- Enhanced environment stewardship

Celebrate Fair Trade Month in October with the best Fair Trade Certified™ seafood from Hy-Vee.



Scan to learn more.

**HyVee**



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**30**  
minutes  
or less

**20**  
minutes  
or less

**10**  
minutes  
or less

**GF**  
option

**V**  
option

**30 MINUTES OR LESS** **20 MINUTES OR LESS** **10 MINUTES OR LESS** **GLUTEN FREE** **VEGETARIAN DISH**

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- Free language services to people whose primary language is not English, such as:
- Qualified interpreters
- Information written in other languages upon request

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

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

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-874-3972.

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



