

# HyVee<sup>®</sup> Seasons



LUNCH  
BOX  
STAR

august



# The better way to shop bulk for all your back-to-school needs

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**DONNA TWEETEN**  
EXECUTIVE VICE PRESIDENT,  
CHIEF OF STAFF

**D**og days are those last sultry days of summer. The month of August plays both sides of the fence. There's a continuation of summer fun, yet knowing fall will soon be here, there's a certain expectation of change.

And so it is with this issue of *Seasons*, which continues in its mission to bring you helpful cooking advice and great recipes, as well as useful information related to health and lifestyle. One change you will find is the addition of new departments. Level Up, Savings and Solutions provide practical advice to enhance meals, save money and solve everyday problems.

It's all part of our effort to help you make your home and family life less hectic and more rewarding.

Have a great August!

**HY-VEE SEASONS  
IS DIGITAL!**



Scan the QR code to enjoy **Hy-Vee Seasons Digital Edition**, a free, highly interactive online version of *Hy-Vee Seasons* magazine. We look forward to connecting with you!



# GET IN THE GAME



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Featuring



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## NEW & NOTEWORTHY PRODUCTS AT HY-VEE

# aisles

VISIT YOUR LOCAL HY-VEE OR [HY-VEE.COM/SHOP](https://www.hy-vee.com/shop) TO FIND **EXCITING NEW PRODUCTS** FROM COMPANIES WORKING TO REDUCE FOOD WASTE.



## Sweet Potato Fries

Waste not, want not. Spudsy puts that motto to practice by using sweet potatoes that are safe to eat, but left in the field due to cosmetic concerns, to make crunchy, flavorful snacks. Since 2018, Spudsy has repurposed more than 1.5 million

sweet potatoes into plant-based, gluten-free fries or puffs. These low-sugar delights are made with sweet potato flour and other ingredients for varieties such as cheese, vegan ranch, sea salt and hot fry.

- SPUDSY VEGAN RANCH SWEET POTATO FRIES
- SPUDSY CHEESE SWEET POTATO FRIES

## Feel Good Fruits

### THE UGLY COMPANY

Fruit that's left in the field due to cosmetic concerns, but is still safe to eat, are repurposed into delicious dried fruit snacks by The Ugly Company. Each bag puts more money in local farmers' pockets and prevents over a pound of food waste.



**UPCYCLED DRIED PEACHES**  
This 4-oz. bag of dried, all-natural peaches prevents over 2 lbs. of food waste.



**UPCYCLED DRIED KIWIS**  
Sliced and dried kiwis without added sugar or preservatives.



**UPCYCLED DRIED NECTARINES**  
All-natural white nectarines are dried and diced for a quick snack.

HyVee SEASONS | [hy-vee.com](https://www.hy-vee.com)



Brand Highlight

**LOLA'S**  
From West Des Moines, Iowa, Lola's produces an array of all-natural hot sauces and salsas, as well as cookies with a kick. Check your local Hy-Vee for these products and more.



**LOLA'S FINE FIERY CHIPOTLE SALSA**  
Only at Hy-Vee will you find this zesty, chunky salsa made with smoked jalapeño peppers.



**LOLA'S MANGO GINGER SCOTCH BONNET HOT SAUCE**  
Sweet meets heat in this Caribbean-inspired hot sauce made with fresh mangoes. Grab it exclusively at Hy-Vee.



**LOLA'S FINE BISCUITS**  
Crisp, crunchy biscuit cookies in flavors like mango habanero, cranberry almond and dark chocolate chipotle.

BOARD BRILLIANCE

SPREAD THE WORD: HY-VEE HAS TOP-OF-THE-LINE SPREADS AND REMADE BOARDS.



**Spotted Trotter Charcuterie**  
Sliced and seasoned deli meats from Spotted Trotter bring texture and salty, savory flavors to boards. Check out a variety of salamis, bresaola, prosciutto and more.



**TOOM Garlic Dips**  
Made in Minnesota, these all-natural garlic dips give veggies and crackers a kick and come in original, Buffalo and pesto flavors.



**Vino Gelatina Organic Wine Jelly**  
These all-organic jellies are sure to boost the flavor and color of charcuterie boards. Find the additive-free spreads in flavors like chardonnay, cabernet and rosé.



**Fall Charcuterie Board**  
This seasonal board features dill pickled beans and carrots, roasted nuts and olives, tart cherries, salami, bruschettini, dark chocolate almonds, grapes, pumpkin spice and Manchego cheeses, paninos, apple horseradish jam and artichoke bruschetta topping.



**Bootlegger Beer Cheese**  
Cayenne pepper and hot sauce give Bootlegger Beer Cheese a pleasant kick. Find your preferred spice level in mild or medium varieties.



Simple Squeeze

**PRIMAL KITCHEN SQUEEZE CHIPOTLE LIME MAYO**  
Zesty chipotle powder and lime add a kick to sandwiches and more.

**PRIMAL KITCHEN SQUEEZE KETCHUP**  
Free from high fructose corn syrup and added sugar, this USDA-certified organic ketchup is made with real California tomatoes.

**PRIMAL KITCHEN SQUEEZE MAYO**  
This easy-to-spread mayo is made with avocado oil and fits into Paleo and Keto diet plans.

EXCLUSIVELY AT HY-VEE



**HY-VEE SELECT 6 LAYER DIP**  
Enjoy flavor-packed layers of refried beans, sour cream, salsa, Cheddar cheese, creamy salsa and guacamole.



**BASKET & BUSHEL POTATOES**  
Fresh spuds from Basket & Bushel are dug from the field at the perfect time before they're shipped to your local Hy-Vee.

Snack Time

HY-VEE CAN HELP SATISFY YOUR CRAVINGS.



**LINDT SWISS MILK GOLD BAR**  
Perfect for gifting, the gourmet milk chocolate is crafted by Swiss chocolatiers for a rich, velvety smooth texture.



**M&M CRUNCHY COOKIE**  
Enjoy the crunch and flavor of a chocolate chip cookie coated with milk chocolate and M&M's candy shell.



**KIT KAT STRAWBERRY DARK CHOCOLATE**  
A classic Kit Kat with a colorful makeover of strawberry crème and dark chocolate.



**ROLO DARK SALTED CARAMEL**  
A rich, dark chocolate exterior covers a creamy salted caramel center.



**WHISPS CHEESE & PRETZEL BITES HONEY MUSTARD**  
Aged Cheddar with pretzel crumbs and a sweet, tangy blend of honey and mustard seasoning.



**WHISPS CHEESE & PRETZEL BITES CHEDDAR**  
Savor this combination of salty pretzels mixed with aged Cheddar.



**CRUNCHMASTER AVOCADO TOAST SALT & PEPPER**  
Baked rice crackers made with avocado, salt and pepper are free of saturated fat and cholesterol.



Tail Wagging

PETSTAGES  
Veterinarian-inspired pet products from PetStages help keep dogs and cats active at every stage of their life. At Hy-Vee, find toys, bones and more to boost canine and feline happiness and wellbeing.



PETSTAGES LIL SNOOP PURPLE & SNOOP BLUE  
Place treats or food inside the Tuff Snoop ball to keep pups entertained and engaged. The squishy, translucent chew toy is made with BPA- and lead-free material that's infused with mint oil to freshen breath.

SKIN & HAIR CARE

SOOTHE AND SOFTEN SKIN AND HAIR WITH THESE RESTORATIVE BATH PRODUCTS AT HY-VEE.



R+CO Atlantis B5 Shampoo  
Revive dry hair with this fragrant shampoo made with hydrating vitamin B5, moisture-capturing glycerin and other natural ingredients that leave hair rich and healthy.



Dr Teal's Shea Sugar Scrub with Coconut Oil & Essential Oils  
Leave skin feeling fresh and hydrated with this scrub formulated with shea butter, coconut oil and avocado oil.



R+CO Gemstone Color Shampoo  
For color-treated hair, this eucalyptus-scented shampoo helps preserve and prolong vibrant hues for up to 10 washes while reducing frizz and breakage.



Dr Teal's Collagen Epsom Salt  
A blend of pure Epsom salt, Himalayan salt and sea salt relaxes muscles while collagen, vitamin C and essential oils smooth and soften skin.



Dr Teal's Kids 3-in-1 Elderberry Bath  
Gently cleanse little ones with a dermatologist-tested all-in-one bubble bath, body wash and shampoo made with natural ingredients like elderberry, vitamin C and natural essential oils.



ALL THE LOCAL GOODNESS YOUR SANDWICHES DESERVE

We believe food tastes better when it's made closer to home. That's why all DI LUSSO® Products are authentically crafted right here. Midwest-made meats and cheeses that come from trusted family farms and turn everyday lunches into your best meal of the day.

FIND IT IN YOUR DELI.





Chobani®

# Grab your back to school favorites



\*Not a low calorie food. ©2022 Chobani, LLC

## level up

### VANILLA ICE CREAM

Elevate classic vanilla ice cream into a fresh, extra-sweet dessert just by adding a few more ingredients.



IT'S YOUR CHURN  
VANILLA BEAN  
ICE CREAM

+



HY-VEE BAKERY  
OATMEAL CHOCOLATE  
CHIP COOKIES

+



HY-VEE MINI  
CHOCOLATE BAKING  
CHIPS

+



HY-VEE FROZEN DARK  
SWEET CHERRIES

▶ CHOCOLATE-  
CHERRY  
OATMEAL  
ICE CREAM

**PLACE** 2 cups softened It's Your Churn vanilla bean ice cream in a large bowl. Stir in 4 Hy-Vee Bakery oatmeal chocolate chip cookies, coarsely chopped (1½ cups) and 2 Tbsp. Hy-Vee mini semi-sweet chocolate baking chips. Gently fold in 1 cup Hy-Vee frozen dark sweet cherries, halved, until combined. Transfer to a 9x5-in. loaf pan. Cover and freeze for 2½ to 3 hours or until firm enough to scoop. To serve, scoop ice cream into 6 sugar cones. Serves 6.



IT'S YOUR  
**Churn**  
PREMIUM ICE CREAM

Satisfy your sweet tooth with premium ice cream available only at Hy-Vee. With nearly 30 rich flavors, every ice cream aficionado will find something to love.





# START THE SCHOOL YEAR WITH FLAVOR



Smithfield



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## 101 HATCH PEPPERS

Get these sweet-and-smoky chiles at Hy-Vee while they're in season to add some heat to your favorite dishes.

**H**atch chile peppers are named after their original growing area in the Hatch Valley of New Mexico, and are typically harvested August through September. Their unique balance of heat, sweetness and earthiness makes them a *hot* commodity when in season. They look similar to a curvy Anaheim chile pepper but are firmer with a thick skin and can have a greater range of heat. Most Hatch peppers are about a third as hot as a typical jalapeño pepper and are high in vitamin C to help the body form blood vessels, cartilage, muscle and collagen in bones.

**BUY** The freshest peppers will be bright green, glossy and firm to the touch. Avoid any with soft spots and select peppers with medium to thick flesh.

**STORE** Keep unrinsed Hatch peppers in a plastic bag in the crisper drawer of the fridge, separate from other fruits and veggies, for up to 5 days.

**PREP** Lightly wash the chiles, then slice off the stem and cut peppers into quarters. Use a spoon to scrape out the pith and seeds to lessen heat, if desired.



### WAYS TO ENJOY

#### Raw

Hatch peppers can be eaten raw as a topping for burgers, brats, sandwiches and pizzas. They offer a crisp, lightly spicy flavor with a mild pungency that is similar to an onion.

#### Puréed

Roast and purée Hatch peppers to use in a sauce, salsa, queso or hummus. Enjoy with tortilla chips, spoon over tacos or add to enchiladas and other baked casseroles.

#### Pickled

Hatch peppers are only in season for about six weeks but can be preserved by pickling with 1 part water, 1 part white vinegar, ½ part sugar and a dash of salt.

Source: [mayoclinic.org/drugs-supplements-vitamin-c/art-20363932](https://www.mayoclinic.org/drugs-supplements-vitamin-c/art-20363932)



# BIGGER PATTIES. BETTER SANDWICHES.



**FIND THEM  
IN THE  
FROZEN FOOD  
AISLE AT**

**HyVee®**



**SPICE IT UP**  
Hatch chile season lasts about six weeks. To make this jelly year-round, use Anaheim peppers in place of Hatch peppers.



**Jelly in a Jiffy**  
See how quickly and easily this spicy hatch pepper jelly goes together.

**HyVee seasons**  
Watch and learn at [Seasons.Hy-Vee.com](https://Seasons.Hy-Vee.com)

## Sweet-and-Spicy Hatch Pepper Jelly

**Total Time** 50 minutes  
**Serves** 16 (2 Tbsp. each)

- 6 Hatch chile peppers\***
- 1 red Fresno chile pepper\***
- 2 Tbsp. Gustare Vita olive oil, divided**
- ½ tsp. kosher salt**
- 2 green onions, sliced**
- 3 Tbsp. Full Circle Market organic unfiltered apple cider vinegar**
- 2 large cloves garlic, peeled and sliced**
- 1 (10-oz.) jar Full Circle Market organic European apricot fruit spread**

- 1. PREHEAT** charcoal or gas grill for direct cooking over medium-high heat (375°F).
- 2. COMBINE** Hatch and Fresno peppers, 1 Tbsp. olive oil and salt in large bowl; toss to coat. Grill peppers for 5 to 10 minutes or until blistered and slightly charred, turning occasionally. Cool; remove stems and seeds, and coarsely chop.
- 3. HEAT** remaining 1 Tbsp. olive oil in medium saucepan on stovetop over medium heat. Add chopped Hatch and Fresno peppers, green onions, vinegar and garlic. Cook for 3 to 5 minutes or until softened, stirring occasionally.
- 4. STIR** fruit spread into pepper mixture. Bring to a boil; reduce heat to medium-low. Simmer for 20 to 25 minutes or until thickened, stirring occasionally. Cool completely. Store covered in refrigerator up to 5 days.

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

Per serving: 50 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 60 mg sodium, 9 g carbohydrates, 0 g fiber, 8 g sugar (4 g added sugar), 0 g protein.  
Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 0%

**VEGETARIAN DISH**



# basics

## HOW TO INFUSE VODKA

Create unique, flavors by immersing your choice of ingredients in this distilled spirit.

Infusing involves steeping one or more ingredients in a distilled spirit to extract their flavor. With its neutral taste, vodka is well suited to take on the flavors of various ingredients. While it's a simple process, infusing does take time—generally, 3 to 7 days. However, hot peppers start infusing in as little as 10 to 20 minutes and the vodka can be ready in a day or two. Meanwhile, pineapple can take two weeks to finish. Infusing for too long may result in an overly strong, bitter or sweet drink. If the jar is fragrant when opened, the infusion is ready to be sampled. When the taste is to your liking, serve the flavored vodka straight or use it to craft signature cocktails.

### RASPBERRY-MINT INFUSED VODKA

- + 1 (750-ml) bottle 80-proof vodka
- + 2 cups raspberries
- + 1 cup tightly packed fresh mint with stems

### SIGNATURE DRINK:

Add lemon juice and ginger beer to create a refreshing cocktail.

VISIT  
SEASONS.  
HY-VEE.COM  
TO FIND  
DRINK  
RECIPES  
FOR THESE  
INFUSIONS.



### VODKA FOR INFUSING

Look for Midwest-produced ROW vodka at Hy-Vee. It is made from 100% American corn and distilled five times.

## HOW TO INFUSE

Use this simple technique to create flavored vodka.



**ADD** rinsed and dried ingredients to a clean ½-gallon canning jar.



**POUR** 1 (750-ml) bottle of vodka into jar. Cover and store at room temperature for 3 to 7 days.



**STIR** or lightly shake jar daily to release flavor. Infusion is ready when vodka deepens in color and flavor is to your liking.



**POUR** finished infusion into a serving container, if desired. If storing, strain through a fine-mesh sieve and refrigerate for up to 1 month.

### RASPBERRY-MINT INFUSED VODKA

- + 1 (750-ml) bottle 80-proof vodka
- + 2 cups raspberries
- + 1 cup tightly packed fresh mint with stems

### SIGNATURE DRINK:

Add lemon juice and ginger beer to create a refreshing cocktail.

### TOASTED MARSHMALLOW INFUSED VODKA

- + 1 (750-ml) bottle 80-proof vodka
- + 20 Hy-Vee marshmallows, toasted
- + 1 vanilla bean, split lengthwise

### SIGNATURE DRINK:

Mix with chocolate syrup, chocolate liqueur and heavy cream and serve in a martini glass.

### HIBISCUS ORANGE INFUSED VODKA

- + 1 (750-ml) bottle 80-proof vodka
- + 5 whole mandarin peels, piths removed
- + 5 hibiscus herbal tea bags, tags and string removed

### SIGNATURE DRINK:

Combine with fresh mandarin and lime juices and simple syrup.





# PORK YOU CAN CUT WITH A FORK.

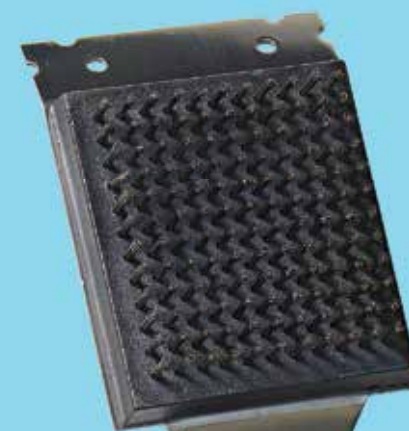


Serving suggestion | ©2022 Hormel Foods, LLC

## solutions

### HOW TO CLEAN GRILL RACKS

Remove grease and grime in four easy steps to prevent food from sticking and protect the flavor of your next meal.



#### BRUSH UP

A grill brush has stiff steel bristles that remove hardened grease. Inspect your brush before each use and replace it if any bristles are loose or frayed. Visit Hy-Vee to find an assortment of grill brushes, scrubber pads and other grill accessories.



#### STEPS



**1. WITH THE RACKS ON THE GRILL**, apply high heat with the lid closed for 10 to 15 minutes. The high temperature will help loosen hardened grease and leftover food.



**2. TURN OFF OR REDUCE HEAT.** Scrape warm racks with a long-handled grill brush to remove grease and keep your hand at a safe distance from heat. For porcelain racks, opt for a soft bristle or nylon cleaning brush to protect the enamel.



**3. FILL A BUCKET** with warm water and dish soap. Once the racks are completely cooled, place them in the soapy water and scrub with a sponge or scrubbing pad to remove remaining grime.



**4. DRY THE RACKS COMPLETELY** and place them back on the grill. Dip a paper towel in vegetable oil and apply oil across the racks to help extend longevity.



# savings

## MAKE YOUR PRODUCE LAST LONGER

Extend the shelf life of your favorite fruits, vegetables and herbs so you have more time to use them.

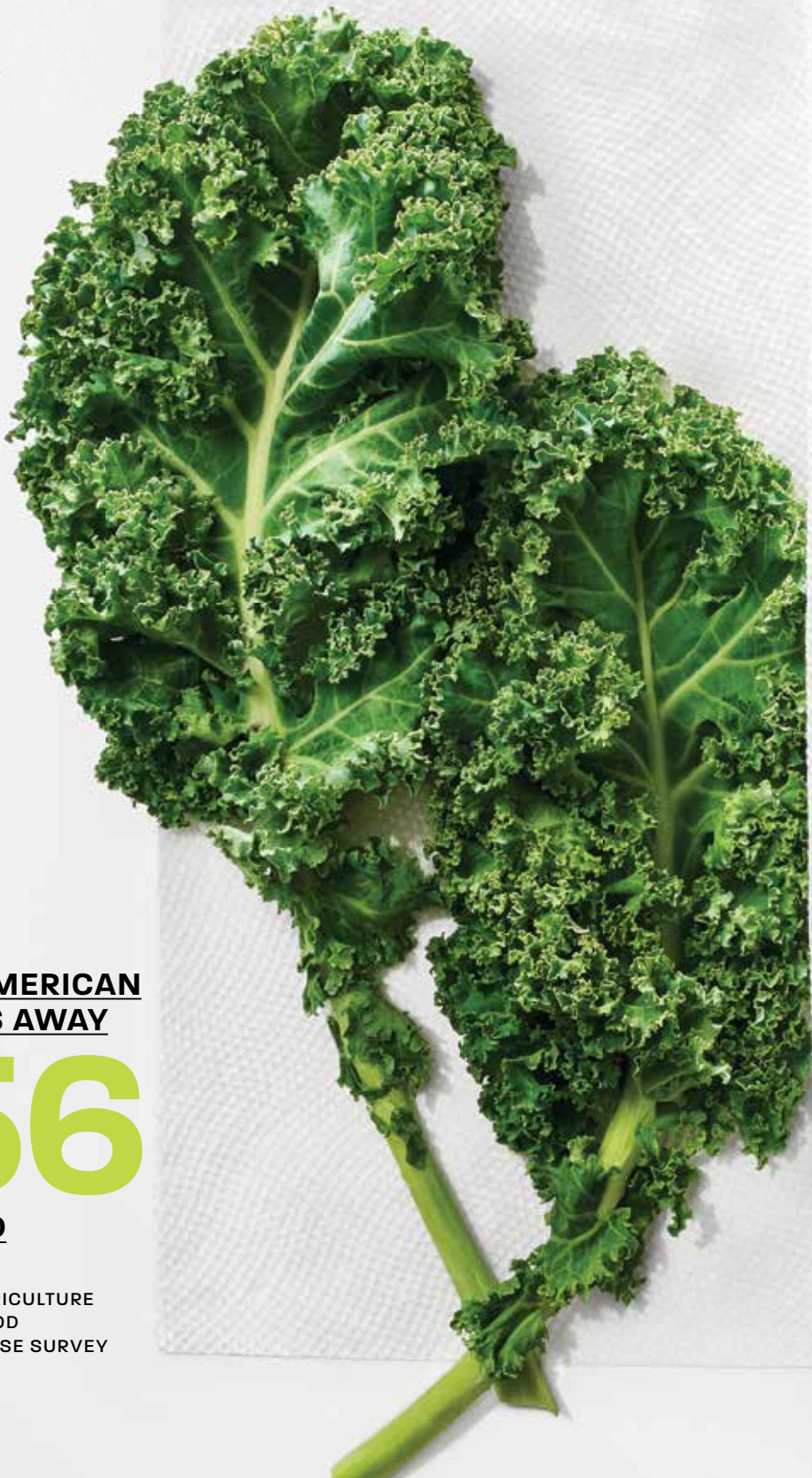
The average American family throws away nearly one-third of its food each month, according to the USDA. That's not just a strain on the family budget, it's also a waste of the water and energy needed to produce, package, transport and dispose of the uneaten food. Fresh fruits and vegetables are a major part of waste, simply because they expire in days or weeks instead of months or years like packaged foods. Storing produce correctly can help keep it fresh longer, extending its usefulness by anywhere from several days to a week or more.

### THE AVERAGE AMERICAN FAMILY THROWS AWAY

# \$156

### WORTH OF FOOD EACH MONTH.

—U.S. DEPARTMENT OF AGRICULTURE  
NATIONAL HOUSEHOLD FOOD  
ACQUISITION AND PURCHASE SURVEY



**ETHYLENE GAS EMISSIONS**  
Some fruits and vegetables emit more ethylene gas than others. These gaseous hormones regulate the ripening process and can therefore hasten ripening of nearby produce. Heavy gas emitters can be bagged, if appropriate, or kept separate from other produce, including other heavy gas emitters.

**Heavy gas emitters:** apples, avocados, bananas, honeydew melons, mangoes, pears, peaches, plums, potatoes, strawberries and tomatoes.

**Ethylene-sensitive foods:** asparagus, broccoli, Brussels sprouts, carrots, cauliflower, cucumbers, herbs, leafy greens, onions, pumpkins and squash.

# 6 Ways to Maximize Shelf Life and Save Money



### Avocados

**Potential Shelf Life:**  
3 to 4 days refrigerated when ripe (unripe avocados may ripen over 4 to 5 days before being refrigerated).  
**How to Store:** Allow unripe avocados to ripen on the counter, out of sunlight, before refrigerating. When ripe, refrigerate whole fruit in the crisper until ready to use. If fruit has been cut, seal the flesh with lemon juice to prevent oxidation, then wrap tightly in plastic wrap and refrigerate.



### Bananas

**Potential Shelf Life:**  
3 days from time of ripening; 6 weeks frozen.  
**How to Store:** Hang bananas to prevent bruising. A cool spot out of direct sunlight is best (bananas ripen rapidly in warm temperatures). After bananas are ripe, you can refrigerate them to gain a few extra days (the peel may turn brown but it will not affect the taste). To freeze bananas, peel them and mash them into a purée, then freeze in a freezer bag.



### Berries

**Potential Shelf Life:**  
1 to 2 weeks refrigerated, 6 to 12 months frozen.  
**How to Store:** Store berries in a sealed Mason jar in the fridge. Do not rinse beforehand, as the moisture can induce mold formation. Freezing is a long-term option. Rinse berries (and hull strawberries), then pat dry. Arrange berries on a baking sheet and freeze for two hours, then add to a freezer bag, removing as much air as possible before sealing and returning to freezer.



### Celery

**Potential Shelf Life:**  
2 to 3 weeks from date of purchase when refrigerated.  
**How to Store:** Discard plastic packaging. Leaving bunch intact, wrap celery tightly in aluminum foil to prevent moisture from escaping, then place in refrigerator crisper. Note: If celery becomes limp, restore firmness by soaking in water. To keep chopped celery stalks crisp, submerge in water in a sealed container in the refrigerator.



### Kale

**Potential Shelf Life:**  
3 to 5 days (cut leaves) or 1 week (whole leaves) refrigerated; 1 year frozen.  
**How to Store:** Remove bands and ties. To avoid adding extra moisture, wrap unrinsed kale in a paper towel, then place in a zip-top plastic bag and press out extra air before sealing. Store in crisper. To freeze, remove stems and blanch leaves in salted boiling water for 1 to 2 minutes, then drop into ice bath. Pat leaves dry, freeze on baking sheet for 2 hours, then freeze in sealable plastic bags.



### Herbs

**Potential Shelf Life:**  
7 to 10 days refrigerated.  
**How to Store:** Tender herbs like cilantro and parsley: trim stems, then set herbs upright in a glass with enough water to cover about 1 in. of stem. Cover loosely with an open zip-top plastic bag and refrigerate. (Exception: basil, which should be stored at room temperature in a light area out of direct sunlight.) Hardy herbs like rosemary and thyme: roll up in a damp paper towel, place in plastic bag and refrigerate.



# IT'S THIS EASY



## ON-THE-GO ORDERS

Whether you're on a quick lunch break or picking up the kids, Hy-Vee Fast and Fresh makes it easy to grab a tasty, ready-to-eat meal on the go. Save even more time by ordering online at [hy-vee.com/mealtime](https://hy-vee.com/mealtime) before you leave and pick up your prepared order on the way.

**HyVee**  
**Fast & Fresh**

# august 2022



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NEW WAYS TO USE

# BIG BOLD



## EXPERT GRILLING TIPS FOR BRATS

ALEX STRAUSS, HY-VEE CHEF

With over 11 years of culinary experience, Hy-Vee chef Alex Strauss knows the tips and tricks for the best brats. Throughout the story, look for his advice on preparing and cooking brats.



Enjoy brats like never before with these innovative recipes and toppers. Plus, a veteran Hy-Vee chef has the answers to your top brat-grilling questions.

# BRATS





### What is the best way to prep brats?

“My favorite way to cook brats is to poach them in an amber beer for 10 minutes and finish on a grill set to medium heat. Not a beer person? Try chicken broth, apple juice or equal parts water and white wine.”

—Alex Strauss,  
Hy-Vee chef

30  
minutes  
or less

## TORTELLINI ALFREDO WITH ONION BRATS AND SPINACH

Cook 1 (19-oz.) bag frozen Hy-Vee Select cheese tortellini according to pkg. directions. Drain; set aside. Heat 1 Tbsp. Gustare Vita olive oil in a large skillet over medium heat. Add ½ tsp. Hy-Vee crushed red pepper; cook 30 seconds. Add 3 Hy-Vee skinless onion bratwursts to skillet. Cook for 6 to 9 minutes or until browned (165°F), stirring to break bratwursts into large crumbles. Transfer crumbles to a bowl using a slotted spoon. Stir 1 cup dry white wine and 1 Tbsp. Hy-Vee Dijon mustard to skillet

with drippings. Cook over medium heat, scraping browned bits from bottom of skillet. Simmer for 3 minutes. Stir in 1 (12.5-oz.) jar Gustare Vita Alfredo sauce; gently simmer for 3 to 4 minutes or until slightly thickened, stirring frequently. Stir in tortellini, bratwurst crumbles, 3 cups lightly packed Full Circle Market organic baby spinach and ½ cup Soirée shredded Parmesan cheese; heat through. Garnish with basil and additional crushed red pepper and Parmesan cheese, if desired. Serves 4 (1½ cups each).



## CHEESY BEER BRATWURST AND CORN CHOWDER

Slice 4 Hy-Vee beer bratwursts into ¼-in.-thick slices. Cook slices in 1 Tbsp. Gustare Vita olive oil in 5½-qt. Dutch oven over medium-high heat 4 to 6 minutes or until browned, stirring occasionally; set aside. Add 1 Tbsp. olive oil to drippings in Dutch oven. Cook and stir 1 (16-oz.) container Hy-Vee Short Cuts fajita vegetables, chopped, with 1 tsp. coarsely ground Hy-Vee black pepper 5 to 6 minutes or until softened. Add 1 Tbsp. bottled minced garlic; cook over low for 30 seconds or until fragrant. Remove Dutch oven from heat; stir in 1 (12-oz.) bottle American pale ale. Cook over medium heat for 3 minutes. Cut potatoes in half from 1 (1-lb.) pkg. roasted garlic, rosemary & thyme fresh creamer potatoes with seasoning packet. Add potatoes and seasoning packet, 3½ cups Hy-Vee 33% less sodium chicken broth and 1 (10-oz.) pkg. Hy-Vee frozen super sweet corn to Dutch oven. Simmer, covered, 10 minutes. Stir in 1 cup Hy-Vee Monterrey Jack salsa con queso and bratwursts. Simmer, covered, 10 minutes or until potatoes are tender. Combine 2 Tbsp. Hy-Vee corn starch and ½ cup chicken broth in bowl; slowly stir into chowder. Stir in 1 cup Hy-Vee shredded Cheddar cheese; cook and stir 1 to 2 minutes or until slightly thickened. Garnish with additional Cheddar cheese and sliced green onions, if desired. Serves 10 (1 cup each).



### What is the best temperature for grilling brats?

“Rip-roaring flames are the enemy of a brat. Stick to medium heat to avoid splitting and for maximum GBD (golden brown deliciousness).”

—Alex Strauss,  
Hy-Vee chef

## BREAKFAST BRATWURST SANDWICHES

Prepare 4 Hy-Vee frozen potato patties according to pkg. directions. Cut crosswise in half 4 slices Hy-Vee Country Smokehouse thick-sliced bourbon & brown sugar slab bacon; cook bacon and set aside. Spray a large grill pan with Hy-Vee nonstick cooking spray; heat over medium-high heat. Add 4 (4-oz.) Hy-Vee bacon Cheddar bratwurst burgers; cook for 8 to 10 minutes or burgers reach 165°F, turning halfway through. Remove burgers from grill pan; loosely cover with foil and let rest for 2 minutes. Place 1 small tomato, sliced, on paper towels to drain. Stir together ¼ cup Hy-Vee plain Greek yogurt and 1 tsp. fresh lime juice in a small bowl; set aside. For egg patty, whisk together 4 Hy-Vee large eggs, 2 Tbsp. water and 1 Tbsp. chopped fresh chives in a

medium bowl until combined. Heat 1 Tbsp. Hy-Vee salted butter in a medium nonstick skillet over medium heat. Pour in egg mixture; gently stir with a silicon spatula until egg mixture begins to set. Stop stirring and use spatula to carefully lift the cooked edge of egg mixture; tilt skillet so runny egg mixture can flow underneath towards the middle. Cook for 1 to 2 minutes or until set. Transfer egg patty to a cutting board and cut into fourths. Split and toast 4 Hy-Vee plain English muffins. To assemble, layer English muffin bottoms with potato patties, bratwurst burgers, ¼ cup apple-maple bacon jam, egg portions, bacon, tomato slices, 1 cup lightly packed baby spinach and yogurt mixture. Place remaining English muffin tops, cut sides down. Serves 4.



# 4

## BOLD BRAT TOPPERS

Uniquely crafted toppings take already-delicious Hy-Vee brats to the next level.



Check out the Hy-Vee Bakery for freshly made white, wheat, brioche and Hy-Waiian brat buns.

### How long should brats be grilled?

"Once you poach brats for 10 minutes, they should only take 4 to 5 minutes per side. I personally only turn my brats twice. After about 5 minutes I check the bottom of the brat and if it's nice and brown, I flip it."

—Alex Strauss, Hy-Vee chef

### TEX-MEX

Hy-Vee Meat Department beer bratwurst, grilled + Hy-Vee Bakery brat bun, split and toasted + Hy-Vee homestyle guacamole + red onion, chopped + cherry tomatoes, quartered + fresh cilantro, chopped

### KOREAN BBQ

Hy-Vee Meat Department green onion bratwurst, grilled + Hy-Vee Bakery brat bun, split and toasted + kimchi pickled cabbage + mini cucumber, sliced + Hy-Vee Korean gochujang sauce

### ENDLESS FLAVOR

The Hy-Vee Meat Department features a variety of brats in 20 flavors\*.

\*Availability may vary by store.

**REGULAR:** Classic style with casing to maintain shape.

Apple & Brown Sugar Maple  
Bacon Cheddar Beer  
Chipotle Pepper Jack

Chorizo Fresh Cheddar Green Onion Hot Italian Jalapeño Cheddar Pizza

**SKINLESS:** The brat flavor you love without the casing or "skin."

Bacon Cheddar Busch Light Jalapeño

Cheddar Pineapple Pork

**PATTY:** Traditional flavor and texture but in a flat round.

Bacon Cheddar Busch Light Jalapeño Cheddar Pineapple Pork

### CRAB RANGOON

Hy-Vee Meat Department pork bratwurst, grilled + Hy-Vee Bakery brat bun, split and toasted + Hy-Vee whipped cream cheese spread + Fish Market flaked imitation crab meat + Hy-Vee wonton strips + green onion, sliced + Hy-Vee Thai sweet chili sauce, optional

### SPICY PEACH SALSA

Hy-Vee Meat Department skinless pineapple bratwurst, grilled + Hy-Vee Bakery brat bun, split and toasted + peach preserves + shallot, sliced + peach, pitted and chopped + jalapeño pepper, sliced + fresh lime juice



## GRILLED PINEAPPLE BRATWURST HAWAIIAN PIZZA

Preheat charcoal or gas grill with a greased rack and two grilling zones: direct grilling over medium-high heat (375°F) and indirect grilling over medium heat (350°F). Lightly spray 2 Hy-Vee skinless pineapple bratwursts with Hy-Vee nonstick cooking spray. Grill over direct heat for 8 to 11 minutes or until bratwurst reach 165°F, turning frequently. Cool slightly; cut into ½-in. cubes. Grill 2 (¾-in.-thick) slices Hy-Vee Short Cuts cored pineapple over direct heat for 2 to 4 minutes or until slightly charred, turning halfway through. Cool slightly; cut into small cubes. Brush top and bottom of 1 (14-oz.) pkg. 12-in. pizza crust with 2 Tbsp. Hy-Vee vegetable oil. Grill over direct heat for 1 to 3 minutes or until deep golden brown, rotating frequently with tongs and turning halfway through; remove from grill. Top crust with ½ cup whiskey maple BBQ sauce; 1 (8-oz.) pkg. smoked fresh mozzarella cheese, torn into 1-in. pieces; bratwurst; pineapple; and ½ small red onion, cut into thin strips. Carefully slide pizza back onto grill over indirect heat. Cover grill and grill for 12 to 15 minutes or until cheese is melted. Garnish with Italian parsley and thinly sliced jalapeño peppers, if desired. Serves 8.



### Goopy Goodness

Discover how to pair brats and cheese in a tempting casserole.

**Hy-Vee**  
**seasons**

Watch and learn at  
[Seasons.Hy-Vee.com](https://Seasons.Hy-Vee.com)

## TRIPLE- CHEESE MAC AND BRATS

Preheat oven to 425°F. Spray 8-in. square baking dish with nonstick spray. Prepare 1 (14-oz.) pkg. Hy-Vee deluxe macaroni & cheese dinner according to pkg. directions. Cook 1 (2-oz.) pkg. thinly sliced pancetta in a large skillet over medium heat for 2 minutes or until crispy, turning halfway through. Remove from skillet; drain on paper towels. Add 2 Hy-Vee skinless jalapeño bratwursts to drippings in skillet. Cook for 6 to 9 minutes or until browned (165°F), stirring to break bratwursts into large crumbles. Add cooked bratwurst with drippings, 1 cup shredded Culinary Tours Gruyère cheese, ½ cup Hy-Vee half & half to prepared macaroni & cheese dinner in saucepan; gently stir until combined. Spread mixture evenly in prepared baking dish. Sprinkle with ½ cup Hy-Vee plain panko bread crumbs and ½ cup Soirée shredded Parmesan cheese. Bake for 15 to 20 minutes or until bubbly and golden brown. Crumble reserved pancetta over top. Garnish with fresh chives, if desired. Serves 4 (1½ cups each).

### What's a fun way to use brats?

"How about brachos? Add sliced brats on top of a pile of tortilla chips, pour on beer cheese sauce, drizzle with salsa and you have a unique take on nachos."

—Alex Strauss,  
Hy-Vee chef

## PRETZEL BRAT PULL- APARTS

Preheat oven to 400°F. Line a 15×10-in. rimmed baking pan with parchment paper. Spray with Hy-Vee nonstick cooking spray. Dissolve 5 tsp. instant quick-rise yeast and 1 Tbsp. Hy-Vee granulated sugar in 1½ cups warm water (110°F to 115°F) in small bowl; set aside. Bring an additional ½ cup water to boil in small saucepan. Stir in 1 tsp. Hy-Vee baking soda until dissolved; cool. Stir together 4 cups Hy-Vee all-purpose flour; ¼ cup Hy-Vee salted butter, melted; and 1 tsp. Hy-Vee kosher sea salt in large bowl until combined. Add yeast mixture; stir with wooden spoon until dough begins to form a ball. Turn dough out onto a lightly floured surface. Knead for 4 to 5 minutes or until smooth and elastic. Divide dough into 24 equal pieces. Roll each into a ball and then press out into a 2- to 3-in. round. Cut 6 Hy-Vee apple & brown sugar maple bratwursts each into 4 equal pieces. Wrap each with a piece of dough; pinch edges together to enclose. Place in prepared baking pan with seam sides down and edges touching. Brush tops of dough bundles with cooled baking soda mixture. Beat 1 Hy-Vee large egg yolk with fork; brush on dough bundles. Sprinkle evenly with 1 tsp. kosher sea salt. Bake for 22 to 25 minutes or until dough is golden brown and internal temperature reaches 165°F. Cool for 5 minutes before serving. Serve with Hy-Vee honey mustard, if desired. Serves 12 (2 each).

### Any ideas on using up leftovers?

"On the off chance that there are leftover brats, I slice them and put them into my Wisconsin beer cheese soup to turn a soup into a meal."

—Alex Strauss,  
Hy-Vee chef



# BLOCK CHEESE JUST GOT REAL.

ALWAYS 100% REAL, NATURAL CHEESE



Always 100% real, natural cheese and full of flavor, the delicious varieties from Sargento are a welcome addition to snack time, dinnertime or anytime.



## SWITCH INTO POWER MODE



Take on the back-to-school  
hustle with nourishing  
peanut butter.



serving suggestion

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# LUNCHBOX



## WHAT TO PACK

**Follow the U.S. Department of Agriculture's MyPlate guidelines of a mix of fruits, vegetables, grains, proteins and dairy for a well-rounded, healthy diet.**

### 1. FRUITS

**Daily recommendation:**  
1 to 2 cups

Fruits are sources of essential nutrients including potassium, dietary fiber, vitamin C and folate. These nutrients help maintain healthy blood pressure, aid proper bowel function and help with growth and repair of all body tissues.

### 2. VEGGIES

**Daily recommendation:**  
1 to 3 cups

Veggies provide vitamin C to keep teeth and gums healthy, vitamin A to protect against infections and fiber for digestive health. Vegetables are also low-calorie foods that may be useful in helping maintain a healthy weight.

### 3. GRAINS

**Daily recommendation:**  
3 to 6 oz. of total grains (half of them whole grains)

The B vitamins thiamin, riboflavin and niacin in whole grains play a key role in a healthy metabolism and weight by helping the body release energy from protein, fat and carbohydrates.

### 4. PROTEIN

**Daily recommendation:**  
2 to 5½ oz.

Protein-rich foods are the building blocks for bones, muscles, cartilage, skin and blood in the body. They include iron to prevent anemia, zinc to support the immune system and magnesium to build bones and aid muscle function.

### 5. DAIRY

**Daily recommendation:**  
16 to 20 oz.

Calcium, found in dairy products, is especially important for children and adolescents when bone mass is still being built. Calcium promotes bone health and also helps prevent osteoporosis as people grow older.



### DIETITIAN TIPS FROM HY-VEE

"Eating nutrient-rich meals and snacks during the school day helps kids concentrate and gives them the energy they need to perform their best, both in the classroom and during after-school activities. When packing lunches for school, try to include a protein, grain, dairy and a fruit and/or vegetable." –Amy Cordingley, MS, RD, LD, Hy-Vee dietitian





**MAKE IT A BENTO**  
 “Make lunch appealing with creative presentation ideas. If you have extra time, thread fruits and veggies into kabobs or make sandwiches more visually fun with different shapes of cookie cutters.” –Amy Cordingley, Hy-Vee dietitian



SCAN THE QR CODE to shop bento boxes at Hy-Vee.



## Oven-Roasted Turkey Breast

**Hands On** 10 minutes  
**Total Time** 1 hour 15 minutes plus standing time  
**Serves** 4

1 Tbsp. Gustare Vita olive oil  
 1 tsp. Hy-Vee dried oregano  
 1 tsp. Hy-Vee dried rosemary  
 1 tsp. Hy-Vee paprika  
 ½ tsp. Hy-Vee salt  
 ½ tsp. Hy-Vee onion powder  
 ½ tsp. Hy-Vee garlic powder  
 ½ tsp. Hy-Vee dried thyme  
 ½ tsp. Hy-Vee black pepper  
 1 (2½-lb.) fresh split bone-in turkey breast

**1. PREHEAT** oven to 350°F. Stir together olive oil, oregano, rosemary, paprika, salt, onion powder, garlic powder, thyme and black pepper.

**2. LOOSEN** turkey skin from breast by gently sliding fingers underneath skin, being careful not to tear skin. Spoon half of seasoning mixture underneath skin, spreading gently to cover breast meat. Rub remaining seasoning over skin on outside of turkey breast.

**3. PLACE** in a 13×9-in. baking pan, skin side up. Roast for 1 hour 5 minutes to 1 hour 15 minutes or until internal temperature reaches 165°F in thickest part of breast. If necessary, cover with foil to prevent overbrowning. Remove from oven. Let rest for 15 minutes before slicing.

Per serving: 490 calories, 24 g fat, 6 g saturated fat, 0 g trans fat, 185 mg cholesterol, 450 mg sodium, 1 g carbohydrates, 1 g fiber, 0 g sugar (0 g added sugar), 63 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 20%, Potassium 0%

**GF** GLUTEN FREE

## COMPLETELY BALANCED

In addition to the turkey breast, add cheese and whole grain crackers; fruit like berries, watermelon and pineapple; and vegetables like lettuce, cherry tomatoes and cucumber. Don't forget the milk!



**ALLERGY-FREE**

For kids with peanut allergies, try SunButter Natural sunflower butter or MaraNatha Natural almond butter.



## No-Sugar-Added Banana Bread PB&J Sandwiches

**Hands On** 25 minutes  
**Total Time** 1 hour 25 minutes plus cooling time  
**Serves** 8

Hy-Vee nonstick cooking spray  
 1½ cups Hy-Vee all-purpose flour  
 2 tsp. Hy-Vee ground cinnamon  
 1 tsp. Hy-Vee baking soda  
 ¾ tsp. Hy-Vee salt  
 2 Hy-Vee large eggs  
 1½ cups mashed very ripe bananas  
 ½ cup Hy-Vee canola oil  
 1 tsp. orange zest

½ cup fresh orange juice  
 2 tsp. Hy-Vee vanilla extract  
 ½ cup Hy-Vee sunflower kernels, roasted & unsalted  
 ½ cup Smucker's Simply Fruit strawberry fruit spread\*  
 ½ cup no-added-sugar peanut butter

**1. PREHEAT** oven to 350°F. Spray a 9×5-in. loaf pan with nonstick spray. Whisk together flour, cinnamon, baking soda and salt in a small bowl; set aside.

**2. WHISK** eggs in medium bowl. Stir in mashed bananas, oil, orange zest and juice and vanilla. Gradually stir in flour

mixture until just combined. Fold in sunflower kernels.

**3. SPREAD** batter in prepared pan. Bake for 55 to 60 minutes or until toothpick inserted near center comes out clean. Cool in pan on wire rack for 10 minutes. Remove bread from pan; cool completely on wire rack.

**4. CUT** bread into 16 (½-in.-thick) slices. Spread fruit spread evenly on 8 slices of bread. Spread peanut butter on remaining bread slices and place on top over fruit spread, peanut butter sides down, to form sandwiches.

**5. TO STORE**, wrap each sandwich separately in plastic wrap. Store in a covered freezer container or resealable freezer bag up to 2 weeks. Thaw before serving.

\*NOTE: To keep sandwiches low sugar, use a no-sugar-added fruit spread like Smucker's.

Per serving: 410 calories, 24 g fat, 3 g saturated fat, 0 g trans fat, 45 mg cholesterol, 390 mg sodium, 41 g carbohydrates, 4 g fiber, 17 g sugar (0 g added sugar), 9 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 6%

**V** VEGETARIAN DISH

## PAIR WITH:



**Fruit and vegetables.** Round out the meal by including Hy-Vee Fruity Go applesauce and baby carrots with the sandwich.



## PACK THEM RIGHT

Find cute Fit + Fresh lunch boxes at Hy-Vee.



**DREAMER** This lunch tote pattern features unicorns, cats, shooting stars and more.



**STAR-STUDED** Load up on lunch with a main pouch, a front pocket and drink holder.



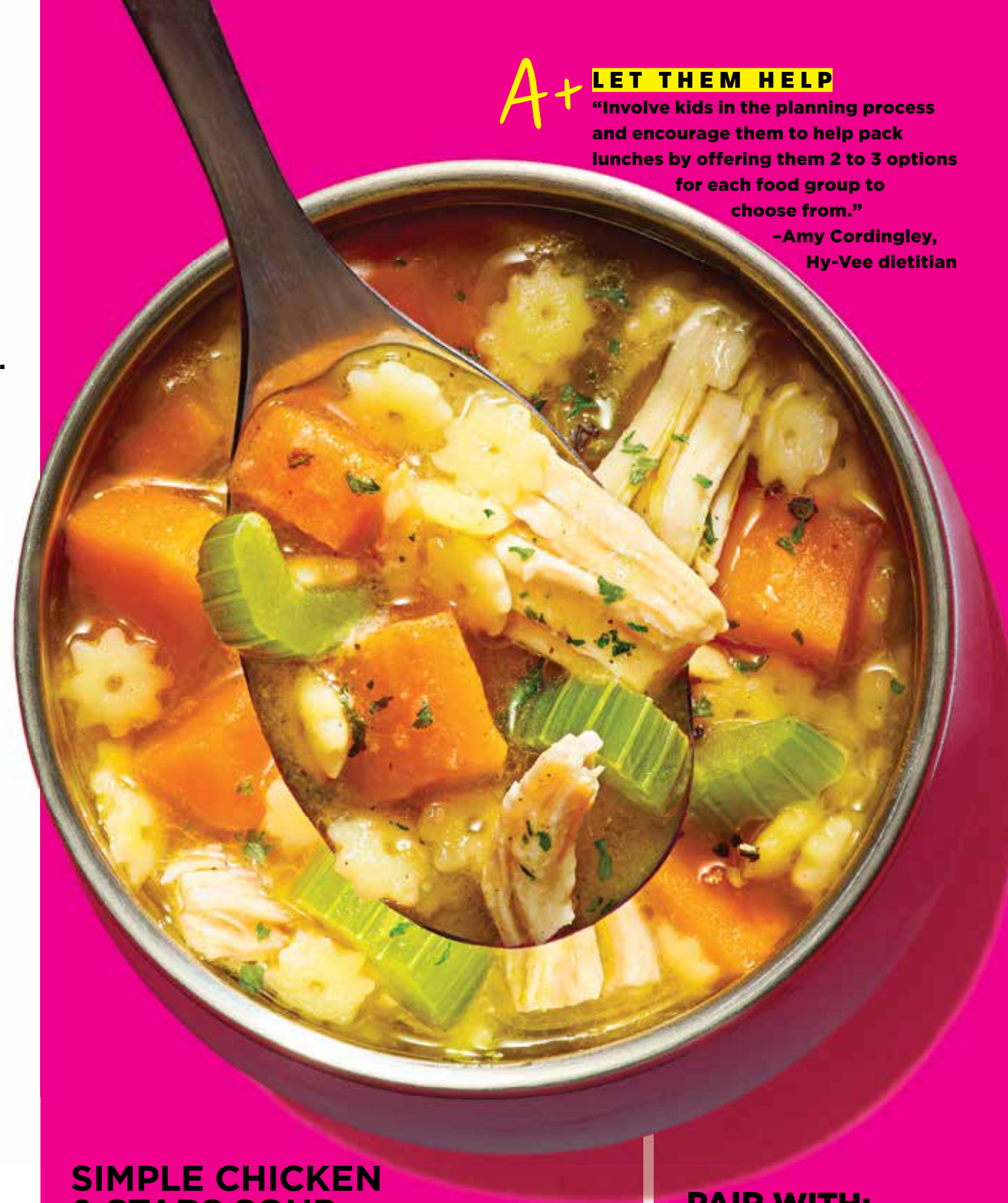
**D.I.Y. STICKERS** This bag comes with stickers so kids can decorate it exactly how they want.



**GLITZ & GLITTER** Kids can walk the halls in style with this glittery lunch tote.

**A+ LET THEM HELP**  
“Involve kids in the planning process and encourage them to help pack lunches by offering them 2 to 3 options for each food group to choose from.”

—Amy Cordingley,  
Hy-Vee dietitian



## SIMPLE CHICKEN & STARS SOUP

Heat 2 Tbsp. Gustare Vita olive oil in large saucepan over medium heat. Add 1 cup chopped carrot and ¾ cup sliced celery. Cook for 5 minutes, stirring frequently. Stir in 2 Tbsp. Hy-Vee all-purpose flour. Gradually stir in 1 (32-oz.) container Hy-Vee chicken broth and 2 cups water. Add ¾ tsp. Hy-Vee onion powder, ½ tsp. Hy-Vee garlic powder, ½ tsp. Hy-Vee black pepper and ¼ tsp. Hy-Vee salt. Bring to a boil; stir in ¾ cup uncooked Colavita stars pasta. Reduce heat to medium-low; simmer for 7 minutes, stirring occasionally. Stir in 2 cups shredded Hy-Vee Kitchen picked rotisserie chicken, 1 Tbsp. fresh lemon juice and 1 tsp. Hy-Vee dried parsley flakes. Simmer for 2 minutes or until pasta is tender. Let stand for 15 minutes for soup to slightly thicken. Serves 6 (1¼ cups each).

## PAIR WITH:



**Fruit, dairy and whole grains.**  
Toss in an apple, A&E fat-free skim milk and Annie's Organic chocolate chip chewy granola bar.

## CARROT CAKE ENERGY BITES

Place ¾ cup Hy-Vee California sun-dried raisins, ½ cup Hy-Vee old fashioned oats, ½ cup Hy-Vee dried pineapple, ¼ cup Hy-Vee chopped pecans and ¼ cup Full Circle Market organic chia seeds in a food processor. Cover and pulse until finely chopped. Add 1½ cups shredded carrots, 1 tsp. Hy-Vee ground cinnamon, 1 tsp. Hy-Vee vanilla extract, ¼ tsp. Hy-Vee salt and, if desired, ¼ tsp. Hy-Vee ground ginger. Cover and process until mixture forms a ball. Roll mixture into 24 balls (about 1 Tbsp. each). Refrigerate 1 hour before serving. Store in an airtight container in refrigerator up to 1 week. Serves 12 (2 each).

**GF** GLUTEN FREE

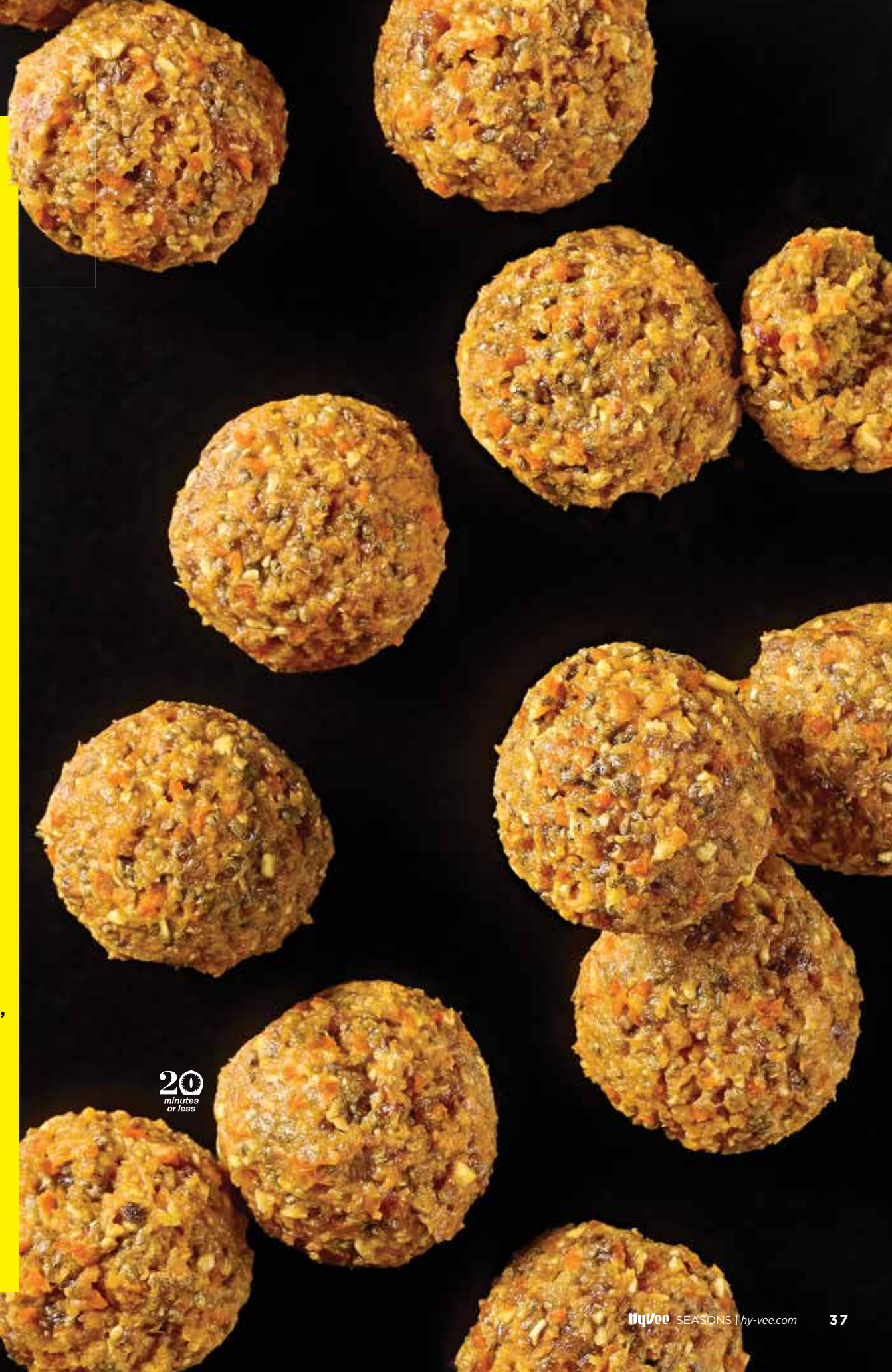


## SAVE TIME

“Pack raw veggies, fruit, crackers, cheese cubes and more into individual serving containers over the weekend to save time during the week.”

—Amy Cordingley,  
Hy-Vee dietitian

**20**  
minutes  
or less





# AIR-FRIED

STATE FAIR  
FOODS

Skip the lines—and excess oil—with crispy and flavorful air fryer versions of some popular fair snacks.



## Air-Fried Caramel Corn

**Total Time** 52 minutes  
plus cooling time  
**Serves** 4 (1 cup each)

**¼ cup Hy-Vee yellow popcorn kernels**  
**¼ cup packed Hy-Vee brown sugar**  
**3 Tbsp. Hy-Vee salted butter**  
**2 Tbsp. Hy-Vee light corn syrup**  
**½ tsp. Hy-Vee vanilla extract**  
**Hy-Vee nonstick cooking spray**

**1. PREHEAT** air fryer to 400°F according to manufacturer's directions. Line bottom of air fryer basket with foil. Place popcorn kernels on foil in a single layer. Air-fry for 5 to 6 minutes or until kernels are popped. Transfer 4 cups popcorn to medium heat-resistant bowl. Discard unpopped kernels.

**2. COMBINE** brown sugar, butter and corn syrup in small skillet. Bring to a boil, stirring constantly. Remove

from heat; stir in vanilla. Immediately pour over popcorn; stir to coat.

**3. PREHEAT** air fryer to 300°F according to manufacturer's directions. Line bottom of air fryer basket with clean foil; spray with nonstick spray; set aside.

**4. TRANSFER** coated popcorn to prepared air fryer basket. Close air fryer and air-fry for 10 to 11 minutes or until golden brown, tossing coated popcorn with tongs every 2 to 3 minutes. Remove from air fryer and carefully spread on sheet of foil or heat-resistant tray. Cool completely.

**Per serving:** 190 calories, 9 g fat, 5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 80 mg sodium, 28 g carbohydrates, 1 g fiber, 22 g sugar (22 g added sugar), 1 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 0%

**GF** GLUTEN FREE

## Air-Fried Candy Bars

**Total Time** 37 minutes  
**Serves** 16 (1 each)

**1 (12-oz.) can Hy-Vee refrigerated big & flaky crescent rolls (8 ct.)**  
**16 SNICKERS mini candy bars**  
**1 Tbsp. McCormick cinnamon-sugar spice blend**  
**Hy-Vee nonstick cooking spray**  
**Hy-Vee powdered sugar, for dusting**  
**16 lollipop sticks, optional**

**1. PREHEAT** air fryer to 350°F according to manufacturer's directions.

**2. UNROLL** crescent rolls dough; separate dough into 4 rectangles.

Press perforations together. Gently press or roll to make 4 (8×4-in.) rectangles. Cut each rectangle crosswise into 4 (4×2-in.) rectangles.

**3. UNWRAP** candy bars. Place each in center of small dough rectangle. Bring up sides of dough to completely enclose candy; pinch together edges to seal.

**4. PLACE** cinnamon-sugar in small dish. Lightly spray tops of dough-wrapped candies with nonstick spray; dip tops in cinnamon-sugar to coat.

**5. LINE** bottom of air fryer basket with foil. Spray with nonstick spray. Working in batches, place dough-

wrapped candies with cinnamon-sugar sides up. Air-fry for 5 to 6 minutes or until golden brown. Remove from air fryer. Repeat with remaining wrapped candies.

**6. TO SERVE**, lightly sprinkle with powdered sugar and insert lollipop sticks, if desired. Serve warm.

**Per serving:** 120 calories, 6 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 180 mg sodium, 16 g carbohydrates, 0 g fiber, 7 g sugar (7 g added sugar), 2 g protein. **Daily Values:** Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 0%



### Dandy Candy

Watch candy, cinnamon-sugar and dough come together in a real treat.

**Hy-Vee**  
**seasons**

Watch and learn at  
[Seasons.Hy-Vee.com](https://Seasons.Hy-Vee.com)



# Air-Fried Poutine

**Total Time** 40 minutes  
**Serves** 4

**½ (26-oz.) pkg. Hy-Vee frozen extra crispy crinkle cut French fried potatoes**  
**2 Tbsp. Hy-Vee salted butter**  
**2 Tbsp. Hy-Vee all-purpose flour**  
**1 clove garlic, minced**  
**1 cup Hy-Vee beef flavored broth**  
**1 Tbsp. Hy-Vee tomato ketchup**  
**1 tsp. Hy-Vee less sodium Worcestershire sauce**  
**1 tsp. chopped fresh thyme**  
**¼ tsp. Hy-Vee black pepper**  
**1 cup white Cheddar cheese curds**  
**Italian parsley, for garnish**

**1. PREHEAT** air fryer to 375°F according to manufacturer's directions. Working in batches, place frozen French fried potatoes in air fryer basket. Air-fry for 14 to 15 minutes or until golden brown and crispy, tossing with tongs halfway through. Repeat air-frying remaining potatoes.\*

**2. FOR GRAVY,** melt butter in a small saucepan over medium-low heat. Whisk in flour. Cook for 1 minute, whisking frequently. Add garlic; cook for 30 seconds. Gradually whisk in beef broth until smooth.

**3. ADD** ketchup, Worcestershire sauce, thyme and pepper. Bring to a simmer. Simmer, uncovered, for 2 to 3 minutes or until desired consistency, stirring frequently.

**4. TO SERVE,** transfer air-fried fries to a serving plate. Top with cheese curds and gravy. Garnish with parsley, if desired.

**\*NOTE:** Place cooked French fries on a wire rack in a rimmed baking pan and keep warm in a 200°F oven while air-frying remaining frozen French fries.

**Per serving:** 420 calories, 27 g fat, 14 g saturated fat, 0 g trans fat, 75 mg cholesterol, 920 mg sodium, 25 g carbohydrates, 1 g fiber, 1 g sugar (1 g added sugar), 14 g protein. Daily Values: Vitamin D 0%, Calcium 30%, Iron 0%, Potassium 8%



**START FRYING**  
Whip up loads of fair foods fast with the large basket capacity of this Oster DuraCeramic 3.2L XL air fryer from Hy-Vee.

Find air fryers at [shop.HSTV.com](https://shop.HSTV.com) and have one shipped directly to your home.

## TOP AIR FRYER TIPS

**Preheat** Ensure even cooking by preheating your air fryer. If the air fryer doesn't have a preheat setting, simply turn it to the desired temperature and preheat for a few minutes.

**Avoid Overcrowding**  
Placing too much food in the basket will prevent it from crisping and browning evenly. Cook food in small batches so it can all rest in a single layer in the basket.

**Clean After Each Use**  
Wash the basket with a soft sponge or cloth and soapy water, and allow it to dry completely before reinstalling. Check the inside of the unit for any fallen crumbs as well.

# CRAV'N MORE?

Enjoy classic frozen foods that can be prepared in an air fryer.



## crav'n FLAVOR



### MOLTEN CHOCOLATE LAVA CAKES

Line bottom of air fryer basket with foil. Preheat air fryer to 325°F according to manufacturer's directions. Remove film from container of 1 frozen lava cake. Remove frozen cake from its container. Lightly spray inside of container with Hy-Vee nonstick cooking spray; return frozen cake to container. Place frozen cake, in container, right-side up in center of basket. Air-fry for 13 to 15 minutes or until internal temperature reaches at least 125°F. Immediately invert onto serving plate and remove container.



### MACARONI & CHEESE BITES

Preheat air fryer to 350°F according to manufacturer's directions. Spray air fryer basket with Hy-Vee nonstick cooking spray. Place frozen macaroni & cheese bites in a single layer in basket. Air-fry for 5 minutes. Turn over; air-fry for 4 to 7 minutes or until internal temperature reaches 165°F. Slightly cool before serving.



### CHEDDAR CHEESE & BACON POTATO SKINS

Preheat air fryer to 350°F according to manufacturer's directions. Spray air fryer basket with Hy-Vee nonstick cooking spray. Place frozen potato skins in a single layer in basket. Air-fry for 13 to 15 minutes or until internal temperature reaches 165°F. Slightly cool before serving.





# GRILLED

# COCKTAILS

**ADD LAYERS OF COMPLEX, RICH, SMOKY FLAVOR TO PITCHER COCKTAILS BY MAKING THEM WITH FRESHLY GRILLED SUMMER PRODUCE.**

Grilling fruits and vegetables changes their texture and flavor. Heat from the grill softens most produce, making them easier to muddle or blend. Grilling also caramelizes the natural sugars, which strengthens their flavor for added punch in cocktails.



## WHY GRILL WATERMELON

Grilling intensifies watermelon's flavor because most of its water evaporates, decreasing its sweetness and giving the slices a firm-but-tender texture.



**All Homegrown produce is grown on family farms within 200 miles of your local Hy-Vee. Look for Homegrown fruits and vegetables this summer.**

## Grilled Watermelon and Strawberry Julep

**Total Time** 28 minutes plus cooling and chilling time  
**Serves** 6 (8 oz. each)

**½ cup lightly packed fresh mint, plus additional for garnish**  
**¼ cup Hy-Vee granulated sugar**  
**2 oz. water**

**3 (1½-in. thick) round slices whole seedless watermelon, plus additional grilled wedges for garnish**

**1 (16-oz.) pkg. Hy-Vee Short Cuts strawberries, halved, plus additional sliced strawberries for garnish**

**1 tsp. lime zest**

**1 oz. lime juice**

**9 oz. Maker's Mark bourbon whisky, divided**

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

**2. COMBINE** ½ cup mint, sugar and water in small saucepan. Simmer over medium heat until sugar dissolves, stirring frequently. Remove mint syrup from heat; discard mint and cool completely.

**3. GRILL** 3 round watermelon slices for 2 to 3 minutes or until slightly charred, turning halfway

through. Place strawberry halves in a large grill basket. Grill for 2 to 3 minutes or until slightly charred, stirring frequently. Cool slightly.

**4. REMOVE** and discard rind from grilled watermelon; chop watermelon. Place watermelon and strawberries in a large blender; cover and blend until smooth. Strain through fine-mesh sieve set over bowl; discard pulp. Add 4½ cups juice mixture to small pitcher. Refrigerate any remaining juice mixture for another use. Add mint syrup, and lime zest and juice to pitcher; stir to combine. Cover and refrigerate until ready to serve.

**5. TO SERVE**, fill 6 (12-oz.) glasses with ice. Add 6 oz. chilled juice mixture and 1½ oz. bourbon to each glass; stir to combine. Garnish with additional mint, grilled watermelon wedges and strawberry slices, if desired.

**Per serving:** 180 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 21 g carbohydrates, 2 g fiber, 15 g sugar (8 g added sugar), 1 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%





**WHY GRILL GRAPEFRUIT**  
Similar to broiling, grilling grapefruit helps caramelize some of the fruit's natural sugars. This makes grapefruit taste a little sweeter and adds a touch of charred flavor.

## Grilled Citrus Salty Dog

**Total Time** 35 minutes plus cooling time  
**Serves** 4 (8 oz. each)

**¼ cup Hy-Vee granulated sugar**  
**2 oz. water**  
**2 fresh thyme sprigs, plus additional for garnish**  
**3 grapefruits, halved, plus additional wedges for garnish**  
**3 navel oranges, halved, plus additional slices for garnish**  
**2 Tbsp. turbinado sugar**  
**1½ tsp. kosher salt**  
**8 oz. Tanqueray gin**

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

**2. COMBINE** granulated sugar, water and 2 thyme sprigs in small saucepan. Simmer over medium heat until sugar dissolves, stirring frequently. Remove thyme syrup from heat; discard thyme and cool completely.

**3. GRILL** grapefruit and orange halves, cut sides down, for 3 to 4 minutes or until slightly charred; cool slightly. Juice grilled grapefruit and orange halves. Strain juice mixture through a fine-mesh sieve set over a bowl; discard pulp. Place juice in large pitcher.

**4. COMBINE** turbinado sugar and salt in a shallow dish. Rub

the rims of 4 (12-oz.) cocktail glasses with 1 grapefruit wedge; dip rims in turbinado sugar mixture. Fill glasses with ice; set aside.

**5. ADD** gin and thyme syrup to juice in pitcher. Add ice, grapefruit wedges, orange slices and additional thyme sprigs to pitcher, if desired. Stir to combine.

**6. TO SERVE,** pour gin mixture into prepared glasses. Garnish glasses with additional grapefruit wedges, orange slices and thyme sprigs, if desired.

**Per serving:** 320 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 360 mg sodium, 49 g carbohydrates, 5 g fiber, 38 g sugar (16 g added sugar), 2 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 0%, Potassium 10%

Discover new drink ideas to up your cocktail game!



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## Smoky Grilled Tomato Margarita

**Total Time** 15 minutes plus chilling time  
**Serves** 5 (8 oz. each)

**16 Roma tomatoes, halved**  
**12 cherry tomatoes, for garnish**  
**2 Tbsp. Gustare Vita olive oil**  
**1 tsp. coarsely ground Hy-Vee black pepper**  
**½ tsp. kosher salt**  
**8 oz. cold water**  
**2 oz. fresh lime juice**  
**2 Tbsp. Hy-Vee steak seasoning**  
**Lime wedge, plus lime slices for garnish**  
**10 oz. Illegal mezcal**  
**Celery stalks, for garnish**

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

**2. TOSS** Roma and, if desired, cherry tomatoes with olive oil, black pepper and salt in medium bowl. Grill Roma tomatoes, cut sides down, for 3 to 5 minutes or until slightly charred. Grill cherry tomatoes for 2 to 3 minutes or until slightly charred, turning halfway through.

**3. RESERVE** grilled cherry tomatoes for garnish. Place Roma tomatoes and cold water in a large blender. Cover and blend until smooth.

**4. STRAIN** tomato mixture through a fine-mesh sieve set over a bowl; discard pulp. Transfer tomato juice mixture to a pitcher; stir in lime juice. Cover and refrigerate until ready to serve.

**5. TO SERVE,** place 2 Tbsp. steak seasoning in small, shallow dish. Rub one-third of the rim and 1-in. down one side of 5 (12-oz.) cocktail glasses with lime wedge; dip in steak seasoning. Fill glasses with ice; set aside. Stir mezcal into tomato mixture in pitcher. Pour into prepared glasses. Garnish with lime slices, celery and charred cherry tomatoes, if desired.

**Per serving:** 200 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 600 mg sodium, 4 g carbohydrates, 1 g fiber, 2 g sugar (0 g added sugar), 1 g protein. Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 4%

### What is Mezcal?

Both mezcal and its more commonly-known cousin tequila are made from the agave plant. Mezcal can be made with many varieties of agave and has a smoky flavor from roasting the core of the plant in underground pits with wood and charcoal. Tequila is a type of mezcal, but it is made only from blue agave, which is steamed in ovens for a smooth, sweet flavor.



**WHY GRILL TOMATOES**  
When grilled, tomatoes develop a soft, jam-like texture that's easy to blend into a cocktail. Grilling also enhances their natural sweetness.



AFTER 100 YEARS OF MAKING BACON THE SAME WAY,  
WE HAVE AN ANNOUNCEMENT TO MAKE:

# WE'RE NOT CHANGING A THING.

The story of our hand-trimmed, thick-cut, real wood-smoked bacon began 100 years ago in a place called Vernon, Texas. The year was 1922, and the Roaring Twenties were well underway. But you wouldn't have found any gangsters, jazz clubs, or flappers here. Just a small town with small-town values. In the back of their little, rural grocery store, Egbert Eggleston, his son Fay, and his son-in-law Roy Wright set out to make a better slice of bacon. One that was real wood smoked, hand trimmed, thick cut, and full of flavor.

The three relatives got to work right away, hand-selecting every pork belly and trimming it to perfection. They cured each thick-cut piece and smoked it for hours over real hickory wood, enriching it with one-of-a-kind, savory flavor. When they finally tasted their bacon handiwork with its perfect, mouthwatering mixture of sweetness, saltiness, and smoke, they knew their careful attention to detail had paid off. They called their bacon Wright® Brand, and it was made the Wright Way. As the family business quickly grew, word of Wright Brand's

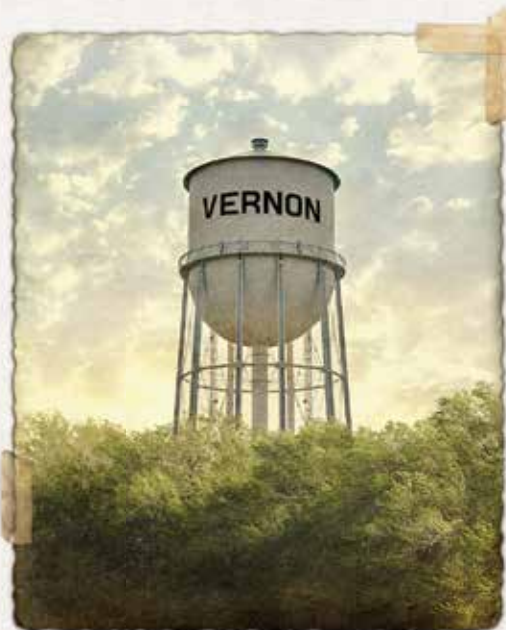


delicious real wood-smoked bacon spread throughout Texas and across the Southwest. But even with their growth and success, even as the world changed around them, the family continued

to make bacon the Wright Way. And for the last 100 years, they and their descendants have overseen the bacon-making process from beginning to end in that same small town of Vernon, Texas.

Today, Wright Brand bacon can be found on grocery shelves all over the United States. Besides adding some delicious new flavors, like Applewood Smoked and Double Smoked, we have kept our bacon unchanged. It's what it's always been—hand trimmed, thick cut, and real wood smoked. We're not ones for big announcements and fanfare, but we thought it was worth telling everybody that after 100 years in the bacon business, we're going to keep doing what we've been doing. The Wright Way to make

bacon started in 1922, and it will stay that way for the next 100 years.



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# discover new voices

WE HAVE SO MANY  
BATTLES LEFT TO  
FIGHT, SO MANY  
STORIES LEFT  
TO TELL!



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# FRESH catch

Savor the flavor of grilled catfish and fresh-caught Alaskan keta salmon—both in peak season in August and available at Hy-Vee. Plus, learn their health benefits along with ways to cook these delicious fish.

## Catfish Burrito Bowl with Mango-Peach Salsa

**Total Time** 40 minutes  
**Serves** 4

**5 Tbsp. Hy-Vee canola oil, divided**  
**4 Tbsp. fresh lime juice, divided**  
**5½ tsp. salt-free Mexican blend seasoning, divided**  
**1 (1-lb.) Fish Market fresh farm-raised skinless catfish fillets, cut into 1-in. pieces**  
**1½ Tbsp. Hy-Vee honey**  
**2 cups Hy-Vee coleslaw mix**  
**4 Tbsp. finely chopped red onion, divided**  
**2 Tbsp. chopped fresh cilantro, divided, plus additional for garnish**  
**1 large mango, peeled, pitted and chopped**  
**Hy-Vee nonstick cooking spray**  
**1 large peach, halved and pitted**  
**2 (8.5-oz.) pouches microwave-in-the-pouch cilantro-lime flavored rice, prepared according to pkg. directions**  
**1 (15-oz.) can Hy-Vee no salt added pinto beans, drained and rinsed**  
**½ cup Hy-Vee classic guacamole**  
**½ cup crumbled queso fresco**  
**1 jalapeño pepper, thinly sliced\***

**1. STIR** together 2 Tbsp. oil, 1 Tbsp. lime juice and 4 tsp. Mexican seasoning in a medium bowl. Add catfish; toss to coat. Refrigerate until ready to cook.

**2. WHISK** together remaining 3 Tbsp. oil and 3 Tbsp. lime juice, honey and remaining 1½ tsp. Mexican seasoning in medium bowl. Remove and reserve 3 Tbsp. dressing. Add coleslaw mix, 2 Tbsp. red onion and 1 Tbsp. cilantro to remaining dressing in bowl. Cover and chill.

**3. COMBINE** mango, remaining 2 Tbsp. red onion and 1 Tbsp. cilantro in a medium bowl. Drizzle with reserved 3 Tbsp. dressing; toss to coat and set aside.

**4. PREHEAT** charcoal or gas grill for direct cooking over medium-high heat (375°F). Spray grill basket with nonstick spray; place on grill to preheat.

**5. PLACE** catfish mixture, in a single layer, in prepared grill basket. Grill fish for 4 to 6 minutes or until fish reaches 145°F, turning halfway through.

**6. PLACE** peach halves on grill rack, cut sides down. Grill for 2 to 3 minutes or until lightly charred. Peel and chop grilled peach halves. Add to mango mixture; toss to combine.

**7. TO SERVE,** divide rice among 4 serving bowls; pushing rice to one side of bowls. Place coleslaw mixture and pinto beans in other half of each bowl. Top with cooked catfish, mango-peach salsa, guacamole, queso fresco and jalapeño. Garnish with additional cilantro, if desired.

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

**Per serving:** 680 calories, 30 g fat, 6 g saturated fat, 0 g trans fat, 75 mg cholesterol, 75 mg sodium, 73 g carbohydrates, 10 g fiber, 29 g sugar (6 g added sugar), 31 g protein. Daily Values: Vitamin D 6%, Calcium 10%, Iron 15%, Potassium 20%

**GF** option **GLUTEN FREE**



### KNOW YOUR CATFISH

*Learn the basics about catfish flavor, texture and health benefits.*

Catfish has a firm texture and is less flaky when cooked than most fish. It has a mild, slightly sweet flavor similar to tilapia, and pairs well with strong spices and seasonings. Farmed catfish have a more consistent flavor than wild because they're raised in a

controlled habitat with an unchanging diet. A serving of catfish has about 18 grams of protein (nearly a third of the FDA recommendation of about 50 grams per day). It also has vitamin B12, which assists in red blood cell formation and nerve cell function.



# QUALITY seafood

Hy-Vee upholds strict standards to provide the best fish and shellfish.

Hy-Vee is a leader in its commitment to provide top-quality, sustainable seafood. In 1998, Hy-Vee became one of the first grocers to employ its own U.S. Department of Commerce (USDC) lot inspector to guarantee the quality of all of Hy-Vee's fresh seafood. Rigorous inspections go beyond government requirements to ensure you receive only the best seafood. And in 2017, Hy-Vee became the first Midwest retailer to source 100% of its fresh and frozen seafood from environmentally responsible sources.

All Hy-Vee seafood with the Responsible Choice label was caught or farmed in a sustainable way that protects ecosystems. When you purchase seafood that is responsibly farmed or harvested, you are supporting best practices that will help ensure a healthy supply of seafood for generations to come.



## Salmon Ahoy!

Watch salmon hit the heights of taste with this pineapple smoked salmon recipe.

**Hy-Vee**  
**seasons**

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[Seasons.Hy-Vee.com](https://www.hy-vee.com/seasons)

## Pineapple Smoked Salmon

**Hands On** 40 minutes

**Total Time** 1 hour

10 minutes plus  
marinating and wood-  
chip soaking time

**Serves** 4

**4 (4-oz.) portions Fish**  
**Market fresh skinless**  
**Alaska keta salmon**

**¾ cup Culinary Tours**  
**sesame teriyaki sauce,**  
**divided**

**¼ cup sliced green onions,**  
**plus additional for**  
**garnish**

**1 Tbsp. fresh lime juice**

**2 tsp. bottled minced garlic**

**1 tsp. finely grated**  
**gingerroot**

**½ tsp. Hy-Vee crushed**  
**red pepper**

**2½ cups hickory**  
**wood chips**

**1 large pineapple**

**Butterhead lettuce leaves,**  
**for garnish**

**Sesame seeds, for garnish**

**1. PLACE** salmon in large resealable plastic bag. Combine ½ cup teriyaki sauce, ¼ cup green onions, lime juice, garlic, gingerroot and crushed red pepper in small bowl. Pour marinade mixture over salmon; seal bag. Turn bag to evenly coat salmon with marinade. Refrigerate for 30 to 60 minutes.

**2. SOAK** wood chips in hot water for 15 to 30 minutes.

**3. RINSE** pineapple; cut ends from top and bottom of pineapple. Place pineapple upright on cutting board and cut 4 (5×3½-in.) planks from the four sides of pineapple. Cut off skin from remaining pineapple; cut an additional 4 (5×3½-in.) planks from pineapple to create 8 total pineapple planks.

**4. REMOVE** salmon from bag; discard marinade.

Pat salmon dry with paper towels. Place each salmon portion on a skinless pineapple plank. Cover salmon with remaining pineapple planks, skin sides up. Tie together each bundle with 100 percent cotton kitchen string. Refrigerate salmon bundles until ready to smoke.

**5. DRAIN** wood chips. Place soaked wood chips on one-half of a 16×12-in. double sheet of heavy foil. Fold other half of foil up and over to cover wood chips; seal edges of foil with a double fold. Poke holes on top of packet to allow smoke to escape; set packet aside.

**6. PREHEAT** charcoal or gas grill with two grilling zones: direct grilling over medium heat (350°F) and indirect grilling over low heat (275°F). Place foil packet on grill rack over direct heat; cover grill.

**7. WHEN** chips begin to smoke, place salmon bundles over indirect heat, pineapple skin sides up. Cover and smoke for 25 to 30 minutes or until salmon reaches 145°F.

**8. TO SERVE,** remove string from bundles; discard top pineapple planks with skin. Place salmon and bottom pineapple planks on lettuce leaves, if desired. Drizzle salmon with remaining ¼ cup teriyaki sauce. Sprinkle with sesame seeds and additional sliced green onions, if desired.

**Per serving:** 290 calories, 15 g fat, 3.5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 410 mg sodium, 13 g carbohydrates, 0 g fiber, 12 g sugar (12 g added sugar), 23 g protein. **Daily Values:** Vitamin D 60%, Calcium 2%, Iron 0%, Potassium 10%



## pro tip: SUPERB SALMON

"Fresh keta is a very reasonably priced wild salmon. Because keta are so plentiful and are smaller fish, their cost is significantly lower than king or sockeye. It is also a salmon with a lower fat content, and is a great fish to dress up with your favorite marinades and seasonings because of that. Because keta is one of the smaller wild salmon, the fillets will also be thin and will grill up much quicker than the bigger wild salmon."

—Dennis Frauenholz  
Hy-Vee Seafood Manager  
Coralville, IA

## KETA AND OTHER ALASKAN SALMON

Every year, salmon travel hundreds of miles upstream (called a run) to spawn the next generation. Along the way, fishermen harvest the wild fish. Keta salmon usually make their run from late June or July through mid-October. That's when you'll find fresh, wild-caught fish at Hy-Vee. Other species have shorter runs, typically from late June or July through August and September. Other wild-caught varieties at Hy-Vee include:

- Alaskan coho salmon
- Alaskan pink salmon
- Alaskan sockeye salmon

## KNOW YOUR KETA SALMON

*This distinctively flavored fish can be prepared several ways.*

Sometimes called silverbrite, keta salmon is firm with a light, mild flavor and less oil than other salmon varieties. Because of its neutral flavor, it pairs well with bold seasonings, such as sweet and spicy sauces. Like other salmon, keta has omega-3 fatty acids, which help lower heart rate and blood pressure and may help prevent heart disease. One serving of keta salmon can also have up to 26 grams of protein.



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# MORNING FUEL

Prep quick, energy-boosting breakfasts filled with good-for-you ingredients to power your day.

## 4

### BASICS TO CHARGE YOUR DAY

#### PROTEIN

Including lean protein in a morning meal, such as eggs, nuts or low-fat dairy, helps provide lasting energy and can keep you full for longer.

#### FIBER

Compared to other grains, whole grains in foods such as wheat bread are higher in fiber, which helps you feel satisfied.

#### HEALTHY FATS

Foods such as avocados, nut butters and Greek yogurt have healthy fats, which provide energy and help your body absorb other nutrients.

#### VITAMINS AND MINERALS

Fruits and vegetables have nutrients that may help prevent heart disease and other illnesses. Most produce also has healthy carbohydrates, which help provide energy.



Veggies add nutrients like vitamin K, which helps strengthen bones, and fruit sweetens the flavor.



## Freeze-Ahead Smoothie Bags

**DIRECTIONS** Place freezer ingredients in a 1-qt. resealable freezer plastic bag; seal bag and freeze up to 3 months. To serve, place freezer ingredients in a high-powered blender. Slightly break up frozen mixture; add to blender. Cover and blend until smooth while slowly adding enough water to reach desired consistency.

**SWEET-BEET SMOOTHIES** *Freezer Ingredients:* 1½ cups Hy-Vee frozen fresh steamed diced beets, cooked and cooled; 1 cup Hy-Vee frozen unsweetened pineapple chunks; 1 cup Hy-Vee frozen unsweetened sliced strawberries; ½ cup Hy-Vee frozen unsweetened red raspberries and 1 Tbsp. Full Circle Market organic chia seeds. *Additional Ingredients:* ½ cup Hy-Vee plain Greek yogurt, ½ cup Hy-Vee original unsweetened almond milk, 2 Tbsp. Full Circle Market organic light-colored agave nectar and ¼ cup water. Serves 2 (12 oz. each).

**MANGO-SQUASH SMOOTHIES** *Freezer Ingredients:* ½ cup Hy-Vee frozen butternut squash, cooked and cooled; 1 banana, sliced; 1 cup Hy-Vee frozen unsweetened mango chunks; ½ cup pre-shredded carrots; 3 Hy-Vee pitted Medjool dates, chopped; 1 Tbsp. golden flaxseed and ¼ tsp. ground turmeric. *Additional Ingredients:* 1 cup Full Circle Market original unsweetened coconut milk, 1 Tbsp. Hy-Vee honey and ½ cup water. Serves 2 (12 oz. each).

**GREEN GOOD-MORNING SMOOTHIES** *Freezer Ingredients:* ½ cup Hy-Vee frozen broccoli florets, cooked and cooled; ½ cup Hy-Vee frozen unsweetened pineapple chunks; ½ cup Hy-Vee frozen unsweetened sliced peaches; ½ cup Hy-Vee frozen avocado chunks; ½ cup lightly packed Full Circle Market organic baby spinach; ½ cup lightly packed Full Circle Market organic baby kale; ½ cup green seedless grapes; ½ cup sliced zucchini and 2 Tbsp. hulled hemp seed hearts. *Additional Ingredients:* 1 cup Hy-Vee original unsweetened almond milk and 1 cup water. Serves 2 (12 oz. each).

**BERRY CAULIFLOWER SMOOTHIE** *Freezer Ingredients:* ½ cup Hy-Vee frozen cauliflower florets, cooked and cooled; 1 (12-oz.) pkg. Hy-Vee frozen unsweetened berry medley; ½ red dragon fruit, peeled and chopped (about 1 cup); ½ cup Hy-Vee frozen avocado chunks and 1 Tbsp. Full Circle Market organic chia seeds. *Additional Ingredients:* 1½ cups Full Circle Market original oat non-dairy beverage, 1 Tbsp. Full Circle Market organic almond butter and 1 cup water. Serves 2 (16 oz. each).

GF GLUTEN FREE V VEGETARIAN DISH

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## Fresh Berry and Maple Sheet Pan Pancakes

**Hands On** 15 minutes  
**Total Time** 35 minutes  
**Serves** 8 (2 each)

**Hy-Vee nonstick cooking spray**  
**2 cups Kodiak Power Cakes buttermilk flapjack & waffle mix**  
**1½ cups Full Circle Market original oat non-dairy beverage**  
**2 Hy-Vee large eggs**  
**2 Tbsp. Hy-Vee Select 100% maple syrup, plus additional for serving**  
**2 tsp. Hy-Vee vanilla extract**  
**½ tsp. kosher salt**  
**¼ tsp. Hy-Vee ground cinnamon**  
**¼ tsp. Hy-Vee ground nutmeg**  
**1½ cups sliced Hy-Vee Short Cuts strawberries**  
**1½ cups Hy-Vee Short Cuts triple berry blend**

**1. PREHEAT** oven to 350°F. Line a 15×10-in. baking pan with parchment; spray with nonstick spray and set aside.

**2. STIR** together pancake mix, oat beverage, eggs, 2 Tbsp. maple syrup, vanilla, salt, cinnamon and nutmeg until combined. Spread batter in prepared baking pan. Top with strawberries and triple berry blend.

**3. BAKE** for 14 to 16 minutes or until a toothpick inserted near center comes out clean. Cool slightly; cut pancake into 16 pieces. Serve with additional syrup.

**4. TO STORE,** cool pancake pieces completely; wrap each piece in plastic wrap. Store in a freezer-safe container in freezer up to 1 month. To serve, unwrap and reheat 2 pieces in microwave on HIGH for 45 to 60 minutes or until warm.

**Per serving:** 180 calories, 3 g fat, 0.5 g saturated fat, 0 g trans fat, 50 mg cholesterol, 280 mg sodium, 31 g carbohydrates, 6 g fiber, 10 g sugar (4 g added sugar), 9 g protein. Daily Values: Vitamin D 6%, Calcium 10%, Iron 10%, Potassium 4%

 **VEGETARIAN DISH**

**The protein in the pancake mix is satisfying because it reduces a hunger hormone and boosts a hormone that makes you feel full.**



## Zucchini Bread Baked Oatmeal

Place 2 chopped bananas, 2 cups Hy-Vee old fashioned oats, 4 Hy-Vee large eggs, ¼ cup Hy-Vee honey, 2 tsp. Hy-Vee baking powder and ½ tsp. kosher salt in a blender. Cover and blend until smooth. Transfer to a medium bowl. Fold in 1 cup shredded unpeeled zucchini, ¼ cup Hy-Vee chopped walnuts and ¼ cup Hy-Vee chopped pecans. Divide batter among 8 (6-oz.) greased

ramekins; top with 1 banana, sliced and an additional ¼ cup pecans and ¼ cup walnuts. Slightly press toppings into batter. Place ramekins in a large rimmed baking pan. Bake at 375°F for 22 to 25 minutes or until toothpick inserted near center comes out clean. Drizzle with additional honey, if desired. Serve warm. Serves 8 (1 each).



**Bananas sweeten baked oatmeal while also adding nutrients such as vitamin B6, which helps regulate chemical reactions in the brain and nervous system.**

## Instant Pot Bacon 'n' Gruyère Egg Bites

**Total Time** 50 minutes plus cooling time  
**Serves** 7 (1 each)

**1 cup water**  
**4 Hy-Vee large eggs**  
**¾ cup shredded Culinary Tours Gruyère cheese, divided**  
**½ cup Hy-Vee 1% lowfat small curd cottage cheese**  
**¼ cup finely chopped red bell pepper**  
**2 Tbsp. chopped fresh chives, plus additional for garnish**  
**¼ tsp. coarsely ground Hy-Vee black pepper**  
**Hy-Vee nonstick cooking spray**

**2 slices Hy-Vee sweet smoked thick-sliced bacon, crisp-cooked and crumbled**

**1. PLACE** trivet in the bottom of a 6-qt. Instant Pot or pressure cooker; pour 1 cup water into Instant Pot.

**2. PLACE** eggs, ½ cup Gruyère cheese and cottage cheese in blender. Cover and blend until smooth. Add red bell pepper, 2 Tbsp. chives and black pepper; cover and pulse until combined.

**3. SPRAY** a 7-compartment Instant Pot silicone egg mold with nonstick spray. Pour egg mixture into prepared molds. Set aside 2 tsp. bacon. Top egg mixture with remaining crumbled bacon and ¼ cup Gruyère cheese.


**4. PLACE** mold, uncovered, on trivet in Instant Pot. Lock Instant Pot lid in place and set valve to SEALING position. Cook on HIGH PRESSURE for 10 minutes. Allow pressure to release

naturally for 10 minutes. (Quick Release remaining pressure.) Carefully remove lid, allowing steam to escape.

**5. REMOVE** egg mold from Instant Pot and allow egg bites to cool for 2 minutes before removing from molds. Garnish with reserved 2 tsp. bacon and additional chives, if desired.

**6. TO STORE,** cool egg bites completely. Store in an airtight container in the refrigerator up to 3 days. Reheat each egg bite in microwave on HIGH for 30 to 45 seconds or until warm.

**Per serving:** 120 calories, 8 g fat, 3.5 g saturated fat, 0 g trans fat, 120 mg cholesterol, 230 mg sodium, 1 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 10 g protein. Daily Values: Vitamin D 6%, Calcium 10%, Iron 6%, Potassium 2%

 **GLUTEN FREE**



**Just ½ cup cottage cheese has over 12 grams of protein and 100 mg calcium, which promotes strong bones and teeth.**







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FUEL UP

Whole eggs have about 5 grams of dietary fat, which offers more than double the energy per gram compared to proteins and carbohydrates.

## Breakfast Protein Wraps

Beat ½ (8-oz.) pkg. Hy-Vee ⅓ less fat cream cheese, softened; 1 Tbsp. finely chopped red onion; 1 Tbsp. Gustare Vita capers, drained and chopped; 1 Tbsp. finely chopped fresh dill with an electric mixer until well combined. Spread cream cheese mixture on one side of 1 (6-oz.) pkg. Italian-style egg white

wraps. Make one cut in each egg wrap, from its center to edge. Position the cut at the bottom and perpendicular to you. Place one-sixth of 1 (3-oz.) Fish Market smoked Alaska sockeye salmon on the lower left quarter of egg wrap, 1 sliced Hy-Vee Short Cuts hard-boiled egg on the upper left quarter, a few

slices of mini cucumber on the upper right quarter and 1 sliced cherry tomato on the lower right quarter. Lightly sprinkle with Culinary Tours everything bagel seasoning. Fold the bottom left quarter up and over the upper left quarter and the bottom right quarter up and over the upper right quarter to

form a half-circle. Fold in half again to form a triangle. Repeat with remaining egg wraps and additional salmon, hard-boiled eggs, mini cucumbers and cherry tomatoes. Garnish with additional everything bagel seasoning and chopped fresh dill, if desired. Serves 6 (1 each).

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## Tropical Chocolate Chia Pudding

**Total Time** 10 minutes  
plus chilling time  
**Serves** 6

1 (32-oz.) bottle plain unsweetened kefir  
 ½ cup Full Circle Market organic chia seeds  
 ¼ cup Hy-Vee honey  
 3 cups Good Graces gluten-free dark chocolate and sea salt granola  
 6 fresh kiwis, peeled and sliced  
 1 medium mango, peeled, pitted and chopped

½ cup Full Circle Market organic unsweetened coconut flakes, toasted  
 Shaved Zöet 57% cacao dark chocolate, for garnish

**1. STIR** together kefir, chia seeds and honey in a medium bowl.

**2. DIVIDE** granola among 6 (1-pt.) canning jars with lids. Arrange kiwi slices around insides of jars. Add kefir mixture to jars. Top with mango, coconut and, if desired, chocolate.

**3. COVER** jars with lids; refrigerate 6 hours or overnight. Store in refrigerator up to 2 days.

Per serving: 480 calories, 15 g fat, 4 g saturated fat, 0 g trans fat, 5 mg cholesterol, 290 mg sodium, 75 g carbohydrates, 11 g fiber, 44 g sugar (22 g added sugar), 16 g protein. Daily Values: Vitamin D 15%, Calcium 30%, Iron 15%, Potassium 15%

**GF** GLUTEN FREE  
**V** VEGETARIAN DISH

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FUEL UP

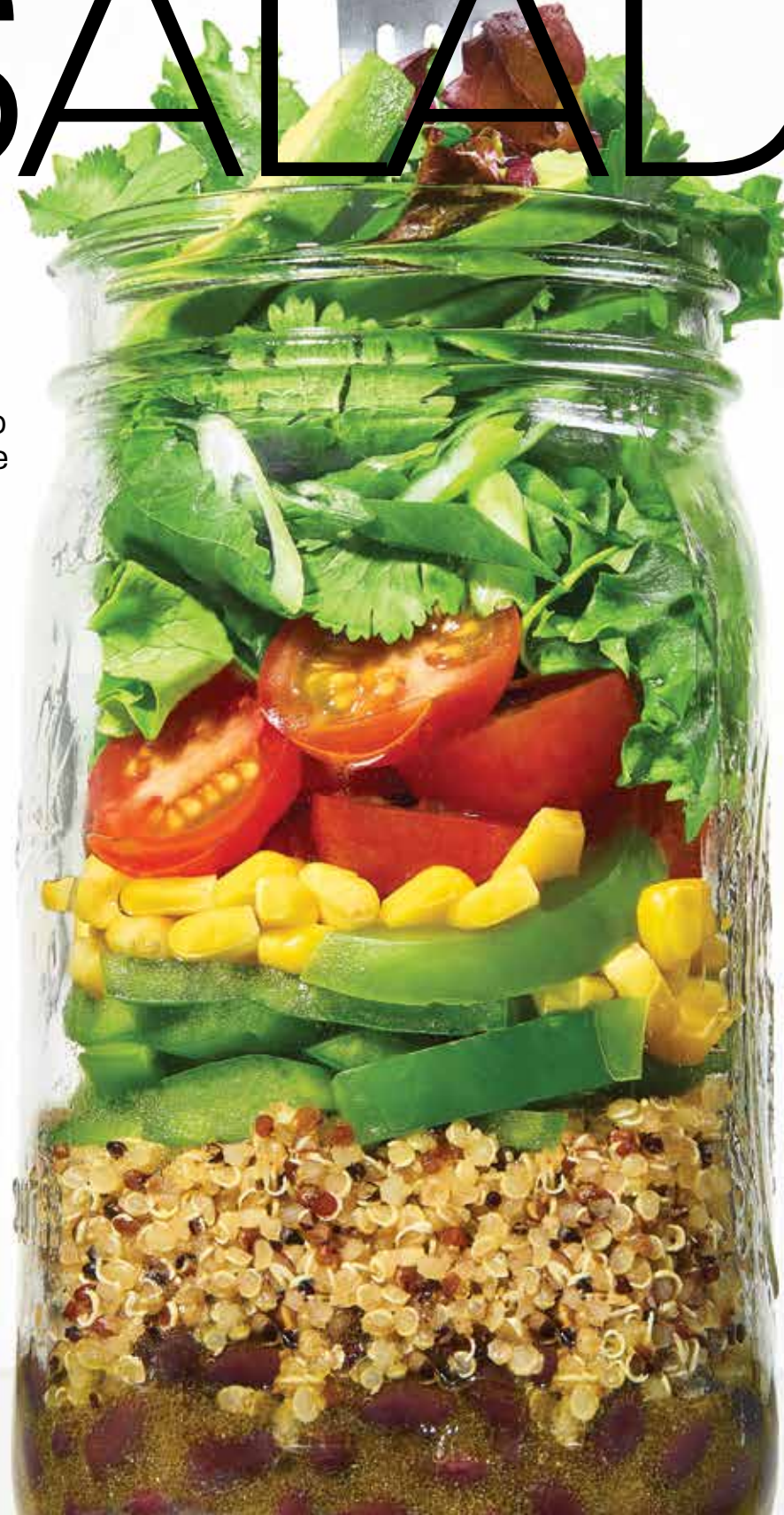
Kefir has almost 10 grams of protein per cup, plus over 250 mg phosphorus, which helps the body store and use energy.





# JAR SALADS

Packed with produce, jar salads are tasty and convenient. Learn how to layer Hy-Vee Homegrown produce in jars for delicious salads you can take anywhere—and enjoy anytime.



## TOMATOES

No matter how they're used—large tomatoes sliced for a burger or cherry tomatoes halved and added to a jar salad—Hy-Vee Homegrown tomatoes are a tasty addition to meals.



## FRESH FROM THE FARM

Create healthful, flavorful salads with Hy-Vee Homegrown produce, grown within 200 miles of your local store. More than 250 Midwest farms participate in this partnership with Hy-Vee. Here's why locally grown produce is important:

**Eco-Friendly:** Produce raised closer to home equals a lighter ecological footprint from transportation. Also, some Hy-Vee Homegrown produce is raised in Midwest greenhouses, allowing for a longer growing season—sometimes even year round.

**Local Economy:** Buying locally grown produce keeps the money in the community, where it can be reinvested in other local businesses and services. It also supports family farms—many of which have been growing produce for generations.

**Quality:** Local produce is grown in season for your area and harvested when ripe, not artificially ripened with gas or chemicals. Shorter destination routes mean less chance of food becoming contaminated during harvesting, washing, shipping and distribution.

## POWERHOUSE JAR SALAD

Rinse 1 cup Hy-Vee tri-color quinoa under cold running water until water runs clear; set aside. Bring 2 cups water, 1 tsp. Hy-Vee ground cumin, ½ tsp. Hy-Vee salt, ½ tsp Hy-Vee garlic powder and ½ tsp. Hy-Vee chili powder to a boil in medium saucepan. Stir in quinoa. Cover and cook over low heat for 12 to

15 minutes or until tender. Remove from heat. Let stand, covered, for 5 minutes; uncover and cool. Steam 1 (10-oz.) pkg. Hy-Vee fresh super sweet corn in microwave according to pkg. directions; cool. Pour 1 recipe Lemon Vinaigrette into 4 (1-qt.) canning jars. Layer with 1 (15-oz.) can Hy-Vee black beans, drained and rinsed; quinoa mixture; 1 Hy-Vee Homegrown green bell pepper, seeded and chopped; steamed

corn and 1½ cups halved Hy-Vee Homegrown cherry tomatoes. Add 1 (5-oz.) container Full Circle Market organic 50/50 salad blend to jars; slightly press down layer. Top with ¼ cup chopped cilantro and 2 green onions, thinly sliced. Place lids on jars. Refrigerate in jars up to 3 days. To serve, pour jar into a serving bowl; toss with fork to combine ingredients. Serves 4 (3½ cups each).

 VEGETARIAN DISH

## LEMON VINAIGRETTE

Whisk together ¼ cup fresh lemon juice; 1 tsp. Hy-Vee honey; ½ tsp. Hy-Vee Dijon mustard; 1 clove garlic, minced; ½ tsp. Hy-Vee salt and ¼ tsp. Hy-Vee black pepper in a small bowl. Slowly whisk in ½ cup Gustare Vita extra virgin olive oil until smooth and slightly thickened. Store tightly covered in a jar in refrigerator up to 1 week. To serve, bring to room temperature; shake covered jar to combine. Serves 5 (2 Tbsp. each).

## HOW TO BUILD A JAR SALAD

Layering is an easy way to infuse some ingredients with flavor while keeping others crisp. Follow this general method, using a wide-mouth jar to easily funnel ingredients: pint-size for a small salad, 24 oz. or quart-size jar for meals.



### TOPPINGS

**Dry accents** such as nuts, seeds, dried fruit, shredded cheese, herbs and spices.

### LEAFY GREENS +

**Leafy greens** such as lettuce, spinach, kale, collard greens, beet greens and arugula. Plus: **porous produce** such as cantaloupe and strawberry that you don't want to marinate; and **delicate items** like green onions and bean sprouts that you don't want crushed.

### PROTEINS

**Proteins** such as tofu or cubed cheese, cooked meats, cooked seafood and hard-boiled eggs.

### GRAINS AND MORE

**Grains, pasta and rice**, including brown rice, buckwheat, bulgur, corn, farro and quinoa. Note: This layer can move lower if you wish to marinate it in the dressing.

### VEGETABLES & FRUITS

**Firm vegetables and fruits** such as apples, carrots, celery, beans, peppers, radishes and shredded cabbage that don't absorb dressing; they also provide a barrier for other layers. Plus: **porous produce** such as watermelon, cucumbers, mushrooms, onions and tomatoes that you want to marinate.

### DRESSING

**Vinaigrette, oil & vinegar or other salad dressing**, ¼ cup to ½ cup or desired amount. Keep dressing at the bottom to marinate the ingredients you want and use layers on top to protect other ingredients.



## PACK IT UP

Keep these tips in mind when making jar salads.

### STUFF IT

Jar salads should be well-packed so ingredients don't shift and cause leafy greens to wilt by coming into contact with dressing.

### INGREDIENT BALANCE

For a side salad, include more leafy greens. For meal salads, increase the grains and proteins.

### EAT HEALTHY

This is your chance to sneak extra nutrients and fiber into your meals with add-ins such as beets, onions, radishes, shredded cabbage and spinach.

### WASTE NOT, WANT NOT

Save money and reduce waste by using leftover produce. One example: corn on the cob. Just slice the kernels off the cob and add them to your salad for great texture and added sweetness.

### POUR IT OUT

The real attraction of a jar salad is that the dressing ends up on top of the salad once you shake the contents onto a plate or into a bowl. Then simply toss the ingredients with a fork and enjoy!

30  
minutes  
or less



### TOP IT OFF

Save empty spice jars and use them to hold a variety of dry toppings so each family member can choose what they like. For example, one person might like a spicy topper while another prefers sweet or salty.

## FAMILY-SIZE 6-BEAN JAR SALAD

Cook 2 cups Hy-Vee Select frozen premium whole green beans according to pkg. directions; set aside to cool. Pour 1 recipe Creamy White Bean Dressing into 1 (½-gal.) canning jar. Toss together 1 (15.5-oz.) can Full Circle Market organic low sodium three bean blend, drained and rinsed; 1 (15-oz.) can Hy-Vee no salt added garbanzo beans, drained and rinsed; 1 cup canned Hy-Vee no salt added cannellini beans, drained and rinsed; 2 tsp. fresh thyme leaves and ¾ tsp. Hy-Vee black pepper in a medium bowl. Transfer to canning jar. Layer with green beans and 1 cup Hy-Vee Homegrown seeded and chopped red peppers and ½ cup finely chopped Hy-Vee Homegrown red onion. Add 1 (6-oz.) pkg. butter and red leaf lettuce salad blend; press down firmly to compact layers in jar. Place lid on jar. Refrigerate in jar up to 3 days. To serve, pour jar into a serving bowl; toss with fork to combine ingredients. Serves 8 (1½ cups each).



### CREAMY WHITE BEAN DRESSING

Place ½ cup Gustare Vita extra virgin olive oil; ¼ cup Hy-Vee no salt added cannellini beans, drained and rinsed; 2½ Tbsp. Gustare Vita white wine vinegar; 2 tsp. chopped shallot; 2 tsp. Hy-Vee stone ground Dijon mustard; ¾ tsp. lemon zest; ¾ tsp. Hy-Vee salt and ½ tsp. Hy-Vee black pepper in a small food processor or blender. Cover and process or blend until smooth and slightly thickened. Store covered in refrigerator up to 3 days. Serves 4 (2 Tbsp. each).

GF option GLUTEN FREE V option VEGETARIAN DISH



### PEPPERS

From sweet to spicy, peppers offer a variety of flavor experiences for the palate. Choose from sweet bell peppers, mild Anaheims and poblanos, and hot serranos.



20  
minutes  
or less

## SUMMER WATERMELON CHICKEN JAR SALAD

Pour ¾ cup Hy-Vee peppercorn ranch salad dressing into 4 (1-qt.) canning jars. Layer with 6 cups 1-in.-cubed Hy-Vee Homegrown watermelon, 2 cups fresh blueberries, ½ cup Soirée traditional feta crumbled cheese, ½ cup sliced red onion and 1½ cups shredded Hy-Vee Kitchen picked rotisserie chicken. Add 1 (5-oz.) container Full Circle Market organic baby spinach to jars; slightly press down layers. Top with ¼ cup honey roasted shelled pistachios. Place lids on jars. Refrigerate for up to 2 days. To serve, pour jar into a serving bowl; toss with fork to combine ingredients. Serves 4 (3½ cups each).

GF option GLUTEN FREE



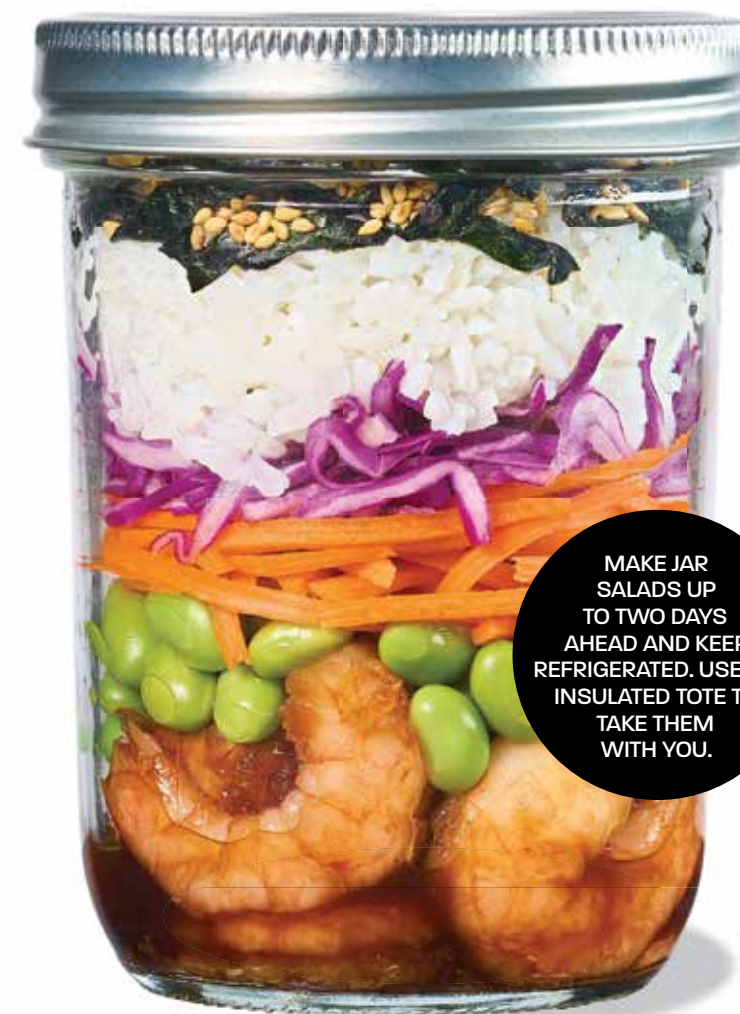
### WATERMELON

A staple of summer, watermelon has just 46 calories in a cup, so it's a not-so-indulgent treat. Hy-Vee has family-size and personal size melons.



### DRESSING

Hy-Vee Peppercorn Ranch adds a creamy, peppery taste to the salad.



MAKE JAR SALADS UP TO TWO DAYS AHEAD AND KEEP REFRIGERATED. USE AN INSULATED TOTE TO TAKE THEM WITH YOU.

## SHRIMP SUSHI JAR SALAD

Combine 1½ cups Hy-Vee long grain white instant rice, 1½ cups water, 2 Tbsp. unseasoned rice vinegar and 2 Tbsp. Hy-Vee granulated sugar in medium microwave-safe bowl. Loosely cover with plastic wrap. Microwave on HIGH for 5 minutes. Let stand, covered, for 5 minutes. Fluff with fork; cool. Microwave 1 (8-oz.) pkg. frozen shelled edamame according to pkg. directions; let stand for 1 minute. Open pkg.; set aside ¾ cup and cool. Reserve remaining edamame for another use. Thaw and remove tails from

1 (12-oz.) pkg. Fish Market frozen cooked, peeled & deveined shrimp (51 to 60 ct.). Pat shrimp dry with paper towels. Combine 2 Tbsp. Hy-Vee less sodium soy sauce and 1 tsp. grated gingerroot in a medium bowl. Add shrimp; toss to coat. Transfer shrimp and liquid to 4 (1-pt.) canning jars. Layer with reserved ¾ cup edamame, ¾ cup matchstick-cut Hy-Vee Homegrown carrots and ¾ cup shredded Hy-Vee Homegrown red cabbage. Add rice mixture. Top with 1 sheet nori, cut into 1¾×¼-in. strips, and 2 tsp. toasted sesame seeds. Place lids on jars. Refrigerate up to 2 days. To serve, pour jar into a serving bowl; toss with fork to combine ingredients. Serves 4 (2 cups each).



### CARROTS

"Go Fresh Go Local" is an apt description of the Hy-Vee Homegrown program and it applies to carrots as well. They're a perfect complement to salads and are especially sweet raw.



# BACK IN aerobics

Start the school year in style with help from Hy-Vee. Refresh your kids' wardrobes in time for the first day with stylish Joe Fresh clothes and DSW shoes, plus trendy backpacks and lunch boxes.



## SHOP HEAD TO TOE AT HY-VEE

**1**

### CLOTHES

Plan out the best first-day-back outfit, and stock up on clothes for the year. Joe Fresh at Hy-Vee has polished outfits for kindergarteners through high schoolers.

**2**

### SHOES

Get kids ready for gym class and school dances (plus every event in between) with shoes from DSW. Hy-Vee has tons of top brands, including Teva, Vans and Converse.

**3**

### ACCESSORIES

Complete every look with fun accessories—whether your child wants a cool backpack or lunch box, or finishing touches like headbands and bracelets, find their style at Hy-Vee.



# Joe Fresh

PREPARE FOR THE FIRST DAY OF CLASS WITH CLOTHES THAT SHOWCASE YOUR CHILD'S SENSE OF STYLE.

## RELAXED TEES

A blue and white raglan tee from Joe Fresh is easy to dress up or down for the school day.

## COMFY & COOL

Fleece joggers are cozy for a day in the classroom, and easy to run in and play in at recess.

## JOE FRESH

Shop top trends, cozy cardigans, Disney character tees and outfits for every occasion. Joe Fresh at Hy-Vee has clothes that will get your kids excited to go back to school. Shop Joe Fresh at select Hy-Vee stores, or browse online at [joefresh.Hy-Vee.com](http://joefresh.Hy-Vee.com)



SCAN THE QR CODE for the latest fashions from Joe Fresh.

## EXTRA LAYERS

As the weather turns cooler, dress kids with an extra layer, such as this hooded woven flannel shirt.

## ON THE RUN

Reebok sneakers from DSW at Hy-Vee pair well with any outfit and are great for gym class and playing with friends.

## BRIGHT COLOR

Dress up an athletic outfit with multicolor leggings and a multi-shade pink sweatshirt.

## OLD SCHOOL

Classic varsity jackets get a modern upgrade with this navy and gray hoodie from Joe Fresh.

## BOLD PRINTS

Cute patterned leggings are stylish and comfortable at the same time.



# shoe-ins

KIDS CAN RUN AND PLAY IN THE LATEST FASHIONS WITH COOL, COMFORTABLE SHOES.

## DSW®

As one of the largest footwear retailers in the nation, DSW stocks kids' shoes for every day and special events, including tennis shoes, rain boots, sandals, dress shoes and more. Shop popular brands such as New Balance, Puma and K-Swiss in select Hy-Vee stores, or order online at [dsw.Hy-Vee.com](https://dsw.Hy-Vee.com)



SCAN THE QR CODE to shop too-cool-for-school shoes from DSW.

**SHOE SIZING TIP:** Make sure your child has about a thumb's width of extra space from the end of their longest toe (while standing) to the front of the shoe. Some kids may outgrow shoes as quickly as every three to four months.



# HAUL IT ALL

TOTE SCHOOL SUPPLIES, BOOKS AND LUNCHES IN FUN BACKPACKS, AVAILABLE AT HY-VEE OR ONLINE AT [HY-VEE.COM/SHOP](https://HY-VEE.COM/SHOP)

**1. Two-Tone Backpack:** Multicolor backpacks from Hy-Vee have padded straps to make carrying

homework easier, and multiple top- and side-zip pockets for storing pencils, crayons, folders and more.

**2. Colorblock Backpack:** Hy-Vee has tons of color combinations, so your child can choose exactly what

they want. Look for options including pink and blue, red and black, two-tone purple, and black and aqua.



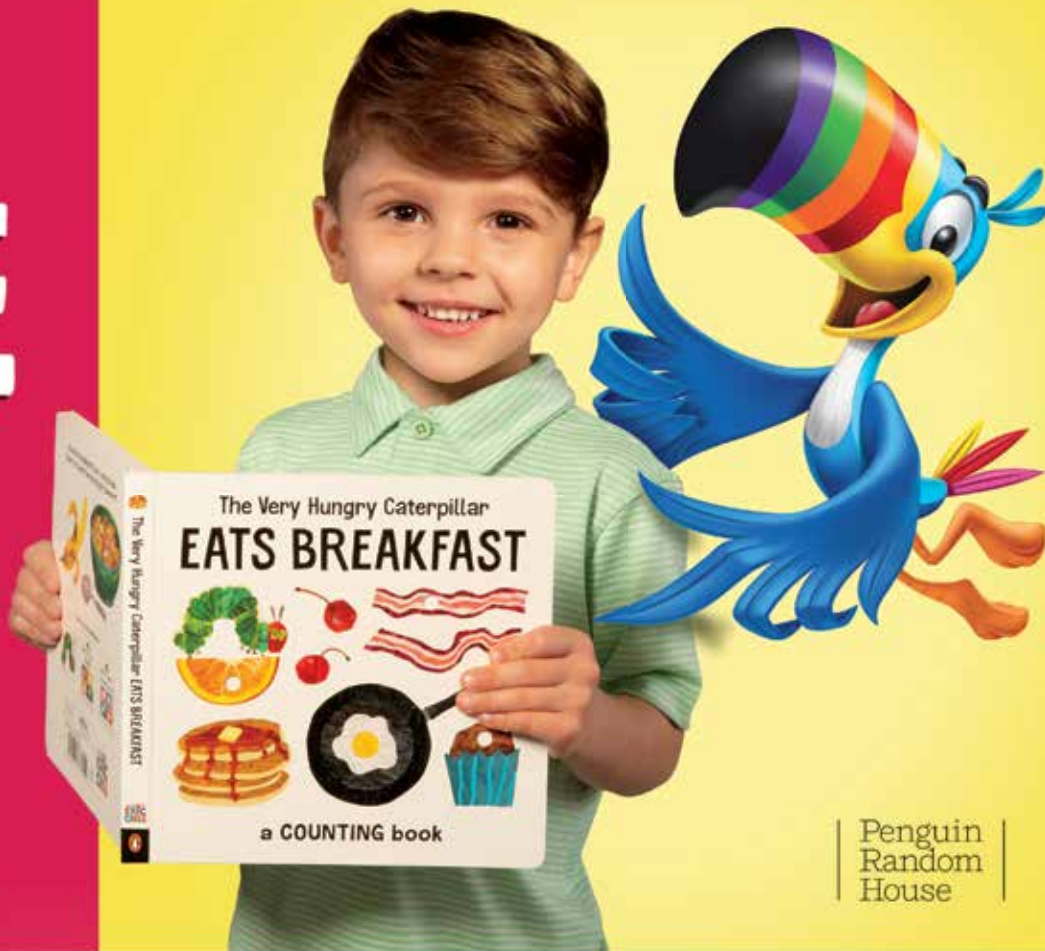


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10 FREE BOOKS

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ONE RECEIPT,  
ENDLESS POTENTIAL.



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BOX TOPS PRODUCTS



SCAN  
YOUR RECEIPT



EARN  
CASH FOR SCHOOLS

For every 5 participating BTFE product purchased at Hy-Vee from 8/1/22-8/31/22, earn 50 Bonus Box Tops. This offer excludes single serve cups of yogurt and :ratio dairy snacks as well as Nestle, Paper Mate and Lysol products. To redeem, your HyVee receipt must be scanned in the BTFE App within 14 DAYS of eligible purchase. Limit 1 claim per receipt. Limit 1 claim per user per 7 days. See [www.BTFE.com](https://www.BTFE.com) for App Terms of Service, Official Program Rules and Privacy Policy. Standard data rates may apply.

Send each receipt separately. Receipts must be submitted within 30 days of purchase and no later than 10/30/2022. Book credits must be redeemed by 11/30/2022 at 11:59 PM (ET). Limit 10 books per participant. Must be a U.S. resident, 16 years of age or older, and a registered member of Kellogg's Family Rewards®. See [FeedingReading.com](https://FeedingReading.com) for full list of participating products.

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# BABY ON BOARD

PREPARE FOR ALMOST ANY SITUATION  
WITH YOUR NEW LITTLE ONE—FROM THE  
FIRST NIGHT AT THE HOSPITAL AND BEYOND.

## PLAN FOR BABY with help from Hy-Vee.

From the first day home to playdates at the park, Hy-Vee has the supplies, products and services to keep kids (and parents!) fed, clean, healthy and happy.



### HY-VEE HELPS MOMS

#### PARENTAL PERKS MAKE SHOPPING

**EASY.** Expectant and new mothers can enjoy reserved parking spots plus mothers' rooms (at select Hy-Vee stores) for feeding and changing your baby. Hy-Vee dietitians can help plan nutritious meals for both mom and growing baby. And, to make things easier, Hy-Vee offers grocery pickup or delivery and ready-to-eat or heat-and-serve meals from Mealtime To Go.



**Babies may need up to 10 diapers a day. Hy-Vee has the size that fits—from newborn to toddler.**

### HOSPITAL BAG

Focus on bringing essential items that will make you feel more comfortable:

- Toothbrush and toothpaste
- Deodorant
- Hairbrush or comb
- Hair ties
- Dry shampoo
- Makeup remover wipes
- Lotion
- Pacifier
- Pajamas or comfortable clothing
- Slippers or fuzzy socks
- Outfit to wear home
- Coming-home outfit for baby
- Blankets for baby





# infant

Assemble a baby bag with these must-have care items to avoid hassle or worry when away from home.

## BABY

### POWDER

Tippy Toes pure corn starch baby powder is gentle and absorbent to leave skin soft and dry.

## WIPES

Alcohol- and paraben-free Pampers Sensitive Wipes are gentle and soothing on delicate skin.

## PACIFIER

Help calm your little one wherever you go with a pack of Philips Avent Soothie Pacifiers.

## BOTTLE

Munchkin Latch baby bottle features an anti-colic valve that prevents air bubbles to help reduce gas.



**Consider packing extra bottle nipples in case the one you have is lost or gets dirty.**

## DIAPERS

Hello Bello diapers are hypoallergenic, feature a cloth-like feel for a stretchy, comfy fit.

## HEALING OINTMENT

Relieve diaper rash with Aquaphor Baby Advanced Therapy Healing Ointment.

## HAND & FACE WIPES

Gently and effectively remove dirt and germs with Johnson's Hand & Face Wipes.

## HAND SANITIZER

Naturally fragrant Purell Advanced Naturals hand sanitizer fends off germs and freshens hands.



# toddler

Add pouches of food, toys and more to the diaper bag to accomodate kids' needs as they grow.

## SNACKS

Pack food fit for toddlers when your little one gets hungry:

- Beech-Nut Naturals Strawberry Fruity Oat Bars
- Crav'n Flavor Original Animal Cookies
- Gerber Puffs to Go Strawberry Apple Cereal Snack Pouches
- Tippy Toes Banana Rice Rusks

## ACTIVITIES

Toddlers may need more entertainment to keep them happy. Bring along a few toys for tantrum-free outings:

- Baby Einstein Take Along Tunes Musical Toy
- Bright Starts Lots of Links Toy
- Bright Starts License to Drool Keys
- Crayola Crayons and a notepad with paper

## HEALTH

### Be prepared.

Take care of bumps, scrapes and bruises at the playground or park. The older they get, the more active kids become. Toddlers want to walk, run, play and explore—which can come with a few minor accidents. Create a first aid kit with TopCare Character Bandages, Neosporin Original Antibiotic Ointment, TopCare Anti-Itch Cream, Kleenex Everyday Pocket Pack and more.



**Consult a Hy-Vee dietitian if you have questions about what snacks are best for growing kids.**





# THE eyes HAVE IT

THE FUTURE  
IS BRIGHTER  
WITH BETTER  
VISION! LEARN  
HOW TO KEEP  
EYES HEALTHY,  
PLUS SHOP  
PAIR EYEWEAR  
AT HY-VEE.

## ROUTINE EYE CARE

**WE RELY ON  
OUR EYES  
TO GUIDE US  
THROUGH LIFE.  
KEEP SEEING  
CLEARLY AS  
YOU AGE WITH  
A FEW SIMPLE  
TIPS AND  
GUIDELINES FOR  
HEALTHY EYES.**

**MAINTAIN A HEALTHY  
WEIGHT** Stay active  
to support a healthy  
weight and lower your  
risk of health conditions  
that can lead to vision  
problems. Diabetes, high  
blood pressure and high  
cholesterol can lead to  
glaucoma, cataracts and  
potential loss of vision.

**QUIT SMOKING (OR  
NEVER START)** According  
to the Centers for Disease  
Control and Prevention  
(CDC), research has  
linked smoking to an  
increased risk of developing  
age-related macular  
degeneration, cataracts and  
optic nerve damage—all of  
which can lead to blindness.

**WEAR SUNGLASSES** Your  
favorite shades are more  
than a fashion accessory—  
they protect your eyes from  
the sun's ultraviolet rays.  
Look for options that block  
out 99% to 100% of both  
UVA and UVB radiation.

**GET REGULAR EYE EXAMS**  
The best way to take care  
of your eyes is to get an  
eye exam (your doctor can  
recommend how frequently  
you need one). An  
optometrist will check the  
overall health of your eyes  
and vision to determine if  
any chronic eye conditions  
are developing, and prevent  
impairments to your vision.

**13%**  
of adult Americans  
reported they either  
"have trouble" seeing or  
are unable to see at all.

## WHEN TO SEE AN EYE DOCTOR

Schedule an eye exam if you're experiencing  
any of these vision-related symptoms:

**1** You notice your vision  
getting worse, such  
as struggling to read  
road signs or small text.

**2** You experience  
headaches after  
straining your  
eyes on tasks such as  
reading or typing.

**3** You have symptoms  
of eye allergies,  
such as redness,  
itchiness and burning.

**4** You're having eye  
problems such as  
pain, double vision,  
floaters or seeing flashes,  
circles or halos of light.

**CONSIDER GETTING A YEARLY EYE EXAM IF YOU'RE AT  
A HIGHER RISK FOR EYE DISEASE DUE TO A FAMILY  
HISTORY OF EYE DISEASE, WEARING CONTACTS,  
PREVIOUS EYE INJURY OR SURGERY OR HAVE DIABETES.**

**An eye  
doctor will:**

1. Ask about your  
health and family  
health history.
2. Perform peripheral  
and color vision  
checks and a visual  
acuity exam (such as  
reading letters from a chart).
3. Dilate your pupils  
with eye drops to  
further exam your  
eyes, if necessary.
4. Prescribe glasses  
or contacts if needed.



**Q  
AND  
A**  
**WITH HY-VEE  
CHIEF MEDICAL  
OFFICER DR.  
DANIEL FICK.**

**Q:** Why and how  
is eye health important to  
overall health?

**A:** Low vision affects more  
than 5 million Americans  
40 years and older. Loss  
of vision, even in one eye,  
can have significant life and  
health consequences. Good  
vision allows individuals  
to be independent and to  
participate in more activities.

**Q:** What are some  
signs that there may be  
problems with your vision  
and eye health?

**A:** Common vision  
issues are loss of the  
central field of vision with  
macular degeneration. If  
you are seeing "floaters"  
in your vision or flashes  
of light, it is important  
to see an optometrist or  
ophthalmologist immediately.

**Q:** How can someone  
keep their eyes healthy as  
they get older?

**A:** Have a regular vision  
screening that includes a  
fundoscopic exam of your  
retina to check for eye  
problems such as cataracts  
and an ocular pressure check  
to screen for glaucoma.

Sources (entire article): [cdc.gov/visionhealth/risk/tips.htm](https://cdc.gov/visionhealth/risk/tips.htm) [my.clevelandclinic.org/health/diagnostics/10738-eye-exam-what-to-expect](https://my.clevelandclinic.org/health/diagnostics/10738-eye-exam-what-to-expect)  
[health.harvard.edu/staying-healthy/top-foods-to-help-protect-your-vision](https://health.harvard.edu/staying-healthy/top-foods-to-help-protect-your-vision) [afb.org/research-and-initiatives/statistics](https://afb.org/research-and-initiatives/statistics)  
[pennmedicine.org/updates/blogs/health-and-wellness/2019/october/5-signs-you-might-need-an-eye-exam](https://pennmedicine.org/updates/blogs/health-and-wellness/2019/october/5-signs-you-might-need-an-eye-exam)



EYE  
HEALTH  
PRODUCTS  
AT HY-VEE

Boost eyesight with supplements and eye drops from the Hy-Vee HealthMarket.



NATURE MADE  
VISION

This daily supplement supports healthy vision and eye function with lutein, zeaxanthin, vitamin C, vitamin E and zinc.



BAUSCH + LOMB  
OCUVITE  
ADULT 50+

Replenish essential eye nutrients and antioxidants that may be lost with age with this eye vitamin and mineral supplement.



HY-VEE  
HEALTHMARKET  
LUTEIN SOFTGELS

Get a boost of lutein and naturally occurring zeaxanthin to protect healthy eyes from the effects of blue light.

# GIVE YOUR EYES A BREAK

**TAKE THESE STEPS TO REDUCE YOUR RISK OF EYE STRAIN AND DISCOMFORT FROM TOO MUCH SCREEN TIME.**

**ADJUST THE LIGHTING** Most computer, tablet and cell phone screens have the option to adjust the brightness. Set it so that the screen isn't brighter than the surrounding light to make it easier to see.

**KEEP YOUR DISTANCE** The closer the screen is to your face, the harder your eyes have to work. Keep screens about an arm's length or 25 inches away from eyes to reduce strain and discomfort.

**TRY BLUE LIGHT FILTERS** This can be a setting on your device, or you can wear blue light-filtering glasses. Blue light filters can decrease the amount of blue light emanating from the screen to help eyes feel less tired and strained by the end of the day.

20/20/20  
The 20-20-20 rule gives eyes a break to reduce eye strain and allow them to refocus. Here's how it works: take a break from the screen every 20 minutes by looking at something 20 feet away for 20 seconds.

## EAT RIGHT TO PROTECT YOUR SIGHT



**FOOD FOR THE EYES**

Vitamins and minerals found in certain foods can play a role in reducing the chances of developing cataracts (cloudy vision) or age-related macular degeneration (vision loss).

- Lutein and zeaxanthin, two top antioxidants, are found in veggies like kale and spinach and help maintain precise vision. Other vegetables, including carrots, have vitamin A, which helps turn light into the images we see and prevents dry eyes.
- Vitamins C and E are also antioxidants that help protect eyes. Vitamin C, found in fruits like oranges and strawberries, can help prevent or delay cataracts and repair damaged cells. Vitamin E, found in almonds, may help slow the progression of macular degeneration.
- Omega-3 fatty acids, found in fish such as salmon, also help reduce the risk of developing eye disease. Additionally, eggs and yogurt have the mineral zinc, which helps keep the retina healthy and may protect eyes from light damage.

## CUSTOMIZABLE EYEWEAR

Get high-quality, affordable and customizable eyewear with Pair at Hy-Vee! Look for Pair Eyewear kiosks in select Hy-Vee stores to start creating your lenses.



**FIRST: CHOOSE THE  
BASE FRAME**

Pick from blue light filtering, progressive, sun lens and light responsive for single-vision lenses—all starting at \$60. Hy-Vee has sample frames to try on to help you choose what you like best.



**NEXT: EXPRESS  
YOURSELF WITH TOPS**

Add color and style to glasses for a new look each day with different tops that attach magnetically to the base frames.



**LASTLY: ADD YOUR  
PRESCRIPTION**

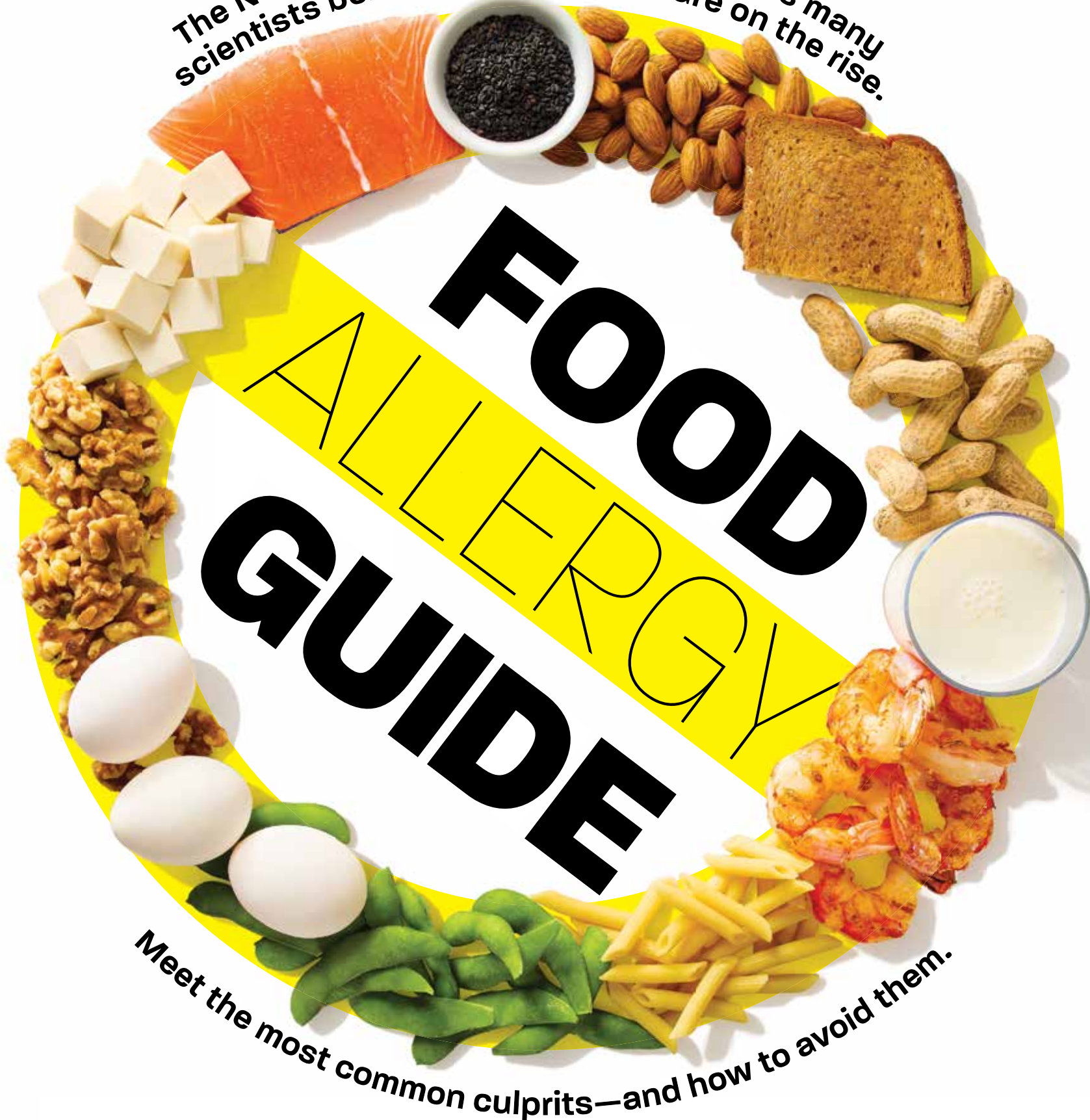
Upload your prescription information at checkout, then Pair will ship your glasses directly to you within 5 to 7 days. If you don't love them, you have 30 days for any returns.



SCAN THE  
QR CODE  
to shop  
glasses by Pair.



The National Institutes of Health reports many scientists believe food allergies are on the rise.



Meet the most common culprits—and how to avoid them.

## ON THE RADAR

More than 170 foods are reported to cause allergic reactions. These reactions occur because the body's immune system mistakenly believes a substance in the food is a germ or other invader and responds in force. Reactions can be minor, such as a scratchy throat. Or it can be much more serious, causing life-threatening breathing problems and low blood pressure. Even a small amount of food can cause a reaction. Food allergies are sometimes confused with less-severe reactions caused by food intolerances (like lactose in dairy, which causes a chemical reaction in some people) or the autoimmune condition celiac disease, which triggers digestive issues, weight loss and malnutrition when gluten is consumed.

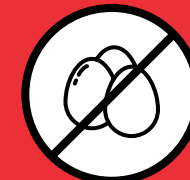
## FOOD ALLERGENS

THESE ARE THE MOST COMMON FOOD ALLERGENS: "THE BIG 8," PLUS A RELATIVE NEWCOMER, SESAME.



### DAIRY

Found in butter, cheese (and anything containing cheese), cream, gelato, milk and yogurt.



### EGGS

Foods containing eggs include baked goods, frosting, processed meat, pudding and salad dressing.



### FISH

Allergen found in finned fish as well as Asian dishes, Caesar salad dressing and Worcestershire sauce.



### PEANUTS

Reactions occur from eating peanuts or foods containing peanuts, touching peanuts or inhaling peanut flour or spray.



### SESAME

A topper for bagels, buns and crackers, sesame can hide as a spice or flavoring in dressings, sauces and more.



### SHELLFISH

Caused by proteins found in crustaceans and mollusks such as crab, lobster, oysters, scallops, shrimp and squid.



### SOY

A product of soybeans, soy is found in soy milk, flour, sauce and tamari, plus edamame, miso, natto, tempeh and tofu.



### TREE NUTS

Most common tree nut allergens reported: almond, cashew, hazelnut, pecan, pistachio and walnut.



### WHEAT

Wheat proteins are found in many foods including bread, cake, cereal, hot dogs, ice cream and pasta.

## TYPICAL ALLERGIC REACTIONS

- Itchy mouth
- Hives or eczema
- Swelling tongue
- Wheezing
- Abdominal pain
- Vomiting
- Dizziness/fainting
- Anaphylaxis (can cause shock and block breathing; requires immediate medical attention)



### GOOD GRACES

Bread, pasta and other foods containing wheat can trigger wheat allergies in some people. Hy-Vee's Good Graces gluten-free foods contain no wheat and include:

- baking supplies (flour, mixes)
- frozen entrées (breaded chicken nuggets, pizza)
- pantry staples (oatmeal, pasta, soup)
- snacks (white Cheddar puffs, granola, pretzels)

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**MILLION AMERICANS HAVE FOOD ALLERGIES, INCLUDING NEARLY 11% OF ADULTS.**

— Food Allergy Research & Education (FARE)

**IF YOU EXPERIENCE ANY UNUSUAL SYMPTOMS AFTER CONSUMING FOOD, YOUR DOCTOR CAN ARRANGE TESTING THROUGH AN ALLERGIST OR IMMUNOLOGIST TO DETERMINE SPECIFIC ALLERGIES.**

Sources (this page and opposite): [ncbi.nlm.nih.gov/pmc/articles/PMC1679775/](https://ncbi.nlm.nih.gov/pmc/articles/PMC1679775/), [foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens/tree-nut](https://foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens/tree-nut), [foodallergy.org/resources/facts-and-statistics](https://foodallergy.org/resources/facts-and-statistics), [health.harvard.edu/blog/food-allergy-intolerance-or-sensitivity-whats-the-difference-and-why-does-it-matter-2020013018736](https://health.harvard.edu/blog/food-allergy-intolerance-or-sensitivity-whats-the-difference-and-why-does-it-matter-2020013018736)





SCAN THE QR CODE to shop these products and have them delivered to your door.



# ALLERGY-FRIENDLY ITEMS

VISIT HY-VEE HEALTHMARKET FOR FOODS SUCH AS THESE, WHICH ARE FREE OF THE TOP 9 FOOD ALLERGENS.

**GUSTARE VITA BALSAMIC VINEGAR OF MODENA**  
Made according to a highly specific tradition in the Emilia-Romagna region of Italy, this vinegar is vegan and allergy friendly. Use it to jazz up salad, pasta or chicken caprese.

**COCONUT SECRET ORGANIC COCONUT AMINOS**  
A soy-free alternative that also has 72% less sodium than the leading soy sauce brand. Use it to add Asian-inspired flavor to stir-fries, marinades, dips and salads.

**FULL CIRCLE ORGANIC GARBANZO BEANS**  
These USDA-certified organic beans have no artificial flavors or preservatives. Blend them to make a delicious hummus or roast them in an air fryer or oven for a crunchy plant-based protein option.

**MADE GOOD VANILLA CRISPY SQUARES**  
USDA-certified organic snacks offer nutrients from vegetables yet are free from nuts and perfect for school lunches.

**DAIYA DAIRY-FREE CHEEZE STICKS**  
These mozzarella-style plant-based snacks offer the convenience of grab-and-go cheese sticks but without the dairy. They're also soy- and gluten-free and free of peanuts.

**FREE2B CHOCOLATE SUNFLOWER BUTTER CUPS**  
Allergy-friendly, nut-free chocolate cups are free from artificial flavors, colors, sweeteners and preservatives. Available in milk chocolate, dark chocolate, caramel and mint-dark chocolate flavors.

**HY-VEE THICK & CHUNKY SALSA**  
Available in mild, medium or hot style, Hy-Vee salsas are Simple Source-labeled, meaning they are free of a wide range of artificial ingredients and synthetic chemicals. Use as a dip or healthier condiment.

**GREEN GIANT ZUCCHINI VEGGIE SPIRALS**  
With 90% fewer calories than pasta and just 2 grams of carbs per serving, it's a healthful addition to the dinner table. Add a serving of vegetables, then pair with a lean protein for a satisfying meal.

**BANZA ROTINI**  
Pasta made from nutrient-dense, protein-packed chickpeas offering 8 grams of fiber. Available as rotini, penne, shells, elbows and rigatoni. It is vegan, non-GMO, gluten-free and has a low glycemic index.

## HY-VEE DIETITIANS

Navigating food allergies doesn't have to be a solo effort. Hy-Vee's registered dietitians can help, offering in-person or virtual store tours focused on the most common food allergies. Learn how to read nutritional labels, and get recipes, tips, tricks and even product recommendations. Hy-Vee cooking classes can be made allergy-friendly by asking the dietitian leading the class for help substituting ingredients. Visit [Hy-Vee.com/health](https://www.hy-vee.com/health) and click on "Hy-Vee Dietitians" for details.



## ENJOY FOOD AGAIN WITH ENJOY LIFE

Enjoy Life products are free from the top food allergens, so you can munch contentedly without worry. Products are made in dedicated nut-free facilities and certified gluten-free. Items include cookies, chips, breakfast bars, protein bites, baking chips and pancake & waffle mix.



# Longer, fuller, darker eyelashes.

Prescription eyelash serum\*, available from RedBox Rx.

- Free online consultation with U.S. licensed medical provider
- Fast and FREE shipping
- \$99 per 1 3mL bottle OR  
\$199 for 3 3mL bottles (48% savings)
- One bottle lasts approximately 30 days

Get \$10 off your order with code:  
**AUGUSTSEASONS**

August 1 – 31, 2022

\*Bimatoprost 0.03% (Latisse® Generic)  
3mL, with applicator

RedBoxRx



# CARE FOR YOU





LIP COLOR

Discover your best look with lipstick shades and sheens at Hy-Vee that pair with your skin's undertone.

Finding Your Lip Color Match

If you've ever borrowed a friend's lipstick and wondered why it looks great on them but terrible on you, it's probably because you have different skin undertones. Like the color wheel, skin tones run from cool to warm to a mixture of the two (neutral). The best lip colors for you are the ones that fall into the same category on the color wheel. Makeup that matches your undertone looks seamless and natural, while makeup that is the opposite creates a bolder look. Once you've found your color, pick a finish based on your desired look or occasion.

LIP FINISH

A LOT OF SHINE OR NONE, TURN TO HY-VEE FOR THE LIP LOOK YOU WANT.

SHEER

This formula adds fresh color with a subtle shine. Sheer lipstick is great for everyday wear and tends to be higher in oil content, so it's less likely to dry out.

CREAM

These glide on easily and provide a balance of texture with a hint of gloss. Cream formulas have more wax in them, giving them longer staying power.

GLOSS

Eye-catching and shiny, glosses provide ample hydration and a lightweight wear. They also add a youthful glow to both daytime and nighttime looks.

MATTE

In contrast to a gloss, matte lip colors are totally shine-free and are smooth and velvety with an even texture. Use this formula any time of the year.

STAIN

Like matte finishes, stains are all about high-impact, vibrant color with minimal shine. They're also long-lasting to withstand long days or late nights.

IDENTIFY YOUR SKIN TONE

FIND YOUR MATCH FROM THE SELECTION OF LIPSTICKS, GLOSSES AND TINTED MOISTURIZERS AT HY-VEE.

COOL

YOU KNOW YOU HAVE COOL UNDERTONES IF:

- Your skin has pink or red hues to it
- The veins on your wrist appear to be more blue or purple than green
- Silver jewelry tends to look better on you than gold
- You sunburn easily after being outside for even short periods of time
- You look better in a white or black shirt rather than ivory or brown

WHAT SHADES YOU SHOULD WEAR:

- Nudes that are more pink than peach
- Berry-toned reds
- Purple shades that lean towards plum rather than red



1 FLOWER BEAUTY MIX N MATTE LIP DUO, VIOLET VIXEN \ 2 MAYBELLINE COLOR SENSATIONAL THE BUFFS, NUDE LUST \ 3 REVLOK KISS BALM, BERRY BURST \ 4 BURT'S BEES LIP SHIMMER, WATERMELON

NEUTRAL

YOU KNOW YOU HAVE NEUTRAL UNDERTONES IF:

- Your skin is neither golden nor red, but somewhere in between
- Looking at the veins on your wrist, you have a hard time telling if they are more blue than green
- You look good in both silver and gold jewelry
- White, ivory, black and brown shirts all look good
- You can't decide whether you're cool or warm

WHAT SHADES YOU SHOULD WEAR:

- Pink hues for fair skin
- Mauve shades for medium skin
- Berry colors for deep skin



5 BASIN NATURALLY TINTED LIP BALM, ROSE \ 6 COVERGIRL OUTLAST ALL-DAY LIP COLOR, ROSE PEARL \ 7 FLOWER BEAUTY PETAL POUT LIP COLOR, PINK DUST \ 8 MAYBELLINE BABY LIPS GLOW BALM, MY PINK

WARM

YOU KNOW YOU HAVE WARM UNDERTONES IF:

- Your skin has more of a yellow, peach, or golden hue to it
- The veins on your wrists appear to be green rather than blue
- Gold jewelry tends to look better on you than silver
- You can spend time out in the sun without getting a sunburn right away
- You look better in off-white/ivory rather than white, and brown rather than black

WHAT SHADES YOU SHOULD WEAR:

- Earthy nudes
- Peachy pinks
- Coral-based reds
- Bright, warm purples



9 REVLOK COLORSTAY ULTIMATE LIQUID LIPSTICK, NUDE \ 10 MAYBELLINE COLOR SENSATIONAL SATIN NUDE, SPICE FOR ME \ 11 MAYBELLINE SUPERSTAY MATTE INK, GROUND-BREAKER \ 12 L'OREAL COLOUR RICKE LIP COLOUR, PLUM EXPLOSION



# blooms

## TABLETOP PLANTERS

Create captivating arrangements with low-care, unique-looking indoor plants from Hy-Vee Floral.



### 1. NO SOIL NEEDED

**AIR PLANTS** are epiphytes, meaning they grow without soil. These air plants are setting on ornamental stones in a bowl. They're pretty thrifty on moisture, too.

**CARE:** Grow air plants in bright, indirect light away from cold temperatures. Mist several times a week. Soaking in water for an hour each week helps reinvigorate air plants.

### 2. ON THE DRY SIDE

**CACTI** are renowned for heat and drought tolerance. They also accept low-humidity conditions often found indoors, making them good houseplants.

**CARE:** Plant in a cacti & succulents potting mix, mulch with stones to keep soil off plants and water once every 10 to 14 days. Place by the brightest window and rotate the planter weekly.

### 3. MOISTURE MISERS

**SUCCULENTS** are a boon to travelers because their thick, fleshy leaves hoard enough moisture for them to get by during vacations. Smaller succulents are perfect for mixing together in a tabletop arrangement like this one, featuring both color and texture.

**CARE:** Use a cacti & succulents potting mix and a planter with excellent drainage. Place in a sunny location and water plants at the base every 7 to 10 days.





RECOVER & BUILD  
LEAN MUSCLE



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# BACK-TO-SCHOOL SNACKS

TO MAKE THEIR DAYS BRIGHTER





# foods that

## HOW TO BALANCE STRESS

Learn how nutrition and lifestyle habits can help reduce stress and its effects on your body.

### STRESS RELIEF

Some foods help the body metabolize and reduce the effects of cortisol, a hormone produced by the body during times of stress. Cortisol can increase appetite and lead to stress eating due to a heightened desire for sugary or high-fat foods. This in turn can lead to weight gain. An overabundance of cortisol may lead to other health problems such as inflammation, high blood pressure, heart disease, depression or anxiety.

Foods high in magnesium, like dark chocolate or pumpkin seeds, can have a short-term effect on cortisol and temporarily lessen feelings of frustration, tension or anxiety. But food and lifestyle changes may be needed to lower cortisol levels due to chronic stress.

An anti-inflammatory diet based on fruits, vegetables, fish, poultry, whole grains, nuts and healthy fats is one of the best ways to lower cortisol.



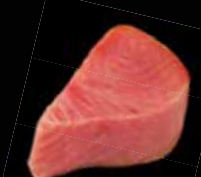
## FOODS FOR STRESS RELIEF

SOME OF THE NUTRIENTS IN THESE FOODS MAY HELP YOUR BODY BETTER BALANCE STRESS.



### DARK CHOCOLATE

Cacao, an ingredient in dark chocolate, is a source of magnesium, which helps metabolize cortisol and lowers stress. Milk chocolate has less cacao, and white chocolate has none, making them less effective. Choose chocolate with 70% cacao or higher.



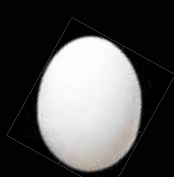
### TUNA

Fatty fish such as tuna and salmon have omega-3 fatty acids that help reduce inflammation, lower cortisol levels and alleviate symptoms of stress. Foods with protein, such as fish, eggs and lean meat also help balance blood sugar, stabilize mood and relieve stress.



### TEA

Some types of tea, particularly black tea, may help reduce stress levels by metabolizing cortisol more quickly. In a study from University College London, participants reported greater feelings of relaxation after drinking tea, and had lower cortisol levels after experiencing stress.



### EGGS

A source of B vitamins, and especially vitamin B12, eggs may also help lower stress. Vitamin B12 helps metabolize cortisol, which may help lower stress levels more quickly. One whole egg has about 20% of the daily recommended amount of vitamin B12, the majority of which is stored in the yolk.



### ORANGES

Many fruits, including oranges, grapefruits and berries, contain vitamin C. A study published in the journal *Psychopharmacology* found that, after experiencing acute stress, participants who received vitamin C had lower blood pressure and their cortisol levels normalized quicker.



### GREEK YOGURT

Some bacteria throughout the gastrointestinal tract can contribute to overall mood, and can influence stress, anxiety and depression. Foods with probiotics, such as Greek yogurt and kombucha, may help enhance mood, reduce stress and balance blood sugar.



### SPINACH

Leafy greens are a source of magnesium, which helps metabolize cortisol and reduce stress. A full cup of cooked spinach has over 150 mg of magnesium, about half of the daily recommended amount for women, and over one-third of the daily recommendation for men.



### AVOCADOS

These fruits have multiple nutrients that may help reduce stress. Avocados are a plant-based source of omega-3 fatty acids, which help reduce inflammation caused by stress, and they also have about 44 mg of magnesium per cup, which helps break down cortisol.

**SOME FOODS RAISE CORTISOL LEVELS, ADDING TO A FEELING OF ANXIOUSNESS. IN TIMES OF STRESS, AVOID ALCOHOL, CAFFEINE, SODA AND SUGARY FOODS.**

## Other Ways to Reduce Stress

**IN ADDITION TO DIET, THESE HABITS MAY HELP YOU RELAX.**

### EAT REGULARLY

Eat meals on a consistent schedule to reduce stress. When you skip meals, blood sugar decreases, which may cause your body to release cortisol.

### BE ACTIVE

Regular physical activity helps lower blood pressure (a symptom of chronic stress) and stress hormones, and releases endorphins that can enhance positive feelings.

### TRY RELAXING ACTIVITIES

Some hobbies, such as meditating or writing in a journal, can help focus your thoughts and create a more peaceful mood. Taking slow, deep breaths can also help reduce muscle tension and lower heart rate.

### TALK WITH OTHERS

Connecting with friends and family is a good stress reliever, since it can be a distraction and help give you support. Regular mental health counseling may also help.

### PRACTICE GOOD SLEEP HABITS

To help make restful sleep easier, establish a nighttime routine that helps you relax. Going to bed at the same time and turning off devices at least 30 minutes before bed may improve sleep.

Sources (entire article): [health.clevelandclinic.org/eat-these-foods-to-reduce-stress-and-anxiety/](https://health.clevelandclinic.org/eat-these-foods-to-reduce-stress-and-anxiety/), [medlineplus.gov/ency/article/003211.htm](https://medlineplus.gov/ency/article/003211.htm), [hsph.harvard.edu/nutritionsource/stress-and-health/mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relievers/art-20047257](https://hsph.harvard.edu/nutritionsource/stress-and-health/mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relievers/art-20047257), [pubmed.ncbi.nlm.nih.gov/11862365/](https://pubmed.ncbi.nlm.nih.gov/11862365/), [pubmed.ncbi.nlm.nih.gov/29985786/](https://pubmed.ncbi.nlm.nih.gov/29985786/), [my.clevelandclinic.org/health/articles/15650-magnesium-rich-food](https://my.clevelandclinic.org/health/articles/15650-magnesium-rich-food)



# dietitian Q&A

## UNDERSTANDING GUT HEALTH

The gut is home to bacteria that aid digestion and overall health. Elisa Sloss, Hy-Vee dietitian and vice president of HealthMarket, dishes on dietary choices to keep good bacteria happy and harmful bacteria at bay.



Elisa Sloss, RD, LD  
Vice President,  
HealthMarket

### Q: What is gut health?

**A:** Put simply, it's the condition of your gastrointestinal system, which includes the mouth, stomach and intestines. This system of organs—and the bacteria they contain—is responsible for breaking down and digesting food. It also plays a role in brain function, cognitive thinking and emotions.

### Q: Why is gut health important?

**A:** A healthy gut flourishing with good bacteria can more easily break down and convert food into nutrients, fend off potentially harmful bacteria or viruses and help maintain overall health. Those with an unhealthy gut may

experience bloating, abdominal pain, diarrhea, constipation or other gastrointestinal issues. In the long term, poor gut health has been connected to bowel disorders, obesity and intestinal cancer.

### Q: What foods help maintain gut health?

**A:** Vitamin-rich foods with high fiber content to help the body pass stools are beneficial to gut health. Also look for low-sugar fruits such as berries, leafy greens, lean protein, whole grains and nuts. Probiotic foods such as yogurt, pickles and kombucha are also important for gut health.

### Q: What are probiotics and prebiotics?

**A:** Probiotics are food or supplements that contain live forms of good bacteria. Consuming probiotic foods may help increase the overall number of good bacteria in your gut. To function properly, good bacteria need to eat prebiotics—dietary fibers the body cannot digest. Examples of prebiotic foods are legumes, oats and berries.

### Q: Are there foods I should avoid?

**A:** Cut out foods you have sensitivities to or are allergic to, and avoid eating excessive amounts of sugar and processed foods. They can increase the amount of bad bacteria in your gut.



## LIFESTYLE CHANGES

Improve gut health with a few tweaks to your daily routine.

### Brush and Floss

**Why?** To keep oral bacteria from entering the gut and causing diseases. Evidence suggests a relationship between some oral bacteria and systemic inflammation, liver health and gastrointestinal cancers.

### Quit Smoking

**Why?** Smoking can cause gastroesophageal reflux disease (GERD), a condition where the valve that keeps stomach fluids in the stomach weakens and allows fluids, including stomach acid, to flow into the esophagus.

### Limit Alcohol

**Why?** Alcohol can affect the production of stomach acid. An imbalance of stomach acid can limit your body's ability to destroy bad bacteria.

### Balance Stress

**Why?** The physical connection between the brain and the gut, often called the "gut-brain axis," can determine your comfort level. When your brain tells you that you are excited, the familiar butterflies in your stomach are actually due to serotonin (the "happy chemical") receptors located in your gut. However, when your brain is under severe tension, it is your gut that can cause you to feel nauseated.

## Gut-Friendly Finds at Hy-Vee

PROBIOTIC AND PREBIOTIC SUPPLEMENTS CAN HELP MAINTAIN A HEALTHY GUT.



**Olly Probiotic + Prebiotic**  
Naturally-flavored gummies with probiotics and prebiotics.



**Nature's Bounty Acidophilus Probiotic**  
Daily tablets are an easy way to ingest gut-friendly probiotics.



**Poppi**  
This prebiotic-packed soda has just 5 grams of sugar.



**Metamucil**  
Mix 1 tsp. in 8 oz. of liquid for a dose of gut-nourishing fiber.



SCAN THE QR CODE to have these products and more delivered right to your door.

Sources: [ncbi.nlm.nih.gov/pmc/articles/PMC3667473/](https://ncbi.nlm.nih.gov/pmc/articles/PMC3667473/) [hsph.harvard.edu/nutritionsource/microbiome/health.harvard.edu/diseases-and-conditions/the-gut-brain-connection](https://hsph.harvard.edu/nutritionsource/microbiome/health.harvard.edu/diseases-and-conditions/the-gut-brain-connection)  
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GET A  
FLU  
SHOT  
GET



NO APPOINTMENT NECESSARY

SCAN HERE TO COMPLETE YOUR  
VACCINE CONSENT FORM IN ADVANCE.



FUEL SAVER OFFER AVAILABLE TO ALL FLU SHOT RECIPIENTS. SEE PHARMACY OR HY-VEE.COM FOR DETAILS.  
CERTAIN STATE, AGE, HEALTH-RELATED AND OTHER RESTRICTIONS MAY APPLY.

**HyVee**

## pharmacy

# BACK-TO-SCHOOL VACCINATIONS

Before school starts, visit the Hy-Vee Pharmacy to get kids up-to-date on all of their CDC-recommended immunizations.

Hy-Vee pharmacists are certified immunizers and can administer vaccines before the start of the new school year. If you're unsure which vaccines your child needs, pharmacists can provide a free immunization screening. Some vaccines may not be immediately available at all locations, but if you call in advance, your Hy-Vee Pharmacy can obtain doses for you. Most insurance plans will cover vaccinations with no extra charge; however, pharmacists can confirm if your insurance will cover immunizations when you call.

### Ages 4-6

- **DTaP** (full-strength boosters for diphtheria, tetanus and pertussis)
- **MMR** (measles, mumps and rubella booster)
- **Varicella** (chicken pox booster, available at Hy-Vee upon request)
- **IPV** (inactivated poliovirus booster)

### Ages 7-12

- **Tdap** (full-strength tetanus vaccine, reduced doses of diphtheria and pertussis vaccines)
- **Meningococcal** (bacterial meningitis)
- **HPV** (human papillomavirus)

### Ages 13+

- **Meningococcal** (bacterial meningitis booster)

### All Ages

The Centers for Disease Control and Prevention recommend a yearly flu vaccination as well as a series of COVID-19 vaccinations for children 6 months and older.

Sources: [cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html](https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html)  
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[cdc.gov/vaccines/vpd/dta-pd/index.html](https://www.cdc.gov/vaccines/vpd/dta/dta-pd/index.html)  
[cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html?cid=11747:covid%20vaccine%20schedule:sem.ga:p:RG:GM:gen:PTN:FY22](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html?cid=11747:covid%20vaccine%20schedule:sem.ga:p:RG:GM:gen:PTN:FY22)



### SCHEDULING VACCINES AT HY-VEE

Most Hy-Vee Pharmacy locations provide vaccinations with no appointment necessary. To ensure doses of the vaccine your child needs are available, contact the pharmacy in advance. Visit [Hy-Vee.com/pharmacy](https://www.hy-vee.com/pharmacy)



SCAN THE  
QR CODE to  
schedule an  
immunization.





Try these  
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**30**  
minutes  
or less

**30 MINUTES  
OR LESS**

**20**  
minutes  
or less

**20 MINUTES  
OR LESS**

**10**  
minutes  
or less

**10 MINUTES  
OR LESS**

**GF**  
option

**GLUTEN  
FREE**

**V**  
option

**VEGETARIAN  
DISH**

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

If you need these services, contact your local pharmacist. If you believe that Hy-Vee has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Hy-Vee Civil Rights Coordinator, Attn: Legal Dept., 5820 Westown Parkway, West Des Moines, IA 50266, 515-267-2800, Fax 515-327-2162, [legalnotices@hy-vee.com](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.

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