Shows so fresh you might want to refrigerate them.

The Helpful Smiles TV streaming network is serving up all-new online video content that will help you learn, laugh and live well. Our shows cover everything from meal prep to mom talk, pet parenting to kitchen hacks, quick workouts and more.

Watch and learn at HSTV.com

JULY 2019

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

July is the essence of summer: backyard barbecues, picnics and even block parties. We have you covered: sizzling ideas for barbecue cookouts, page 10; best-ever picnics, page 26; and neighborhood get-togethers, page 72.

Opportunities abound for getting outside, meeting neighbors and encouraging kids to play. Bike parade, anyone? Speaking of kids and bikes, you can help provide bicycles to deserving children by purchasing a dozen roses at Hy-Vee during the last two weeks of July. See details on page 84.

Ready to unwind and socialize? Check out tropical-theme cocktails, page 34; and childhood foods reimagined for adult tastes, page 54. Remember to hydrate—water is essential in hot weather and can even improve your health, page 90.

Enjoy the remaining days of summer!
Blue Bunny Ice Cream or Frozen Yogurt: select varieties 48 oz. 2/$6.00

Blue Bunny Signature: select varieties 46 or 48 fl. oz. 2/$7.00

RED, WHITE & BLUE M&M’S
Smooth milk chocolate with candy coating to snack on between fireworks.

RED, WHITE & BLUE RIBBON ICE CREAM
Strawberry, vanilla and cake flavors make this ice cream second to none.

RED, WHITE & BLUE CRUNCH
The perfect way to start off Independence Day.

CULINARY TOURS FROZEN FRUIT BARS
Treat your taste buds to foods and flavors from around the world. Culinary Tours brings unique cuisine from other countries right into your kitchen. To beat the dog days of summer, cool off with a Paleta, a Mexican frozen fruit delicacy. Flavors include Caribbean mix, piña colada, raspberry and more.
Find Sweet P's frosted sugar cookies and more at your local Hy-Vee!

**4 ON THE FLOOR**

Stop in at Hy-Vee to check out the latest and greatest products from various departments.

**BAKERY**

Fresh Strawberry Pie

Prepared with juicy Driscoll's strawberries, this fruity dessert is sure to satisfy any sweet tooth. Pick up in-store or call a few days ahead to place an order.

**PRODUCE**

Washington Stemilt Red Cherries

Sweet cherries picked in Washington that burst with flavor this time of year. Toss them into desserts, salads or smoothies.

**MEAT**

Budweiser Discovery Reserve Brats

Tender, juicy brats soaked in Budweiser Discovery Reserve, an American red lager with a toasted barley malt taste. The perfect backyard party pleaser. On sale for a limited time.

**WINE & SPIRITS**

Absolut Juice Edition

Smooth Absolut Vodka mixed with seasonal fruit—here just in time for summer. Mix a crisp cocktail using either strawberry or apple flavors.

**RED, WHITE AND BLUE SUPPLIES**

1. Sparklers
2. USA Ponytail Holder
3. USA Sunglasses
4. Hedstrom Fly Ball
5. Unique Paper Straws
6. Fourth of July Grabber Pincher
7. Unique Photo Booth Props
8. Architec Polyflax Cutting Board
9. Gravity Lounge Chair
10. Sensations Assorted Cutlery
11. Unique Party Napkins
12. Sensations Resin Adirondack Chair
13. Oster Knife Set
14. USA Headband
15. Simply Done Wind-Resistant Lighter
16. Unique Party Plates
17. Solo Cups

**PANTRY**

On The Road Again

Directions? Check. Rocking playlist? Check. Snacks? Hy-Vee has you covered! Before your next road trip, stop by your local store for these snacks and more.

- Sweetbell Bakery Granola Bars
- Garden Salsa Sun Chips
- Performance Inspired Protein Cookie
- Hy-Vee Pears

**Beauty and Personal Care**

Neutrogena Ultra Sheer Sunscreen offers ample UV protection and won't clog pores.

**SAVING FACE**

We need to protect the sensitive skin on our face for various reasons, and Neutrogena Ultra Sheer offers shine-free, lightweight protection and sits well under makeup. A must for the daily routine this summer!

–Courtney Dettmer
Beauty and Basin Manager
Hy-Vee, Urbandale, Iowa

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DESSERT BY DESIGN

Highlight special occasions with jaw-dropping custom cakes from Hy-Vee. Have a crazy idea? Hy-Vee’s talented cake designers make bringing your vision to life, well, a piece of cake! Just walk in or schedule a time to meet and discuss what you’d like. The watermelon boat cake (pictured), crafted by Hy-Vee cake designer Bryant Meyer, is just one of the incredible (and edible) creations that are possible when you purchase a custom cake from Hy-Vee. Check out the steps, below, to see how this cake was made.

Cake Creation
Watch from start to finish as Hy-Vee cake designer Bryant Meyer designs a watermelon boat cake.

Cut cake in half and stack ends on top of each other. Trim crust and cut out indentation on top layer.

Carve ridges along top edge. Coat with white frosting and cover with fondant. Cut off excess fondant around edges.

Paint fondant with sponge brush using green food coloring for the rind and red for the inside.

Create red and white picnic blanket with fondant. Fill in top with whipped cream and gently top with fruit.

Carefully slice open and enjoy!

Sanpellegrino Sparkling Fruit Beverages:
select varieties
6 pk., 8.45 or 11.15 fl. oz. $4.98
this is the **unfazed by fire** stuff
this is the **quality** stuff
this is the **good** stuff™

Foil made in the USA since 1947.
BIG BOLD BBQ

Learn the basics of smoking foods, where low and slow is the golden rule for exceptional tenderness and flavor. Ribs, brisket, pork, chicken—all are easy to master, even on standard charcoal or gas grills.

Understand the smoking process. When smoking meat for long periods of time, the smoke breaks down collagen (a tough muscle tissue protein), tenderizing the meat. This effect does not occur in simple grilling. The smoke from the wood also affects meat flavor, changing internal color to light pink as smoke penetrates muscle tissue.

Choose quality meat. The friendly staff at your Hy-Vee Meat Department can guide you. Ribs, brisket and pork shoulder are classics for smoking, while smaller cuts like chops and chicken quarters also work well and take less time.

Have fun. Try various wood chips and flavor enhancers, such as dry rubs and sauces, to create unique smoky flavors.

Texas-Style Beef Short Ribs

Hands On 20 minutes
Total Time 12 hours 20 minutes plus chilling and resting time
Serves 4

4 to 5 lb. Hy-Vee bone-in, meaty English-style beef short ribs, 4 to 5 in. long and 1 to 2 in. thick
2 tsp. kosher salt
Oak and/or hickory wood chips
1 Tbsp. packed Hy-Vee brown sugar
1 tsp. Hy-Vee chili powder
1 tsp. Thats Smart! garlic powder
1 tsp. Thats Smart! onion powder
1½ tsp. Hy-Vee ground cumin
1 tsp. Hy-Vee ground dry mustard
½ tsp. Hy-Vee cayenne pepper

1. TRIM top fat from beef ribs to ¼ in., if necessary. Leave membrane on the bones to keep meat intact. Rub kosher salt on ribs. Wrap ribs tightly in plastic wrap; refrigerate for 12 to 24 hours.

2. SOAK wood chips in very hot water for 10 minutes; drain. Preheat smoker according to manufacturer’s directions to maintain a temperature between 220°F and 225°F. Use wood chips and water pan as directed.

3. COMBINE brown sugar, chili powder, black pepper, garlic powder, onion powder, cumin, dry mustard and cayenne pepper in a small bowl. Lightly coat ribs with Worcestershire sauce or oil, then sprinkle with salt and rub in. The coating acts as a binder for the salt. Refrigerate as directed.

4. PLACE ribs, bone sides down, on rack in smoker directly over water pan. Cover or close smoker and smoke ribs for 8 to 10 hours or until meat thermometer in thickest part of the meat not touching bone reaches 200°F to 205°F. Add additional soaked wood chips as needed to maintain smoke.

5. REMOVE ribs from smoker. Lightly coat ribs with Worcestershire sauce or oil, then sprinkle with salt and rub in. The coating acts as a binder for the salt. Refrigerate as directed.

Per serving: 380 calories, 22 g fat, 9 g saturated fat, 0 g trans fat, 110 mg cholesterol, 1,030 mg sodium, 7 g carbohydrates, 10 g fiber, 3 g sugar (3 g added sugar), 37 g protein.

Daily Values: Vitamin D 0%, Calcium 2%, Iron 20%, Potassium 10%.

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BURNT END BASICS

Smoke a dry-rubbed brisket point for several hours, then finish with a sweet BBQ glaze for soft and juicy caramelized nuggets with rich beefy flavor. Follow the recipe opposite and the steps below to perfectly master smoked burnt ends.

1. SELECT THE RIGHT CUT
A whole brisket consists of two parts separated by a layer of fat—a knobby, angular point with more fat and a long, thin rectangular portion that’s quite lean. Ask a Hy-Vee meat expert to split the point and slice it for sandwiches.

2. TRIM FAT AND APPLY A DRY RUB
With a sharp knife, trim all fat from the bottom of the brisket point, trim top cap of fat to ¼ in. thickness. After trimming the fat, season all sides of the brisket point with dry rub. Let the point stand while heating the smoker or grill.

3. SMOKE THE POINT
Smoke the point, fat side down, at 225°F for 4 to 6 hours or until internal temperature reaches 165°F to 170°F, adding wood chips as needed. Remove the point; wrap in uncoated butcher paper. Continue smoking the point without wood chips for 7 to 8 hours or until internal temperature reaches 190°F to 195°F.

4. UNWRAP AND CUT
Unwrap the brisket point and transfer any juices to a 13×9-in. foil pan. Use a sharp knife to cut brisket point into 1½-in. cubes. Place cubes in pan. Season with brown sugar and sauce. Place foil pan, uncovered, in smoker. Increase temperature to 275°F and smoke for 1 to 2 hours or until glaze is sticky and caramelized.

5. SMOKE UNTIL CARAMELIZED
Sprinkle brown sugar on brisket cubes and drizzle with barbecue sauce. Lightly brush the cubes to evenly distribute sugar and sauce. Place foil pan, uncovered, in smoker. Increase temperature to 275°F and smoke for 1 to 2 hours or until glaze is sticky and caramelized.

6. SERVE NUGGETS OF FLAVOR
Brush cubes to evenly distribute brown sugar and sauce. Brush cubes to evenly distribute brown sugar and sauce.

KANSAS CITY-STYLE BBQ SAUCES
are thick and tangy with sweetness and a bit of heat, perfectly complementing the smoky burnt ends, giving them intense flavor and sweetness.

Serves 12

Nutrition Facts

KANSAS CITY-STYLE BBQ SAUCES

Per serving:

Calories 210
Total Fat 5 g
Saturated Fat 1.5 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 770 mg
Total Carbohydrate 24 g
Dietary Fiber 0 g
Sugars 0 g
Protein 2 g

Vitamin D 0%
Calcium 2%
Iron 10%
Potassium 7%

Burnt Ends

Hands On 20 minutes
Total Time 13 hours 10 minutes

Ingredients

Oak wood chips
1 (3- to 4-lb.) Hy-Vee Angus beef brisket point (uncured)
2 Tbsp. Weber KC BBQ rub
1 cup bottled Kansas City-style barbecue sauce
White bread, for serving

Directions

1. SOAK

2 to 3 Tbsp. Water or water and wood chips as needed.

2. TRIM FAT AND APPLY A DRY RUB

3 to 4 Tbsp. Hy-Vee Angus beef brisket point (uncured)

3. SMOKE THE POINT

4. WRAP

5. UNWRAP AND CUT

6. SERVE NUGGETS OF FLAVOR

7. REMOVE
REGIONAL BBQ SAUCES

From Kansas City to Texas to the Carolinas, every state—and in some cases regions within a state—has its own distinct sauce that’s served with barbecue. This is a sampling of sauces that bring unique flavors to smoked meat—all sold at Hy-Vee.

1. MEMPHIS Thin-vinegar-based sauce with tomato and/or brown sugar added. Try it with pulled pork or crispy smoked chicken.

2. SOUTH CAROLINA Tangy yellow-orange, mustard-heavy sauce adds a nice bite to pulled pork or smoked chicken.

3. NORTH CAROLINA Both Eastern and Western region tomato-based sauce go well with pork shoulder.

4. KENTUCKY Sweet, smoky and tangy Bourbon-flavored sauce goes well with ribs, brisket or grilled chicken legs.

5. TEXAS Also known as “mop sauce,” this thin sauce has hearty flavor and soaks beautifully into meats for a full, rich flavor.

6. ALABAMA Famous for its maple-based white barbecue sauce served on chopped pork or chicken sandwiches.

7. KANSAS CITY Thick, sweet and sometimes spicy tomato-based sauce that goes with pretty much everything, especially burnt ends.

FAST AND FURIOUS SAUCES

In a matter of minutes, make a homemade BBQ sauce that adds the superb finish to smoked meat. Store sauces in the refrigerator for up to 1 week.

1. MEMPHIS
   - 2 Tbsp. minced white mustard
   - 1¼ cups Hy-Vee BBQ Sauce
   - 1 cup Hy-Vee zesty sweet pickle chunks, sliced
   - 1 (12-oz.) bottle Hy-Vee cherry preserves
   - ⅓ cup plus 1 tsp. Weber classic BBQ seasoning, divided
   - Applewood, cherry or peach wood chips
   - Hy-Vee ranch salad dressing, for serving

2. SOUTH CAROLINA
   - 1 (4-lb.) Hormel Always Tender boneless pork shoulder roast
   - 1½ cups finely shredded red cabbage
   - 1 cup shredded carrot
   - ½ cup shredded chicken
   - 10 Hy-Vee Bakery hamburger buns, split
   - Southern-Style barbecue sauce, for serving

3. NORTH CAROLINA
   - 1 (4-lb.) pork shoulder roast
   - ½ cup dry onion + ½ tsp. hickory-flavored liquid smoke
   - 1 cup Hy-Vee black pepper powder + dash Hy-Vee apple cider vinegar + ½ tsp. Hy-Vee garlic powder + dash Hy-Vee cayenne pepper
   - Makes 2 cups

4. KENTUCKY
   - 3 Tbsp. minced white mustard
   - 1½ cups Hy-Vee zesty sweet pickle chunks
   - ⅓ cup plus 1 tsp. Weber classic BBQ seasoning
   - Cherry-Chipotle barbecue sauce

Cherry-Chipotle BBQ Sauce

1 (12-oz.) bottle Hy-Vee cherry preserves + ⅓ cup bottled sweet-mustard chipotle barbecue sauce Blend or process until almost smooth. Makes 1 cup.

Let it rest before shredding. Reducing time allows the juices to be drawn back into the pork. To shred the pork, use two forks to pull chunks apart. If you encounter a portion that’s hard to shred, grab a knife and cut the meat along the grain.

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Elevate your BBQ with great meat and sauce pairings. Pair smoky sauces with chicken. Beef and sweet sauces go well with pork, bold sauces with tomatoes-based sauce with tomato and/or brown sugar. Try it with pulled pork or crispy smoked chicken.

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SMOKING WOODS

Choose according to your smoker and the type of meat that you smoke.

Wood Sizes

- **CHIPS**
  Chips are about the size of a large coin and most popular among the three sizes. Use for small meat cuts or if you want only a small amount of smoke flavor.

- **PELLETS**
  Small bits of compressed hardwood add smoky flavor to small meat cuts, such as chicken breasts or wings, steaks or pork chops.

- **CHUNKS**
  Large pieces of hardwood create smoke over a long period of time. Large pieces of hardwood create three sizes. Use for smaller meat cuts or if you want only a small amount of smoke.

WOOD FLAVORS

Sweet, mild and fruity—good for chicken breasts or fish and chicken.

Sweet, yet strong bacon-like flavor. Best for beef and pork.

Mild, sweet and fruity. For small meat cuts. Use for whole chickens, ribs, etc. Also makes great sauce in cold storage.

Strong, earthy flavor. Best for red and dark meats.

SMOKING WOODS

Hy-Vee meat manager in Lee's Summit, Missouri, and Hy-Vee.com/recipes-ideas

KNOWLEDGE

Q: What mistake do people sometimes make with barbecue?
A: They check the meat too often and get overboard with checking the meat. Every time you peek, valuable heat and smoke are lost.

Q: What's the best meats to smoke?
A: Beef brisket, pork shoulder (Boston butt) and ribs. Our meat experts at Hy-Vee can walk you through the process, show you how to season and provide you with tips.

Q: What is the best sauce to use?
A: The best sauce is one that you made yourself. I use a little bit of Coke or Pepsi. I use butter. You don't need a special BBQ rub for the meat. Just use something that you like and it will go well with the meat.

Q: What should you do if the meat finishes early?
A: Add wood at the start when meat is cool and moist—smoke will stick better. The first hour and a half is when to create a good amount of smoke.

Q: How do you know when the meat is done?
A: When the meat is done, it will have a good brown smoke ring all around it. You can see the external surface of the meat, and you can see the internal temperature.

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LAYER IN THE FLAVOR

When you bite into a tender piece of smoked meat, flavors strike on many levels. Often a sweetness and hint of salt come first, followed by citrusy or herby notes, then heat and finally garlic or onion flavors. Here’s how to achieve depth of flavor in smoked meats.

**BRINES AND MARINADES** are super soakers that tenderize and boost flavors of the meat before being smoked. Chicken, pork and tough cuts of beef benefit from marinating or soaking 4 to 12 hours. For small, already-tender cuts of pork or chicken, 2 to 4 hours will do.

**DRY RUBS**, savory blends of herbs and spices with no liquids, enhance meats with intense flavors. Dry rubs also create crispy and delicious crusts on meat during smoking.

**WET RUBS**, mixtures of spices and herbs, also include oil, mustard or other liquid to make a paste. Applied generously and cooked in slowly, it flavors meat all the way through.

Use your fingers to rub a wet or dry rub mixture all over the meat until well-coated.

**READY-MADE RUBS AND MARINADES**

Find dozens of flavorful rubs and marinades at your local Hy-Vee to ensure exceptional taste and texture in smoked meats.

Spice things up in a big way with little effort.

**Kentucky-Style Smoked Pork Chops**

*Hands On 10 minutes  Total Time 1 hour 5 minutes  Serves 4*

1 cup plus 2 Tbsp. water, divided
2 Tbsp. Hy-Vee salt
2 Tbsp. packed Hy-Vee brown sugar
2 cups ice cubes
1 tsp. black peppercorns
2 Tbsp. Kentucky bourbon, optional
4 (8-oz.) Hy-Vee Midwest Pork boneless top loin chops, 1 in. thick, trimmed
2 cups hickory wood chips
½ cup bottled Kentucky bourbon barbecue sauce
Grilled Broccolini, collard greens and/or cherry tomatoes for serving

1. **COMBINE** 1 cup water, salt and brown sugar in a 2-qt. saucepan. Heat and stir until salt and brown sugar dissolve. Remove from heat. Stir in ice cubes, peppercorns and, if desired, bourbon.

2. **PLACE** chops in large resealable plastic bag set in shallow dish. Pour brine over chops in bag; seal bag. Refrigerate for 2 to 4 hours.

3. **SOAK** wood chips in very hot water for 30 minutes; drain. Meanwhile, preheat a charcoal or gas grill with a greased grill rack for indirect cooking over low heat (275°F). For charcoal grill, sprinkle wood chips over coals. (For a gas grill, place wood chips in a smoker box or smoking pouch.)* Place over direct heat.

4. **WHEN CHIPS** begin to smoke, remove chops from brine; pat dry. Discard brine. Combine barbecue sauce and remaining 2 Tbsp. water; reserve half of mixture for serving. Brush some of remaining mixture on both sides of chops. Place chops over indirect heat.

5. **COVER**; smoke for 40 to 50 minutes or until internal temperature reaches 165°F. Turn and brush with remaining sauce mixture after 20 minutes. Remove chops from grill; loosely cover with foil and let rest 5 minutes. Serve with reserved sauce and, if desired, Grilled Broccolini, collard greens and/or cherry tomatoes.

*SMOKING POUCH: Place soaked wood chips on a double layer of heavy foil and wrap them as you would a present. Poke holes all over to allow air in and smoke out.

**saucen**

Per serving: 330 calories, 7 g fat, 2 g saturated fat, 0 g trans fat, 125 mg cholesterol, 2,200 mg sodium, 17 g carbohydrates, 0 g fiber, 15 g sugar (3 g added sugar), 47 g protein.

Daily Values: Vitamin D 6%, Calcium 2%, Iron 10%, Potassium 15%.
**GARLIC ‘N’ HERB POTATO SALAD**

Combine ½ cup bottled champagne vinaigrette, 1 tsp. finely chopped fresh rosemary, ½ tsp. fresh thyme leaves and ¼ tsp. Hy-Vee coarse-ground black pepper in a bowl. Cook 1 (1-lb) pkg. Hy-Vee Short Cuts steam bag garlic potatoes according to package directions. Cut potatoes into bite-size pieces; add hot potatoes and ⅓ cup slivered red onion to vinaigrette mixture; toss to coat. Cover and refrigerate for 1 hour. Just before serving, toss in 2 cups loosely packed baby arugula. Serves 6.

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**SWEET-AND-SOUR GRILLED VEGETABLE MEDLEY**

Preheat a charcoal or gas grill for direct cooking over medium heat. Combine 1 Tbsp. Hy-Vee granulated sugar and 1 Tbsp. Hy-Vee apple cider vinegar. Stir until sugar dissolves; set aside. Toss ½ (1-lb.) pkg. Hy-Vee Short Cuts garlic and lemon asparagus, ½ (1-lb.) pkg. Hy-Vee Short Cuts julienne bell pepper strips, 1 cup sliced mushrooms, 1 cup slivered red onion and 2 Tbsp. Gustare Vita olive oil in a bowl. Transfer to a grill basket. Grill for 12 to 15 minutes or until crisp-tender, turning occasionally. Transfer vegetables to a shallow baking dish; drizzle with vinegar mixture; toss to coat. Season to taste with Hy-Vee salt and black pepper. Serves 6.

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**JALAPEÑO-CHEDDAR CORN MUFFINS**

Preheat oven to 400°F. Grease 8 (2½-in.) muffin cups. Combine 1 (8.5-oz.) pkg. Hy-Vee corn muffin mix, ⅓ cup Hy-Vee 2% reduced-fat milk and 1 lightly beaten Hy-Vee large egg. Add 2 seeded and chopped jalapeño peppers,* 1 cup Hy-Vee shredded sharp Cheddar cheese and ½ tsp. classic BBQ seasoning. Fill prepared muffin cups about ¾ full. Bake for 15 to 20 minutes or until golden. Cool on a wire rack. Serves 9 (1 muffin each).

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

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**THREE-BEAN & BACON BAKED BEANS**

Preheat oven to 350°F. Cook 8 oz. Hy-Vee thick-sliced applewood bacon, cut into ½-in. pieces, and ¾ cup Hy-Vee Short Cuts chopped white onions in an 8-in. cast-iron skillet for 8 to 10 minutes or until bacon begins to crisp; drain fat. Stir in 3 (15-oz.) cans Hy-Vee black beans, butter beans, Great Northern and/or pinto beans, rinsed and drained. Add 1 cup bottled maple- or bourbon-flavored barbecue sauce, ¼ cup water and Hy-Vee brown sugar to taste. Bake, covered, for 45 to 60 minutes or until bubbly. Serves 8.

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**SUPER SIMPLE SIDES**

We call these super sides for two reasons: They use Hy-Vee Short Cuts veggies and canned and boxed mixes to save time. We guarantee they’ll be as tasty as the meat from the smoker.
START YOUR DAY WITH INGREDIENTS THAT MATTER

HEALTHY Choice® POWER BOWLS MORNING

POWER BOWLS

NEW!

HEALTHY Choice® POWER BOWLS MORNING

Pick plump, juicy tomatoes, including Hy-Vee’s Homegrown varieties, that are bursting with flavor and begging to be eaten.

Eat them as they are or cook a sauce—tomatoes are one of summer’s most anticipated pleasures. Watch for the fresh Homegrown varieties, arriving from farms within 200 miles of your local Hy-Vee store.

BUY: Choose deep-color tomatoes that are heavy for their size and yield slightly to pressure. A good tomato smells sweet and earthy. The stronger the aroma, the more flavor it has.

STORE: Keep tomatoes at room temperature, out of direct sunlight, until ripe, then use within a day or two. Refrigerate cut-up tomatoes in an airtight container for up to 3 days. Bring them to room temperature before serving.

PREP: Use a sharp serrated knife to slice fresh tomatoes. If tomatoes taste acidic, add a sprinkle of sugar and salt, both of which bring out flavor.

TOMATOES

TYPES OF TOMATOES

- grape: Snack on these sweet yellow and red bite-size beauties or add to salads or kabobs.
- cherry: Ideal ratio of juice to flesh for tossing into salads or roasting to top crostini or grilled fish. Red, yellow, purple and orange varieties.
- roma: Also called Italian or plum tomatoes, these egg-shape fruits have few seeds, little juice and concentrated flavor for fresh sauce, stir-fries and roasting.
- beefsteak: This large slicing tomato is delicious served on deli sandwiches, BLTs, burgers or with gourmet cheese.
- heirloom: Look for a range of colors and rich complex flavors. Red varieties have classic tomato flavor. Yellow and orange taste sweet. Green is sweet and tart, and purple heirlooms have smoky sweet flavor. Slice them for salads and pizza.

PILE TOMATO SLICES ON CROSTINI AND DOT WITH GOAT CHEESE FOR FAST BRUSCHETTA.

101

- Pick plump, juicy tomatoes, including Hy-Vee’s Homegrown varieties, that are bursting with flavor and begging to be eaten.
- Buy deep-color tomatoes that are heavy for their size and yield slightly to pressure. A good tomato smells sweet and earthy. The stronger the aroma, the more flavor it has.
- Store tomatoes at room temperature, out of direct sunlight, until ripe, then use within a day or two. Refrigerate cut-up tomatoes in an airtight container for up to 3 days. Bring them to room temperature before serving.
- Prep: Use a sharp serrated knife to slice fresh tomatoes. If tomatoes taste acidic, add a sprinkle of sugar and salt, both of which bring out flavor.

Pick plump, juicy tomatoes, including Hy-Vee’s Homegrown varieties, that are bursting with flavor and begging to be eaten.
Caprese BLT

Hands On 20 minutes
Total Time 25 minutes
Servings 2 (1 sandwich each)

¼ cup Hy-Vee mayonnaise
1 Tbsp. sun-dried tomato pesto
2 medium heirloom tomatoes, sliced ¼ in. thick
⅛ tsp. Hy-Vee salt
6 slices Hy-Vee Country Smokehouse thick-sliced applewood bacon
1 (8 oz.) ball fresh mozzarella cheese, sliced
Fresh basil leaves
1 Tbsp. Gustare Vita aged balsamic vinegar, divided
Hy-Vee black pepper, to taste
4 (½-in.) slices Hy-Vee Bakery Pane Tuscano bread, toasted

1. COMBINE mayo and tomato pesto in a small bowl. Cover and refrigerate.
2. PLACE tomato slices on paper towels; sprinkle both sides with salt. Set aside to drain.
3. COOK bacon in a large skillet over medium heat for 5 to 8 minutes or to desired crispness, turning halfway through. Transfer bacon to paper towels to drain; discard bacon drippings.
4. TO ASSEMBLE, spread mayonnaise mixture on toasted bread slices. Layer tomatoes, mozzarella and basil on half the bread slices. Drizzle each with ½ Tbsp. balsamic vinegar and sprinkle with pepper. Add bacon, lettuce and remaining bread slices. Combine with a skewered cherry tomato, lettuce and mozzarella pearl, if desired.

Per serving:
860 calories, 54 g fat, 19 g saturated fat, 0 g trans fat, 115 mg cholesterol, 1,600 mg sodium, 49 g carbohydrates, 2 g fiber, 4 g sugar (0 g added sugar), 37 g protein.

Daily Values: Vitamin D 0%, Calcium 70%, Iron 20%, Potassium 6%

Summer Snacking Satisfied

Ritz Family Size Crisp & Thins:
select varieties
3.68

Ritz Toasted Chips:
select varieties
7.1 to 8.1 oz.
2.98

TOMATO-PESTO MAYO ON HY-VEE BAKERY PANE TUSCANO BREAD TASTES EXCEPTIONALLY DELICIOUS!

Turn this BLT into a pizza. Spread the pesto mayo on a ready-made crust and pile on the toppings. Use arugula for greens and several types of tomatoes.
BEST-EVER SUMMER

Picnic

PACK UP A FEW TASTY TOTABLE EATS—ALL INCREDIBLY EASY—FOR A SUNNY DAY OUT. HY-VEE SIMPLIFIES THE PREP WORK AND HAS ALL THE ESSENTIALS FOR A WELL-PACKED BASKET.

GRAB & GO

July is National Picnic Month. Swing by your local Hy-Vee for ready-to-go picnic fare—crispy chicken, fresh salads, summery desserts and more. Outdoor eats, like these, are easy and delicious.
10-MINUTE QUICK FIXES

**Veggie and Fruit Dip Jars:** Purchase a couple ready-made dips and pop them into Mason jars along with Hy-Vee Short Cuts fruits or veggies. Pair fresh melon or berries with Hy-Vee fruit dip or vanilla Greek yogurt—or veggies with a purchased hummus or sour cream dip.

**Handy Picnic Caddy:** Grab an empty coffee container, cardboard scissors, decorative craft paper and tape. Cut and wrap the paper around the container; fasten it with tape. For a divider, cut two cardboard pieces to fit in the container, cutting a slit in the center of both. Slide slit edges of cardboard together forming an “X.” Insert into the container, then add tableware.

**Decked-Out Bakery Cupcakes:** Festive red-white-and-blue candy-topped cupcakes are fun and sweet picnic fare. Purchase frosted cupcakes at your local Hy-Vee Bakery, then decorate them with patriotic star sprinkles and rope licorice. Enlist kids to help.

**Cool Cup Covers:** Chill out with refreshing drinks covered to keep even the smallest insects out. Gather standard cupcake liners and paper straws. Punch a hole in the center of each liner, turn it upside down and insert a straw.

**DI LUSSO SANDWICHES**

Freshly prepared at your local Hy-Vee Deli, these travel-ready sandwiches pack a multitude of delicious flavors, including top quality Di Lusso meat and cheeses, bakery-fresh bread and tasty add-ins.
5 Chicken Mix-Ups

Take advantage of the deliciously savory flavor of Hy-Vee Hickory House chicken in picnic-friendly foods that take just minutes to prep.

1. Southwestern Burrito Jars: Divide 1 (16-oz.) jar Hy-Vee thick and chunky salsa among 8 (16-oz.) jars. Divide the following ingredients to fill jars (do not fill completely): 1 (15.25-oz.) can drained Hy-Vee whole kernel corn, 1 (15-oz.) can drained and rinsed Hy-Vee no-salt-added black beans, 4 cups cubed Hy-Vee Short Cuts tricolor bell peppers, 2½ cups cooked rice, 2 cups Hy-Vee Short Cuts Hickory House herb-roasted chicken breasts, 2 cups cubed tomatoes, 2 cups shredded Hy-Vee Cheddar cheese, 1 cup chopped Hy-Vee Short Cuts avocado, 1 cup shredded Hy-Vee Cheddar cheese, 2 cups chopped Hy-Vee Short Cuts black beans, 7 cups Hy-Vee Short Cuts corn, 2 cups shredded Hy-Vee Cheddar cheese, 2 cups chopped tomatoes, 1 cup shredded Hy-Vee Cheddar cheese, 1 cup shredded Hy-Vee Cheddar cheese, 1 cup chopped Hy-Vee Short Cuts black beans, 7 cups Hy-Vee Short Cuts corn, 2 cups shredded Hy-Vee Cheddar cheese, 2 cups chopped tomatoes, 1 cup shredded Hy-Vee Cheddar cheese, 1 cup chopped Hy-Vee Short Cuts black beans, 7 cups Hy-Vee Short Cuts corn, 2 cups shredded Hy-Vee Cheddar cheese, 2 cups chopped tomatoes, 1 cup shredded Hy-Vee Cheddar cheese, 1 cup chopped Hy-Vee Short Cuts black beans, 7 cups Hy-Vee Short Cuts corn, 2 cups shredded Hy-Vee Cheddar cheese. Cover and refrigerate. Pack in insulated cooler with ice packs. To serve, empty jars onto serving plates. Serves 8.


3. Fried Chicken and Strawberry Salad: Divide 4 cups Hy-Vee spring salad mix among four salad bowls. Divide the following toppers among the bowls: 8 sliced Hy-Vee Short Cuts strawberries; 2 (6-oz. each) Hy-Vee Hickory House fried chicken breasts, sliced; ½ thinly sliced red onion; ¼ cup crumbled blue cheese; and ¼ cup roasted and salted cashews. Pack in insulated cooler with ice packs. Serve with Hy-Vee Select poppyseed dressing. Serves 4.


5. Herb-Roasted Chicken Sandwiches

Total Time: 10 minutes
Serves: 12

1 (12-oz.) package King’s Hawaiian sweet rolls
½ cup Gustare Vita pesto
2 (6-oz.) Hy-Vee Hickory House herb-roasted chicken breasts, thinly sliced
1½ cups arugula
1 (15-oz.) container crumbled goat cheese
¼ cup chopped roasted red bell pepper

1. CUT rolls in half crosswise, separating top from bottom (see photo, top right). Spread pesto on bottom section; add chicken, arugula, goat cheese and bell pepper. Add roll tops (see photo, right). Return sandwiches to roll package. Pack in insulated cooler with ice packs. To serve, cut individual sandwiches.

Per serving: 192 calories, 9 g fat, 4 g saturated fat, 0 g trans fat, 0 mg cholesterol, 269 mg sodium, 31 g carbohydrates, 3 g fiber, 6 g sugar (0 g added sugar), 12 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%.

HOW TO MAKE THESE SANDWICHES

Use a long serrated knife to slice soft Hawaiian rolls in a clean, even cut to the tops and bottoms stay intact.

Layer the fillings on the bun bottom section, then add the top section.

Layering Chart

Use fresh ingredients for best flavor.

Herb-Roasted
Chicken Sandwiches

How to Make These Sandwiches
FOOD SAFETY
Keep perishable foods cold, fresh and safe. Buy ice packs or make them, using plastic bottles filled with water and frozen for several hours. Remember the 2-hour rule: 2 hours is the longest that food can safely be edible at room temperature.

PICNIC PACK
Have picnic essentials ready to go—anytime, anywhere. Your Hy-Vee store carries baskets and coolers that make transporting a breeze. Hy-Vee also offers tablecloths, napkins, dinnerware, small cutting boards, all-purpose knives, paper towels, condiments, trash bags and bug spray.

FOOD SAFETY
Keep perishable foods cold, fresh and safe. Buy ice packs or make them, using plastic bottles filled with water and frozen for several hours. Remember the 2-hour rule: 2 hours is the longest that food can safely be edible at room temperature.
Serve this punch in pineapple “bowls.” For each serving, cut off the top of a fresh pineapple. Cut in a circle around the inside of the pineapple, about ½ in. from the skin, almost to the bottom. Then cut around the inside core. Remove the core and, using a melon baller, scoop out the flesh. Insert a plastic cup in the hollowed area and fill with punch.

Taste the Tropics!

6 VACATION DRINKS TO MAKE AT HOME

BASK IN A TROPICAL ISLAND VIBE, RIGHT IN YOUR OWN BACKYARD, KICKING BACK WITH COCKTAILS INSPIRED BY RELAXING BEACH VACATIONS. ONE SIP AND YOU’LL FEEL AS IF YOU’RE IN SHANGRI-LA. NO PLANE TICKET REQUIRED.

Easy Rum Punch

Total Time: 5 minutes
Serves 6 (6 oz. each)

16 oz. silver spiced rum
16 oz. Hy-Vee 100% orange-pineapple juice, chilled
4 oz. mango juice, chilled
1 oz. fresh lime juice
1½ oz. grenadine
Ice cubes

1. COMBINE rum, orange-pineapple juice, mango juice, lime juice and grenadine in a 2-qt. pitcher. Serve in ice-filled glasses.

Per serving: 240 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 18 g carbohydrates, 0 g fiber, 0 g added sugar, 13 g sugar (3 g sugar from fruit).
OCEAN BREEZE COCKTAIL
Combine 12 oz. Hy-Vee refrigerated lemonade and 2 oz. Absolut peach-flavor vodka. Add ½ cup ice cubes and 3 lemon slices to 1 (16-oz.) glass. Add lemonade mixture. Carefully pour ¼ oz. blue curaçao on top. Garnish with lemon slices and mint, if desired.

THE BEARD BEHIND THE BAR SHARES EXPERT TIPS AND TRICKS TO MASTER THE MAKING OF TROPICAL-THEME COCKTAILS.

Q: WHAT’S THE ATTRACTION WITH TROPICAL DRINKS?
A: They’re refreshingly lighthearted, fun and whimsical— they conjure up thoughts of fun in the sun. Tropical drinks are delicious with a generous infusion of fresh fruit, and visually appealing with vibrant presentations.

Q: HOW IMPORTANT IS A DRINK’S APPEARANCE?
A: Drinking is a full-sensory experience, especially with culinary drinks. You want to “drink it with your eyes” first, so to speak. Drink appearances can be very traditional and by the book, or they can be an opportunity for personal taste and expression. I like to serve tropical drinks in fun glassware.

Q: WHAT ARE SOME MUST-HAVE INGREDIENTS?
A: When making tropical drinks, it’s helpful to have fruits that are also tropical, such as warm citruses, pineapples and mangos. Always rum, like spiced rums or Caribbean rums. You will also perhaps want a coconut component, such as coconut water, milk or creams.

Q: HOW IMPORTANT IS ICE TO TROPICAL DRINKS?
A: Don’t be afraid to be generous with ice quantity. Ice quality is important, as it helps dilute and chill the drink in an appropriate way. Pellet or cubelet ice is great for serving or using to blend the drinks.

Q: SPEAKING OF BLENDING, ANY TIPS TO SHARE?
A: You can also dry shake the cocktail without ice to thicken it up and add frothiness, and then serve it over ice, which will result in a thicker, smoother drink. If you want a blended texture and a blender is not available, you can use crushed ice instead. An easy hack is to wrap ice chunks in a dish towel and smash them with a mallet to create a more shaved-ice feel.

Coco Loco
Margaritas

Total Time: 10 minutes plus freezing time
Serves: 4 (8 oz. each)

8 oz. Hy-Vee coconut water
8 oz. cream of coconut
1 cup ice cubes
3 oz. Absolute vodka
3 oz. silver tequila
3 oz. fresh lime juice
4 coconut shells, for serving
Lime wedges, toasted coconut chips and/or Hy-Vee maraschino cherries, for garnish

1. COMBINE coconut water and cream of coconut; freeze mixture in an ice cube tray for at least 12 hours.
2. PLACE coconut ice cubes, plain ice cubes, vodka, tequila and lime juice in a blender. Cover; blend on low speed until slushy. Serve in coconut shells or glasses. Garnish with lime wedges, coconut chips and/or maraschino cherries, if desired.

Per serving: 300 calories, 5 g fat, 5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 75 mg sodium, 40 g carbohydrates, 0 g fiber, 37 g sugar (0 g added sugar), 1 g protein. Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 2%
Rainbow Paradise Cocktail

Total Time: 5 minutes
Serves: 1 (12 oz.)

Ingredients:
- 1 oz. grenadine
- 1 cup crushed ice
- 4 oz. Hy-Vee 100% no-sugar-added pineapple juice, chilled
- 1 oz. coconut-flavored rum
- 1 oz. water
- ½ oz. blue curaçao
- Orange slice, for garnish

Instructions:
1. ADD grenadine to a 12-oz. hurricane glass. Fill glass with ice.
2. COMBINE pineapple juice and coconut rum in a glass measuring cup; slowly pour mixture over ice in glass.
3. COMBINE water and blue curaçao and slowly pour over pineapple-rum layer. Garnish with an orange slice, if desired.

*Tip: Carefully insert a straw into the drink before adding blue curaçao mixture so the colorful layers stay intact.

Per serving: 300 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 15 mg sodium, 37 g carbohydrates, 0 g fiber, 28 g sugar (13 g added sugar), 0 g protein.

Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 4%

For a nonalcoholic rainbow drink, use pomegranate syrup for the grenadine, orange juice for the pineapple-rum layer and sparkling water combined with blue food coloring for the top layer.

HY-VEE SHORT CUTS STRAWBERRY FROSÉ
Frose 1.750ml bottle rosé and 1¼ cups Gustave Vila sparkling pink lemonade separately in ice cube trays for 6 hours or overnight. Blend rosé and lemonade cubes, 1 (1-lb.) container Hy-Vee Short Cuts strawberries, ½ cup strawberry-flavored Absolut Juice and 1 Tbsp. agave nectar in batches in a high-power blender until slushy. Pour into glasses. Garnish with additional strawberries or Hy-Vee Short Cuts strawberries, if desired. Serves 8 (8 oz. each).

HY-VEE SHORT CUTS HONEYDEW-WINE SLUSH
Freeze 1 (750-ml) bottle sparkling sweet white wine, such as Moscato D’Asti, and 1¼ cups Hy-Vee unsweetened apple juice separately in ice cube trays for 6 hours or overnight. Blend wine and apple juice cubes, 1 (1-lb.) container Hy-Vee Short Cuts honeydew and ¾ cup apple-flavored Absolut Juice in batches in a high-power blender until slushy. Pour into glasses. Garnish with apple slices and mint, if desired. Serves 8 (8 oz. each).
Simple and oh-so-quick! In less than an hour, make these three summery salads to have ready in the fridge for your weeknight meals.

Grilled Corn Salad

Total Time: 25 minutes plus refrigerating time  Serves: 8 (¾ cup each)

1. PREHEAT a charcoal or gas grill with greased grill rack over medium-high heat. Brush corn with oil. Grill for 10 to 12 minutes or until slightly charred, turning frequently. Remove from grill; cool slightly.

2. CUT the kernels off the cobs; place in a medium bowl. Add bell peppers, jalapeño peppers and dressing; toss to combine. Stir in cilantro and season with salt and black pepper. Refrigerate for 2 hours before serving. Store in refrigerator for up to 3 days.

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

Per serving: 160 calories, 6 g fat, 1 g saturated fat, 0 mg cholesterol, 90 mg sodium, 26 g carbohydrates, 3 g fiber, 10 g sugar (0 g added sugar), 5 g protein

Vitamin D: 0%  Calcium: 0%  Iron: 6%  Potassium: 8%

For barbecue chicken and corn salad, omit the cilantro and dressing and toss in romaine lettuce, cut-up grilled chicken and desired amount of barbecue sauce.

MAKE-AHEAD SALADS

HOW TO USE LATER

• Use as salad base for chicken.
• Add to tacos or nachos.
• Use as relish for brats.
• Serve on grilled burgers.
• Pair with spiced flank steak.
• Toss with grilled shrimp.
Ultra Simple Chopped Kale Salad

Total Time 10 minutes  Serves 8 (1 cup each)

1. REMOVE stems and chop larger pieces of kale. Toss together kale, broccoli slaw, cranberries, pepitas and red onions in a large bowl. Add dressing; toss to coat. Store in the refrigerator for up to 5 days.

Per serving: 300 calories, 19 g fat, 3 g saturated fat, 0 g trans fat, 0 mg cholesterol, 140 mg sodium, 28 g carbohydrates, 2 g fiber, 18 g sugar (11 g added sugar), 6 g protein. Daily values: Vitamin D 0%, Calcium 6%, Iron 15%, Potassium 4%.

HOW TO USE LATER
• Serve with grilled salmon.
• Stir in toasted pine nuts, dried cranberries and feta cheese.
• Use as a deli sandwich topper.
• Serve with tuna or cubed ham.
• Serve with brats or burgers.
• Stuff tomatoes with salad.

For added crunch, stir in chopped apples just before serving. Then dress the salad with Culinary Tours creamy Italian white balsamic dressing.

20-Minute Pasta Salad

Hands On 10 minutes  Total Time 20 minutes plus refrigerating time  Serves 24 (½ cup each)

1. COOK pasta according to package directions; drain and rinse with cold water. Toss together pasta, red onions, cucumber, tomatoes and feta cheese in a medium bowl. Add dressing; toss to coat. Store in the refrigerator for up to 3 days.

Per serving: 130 calories, 7 g fat, 2 g saturated fat, 0 g trans fat, 10 mg cholesterol, 280 mg sodium, 15 g carbohydrates, 1 g fiber, 3 g sugar (2 g added sugar), 3 g protein. Daily values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 2%.

HOW TO USE LATER
• Tote to a potluck, picnic or barbecues.
• Serve with a deli sandwich or barbecued chicken.
• Stir in bacon or crumbled ham.
• Serve with buns or burgers.
• Stuff tomatoes with salad.

Turn this into a pizza salad. Stir in sliced pepperoni, olives and Hy-Vee Short Cuts chopped tricolor bell peppers.
MAKE ANY NIGHT A FLAVOR FIESTA

Chi-Chi’s Salsa:
select varieties
16 oz.
2.00

Chi-Chi’s Tortillas:
select varieties
8 or 10 ct.
2.28

Chi-Chi’s Taco Seasoning Mix:
select varieties
28 or 39

La Victoria Taco Sauce:
select varieties
2.79

Tyson Grilled & Ready, Naturals or Premium Selects:
select varieties
16 to 22 oz.
6.99

WHIP UP QUICK MEALS WITH FULLY COOKED CHICKEN.

Find in the refrigerated and freezer aisles.
Grilled Shrimp

REEL IN COMPLIMENTS! HY-VEE JUMBO SHRIMP FOR GRILLING ARE SUPER EASY TO COOK AND TAKE ON INCREDIBLE SMOKY FLAVOR.

Summer Shrimp Salad

Total Time 20 minutes
Serves 4

1 lb. jumbo shrimp (12 ct.)
2 Tbsp. Gustare Vita olive oil
Hy-Vee salt and black pepper

Grilled Corn Salad, recipe page 41

1. PREHEAT a charcoal or gas grill with greased grill rack for direct cooking over medium-high heat. Peel shrimp; pat dry. Thread shrimp onto metal skewers; brush with oil and sprinkle with salt and pepper.

2. GRILL 4 to 6 minutes or until shrimp turn opaque (145°F), turning once halfway through. Remove from grill and sprinkle with paprika. Serve over Grilled Corn Salad.

Per serving:
320 calories, 13 g fat, 2 g saturated fat, 0 g trans fat, 185 mg cholesterol, 430 mg sodium, 26 g carbohydrates, 3 g fiber, 10 g sugar (0 g added sugar), 28 g protein.

Daily Values: Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 10%.

Busy Weeknight?
Pair the grilled shrimp with the Grilled Corn Salad from our Make-Ahead Salads story, page 40.

Coconut Rum Shrimp Tacos

Hands On 20 minutes
Total Time 30 minutes
Serves 6

1 lb. jumbo shrimp (12 ct.)
1 (13.5-oz.) can Hy-Vee coconut milk
3/4 cup spiced rum
2 tsp. lime zest
3/4 cup fresh lime juice
1 cup packed Hy-Vee brown sugar
top Hy-Vee salt
1 lb. Hy-Ve Short Cuts pineapple chunks
LARGE orange bell pepper
LARGE red bell pepper
6 (6-in.) Hy-Vee taco-size flour tortillas

1. PREHEAT a charcoal or gas grill for direct cooking over medium-high heat.

2. PEEL shrimp and remove tails; place shrimp in a large disposable plastic bag. Combine coconut milk, rum, lime zest and juice, brown sugar and salt. Set aside half of the mixture for brush-on sauce. Pour remaining mixture over shrimp in bag; close bag. Marinate shrimp while preheating grill.

3. REMOVE shrimp from marinade; discard marinade. Place shrimp and pineapple in grill basket. Grill shrimp and pineapple and whole peppers for 6 to 8 minutes or until shrimp are opaque (145°F) and peppers are crisp-tender, turning halfway through. Brush shrimp with reserved brush-on sauce during grilling. Grill tortillas for 1 to 2 minutes or until charred.

4. KEEP shrimp warm. Seed bell peppers; coarsely chop peppers and pineapple and transfer to a bowl. Stir in 2 Tbsp. brush-on sauce. Divide cabbage, shrimp, pineapple and peppers among tortillas. Garnish with cilantro and lime halves, if desired.
Get to Know JUMBO SHRIMP

PREP
Jumbo grilled shrimp from Hy-Vee come already deveined. Remove all the shell except the part around the tail to allow marinades and seasonings to penetrate, infusing the shrimp with flavor.

SEASON
Marinate shrimp at room temperature while preheating the grill. Or simply brush shrimp with olive oil, season it and squeeze lemon juice over it.

SKEWER
Thread jumbo shrimp on skewers for easy turning on the grill. Seak wooden skewers in water for 30 minutes before threading, or use metal skewers.

GRILL
Grill jumbo shrimp over direct medium-high heat. 5 to 7 minutes; turn once halfway through. Shrimp will turn bright outside and opaque inside.

SHRIMP FACTS & TIPS
BUYING
Look for plump, firm, fresh-smelling shrimp. Shells should be moist without black spots. Avoid shrimp with an ammonia odor, which indicates spoilage. Both wild and farm-raised shrimp are available at Hy-Vee. Most shrimp is deveined.

STORING
Store fresh shrimp in their original wrapping in the coldest part of the refrigerator for up to 2 days. Or freeze shrimp for up to 6 months.

THAWING
Thaw shrimp in their original wrapping in the refrigerator 1 to 2 days for 1 lb. of shrimp. For quicker thawing, place shrimp in a colander under cool running water.

SHRIMP SIZES
Raw, unshelled shrimp are classified by size according to the number per pound. When purchasing packaged shrimp, look for the “count” number on the label. The lower the count, the bigger the shrimp.

COLLUSAL
51–60 per lb.
Idea: Grill or shrimp cocktails

EXTRA JUMBO
16–20 per lb.
Idea: Use for shrimp cocktail

MEDIUM
31–40 per lb.
Idea: Use in marinades or pastas

LARGE
21–25 per lb.
Idea: Toss in salads

JUMBO
21–25 per lb.
Idea: Grill or shrimp cocktails

EXTRA JUMBO
16–20 per lb.
Idea: Use for shrimp cocktail

COLOSSAL
51–60 per lb.
Idea: Grill or shrimp cocktails

JUMBO
21–25 per lb.
Idea: Grill or shrimp cocktails

THAI SHRIMP KALE BOWLS

Total Time 20 minutes
Serves 4

1 lb. jumbo shrimp (12 ct.)
4 soaked wooden skewers
½ cup Culinary Tours Szechuan Style Peanut Sauce, plus additional for serving
6 cups Ultra Simple Chopped Kale Salad, recipe page 42

1. PREHEAT a charcoal or gas grill with greased grill rack for direct cooking over medium-high heat.
2. PEEL shrimp, leaving tails intact, and pat dry. Thread shrimp onto soaked wooden skewers; brush with ½ cup peanut sauce.
3. GRILL shrimp skewers for 4 to 6 minutes or until shrimp turn opaque (145°F); turn once halfway through. Remove from grill; cool slightly.
4. DIVIDE salad among four serving bowls. Add shrimp skewers. Drizzle with additional peanut sauce, if desired.

PEELING & DEVEINING SHRIMP

REMOVE LEGS
One shrimp at a time, pull off the small legs on the underside.

REMOVE SHELL
Gently pull the section of shell closest to the head and lift it away. Leave the tail shell intact or remove it according to your preference or recipe.

REMOVE TAIL
Hold the meat firmly and pull off the tail.

DEVEN SHRIMP
Use a small, sharp paring knife to make a shallow cut along the center of the outer curve of the shrimp, then gently lift out the vein, scraping if necessary.

Fast & Easy
The Ultra Simple Chopped Kale Salad, recipe page 42, complements the spicy shrimp.

pro tip: SIMPLY SHRIMP

Most of the shrimp we sell at Hy-Vee are already deveined, which saves you a lot of time. Our jumbo grilling shrimp are nice and large and can stay on the grill longer so you get the deep, smoky flavor.

When shrimp are skewered, they’re easier to turn and there’s less chance that you’ll overcook them.

— Shane Voelker
Assistant Meat Manager
Hy-Vee, Ames, Iowa

Change up flavors by trying other sauces in the Asian section at your local Hy-Vee.

smart swap

Fast & Easy
The Ultra Simple Chopped Kale Salad, recipe page 42, complements the spicy shrimp.

SEASONS | hy-vee.com

SEASONS | July 2019

48

49
Honey Garlic Shrimp and Broccoli

Total Time: 20 minutes
Serves: 4

1 lb. jumbo shrimp (12 ct.)
0.5 lb. container Hy-Vee Short Cuts broccoli florets
2 Tbsp. water
1 tsp. freshly grated ginger
2 tsp. minced fresh garlic
¼ cup Hy-Vee less-sodium soy sauce
2 Tbsp. water
1 (0.5-lb) container Hy-Vee Short Cuts shrimp (12 ct.)

Serves: 4
20 minutes
Total Time:

1. PREHEAT a charcoal or gas grill for direct cooking over medium-high heat.
2. PEEL shrimp, leaving tails intact, and pat dry. Place shrimp in a bowl. Place broccoli and water in a microwave-safe bowl. Microwave on HIGH for 2 minutes. Drain and set aside. Combine honey, soy sauce, garlic, ginger and crushed red pepper. Reserve half of mixture for serving. Add remaining mixture and shrimp to broccoli, tossing to coat; set aside.
3. SPRAY a grill basket with nonstick spray; add shrimp and broccoli. Grill for 5 to 7 minutes, turning grill basket occasionally.
4. TRANSFER shrimp and broccoli to a serving dish; drizzle with remaining sauce. Sprinkle with green onions and serve with lime wedges.

Crispy Spicy Shrimp

Hands On: 20 minutes
Total Time: 27 minutes
Serves: 6 (2 shrimp each)

1 cup Hy-Vee mayonaise
1½ cup Hy-Vee Thai sweet chili sauce
2 tsp. Sriracha
1 lb. jumbo shrimp (12 ct.)
1½ cup buttermilk
1 cup Hy-Vee cornstarch
1 cup Hy-Vee panko bread crumbs
1½ tsp. Hy-Vee salt
1½ tsp. Hy-Vee black pepper
6 Tbsp. peanut oil, divided

Butterhead lettuce leaves, for serving
Fresh chopped chives, for garnish

1. PREHEAT a charcoal or gas grill for direct cooking over medium-high heat. Preheat a 10-in. cast-iron skillet on grill rack.
2. COMBINE mayonaise, chili sauce and Sriracha to make sauce; set aside. Peel shrimp, leaving tails intact. Pat shrimp dry and place in a bowl. Add buttermilk and marinate at room temperature for 5 minutes. Combine cornstarch, panko crumbs, salt and pepper in shallow dish. Remove shrimp from buttermilk and coat, one at a time, in panko mixture.
3. REMOVE skillet from grill, add 3 Tbsp. oil. Swirl skillet to coat bottom. Return skillet to grill; heat oil until shimmering. Carefully add half of shrimp. Grill 3 to 5 minutes or until shrimp are opaque (145°F) and golden, turning once. Repeat with remaining 3 Tbsp. oil and 6 shrimp.
4. TRANSFER shrimp to a serving dish. Spoon sauce on shrimp. Serve on lettuce leaves. Garnish with chives, if desired.

try this

Cook your entire meal at once in a grill basket. Cut up larger pieces of broccoli for same-size pieces, which will grill more evenly alongside the shrimp.

HY-VEE SEAFOOD STANDARDS

Hy-Vee partners with top-notch organizations to bring you quality, sustainable seafood.

RESPONSIBLE CHOICE

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

FISHWISE

Hy-Vee’s Responsible Choice program is supported by FishWise, an organization that promotes the health of our ocean ecosystems through environmentally and socially responsible business practices.

FAIR TRADE

Hy-Vee partners with Fair Trade USA, a nonprofit organization and the leading certifier of Fair Trade products in North America, because we believe in the importance of taking care of fishermen and their communities. The Fair Trade Certified label recognizes first-rate seafood companies for their commitment to sourcing ethical seafood.

Leaves tails on shrimp to save time. The tails can function as handles when shrimp are served as finger food.

Serves: 4
20 minutes
Hands On:
Total Time:

30 minutes
Hands On:
Total Time:

Per serving: 250 calories, 0 fat, 0 saturated fat, 0 trans fat, 150 mg sodium, 50 g carbohydrates, 40 g added sugar, 2 g fiber, 15 mg cholesterol, 0 g protein.

Daily Values: Vitamin D 0%, Calcium 4%, Iron 5%, Fiber 1%.
Saturday, August 10th
Iowa State Fair

REBEL WITHOUT A COOKBOOK

Nathan’s Beef Franks
or Eckrich Smoked Sausage Family Pack:
select varieties
32 or 42 oz.
$9.99

STOUFFER’S® and Bowl-FULLs™ are trademarks of Société des Produits Nestlé S.A., Vevey, Switzerland.

Stouffer’s Single Serve,
Bowl-FULLs or Lean Cuisine:
select varieties
6 to 20 oz.
$10.00

NEW!
FILL UP ON
FLAVOR-FULL
BOUNTIFULL
BOWL-FULLS

Stouffer’s Single Serve,
Bowl-FULLs or Lean Cuisine:
select varieties
6 to 20 oz.
$10.00

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Kid’s CLASSICS FOR Adults

CHILDHOOD FOODS TAKE US BACK TO SIMPLER TIMES, WHEN BASIC FAVES SATISFIED CRAVINGS. SAMPLE THAT MAGIC AGAIN—IN RECIPES REIMAGINED FOR GROWN UPS!

Beer-Battered Brat Corn Dogs

Hands On 10 minutes
Total Time 20 minutes
Serves 5

Hy-Vee vegetable oil, for deep-frying
1 (14-oz.) pkg. fully cooked brats, cut in half crosswise (5 ct.)
12 (5½-in.) wooden skewers, cut in half crosswise
½ cup Hy-Vee all-purpose flour, plus additional for dusting
¾ cup yellow cornmeal
1½ tsp. Hy-Vee baking powder
1½ tsp. Hy-Vee granulated sugar
¼ tsp. Hy-Vee salt
½ cup stout beer, plus additional as needed
1 large Hy-Vee egg, lightly beaten
1 Tbsp. Hy-Vee honey
Hy-Vee stone-ground Dijon mustard or Hy-Vee ketchup, for serving
Italian parsley, for garnish

1. HEAT oil to 350°F in a deep fryer or large heavy saucepan suitable for deep-frying. Follow instructions for quantity of oil for deep fryer. For heavy saucepan, allow at least 2 in. of oil.
2. PAT brat halves dry with paper towels; dust with flour. Insert wooden skewers into brat halves for handles.
3. WHISK together beer, egg and honey. Slowly whisk beer mixture into flour mixture until combined. If necessary, add 1 to 3 Tbsp. additional beer to reach desired consistency. Dip three skewered brats into batter well. Place each dipped brat immediately into fryer.
4. FRY brats in batches for 3 to 4 minutes or until golden brown. Remove from fryer keep warm. Serve in martini glasses with mustard. Garnish with parsley, if desired.

Nutritional info not available for deep-fried foods.

Freeze fried corn dogs in an airtight container for up to 1 month. Reheat in a 350°F oven until heated through.
**Garlic Parmesan Truffle Fries**

**Hands On:** 15 minutes  
**Total Time:** 30 minutes  
**Serves:** 4  

1 (12-oz.) pkg. Hy-Vee frozen straight-cut French fried potatoes  
1 cup freshly grated Parmesan cheese  
1 Tbsp. finely chopped fresh Italian parsley  
1 tsp. Hy-Vee salt  
1 tsp. Hy-Vee black pepper  
1 Tbsp. truffle oil  

**Garlic Aioli Dipping Sauce:**  

**For serving:** right

**Bourbon-Vanilla Dipping Sauce:**

**For serving:** right

1. PREHEAT oven to 450°F. Line a rimmed baking pan with foil. Spread fries on baking sheet. Bake for 15 to 20 minutes or until fries are golden brown and tender, turning fries halfway through.

2. MEANWHILE, combine Parmesan cheese, parsley, salt and pepper in a small bowl. Drizzle fries with truffle oil and toss with Parmesan mixture. Serve immediately with Garlic Aioli Dipping Sauce.

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**Cinnamon-Sugar Sweet Potato Fries**

**Hands On:** 5 minutes  
**Total Time:** 25 minutes  
**Serves:** 4  

1 package (11-oz. or less) Hy-Vee frozen sweet potato fries  
2 Tbsp. Hy-Vee granulated sugar  
½ tsp. Hy-Vee ground cinnamon  
1 recipe Bourbon-Vanilla Dipping Sauce, right

**Bourbon-Vanilla Dipping Sauce:**

**Sauce:** Whisk together 1 cup Hy-Vee powdered sugar, 2 Tbsp. Hy-Vee 2% reduced-fat milk, 1 Tbsp. Bourbon whiskey and 1 tsp. Hy-Vee vanilla extract in a medium bowl. Makes ½ cup.

Per serving: 210 calories, 8 g fat, 6 g saturated fat, 12 g total sugar, 0 g added sugar, 2 g dietary fiber, 25 mg cholesterol, 0 mg sodium, 30 g carbohydrates, 1 g protein. Daily Values: 6% Iron, 6% Vitamin D, 12% Potassium. 0% Calcium.

1. PREHEAT air fryer on 400°F for 3 minutes. Spray air fryer basket with nonstick spray. Arrange fries in a single layer in the basket. Add 3 Tbsp. of the cinnamon sugar mixture. Set aside.

2. MEANWHILE, combine sugar and cinnamon in a small bowl; set aside.

3. TOSs fries with cinnamon sugar mixture. Serve with Bourbon-Vanilla Dipping Sauce.

**Garlic Aioli Dipping Sauce:**

**Sauce:** Combine ½ cup Hy-Vee mayonnaise, 1 Tbsp. fresh lemon juice, 1 Tbsp. finely chopped fresh Italian parsley, 1 minced garlic clove. ½ tsp. Hy-Vee salt and ½ tsp. Hy-Vee black pepper. Makes ½ cup.

Per serving: 110 calories, 11 g fat, 3 g saturated fat, 1 g total sugar, 0 g added sugar, 0 g dietary fiber, 0 mg cholesterol, 180 mg sodium, 14 g carbohydrates, 0 g protein. Daily Values: 8% Iron, 8% Vitamin D, 4% Calcium. 0% Potassium.

1. PREHEAT oven to 350°F. Place a rimmed baking sheet on rack in middle of oven. Heat oven to 350°F. Prepare ramekins and top with remaining ¾ cup Asiago cheese, one at a time.

2. MELT 2 Tbsp. butter in a medium saucepan. Whisk in flour until bubbly and slightly browned.

3. ADD ½ cup Hy-Vee seasoned croutons, crushed and tomato slices. Bake for 20 to 25 minutes or until bubbly and slightly browned.

4. SPOND pasta mixture into prepared ramekins and top with remaining ½ cup Asiago cheese. Crushed croutons and tomato slices. Bake for 25 to 30 minutes or until bubbly and slightly browned. Toss with cooked pasta. Serve immediately.

**Baked Brie Mac & Cheese**

**Hands On:** 15 minutes  
**Total Time:** 10 minutes  
**Serves:** 6  

1 recipe Hy-Vee nonstick cooking spray  
1 (15-oz.) bag Hy-Vee frozen sweet potato fries  
2 Tbsp. Hy-Vee granulated sugar  
½ tsp. Hy-Vee ground cinnamon  
1 recipe Bourbon-Vanilla Dipping Sauce, right

**Bourbon-Vanilla Dipping Sauce:**

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Per serving: 210 calories, 8 g fat, 6 g saturated fat, 12 g total sugar, 0 g added sugar, 2 g dietary fiber, 25 mg cholesterol, 0 mg sodium, 30 g carbohydrates, 1 g protein. Daily Values: 6% Iron, 6% Vitamin D, 12% Potassium. 0% Calcium.

1. PREHEAT oven to 350°F. Line a rimmed baking pan with foil. Spread fries on baking sheet. Bake for 15 to 20 minutes or until fries are golden brown and tender, turning fries halfway through.

2. MEANWHILE, combine Parmesan cheese, parsley, salt and pepper in a small bowl. Drizzle fries with truffle oil and toss with Parmesan mixture. Serve immediately with Garlic Aioli Dipping Sauce.

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**Heavenly Hazelnut Ice Cream Float**

**Total Time:** 5 minutes

**Serves:** 1

1 cup Rogue Hazelnut Brown Nectar Ale, chilled
½ cup Till the Cows Come Home Espresso Yourself ice cream
Unsweetened cocoa powder, for garnish

1. POUR ale into a 12-oz. glass and scoop ice cream on top. Garnish with a dusting of cocoa powder, if desired. Add a straw and serving spoon.

**Per serving:**

- 320 calories
- 12 g fat
- 7 g saturated fat
- 0 g trans fat
- 55 mg cholesterol
- 60 mg sodium
- 34 g carbohydrates
- 0 g fiber
- 21 g sugar (17 g added sugar)
- 4 g protein.

**Daily Values:**

- Vitamin D 0%
- Calcium 8%
- Iron 0%
- Potassium 6%

**pro tip:**

**OVER THE CHILL**

Beer doesn’t need to be ice cold. Regular refrigerated temps, or even room temperature, works just fine. Pour the beer first and then add the ice cream to reduce foam and curdle. My best advice—don’t stop at these recipes—be creative and have fun!”

—Eric Dodge
Wine & Spirits Manager and Certified Cicerone®, Hy-Vee, Waterloo, Iowa

**Pour it On!**

Licking your chops over what you see here? Our video shows just how simple it is to make these creamy delights.

Watch and learn at HSTV.com today!

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Watch and learn at HSTV.com today!
DISCOVER DELICIOUSLY DARK COFFEE

EXPLORE THE FULL RANGE OF RICH, SMOOTH DARK ROAST VARIETIES FROM NEW FOLGERS® NOIR™.

WINGINGS FOR EVERY TASTE.
NOW AVAILABLE IN PEACH AND PEAR.
Get ready for school. Get outdoors for neighborly fun. And get creative with America’s favorite flower.
BACK TO SCHOOL
Shift to school-days mode. Hy-Vee has what the whole gang needs for organization, schedules, homework and meal planning.

backpack 101
A comfortable pack should be lightweight and no wider or longer than the length and width of your child’s torso. Pockets should distribute weight evenly. The American Academy of Pediatrics recommends a loaded backpack should weigh no more than 20 percent of a student’s body weight.

elementary school
Compartments for pencils and pouch, erasers, a sharpener, blunt-tip scissors, crayons, loose-leaf paper, binders and a packed lunch.

middle school
Pockets for textbooks, pens, highlighters, paper, calculator, flash drive, index cards, a lock for the locker and, if needed, a packed lunch.

high school
Areas for middle-school supplies plus a wider array of notebooks, a dictionary, sticky notes, a compass and a protractor.

supply side
Pick up a rainbow of pocketed folders for various subjects in the Hy-Vee back-to-school aisles, where you’ll find all the other basics for every grade.

For elementary-age kids, choose scissors with blunt tips.

Highlighting helps kids think and summarize, so give them plenty, in every color!

Spiral notebooks let students open and flip through easily. Get one for each topic.

For elementary-age kids, choose scissors with blunt tips.

Supply your student with a calculator that has easy-to-read buttons and display.

Supply your student with a calculator that has easy-to-read buttons and display.
household binders
Essential for Family Central. Keep a three-hole punch handy and never lose a permission slip.

family command center
This is also the area for all things planning: calendars, to-do lists, homework collection spots, as well as a convenient home for arts-and-crafts supplies. A simple desk and chair give anyone in the family a place to work.
Kids love to express themselves. Let them do it with their lunch! Hy-Vee has a large variety of totes and containers, including standard lunch kits, food jars, drink bottles and bento boxes. Don’t forget to pick up ice packs.

Llamas are everywhere! We love them—especially on this lunch duffel.

Boring old ice packs? Not these fun lunch box ice sheets.

Crayola washable paints wash off skin and fabrics with just water.

Kids can write down thoughts while on the trip or staying with grandparents—and it may start an interest in journaling.

Crayola washable paints wash off skin and fabrics with just water.

Kids can write down thoughts while on the trip or staying with grandparents—and it may start an interest in journaling.

to grandma’s house we go
While back-to-school shopping, score items to keep hands and minds busy on the next trip to Grandma’s.

Options: small games and puzzles, books, notebooks and colored pencils or crayons, art supplies, playing cards and flash cards that allow kids to practice vocabulary or multiplication tables.

Bubble wands provide hours of entertainment. Who can make the biggest giant bubble?

Kids can write down thoughts while on the trip or staying with grandparents—and it may start an interest in journaling.

Keep trip items stashed in a ready-to-go Hy-Vee tote bag.
Frito Lay Variety Sacks:
select varieties
16 to 20 ct.
6.99

Frito Lay Variety Packs:
select varieties
12 ct.
3.99

Frito Lay Munchies Crackers:
select varieties
8 ct.
2/4.00

Frito Lay Simply Snacks:
select varieties
7.5 to 8.5 oz.
3.29

Stacy’s Party Size Pita Chips:
select varieties
18 oz.
5.99

SNACKABLE NOTES

EVERY NOTE SHARED DONATES TO FEED CHILDREN.
WRITE. SHARE. GIVE.

BUY.
Any participating Frito Lay Variety Pack

VISIT.
Upload a lunch note @ www.SnackableNotes.com

FEED.
For each note shared, Frito Lay will make a donation to Feed the Children

Visit www.SnackableNotes.com for official rules!
Another word for block party? Opportunity. Block parties offer a chance to get to know your neighbors in a relaxing atmosphere. Encourage kids to interact and play with each other. To enjoy fun and games. And to sample good eats!

FOOD! BEVERAGES! FUN!

steps to success

Set the date after making sure everyone is on board, then send out save-the-date reminders. It may be best to avoid major holidays, when many people already have plans.

Determine the scope of the block party: a simple potluck with conversation and games—or more involved with catered food and live entertainment.

Pick a theme, such as Spring Fling, Summer Sizzle or Fall Fun. Craft invitations that include start and end times and RSVP information. Hand-deliver invitations at least 5 weeks in advance.

do you need a permit?

To block off a public street, request a permit and barricades from your municipality. Requirements and fees vary, and you may be required to collect signatures from neighbors in advance.

A fun block party takes planning. Meet with neighbors to outline the extent of the party and who’s responsible for what. See who can bring tables, chairs and decorations. If it’s a highly organized event, ask everyone to pitch in for food, drinks, games and entertainment. While some block parties see a collection for a keg of beer, it’s often simpler to make it BYOB. Compile a master list of names, phone numbers and email addresses to use in planning and later for community watch or to help each other.

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keep IT SIMPLE

Set boundaries to avoid stress. Some neighbors might not participate if it feels like too much work. Decide on the type of block party that works best for your neighborhood, such as:

- **Barbecue.** Everyone brings their own grill and meat. Organizers buy supplies with funds collected from neighbors.
- **Picnic.** Everyone brings their own meal. No preparation is needed. Organizers provide the entrée.
- **Catered.** Everyone chills while Hy-Vee takes care of food and setup. Hy-Vee offers a complete catering service with a full menu of party-friendly foods (see below).

CATERING:
ORDER ONLINE!

Turn to Hy-Vee Catering for everything you need from the first bite to the final course. Delicious party trays provide great appetizers or help round out the buffet table. Bakery-fresh treats, in every flavor, can be personalized. Visit your local Hy-Vee or order online at hy-vee.com.

fun AND GAMES

Make it a memorable experience with activities for all ages.

**street art**

Set out colored chalk and watch kids discover their inner Picasso. If you’re not blocking off the street, use sidewalks for artwork.

**contests**

No competition here. Just have loads of fun. Examples: watermelon-eating or seed-spitting; limbo contest; potato-sack race; water-balloon toss.

**lawn games**

When invitations are delivered, ask neighbors to bring lawn games such as badminton, bocce ball, croquet, cornhole, horseshoes, Hula-Hoops, and Twister.

**bike parade**

Invite kids to decorate their bikes the day of the block party, then hold a bike parade for the neighborhood.
SUMMER SAVINGS
Learn some bargain savvy from Hy-Vee customers. They save money on groceries, gas and so much more, and you can, too.

CHRISTINE FAHLGREN
Des Moines, Iowa
Social media, store brands and occasional trips to the bulk bins for flour and trail mix are Christine’s strategies for saving money at Hy-Vee. “I follow the Windsor Heights (Des Moines) Hy-Vee on Facebook. I like their social media—I think it’s really engaging, and I like how they always post their promotions and pictures and sales.” Christine, who helps people navigate rent, utilities and food pantries as an education coordinator for St. Vincent de Paul, appreciates less-expensive Hy-Vee brands. “I typically will go store brand over brand names, especially for baking essentials like flour, bread and other basics,” Christine says. Volume buys also save her money. “When I’m getting trail-mix kind of stuff I’ll shop the bulk bins.”

CHRISTINE’S FAVORITE WAYS TO SAVE:
• LOCAL ADS AND PROMOTIONS that are store-specific, posted on stores’ social media sites.
• IN-STORE BRANDS in place of name brands, especially for baking ingredients, bread and other basics.
• BULK BUYS at the bins, especially for flour and trailmix blends.

GRAB HY-VEE BRANDS AND SAVE UP TO 30 PERCENT.

GRAB HY-VEE BRANDS AND SAVE UP TO 30 PERCENT.
Super Savers!
2 Hy-Vee shoppers share their favorite summer savings tips.

EVA MANLEY
Lawrence, Kansas

“With Hy-Vee Fuel Saver + Perks, every five cents is really a dollar. It’s not five cents off the whole tank; it’s five cents off per gallon—20 gallons for me.” Eva, who makes frequent 45-minute drives to visit relatives, appreciates the savings on gas while buying items with Fuel Saver + Perks discounts. Other ways she saves? By using an extra freezer. “When Hy-Vee has Mega Meat sales on Thursdays, I stock up for the extra freezer in the garage. When Hy-Vee has extra Fuel Saver + Perks discounts on coffee, I really stock up. I save at least $100 a month using Hy-Vee Fuel Saver + Perks.” Because Eva is on a keto diet, she focuses on meat and fresh produce. “I buy seasonal things, when they’re the cheapest, and I stock up. During a good meat sale, I’ll buy multiple packages of, say, ground turkey. Then I wrap it and label it.” Eva likes the ease of shopping online. “I look at Fuel Saver + Perks items first. Then I go category by category and add what I want to my shopping list before printing it out.”

EVA’S FAVORITE WAYS TO SAVE:
• HY-VEE FUEL SAVER + PERKS to save on gas fill-ups. Keep in mind: Savings is per gallon, not per fill-up, so it adds up.
• WEEKLY ADS to time shopping trips with Hy-Vee Fuel Saver + Perks discounts and other deals.
• STOCKING UP ON SEASONAL items, especially produce, while it costs less. Taking advantage of volume buys of meat, frozen foods or other items.

VERNON FITZPATRICK
Cedar Falls, Iowa

“I check brands. Most of the time the ingredients are the same—it’s just the brand that’s different. I buy the Hy-Vee brand because it’s cheaper.” Vernon works out at the gym and, to stay hydrated, stocks up on Hy-Vee bottled water. “I buy four cases, because water doesn’t go bad, and it’s on sale most of the time.” He also checks the Hy-Vee weekly ad for sale items that also offer Hy-Vee Fuel Saver + Perks discounts. “The week before I shop, I look at the flyer and pinpoint the products that give me discounts and that are on sale,” he says.

VERNON’S FAVORITE WAYS TO SAVE:
• IN-STORE BRANDS in place of name brands for frozen foods, canned goods, paper products, bottled water and much more to find less-expensive options with the same quality.
• HY-VEE ADS and timely shopping trips to take advantage of Hy-Vee Fuel Saver + Perks and grocery coupons.
• BULK BUYS of items with long shelf lives and that are must-haves, such as canned goods, paper towels and bottled water.

PUT AN EXTRA FREEZER IN THE GARAGE OR BASEMENT TO STORE BULK BUYS.
BRAND new
JUST FOR YOU

BRING IT HOME TODAY!

©General Mills

PROTEIN FOR EVERY BODY.

Muscle Milk Genuine or Smoothie: select varieties 8 fl. oz. 2/$5.00

©2019 CytoSport, Inc.
ROSE TO THE OCCASION

It’s America’s favorite bloom—and also the country’s official flower. Roses are exceptional in arrangements from romantic to sentimental to patriotic.

GRAND OL’ FLAG

Have ready a white rectangular baking dish. Trim a piece of Oasis® floral foam to fit. Place floral foam in the dish, then moisten it. Arrange an American flag in rows of red and white roses, stems cut diagonally to 1 in., and a block of blue carnations studded with white sweetheart rosebuds. Your Hy-Vee Floral Department can dye white carnations upon request.

NOW SERVING

A decorative serving tray holding perfume, candle and a lovely bouquet of white roses is a welcoming touch in a guest bedroom or bath. It’s also a convenient place for guests to leave jewelry and keys at bedtime.

ROSE TO THE OCCASION

A JULY 4TH CENTERPIECE IN MINUTES!

Rapid Wrap

Get a closer look at how to wrap the colorful leaves in the vase to the far right. Watch the video at HSTV.com.

SHORT AND SWEET

Repurpose votive candleholders as miniature vases. Gather roses in related hues for visual appeal. Cut stems about 1 in. long and place one flower in each water-filled candleholder.

BEAUTY STEMS FROM WITHIN

Showcase the singular graceful beauty of roses in transparent glass bottles that allow full attention to the blooms. For best effect, remove most foliage, vary the height of stems and group in odd numbers.

NOW SERVING

A decorative serving tray holding perfume, candle and a lovely bouquet of white roses is a welcoming touch in a guest bedroom or bath. It’s also a convenient place for guests to leave jewelry and keys at bedtime.

IT’S A WRAP

Gather long variegated leaves, such as this Aspidistra seen here. Remove the stalky stem portion, curl the leaves, then place in a clear glass container. Wrap from the bottom and work your way up. Add water, then roses, with freshly cut stems.

STIR ¼ tsp. of bleach into 1 qt. of water as an antibacterial to keep the water from becoming cloudy.
Get double the smiles in July! Giving a bouquet of roses is a surefire way to raise a smile. When you buy roses at Hy-Vee in late July, you’ll help put a grin on a child’s face too.

Through Hy-Vee’s partnership with Variety—The Children’s Charity, a portion of each dozen roses sold at Hy-Vee from July 17 through 30 will go toward providing bikes to deserving children. Each Hy-Vee store within the eight-state territory will identify a child in need and give away a standard or specialized bike through Variety’s Mobility program. Bikes are gender-neutral and come in various sizes to accommodate different ages. In addition, each bike will be presented with a helmet and lock. Just think: Getting your petals from Hy-Vee means kids can get their pedals from Variety.

Since 1983, Hy-Vee has supported Variety—The Children’s Charity in its mission to improve the lives of children.
A GLUTEN-FREE PIZZA THAT ACTUALLY TASTES LIKE PIZZA

Freschetta Gluten Free Pizza:
select varieties 17.5 to 18 oz.
$6.99

Freschetta Gluten Free Pizza:
select varieties 23.5 to 36 oz.
$5.99

YOU WANNA PIECE OF ME?

Edwards Crème Pie:
select varieties 23.5 to 36 oz.
$5.99

YOU WANNA PIECE OF ME?

FIND US IN THE FROZEN DESSERT AISLE

BRING THE SWEET

SAY GOOD MORNING TO FLAVOR

Krispy Kreme is a registered trademark of HDN Development Corporation. Used under license ©2019 Keurig Green Mountain, Inc.
Wonderful products. Healthy savings.

Exercise while exploring new horizons, then discover how to fortify your body.

90 BODY OF WATER
95 DIETITIAN Q&A
96 EXPLORACIZE
102 FOODS THAT RELIEVE JOINT PAIN
106 SUMMER BEAUTY
112 GO GENERIC
114 THE ENERGY CRISIS
Keep drinking. H₂O runs your body’s systems, and it’s crucial in protecting yourself against disease.

**80%**

**OR ROUGHLY 11 GALLONS OF YOUR BODY IS WATER— IN YOUR BLOOD, ORGANS, SPINAL FLUID, DIGESTIVE TRACT AND THE LYMPH OF YOUR IMMUNE SYSTEM. YOU LOSE 2 QUARTS OF WATER A DAY WHEN YOU EXHALE, SWEAT AND GO TO THE BATHROOM.*

Within five minutes of drinking it, water moves from your stomach into your bloodstream on a quick yet laborious journey. Most of it heads for the inside of cells to feed them nutrients and oxygen, then carries away cell waste through the kidneys and out with urine. Water also:
- regulates your body temperature
- lubricates joints
- makes skin elastic
- helps the brain work
- aids digestion
- moistens and protects eyes, sinuses, lungs and throat

Dehydration can trigger headaches, fatigue, dizziness and confusion; severe dehydration can damage kidneys. Dehydration also signals already-present disease, and proper hydration might stave off disease, according to studies. “There is increasing evidence that mild dehydration may play a role in various [diseases],” according to the medical journal *Nutrition Reviews* at Oxford University. Its study, “The Importance of Good Hydration for the Prevention of Chronic Diseases,” and other studies, describes the following scenarios.

9 WAYS WATER MAY IMPROVE YOUR HEALTH

1. **KIDNEY STONES/URINARY TRACT INFECTIONS**
   Drinking plenty of water increases urine output, which is associated with reduced likelihood of kidney stones. One study reports that recurrence rates of kidney stones dropped by 50 percent among test subjects who increased their water intake. *Nutrition Reviews* did not say whether larger volumes cause stones to dissolve nor describe any other possible cause-and-effect.

2. **COLON/BLADDER CANCER**
   *Nutrition Reviews* also notes three studies that describe an association between water intake and reduced risk for colon cancer and suggests more research to solidly link the two. One study suggests that proper hydration reduces the concentration and length of time of carcinogens in the bladder, and that it quickly moves stool to reduce contact by carcinogens.

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3. BLOOD CLOTS
Water intake may have a bearing on venous thromboembolism—blood thickening that causes a clot in a deep vein, often the leg. A study reported in the *Journal of the American College of Nutrition* says dehydration may also be associated with cystic fibrosis. "Local mild hypohydration or dehydration may play a critical role in...several broncho-pulmonary disorders like exercise asthma or cystic fibrosis," the journal states.

5. EXERCISE-RELATED ASTHMA/CYSTIC FIBROSIS
Evidence links poor hydration with bronchial spasms after exercise. A study reported in the *Journal of the American College of Nutrition* says dehydration may also be associated with cystic fibrosis.

6. BACK PAIN
Emerging interest lies in the idea that drinking water can help discs between the vertebrae reabsorb moisture that is lost from everyday wear and tear. Blogs, websites and many medical professionals who contribute to them suggest that the gel-filled inner core of a disc loses fluid when weight is placed on it, resulting in an erosion of the cushioning between vertebrae.

Drinking water rehydrates the gel-filled inner core, they say.

7. DIABETIC KETOACIDOSIS
Hydration figures into treatment for diabetics when blood glucose levels are high, insulin is low and ketoads—serious chemical imbalance in the body—sets in. Ketoads can cause weakness, vomiting, excessive thirst, abdominal pain and confusion. Fluid intake, by mouth or intravenously, is essential.

9. CORONARY HEART DISEASE
Drinking water and removing it through urine affects blood volume, which in turn guides heart rate and blood pressure. Dehydration decreases blood volume, which makes the heart work harder. According to a study in the *European Journal of Nutrition*, mild dehydration can impair blood vessel ability to dilate and constrict, slowing movement of blood to and out of the heart.

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Q: What is sugar?
A: It’s a carbohydrate that our bodies convert to glucose for energy.

Q: Where does it come from?
A: Sugar exists naturally in whole foods—fruits, vegetables and milk—and has nutritional value. It’s also extracted from maple trees as syrup, from agave plants for nectar, from coconut palms and—most often—from sugar beets or sugarcane to yield the table sugar we have in our kitchens. Raw sugar extracted from the beets or cane plants is processed into white or brown sugar.

Q: Are there healthier types of sugar?
A: The natural sugars in whole foods are healthiest because those foods also have vitamins, fiber and other nutrients. Sugars—of any type—that we add to food are called “added sugars.” Examples include adding table sugar to your coffee or sprinkling brown sugar on oatmeal; examples also include sweeteners added during food processing, such as corn syrup in soda, sugar in ketchup and bottled dressings and sweeteners in packaged crackers and baked goods.

Q: How much sugar should we eat?
A: The recommended daily amount of total carbs is 300 grams based on 2,000 calories a day. The American Heart Association recommends no more than 24 grams of added sugar for women and 36 grams for men per day.

Q: What are the downsides of eating too much sugar?
A: It can lead to obesity, tooth decay and chronic health problems such as diabetes, heart disease and some cancers.

Q: How can I sweeten my food without sugar?
A: Try artificial sweeteners. These are synthetic sugar substitutes (though some originate from natural sources such as plants). Stevia, which resembles table sugar, is derived from an herb and has no calories. Sucralose (Splenda) is used in drinks and for cooking and baking and also has no calories.

Julie McMillin, RD, LD
Assistant Vice President, Retail Dietetics

Here’s the sweet truth: Sugar is best enjoyed in small, happy doses.

The Scoop on Sugar

BROWN SUGAR
Contains molasses, the dark liquid remaining after sugar is extracted from sugar beets or cane.

WHITE SUGAR
Typical sugar-beet type; granulated white sugar or sucrose, is produced from sugar beets or cane.

RAW SUGAR CANE
A partially processed sugar. It retains some of the naturally present molasses.

AGAVE
Extracted from the agave plant and processed to liquid or granular form.

POWDERED SUGAR
Granulated white sugar that’s ground to a powder with a little cornstarch added.

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Here’s the sweet truth: Sugar is best enjoyed in small, happy doses.
Don’t just see the world—experience the world. Kayak through caves and a hundred-year-old ship wreckage, bike along tree-lined trails or streets of skyscrapers, or run across a beach with a cool wake lapping against your ankles. Welcome to your dream vacation, where adventure and health go hand in hand. Visiting new locations and staying physically active while you tour may reduce stress, spur creativity and boost performance once you return to your job. Plus, regular physical activity improves cardiorespiratory function, concentration and weight management. Pack your bags and remember to take along your appetite for adventure. The world awaits.

1. Biking
Roll through miles of picturesque nature trails or take advantage of bike share programs to explore hot spots throughout a city. Riding a bike improves balance and stamina, which make everyday movements like climbing stairs easier. Pedaling strengthens and tones lower body muscles—quadriceps, hamstrings, glutes, hip flexors and calves. Ramp up the difficulty by taking on an off-road hill or inclined street.

2. Yoga
Strike downward-facing dog pose at any vacation location: lake dock, beach, outside a cabin, in a hotel room overlooking a skyline or any park. A study published in Plos One finds that yoga may significantly reduce depression. Practicing yoga may increase flexibility, improve muscle strength, balance metabolism and aid in weight loss.

3. Swimming
Immerse yourself and cool off in a location by taking a dip in a lake, river or a natural body of water off a walking trail. Water adds 12 to 14 percent more resistance than exercising onland, challenging muscles and improving cardiovascular health. Swimming is easy on joints, helps build muscles, challenges the cardiovascular system and aids lung function.

4. Paddle Boarding
Explore a physically challenging way to tour, especially if your destination is a lake house or resort. Paddleboarding strengthens abdominal and oblique muscles due to the twisting motion performed when paddling. The board constantly shifts on the water, challenging and improving stability.
5. Running
Venture out to a trailhead for a peaceful jog or maneuver the hustle and bustle of the city. Running has been linked to lowering the risk of Alzheimer’s disease mortality, and runners in general reduce their risk of premature mortality by 25 to 40 percent.

6. Walking
Tour a city, walk on trails and paths or climb the stairs of a state capitol building. Wear comfortable shoes with ample support to protect joints. Walking is a low-impact form of aerobic exercise, so you’ll burn calories while maintaining healthy ankles and knees. Fast or slow, walking reduces risk of heart disease and stroke, and helps control cholesterol and blood pressure levels.

7. Golfing
Hit the links for seriously scenic backdrops. Take a lesson if you’re a first-timer; otherwise, tee off and enjoy the view. Deciding to walk 18 holes can add up to 4 to 8 miles and 11,245 to 16,667 steps, depending on the course. Moderate-intensity physical activities like golf may prevent or reduce the chances of heart disease, diabetes, stroke and colon and breast cancer.

8. Kayaking
Cruise through gorgeous waterways—lakes, rivers and streams. Maneuvering a kayak requires pressure from legs and rotating the torso while paddling, making it a great core workout. Kayaking builds strength and tones the shoulders, biceps and triceps. First-time kayakers may want to visit a local outfitter for tips and to rent gear.

9. Canoeing
Take in the quiet beauty of forests, bluffs and wildlife while paddling a canoe. Canoeing is easy for most ages and skill levels, and is low-impact while strengthening arm, back and chest muscles. Paddling a canoe can result in cardiovascular benefits, plus mental and emotional benefits from exercising outdoors.

10. Hiking
Hop on trails at national, state and some city parks across the country. Wear shoes with plenty of grip and dress in layers, as temperatures may change with elevations. Hiking on uneven terrain improves balance and core strength while challenging leg muscles and the cardiovascular system. As an outdoor activity, hiking reduces stress and anxiety, lowers the risk of depression and improves self-confidence.

SAFETY TIPS
- Wear protective gear, such as a helmet when biking and a life jacket for water activities.
- Always let someone know where you’re heading before venturing to a remote area.
- Before exploring a new area, research the surroundings and check for inclement weather.

SNACK RIGHT
Fuel your body and mind for the road ahead with these items from Hy-Vee.

Protein Bar
Almonds
Bananas
Water

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MIDWEST PICKS 
FOR ACTIVE VACATIONS

BIKING
Missouri
Missouri River National Recreation Area: 10,000 miles of bike trails. A 202-mile trail runs through four counties and five towns with a 13-story-high bridge across the Des Moines River.

ILLINOIS
Lake a la Fourche: A 21-mile trail through four counties and five towns with a 13-story-high bridge across the Des Moines River.

KANSAS
Tallgrass Prairie National Preserve: Tranquility awaits among 10,849 acres of prairie and open sky, assuming you don’t mind the occasional bison grunt off in the distance.

SWIMMING
Wisconsin
Lake of the Ozarks: 54,000 acres of water and 1,750 miles of shoreline with hundreds of coves for swimming.

PADDLEBOARDING
Minnesota
Lake Winnie Mine: 1,100-acre lake in central Wisconsin with a beach (just one), parks, restaurants, resorts and a zoo.

RUNNING
Iowa
High Trestle Trail: A 25-mile trail through four counties and five towns with a 13-story-high bridge across the Des Moines River.

YOGA
Missouri
Jacob L. Loose Park: Roll out your mat among 75 acres of green space. Great inspiration from the 4,000 roses in the Rose Garden or focus your energy by Loose Park Pond.

KAYAKING
Wisconsin
Eau Claire: 100 miles of canoe routes.

CANOEING
Minnesota
Boundary Waters Canoe Area: More than 1 million acres of land within Superior National Forest, including more than 1,200 miles of canoe routes.

GOLF
Iowa
Indian Creek Golf Club: Features two 18-hole courses set in 10,849 acres of prairie and open sky, assuming you don’t mind the occasional bison grunt off in the distance.

HIKING
Illinois
Shawnee National Forest: Home to the majestic Garden of the Gods Wilderness and the 460-mile River to River Trail.

We’re raising the bar
Our products are crafted with wholesome, simple ingredients like grass-fed beef, dried fruits and spices.

*Offer Valid 7/1/19-7/31/19
Offers cannot be combined.

Epic Bites: select varieties 2.5 oz.
2/5.00
Epic Meat Bar: select varieties 1.3 or 1.5 oz.
2.5 oz.
Epic Strips: select varieties 2/3.00
FOODS THAT RELIEVE JOURT PAIN

PROTECT YOUR JOINTS FROM THE CHRONIC PAIN, SWELLING AND STIFFNESS OF ARTHRITIS. WEIGHT MANAGEMENT GOES A LONG WAY. THESE NUTRIENTS ALSO CAN HELP.

Two basic types of arthritis affect joints:

Rheumatoid arthritis is an autoimmune disorder that inflames and damages rubbery cartilage covering the ends of bones in joints. Mostly it affects hands, feet, elbows, wrists, knees and ankles.

Osteoarthritis is the natural wear and tear of cartilage that’s part of aging and that can intensify with obesity and joint overuse. The most common type, affecting 27 million Americans, it affects joints that bear weight—knees, hips and lower back. Extra weight makes arthritis worse—every pound of excess weight exerts 4 pounds of extra pressure on knees. Weight management and an anti-inflammatory diet can relieve joints.

JULY IS JUVENILE ARTHRITIS MONTH. THIS FORM OF ARTHRITIS STRIKES THOSE 16 AND UNDER.

OMEGA-3 FATTY ACIDS

What they do: Aid hormone functions that manage inflammation; needed in cell membranes. Research shows they might help reduce the inflammation of rheumatoid arthritis.

FOODS: Canola oil, chia seeds, flaxseeds, flaxseed oil, olive oil, salmon, tuna, walnuts.

Daily amount: Men 1.6g/day, women 1.1g/day

MONOUNSATURATED FATS

What they do: Help fight inflammation, according to the Arthritis Foundation.

FOODS: Almonds, avocados, peanut butter, peanut oil, pine nuts, pistachios, sesame oil, sunflower oil, walnuts.

Daily amount: A free cup a day is generally considered safe, but those who watch caffeine intake might need to drink less.

BETA-CAROTENE

What it does: Antioxidant that protects cells against free radicals associated with chronic disease. Studies link it to reduced inflammation.

FOODS: Broccoli, cantaloupe, carrots, kale, red and yellow bell peppers, romaine lettuce, spinach, sweet potatoes.

Daily amount: 3-6 mg/day

GREEN TEA

What it does: Catechins in the tea appear to have an anti-inflammatory affect on joints.

Daily amount: A free cup a day is generally considered safe, but those who watch caffeine intake might need to drink less.

VITAMIN C

What it does: Protects cells and is associated with reduced inflammation. Helps build tendons and ligaments.

FOODS: Blackberries, blueberries, broccoli, Brussels sprouts, cabbage, grapefruit, green and red bell peppers, mangos, onions, oranges, raspberries, spinach, strawberries, tomatoes.

Daily amount: Men 90 mg/day; women 75 mg/day

VITAMIN D

What it does: Research links low vitamin D levels in the blood to more likelihood of both osteoarthritis and rheumatoid arthritis.

FOODS: Canned tuna, milk (most of U.S. supply is fortified with D), salmon, swordfish. Also get vitamin D from vitamin D-fortified cereals, eggs, and salmon and swordfish.

Daily amount: 15 mcg/day; after age 70, 20 mcg/day

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five easy fixes

1. salmon & veggies

Brush a salmon fillet with Gustare Vita olive oil, sprinkle with Hy-Vee salt and black pepper and bake until flesh is opaque and flakes easily with a fork. Serve with sautéed kale and onions.

2. raspberry-almond oatmeal

Prep oatmeal, then top with toasted Hy-Vee almonds, raspberries and a drizzle of Hy-Vee honey. Serve with skim milk.

3. veggies & dip

Snap on cut-up carrot sticks, Hy-Vee Short Cuts bell pepper strips and/or broccoli florets, and your favorite hummus.

4. easy salad

Toss together romaine lettuce, Hy-Vee Short Cuts broccoli florets and chopped tomatoes. Lightly top with Sonoma feta cheese crumbles. Drizzle with bottled Greek vinaigrette.

5. berry-blend smoothie

Blend 1 cup Hy-Vee almond milk, ½ cup Hy-Vee vanilla Greek yogurt and about ½ cup Hy-Vee frozen unsweetened berry medley. Pour into a glass.

pro tip: WHAT TO AVOID

Limit highly processed foods, saturated fat in meats and dairy products, and added sugars, as these may aggravate joint pain and symptoms of arthritis.

—Tracey Shaffer

Dietitian & Wellness Coach Hy-Vee, Blue Springs, Missouri
New! FOR BUTTER LOVERS, FROM PLANTS.

Country Crock or Pure Blends Spread: select varieties 15 or 45 oz. 2.99

Land O’Frost Breakfast Cuts: select varieties 7 oz. 2.99

Land O’Frost Deli Shaved Lunch Meat or Canadian Bacon: select varieties 6 to 9 oz. 2/5.00

Land O’Frost Premium or Bistro Favorites Sliced Lunch meat: select varieties 6 to 16 oz. 3.99

Wimmer’s Wieners, Dinner Links or Smokies: select varieties 12 to 16 oz. 3.88

Wimmer’s Summer Sausage: select varieties 16 oz. 5.99

NEW! NO By-Products
NO Added Hormones*
NO Artificial Flavors

* Federal regulations prohibit the use of hormones. Excludes beef.
SUMMER BEAUTY

Hy-Vee has everything you need for warm-weather care, including summer-fresh Basin products and other top brands.

SUMMER READY SKIN

Weather the heat beautifully: Exfoliate, smooch, nourish and protect your skin before applying the first drop of makeup. Basin products do just what you need, with hardworking scrubs, conditioners and moisturizers for that natural outdoorsy glow.

HEAD-TO-TOE LOVE

From shampoo and conditioner bars to bath salts and lotions to lip balms and scrubs, Basin products lavish the love in breezy, carefree fragrances. Also pick up some fun, summer-theme soap bars!

1. **BATH & SHOWER BOMBS**
   Effervescent bombs release therapeutic fragrances like citrus, lemongrass, lavender and eucalyptus. Pop bath bombs into warm bath water; set shower bombs on the floor of the shower away from the drain. Bath bombs available in small, medium and large.

2. **SHEA BODY SCRUB**
   A gentle sugar scrub blended with essential oils, shea butter and vitamin E, Basin Shea Scrub exfoliates, nourishes and moisturizes all at once. Massage onto wet skin, with attention to elbows, feet and other dry spots, and rinse with warm water to leave skin rejuvenated.

3. **BATH SALTS**
   Natural Dead Sea salts combined with soothing Epsom salts soften sun-parched skin and relax sore muscles. Pour a couple capfuls in a tub of warm water, let dissolve and enjoy a relaxing, fragrant soak. At Hy-Vee, be creative and mix the bath salts you want for a customized fragrance.

4. **FRESH SOAPS**
   Hand-sliced soaps enriched with natural oils cleanse and nurture all types of skin. Tea Tree soap works against breakouts on oily skin, and Pumice soap detoxifies. Goat’s Milk soothes dry skin. To gently exfoliate dead skin cells, use Basin Face Scrub beforehand.

5. **HYDRATOR**
   Soothing natural ingredients like vitamins C, D and E, coconut and sunflower oils, and alo vera combine in a light, non greasy lotion that absorbs quickly. Replenishes evaporated moisture from exposure to sun and chlorine.

6. **VEGETABLE GLYCERIN SOAP**
   As fun as they are unique, these run the gamut of pretty to pretty crazy! Flowers, butterflies and dragonflies adorn these soaps. So do clownfish, sea turtles, flip-flops, sea horses, sunrises and palm trees. A summer in a soap!

7. **SHAVE CREAM**
   Keep bare legs silky under skirts and shorts this summer. Basin Shave Creams are fresh-smelling and contain glycerin, oils and alo vera to hydrate skin and protect against razor burn or “strawberry-leg” rashes.

8. **SUN BUTTER**
   Got a little too much sun? Smooth on this soother of alo vera, cocoa and shea butters and kukui nut oil. Also try Basin Therapy Body Butter with tropical plumeria fragrance.

9. **LIP BALM**
   After soothing luv with Basin Lip Scrub, drench them a lush swipe of Basin Lip Balm with SPF 15 to moisturize and protect against damaging UV rays.

10. **MIX AND MATCH**
    Customize favorite Basin scents, colors and products. Ask the assistant at the counter how to create your own mixes for bombs, salts, hair care and more.

SEASONS | hy-vee.com

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**SUN SAFETY**

**LOOK FOR SPF PROTECTION IN SOME BEAUTY PRODUCTS. BASIN LIP BALMS INSTANTLY MOISTURIZE AND SHIELD FROM HARMFUL UV RAYS TO PROTECT AGAINST SKIN CANCER AND PREMATURE WRINKLING.**
brush up

Brushes and sponges apply, foundation with a light touch for a sheer, natural-looking glow. Use a synthetic-bristle complexion brush to apply—squeeze a dot on the back of your hand, swirl it with your finger and dab the brush. An angled foundation brush works for contouring; a dampened makeup sponge blends coverage.

perfect base

Summer’s the time for light coverage so you look sun-kissed, not makeup-heavy. Start with a clean, moisturized face. Look to tinted moisturizers and BB (beauty balm) products to blot out redness and even skin tone.

MOISTURIZE In the morning apply an oil-free moisturizer, even if you don’t have oily skin, so your skin stays hydrated without becoming slick from the heat. Some moisturizers have SPF protection; these are a good option if your foundation doesn’t have it. Moisturizing is just as important in summer—air-conditioned environments are drying to skin and can make fine lines look more prominent. Also consider moisturizers that are noncomedogenic (won’t clog pores).

PRIME A primer goes on after moisturizer and before foundation. It’s especially important in summer because it helps makeup in place on hot, sweaty days. Look for a primer with sunscreen for extra benefit.

COVER Keep it lightweight with a tinted moisturizer or BB cream in a sheer shade for a luminous, less-is-more look. Again, seek out SPF protection. Apply lightly with fingertips, brush or sponge to blanishes and discolorations, then lightly to other areas using short, upward strokes.

POWDER LIGHTLY Set your makeup with a light flick of loose translucent finishing powder to blur lines and stave off summer’s shine. Don’t reapply after that—each reapplication renders a cakey look. Most powders have little color and are suitable for all skin tones and types.

true hues

Brighten your face with lighter shades of your go-to makeup colors and sweatproof your look. Stains, brush-on colors and water-resistant formulas keep you glowing all day even as the mercury rises. No more raccoon eyes from running eyeliner and mascara smudges.

BLUSH Stains and gels absorb into skin for a natural-looking flush. Powdered blush can absorb excess oil and give a polished look; use a light hand to avoid a cakey look in hot weather.

MASCARA Waterproof mascara resists hot-weather running. If your eyes are sensitive, use water-resistant mascara instead. To remove, use an oil-free makeup remover.

LIPSTICK Opt for sheer-color stains and gels and tinted balms over matte lipsticks, which can dry and make lips look smaller. Pinks, peaches and corals project sunny radiance.

BROWS Fuller, groomed brows with bare makeup elsewhere on the face give you a youthful look. Use a waterproof brow wand to fill in sparse spots. Wands and mousses tame brows and offer light color.

HIGHLIGHTER Bring the high points of your face into focus without looking shiny. Dab and blend a few dots of a creamy highlighter on cheekbones, forehead and the bridge of your nose.

LIP BALM Delicate skin on lips needs sun protection and moisture. Balms provide both, and tinted balms have just enough color to balance out the rest of your summer look.

BRONZER Apply to parts of the face that the sun naturally hits—cheekbones, forehead, chin, nose—for a naturally sun-kissed look. Apply after your setting powder to avoid patchiness.

EYESHADOW Smooth primer on lids; it gives shadow staying power and reduces creasing. Then skip on a powder shadow. A soft neutral looks natural, sheer pinks and peaches brighten.

SETTING SPRAY CAN TAKE THE PLACE OF TRANSLUCENT POWDER. SPRINT AFTER YOU FINISH APPLYING MAKEUP TO “MATTE-FY” SKIN ON HOT, HUMID DAYS.
Dove Body Wash, Body Polish, Deodorant, Mousse or Bath Bombs: select varieties 3.8 to 22 oz. or 2 ct. 5.99

Dove Men Care Body Wash: select varieties 13.5 fl. oz. 4.49

TRESemmé Premium Haircare or Styling Aids: select varieties 4.3 to 22 oz. 2/10.00

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EASY TO SWALLOW 33% SMALLER SAME STRENGTH

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Unscented as directed. *Among OTC Pain Relievers

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Generic drugs are as effective as name brands, at a fraction of the cost. Hy-Vee carries more than 100 generics for as low as $4.

Generic drugs are as effective as name brands, at a fraction of the cost. Hy-Vee carries more than 100 generics for as low as $4.

Generics have the same active ingredients, dosage, strength and administration (tablet, liquid or spray) as brand-name drugs. Some manufacturers make the generic versions of brand-name prescription drugs in the same facility. To curb costs, many health insurance providers require generics over name brands, when available. At your Hy-Vee Pharmacy, pay as little as $4 for a 30-day supply or $10 for a 90-day supply of generic prescription drugs.

GO GENERIC

Generic medicines cost less when name-brand patents expire and manufacturers aren’t required to repeat clinical testing. Generic drugs require the approval of the U.S. Food and Drug Administration, which states that the discounted drugs are equally effective and just as safe as FDA-approved brand-name medicines. The FDA reports that Americans saved $26 billion on drug bills by using generics from January 2017 through July 2018.

Hy-Vee has expanded its discount drug list to include those for diabetes, high cholesterol, GI conditions, mental health, women’s health and men’s health. For a complete list, go to: hy-vee.com/my-pharmacy/services/four-dollar-generics

Q&A

WITH ANGIE NELSON,
Hy-Vee Vice President, Pharmacy Operations

Q: MUST I ENROLL IN A PROGRAM OR PAY A FEE TO RECEIVE THE PRICE ON THE DISCOUNT LIST?
A: No. The prices are available to all Hy-Vee Pharmacy customers with no enrollment or fees.

Q: IS THE DISCOUNT LIST A SUBSTITUTE FOR PRESCRIPTION INSURANCE?
A: Yes. This is not an insurance policy and does not provide insurance coverage.

Q: HOW WILL I KNOW IF MY DRUGS ARE AVAILABLE ON THE LIST?
A: Customers can visit hy-vee.com to determine specific list medications. Please contact a pharmacy staff member with any questions.

Q: WHAT DISCOUNTED PRESCRIPTIONS ARE AVAILABLE FOR PETS?
A: Pets can receive the discount list pricing with a prescription from your veterinarian for human equivalent medications on the list.

Q: IF I HAVE INSURANCE, WILL I STILL BE ABLE TO RECEIVE THE DISCOUNT LIST PRICING?
A: Yes. Customers with insurance should continue to use their insurance. Insured customers generally pay the list price or the insurance plan’s co-pay, whichever is less.

Q: WILL MEDS ON THE DISCOUNT LIST COUNT TOWARD MY INSURANCE DEDUCTIBLE?
A: If the pharmacy bills your insurance for medications included on the list, the claim will count toward any deductibles or out-of-pocket expenses.

Q: HOW DO I FIND THE COST OF MEDICATIONS THAT ARE NOT ON THE LIST?
A: Call or visit your Hy-Vee Pharmacy for more information.

Generics include prescriptions for the following conditions:

- Allergies & Asthma
- Antibiotics
- Antiviral
- Arthritis & Pain
- Cholesterol

Cold & Flu
- Diabetes
- Heart Health & Blood Pressure
- Men’s Health
- Mental Health
- Skin Conditions
- Women’s Health
- Vitamins & Nutritional Health

Source: researchandmarkets.com/research/8c46pw/analyzing_the
fda.gov/news-events/fda-brief/fda-brief-fda-highlights-record-breaking-number-generic-drug-approvals-october
fda.gov/drugs/generic-drugs/generic-drug-facts

Q: WHAT QUANTITY IS INCLUDED IN THE DISCOUNT LIST PRICING?
A: Pricing is set for commonly prescribed quantities ranging from 30- to 90-day supply. Quantities are provided with each drug on the discount list.

80% OF PRESCRIPTIONS FILLED IN THE U.S. ARE FOR GENERIC DRUGS.

—RESEARCH AND MARKET
Losing steam?
You’re not alone. While aging is one factor, there are many others that can affect even young people. These are likely culprits:

- **Inactivity.** A sedentary lifestyle weakens muscles and causes them to use energy inefficiently.
- **Chronic Stress.** This results in high levels of the hormone cortisol, which in turn reduces production of molecules that deliver energy to cells throughout the body.
- **Poor Diet.** Eating too much processed food may lead to inflammation, which lowers energy.
- **Lack of Sleep.** It’s not just quantity, it’s also quality, which is impacted by such things as sleep apnea, overactive bladder and enlarged prostate.
- **Medical Conditions.** Anemia, diabetes, heart disease and hypothyroidism can cause fatigue.
- **Medications.** Blood pressure, depression, anxiety and allergy medications can all contribute to the feeling of tiredness.

### WHEN TO SEE A DOCTOR

See a doctor if fatigue is keeping you from doing the things you want or need to do. It’s also important if you have the symptoms below, which could indicate Chronic Fatigue Syndrome (CFS). This disease is marked by extreme fatigue—sometimes to the point of inability to get out of bed, dress and shower—that persists more than six months and can’t be traced to a medical condition. Often, fatigue is worse after physical exertion and doesn’t improve with rest.

### SYMPTOMS
- persistent fatigue even after rest
- poor memory or concentration
- headaches, muscle and/or joint pain
- sore throat
- tender lymph nodes
- difficulty sleeping
- feverishness

### CAUSES

The cause of CFS is unknown. Scientists note that some patients develop CFS following infection with the Epstein-Barr virus that causes mononucleosis. Others speculate it’s due to a hormone imbalance, weakened immune system or stress.

### DIAGNOSIS

There is no direct test for CFS. Symptoms are similar to several other medical problems, so those need to be ruled out via a thorough medical history review and physical exam that includes blood, urine or other tests.

### TREATMENT

There is no one cure, and patients must work with their doctor to relieve symptoms. For ways to possibly lessen symptoms through everyday actions, see “12 Ways to Fight Fatigue,” right.

### 12 WAYS TO FIGHT FATIGUE

Try these ideas if you’re trying to get over an energy slump.

1. Get a blood test for anemia, which lowers energy levels.
2. Reduce alcohol consumption.
3. Drink a cup of caffeinated tea or coffee for a quick lift—but not within six hours of bedtime.
5. Take a short nap—30 minutes or less. Any more than that might affect nighttime sleep.
6. Review your medications. Antidepressants, blood pressure drugs and antihistamines can cause tiredness.
7. Exercise. Pace yourself—even simple stretches and wall push-ups help.
8. Eat anti-inflammatory foods—fish, fruits and veggies, and olive oil (see “Foods that Relieve Joint Pain,” page 102).
9. Avoid sugar. It revs up blood glucose. Keep glucose and energy levels steady by eating naturally sweet foods and protein.
10. Create a bedroom environment that invites sleep: darkened windows, slightly cool temperature and quiet.
11. Take ibuprofen, naproxen or acetaminophen as needed to manage pain.
12. Stay connected. Feeling isolated is associated with depression, which in turn is linked with fatigue.

### FATIGUE CAN MEAN DIFFERENT THINGS TO DIFFERENT PEOPLE, DEPENDING ON THEIR SYMPTOMS OR PERCEPTIONS. IT CAN BE A SENSE OF WEAKNESS, EASY FATIGABILITY, OR EVEN MENTAL FATIGUE. IT SEEMS TO BE MORE THAN JUST BEING TIRED.”

—STEVE HARDER, D.O., DES MOINES UNIVERSITY

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75 PERCENT OF AMERICAN WORKERS say they feel tired at work and 33 percent feel less productive, according to a 2017 study reported by the National Safety Council.
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ORIGINAL PROTEIN

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Good source of protein. Nutritional values vary by flavor. See individual package for complete nutrition information.
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Dairy, Gluten, Soy, Peanuts & Added Sugar*

*Dark chocolate does contain some added sugar for taste.

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Gold Peak Tea: select varieties 2/$1 or 3/$2.00

Enjoy Coca-Cola

PEEL THE WRISTBAND
SCAN YOUR COKE
UNLOCK SUMMER SURPRISES

Gold Peak Tea:

### GET THE GOODS

Hy-Vee shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

#### fridge & freezer

<table>
<thead>
<tr>
<th>Product</th>
<th>Variety</th>
<th>Price</th>
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<tr>
<td>Frigo Mozzarella, Blue Cheese, Feta or Ricotta Cup</td>
<td>select varieties</td>
<td>2.99</td>
</tr>
<tr>
<td>Tyson Chicken in a Box Bagged Chicken</td>
<td>select varieties</td>
<td>4.49</td>
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<tr>
<td>Tyson Tenderloins or Trimmed &amp; Ready Boneless Chicken Breast</td>
<td>select varieties</td>
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<tr>
<td>Nature Raised Farms Organic Breaded Chicken</td>
<td>select varieties</td>
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<tr>
<td>Nathan's Bagel Dogs or Pretzel</td>
<td>select varieties</td>
<td>7.99</td>
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<tr>
<td>Nestlé Drumsticks, Sandwiches, Bars, Ice Cream or Kit Kat Cones</td>
<td>select varieties</td>
<td>3.99</td>
</tr>
<tr>
<td>DiGiorno Stuffed or Crispy Pan Pizza or Outsiders Pizza</td>
<td>select varieties</td>
<td>7.00</td>
</tr>
<tr>
<td>Fat Rabbit Frozen Vegetarian Meals</td>
<td>select varieties</td>
<td>2.99</td>
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<tr>
<td>Dunkin' Signature Series 1850 Coffee</td>
<td>select varieties</td>
<td>6.99</td>
</tr>
<tr>
<td>Folgers Instant Coffee</td>
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#### pantry

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<td>Mount Airy Non-Dairy</td>
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<tr>
<td>Herdez Guacamole or Roasted Salsa</td>
<td>select varieties</td>
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<tr>
<td>Tyson All Natural Canned White Chicken</td>
<td>select varieties</td>
<td>2.99</td>
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<tr>
<td>Folgers Signature Series K-Cups</td>
<td>select varieties</td>
<td>5.99</td>
</tr>
<tr>
<td>Folgers Signature Series 1850 Coffee</td>
<td>select varieties</td>
<td>6.99</td>
</tr>
</tbody>
</table>

10% off Rachael Ray™ Nutrish® pet products
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For more information, please contact your local Hy-Vee or call 1-866-747-1019.

Nutrigen's architecture is subject to change with seasons. Always check nutritional information when choosing a product. Beer-Battered Brat Corn Dogs are made with 50% less fat than regular corn dogs. 

If you need assistance, contact your local pharmacist, an agent of Kibbles 'n Bits, or call 1-800-368-1019.

Hy-Vee comply with applicable Federal and State equal opportunity laws and does not discriminate on the bases of race, color, national origin, age, disability, or sex.

More information is available from the U.S. Equal Employment Opportunity Commission, 1401 L Street NW, Washington, DC 20005, and/or the Illinois Human Rights Commission, 625 South Wells Street, Chicago, IL 60607.

For more information, please contact your local Hy-Vee or call 1-866-747-1019, legalnotices@hy-vee.com. You can file a civil rights complaint with the U.S. Equal Employment Opportunity Commission, 1401 L Street NW, Washington, DC 20005, or by mail, fax, or email to EEOC, Section 5, Building, Washington, DC 20005. You can file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights, electronically through the Internet at http://ocr.hhs.gov, or by mail, fax, or email to the Department of Health and Human Services, Office for Civil Rights, 5015 Leesburg Pike, Building 4, Room 100, Falls Church, VA 22041.

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SATURDAY, JULY 13: 11 A.M. TO 2 P.M.

Produce: Dole® Global Toss Cherries
Meat: Chicken Griller Patties
Seafood: Smoked Salmon & Whitefish Dips
Charcuterie: ValCapri Artisan Salami
Cheese: BelGioioso Fresh Mozzarella
Deli: Hy-Vee Fresh Sliced Mesquite Turkey Breast and Hy-Vee Sliced Sharp Cheddar Cheese
Hickory House: Marinated Barbecue Pork & Coleslaw
Italian: Flatbread Pizza
Chinese: Sliced Beef & Broccoli over Rice
Bakery: Dream Bars
Dairy: Unilever Country Crock Plant Butter

FRIDAY, JULY 26: 4 P.M. TO 7 P.M.
SATURDAY, JULY 27: 11 A.M. TO 2 P.M.

Produce: Dole® Global Toss Cherries
Meat: America’s Chops with Cookies BBQ Sauce
Seafood: 10g Protein Noodles
Charcuterie: BelGioioso Stracchetta and Olli Calabrese Salami
Deli: Hy-Vee Fresh Sliced Turkey Breast and Hy-Vee Sliced Sharp Cheddar Cheese
Hickory House: Napa Valley Cashew Chicken Salad
Italian: Flatbread Pizza
Chinese: Asian HMR - Cashew Chicken, Mongolian Beef or Beef & Broccoli over Rice
Bakery: Dream Bars

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Taste your way through Hy-Vee every Friday and Saturday through the month of July.

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SATURDAY, JULY 6:
FRIDAY, JULY 19:
SATURDAY, JULY 20:
FRIDAY, JULY 12:
SATURDAY, JULY 13:
FRIDAY, JULY 26:
SATURDAY, JULY 27:
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