

# HyVee<sup>®</sup>

FOOD | LIFE | HEALTH

# seasons<sup>®</sup>



Summer  
BBO

july  
Prices good July 1-31, 2019





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

## food



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## hello from hy-vee



**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 reimaged 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!

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# FUN BY THE BOWLFUL



**Blue Bunny**  
ICE CREAM

**GIVE IN TO  
THE BUNNY™**

# aisles

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



## now trending

### RED, WHITE & BLUE

Give your grocery cart a patriotic makeover with these Fourth of July-theme products.



### 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.



brand highlight

SWEET P'S COOKIES

The delicious desserts from Sweet P's Bake Shop are sure to delight. Pick from an assortment of tasty treats this Independence Day, like red-white-and-blue sugar cookies.



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.

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.

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.



RED, WHITE AND BLUE SUPPLIES

- 1 | SPARKLERS 2 | USA PONYTAIL HOLDER 3 | USA SUNGLASSES 4 | HEDSTROM PLAY BALL 5 | UNIQUE PAPER STRAWS 6 | FOURTH OF JULY 1-GALLON PITCHER 7 | UNIQUE PHOTO BOOTH PROPS 8 | ARCHITEC POLYFLAX CUTTING BOARD 9 | GRAVITY LOUNGE CHAIR 10 | SENSATIONS ASSORTED CUTLERY 11 | UNIQUE PARTY NAPKINS 12 | REALCOMFORT RESIN ADIRONDACK CHAIR 13 | OSTER KNIFE SET 14 | USA HEADBAND 15 | SIMPLY DONE WIND-RESISTANT LIGHTER 16 | UNIQUE PARTY PLATES 17 | SOLO CUPS

BEAUTY



pro tip:  
SAVING  
FACE

“We need to protect the sensitive skin on our face for various reasons, and Neutrogena Ultra Sheer offers shine-free, weightless protection and sits well under makeup. A must for the daily routine this summer!”  
—Courtney Dettmer  
Beauty and Basin Manager  
Hy-Vee, Urbandale, Iowa



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

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.



Sunbelt Bakery Granola Bars  
Made with 8 grams of whole grains and no preservatives.



Garden Salsa Sun Chips  
Crunchy texture with a touch of zest.



Performance Inspired Protein Cookie  
Plenty of protein and fiber to keep you full.




Hy-Vee Peanuts  
Available in a various sizes and flavors like K.C. Style Barbeque, Chili Lime and more!



takes  
the  
cake



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

**CAKE this!** 

Watch and learn at **HSTV.com** today!

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.



**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!

INCREDIBLE  
BUBBLE  
FLAVOR



Sanpellegrino Sparkling  
Fruit Beverages:  
select varieties  
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# food

Cookouts,  
picnics and  
tropical drinks:  
Welcome to a  
summer to love.

- 10 BIG BOLD BBQ
- 23 101: TOMATOES
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# 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.



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.

## Texas-Style Beef Short Ribs

**Hands On** 20 minutes  
**Total Time** 10 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 6 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 Tbsp. Hy-Vee chili powder**

**1 Tbsp. Hy-Vee coarse-ground black pepper**  
**2 tsp. That's Smart! garlic powder**  
**2 tsp. That's 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. Unwrap ribs; pat dry with paper towel. Rub seasoning all over ribs to coat well.

**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. Wrap tightly in a doubled sheet of heavy foil, then wrap package in a heavy bath towel. Let rest at room temperature for 30 to 60 minutes.

**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%





## MASTER THE SMOKE

No smoker? No problem. Smoking on a gas or charcoal grill is easy with these basic techniques.

## HOW TO SMOKE ON A GRILL

### ► GAS

Preheat the grill with all burners on high, then turn one side off; place food on unheated side. Use a small stainless-steel or ceramic smoke box with hinged lid on grill rack over direct heat. Holes in the box will allow smoke to billow out as the wood burns.

### ► CHARCOAL

On a charcoal grill, place hot coals on one side and an aluminum foil pan opposite, directly under where food will cook. The pan prevents flare-ups by catching drips and can be filled with liquid to add moisture as food cooks. Place soaked wood directly on hot coals.

## Tips & Tricks

► **At least 1 hour** before smoking, soak wood chunks or chips in enough hot water to cover. Drain before using.

► **Use a smoking temperature between 225°F and 250°F.** Once the grill or smoker reaches target temperature, check it every hour or so. Replenish water and wood chips as needed.

► **Keep the lid on** the smoker or grill to maintain heat. Every time the lid is open, it adds 15 minutes to cooking time.

► **Let meat rest** after removing it from the smoker so the meat juices can redistribute.

# 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 brisket for you. Use the point to make burnt ends. Smoke the flat alongside the point and slice it for sandwiches.



### 2. TRIM FAT AND APPLY A DRY RUB

With a sharp knife, trim all hard 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 195°F to 203°F.



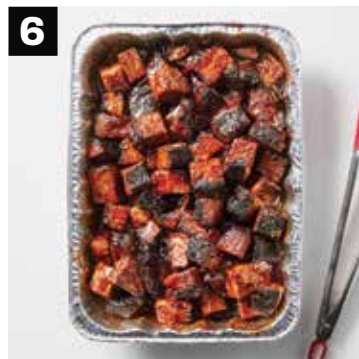
### 4. UNWRAP AND CUT

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.



### 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

A perfect burnt end is soft with a savory, sticky-sweet taste—all the expected flavors of smoked brisket. Pop a nugget in your mouth for a flavor explosion. Or toss a few into baked beans or mac and cheese for a smoky sensation.

### ◀ KANSAS CITY-STYLE BBQ SAUCES

are thick and tomatoey with sweetness and a bit of heat, which helps with caramelization. Just a light brushing is all that's needed on burnt ends to let the meat flavor shine through.

## Kansas City-Style Brisket Burnt Ends

Hands On 20 minutes  
Total Time 13 hours 10 minutes  
Serves 12

Oak wood chips  
1 (3- to 4-lb.) Hy-Vee Angus beef brisket point (uncured)  
2 to 3 Tbsp. Weber KC BBQ rub  
½ cup packed Hy-Vee dark brown sugar  
1 cup bottled Kansas City-style barbecue sauce  
White bread, for serving

1. **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.

2. **TRIM** top fat to ¼-in. thickness. Rub BBQ seasoning on all sides of brisket.

3. **PLACE** brisket, fat side down, on rack in smoker directly over water pan. Cover or close smoker and smoke for 4 to 6 hours or until internal temperature reaches 165°F to 170°F.

4. **WRAP** brisket tightly in uncoated butcher paper; return to smoker. Continue smoking without adding wood chips for 7 to 8 hours or until internal temperature reaches 195°F to 203°F.

5. **UNWRAP** brisket. Transfer juices to a 13×9-in. foil pan. Cut brisket into 1½-in. cubes. Place cubes in pan. Sprinkle with brown sugar; drizzle with barbecue sauce. Brush cubes to evenly distribute brown sugar and sauce.

6. **PLACE** pan, uncovered, in smoker. Smoke for 1 to 2 hours more or until brisket begins to caramelize and is very tender.

7. **REMOVE** pan from smoker. Loosely cover with foil and let rest for 10 minutes. Serve burnt ends with white bread, if desired.

Per serving: 210 calories, 5 g fat, 1.5 g saturated fat, 0 g trans fat, 65 mg cholesterol, 520 mg sodium, 19 g carbohydrates, 0 g fiber, 18 g sugar (9 g added sugar), 24 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 2%

► **The final step** is well worth the wait. BBQ sauce and brown sugar caramelize the smoky burnt ends, giving them intense flavor and sweetness.



# 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 region vinegar-based sauce 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 mayo-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.

try  
this

Elevate your BBQ with good meat and sauce pairings. Pair smoky sauces with pork, bold sauces with beef and sweet sauces with chicken.



Amp up flavor in smoked meats with Hy-Vee Hickory House BBQ rubs, marinades and sauces. Apply dry rub to add flavor and texture, soak meat in marinade to tenderize and boost flavor, plus slather on sauce for richness and moistness.

## 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.

### Midwestern BBQ Sauce

1¼ cups Hy-Vee ketchup + ½ cup packed Hy-Vee brown sugar + ¼ cup Hy-Vee yellow mustard + 3 Tbsp. minced white onion + ½ tsp. hickory-flavored liquid smoke. Makes 2 cups.



### Alabama White BBQ Sauce

1 cup Hy-Vee mayonnaise + 2 Tbsp. Hy-Vee apple cider vinegar + ½ tsp. Hy-Vee black pepper + ¼ tsp. Hy-Vee garlic powder + dash Hy-Vee cayenne pepper. Makes 1 cup.



### Cherry-Chipotle BBQ Sauce

1 (12-oz.) bottle Hy-Vee cherry preserves + ½ cup bottled sweet-roasted chipotle barbecue sauce. Blend or process until almost smooth. Makes 1 cup.



## Southern-Style Pulled Pork

**Hands On** 35 minutes

**Total Time** 12 hours, 35 minutes

plus chilling, preheating and resting time

**Serves** 10

**1 (4-lb.) Hormel Always Tender boneless pork shoulder roast**

**½ cup plus 1 tsp. Weber classic BBQ seasoning, divided**

**Applewood, cherry or peach wood chips**

**10 Hy-Vee Bakery hamburger buns, split**

**Favorite bottled Southern-style barbecue sauce, for serving**

**1¼ cups finely shredded red cabbage**

**¼ cup shredded carrot**

**Hy-Vee zesty sweet pickle chunks, sliced, for serving**

**Italian parsley, for serving**

**Hy-Vee ranch salad dressing, for serving**

**1. PAT** pork dry with paper towels. Leave netting intact. Rub ½ cup BBQ seasoning on pork. Wrap pork in plastic wrap and refrigerate for 8 hours or overnight.

**2. PREHEAT** smoker according to manufacturer’s directions to maintain a temperature between 200°F and 225°F. Meanwhile, remove pork from refrigerator and let stand at room temperature. Soak wood chips in very hot water for 10 minutes; drain. Use wood chips and water pan as directed for smoker.

**3. PLACE** pork, fat side up, on rack directly over water pan. Cover or close smoker and smoke pork for 10 to 12 hours or until internal temperature reaches 195°F.

**4. REMOVE** pork from smoker. Wrap in heavy foil and let rest for 20 minutes. Transfer pork to a cutting board. Using two forks, shred pork. Sprinkle with remaining 1 tsp. BBQ seasoning; toss to combine.

**5. TO ASSEMBLE** sandwiches, place shredded pork on bun. Drizzle with barbecue sauce, then top with red cabbage, carrots, pickles and parsley. Spread cut sides of bun tops with ranch dressing and add to sandwiches.

Per serving: 470 calories, 22 g fat, 7 g saturated fat, 0 g trans fat, 110 mg cholesterol, 1,300 mg sodium, 33 g carbohydrates, 0 g fiber, 5 g sugar (0 g added sugar), 36 g protein. Daily Values: Vitamin D 6%, Calcium 6%, Iron 20%, Potassium 10%

► **Let it rest before shredding.** Resting 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.



## 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 smaller meat cuts or if you want only a small amount of smoke flavor.

#### ► CHUNKS

Large pieces of hardwood create smoke over a long period of time. Use for whole chickens, ribs, brisket and pulled pork.

#### ► PELLETS

Small rods of compressed hardwood add quick smoky flavor to small meat cuts, such as chicken breasts or wings, steaks or pork chops.

## WOOD FLAVORS

Woods lend unique flavor to smoked meats. Soak them overnight or as directed in recipes to keep them from burning too quickly.

#### ► APPLE

Mild, sweet and fruity. For fish and chicken.



#### ► HICKORY

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



#### ► PECAN

Sweet, mild and fruity—good match for all meats.



#### ► MESQUITE

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



## AWARD-WINNING KNOWLEDGE

“If you’re just getting into smoking, talk to people at a barbecue event. Ask lots of questions and you’ll be surprised at what you can learn,” says Todd Eisenbeis, Hy-Vee meat manager in Lee’s Summit, Missouri, and a top competitor at the American Royal World Series of Barbecue contest.

try  
this

You don’t need a special smoker to master Todd Eisenbeis’ Baby Back Ribs. Find the recipe at [Hy-Vee.com/recipes-ideas](https://www.hy-vee.com/recipes-ideas)

## Carolina Smoked Chicken

Hands On 25 minutes

Total Time 1 hour plus chilling and resting time

Serves 6

2 Tbsp. smoked paprika

1 Tbsp. packed Hy-Vee dark brown sugar

1½ tsp. Hy-Vee granulated sugar

½ tsp. That’s Smart! garlic powder

½ tsp. Hy-Vee ground dry mustard

½ tsp. onion salt

½ tsp. celery salt

½ tsp. Hy-Vee black pepper

Dash Hy-Vee cayenne pepper

2½ to 3 lb. Hy-Vee 100% All Natural chicken thighs and/or drumsticks

2 Tbsp. Hy-Vee vegetable oil

2 cups apple and/or oak wood chips

½ cup Hy-Vee white vinegar

3 Tbsp. Hy-Vee yellow mustard

1. **COMBINE** paprika, brown sugar, granulated sugar, garlic powder, dry mustard, onion salt, celery salt, black pepper and cayenne pepper in a small bowl. Reserve 1 Tbsp. seasoning mixture for serving.

2. **PAT** chicken dry with paper towels; brush with oil. Rub remaining seasoning mixture all over chicken until well-coated. Cover and refrigerate for 60 minutes.

3. **PREHEAT** a charcoal or gas grill with a greased grill rack for 2-zone cooking: indirect medium-low heat (300°F) and direct medium heat (350°F). Meanwhile, soak wood chips in very hot water 10 minutes; drain. 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, place chicken pieces, bone sides down, over indirect heat. Cover and smoke for 20 minutes or until internal temperature reaches 150°F. Meanwhile, combine vinegar and mustard in a small bowl; brush chicken with some of the mixture. Transfer chicken, bone sides up, to direct-cooking zone. Grill for 10 to 15 minutes or until internal temperature reaches 175°F.

5. **REMOVE** chicken from grill. Loosely cover with foil and let rest 5 minutes. Whisk reserved seasoning into remaining vinegar mixture and serve with chicken.

\***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.

Per serving: 370 calories, 22 g fat, 5 g saturated fat, 0 g trans fat, 150 mg cholesterol, 490 mg sodium, 5 g carbohydrates, 1 g fiber, 4 g sugar (3 g added sugar), 38 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 2%

► **Drop wood chips** directly on hot coals when smoking on a charcoal grill. Apple wood chips have mild smoke strength and add sweet flavor; oak chips add smokier flavor. Try mixing the two.

smart  
swap

Substitute 1 (2.25-oz.) pkg. McCormick’s Grill Mates Slow & Low Memphis Pit BBQ rub for the homemade blend.



# 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.

try  
this

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.



McCormick Grill Mates Garlic, Herb & Wine 30-Minute Marinade (for all meats)



Hy-Vee Hickory House Heart of the Grill Rub (beef, pork, chicken)



Hy-Vee Hickory House Sugar Wood Rub (pork, chicken)



Hy-Vee Hickory House Poultry Powder Rub (for chicken)



Weber KC BBQ Rub (for all meats)



Weber Classic BBQ Seasoning (for all meats)



McCormick Grill Mates Memphis Pit BBQ Rub (use for beef and pork ribs)

## Kentucky-Style Smoked Pork Chops

Hands On 10 minutes  
Total Time 1 hour 5 minutes  
plus chilling and resting time  
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 145°F, turning and brushing 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, 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.

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%

► **Brining pays off** by adding flavor and moisture to lean cuts of meat such as pork chops, which smoke in less than 1 hour.



# 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.

## 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 sliced yellow 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 platter. Drizzle with vinegar mixture; toss to coat. Season to taste with Hy-Vee salt and black pepper. Serves 6.

## 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 ½ 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.

## 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, ½ 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.



time  
saver

Cut prep time  
by using Hy-Vee  
Short Cuts veggies,  
already washed  
and trimmed.

Hy-Vee  
Short  
cuts

## 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.





NEW!

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# START YOUR DAY WITH INGREDIENTS THAT MATTER

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9 to 9.9 oz.  
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101

## TOMATOES

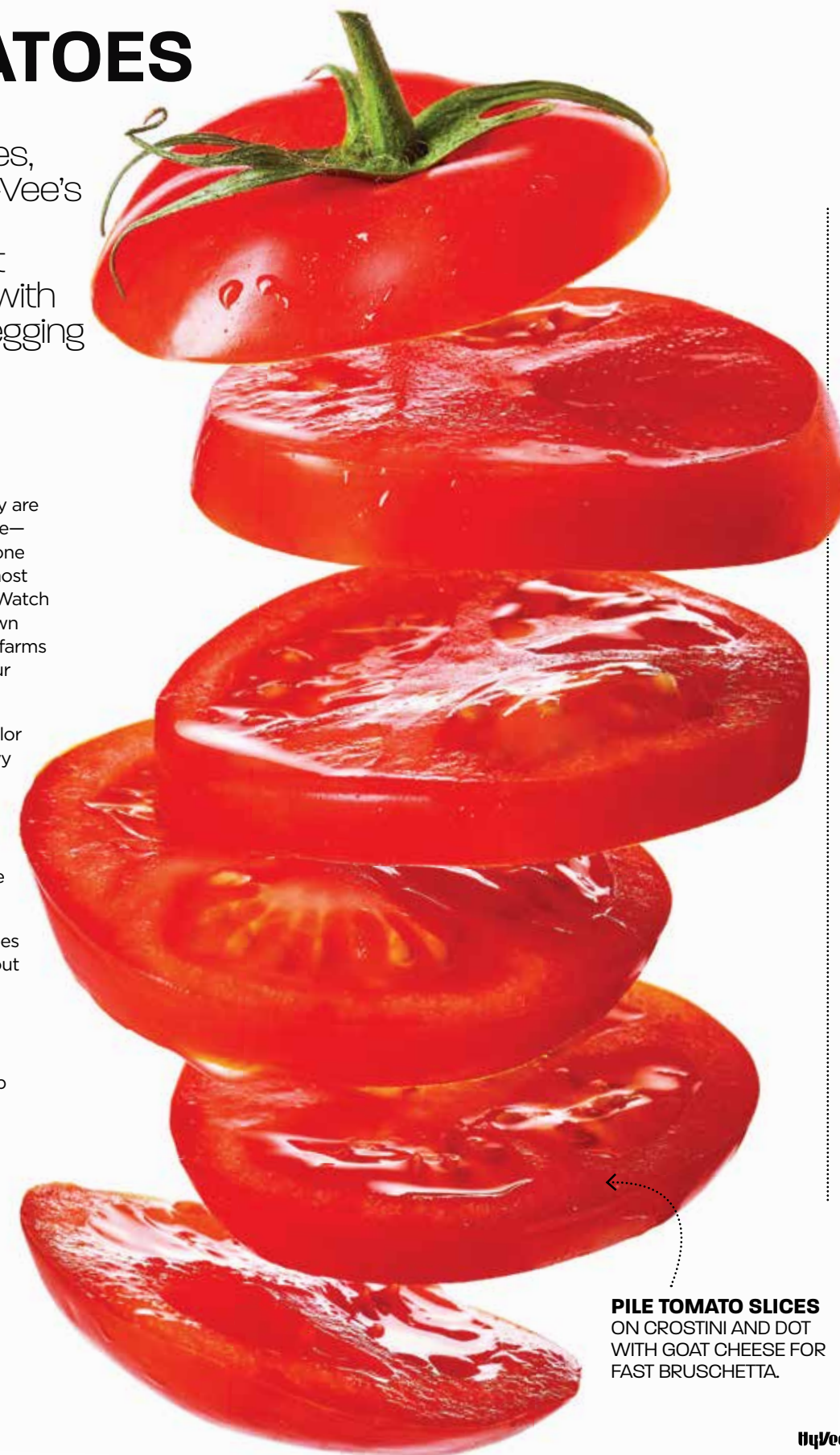
Pick plump, juicy tomatoes, including Hy-Vee's Homegrown varieties, that are bursting with flavor and begging to be eaten.

**E**at 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.



### 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 salsa 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.



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

**30**  
minutes  
or less

## Caprese BLT

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

**¼ cup** Hy-Vee mayonnaise  
**1 Tbsp.** sun-dried tomato pesto  
**2 medium** heirloom tomatoes,  
sliced ¼ in. thick  
**½ tsp.** Hy-Vee salt  
**6 slices** Hy-Vee Country  
Smokehouse thick-sliced  
applewood bacon  
**4 (½-in.) slices** Hy-Vee Bakery Pane  
Tuscano bread, toasted  
**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 small leaves** butterhead lettuce  
**Cherry tomatoes**, fresh mozzarella  
pearls and lettuce, for garnish

- 1. COMBINE** mayonnaise 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. Garnish each 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%



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.

# SUMMER SNACKING SATISFIED



Ritz Family Size Crisps or Toasted Chips: select varieties 10 or 11.5 oz. 3.68



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



# 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.

**Hy-Vee**  
**Short**  
**CUTS**



**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 LUSO 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 cheese, 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 the jars: 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 Hickory House herb-roasted chicken breasts, 2 cups Hy-Vee Short Cuts tricolor bell peppers, 2½ cups cooked Hy-Vee brown rice, 6 cups chopped romaine lettuce and 1 cup shredded Hy-Vee Cheddar cheese. Cover and refrigerate. Pack in insulated cooler with ice packs. To serve, empty salads onto serving plates; toss to combine. Serves 8.

**2. 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. Cover. Pack in insulated cooler with ice packs. Serve with Hy-Vee Select poppyseed dressing. Serves 4.

**3. Fried Chicken Pitas:** Halve 2 (6-in.) whole wheat pita pockets. Spread 1 Tbsp. Culinary Tours tzatziki sauce in each pita. Combine 1 cup chopped romaine lettuce, 2 (2½-oz. each) sliced Hy-Vee Hickory House fried chicken tenders, ¼ cup quartered cherry tomatoes and 2 Tbsp. each chopped cucumber and Soirée traditional crumbled feta cheese. Spoon into pitas. Pack in insulated cooler with ice packs. Serves 2.

**4. Easy Chicken Guacamole Dip:** Combine ½ (1-lb.) container Hy-Vee fresh guacamole and 1 cup shredded Hy-Vee Hickory House herb-roasted chicken in a medium bowl. Transfer to a serving bowl and top with 2 slices Hy-Vee hardwood-smoked fully cooked bacon, crumbled. Cover and pack in an insulated container with ice packs. Serve with Hy-Vee white corn restaurant-style tortilla chips. Makes 1¼ cups.



## HOW TO MAKE THESE SANDWICHES



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



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

## 5. Herb-Roasted Chicken Sandwiches

**Total Time** 10 minutes

**Serves** 12

**1 (12-oz.) package** King's Hawaiian sweet rolls

**¼ cup** Gustare Vita pesto

**2 (6-oz.) Hy-Vee Hickory House herb-roasted chicken breasts, thinly sliced**

**1½ cups** arugula

**1 (3.5-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.

**10**  
minutes  
or less

**Per serving:** 180 calories, 9 g fat, 4 g saturated fat, 0 g trans fat, 40 mg cholesterol, 370 mg sodium, 16 g carbohydrates, 0 g fiber, 6 g sugar (0 g added sugar), 9 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 2%





EVERYTHING  
YOU NEED **FOR**  
YOUR NEXT  
PICNIC IN  
ONE PLACE.

## 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.

# ONE SHEET THREE SIZE OPTIONS FULL • HALF • QUARTER



Brawny Paper  
Towels 6 XL rolls:  
12.48



Life isn't one-size-fits-all. And your paper towels shouldn't be, either. With three different sheet size options all on the same roll, **Brawny® Tear-A-Square®** gives you the versatility you need to conquer tasks big, small or in-between—all with the strength and dependability you've come to expect from Brawny®.





# 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.

### try this

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.

**FREAK-TAIL GARNISHES**  
Kiwi flowers, melon balls and spears, star fruit slices, seedless red grapes, orange wedges, strawberries and mint leaves.

**10**  
minutes  
or less

## 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**  
**1¼ 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, 13 g sugar (3 g added sugar), 0 g protein. Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 4%

### Master the Mixing

Learn more about unique cocktails from Jeff Naples, the master mixologist known as **The Beard Behind the Bar**.



Watch and learn at **HSTV.com** today!



# Behind the Bar with Jeff Naples

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 citrus, pineapple and mangoes. 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.

## 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.



## 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. Absolut 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%



PREMIUM ABSOLUT VODKA IS MADE FROM SINGLE-SOURCE INGREDIENTS.

try this

To serve this luscious drink in a coconut shell, use the back of a chef's knife to tap along the equator of the coconut. When it cracks, pry it open a bit and drain off the milk. Continue tapping until the coconut splits open.



10  
minutes  
or less

## Rainbow Paradise Cocktail

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

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

**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%

smart  
swap

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.

TO KEEP TOP LAYER SEPARATED, **SLOWLY POUR THE BLUE CURAÇAO MIXTURE** OVER THE BACK OF A METAL SPOON POSITIONED JUST ABOVE THE PINEAPPLE LAYER.

Hy-Vee  
Short  
CUTS

### Save Time

Work bartending magic in seconds with Hy-Vee Short Cuts.

## HY-VEE SHORT CUTS STRAWBERRY FROSE

Freeze 1 (750-ml) bottle rosé and 1¼ cups Gustare Vita 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, ¾ 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).

NEW

INSPIRED BY SWEDISH SEASONS, **ABSOLUT JUICE EDITION** IS MADE WITH PREMIUM ABSOLUT VODKA, FRUIT JUICE AND NATURAL FLAVORS.







# MAKE-AHEAD SALADS

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)



2 (5-ct. each) pkgs.  
Hy-Vee Short Cuts  
fresh sweet corn

+



2 Tbsp. Gustare Vita  
olive oil

+



1 (0.5-lb.) container  
Hy-Vee Short Cuts  
chopped red bell peppers



2 jalapeño peppers,  
seeded and chopped\*  
plus slices for garnish

+



½ cup bottled cilantro  
avocado yogurt dressing

+



2 Tbsp. chopped  
fresh cilantro



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.

**30**  
minutes  
or less

**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 g trans fat, 0 mg cholesterol, 90 mg sodium, 26 g carbohydrates, 3 g fiber, 10 g sugar (0 g added sugar), 5 g protein. Daily Values: Vitamin D 0%, Calcium 0%, Iron 6%, Potassium 8%

### 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.







try  
this

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

10  
minutes  
or less

## Ultra Simple Chopped Kale Salad

Total Time 10 minutes Serves 8 (1 cup each)



1 (10-oz.) bag fresh kale



1 (12-oz.) bag broccoli slaw



1 (6-oz.) pkg. Hy-Vee dried cranberries



1/2 cup roasted pepitas



1/2 cup Hy-Vee Short Cuts chopped red onions



3/4 cup bottled oil-and-vinegar salad dressing

**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 roasted sweet potatoes and quinoa.
- Use as a deli sandwich topper.
- Serve in a wrap with cooked chicken and feta cheese.

## 20-Minute Pasta Salad

Hands On 10 minutes Total Time 20 minutes plus refrigerating time Serves 24 (1/2 cup each)



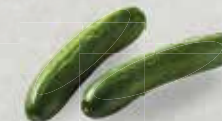
1 (12-oz.) box Hy-Vee farfalle bow ties pasta

+



3/4 cup Hy-Vee Short Cuts chopped red onions

+



2 mini cucumbers, thinly sliced



1 (10.5-oz.) container Hy-Vee grape tomatoes, halved

+



2 (4-oz.) containers Soirée feta cheese crumbles

+



1 1/4 cups Hy-Vee Italian vinaigrette dressing

20  
minutes  
or less

**1. COOK** pasta according to package directions; drain and rinse with cold water. Toss together pasta, red onions, cucumbers, 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 to lunch.
- Serve with a deli sandwich or barbecued chicken.
- Stir in tuna or cubed ham.
- Serve with brats or burgers.
- Stuff tomatoes with salad.

try  
this

Turn this into a pizza salad: Stir in sliced pepperoni, olives and Hy-Vee Short Cuts chopped tricolor bell peppers.



### Salad Days

For a closer look at how these salads go together, head to [HSTV.com](http://HSTV.com) and watch our video!

Hy-Vee  
seasons



Watch and learn  
at [HSTV.com](http://HSTV.com) today!



# MAKE ANY NIGHT A FLAVOR FIESTA



Chi-Chi's Salsa:  
select varieties  
16 oz.  
2/5.00



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



Chi-Chi's Taco  
Seasoning Mix:  
select varieties  
.78 oz.  
.79



La Victoria  
Taco Sauce:  
select varieties  
8 oz.  
2.28



## WHIP UP QUICK MEALS WITH FULLY COOKED CHICKEN.



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and freezer aisles.





# 30 MINUTE Grilled Shrimp

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



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

## 20 minutes or less 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**  
**Hy-Vee paprika, for garnish**  
**4 cups 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%



## 30 minutes or less 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**  
**½ cup spiced rum**  
**2 tsp. lime zest**  
**½ cup fresh lime juice**  
**¼ cup packed Hy-Vee brown sugar**  
**½ tsp. Hy-Vee salt**  
**1 lb. Hy-Vee Short Cuts pineapple chunks**  
**1 large orange bell pepper**  
**1 large red bell pepper**  
**6 (6-in.) Hy-Vee taco-size flour tortillas**  
**1 cup shredded red cabbage**  
**Fresh cilantro, for garnish**  
**Lime halves, for garnish**

**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 resealable 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.

**Per serving:** 300 calories, 7 g fat, 5 g saturated fat, 0 g trans fat, 120 mg cholesterol, 650 mg sodium, 39 g carbohydrates, 3 g fiber, 19 g sugar (9 g added sugar), 19 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 6%

### time saver

To allow flames and heat in and keep food from falling through the grates, use a grill basket for shrimp and Hy-Vee Short Cuts fruits and veggies.



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. Soak 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**

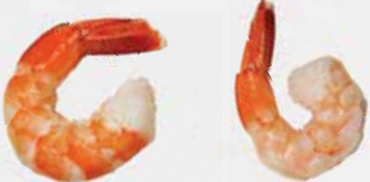
**BUYING**  
Look for plump, firm, fresh-smelling shrimp. Shells should be moist without black spots. Avoid shrimp with an ammonia odor, which indicates spoilage. Both wild and farm-raised shrimp are available at Hy-Vee. Most shrimp is deveined.

**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.

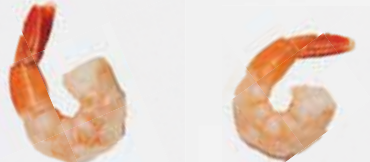
**SHRIMP SIZES**

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.



**COLOSSAL**  
15 or fewer per lb.  
*Idea: Grill on skewers*

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



**EXTRA LARGE**  
26–30 per lb.  
*Idea: Sauté in garlic butter for rice or pastas*

**LARGE**  
31–40 per lb.  
*Idea: Use in stir-fries and frittatas*



**MEDIUM**  
41–45 per lb.  
*Idea: Layer in tacos or quesadillas*

**SMALL**  
51–60 per lb.  
*Idea: Toss in salads*



**JUMBO**  
21–25 per lb.

**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.

**DEVEIN 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.

**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



**Fast & Easy**  
The Ultra Simple Chopped Kale Salad from our Make-Ahead Salads story, page 40, complements the spicy shrimp.



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

**20**  
minutes  
or less

**Thai Shrimp Kale Bowls**

**Total Time** 20 minutes  
**Serves** 4

- 1 lb. jumbo shrimp (12 ct.)
- 4 soaked wooden skewers
- ¼ 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 ¼ cup peanut sauce.
- 3. **GRILL** shrimp skewers for 4 to 6 minutes or until shrimp turn opaque (145°F), turning 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.

Per serving: 400 calories, 19 g fat, 3 g saturated fat, 0 g trans fat, 180 mg cholesterol, 520 mg sodium, 29 g carbohydrates, 2 g fiber, 20 g sugar (11 g added sugar), 29 g protein.  
Daily Values: Vitamin D 0%, Calcium 10%, Iron 20%, Potassium 6%



# Honey Garlic Shrimp and Broccoli

**Total Time** 20 minutes  
**Serves** 4

**1 lb. jumbo shrimp (12 ct.)**  
**1 (0.5-lb) container Hy-Vee Short Cuts broccoli florets**  
**2 Tbsp. water**  
**½ cup Hy-Vee honey**  
**¼ cup Hy-Vee less-sodium soy sauce**  
**2 tsp. minced fresh garlic**  
**1 tsp. freshly grated ginger**

**½ tsp. Hy-Vee crushed red pepper**  
**Hy-Vee nonstick cooking spray**  
**¼ cup sliced green onions**  
**Lime wedges, for serving**

**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.

**Per serving:** 250 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 180 mg cholesterol, 890 mg sodium, 40 g carbohydrates, 2 g fiber, 36 g sugar (34 g added sugar), 26 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 8%, Iron 10%, Potassium 6%

**20**  
minutes  
or less



**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 supplier 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 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.

**30**  
minutes  
or less

# Crispy Spicy Shrimp

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

**½ cup Hy-Vee mayonnaise**  
**½ cup Hy-Vee Thai sweet chili sauce**  
**2 tsp. Sriracha**  
**1 lb. jumbo shrimp (12 ct.)**  
**½ cup buttermilk**  
**½ cup Hy-Vee cornstarch**  
**½ cup Hy-Vee plain panko bread crumbs**  
**½ tsp. Hy-Vee salt**  
**½ 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** mayonnaise, 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. Spoon sauce on shrimp. Serve on lettuce leaves. Garnish with chives, if desired.

**SAFETY NOTE:** Use a small amount of oil for frying to minimize spattering and prevent spills and flare-ups.

**Per serving:** 320 calories, 23 g fat, 4 g saturated fat, 0 g trans fat, 5 mg cholesterol, 570 mg sodium, 27 g carbohydrates, 0 g fiber, 10 g sugar (0 g added sugar), 2 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 0%

**time  
saver**

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



**Sticky Rice Cakes** complement the sweet, spicy and tangy flavors in Crispy Spicy Shrimp. Form cooked rice into cakes and grill in a cast-iron skillet until golden. Find the recipe at [hy-vee.com/recipes-ideas](https://www.hy-vee.com/recipes-ideas)





Saturday, August 10th  
Iowa State Fair

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# Kids' 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!

20  
minutes  
or less

## 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. Combine flour, cornmeal, baking powder, sugar and salt in a bowl.

**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; coat 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.

*Nutritionals not available for deep-fried foods.*

try  
this

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





**30**  
minutes  
or less

## Garlic Parmesan Truffle Fries

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

**½ (32-oz.) pkg. Hy-Vee frozen straight-cut French fried potatoes**  
**¼ cup freshly grated Parmesan cheese**  
**1 Tbsp. finely chopped fresh Italian parsley**  
**1½ tsp. Hy-Vee salt**  
**½ tsp. Hy-Vee black pepper**  
**1 Tbsp. truffle oil**  
**Garlic Aioli 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.

**Garlic Aioli Dipping Sauce:** Combine ½ cup Hy-Vee mayonnaise, 1 Tbsp. fresh lemon juice, 1 tsp. finely chopped fresh Italian parsley, 1 minced garlic clove, ½ tsp. Hy-Vee salt and ¼ tsp. Hy-Vee black pepper. Makes ½ cup.

**Per serving:** 370 calories, 30 g fat, 4.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 1,020 mg sodium, 24 g carbohydrates, 1 g fiber, 0 g sugar (0 g added sugar), 3 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 8%



**30**  
minutes  
or less

## Cinnamon-Sugar Sweet Potato Fries

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

**Hy-Vee nonstick cooking spray**  
**1 (19-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**

**1. PREHEAT** air fryer on 400°F for 5 minutes. Spray air fryer basket with nonstick spray. Add sweet potato fries and spray with nonstick spray. Air-fry for 15 to 20 minutes, shaking basket occasionally, or until fries are hot and crisp.

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

**3. TOSS** hot fries with cinnamon-sugar mixture. Serve with Bourbon-Vanilla Dipping Sauce.

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

**Per serving:** 380 calories, 8 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 270 mg sodium, 73 g carbohydrates, 2 g fiber, 47 g sugar (36 g added sugar), 2 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 10%



## Baked Brie Mac & Cheese

**Hands On** 15 minutes  
**Total Time** 55 minutes  
**Serves** 6

**Hy-Vee nonstick cooking spray**  
**½ (16-oz.) pkg. Hy-Vee large shell macaroni**  
**¼ cup Hy-Vee unsalted butter**  
**2 Tbsp. Hy-Vee all-purpose flour**  
**1½ cups Hy-Vee 2% reduced-fat milk**  
**3 oz. Brie cheese, rind removed, chopped (about ½ cup)**  
**5 oz. Gruyère cheese, shredded (about 1½ cups)**  
**5½ oz. Asiago cheese, shredded; divided (about 1½ cups)**  
**½ tsp. Hy-Vee salt**  
**¼ tsp. Hy-Vee black pepper**  
**¾ cup Hy-Vee seasoned croutons, crushed**  
**1 tomato, cut into 6 slices**  
**Fresh thyme, for garnish**

**1. PREHEAT** oven to 350°F. Spray 6 (8-oz.) oven-safe ramekins with nonstick spray; set aside.

**2. COOK** pasta according to package directions. Drain and set aside.

**3. MELT** butter in a medium saucepan. Whisk in flour until smooth. Add milk. Cook and stir over medium-high heat until thickened and bubbly. Cook and stir 1 minute more. Add Brie, Gruyère and ¾ cup Asiago cheese, one at a time until melted before adding more. Remove from heat and whisk in salt and pepper. Toss in cooked pasta.

**4. SPOON** pasta mixture into prepared ramekins and top with remaining ¾ cup Asiago cheese, crushed croutons and tomato slices. Bake for 20 to 25 minutes or until bubbly and slightly browned on top. Garnish with thyme, if desired.

**NOTE:** Bake entire recipe in a 2-qt. casserole for 30 to 35 minutes.

**Per serving:** 520 calories, 31 g fat, 18 g saturated fat, 0 g trans fat, 90 mg cholesterol, 790 mg sodium, 39 g carbohydrates, 2 g fiber, 6 g sugar (0 g added sugar), 24 g protein. **Daily Values:** Vitamin D 6%, Calcium 45%, Iron 10%, Potassium 6%



# FIVE REFRESHING BEER FLOATS

HOIST A MUG AND TOAST TO DELICIOUSNESS! YOU'RE BOUND TO BE SWEET ON THESE DESSERT DRINKS.



## pro tip: OVER THE CHILL

Beer doesn't need to be ice cold. Regular refrigerator temps, or even room temp for stouts, work just fine. Pour the beer first and then add the ice cream to reduce foam and spillage. 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

10  
minutes  
or less

## Heavenly Hazelnut! Ice Cream Float

Total Time 5 minutes  
Serves 1

1 cup Rogue Hazelnut Brown Nectar Ale, chilled  
½ cup Til 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%

### 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](http://HSTV.com) today!

## PORT OF CALL

Travel back to your childhood with this adult version of a chocolate malt. A flavorful chocolate porter pairs perfectly with the ice cream.



Boulder Shake Chocolate Porter

+



It's Your Churn Chocolate Ice Cream



## PILSNER PLEASER

The mild flavor and light body of a pilsner offer up an adult dessert without overpowering the sherbet flavor.



Pilsner Urquell Golden Lager

+



Hy-Vee We All Scream! Cherry Lime Sherbet



## DANDY SHANDY

Sip summer from a glass! The lemon of summer shandy and orange in the sherbet combine for a light-bodied drink with citrus-forward taste.



Leinenkugel's Summer Shandy

+



Hy-Vee We All Scream! Orange Sherbet



## AMBER WAVES

If you have a sweet tooth, this drink is for you. The sweetness of caramel marries with the maltiness of an amber lager for one delicious dessert!



Grain Belt Northeast Amber Lager

+



It's Your Churn Salted Caramel Pretzel Ice Cream





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# life

Get ready for school. Get outdoors for neighborly fun. And get creative with America's favorite flower.

- 64 BACK TO SCHOOL
- 72 BLOCK PARTY
- 77 SUMMER SAVINGS
- 82 ROSE TO THE OCCASION





Shift to school-days mode. Hy-Vee has what the whole gang needs for organization, schedules, homework and meal planning.

Shift to school-days mode. Hy-Vee has what the whole gang needs for organization, schedules, homework and meal planning.

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.

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

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

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

**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.**

**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.**



helps kids summarize, in plenty, color!

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





# household binders

Essential for Family Central. Keep a three-hole punch handy and never lose a permission slip.

Pick up insertable index dividers to section paperwork into subcategories—appliances and warranties for general home, and weekly recipes for meal planning. Keep binders visible in a designated spot, *opposite*.



Everyone finds what they need in clear or translucent plastic bins.

# family command center

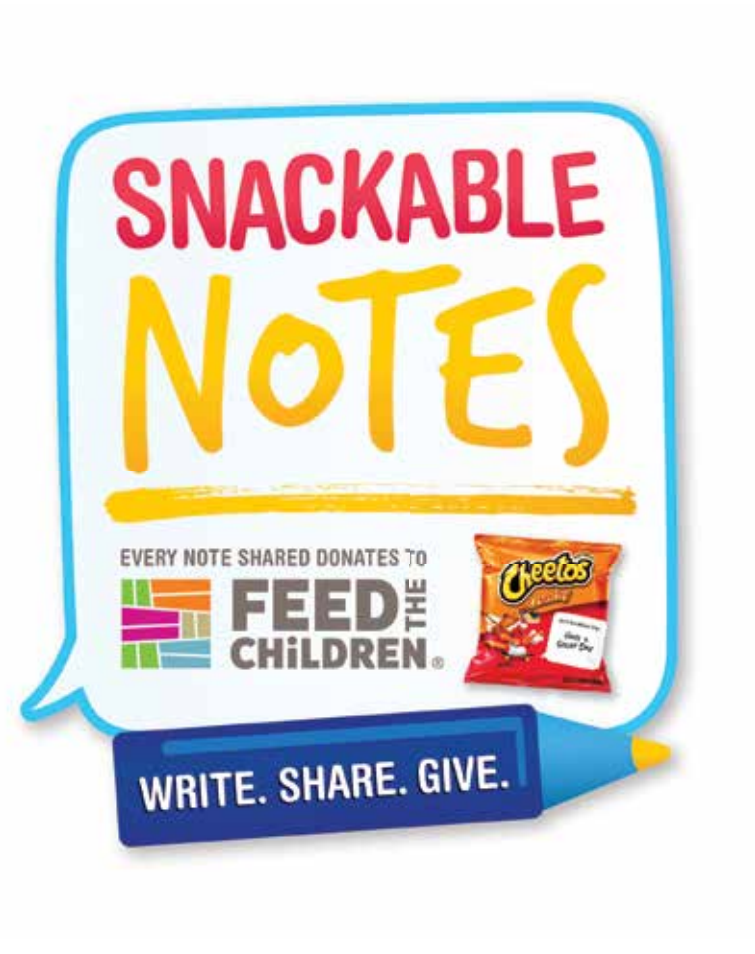
This is also the area for all things planning: calendars, to-do lists, homework collection spots, as well as a convenient home for arts-and-crafts supplies. A simple desk and chair give anyone in the family a place to work.











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





PLEASE JOIN US FOR A

# BLOCK PARTY

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!



## game PLAN

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 take up 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.

### 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.



## 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.
- **Potluck.** Everyone brings a dish to share. 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](http://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.





# DURACELL® OPTIMUM

EXTRA LIFE\* | EXTRA POWER\*



\*Delivers extra life or extra power, vs. Coppertop AA/AAA in a wide range of devices. © 2019 Duracell

## 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.





# 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.”

PUT AN **EXTRA FREEZER** IN THE GARAGE OR BASEMENT TO STORE BULK BUYS.

## 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.



## More Ways to Save

**Hy-Vee deals.com**

Visit [Hy-VeeDeals.com](https://www.hy-vee.com/deals) frequently to find discounts and Hy-Vee Fuel Saver + Perks specials. Get exclusive digital coupons by category and “clip” them to your Hy-Vee Fuel Saver + Perks card. Every item featured in Hy-Vee weekly print ads plus digital exclusives are on this site.

**Hy-Vee aisles online**

**Shop Online** Save gas, save time. Order groceries and other items online at [hy-veeaislesonline.com](https://www.hy-veeaislesonline.com) from the comfort of home to be ready for pick-up or delivered to your door. Free pick-up on orders over \$30.

**Get Social!** Follow Hy-Vee social media channels for even more deals. Check out your local store’s Facebook page for surprise sales, special events and free samples at that particular store. Follow Hy-Vee corporate sites for even more deals.

**“Get the Goods”** Check out this section in the back pages of each issue of *Hy-Vee Seasons* (page 121 this issue) for deals and coupons.

**Buy Generic** Hy-Vee has expanded discount prescription drug offerings—as low as \$4 for a 30-day supply.



BRAND  
new

JUST FOR YOU



BRING IT HOME TODAY!

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PROTEIN FOR  
EVERY BODY.



Muscle Milk Genuine  
or Smoothie:  
select varieties  
14 or 15.8 fl. oz.  
2/5.00

**MUSCLE MILK**  
BRAND



# 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.

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](http://HSTV.com).

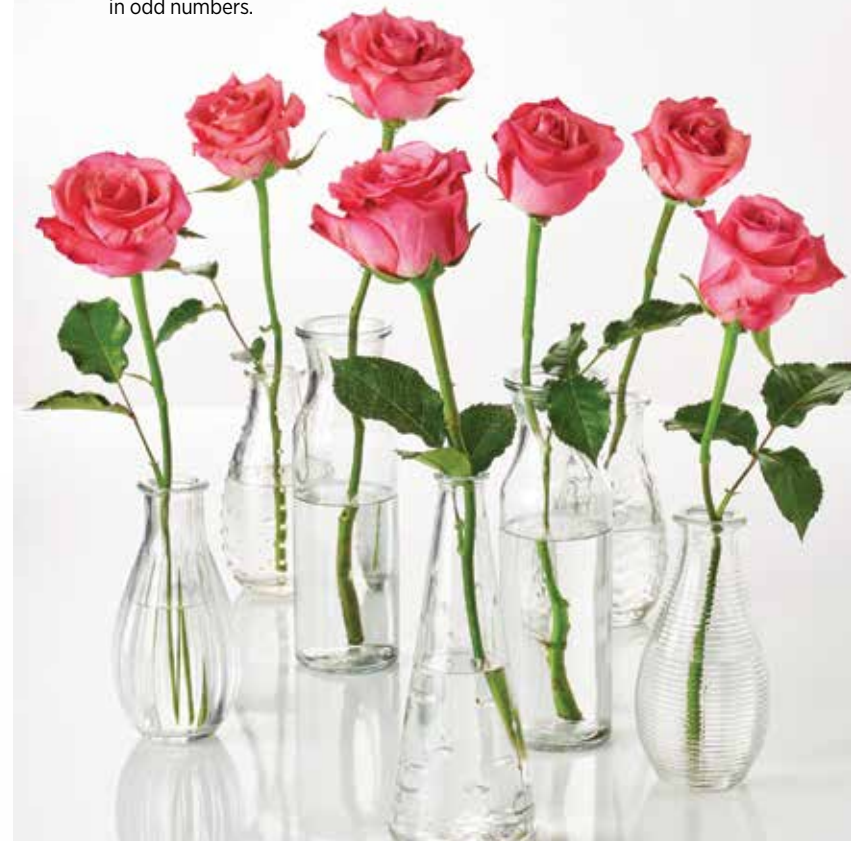


Watch and learn  
at [HSTV.com](http://HSTV.com) today!

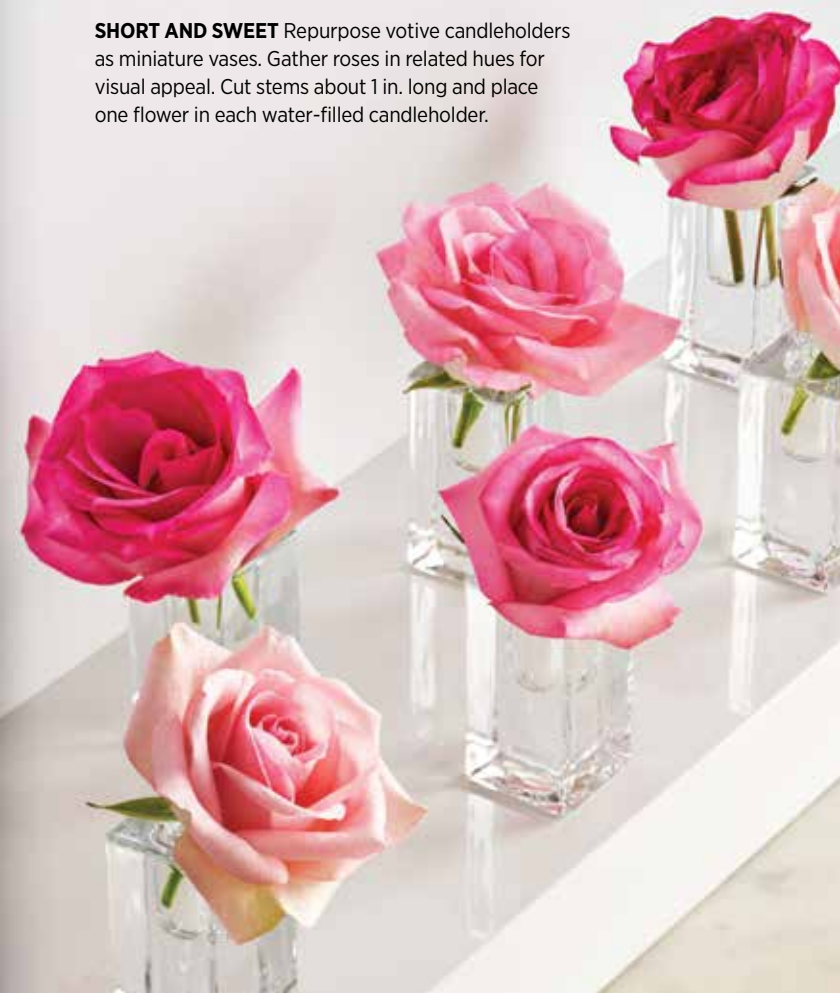
**NOW SERVING** A decorative serving tray holding perfume, candle and a lovely bouquet of white roses is a welcoming touch in a guest bedroom or bath. It's also a convenient place for guests to leave jewelry and keys at bedtime.



**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.



**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.



**IT'S A WRAP** Gather long variegated leaves, such as the *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.



**try  
this**

Stir ¼ tsp. of bleach into 1 qt. of water as an antibacterial to keep the water from becoming cloudy.



# petals for pedals

**JULY 17-30**

For every dozen roses sold, a portion of the proceeds goes toward giving bikes to deserving children.

Since 1983  
Hy-Vee has  
supported Variety—  
The Children's Charity  
in its mission to  
improve the lives of  
children.



**G**et 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.

**HyVee**

 **variety**  
the children's charity

BEGIN EACH DAY WITH

*confidence*



Gillette Mach 3, Venus Disposable Razors or Gillette Fusion Twin Pack Gel: select varieties 2 to 3 ct. or 14 oz. **6.99**

Tampax Pearl: select varieties 36 ct. **6.97**

Oral B Vitality Power Toothbrush: select varieties **19.99**

Herbal Essences or Aussie Hair Care: select varieties 6 to 12.1 oz. **2.99**





Freschetta Gluten Free Pizza:  
select varieties  
17.5 to 18 oz.  
8.99

A GLUTEN-FREE PIZZA THAT  
ACTUALLY TASTES LIKE PIZZA



YOU WANNA  
PIECE OF ME?

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

FIND US IN THE FROZEN DESSERT AISLE  
BRING THE SWEET

SAY GOOD MORNING  
TO FLAVOR





Wonderful products.  
Healthy savings.



POM  
Wonderful Juice:  
select varieties  
48 fl. oz.  
9.99



Wonderful  
Pistachios:  
select varieties  
14 or 16 oz.  
8.99



Fiji Water  
6 pk. 16.9 fl. oz.  
5.99



Fiji Water  
1.5 L.  
2/5.00

health

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



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# BODY OF WATER

Keep drinking. H<sub>2</sub>O runs your body's systems, and it's crucial in protecting yourself against disease.

# 60%

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.

# W

ithin 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. The journal also notes that high water intake is linked to decreased instances of urinary tract infections, though a direct link between the two is not established.

### 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.

Sources: [onlinelibrary.wiley.com/doi/pdf/10.1111/j.1753-4887.2005.tb00150.x](https://onlinelibrary.wiley.com/doi/pdf/10.1111/j.1753-4887.2005.tb00150.x)  
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[universityhealthnews.com/daily/nutrition/do-you-have-chronic-dehydration/science.howstuffworks.com/environmental/earth/geophysics/h2o3.htm](https://universityhealthnews.com/daily/nutrition/do-you-have-chronic-dehydration/science.howstuffworks.com/environmental/earth/geophysics/h2o3.htm)



“  
THIRST KICKS  
IN WHEN  
YOUR BRAIN  
SENSES YOU  
DON'T HAVE  
ENOUGH  
FLUIDS  
FOR YOUR  
BODY TO  
OPERATE.  
”

### 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 of patients with dehydration a few days after a sudden loss of blood circulation to an area of the brain showed an increased rate of venous thromboembolism, *Nutrition Reviews* says. Blood-thinning medicines that dissolve clots or prevent the formation of new ones are often prescribed for this condition.

### 4. DIGESTIVE PROBLEMS

Water is needed to help the stomach soften and break down food. In addition, water in the GI tract is absorbed by stool.

Dehydration can cause hard stools and constipation.

### 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. “Local mild hypohydration or dehydration may play a critical role in...several broncho-pulmonary disorders like exercise asthma or cystic fibrosis,” the journal states.

### 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 ketoacidosis—a serious chemical imbalance in the body—sets in.

Ketoacidosis can cause weakness, vomiting, excessive thirst, abdominal pain and confusion. Fluid intake, by mouth or intravenously, is essential.

### 8. MIGRAINE HEADACHES

Lack of water might dehydrate the inside of the cranium and prompt a migraine headache, *Nutrition Reviews* says. Drinking water may be useful in lessening migraine headache pain, it notes. More study is needed to learn if it also can prevent migraines, the study adds.

### 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.

## DRINK UP

How much? Health experts suggest 11 to 16 eight-ounce glasses a day, but it also depends on how strenuously you exercise, your age, the climate you live in, and other factors. Another way to figure: Divide the number of your weight in half; drink that many ounces per day.

20%  
of our water intake  
comes from foods

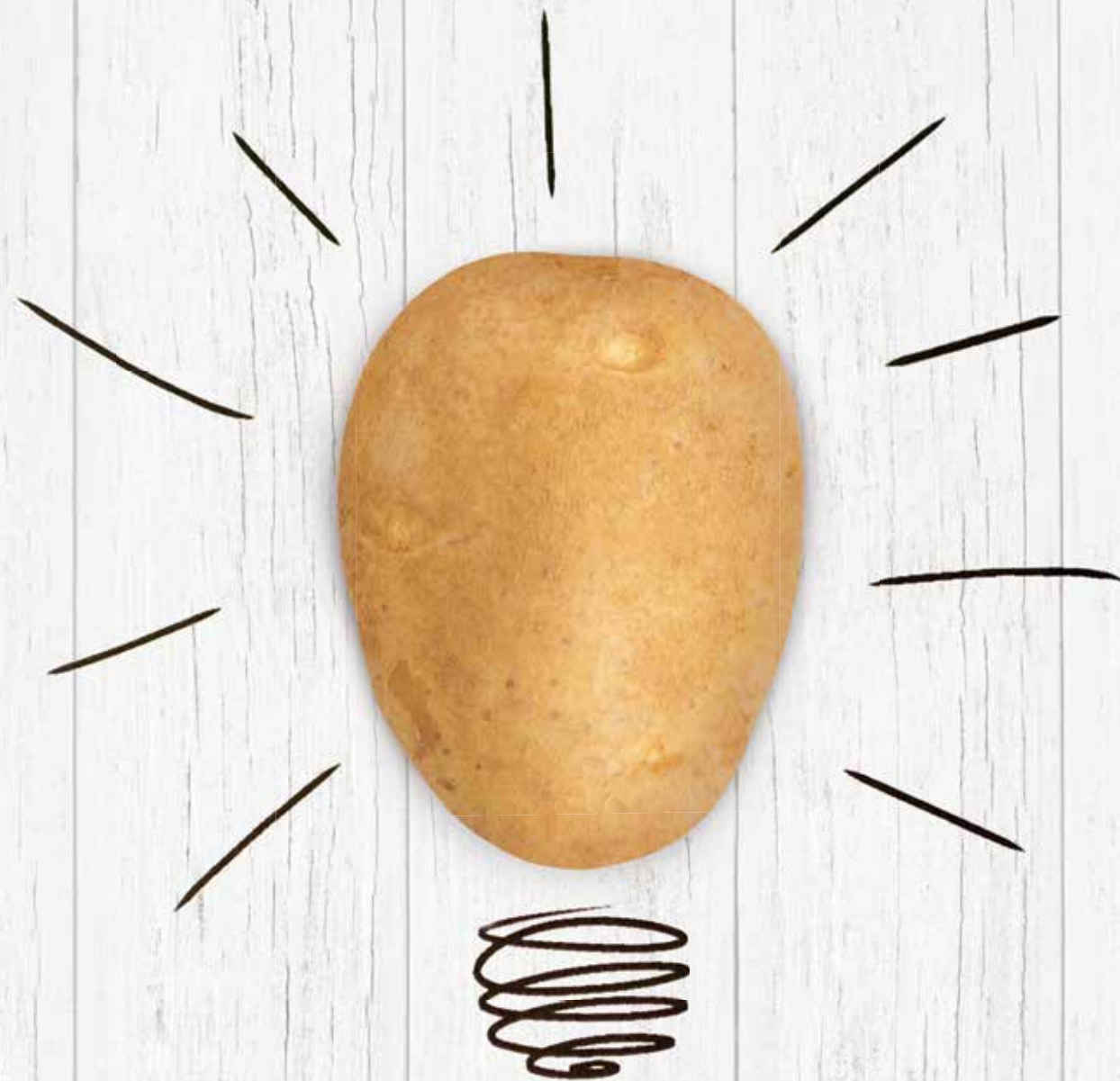
60%  
of your body is  
water

75% of your brain is water  
83% of your blood is water  
79% of your lungs is water  
10% of fat tissue is water

Sources: [onlinelibrary.wiley.com/doi/pdf/10.1111/j.1753-4887.2005.tb00150.x](https://onlinelibrary.wiley.com/doi/pdf/10.1111/j.1753-4887.2005.tb00150.x)  
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[science.howstuffworks.com/environmental/earth/geophysics/h2o3.htm](https://science.howstuffworks.com/environmental/earth/geophysics/h2o3.htm)





**Steam in the bag. Ready in eight minutes.**  
**(Now that's a smart idea.)**



exclusively at **HyVee**®

## dietitian Q&A

# THE SCOOP ON SUGAR

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



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

### **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 downfalls 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.

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



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

**WHITE SUGAR** Typical sugar-bowl 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.

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

Sources: [mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/added-sugar/art-20045328](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/added-sugar/art-20045328)  
[heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/sugar-101](https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/sugar-101)  
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# EXPLORACIZE

Have your vacation and get fit, too. Here's how (and where) to prioritize health while exploring.

GREETINGS FROM THE MOUNTAINS



**D**on'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 on land, 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.

## PACK RIGHT

Stop by Hy-Vee to find these must-have items for your next trip.



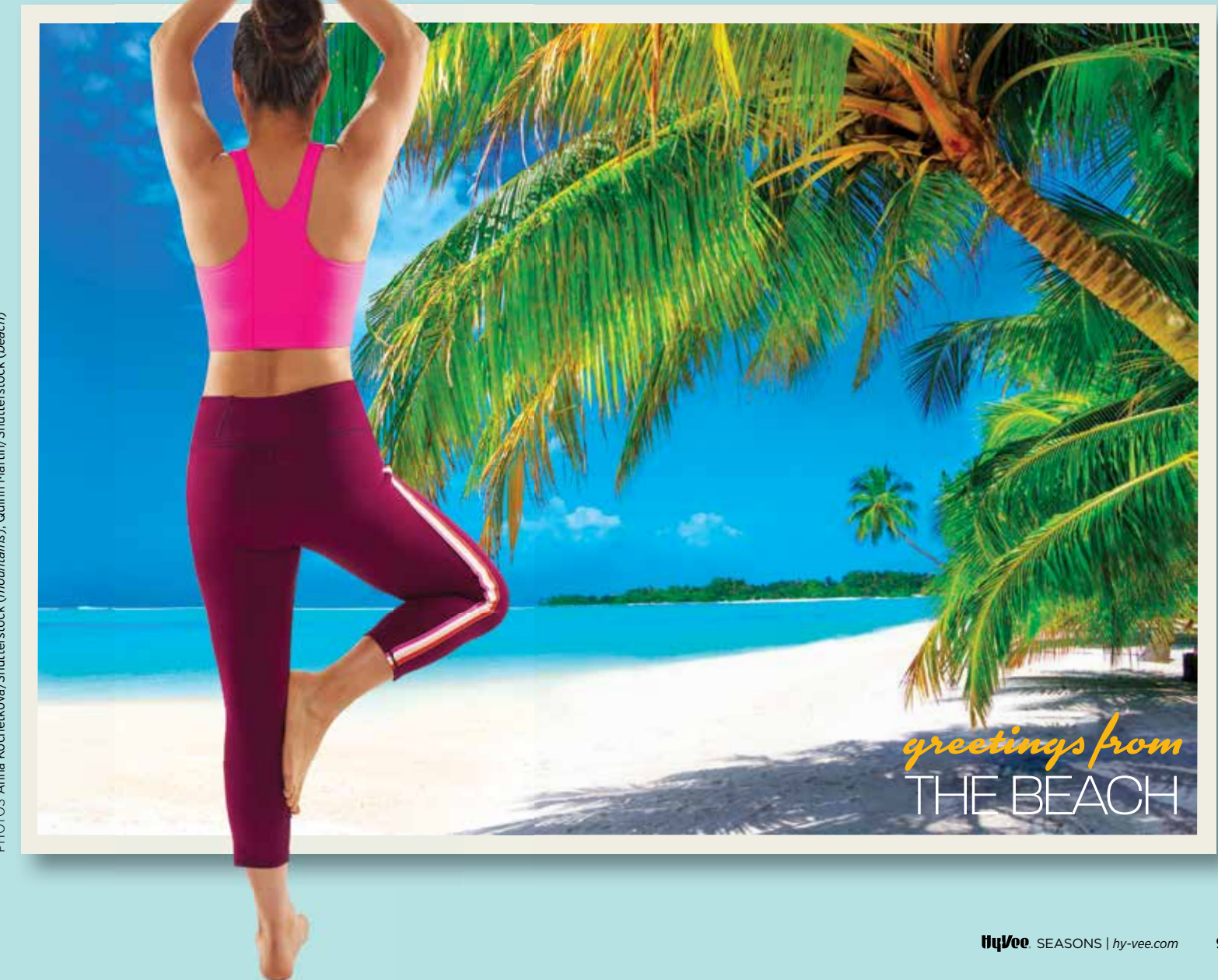
Backpack

Sunglasses

Hat

Sunscreen

PHOTOS: Anna Kodetkova/Shutterstock (mountains), Quinn Martin/Shutterstock (beach)



greetings from THE BEACH

Sources (opposite page): [health.harvard.edu/staying-healthy/the-top-5-benefits-of-cycling](http://health.harvard.edu/staying-healthy/the-top-5-benefits-of-cycling) [nps.gov/subjects/trails/benefits-of-hiking.htm](http://nps.gov/subjects/trails/benefits-of-hiking.htm) [health.harvard.edu/blog/health-benefits-of-hiking-raise-your-heart-rate-and-your-mood-2016092810414](http://health.harvard.edu/blog/health-benefits-of-hiking-raise-your-heart-rate-and-your-mood-2016092810414) [osteopathic.org/what-is-osteopathic-medicine/benefits-of-yoga/hcb.nlm.nih.gov/pmc/articles/PMC354384/](http://osteopathic.org/what-is-osteopathic-medicine/benefits-of-yoga/hcb.nlm.nih.gov/pmc/articles/PMC354384/) [bucknell.edu/athletics/recreation-services/swimming-information](http://bucknell.edu/athletics/recreation-services/swimming-information) [acefitness.org/education-and-resources/professional/prosource/august-2016/5997/ace-sponsored-research-can-stand-up-paddleboarding-stand-up-to-scrutiny](http://acefitness.org/education-and-resources/professional/prosource/august-2016/5997/ace-sponsored-research-can-stand-up-paddleboarding-stand-up-to-scrutiny)





PHOTOS kropic1/Shutterstock (city), topseller/Shutterstock (north)

## 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.

## 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.

**Jogging and running** strengthen the legs and are effective for both weight loss and management.

## 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.

Sources: [betterhealth.vic.gov.au/health/healthyliving/golf-health-benefits](https://betterhealth.vic.gov.au/health/healthyliving/golf-health-benefits)  
[ncbi.nlm.nih.gov/pmc/articles/PMC5256129/](https://ncbi.nlm.nih.gov/pmc/articles/PMC5256129/)  
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[betterhealth.vic.gov.au/health/healthyliving/walking-for-good-health](https://betterhealth.vic.gov.au/health/healthyliving/walking-for-good-health)

## 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.

## SNACK RIGHT

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



Bananas

Water

Protein Bar

Almonds



Sources: [betterhealth.vic.gov.au/health/healthyliving/canoeing-and-kayaking-health-benefits](https://betterhealth.vic.gov.au/health/healthyliving/canoeing-and-kayaking-health-benefits)  
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# MIDWEST PICKS

## FOR ACTIVE VACATIONS



### BIKING

**Minnesota**  
**Minneapolis:** Minnesota's largest city boasts 200 miles of bike trails and an extensive bike share program.

**Wisconsin**  
**The Ice Age Trail:** A nearly 1,200-mile-long trail named after the glaciers that covered and shaped the area some 12,000 years ago.

**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. Glean inspiration from the 4,000 roses in the Rose Garden or focus your energy by Loose Park Pond.

**Nebraska**  
**Lake McConaughy:** White sand beaches and placid waters make this lake the perfect place to find your focus.

**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

**Missouri**  
**Lake of the Ozarks:** 54,000 acres of water and 1,150 miles of shoreline with hundreds of coves for swimming.

**Wisconsin**  
**Lake Winnebago:** A 131,939-acre lake in central Wisconsin with a beach (just one), parks, restaurants, resorts and a zoo.

**Minnesota**  
**Lake Bde Maka Ska:** The largest lake in Minneapolis has three beaches and is outlined by a 3-mile running and biking trail.



### PADDLEBOARDING

**Iowa**  
**Lake Red Rock:** 15,000-acre aquatic playground 45 miles southeast of Des Moines.

**Minnesota**  
**Itasca State Park:** Oldest state park in Minnesota features 100 lakes, including Lake Itasca, the starting point of the Mississippi River.

**Wisconsin**  
**Peninsula State Park:** The third largest state park in Wisconsin boasts 8 miles of shoreline.



### RUNNING

**Missouri**  
**Forest Park:** An extensive trail system runs through this 1,300-acre city park, which is also home to the St. Louis Zoo, St. Louis Art Museum and Missouri History Museum.

**Berryman Trail:** Solitude awaits on this 24-mile trail through the Ozark countryside.

**Nebraska**  
**Scotts Bluff National Monument:** Admire the famous bluffs from this national park's popular Saddle Rock Trail, a 3.2-mile round trip with a 435-foot elevation change.



### WALKING

**Iowa**  
**Pikes Peak State Park:** Wander through 11 miles of trails with scenic views of bluffs, valleys and the Mississippi River.

**Illinois**  
**Lakefront Trail:** An 18-mile trail stretches along Lake Michigan adjacent to Soldier Field, Lincoln Park and Navy Pier.

**Nebraska**  
**Chadron State Park:** This 973-acre state park is located within Nebraska National Forest.



### GOLF

**Wisconsin**  
**Erin Hills:** The site of the 2017 U.S. Open, this premier Midwest course has no cart paths and is a walking-only course.

**Whistling Straits:** Golfers can tee off on two courses, with several holes alongside the coast of Lake Michigan.

**Nebraska**  
**The Prairie Club:** Features two 18-hole courses set in Nebraska's Sand Hills, a 32,900-acre National Natural Landmark.



### KAYAKING

**Wisconsin**  
**Apostle Islands National Lakeshore:** Twenty-one islands off the northern tip of Wisconsin on Lake Superior featuring beaches, cliffs and caves.

**Door County:** An adventurer's playground, sandwiched between Green Bay and Lake Michigan, with no shortage of water to explore.

**Illinois**  
**Chicago River:** Get a unique view of the Chicago skyline by kayaking just outside the city or through its center.



### 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.

**Illinois**  
**Kickapoo State Recreation Area:** Canoeers can row through 221 scenic acres of water alongside dense forests.

**Iowa**  
**Upper Iowa River:** Hit the water downstream from Decorah and gaze at miles of cliffs, bluffs and towering rock walls.



### HIKING

**Illinois**  
**Shawnee National Forest:** Home to the majestic Garden of the Gods Wilderness and the 160-mile River to River Trail.

**Minnesota**  
**Superior Hiking Trail:** More than 310 miles of tree-lined trails in Northern Minnesota.

**South Dakota**  
**Black Hills:** Serious hikers will enjoy the trek up to Black Elk Peak. At 7,242 feet, it is the highest point in the U.S. east of the Rockies.

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Epic Strips:  
select varieties  
.8 oz.  
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**\*Offer Valid 7/1/19-7/31/19**

Offers cannot be combined.



## FOODS THAT RELIEVE

# Joint 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*



### 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*



### 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, mangoes, onions, oranges, raspberries, spinach, strawberries, tomatoes.

*Daily amount: Men 90 mg/day, women 75 mg/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: Keep total fats at no more than 30 percent of your daily calories, focusing on monounsaturated and polyunsaturated fats.*



### GREEN TEA

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

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



### 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 by exposure to sunlight.

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

## 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

Sources: [arthritis.org/living-with-arthritis/arthritis-diet/](https://arthritis.org/living-with-arthritis/arthritis-diet/)  
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[ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/](https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/)

## 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

Snack 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 Soirée feta cheese crumbles. Drizzle with bottled Greek vinaigrette.

### 5 berry-blend smoothie

Blend  $\frac{3}{4}$  cup Hy-Vee almond milk,  $\frac{1}{2}$  cup Hy-Vee vanilla Greek yogurt and about  $\frac{3}{4}$  cup Hy-Vee frozen unsweetened berry medley. Pour into a glass.





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# 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, smooth, 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.

### 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.

## 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 relieve 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 aloe vera combine in a light, nongreasy 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 aloe 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 aloe vera, cocoa and shea butters and kukui nut oil. Also try Basin Therapy Body Butter with tropical plumeria fragrance.

### 9 LIP BALM

After exfoliating lips with Basin Lip Scrub, drench them a lush swipe of Basin Lip Balm with SPF 15 to moisturize and protect against damaging UV rays.

**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.

» BASIN PRODUCTS ARE PARABEN- AND ALCOHOL-FREE AND CONTAIN NATURALLY OCCURRING INGREDIENTS THAT HAVE NOT BEEN TESTED ON ANIMALS.



## 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—airconditioned 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 holds 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 blemishes 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.

**TIP: SOME MAKEUP PROFESSIONALS MIX UP THEIR OWN TINTED MOISTURIZER BY BLENDING THEIR FAVORITE LIQUID FOUNDATION WITH OIL-FREE MOISTURIZER.**

## 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.

**SETTING SPRAY CAN TAKE THE PLACE OF TRANSLUCENT POWDER. SPRITZ AFTER YOU FINISH APPLYING MAKEUP TO "MATTE-IFY" SKIN ON HOT, HUMID DAYS.**

### 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-base 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 barer makeup elsewhere on the face give 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 swipe on a powder shadow. A soft neutral looks natural; sheer pinks and peaches brighten.



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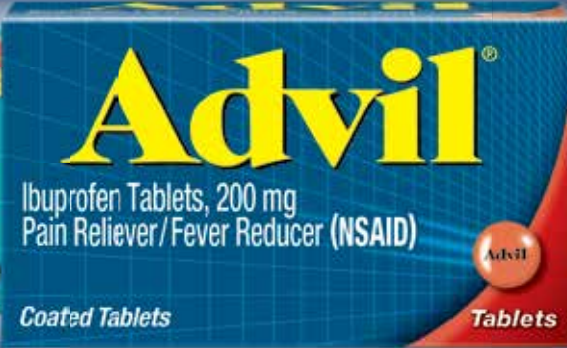
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# Advil®

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**EASY TO SWALLOW**  
**33% SMALLER**  
**SAME STRENGTH**



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# GO GENERIC

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.

## Save Money

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.

# 80%

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

—RESEARCH AND MARKET

### GENERICS INCLUDE PRESCRIPTIONS FOR THE FOLLOWING CONDITIONS:

ALLERGIES & ASTHMA	COLD & FLU
ANTIBIOTICS	DIABETES
ANTIVIRAL	HEART HEALTH & BLOOD PRESSURE
ARTHRITIS & PAIN	MEN'S HEALTH
CHOLESTEROL	MENTAL HEALTH
	SKIN CONDITIONS
	WOMEN'S HEALTH
	VITAMINS & NUTRITIONAL HEALTH

## 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:** No. 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](http://hy-vee.com) to determine specific list medications. Please contact a pharmacy staff member with any questions.

**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 in the discount list.

**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.

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](http://hy-vee.com/my-pharmacy/services/four-dollar-generics)



# THE ENERGY CRISIS

Dragging? Feeling run-down? Learn what causes fatigue—then see what you can do to put the wind back in your sails.

76 PERCENT OF AMERICAN WORKERS say they feel tired at work and 53 percent feel less productive, according to a 2017 study reported by the National Safety Council.

## 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

### 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.

### 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.

### 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*.

**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

Sources: [health.harvard.edu/staying-healthy/tired-of-being-fatigued](https://health.harvard.edu/staying-healthy/tired-of-being-fatigued)  
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[mayoclinic.org/diseases-conditions/chronic-fatigue-syndrome/symptoms-causes/syc-20360490](https://mayoclinic.org/diseases-conditions/chronic-fatigue-syndrome/symptoms-causes/syc-20360490)  
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[safetyandhealthmagazine.com/articles/15987-nsc-fatigue-a-hidden-but-deadly-epidemic](https://safetyandhealthmagazine.com/articles/15987-nsc-fatigue-a-hidden-but-deadly-epidemic)

## 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.
4. Stay hydrated. Avoid soda and opt for water instead.
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.



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Folgers Instant Coffee:  
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pantry



Kraft Marinade In-A-Bag: select varieties 12 oz. **2.99**



Folgers Noir K-Cups: select varieties 10 or 12 ct. **5.99**



Hunt's Manwich Sloppy Joe: select varieties 15 to 16 oz. **1.00**



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Hunt's BBQ Sauce: select varieties 18 oz. **2/4.00**



Snack Pack Pudding or Gel: select varieties 6 pk. **2.39**



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beverages



Hershey's Snack Size: select varieties 9.17 to 11.6 oz. **3.99**



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Centrum, Centrum Silver or Caltrate: select varieties 60 to 150 ct. **9.99**



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30

minutes or less

30 MINUTES OR LESS

20

minutes or less

20 MINUTES OR LESS

10

minutes or less

10 MINUTES OR LESS

GF

option

GLUTEN FREE

V

option

VEGETARIAN DISH

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**FRIDAY, JULY 12:** 4 P.M. TO 7 P.M.  
**SATURDAY, JULY 13:** 11 A.M. TO 2 P.M.

**Produce:** Stemilt Skylar Rae Cherries  
**Meat:** Chicken Griller Patties  
**Seafood:** Aqua Star Shrimp Sautés  
**Charcuterie:** La Quercia Prosciutto, BelGioioso Mozzarella and Basil Wrap  
**Deli:** Hy-Vee Fresh Sliced Garlic Roast Beef with Hy-Vee Sliced Colby Jack Cheese and Hormel Di Lusso Sweet Heat Chicken  
**Hickory House:** Tortilla Chips with Buffalo Chicken Dip and Spinach Artichoke Dip  
**Italian:** Flat Bread Pizza  
**Chinese:** Asian HMR - General's Chicken, Sesame Chicken or Orange Chicken over Rice  
**Bakery:** Hot Fresh Strawberry Donut Holes and Cake Donuts  
**Dairy:** Unilever Country Crock Plant Butter



BelGioioso Mozzarella Caprese Skewers

**FRIDAY, JULY 5:** 4 P.M. TO 7 P.M.  
**SATURDAY, JULY 6:** 11 A.M. TO 2 P.M.

**Produce:** Short Cuts Pineapple  
**Meat:** Seasoned America's Chops  
**Seafood:** Smoked Salmon & Whitefish Dips  
**Charcuterie:** Veroni Panino Sandwich  
**Cheese:** BelGioioso Fresh Sliced Mozzarella  
**Hickory House:** Green Onion & Egg Potato Salad & Coleslaw  
**Italian:** Medium Single Topping Pizza  
**Chinese:** Nori Sushi  
**Bakery:** Strawberry Pie  
**Deli:** Di Lusso Fresh Sliced Ham and Di Lusso Sliced Pepper Jack Cheese



America's Chops with Cookies BBQ Sauce; Short Cuts Pineapple

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

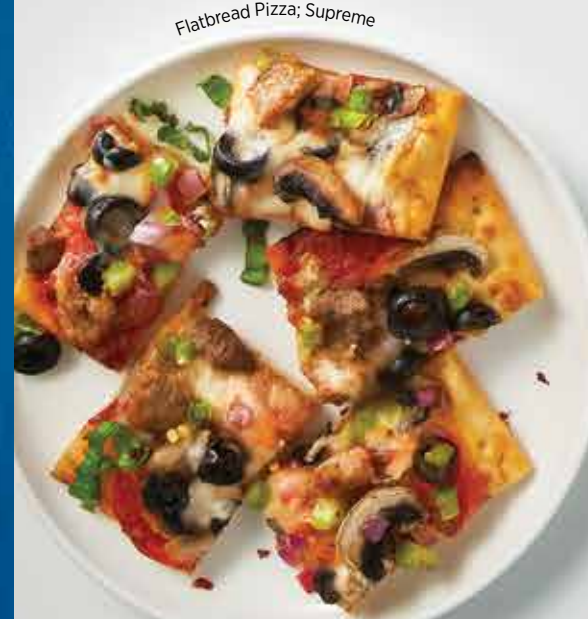
**Produce:** Stemilt Washington Cherries  
**Meat:** America's Chops with Cookies BBQ Sauce  
**Seafood:** 10g Protein Noodles  
**Charcuterie:** BelGioioso Stracciatella and Olli Calabrese Salami on a Bakery Fresh Garlic Chip  
**Deli:** Hy-Vee Fresh Sliced Mesquite Turkey Breast and Hy-Vee Sliced Sharp Cheddar Cheese  
**Hickory House:** Napa Valley Cashew Chicken Salad  
**Italian:** F.S. Single Topping Pizza & Garlic Cheese Bread  
**Chinese:** Asian HMR - Cashew Chicken, Mongolian Beef or Beef & Broccoli over Rice  
**Bakery:** Dream Bars



Hot Chocolate Chip Mini Cookies

**FRIDAY, JULY 19:** 4 P.M. TO 7 P.M.  
**SATURDAY, JULY 20:** 11 A.M. TO 2 P.M.

**Produce:** Family Tree Farms Plumcots  
**Meat:** Meat District Gourmet Burgers and Smithfield Eckrich Sausage  
**Seafood:** Alaskan Surimi Snow Legs  
**Charcuterie:** Columbus Hot Sopressata Salame  
**Cheese:** BelGioioso Mozzarella Caprese Skewers  
**Deli:** Di Lusso Genoa Salami and Lorraine Sliced Swiss Cheese  
**Hickory House:** Pulled Pork  
**Italian:** Calzone  
**Chinese:** Wonton Chips & Asian Dips  
**Bakery:** Hot Chocolate Chip Mini Cookies



Flatbread Pizza; Supreme





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