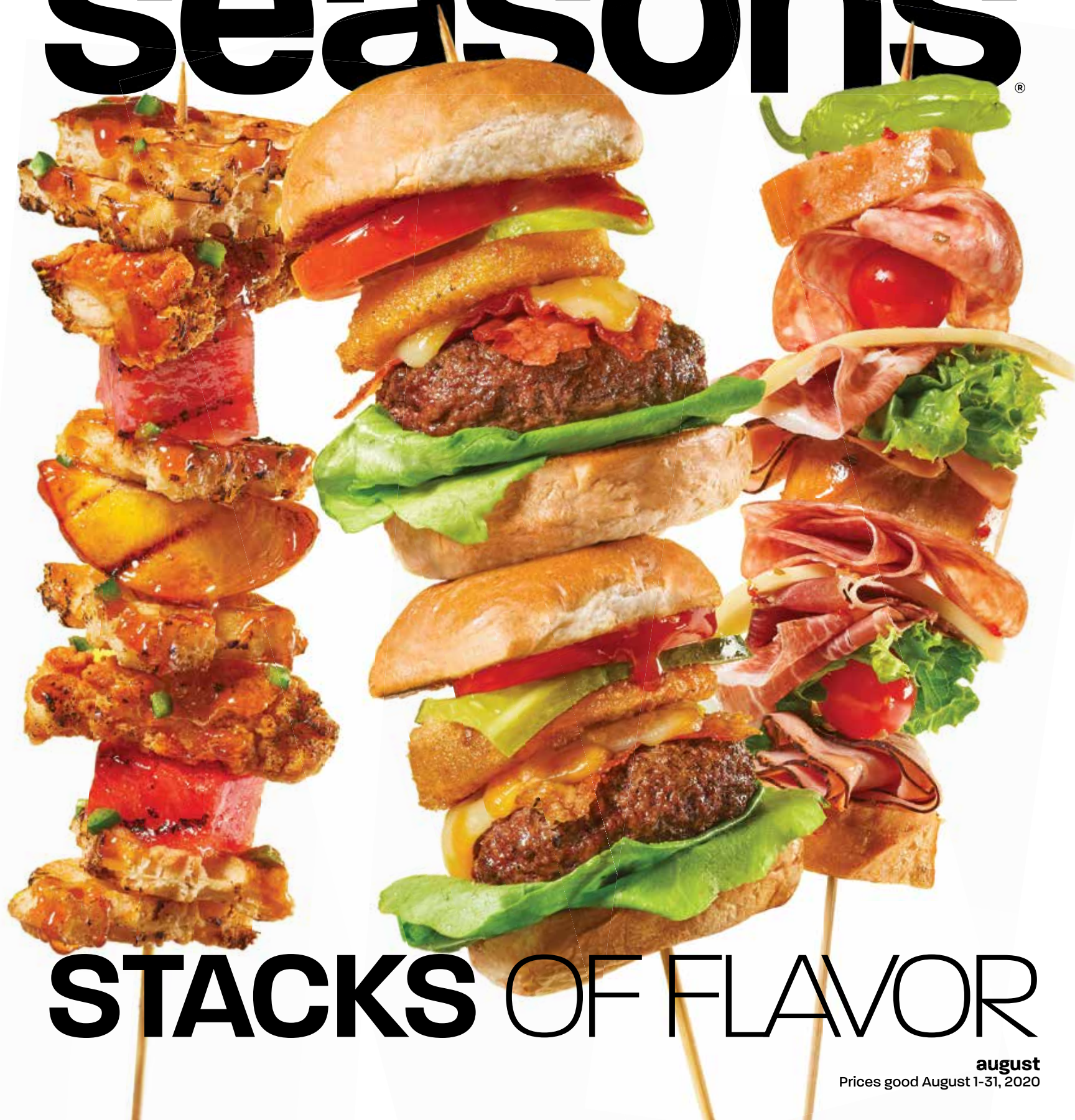


HyVee[®]

FOOD | LIFE | HEALTH

seasons[®]



STACKS OF FLAVOR

august
Prices good August 1-31, 2020

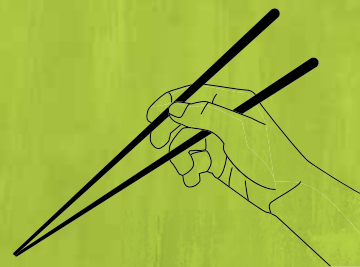


Fig. 1 — Try chopsticks.

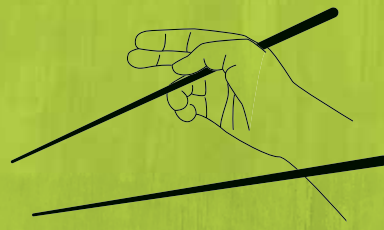


Fig. 2 — Drop chopsticks.



Fig. 3 — Try chopsticks again.

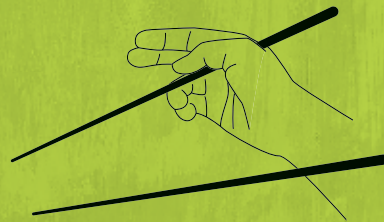


Fig. 4 — Drop chopsticks again.



Fig. 5 — Use hands.

Authentic taste. However you eat it.

NORI
SUSHI

EXCLUSIVELY AT **HyVee** One of the nation's only retailers guaranteeing 100% sustainably-sourced sushi.

AUGUST 2020

food



10 MISSION IMPOSSIBLE

Our recipes make a plant-based diet definitely possible!

20 HY-VEE HOMEGROWN

Learn about our locally sourced produce.

24 SAVED BY THE BELL

These simple, satisfying school lunches are kid approved.

32 BEST MEATS FOR BIG-BATCH COOKING

With Hy-Vee meats, you can cook up a storm for the family.

39 BASICS: HOW TO COOK PASTA

Savvy tips to make your next pasta dish sing a different tune.

40 SEA TO PLATE IN 30 MINUTES

Seafood that requires just one pan and half an hour to prepare.

48 ON A STICK

Traditional sandwiches served nontraditionally.

51 101: BLUEBERRIES

Get the lowdown on this summertime treat.

54 SAY WHAT?! THAT'S ... KETO

Hy-Vee ingredients and recipes help you navigate this diet.

60 WHITE WINE GUIDE

A quick intro to your first—or next—white wine experience.

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Handy conversion chart for common cooking measurements.

66 BREAK-FAST!

Take a break from cereal and try our quick morning meals.

life



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Hy-Vee has all the goods for college-bound students.

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Hy-Vee and DSW have partnered to bring you top shoe brands.

90 10 TIPS FOR ANTI-AGING

Fight Father Time and maybe add years to your life, too.

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A helpful checklist to improve personal hygiene.

health



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Movement is key to keeping joints and muscles healthy.

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Take better care of your peepers through nutrition.

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How to deal with this most common skin ailment.

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The role fruits and vegetables play in good health.

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Get this important vaccine at your Hy-Vee Pharmacy.

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A good pharmacist can take an active role in your health.



COURTNEY BROBST

VICE PRESIDENT,
MARKETING

As summer winds down, we naturally relish as much as we can of the remaining season. Normally, that might include a trip to the state fair.

This year we thought we'd offer a taste of the fair you can enjoy at home: traditional sandwiches served on sticks, *page 48*. August is also blueberry season, so get ready to enjoy those sweet fruit poppers that are loaded with nutrients, *page 51*. Healthy eating is always in style.

Now is the time to take care of yourself and your family, so we share tips to organize your pantry, *page 84*, keep up personal hygiene, *page 93*, eat more produce, *page 113*, and get a flu shot, *page 117*.

See you in September!

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FOR BIG TASTE, MAKE IT MINIS!

With **7 grams of protein** for
a power-packed snack.

Skippy PB &
Jelly Minis
select varieties
20 oz.
6.49



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aisles

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



**now
trending**

BREAKFAST

Set the alarm early because the first meal of the day just got a whole lot better.



HY-VEE CREAM CHEESE PORTION PACKS

Eight individual 1-oz. portions in Plain, Strawberry or Chive & Onion flavors.



CHOBANI PROBIOTIC DRINKS

Plant-based drinks in flavors of Lemon, Ginger, Pineapple Turmeric, Peach, Mint and Cherry Hibiscus Tea.



CRAV'N FLAVOR EGG BITES

These egg bites are worth crav'n: Classic Sausage, Three Cheese and White Cheddar & Uncured Ham.



MORNING GLORY

What's the story, morning glory? One thing's for sure, the story's only getting better with three new Hy-Vee refrigerated single-serve juices: Apple Juice, Orange Juice and Lemonade. These 12-oz. single-portion

juices are great for on-the-go breakfast. And for a morning pick-me-up at home, don't forget Hy-Vee 100% Orange Juice (available regular, pulp-free, country-style, fortified with calcium or with calcium & vitamin D).



brand highlight

CRAV'N FLAVOR EDIBLE COOKIE DOUGH
This edible cookie dough comes in Chocolate Chip, Cake Batter and Cookies 'N' Cream flavors. Ready to eat, no baking required!

donut of the month

GRAPE CAKE DONUT
Want to hear something grape? The donut of the month for August is, well, grape! Be sure to stop by your local Hy-Vee to try this month's star of the Bakery!



NEW AT HY-VEE!

STOP IN AT HY-VEE TO CHECK OUT THESE NEW, NOTEWORTHY OR SEASONALLY POPULAR PRODUCTS.

MEAT
Incogmeato Meats



Meet the meat alternative: Incogmeato plant-based burger patties, bratwurst, Italian sausage and chik'n nuggets from Morning Star Farms.

PANTRY
Beaconsfield Bread Co.



Perfect for hearty sandwiches or French toast, Beaconsfield breads include Sour Dough, 100% Whole Wheat, Oat and Honey, and 12 Grain.

DELI
Hy-Vee Gourmet Hawaiian Buns & Rolls



Hy-Vee's Gourmet Hawaiian dinner rolls and hamburger and hot dog buns all feature a soft, fluffy texture to complement any meal.

HEALTHMARKET
Quest Peanut Butter Cups



These creamy peanut butter cups are satisfying, not sinful—with 11 grams protein but just 1 gram net carbs and less than 1 gram sugar per cup!



SNACK, CREATE
& SAVE

\$2 OFF
CRAYOLA®
MARKERS

WHEN YOU BUY
INSPIRING SNACKS

SEE COUPON ON SPECIALLY MARKED
PACKS FOR DETAILS



now
trending

BACK TO SCHOOL

HY-VEE HAS EVERYTHING NEEDED FOR SMOOTH SAILING THIS SCHOOL YEAR.



YO2GO YOGURT CUP
This reusable cup features a hard acrylic body, slip-resistant silicone grip and spillproof lid to keep toppings separate.



PLAYFUL PAPER CLIPS
Whimsical attachments such as donuts, french fries and pumpkins.



PANDA PENS
Whether used for drawing or writing, these pens have pizzazz.



KIDS' LUNCH BOXES
From Spiderman to unicorns, Hy-Vee has decorative lunch boxes.



FILA BACKPACKS
Durable backpacks feature dynamic graphics and lots of carrying capacity.



FROZEN II BACKPACK
Destiny indeed awaits fans of this movie who need a backpack.



PENCIL SHARPENER
You can lead a horse to water but a pencil must be led. Be sure to keep it sharp!



RULE THE ROOST
Draw straight lines and measure at will with a 12-in. ruler.



ZAK! WATER BOTTLES AND INFUSERS
Keep drinks hot or cold with a water bottle. Or infuse water with choice of fruits.



SCISSORS
You underestimate the importance of scissors—until your scholar needs a pair.



VIBRANT NOTEBOOKS
Keep subjects separated—and easy to identify at a glance.

college essentials

SCHOLARLY AID
Outfit your favorite undergrad with these helpful items from Hy-Vee.



12x12-INCH LETTER BOARD
Fun reminder boards can communicate anything from schedules to love notes.



KEURIG CLASSIC K-MINI
No need to squabble over flavors—everyone can select the one that appeals most to them.



BIALETTI 10-IN. SAUTÉ PAN
Sized just right, this nonstick aluminium pan features a heat-resistant ergonomic handle.

Start with the best ingredients.
Create the best meals.



Artfully made with authentic ingredients from Italy;
sautéed and slow-cooked for a rich and balanced taste.

100% ITALIAN TOMATOES • 100% EVOO • NOTHING ARTIFICIAL • NO ADDED SUGAR

Vero Gusto

A true taste like no other.



Follow us on Instagram @verogustosauce

*See nutritional facts panel for nutritional information. Not a low calorie food.

food



Fill your fork with
plant-based fare,
fresh seafood and
more. Plus, whip
up kid-approved
lunches to kick off
the school year.

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IMPOSSIBLE MISSION

Plant-based eating may lower cholesterol while likely boosting fiber, according to recent scientific studies. Make it part of your mealtime routine with these deliciously simple ideas.

PROTEIN- PACKED MEALS



TOP QUESTIONS ON PLANT-BASED EATING

1

HOW DO YOU DEFINE IT?

A: Plant-based eating focuses on foods primarily from plants. In addition to fruits and vegetables, it includes nuts, seeds, oils, whole grains, legumes and beans. It doesn't mean you're vegetarian or vegan and never eat meat or dairy. Rather, you simply make plant-based foods a larger focus.

2

WHAT ARE SOME POPULAR DIETS?

A: A **Mediterranean** diet focuses on plant-based foods but includes fish, poultry, eggs and dairy a few times a week, with meats and sweets less often. A **whole-food, plant-based** diet eliminates or minimizes animal products and highly refined foods. A **vegetarian** diet looks to cut out meat. A **flexitarian** diet includes meat and animal products from time to time. A **vegan** diet excludes both meat and animal byproducts like eggs and dairy.

3

WHAT ARE THE HEALTH BENEFITS?

A: A recent study published in the *Journal of the American College of Cardiology* showed that eating quality plant-based foods (whole grains, fruits, vegetables, nuts, legumes and healthy oils) while cutting out meat and less healthy or heavily processed plant foods (fruit juices, refined grains, french fries) can help lower the risk for heart disease.

4

WILL I GET ENOUGH PROTEIN?

A: Yes, if you include these protein-rich plant foods: ½ cup tofu (10 grams), edamame (8.5 grams), lentils, quinoa or chickpeas (7 to 9 grams), or a large baked potato (8 grams); add 2 tablespoons hummus for 3 grams more of protein. And don't forget peanut butter, which provides 8 grams protein per 2 tablespoons.

Try an AWESOME Burger!

THE NAME SAYS IT ALL. THIS JUICY PLANT-BASED BURGER, SERVED IN A HY-VEE BAKERY BUN, LOOKS AND TASTES LIKE BEEF. IT HAS THAT CHARACTERISTICALLY CHARRED CRUST LIKE A GRILLED BEEF BURGER. IT'S ENHANCED WITH PEAS, WHICH PROVIDE 26 GRAMS OF PROTEIN PLUS 6 GRAMS FIBER IN EACH QUARTER-POUND BURGER. GET IT NOW, MADE FRESH TO ORDER BY CHEFS AT YOUR HY-VEE MARKET GRILLE, AND MAKE IT PART OF YOUR PLANT-BASED EATING.

Sources (opposite): [pcrm.org/good-nutrition/nutrition-information/lowering-cholesterol-with-a-plant-based-diet](https://www.pcrm.org/good-nutrition/nutrition-information/lowering-cholesterol-with-a-plant-based-diet)



Buffalo Cauliflower Lettuce Tacos

Hands On 15 minutes

Total Time 35 minutes

Serves 6

1 lb. Hy-Vee Short Cuts
cauliflower florets

1 Tbsp. Gustare Vita olive oil
Hy-Vee salt and black pepper,
to taste

½ cup Hy-Vee Hickory House
Big Bad Buffalo Wing Sauce,
plus additional for serving

12 leaves romaine lettuce

2 avocados, seeded, peeled and
cubed

1 cup sliced celery

1 cup bias-sliced baby carrots

⅓ cup Hy-Vee blue cheese
crumbles

Hy-Vee ranch salad dressing,
for serving

Everything pretzel crisps,
crushed; for garnish

1. PREHEAT oven to 425°F. Line
a large rimmed baking pan with
foil. Arrange cauliflower on
prepared pan. Drizzle and toss
with olive oil; season with salt
and pepper.

2. ROAST cauliflower 10 minutes
or until tender. Remove from
oven; cool slightly. Drizzle
cauliflower with ½ cup wing
sauce; toss to coat. Return to
oven; bake 10 minutes or until
cauliflower is lightly browned.
Remove from oven; cool slightly.

3. TO SERVE, layer 2 romaine
lettuce leaves together; place
on a serving platter. Repeat
with remaining leaves. Add ½
cup cauliflower to each leaf
stack. Top with avocados, celery,
carrots and blue cheese. Drizzle
with additional wing sauce and
ranch dressing. Garnish with
crushed pretzel crisps, if desired.

Per serving: 200 calories, 14 g fat,
3 g saturated fat, 0 g trans fat,
5 mg cholesterol, 770 mg sodium,
14 g carbohydrates, 7 g fiber,
4 g sugar (0 g added sugar),
5 g protein. **Daily Values:**
Vitamin D 0%, Calcium 8%,
Iron 6%, Potassium 15%

GET THE KEY NUTRIENTS

Eating a variety of plant-based foods provides all the essential nutrients your body needs for good health.



VITAMIN B12 Needed to form red blood cells and DNA; key player in the function and development of brain and nerve cells. **Sources:** Bananas, blueberries, strawberries and fortified nutritional yeast



PROTEIN Makes up enzymes that power chemical reactions and the hemoglobin that carries oxygen in the blood. **Sources:** Legumes (black beans, chickpeas, lentils and pinto beans)



IRON Helps maintain healthy blood; carries oxygen from the lungs to all parts of the body. Important for healthy brain development. **Sources:** Vegetables (broccoli, carrots, cauliflower, kale and spinach)



CARBS Provide body with glucose, which is converted to energy used to support bodily functions and physical activity. **Sources:** Tubers and starchy vegetables (corn, peas, potatoes and winter squash)



FIBER Supports weight loss and protects against heart disease; helps keep blood sugar in check. **Sources:** Fruits, raw veggies, whole grains and legumes (black beans and lentils)



OMEGA-3 FATS Help prevent heart disease and stroke and may fight cancer. **Sources:** Almond butter, pumpkin seeds, tahini, soy foods, flaxseeds, chia seeds and walnuts



pro tip: HEALTHY OPTION

“Everyone can benefit from plant-based eating. To see the health benefits, focus on nutrient-dense, less-processed, plant-based foods that have little or no added fat, sugar or sodium. Even a moderate change in your diet such as cutting back to one or two servings of meat per day and adding legumes or nuts as your protein can have a lasting positive impact on your health.”

—Megan Callahan, MS, RD, LD
Hy-Vee Dietitian



Serve this hot off the grill. Or bake in an oven at 400°F for 12 to 15 minutes.

20 minutes or less

Artichoke 'n' Asparagus Flatbreads

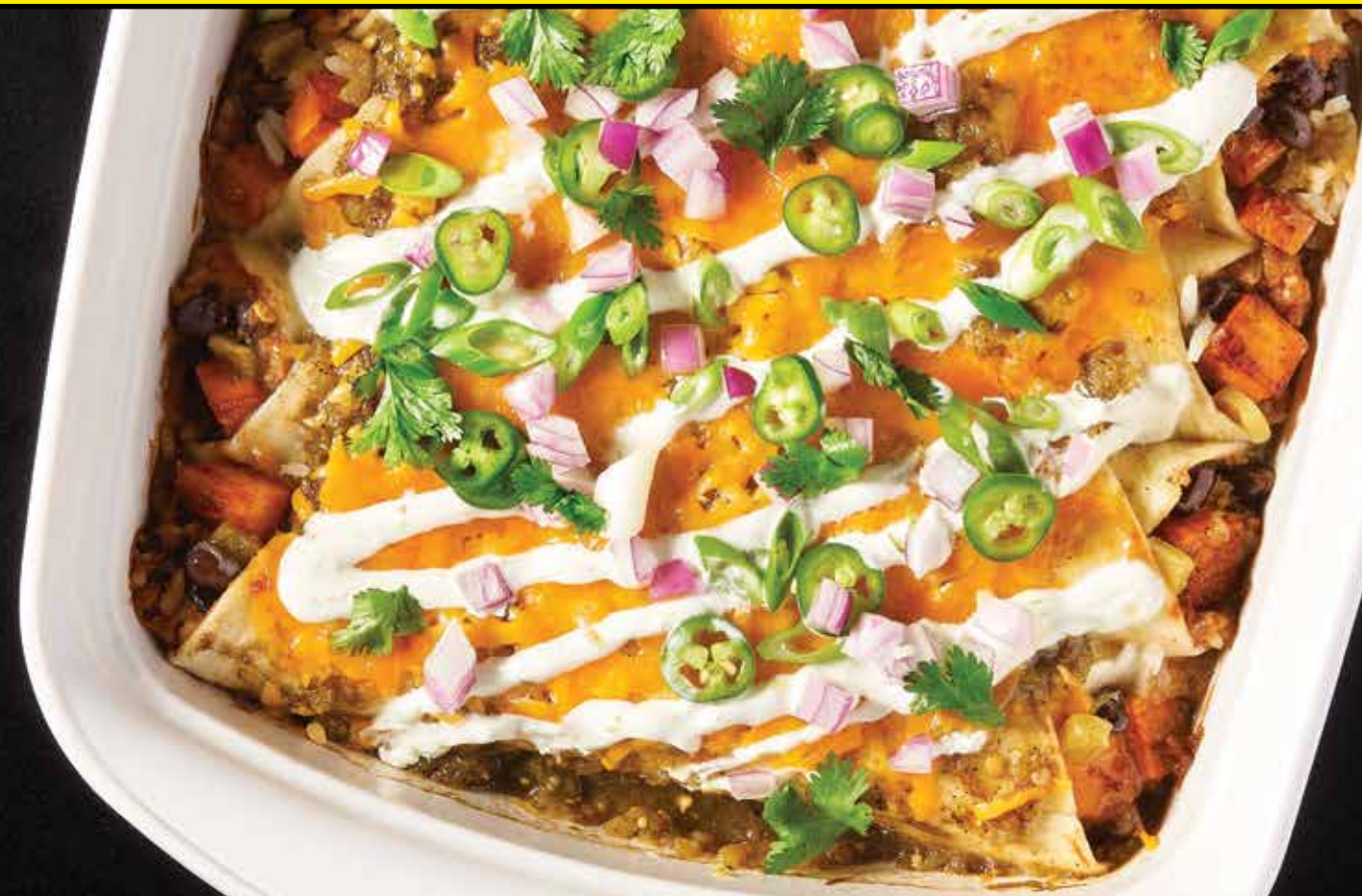
Hands On 10 minutes
Total Time 15 minutes
Serves 4

1 (8.8-oz.) pkg. naan flatbreads (2 ct.)
1 Tbsp. Gustare Vita olive oil
½ cup Gustare Vita basil pesto
1 (8-oz.) pkg. sliced fresh mozzarella cheese
½ (14-oz.) can Hy-Vee quartered artichokes hearts, drained
12 oz. fresh asparagus, trimmed
3 roma tomatoes, cut into wedges
Shredded fresh Parmesan cheese, for garnish
Fresh basil, for garnish
Hy-Vee crushed red pepper, for garnish

1. **PREHEAT** a charcoal or gas grill for direct cooking over medium heat. Brush one side of each naan bread with oil. Spread the other side of each with pesto; top with mozzarella cheese, artichokes, asparagus and tomatoes.

2. **GRILL** flatbreads for 4 to 5 minutes or until cheese is melted and bread is toasted; cool slightly. Transfer each flatbread to a serving platter; cut each in half to serve 4. Garnish with Parmesan cheese, fresh basil and crushed red pepper, if desired.

Per serving: 470 calories, 28 g fat, 9 g saturated fat, 0 g trans fat, 45 mg cholesterol, 1,080 mg sodium, 38 g carbohydrates, 4 g fiber, 7 g sugar (0 g added sugar), 19 g protein. **Daily Values:** Vitamin D 0%, Calcium 40%, Iron 20%, Potassium 8%



Sweet Potato and Black Bean Enchiladas

Hands On 20 minutes
Total Time 1 hour
Serves 8

2 medium sweet potatoes, peeled and cut into ½-in. cubes
2 tsp. Gustare Vita olive oil
1 tsp. Hy-Vee salt
1 tsp. Hy-Vee ground cumin
1 tsp. ancho chili powder
1 (16-oz.) jar Hy-Vee mild salsa verde, divided
1 (16-oz.) can Hy-Vee vegetarian refried beans
1 (15-oz.) can Hy-Vee black beans, drained and rinsed

1 cup cooked Hy-Vee white rice
1 (4-oz.) can Hy-Vee diced mild green chiles, drained
1 (16-oz.) pkg. Hy-Vee flour tortillas for fajitas (8 ct.)
1½ (8-oz.) pkg. Hy-Vee shredded sharp Cheddar cheese
¼ cup crema Mexicana or sour cream
2 tsp. lime zest
1 Tbsp. fresh lime juice
Desired toppers: fresh cilantro, sliced serrano chile peppers,* chopped red onion and/or sliced green onions

1. **PREHEAT** oven to 400°F. Line a baking sheet with foil. Arrange sweet potato cubes on prepared baking sheet; drizzle and toss with oil. Sprinkle with salt, cumin and ancho chili powder. Roast for 10 to 15 minutes or until sweet potato is fork-tender. Remove from oven; cool slightly.
2. **SPREAD** ¾ cup salsa verde in the bottom of a 3-qt. rectangular baking dish and set aside.
3. **TRANSFER** sweet potatoes to a medium bowl. Stir in

refried beans, black beans, rice and green chiles. Place ½ cup mixture down the center of each tortilla; top with ¼ cup cheese. Tightly roll each tortilla and place, seam side down, in prepared baking dish. Top tortillas with remaining salsa verde and remaining cheese. Cover with foil and bake 30 minutes or until heated through, removing foil during last 10 minutes of baking.

4. **WHISK** together crema, lime zest and lime juice in a small

bowl. Drizzle on enchiladas and top with desired toppers.

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

Per serving: 530 calories, 20 g fat, 10 g saturated fat, 0 g trans fat, 40 mg cholesterol, 1,760 mg sodium, 66 g carbohydrates, 8 g fiber, 6 g sugar (0 g added sugar), 21 g protein. **Daily Values:** Vitamin D 0%, Calcium 30%, Iron 20%, Potassium 6%



CAN DAIRY BE PART OF A PLANT-BASED DIET? A balanced diet, while plentiful in plant-based foods, can also include foods from animals, including dairy foods, to supplement nutritional needs. Adding a dairy product like cheese to a veggie flatbread will appeal to plant-based eaters who follow a Mediterranean or vegetarian diet.

Sources: pcrm.org/good-nutrition/plant-based-diets/nutritionvalue.org

MEATLESS

ALTERNATIVES AT HY-VEE

CHOOSE FROM AN INCREASING NUMBER OF MEAT ALTERNATIVES FOUND IN THE HY-VEE HEALTHMARKET.



SATISFIES LIKE MEAT

More reasons why meatless alternatives are winning over meat-lovers.

NUTRITIOUS EATING

Meat alternatives supply adequate protein, iron and other essential nutrients. They're low in saturated fat and contain fiber; meat does not.

HELPS CHOLESTEROL A University of Toronto study found that people who ate a plant-based diet rich in cholesterol-lowering foods, including soy protein, lowered their LDL (bad cholesterol) by nearly 30 percent in just four weeks.

1 BOCA VEGGIE BURGERS

Juicy soy protein burgers contain 13 grams of protein and 60% less fat than ground beef hamburgers.

2 VEGANEgg

Plant-based egg replacer works for cooking and baking.

3 MORNING STAR FARMS VEGGIE DOGS

Each dog has 50 calories and 94% less fat than the leading chicken and pork hot dogs.

4 GARDEIN HOMESTYLE BEEFLESS TIPS

Stir-fry or sauté in 15 minutes; 160 calories and 16 grams protein per serving.

5 MELISSA'S ORGANIC TOFU

Made from soybeans, this complete protein contains all nine essential amino acids, just 80 calories per serving and zero cholesterol.

6 BOCA ORIGINAL VEGGIE CRUMBLES

Use as ground meat substitute for tacos, chili and burritos;

60 calories and 11 grams protein per serving.

7 THE JACKFRUIT COMPANY JACKFRUIT

Chopped jackfruit has an array of flavors. Each product is soy- and gluten-free.

8 THE JACKFRUIT COMPANY BBQ JACKFRUIT

Used in the BBQ Jackfruit Sandwiches with Apple Slaw, *page 17*, chopped jackfruit is flavored with a sweet and smoky blend of tomato and mesquite.

9 LIGHTLIFE SMART BACON

The plant-based bacon contains no nitrates.

10 LIGHTLIFE ORIGINAL TEMPEH

This savory, subtly nutty, soy-based protein requires cooking. Slice, cube or crumble it for recipes.

11 UPTON'S NATURALS BACON SEITAN

Heat and serve the vegan strips in a BLT or crumble them onto a pizza.



SMART SWAPS Jackfruit instead of chicken or pork in stir-fries, pastas or wraps. Veggie crumbles and veggie dogs instead of meat-filled chili dogs. Beefless tips instead of beef chunks for kabobs or stew. Tempeh instead of ground meat for tacos or enchiladas. Tofu instead of chicken in stir-fry or salad.

A tasty and nutritious way to add sizzle to your breakfast, veggie burgers or BLTs—each slice of certified vegan Smart Bacon has just 20 calories and 2 grams protein.



QUINOA is high in protein and one of the few plant foods that contains sufficient amounts of all nine essential amino acids. Mushrooms and nutritional yeast also boost protein. Additionally, spiralized squash is lower-carb swap for pasta.

Zoodles and Mushroom Quinoa Meatballs

Hands On 20 minutes
Total Time 40 minutes,
plus chilling time
Serves 4

3 tsp. Gustare Vita olive oil,
divided
½ cup Hy-Vee Short Cuts
finely chopped white onion
2 (8-oz.) pkg. sliced white
button mushrooms
3 cloves garlic, minced
1 cup cooked red quinoa
½ cup Hy-Vee quick-cooking
rolled oats
½ cup lightly packed Italian
parsley, plus additional for
garnish
2 Tbsp. nutritional yeast
seasoning
1 tsp. Hy-Vee Italian seasoning
1 tsp. smoked paprika
½ tsp. Hy-Vee ground cumin
¼ tsp. Hy-Vee salt
¼ tsp. Hy-Vee black pepper

1 (17.6-oz.) jar Gustare Vita
pasta sauce, desired flavor
1½ lb. Hy-Vee Short Cuts
spiralized butternut squash
Grated fresh Parmesan
cheese, for serving

1. LINE a large rimmed baking
pan with parchment paper; set
aside. Heat 2 tsp. oil in a large
nonstick skillet over medium
heat. Add onions; cook 3 to 5
minutes or until softened. Add
mushrooms; cook and stir for
5 minutes or until tender. Add
garlic; cook and stir 30 seconds
or until fragrant. Remove from
heat; cool slightly.

2. COMBINE mushroom
mixture, quinoa, oats, ½ cup
parsley, nutritional yeast, Italian
seasoning, paprika, cumin,
salt and pepper in a food
processor. Cover and process
until it is a coarse paste. Form
mixture into 16 (1½-in.) balls.

Arrange meatballs 1 in. apart
on prepared pan. Cover and
chill 15 minutes or until firm.

3. PREHEAT oven to 350°F.
Bake meatballs 12 to 15 minutes
or until heated through (165°F).

4. HEAT remaining 1 tsp. oil in
large skillet over medium heat.
Add butternut spirals; cook
and stir for 5 minutes or until
tender. Add pasta sauce; heat
through. Stir in meatballs.

5. TO SERVE, divide butternut
spirals among 4 serving plates.
Top with meatballs and sauce.
Garnish with parsley and
Parmesan cheese, if desired.

Per serving: 350 calories, 15 g fat,
2.5 g saturated fat, 0 g trans fat,
0 mg cholesterol, 470 mg sodium,
46 g carbohydrates, 11 g fiber,
11 g protein. Daily Values:
Vitamin D 0%, Calcium 8%,
Iron 20%, Potassium 30%



HOW TO START A PLANT-BASED DIET



START THE DAY

Include whole grains
for breakfast—
oatmeal, quinoa,
buckwheat or barley.
Add nuts or seeds
along with fresh fruit.
Other options include
smoothies and
avocado toast.



GO FOR GREENS

Try a variety of green
leafy vegetables, such
as kale, collards, Swiss
chard and spinach.
Steam, grill, stir-fry
or stir into dishes
(usually at the end of
cooking) to preserve
flavor and nutrients.



RETHINK MEAT

Prepare small
amounts for meals
and use meat as a
garnish instead of a
centerpiece. Discover
how delicious it is to
substitute cauliflower
for meat in tacos.



CHOOSE GOOD FATS

Fats in olive oil,
nuts, nut butters,
seeds (sunflower
and sesame) and
avocados are among
the best options for
plant-based eating.



EAT VEGGIES

Add vegetables to
meals, choosing
colorful options for
variety. Between
meals, enjoy veggies
as nutritious snacks
with salsa, guacamole
or hummus.



PICK FRUIT FOR DESSERT

A ripe, juicy peach
(with char marks if the
grill is on), refreshing
melon or crisp apple
will satisfy cravings
for a sweet bite
after meals.



BBQ Jackfruit Sandwiches with Apple Slaw

Hands On 20 minutes
Total Time 20 minutes
Serves 4

2 Tbsp. Hy-Vee apple cider
vinegar
2 tsp. Hy-Vee stone-ground
Dijon mustard
2 tsp. agave nectar
2 tsp. Gustare Vita olive oil
Hy-Vee salt and black pepper,
to taste
1 cup shredded baby kale
¾ cup shredded red cabbage
1 Fuji apple, cut into
matchsticks

½ cup shredded carrot
2 Tbsp. chopped curly parsley
1 (10-oz.) pkg. refrigerated
BBQ jackfruit
½ cup bottled barbecue sauce,
desired flavor
½ tsp. Hy-Vee ground
cinnamon
4 Hy-Vee Bakery wheat
hamburger buns, split and
toasted
White onion slices, separated
into rings; for topping
Hy-Vee hamburger dill pickle
slices, for topping

1. WHISK together vinegar,
mustard, agave and oil in a small
bowl. Season to taste with salt
and pepper; set aside.

2. PLACE kale in a bowl. Add
2 tsp. vinegar mixture; toss to
coat and set aside. Combine
cabbage, apple, carrot and
parsley in a medium bowl.
Drizzle with remaining vinegar
mixture; toss to coat. Set aside.

3. COMBINE jackfruit, barbecue
sauce and cinnamon in a
medium skillet over medium

heat. Cook and stir until
heated through.

4. TO SERVE, divide slaw
mixture among buns. Top
with jackfruit mixture, onion
rings, pickles, kale mixture and
bun tops.

Per serving: 300 calories, 7 g fat,
0.5 g saturated fat, 0 g trans fat,
0 mg cholesterol, 880 mg sodium,
58 g carbohydrates, 2 g fiber,
26 g sugar (2 g added sugar),
6 g protein. Daily Values:
Vitamin D 0%, Calcium 10%,
Iron 10%, Potassium 6%

20
minutes
or less



BBQ Jackfruit

Don't worry, it's not April
fools! And this meatless
option really is as good
as it looks. Check out our
video tutorial!

Hy-Vee
seasons



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

Sources: webmd.com/food-recipes/health-benefits-jackfruit#1

JACK UP A MEAL

Learn about jackfruit,
available at your
Hy-Vee HealthMarket.

WHAT IS IT?

Jackfruit is a whole-food,
plant-based meat alternative,
sauced or seasoned to
complement its subtle flavor
and dense texture.

HOW TO SERVE?

Veggie nachos, tacos, pizza,
quesadillas and sliders adapt
well to jackfruit. Add the fruit
to a savory plant-based rice
bowl or use it to stuff a baked
sweet potato, avocado halves
or spaghetti squash.

ANY HEALTH BENEFITS?

Phytonutrients in jackfruit
may help fight cancer.
Vitamin C in jackfruit may
help protect skin from sun
damage and potassium could
help lower blood pressure.

BEAUTIFUL BEANS MAKE A BEAUTIFUL SUMMER

Whether served next to hot dogs or as part of your signature salad, BUSH'S® brings you so many ways to make that beautiful bean summer.

[BUSHBEANS.COM](https://bushbeans.com)     



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Honey Maid Grahams
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12.2 or 14.4 oz.
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GRAHAM OPENING



GROWN WITHIN

Look for the Homegrown logo at your Hy-Vee store to enjoy ripe fruits and vegetables with close-to-home freshness and flavor.

Hy-Vee works directly with farmers and greenhouses across the Midwest to provide the freshest, best-tasting produce picked at just the right time for ripeness and flavor. Fruits, vegetables and herbs that display the Hy-Vee Homegrown label are grown within 200 miles of your store, so you can be sure they're fresh and flavorful. More than 200 growers—with anywhere from a few acres to

several hundred—truck their produce to Hy-Vee through the Homegrown program and proudly display their labels on the foods. Get to know three of them, *below*. Growers work closely with Hy-Vee buyers and transportation staff to ensure produce arrives at perfect ripeness. When you see the Homegrown logo, you can be confident fruits, vegetables and herbs are as fresh as they can be.



MILES OF YOUR STORE

OUR PEOPLE KNOW PRODUCE



INEICHEN'S TOMATOES

Blue Grass, Iowa, and Milan, Illinois

Ineichen's grows yellow, grape, cherry and heirloom tomatoes in ideal conditions in its greenhouse and hand-picks vine-ripened fruits at peak flavor.



BEAVER CREEK PRODUCE

Perry, Iowa

Mike and Tim Phelan cultivate delicious lettuces, cucumbers and vine-ripened tomatoes, plus tasty herbs, using hydroponics at their Century Family Farm greenhouse.



SCHWEIZER ORCHARDS

St. Joseph, Missouri

Garden-fresh peppers—from sweet bells to jalapeños—are hand-picked daily throughout the season on this family farm and transported to stores within 24 hours to ensure freshness.

Pick up new

Snack
pack

flavors today



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SAVED BY THE BELL

Pack lunches that are easy to fix, don't require heating and are kid approved. A main course and two sides never looked more fun—especially when tucked into smart-looking lunch boxes and totes from Hy-Vee.

Chicken Salad Space Rocket Burritos

Total Time 15 minutes plus decorating time
Serves 5

1/4 cup Hy-Vee plain Greek yogurt
1/4 cup Hy-Vee bottled ranch salad dressing
1 1/2 cups chopped Hy-Vee rotisserie chicken breast
1/2 cup chopped celery
2 Tbsp. finely chopped red bell pepper
1 Tbsp. finely chopped green onion
5 (8-in.) Hy-Vee burrito-size flour tortillas

Decorations (radish slices, yellow bell pepper strips, Hy-Vee Cheddar cheese slices, avocado slices, Roma tomato strips, Hy-Vee bottled ranch salad dressing, honeydew melon slices and Hy-Vee Swiss cheese slices)

1. STIR together yogurt and ranch salad dressing. Stir in chicken, celery, bell pepper and green onion for chicken salad.

2. PLACE a tortilla on a work surface. Trim one end to get a straight bottom edge for the rocket; discard trim. For top of rocket, cut tortilla into a point shape; reserve trimmings.

3. SPOON 1/4 cup chicken salad onto right side, just below center of tortilla. Fold right edge of tortilla over filling; roll tortilla to form rocket shape. Cut fins out of reserved trimmings; place on the sides of rocket. To decorate, add radish slice windows and pepper strip band on the rocket and Cheddar cutouts on the fins. Place avocado slices, some of remaining chicken salad and tomato strips

beneath the rocket for flames. Pipe ranch dressing smoke trails below the flames.

4. REPEAT to make four more rocket burritos. Decorate around each rocket with honeydew melon star cutouts, Swiss cheese moon cutout and piped dots of ranch dressing.

Per serving: 270 calories, 12 g fat, 3.5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 640 mg sodium, 27 g carbohydrates, 0 g fiber, 2 g sugar (0 g added sugar), 13 g protein.
Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 0%

30
minutes
or less



pro tip: KEEP IT COLD

“To keep packed lunches cold, try freezing individual yogurt sticks, bottled water or a snack bag full of grapes. These items are great frozen and double as an ice pack!”

—Teequa Knapp, RD, LD
Hy-Vee Dietitian



PACK LIKE A PRO

Zak! Designs Marvel Avengers Bento Box is leakproof and has three sections to keep foods separate.

Hy-Vee
KIDSFIT
CLUB

**JOIN THE HY-VEE
KIDSFIT CLUB**
FOR MORE WAYS TO
MAKE FUELING FUN!



PACK LIKE A PRO
Igloo Floral Mini Essential Lunch Tote keeps foods cool and has an easy-to-clean zipper liner.

Pizza Animal Pancakes

Hands On 10 minutes
Total Time 14 minutes plus broiling and decorating time
Serves 7 (1 pancake each)

1 cup Hy-Vee all-purpose baking mix
¼ cup yellow cornmeal
½ tsp. Hy-Vee Italian seasoning
1 Hy-Vee large egg, beaten
¾ cup Hy-Vee 2% reduced-fat milk
½ cup Hy-Vee Short Cuts chopped tricolor bell peppers
Hy-Vee canola oil
½ cup Gustare Vita pizza sauce
1 cup Hy-Vee finely shredded mozzarella & provolone cheese

- 1. COMBINE** baking mix, cornmeal and Italian seasoning in a large bowl. Stir together beaten egg and milk in a small bowl. Add milk mixture to baking mix mixture; stir just until combined (batter will be lumpy). Fold in peppers.
- 2. PREHEAT** broiler on HIGH. Line two large baking sheets with foil; set aside.
- 3. PREHEAT** griddle or large nonstick skillet over medium heat. Brush lightly with oil. Drop ¼-cup portions of batter onto hot griddle. Spread batter, if necessary. Cook 1 to 2 minutes or until bubbles break on surface. Turn and cook 1 to 2 minutes more or until golden.
- 4. PLACE** pancakes on prepared baking sheets. Spread about 1 Tbsp. pizza sauce on each pancake. Top with cheese if making frogs or lions.
- 5. BROIL** 4 in. from heat for 1 to 3 minutes or until cheese is melted. Decorate as desired.

PEPPERONI FROGS Add Hy-Vee original pepperoni slices, Hy-Vee stuffed manzanilla olives and green and red bell pepper.

HAM, PINEAPPLE & PEPPERONI LIONS Add yellow bell pepper rings, Hy-Vee original pepperoni slices, Hy-Vee Deli ham slices, pineapple chunks, Hy-Vee original pepperoni slices, and Hy-Vee pitted black and green olives.

MARGHERITA BUNNIES Add fresh mozzarella slices, fresh basil leaves, Hy-Vee pitted black and green olives, cherry tomato slice and green onion tops.

Per pancake: 180 calories, 8 g fat, 4 g saturated fat, 0 g trans fat, 40 mg cholesterol, 450 mg sodium, 20 g carbohydrates, 2 g fiber, 3 g sugar (0 g added sugar), 7 g protein.
Daily Values: Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 2%

SAVORY PANCAKES ARE A TASTY BASE FOR HEALTHY BITES. ALSO TRY FRESH CELERY AND CARROT STICKS, ASPARAGUS, CANTALOUPE OR APPLES, PLUS HUMMUS OR NUT BUTTERS.

FREEZE EXTRA BARS AND THAW IN THE REFRIGERATOR BEFORE SERVING, OR PACK FROZEN BARS IN A SCHOOL LUNCH BOX AND BY LUNCHTIME THE BARS WILL BE THAWED FOR EATING.



TOTAL MAC 'N' CHEESE BARS

Boil pasta from 2 (14-oz.) pkg. Hy-Vee Deluxe macaroni & cheese dinners with cheese sauce according to package directions; drain. Rinse with cold water; drain well. Whisk together 2 Hy-Vee large eggs, ½ cup Hy-Vee 2% reduced-fat milk and both cheese sauce packets. Stir in pasta and 1 (8-oz.) pkg. Hy-Vee finely shredded sharp Cheddar cheese. Spread in a greased 15×10×1-in. baking pan. Bake at 425°F for 25 to 30 minutes or until slightly firm. Cool 10 minutes. Cut into squares. Makes 30 bars.

Apple Crunch Kitty Sandwich

20
minutes
or less

Total Time 10 minutes plus decorating time
Serves 1

2½ slices Hy-Vee Bakery wheat sandwich bread, divided
2 Tbsp. soy butter spread, such as WowButter
1½ Tbsp. finely crushed Hy-Vee honey crunch cereal
1 Tbsp. shredded apple
1 Tbsp. Hy-Vee apple jelly
Leaf lettuce
Decorations (Hy-Vee Cheddar cheese slice, fresh blueberries, fresh raspberries, banana slices, Hy-Vee pretzel sticks and Goldfish Cheddar baked snack crackers)
Hy-Vee Short Cuts broccoli and cauliflower and baby carrots

- 1. CUT** 2 bread slices into 4-in. rounds using a round cutter; set aside.
- 2. STIR** together soy butter spread and crushed cereal; spread on one round bread slice. Top with apple. Spread jelly on remaining round bread slice; place, jelly side down, on apple to form a sandwich.
- 3. LINE** a lunch container with lettuce; add the sandwich. Cut corners from remaining ½ slice bread to use for ears. Add Cheddar cutouts to the ears, blueberry eyes, raspberry nose and mouth, banana slices for cheeks and pretzel sticks for whiskers. Tuck in a few Goldfish Cheddar crackers.
- 4. PACK** broccoli, cauliflower and baby carrots to serve with sandwich.

Per serving: 460 calories, 18 g fat, 3 g saturated fat, 0 g trans fat, 0 mg cholesterol, 420 mg sodium, 62 g carbohydrates, 3 g fiber, 18 g sugar (14 g added sugar), 13 g protein.
Daily Values: Vitamin D 0%, Calcium 8%, Iron 15%, Potassium 10%

FOUR OUT OF FIVE FOOD GROUPS PACK INTO THIS LUNCH BOX: GRAINS, VEGGIES, FRUIT AND PROTEIN. PACK A YOGURT-BASED DIP TO ADD DAIRY.



PACK LIKE A PRO
Eco One Bento Lunch Box is collapsible, has three sections and includes a spork.





PACK LIKE A PRO

Gel Glitter Ice Packs keep foods cold and come in fun shapes and sizes.



KEEP PLASTIC UTENSILS ON HAND: THESE SENSATIONS YELLOW FORKS, AVAILABLE AT HY-VEE, ADD A SUNNY NOTE IN KIDS' TOTABLE LUNCHES.

BUILD THEIR OWN

PACK A TUNA POUCH AND A FEW STIR-INS SEPARATELY, THEN LET KIDS MIX A MAIN AND SIDES IN ONE PACKET.

TUNA TACO POUCH

For tuna stir-ins, pack 3 Tbsp. drained and rinsed Hy-Vee canned black beans combined with 2 Tbsp. corn kernels; 3 Tbsp. salsa and 2 Tbsp. Hy-Vee finely shredded taco cheese in separate containers. Add 1 (2.6-oz.) pouch Starkist Albacore white tuna and 1 (1-oz.) bag chips in lunch box with a frozen ice pack. For lunch, combine stir-ins and tuna in tuna pouch; serve with chips. Serves 1.

BBQ TUNA SLIDERS

For tuna stir-ins, pack ½ cup Hy-Vee coleslaw salad mix, 1 Tbsp. chopped Hy-Vee dill pickle and 2 Tbsp. bottled honey barbecue sauce in separate containers. Add 1 (2.6-oz.) pouch Starkist honey BBQ tuna and 2 Hawaiian savory butter rolls or desired crackers in a lunch box with a frozen ice pack. For lunch, combine stir-ins and tuna in tuna pouch; serve in rolls or with crackers. Serves 1.

TUNA COBB SALAD

For tuna stir-ins, pack ⅓ cup Hy-Vee shredded lettuce salad mix, 1 chopped Hy-Vee Short Cuts hard-cooked egg and 1½ Tbsp. Hy-Vee bottled ranch salad dressing in separate containers. Add 1 (2.6-oz.) pouch Starkist bacon ranch flavored tuna and 1 small bunch cherry tomatoes with a frozen ice pack. For lunch, combine stir-ins and tuna in tuna pouch; serve with tomatoes. Serves 1.

LUNCH BOX LOVE

PICK UP EVERYTHING NEEDED FOR PACKING, COOLING, STORING AND LOOKING SYLISH—AT HY-VEE!

1. FRIDGE PAK INSULATED LUNCH BOX
2. CHILL YO2GO FREEZABLE GLASS
3. ZAK! LEAK-PROOF BOTTLE WITH DETACHABLE STRAW
4. IGLOO INSULATED LUNCH BAG
5. IGLOO FASHION TOTES
6. ZAK! 20-OZ. INSULATED TUMBLER



EST. 1919
Di Lusso
DELI CO.



MIDWEST MADE & DELICIOUSLY SIMPLE.

We believe food tastes better when it's made closer to home. That's why all our meats and cheeses are made right here in the Midwest. No artificial colors, flavors or added MSG. Just real spices and simple ingredients from trusted family farms.

FIND IT IN YOUR DELI.

GRATE OCCASIONS



At Hy-Vee, you'll find more fresh choices for the grill — and a selection sure to make everyone happy. So, whether it's an average Tuesday or a special Saturday, get out the grill and turn any meal into an occasion.

HyVee



Best Meats

FOR BIG-BATCH COOKING

LARGE-BATCH COOKING ROCKS—ESPECIALLY WITH TOP-QUALITY MEATS FROM HY-VEE. A ROAST OR LARGE STEAK SERVED TONIGHT CAN MORPH INTO A TIME-SAVING STIR-FRY, FAJITAS OR A HEARTY SALAD ANOTHER DAY. THIS GUIDE AND RECIPES SHOW HOW TO STOCK UP AND COOK ONCE FOR DINNERS ALL WEEK!

»» BUYER'S GUIDE ««

● The Hy-Vee Meat Department is filled with superlative cuts of beef, pork and poultry, and it's staffed with meat managers who are eager to answer questions about the right type and amount to buy for your needs. Just ask!



BEST IN BEEF

GRADE

Hy-Vee's Reserve Beef program showcases the best in the Midwest.



PRIME RESERVE

Exceptional marbling and flavor make this beef top of the line. Only the top 2% of beef earns the Hy-Vee Prime Reserve label.



CHOICE RESERVE

Tender and flavorful beef with slightly less marbling than Prime Reserve.



ANGUS RESERVE

Leaner, with less marbling than Prime or Choice Reserve, Angus Reserve beef is the least expensive of the three and a flavorful, quality choice for any meal.



PRODUCERS

Hy-Vee gets its beef from farmers and ranchers in the Midwest, where conditions are most favorable for raising the best cattle.



COOK/SERVE LATER

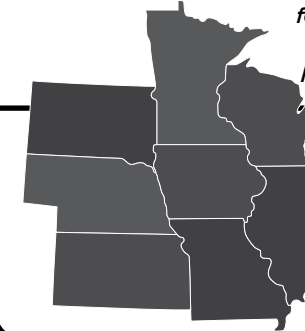
Ground beef: Bake extra ground beef meatballs, use half in spaghetti and freeze the rest. Reheat later for meatball subs or pockets.

Sirloin steak: Grill extra steaks, eat some with steamed veggies and refrigerate the rest. Reheat and enjoy later in wrap sandwiches.



PREMIUM MIDWEST PORK

● Hy-Vee Midwest Pork is hand-selected, hand-trimmed and locally packaged, so it's a fresh, flavorful base for any meal. Pork is raised on more than 400 family farms throughout Iowa, Minnesota, South Dakota, Nebraska, Kansas, Missouri, Illinois and Wisconsin. For delicious recipes featuring pork, check out "15 Go-To Recipes for When You Stock Up on Midwest Pork," at hy-vee.com/recipes-ideas



PRODUCERS

Pork comes from Midwest farms, including Vande Rose Farms in Iowa Falls, Iowa, which raises Duroc Heritage pork known for its flavor and tenderness.

COOK/SERVE LATER

Tenderloin: Cook a large roast for dinner; refrigerate leftovers. Later in the week, cut into thin strips and cook with veggies in a stir-fry.



MIDWEST-FRESH

Hy-Vee True chicken, beef and pork come from Midwest family farms that use precise methods and controlled feeding.

ALL-NATURAL

Hy-Vee True meats have no artificial ingredients, preservatives or antibiotics. The result is a wide variety of tender, juicy cuts of chicken, beef and pork, plus pork sausage, applewood slab bacon and grass-fed ground beef.



VERSATILE CHICKEN

● Chicken is one of the easiest proteins to incorporate into meals, and the Hy-Vee Meat Department features a wide variety of options. In addition, the full-service case offers fresh boneless, skinless chicken breasts prepped for cooking, including bacon-wrapped and marinated.

COOK

Oil and season several chicken breasts; bake on a sheet pan at 450°F about 20 minutes. Freeze whatever you don't serve.

SERVE LATER

Thaw in fridge. Cut into smaller pieces; reheat in microwave. Serve over salad or with pasta and a white sauce.

● To keep chicken from drying during reheating, cut into pieces, place on a glass plate and cover with a damp paper towel; microwave 1-5 minutes.

1 Steak 4 WAYS

Grilled Flank Steak

Hands On 20 minutes
Total Time 38 minutes plus marinating and standing time
Makes 2 steak meals

2 (2-lb.) Hy-Vee Angus
Reserve flank steaks, about 1 in. thick
½ cup Gustare Vita olive oil
¼ cup Hy-Vee less-sodium soy sauce
3 Tbsp. Gustare Vita red wine vinegar
2 Tbsp. packed Hy-Vee brown sugar
1 Tbsp. Hy-Vee Dijon mustard
5 cloves garlic, minced
Hy-Vee salt and black pepper, to taste

1. PAT steaks dry and place in a 2-gal. resealable plastic bag. Whisk together olive oil, soy sauce, vinegar, brown sugar, mustard and garlic; pour over steaks; seal bag. Refrigerate for 2 hours, turning bag occasionally.

2. PREHEAT a charcoal or gas grill with greased rack for direct cooking over medium-high heat. Remove steaks from bag; discard marinade. Grill steaks 14 to 18 minutes or until medium-rare (130°F), turning halfway through.

3. TRANSFER steaks to clean cutting board. Cover loosely with foil; let rest 10 minutes. Set aside 1 steak to refrigerate and serve later. Thinly slice remaining steak across the grain; season to taste with salt and pepper. Use steak in desired recipe, *right*.



SUMMER STEAK SALAD

Let 1 chilled cooked steak from **Grilled Flank Steak** recipe stand at room temperature 30 minutes. Thinly slice steak. Brush 2 halved **Hy-Vee romaine lettuce hearts**, 3 cored and quartered medium **red pears**, 2 seeded and halved medium **orange bell peppers** and 1 quartered medium **red onion** with 2 Tbsp. **Hy-Vee canola oil**. Grill direct over medium-high heat 5 minutes or until crisp-tender, turning occasionally. Cut romaine pieces in half lengthwise; cut up vegetables and pears and toss with ½ cup **Hy-Vee Italian salad dressing**. Arrange with steak on platter. Garnish with bias-sliced **green onions**. Serve with additional dressing. Serves 4.

ITALIAN NACHOS

Let 1 chilled cooked steak from **Grilled Flank Steak** recipe stand at room temperature 30 minutes. Thinly slice steak. Place 2 cups cubed **Hy-Vee smooth & cheesy pasteurized cheese product** and ¼ cup **Hy-Vee whole milk** in a microwave-safe bowl. Microwave on HIGH at 30-second increments until melted and smooth, stirring each time. Alternate layers of the following ingredients on a tray: 9 to 13 oz. **Hy-Vee white corn restaurant-style tortilla chips**, 1½ cups chopped **Peppadew peppers** and ¾ cup chopped **Hy-Vee Greek Kalamata pitted olives**. Drizzle with cheese sauce. Garnish with **oregano leaves** and **Culinary Tours New York-style bagel seasoning**, if desired. Serves 6.



CUBAN STEAK SANDWICH

Let 1 chilled cooked steak from **Grilled Flank Steak** recipe stand at room temperature 30 minutes. Thinly slice steak. Split 2 (8-oz.) **Hy-Vee Bakery French loaves**. Place, cut sides up, on a baking sheet. Broil until lightly toasted. Add steak slices to loaf bottoms and top with 2 slices **Hy-Vee Swiss cheese**. Place 1 cup each thinly sliced **yellow onion** and **red bell pepper** on loaf tops; sprinkle with 1 tsp. **Hy-Vee ground cumin** and add 2 more slices Swiss cheese. Bake loaves at 400°F for 10 minutes. Add 2 Tbsp. **Hy-Vee yellow mustard**, ½ cup **Hy-Vee hamburger dill pickles** and 2 Tbsp. chopped **curly parsley** and assemble. Serves 4 (½ sandwich each).

BANH MI BOWL

Let 1 chilled cooked steak from **Grilled Flank Steak** recipe stand at room temperature 30 minutes. Thinly slice steak. Place 1 cup **seasoned rice vinegar**, 1 cup **water**, 1 Tbsp. grated **fresh ginger** and dash **Hy-Vee salt** in a saucepan. Bring to boil; add 1 cup each thinly sliced **radishes** and julienne-cut **carrots** and ½ cup thinly sliced **jalapeño pepper**. Remove from heat; discard ginger and cool. Toss 6 cups cooked **brown rice** with 3 Tbsp. chopped **cilantro** and 1½ Tbsp. **lime juice**. Serve topped with steak, vegetables and thinly sliced **cucumber**. Garnish with **hoisin sauce**, **garlic chili sauce** and/or fresh **mint leaves**. Serves 6.



Seasoned Pork

Total Time 25 minutes plus marinating time
Serves 4, plus 4 for Sweet & Sour Pork

2 Tbsp. Hy-Vee less-sodium soy sauce
1 Tbsp. seasoned rice vinegar
2 tsp. Hy-Vee cornstarch
1 tsp. sesame oil
½ tsp. Hy-Vee salt
¼ tsp. ground white pepper
2 lb. Hy-Vee Midwest boneless pork loin chops, 1 to 1½ in. thick
2 Tbsp. Hy-Vee canola oil, divided

1. WHISK together soy sauce, rice vinegar, cornstarch, sesame oil, salt and white pepper in a large bowl. Cut pork chops across the grain into bite-size pieces; pat dry with paper towels. Add pork to soy sauce mixture; toss until coated. Marinate at room temperature 15 minutes.

2. HEAT 1 Tbsp. canola oil in 12-in. nonstick skillet over medium-high heat. Drain pork; add half the pork to skillet. Stir-fry 3 to 5 minutes or until lightly browned and cooked through. Transfer to large clean bowl. Repeat 2 more times with remaining canola oil and pork mixture. Scrape brown bits from bottom of skillet and wipe skillet clean. Set aside half of the pork for Sweet & Sour Pork, *right*.

SWEET & SOUR PORK (SERVES 4)

1 Tbsp. Hy-Vee canola oil
1 cup Hy-Vee Short Cuts broccoli florets, cut in bite-size pieces
½ cup thinly bias-sliced carrots
½ medium yellow bell pepper, seeded and cut into 1-in. squares
½ medium red bell pepper, seeded and cut into 1-in. squares
½ small red onion, cut into 1-in. squares
1 (12.5-oz.) bottle Hy-Vee or Culinary Tours sweet & sour sauce
¼ cup water
1 tsp. grated fresh ginger
Hot cooked rice, for serving
Sesame seeds, for garnish

1. HEAT 1 Tbsp. oil in skillet over medium-high heat. Add broccoli and carrots; stir-fry 1 minute. Add yellow and red bell peppers and onion; stir-fry 2 to 4 minutes or until vegetables are crisp-tender.

2. ADD remaining half of the pork to the vegetables in skillet. Stir in sweet & sour sauce, water and ginger. Cook over medium heat until heated through. Serve with hot rice. Garnish with sesame seeds, if desired.

Per serving (Sweet & Sour Pork): 270 calories, 9 g fat, 1.5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 730 mg sodium, 21 g carbohydrates, 1 g fiber, 17 g sugar (14 g added sugar), 25 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 10%



THE
== big batch ==
SERVE LATER TIP

• **Transfer cooked pork to a covered container. Label with recipe name and date. Refrigerate up to 3 days or freeze up to 3 months. To serve, thaw pork overnight in the fridge, if frozen. Prepare and serve Sweet & Sour Pork as directed, left.**



THE
== big batch ==
SERVE LATER TIP

● **Cool chicken; transfer to a covered container. Label with recipe name and date. Refrigerate up to 3 days or freeze up to 3 months. To serve, thaw in the fridge overnight, if frozen. Reheat chicken, covered, in microwave at 50% power. Prepare and serve fajitas as directed, below right.**

»» PREPPED & READY ««

● **The Hy-Vee Meat Department makes it easy to feed your family or crowd, with ready-to-go burgers, chops, kabobs and more. Added ingredients ramp up flavor and reduce prep time.**

FLAVOR-PACKED

Check the full-service meat counter for grab-and-go brats, patties, grillers and kabobs that are already seasoned, prepped and ready to cook tonight.



BRATS



**BRAT
PATTIES**



BURGERS



**CHICKEN
GRILLERS**



KABOBS



**PORK
CHOPS**

HOW TO STORE FRESH MEAT

Keep meat safe to eat and retain its flavor and texture with proper storage.

WRAPPING

Store meat tightly wrapped in butcher paper or original packaging, then place in a resealable bag.

BOTTOM SHELF

Place meat on bottom shelf of fridge to prevent juices from leaking onto other foods.

FIRST IN, FIRST OUT

Label meats with dates arrange them by "Best used by" dates to put older ones at the front.

FREEZING

Repackage in a resealable freezer bag, squeezing out as much air as possible.

Sheet-Pan Seasoned Chicken

Hands On 15 minutes

Total Time 33 minutes

Serves 4, plus 4 for fajitas
(2 each)

3 lb. Hy-Vee boneless, skinless chicken breasts, cut crosswise into ½-in.-thick slices

3 Tbsp. Hy-Vee canola oil

1½ tsp. lime zest

2 Tbsp. fresh lime juice

¾ tsp. Hy-Vee salt

¼ cup salt-free taco seasoning spice

1. PREHEAT oven to 400°F. Cut chicken breasts into ½- to ¾-in.-wide strips. Pat chicken dry with paper towels. Combine oil, lime zest and juice, and salt; toss with chicken. Sprinkle and toss taco seasoning with chicken until evenly coated. Spread chicken in a single layer in 2 large rimmed baking pans.

2. ROAST for 15 to 18 minutes or until chicken is done (165°F). Transfer half of chicken to a serving platter. Cover and refrigerate remaining chicken to use later in Chicken Fajitas, below.

CHICKEN FAJITAS (SERVES 4)

1 lb. Hy-Vee Short Cuts fajita vegetables

1½ Tbsp. Hy-Vee canola oil

8 (6-in.) Hy-Vee fajita-size flour tortillas

Desired toppings, such as chopped avocado, sliced jalapeño peppers,* chopped cilantro, Hy-Vee sour cream and/or Hy-Vee pico de gallo

1. PREHEAT broiler on high. Toss vegetables with oil; spread in an even layer in a large rimmed baking pan. Broil 4 in. from heat for 3 to 5 minutes or until crisp-tender.

2. REHEAT reserved chicken and serve with vegetables in tortillas with desired toppings.

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

Per serving (Chicken Fajitas): 540 calories, 19 g fat, 3.5 g saturated fat, 0 g trans fat, 125 mg cholesterol, 750 mg sodium, 44 g carbohydrates, 0 g fiber, 4 g sugar (0 g added sugar), 46 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 10%

Beef Enchilada Casserole

Hands On 30 minutes

Total Time 1 hour 8 minutes plus
standing time

Serves 10

2 lb. 93%-lean ground beef

1 cup Hy-Vee Short Cuts chopped white onions

2 (10-oz.) cans Hy-Vee mild tomato-based enchilada sauce, divided

¾ tsp. Hy-Vee salt

½ tsp. Hy-Vee chili powder

½ tsp. Hy-Vee ground cumin, plus additional for garnish

1 (15-oz.) can Hy-Vee no-salt-added black beans, drained and rinsed

1 (15-oz) can Hy-Vee no-salt-added pinto beans, drained and rinsed

1 cup Hy-Vee frozen cut golden corn

Hy-Vee nonstick cooking spray

6 (8-in.) Hy-Vee burrito-size flour tortillas

2 (8-oz.) pkg. Hy-Vee finely shredded Mexican cheese blend (4 cups)

Shredded iceberg lettuce, for garnish

Cut-up cherry tomatoes, for garnish

Sliced avocado, for garnish

Sour cream, for garnish

Bottled hot sauce, for serving

1. PREHEAT oven to 375°F.

2. COOK ground beef and onions in a large nonstick skillet over medium-high heat until beef is browned, stirring occasionally to break into crumbles. Stir in 1 can plus ½ cup enchilada sauce, salt, chili powder and ½ tsp. cumin. Add black beans, pinto beans and corn.

3. SPRAY a 13×9×3-in. lasagna or baking dish with cooking spray. Cut 2 tortillas in half. Place 1½ tortillas in bottom of baking dish. Layer with 2¼ cups beef mixture and 1 cup cheese. Repeat layers two more times using tortillas, beef mixture and cheese. Top with remaining tortillas. Stir together remaining meat mixture and remaining enchilada sauce; spread on top.

4. BAKE, uncovered, for 25 to 30 minutes or until heated through. Sprinkle with remaining cheese. Bake, uncovered, for 5 to 8 minutes more or until cheese is melted.

5. LET STAND 10 minutes before serving. Garnish with lettuce, tomatoes, avocado, sour cream and additional cumin, if desired. Serve with hot sauce.

Per serving: 550 calories, 23 g fat, 12 g saturated fat, 0 g trans fat, 100 mg cholesterol, 1,050 mg sodium, 44 g carbohydrates, 7 g fiber, 4 g sugar (1 g added sugar), 38 g protein. Daily Values: Vitamin D 0%, Calcium 30%, Iron 30%, Potassium 10%

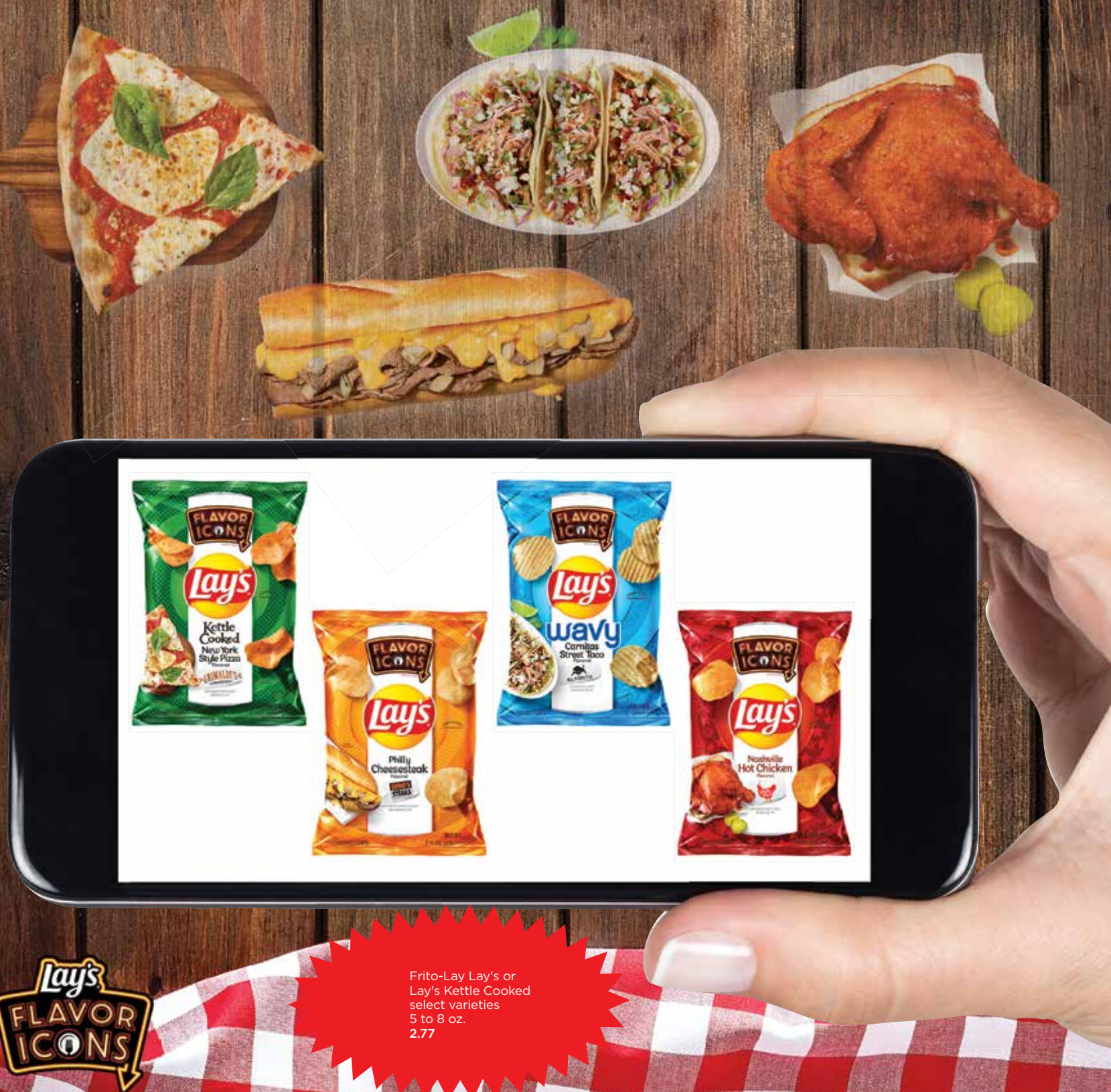


THE
== big batch ==
SERVE LATER TIP

● **Cool leftover casserole; transfer to a container. Cover and label with recipe name and date. Refrigerate up to 3 days or freeze up to 3 months. To serve, thaw in refrigerator overnight, if frozen. Reheat casserole, covered, in microwave on 50% power or in a 350°F oven until internal temperature is 165°F. Garnish as directed above, if desired.**



TURN YOUR FOODIE PASSION INTO SNACKING FASHION



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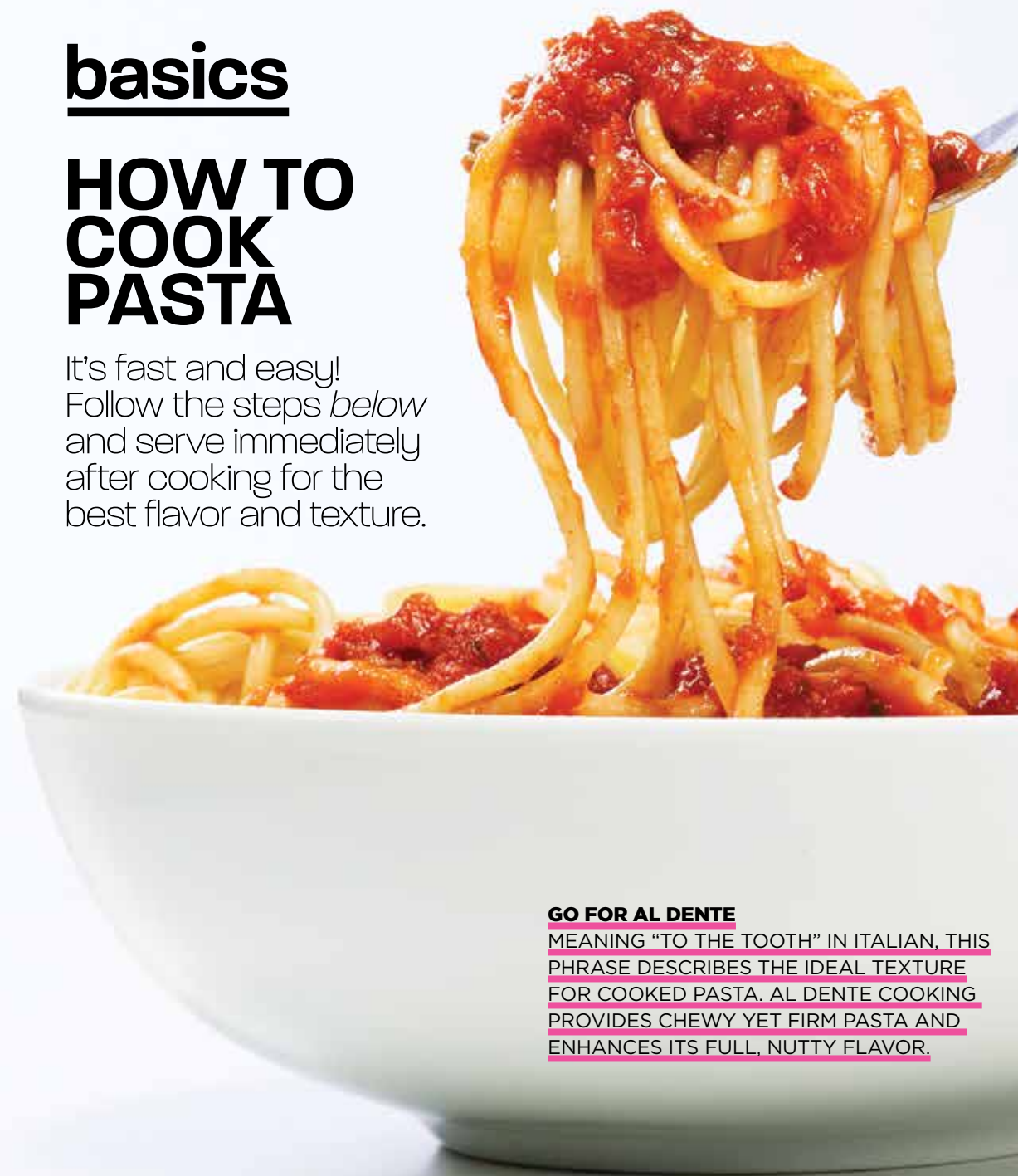


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basics

HOW TO COOK PASTA

It's fast and easy! Follow the steps *below* and serve immediately after cooking for the best flavor and texture.



GO FOR AL DENTE

MEANING "TO THE TOOTH" IN ITALIAN, THIS PHRASE DESCRIBES THE IDEAL TEXTURE FOR COOKED PASTA. AL DENTE COOKING PROVIDES CHEWY YET FIRM PASTA AND ENHANCES ITS FULL, NUTTY FLAVOR.

WHAT'S THE BEST SAUCE FOR MY PASTA?

-  **Fettuccine or Linguine**
Thick, hearty sauces or Alfredo sauce
-  **Spaghetti or Angel Hair**
Light, thin sauces
-  **Elbow Macaroni or Medium Shells**
Rich, hearty, chunky sauces
-  **Rigatoni or Penne**
Rich, hearty sauces
-  **Tortellini or Ravioli**
Simple, light sauces
-  **Egg Noodles (medium to wide)**
Rich, meaty sauces
-  **Rotini, Wagon Wheel or Cavatelli**
Thick, chunky sauces



STEP 1: BOIL

Use plenty of water. To cook 1 pound of pasta, bring 4 quarts (16 cups) water to boiling in a large pot.



STEP 2: ADD SALT

Add 1 tablespoon salt to boiling water, which will season the pasta as it absorbs liquid and swells.



STEP 3: ADD PASTA

Add pasta to boiling salted water; stir constantly 1 to 2 minutes to prevent the pasta from sticking together. Keep the water boiling.



STEP 4: CHECK DONENESS

Lift pasta from water near end of cooking time. If strands drape easily over the fork, it's al dente. Remove the pot from heat.



STEP 5: DRAIN

When done, drain cooked pasta in a colander and remove excess water. Save some cooking water to use later to thin sauce.

SEA TO PLATE IN 30 MINUTES

Easy, versatile, and weeknight-friendly! Try our timesaving techniques for preparing shrimp, cod, salmon and tuna that will have you out of the kitchen in a snap.



veggie trick

If you don't own a grill pan, thread sugar snap peas and red onion slices onto soaked bamboo skewers to get optimal grill marks.

30
minutes
or less

Maple-Bacon Grilled Salmon

Hands On 20 minutes

Total Time 30 minutes

Serves 4

2 (12-in.) bamboo or wooden skewers,
soaked in water for 30 minutes
2 cups Hy-Vee fresh sugar snap peas

3 slices Hy-Vee sweet smoked bacon
2 Tbsp. Hy-Vee Select 100% pure
maple syrup
2 tsp. packed Hy-Vee light brown sugar
2 tsp. Hy-Vee Dijon mustard
1 tsp. chopped fresh chives, plus whole
chives for garnish
½ tsp. ground coriander
1 Tbsp. Hy-Vee canola oil
4 mini yellow bell peppers
4 (4-oz.) skinless salmon fillets, ¾ in. thick
1 small red onion, cut into thin wedges
Hy-Vee salt and black pepper

1. PREHEAT a charcoal or gas grill with a greased rack for direct cooking over medium-high heat. Use soaked skewers to skewer sugar snap peas; set aside.

2. CHOP bacon; cook in skillet over medium heat until crisp. Set bacon aside; transfer drippings to a bowl. Stir in maple syrup, brown sugar, Dijon mustard, 1 tsp. chives and coriander. Set glaze aside.

3. DRIZZLE canola oil over salmon, skewered peas, bell peppers and onion. Lightly sprinkle with salt and black pepper.

4. GRILL salmon and vegetables for 5 minutes; turn. Spoon glaze on salmon. Grill salmon and vegetables 5 minutes more or until salmon flakes easily with a fork (145°F) and vegetables are crisp-tender. Transfer to a serving platter; top with bacon and, if desired, garnish with whole chives.

Per serving: 360 calories, 21 g fat, 4.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 210 mg sodium, 15 g carbohydrates, 2 g fiber, 11 g sugar (2 g added sugar), 26 g protein.
Daily Values: Vitamin D 70%, Calcium 4%, Iron 6%, Potassium 15%



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.

How to Safely Handle Seafood

TO STORE

Fresh seafood tastes best when cooked the same day you buy it. If that's not possible, wrap it loosely in plastic wrap and store in the coldest part of the fridge; use within 2 days. Or wrap in freezer-safe packaging and freeze up to 3 months.

TO THAW

For best flavor and food safety, refrigerate-thaw seafood in its original packaging. A 1-lb. package will thaw in 1 to 2 days. For faster thawing, transfer seafood to a leakproof plastic bag then immerse the bag in cold water.

TO PREP

After handling raw seafood, wash cutting board, knife and countertop with hot, soapy water.

WHY FISH IN YOUR DIET IS HEALTHY

Cod: This low-fat fish is a good source of protein, phosphorus, niacin and vitamin B12.

Salmon: Wild salmon is rich in omega-3 fatty acids, which help prevent inflammation, regulate blood pressure and support heart health.

Shrimp: The antioxidant astaxanthin in shrimp helps prevent wrinkles and lessen sun damage.

Tilapia: Low-fat tilapia contains 23 grams of protein in a 4-ounce serving. Tilapia is also a good source of selenium, which helps with metabolism and thyroid function.

Tuna: Tuna is a significant source of omega-3 fatty acids, high-quality protein, selenium and vitamin D.



a fast oven fix

Punch up flavor with a Creole and garlic butter sauce, then bake in just 15 minutes.

30
minutes
or less

Sheet-Pan Seafood Boil

Total Time 30 minutes
Serves 6

- 1 lb. red and/or yellow baby potatoes, quartered
- 3 ears Hy-Vee Short Cuts sweet corn
- 1 (1-lb.) pkg. Hy-Vee Fish Market frozen raw EZ Peel & deveined shrimp (26 to 30 ct.), thawed
- 1 lb. fresh tilapia fillets, cut into large pieces
- 6 oz. fully cooked smoked andouille sausage, bias-sliced ¼ to ½ in. thick
- ½ cup Hy-Vee unsalted butter, melted
- 4 tsp. Creole seasoning
- 1 Tbsp. Louisiana hot sauce
- ½ tsp. Hy-Vee garlic powder
- Chopped Italian parsley, for garnish
- Lemon wedges, for serving

1. PREHEAT oven to 450°F. Line a large rimmed baking pan with parchment paper; set aside.

2. PLACE potatoes in a microwave-safe bowl; microwave on HIGH 5 minutes or just until tender. Place corn in another microwave-safe bowl; microwave on HIGH 3 minutes. Cut ears crosswise into 1½-in. pieces.

3. PEEL shrimp, leaving tails on. Pat shrimp and tilapia dry with paper towels. Arrange tilapia, shrimp, potatoes, corn and sausage on prepared pan. Combine butter, Creole seasoning, hot sauce and garlic powder; brush on seafood mixture in pan. Cover with foil.

4. BAKE 15 minutes or until shrimp are opaque and fish flakes easily (145°F). Garnish with parsley, if desired. Serve with lemon wedges.

Per serving: 450 calories, 26 g fat, 13 g saturated fat, 0.5 g trans fat, 190 mg cholesterol, 1,100 mg sodium, 23 g carbohydrates, 2 g fiber, 4 g sugar (0 g added sugar), 32 g protein. Daily Values: Vitamin D 10%, Calcium 4%, Iron 10%, Potassium 15%

Sources: innit.com/nutrition/usda-tilapia-fish/p/000S1526115000 healthyeating.sfgate.com/serving-tilapia-3448.html, webmd.com/food-recipes/shrimp-health-benefits#1, seafoodhealthfacts.org

**one pan
does it all**

Toast a crumb topper, cook the fish and seafood, then add the pasta and sauce. It's 3 easy steps all in the same skillet!

COD AND SHRIMP
PAIR WELL IN THIS
SKILLET MEAL AND
THEY COOK IN THE
SAME AMOUNT
OF TIME.

30
minutes
or less

Fish & Shrimp Pasta Skillet

Total Time 30 minutes
Serves 6

3 cups Hy-Vee dry penne rigate pasta
1 Tbsp. Hy-Vee unsalted butter
3 Tbsp. Hy-Vee plain panko bread crumbs

½ (1-lb.) pkg. Hy-Vee Fish Market frozen raw EZ Peel & deveined shrimp (26 to 30 ct.), thawed
1 lb. fresh cod or tilapia fillets, cut into ¾-in. cubes
½ tsp. kosher salt
½ tsp. Hy-Vee lemon pepper seasoning
1 Tbsp. Hy-Vee canola oil
1 (12.5-oz.) jar Gustare Vita Alfredo sauce
½ cup Hy-Vee shredded Parmesan cheese
½ cup chopped tomato
Chopped fresh Italian parsley, for garnish
Lemon slices, for serving

1. COOK pasta according to package directions; drain, reserving ½ cup pasta water. Keep pasta warm. Melt butter in a large deep skillet over medium heat. Stir in panko. Cook and stir until panko is toasted; remove from skillet and set aside.

2. PEEL shrimp; discard tails. Pat shrimp and cod dry. Season with salt and lemon pepper. Heat oil in same skillet over medium-high heat. Cook and stir shrimp and cod 2 to 4 minutes or until shrimp are opaque and fish flakes easily (145°F).

3. STIR in hot pasta, Alfredo sauce, Parmesan cheese and tomato; heat through. Add pasta water to thin sauce, if necessary. Sprinkle with parsley and panko mixture. Serve with lemon slices.

Per serving: 480 calories, 17 g fat, 4 g saturated fat, 0 g trans fat, 100 mg cholesterol, 950 mg sodium, 36 g carbohydrates, 2 g fiber, 6 g sugar (0 g added sugar), 27 g protein.
Daily Values: Vitamin D 0%, Calcium 15%, Iron 10%, Potassium 8%

**so easy
& cheesy**

Skip canned tuna and give the classic tuna melt a gourmet twist with a seared tuna steak.

30
minutes
or less

Ahi Tuna Melts

Total Time 30 minutes
Serves 4 (½ sandwich each)

½ cup Hy-Vee mayonnaise
1 tsp. prepared wasabi paste
2 (8-oz.) fresh ahi tuna steaks, 1 in. thick
1 Tbsp. Hy-Vee canola oil
1 tsp. kosher salt
½ tsp. Hy-Vee black pepper
4 (½-in.-thick) slices Hy-Vee Bakery French Boule or Pane Toscano bread
¾ cup Hy-Vee shredded Gruyère cheese
1 avocado, seeded, peeled and sliced
¾ cup Hy-Vee shredded Cheddar cheese
¼ cup Hy-Vee salted butter, softened

1. COMBINE mayonnaise and wasabi; set aside. Pat tuna steaks dry with paper towels; rub with oil and season with salt and pepper.

2. HEAT a heavy 12-in. skillet over medium-high heat. Add tuna steaks. Cook 5 to 7 minutes or until seared and still pink in center, turning halfway through. Wipe skillet clean.

3. TO ASSEMBLE sandwiches, spread bread slices with wasabi mayonnaise. Layer Gruyère cheese, tuna, avocado and Cheddar cheese on two bread slices. Add remaining bread slices, mayo sides down.

4. SPREAD softened butter on tops and bottoms of sandwiches. Heat same skillet over medium heat. Cook sandwiches, covered, for 3 minutes or until bottoms are toasted. Turn and cook, covered, 3 minutes more or until cheese is melted and bread is toasted. Cut each sandwich in half. Serve immediately.

Per serving: 750 calories, 58 g fat, 20 g saturated fat, 0.5 g trans fat, 130 mg cholesterol, 1,300 mg sodium, 18 g carbohydrates, 3 g fiber, 1 g sugar (0 g added sugar), 44 g protein.
Daily Values: Vitamin D 0%, Calcium 30%, Iron 15%, Potassium 6%



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Victoria
Pasta Sauce
select varieties
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Slow Cooker
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Cast Iron
Tomato Basil Pizza



Creamy Tomato Soup
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ON A STICK

Fork-free is the way to be! From one delicious bite after another, these unique sandwiches are sure to stick with you.



Italian Club Sandwich

Toss sliced Hy-Vee Bakery baguette with enough Hy-Vee Italian salad dressing to coat. Alternately thread baguette slices, sliced Hy-Vee Deli Black Forest ham, cherry tomatoes, torn leaf lettuce, sliced prosciutto, sliced provolone cheese and sliced salami onto skewers. Spear a pickled pepperoncini to each skewer. Drizzle with additional Italian dressing before serving.

Meatball Sub

Toss 1 (14-oz.) pkg. Hy-Vee Italian-style meatballs with 2 tsp. hot sauce; microwave on HIGH 2 minutes. Cut 1 (11-oz.) tube refrigerated pizza dough into 6 strips; thread and wrap around meatballs onto skewers. Place on wire rack in rimmed baking pan. Brush with 1 cup Hy-Vee marinara sauce. Bake in 425°F oven for 13 minutes. Sprinkle with Parmesan cheese; bake 2 minutes more or until heated through (165°F). Garnish with oregano. Serves 6.

Chicken & Waffles

Alternately thread 1 (25-oz.) bag Hy-Vee fully cooked crispy chicken strips, cut up; 9 Hy-Vee homestyle waffles, quartered; watermelon cubes and peach wedges onto skewers. Grill on a greased grill rack over direct medium heat 12 minutes or until chicken is done (165°F), turning occasionally. Serve with heated Hy-Vee salted butter and Hy-Vee apricot preserves. Sprinkle with minced jalapeños. Serves 6.

Cowboy Sliders

Combine 80% lean ground beef with burger seasoning; form into small ½-in.-thick patties. Bake patties on rack in baking pan at 425°F for 10 minutes or until 160°F. Top with Hy-Vee fully cooked bacon and Colby-Jack cheese slices; bake until cheese is melted. Alternately thread patties, baked Hy-Vee onion rings, split Hawaiian rolls, butterhead lettuce, dill pickle slices and Roma tomato slices onto skewers. Drizzle with BBQ sauce.

Chicken Parmesan

Alternately thread halved Hy-Vee fully cooked breaded chicken breast patties, cut-up; Hy-Vee garlic bread sticks and half slices zucchini onto skewers. Place on a wire rack in a rimmed baking pan. Drizzle with Hy-Vee marinara pasta sauce. Top with strips of Hy-Vee mozzarella string cheese. Bake at 425°F for 15 minutes or until cheese is melted. Garnish with fresh basil.

Philly Cheese Steak

Toss Hy-Vee Angus Reserve beef sirloin steak strips, onion wedges, bell pepper pieces and cubed Hy-Vee Bakery hoagie buns with olive oil and Hickory House Steak Whisperer seasoning. Alternately thread pieces on skewers. Grill over direct medium-high heat to desired doneness, turning occasionally. Add sliced Hy-Vee Provolone cheese during the last minute of grilling.

SIP INTO SUMMER SUMMER SUMMER



Ocean Spray Juice
or Cold Brews
select varieties
33.8 or 64 fl. oz.
2/5.00

ENJOY THE CRISP, CLEAN TASTE OF REAL CRANBERRIES STRAIGHT FROM THE BOG

An Excellent Source of Vitamin C

101 BLUEBERRIES

Small yet mighty, blueberries pack flavor and nutrition. Grab them fresh from Hy-Vee.

The irresistibly sweet taste of blueberries is paired with ample health benefits. Blueberries have strong antioxidant properties and are beneficial for weight loss and brain health. In addition, they have been linked to reduced risks for cardiovascular disease and type 2 diabetes.

BUY Blueberries should be plump, firm and fragrant. Check for mold, soft spots and discoloration. Shriveled blueberries may go bad within a few days.

STORE It's fine to leave covered blueberries on the counter if you plan to eat them within 24 hours. If not, store uncovered blueberries in the refrigerator in a single layer on a plate lined with paper towels for two or three days.

PREP Wash blueberries right before using them. Fill a bowl with cold water, gently add the blueberries, then lift them out with your hands. Let berries dry in a single layer on a rimmed baking pan lined with paper towels.



WAYS TO ENJOY

Berry salad

Put together a sweet, summery berry salad. Combine blueberries, blackberries, raspberries and sliced strawberries in a bowl with a drizzle of sweet dressing.

Breakfast

Top oatmeal with blueberries for a flavor boost or add them to pancakes around the uncooked side as the cakes cook on the griddle.

Smoothies

Add a handful of nutrient-dense blueberries to smoothies for fiber plus antioxidants.



pro tip: BERRY SWEET

“Blueberries make for great additions to many dishes. One of my favorite ways to enjoy blueberries is to layer them with strawberries, cubed angel food cake and whipped topping for a low-carb parfait.”

—Kris Anderzhon
Hy-Vee Chef,
Lincoln, Nebraska

Source: academic.oup.com/advances/article/11/2/224/5536953

No-Bake
**Blueberry
Cheesecake
Bars**

Hands On 20 minutes
Total Time 20 minutes plus chilling
Serves 8

- ¼ cup Hy-Vee sweetened shredded coconut, toasted
- ¼ cup Hy-Vee slivered almonds, toasted
- 2 Tbsp. Hy-Vee granulated sugar
- 1 cup Hy-Vee graham cracker crumbs
- ½ cup Hy-Vee salted butter, melted
- ½ cup Hy-Vee heavy whipping cream
- 1 (8-oz.) pkg. Hy-Vee plain cream cheese, softened
- ⅔ cup Hy-Vee powdered sugar
- ½ cup Hy-Vee plain Greek yogurt
- ¾ tsp. lemon zest
- 1 Tbsp. lemon juice
- 1 tsp. Hy-Vee vanilla extract
- ¾ cup fresh blueberries
- Lemon zest strips, for garnish

1. LINE an 8-in. square baking pan with foil, extending foil over edges. Set aside.

2. PLACE coconut, almonds and granulated sugar in a food processor. Cover and process until finely ground. Transfer mixture to a medium bowl. Stir in graham cracker crumbs and butter; combine well. Press mixture onto bottom of prepared pan. Set aside.

3. PLACE whipping cream in a small mixing bowl. Beat with an electric mixer on high until soft peaks form. Set aside.

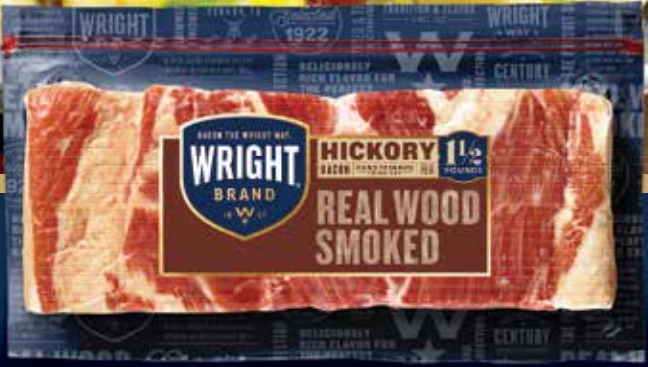
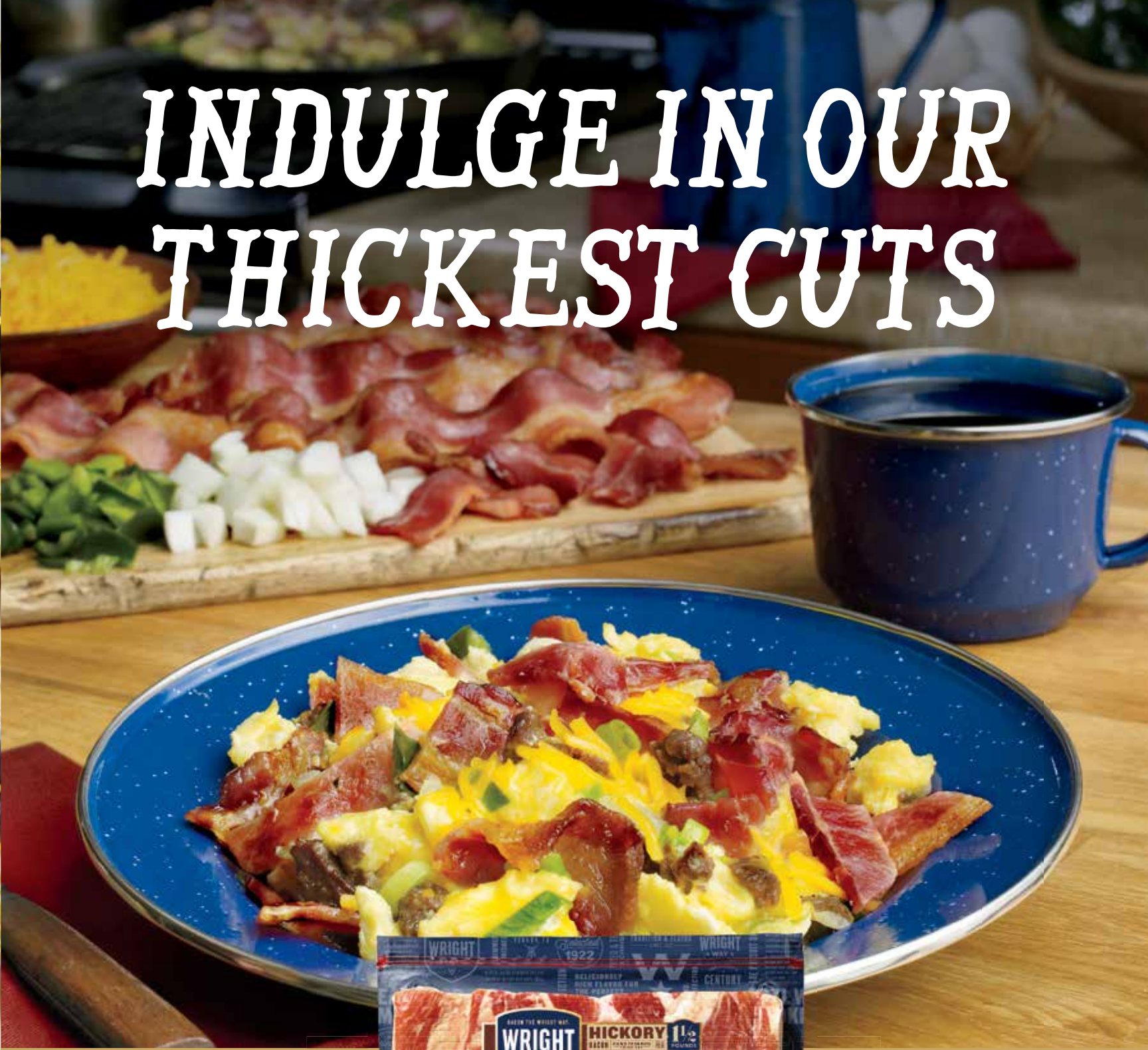
4. PLACE cream cheese, powdered sugar, Greek yogurt, lemon zest and juice, and vanilla in a medium mixing bowl. Beat with an electric mixer on medium until fluffy. Fold in whipped cream. Spread mixture over crust in pan. Place blueberries on top, pressing slightly into cheesecake. Cover and refrigerate for 2 hours or overnight.

5. TO SERVE, sprinkle lemon zest strips over bars. Use foil edges to lift uncut bars out of pan. Cut into bars and serve.

Per serving: 420 calories, 30 g fat, 18 g saturated fat, 1 g trans fat, 75 mg cholesterol, 260 mg sodium, 32 g carbohydrates, 2 g fiber, 21 g sugar (17 g added sugar), 6 g protein.
Daily Values: Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 4%

TOAST THE COCONUT
AND ALMONDS TO
ENHANCE FLAVOR.

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SAY WHAT?! THAT'S ...

KETO

"The science is there.
Keto is not a fad diet."

"Ketones have
an appetite-
suppression
property, so
you'll have
fewer cravings."

*
"Good nutrition
is not one-size-
fits all."

"Eat quality fats like whole-fat meats,
full-fat dairy, nuts, seeds and avocado."

Can a diet that's 75 percent fat make you lose weight? Many people swear by the keto plan. Some even report fewer cravings and more alertness. If you think you'd like to try it, read what a Hy-Vee dietitian has to say.

KETO DEFINED: THE POPULAR KETOGENIC DIET TIGHTLY RESTRICTS CARBOHYDRATES—THE BODY'S DEFAULT FUEL FOR ENERGY—AND LOADS UP ON FATS. THE RESULT IS KETOSIS, A METABOLIC STATE IN WHICH THE BODY BURNS FAT IN PLACE OF CARBS.

IS KETO RIGHT FOR ME?

Check with your doctor first, especially if you have kidney or liver problems, type 1 diabetes or are at high risk for heart disease. Keto may not be a good fit for vegans, who avoid all animal products, or high-level athletes, who need ample carbs for workouts. To ensure adequate fiber, minerals and vitamins, eat a variety of meats, fish, vegetables, fruits, nuts and seeds.



Almond flour is
higher in fat and
lower in carbs
than wheat flour.

Hamburger- Pepperoni Pizza

Hands On 25 minutes
Total Time 45 minutes
Serves 6

4 cups Hy-Vee finely shredded Italian cheese (about 16 oz.), divided
¾ cup Hy-Vee Full Circle Market almond flour

2 Tbsp. Hy-Vee plain cream cheese
1 tsp. Hy-Vee dried thyme
½ tsp. Hy-Vee salt
1 cup Hy-Vee pizza sauce
½ (1-lb.) pkg. Hy-Vee True Angus 85%-lean ground beef, cooked and drained
¾ cup Hy-Vee original pepperoni slices
½ cup Hy-Vee Short Cuts chopped red onions, finely chopped

1. PREHEAT oven to 425°F. Cut a piece of parchment paper 2 in. larger than a 12-in.-round pizza pan; line pan with parchment.

2. COMBINE 2 cups shredded cheese, almond flour, cream cheese, thyme and salt in a microwave-safe bowl. Microwave on HIGH at 30 second intervals, stirring after each until cheese is melted and mixture starts holding together. Transfer mixture to a work surface and knead gently to form a dough.

3. FORM dough into a ball, then pat into a disk in the center of the parchment paper and press to edges of pan. Using a fork, gently prick the dough all over to prevent large bubbles from forming.

4. BAKE crust for 6 to 8 minutes, or until golden brown. Watch carefully to prevent burning. Let crust cool on pan on a wire rack. Reduce oven temperature to 375°F.

5. WHEN crust is cool, top with pizza sauce and 1½ cups Italian cheese, then top with beef, pepperoni, red onion and remaining ½ cup Italian cheese. Bake for 12 to 15 minutes more or until cheese is lightly golden. Cool slightly before serving.

Per serving: 580 calories, 42 g fat, 17 g saturated fat, 0 g trans fat, 115 mg cholesterol, 1,600 mg sodium, 17 g carbohydrates, 2 g fiber, 9 g sugar (0 g added sugar), 36 g protein.
Daily Values: Vitamin D 0%, Calcium 45%, Iron 10%, Potassium 8%

KETO LIKE A PRO

"I ended up
losing about
10 pounds."



THE PRO
RYAN WEILER
Hy-Vee Registered Dietitian
Certified Specialist in
Sports Dietetics

I DID KETO!
I still do. Here's what
I've learned.

"I STARTED THIS JOURNEY TWO YEARS AGO,

as an experiment to better serve my customers and clients and to answer their questions. I did a lot of research, then a three-month trial. I lost some weight and gained more energy—even improved my mental focus and clarity. So I continued with it over the last year and a half, intermittently, as well as just using a lower-carb approach overall. Losing weight was not the focus for me; it was more an educational experiment. But it turned into a lifestyle change. I've been in and out of nutritional ketosis the past two years."

"EAT CLEAN"



"AT ITS CORE, CARBS"

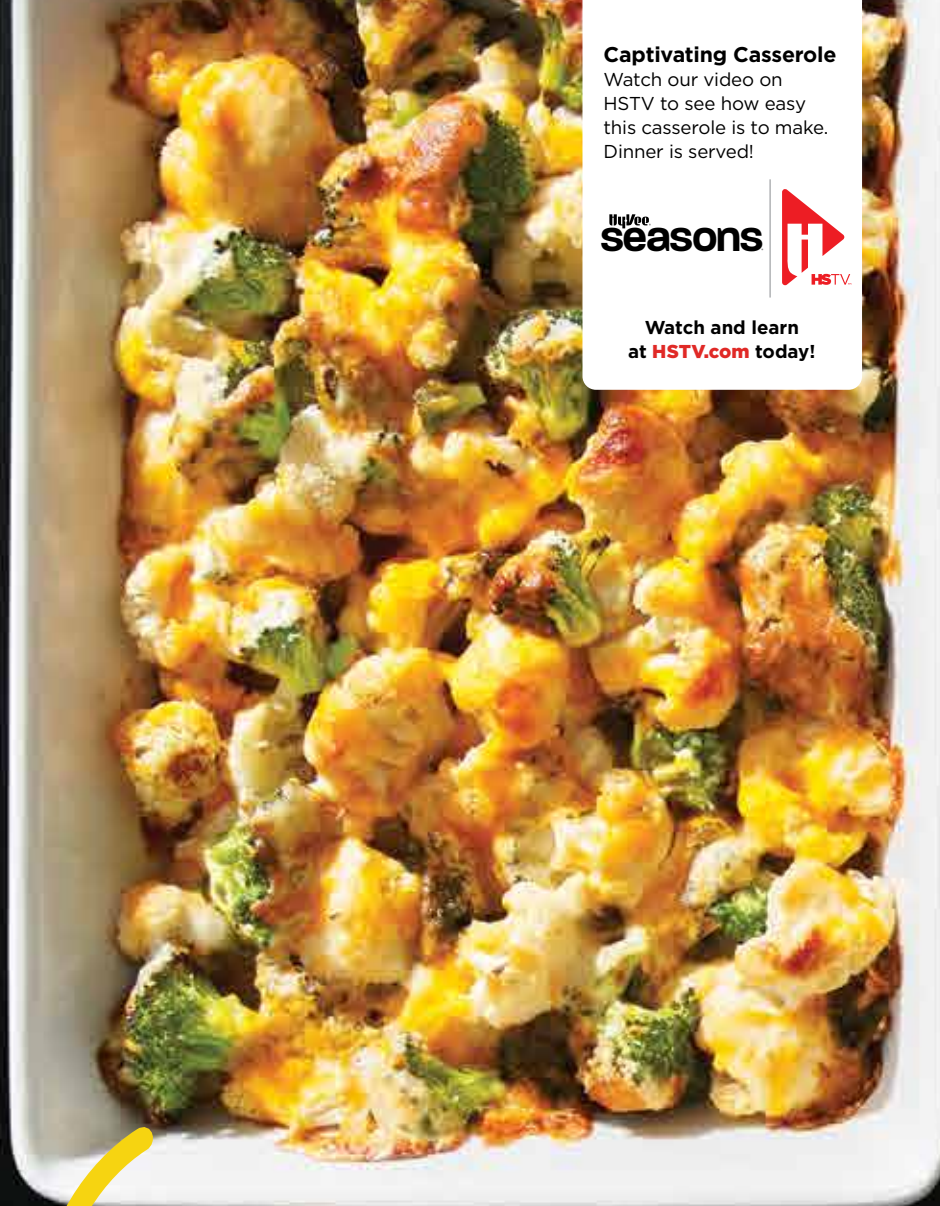
are not essential—our bodies can produce the exact amount of glucose they need through other sources, converting nonsugar molecules into sugar.

Something I noticed in the first week into going keto was the keto flu. I went to a baseball game and was in the sun and heat, and when I got home I felt just drained. It's something you have to be mindful of. I also noticed that the intensity of

my workouts was a little bit lower, because my body was accustomed to using carbs as the main fuel source. Carbohydrates are still the best fuel source for working muscle, and I don't recommend this diet to anyone looking for optimal performance.

You still want to include a plethora of low-carb fruits and vegetables, like bell peppers, leafy greens, broccoli, cauliflower and zucchini [in a keto diet]. When it comes to breakfast, the egg is kind of the all-star. Add a handful of berries on the side to hit that sweet tooth without too many carbs. It's not going to bump you out of ketosis. For lunch, look at those big, hearty salads with cheese, nuts, avocado plus tomatoes, peppers and onions, then add a protein like steak, chicken or salmon.

Staying between 20 to 50 net carbs a day is sufficient to get into nutritional ketosis. But most people don't need to be in actual nutritional ketosis to reap benefits."



Captivating Casserole
Watch our video on HSTV to see how easy this casserole is to make. Dinner is served!



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

Cauliflower-Broccoli Cheese Casserole

Hands On 15 minutes
Total Time 55 minutes
Serves 10

Hy-Vee nonstick cooking spray
1½ lb. Hy-Vee Short Cuts cauliflower florets
8 oz. Hy-Vee Short Cuts broccoli florets
1 (8-oz.) pkg. Hy-Vee plain cream cheese
1 cup Hy-Vee heavy whipping cream
1½ tsp. Hy-Vee garlic powder
½ tsp. Hy-Vee salt
½ tsp. white pepper

1 (8-oz.) pkg. Hy-Vee shredded sharp Cheddar cheese

1. PREHEAT oven to 375°F. Spray a 13×9-in. baking dish with nonstick spray; set aside.

2. CUT cauliflower and broccoli florets into large bite-size pieces. Arrange florets in prepared baking dish; set aside.

3. PLACE cream cheese in a microwave-safe bowl. Microwave on HIGH for 30 seconds or until softened. Stir in cream, garlic powder, salt and white pepper. Microwave on HIGH for

30 seconds; stir until smooth. Pour mixture over florets in dish, spreading evenly to cover. Sprinkle with Cheddar cheese. Cover dish with foil.

4. BAKE for 15 minutes. Uncover and bake for 20 to 25 minutes more or until cauliflower is fork-tender and cheese is melted and lightly browned. Cool slightly before serving.

Per serving: 280 calories, 24 g fat, 14 g saturated fat, 0.5 g trans fat, 70 mg cholesterol, 370 mg sodium, 8 g carbohydrates, 2 g fiber, 3 g sugar (0 g added sugar), 9 g protein. **Daily Values:** Vitamin D 6%, Calcium 15%, Iron 6%, Potassium 8%

BUILD AND FOLLOW A KETO PLAN

STEP 1: Decide your approach.

Standard keto is about 75% fat, 20% protein and 5% carbs.

Targeted keto allows brief periods of extra carbs for high-intensity workouts. **Cyclical keto**, used by advanced athletes, includes carb-loading days.

STEP 2: Create meal plans (see "The Keto Pyramid," right). Identify keto foods that supply nutrients you'd otherwise miss from limiting whole grains, fruits and certain vegetables.

STEP 3: Decide when to return to a nonketogenic diet. According to health experts, long-term ketosis might cause constipation, kidney stones, nutrient deficiencies and increased risk of heart disease.

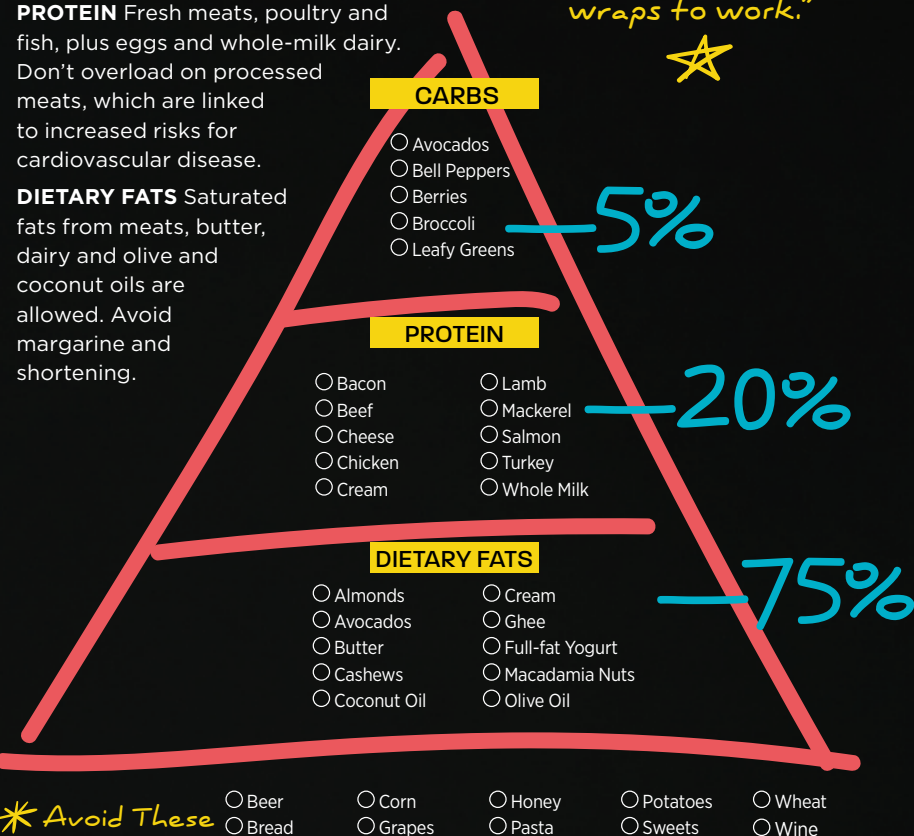
A popular keto time frame is 30 to 90 days.

THE KETO PYRAMID

CARBS Less than 50 grams/day. Can include berries and fibrous nonstarchy produce. Avoid sweets, alcohol and high-sugar fruits like apples, grapes and bananas.

PROTEIN Fresh meats, poultry and fish, plus eggs and whole-milk dairy. Don't overload on processed meats, which are linked to increased risks for cardiovascular disease.

DIETARY FATS Saturated fats from meats, butter, dairy and olive and coconut oils are allowed. Avoid margarine and shortening.



WHAT TO EXPECT: RESULTS AND SIDE EFFECTS

Studies show keto is effective for short-term weight loss. Some followers report more mental clarity, fewer cravings and improved cholesterol and glucose levels. Side effects include bad breath, digestive problems and mental fog as the body goes into ketosis, which typically takes around 72 hours and might cause "keto flu" with nausea, dizziness and upset stomach.

WHAT TO DO POST-KETO DIET

Start gradually with carbs that contain protein and fiber, such as beans and whole grain bread, to prevent stomach issues and spikes in glucose. Aim for two extra servings of carbs per day.

coffee + coconut oil + protein powder = morning fuel

KETO-BASED PRODUCTS

Find a wide variety of keto foods at Hy-Vee. Just a few:



SlimFast Keto Peanut Butter Fat Bomb



Birch Benders Keto Pancake Mix



Miracle Noodle Shirataki Noodles



Evolved Keto Cups



Swerve Sugar Replacements



Rebel Ice Cream



Full Circle Market Organic Ghee



Primal Kitchen Mayo with Avocado Oil



4505 Chicharrones Pork Rinds



Whisps Parmesan Cheese Crisps



Dang Keto Bars



Full-fat, low-carb ice cream. Indulge!

ROCKSTAR[®] ENERGY DRINK

GET ENERGIZED!



// PARTY LIKE A ROCKSTAR //



COLOR OUTSIDE THE LINES

Get your creative juices flowing with Old Orchard.



FIND YOUR FLAVOR AT OLDORCHARD.COM | [@OLDORCHARDJUICE](https://www.instagram.com/OLDORCHARDJUICE)

WHITE WINE GUIDE

Explore the much-loved styles of the whites and rosés, while learning how to pair them with specific foods and dishes. All from the Wine & Spirits experts at Hy-Vee.

SAUVIGNON BLANC



Sea Pearl
Sauvignon Blanc

Description

Light to medium body, medium-high acidity and moderate alcohol.

Flavor Profile

Bright fresh flavors of melon, citrus and green apple. Some have herbal notes.

Food Pairings

- Fish, chicken or pork
- Grilled asparagus
- Chèvre (goat) cheese

Chill

2 hours in refrigerator before opening

Last Open
2 to 4 days



Great Bottle Under \$10
Matua
Sauvignon Blanc



Great Bottle Under \$30
Whitehaven
Sauvignon Blanc

RIESLING



Yalumba Y Series
Dry Riesling

Description

A light-bodied wine—some sweet, some dry—with a strong floral aroma.

Flavor Profile

Bright & citrusy. Tastes like fruit nectar; has a crisp, clean finish.

Food Pairings

- Indian, Thai or Chinese cuisine
- Earthy flavors like mushroom sauce

Chill

20 minutes in refrigerator before opening

Last Open
5 to 7 days



Great Bottle Under \$10
Kung Fu Girl
Riesling



Great Bottle Under \$30
A to Z
Oregon
Riesling

CHARDONNAY



Cupcake Butterkissed
Chardonnay

Description

Dry medium- to full-bodied wine; smooth & creamy mouthfeel with a crisp finish.

Flavor Profile

Unoaked has floral and citrus flavors; oaked has vanilla and caramel notes.

Food Pairings

- Unoaked—crab cakes and risotto
- Oaked—pizza & Parmesan chicken

Chill

2 hours in refrigerator before opening

Last Open
5 to 7 days



Great Bottle Under \$10
Josh
Chardonnay



Great Bottle Under \$30
Rombauer
Chardonnay

SPARKLING



Chandon Brut

Description

Dry and zesty wines made with nonaromatic grapes like Chardonnay.

Flavor Profile

Apple and pear flavors, accented by citrus spice and nutty caramel notes.

Serve with

- Caesar salad
- Fried chicken
- Crab cakes
- Brie cheese

Chill

2 hours in refrigerator before opening

Last Open
3 to 5 days



Great Bottle Under \$10
Freixenet
Spumante



Great Bottle Under \$30
Roederer
Estate Brut

WINE GLASS 101

Choose the proper shape and design to give you the best-tasting experience.



All-Purpose Glass

A short tulip glass has plenty of room in the bowl to swirl wine and sniff the aromas concentrated around the rim of the glass.

Good for: Most white wines



Riesling

The slightly curved lip of this glass directs the flow of wine to the tip of your tongue, the area where perception of sweetness is greatest.

Good for: Soft, crisp whites and rosés



Chardonnay

A wide bowl and tapered rim result in even, flavorful sips that balance earthy and fruity notes on the sides and tip of your tongue.

Good for: Chardonnay



Flute

This slim, narrow glass preserves wine bubbles and directs them up the glass.

Good for: Sparkling wines

COOKING WITH WHITE WINE

Choose a style of wine that complements the ingredients and cooking method.



1. Meat and Seafood

Choose a dry, crisp white wine with high acidity to intensify flavor. Pinot Grigio, Sauvignon Blanc, unoaked Chardonnay and dry sparkling wines lend a nice punch and become an integrated part of the dish, adding mouthwatering complexity. Avoid rich, oaky whites—which tend to become bitter during cooking—or sweet whites, which may add unwanted sweetness.



2. Companion Ingredients

Sometimes it's better to choose a wine that will help highlight ingredients that accompany the meat or seafood. It could be cooking sauces or relishes or specific ingredients such as mushrooms, spices or herbs that have a special affinity with a particular wine. An intensely flavored unoaked Chardonnay brightens a cream sauce. A crisp, dry white cuts through the richness of shrimp. And veggies taste amazing when the pan is deglazed with a splash of Sauvignon Blanc.



3. Cooking Methods

Oaky whites pair well with grilled meats because both contain smoky notes. Dry whites are a good match for caramelized oven-roasted veggies. The effervescence of sparkling wine is an ideal match with fried seafood. A sweetly aromatic Gewürztraminer elevates herbed pork or halibut.

ROSE



Apothic Rosé

Description
Made from red grapes but fermented in less time for pink hue and lighter flavor.

Flavor Profile
Fruity rosés have strawberry, cherry, citrus and watermelon notes.

Food Pairings
• Ham, chicken or roast beef
• Burgers & hot dogs
• Picnic fare

Chill
1 hour in refrigerator before opening
Last Open
5 to 7 days



Great Bottle Under \$10
Cupcake Rosé



Great Bottle Under \$30
Fleur de Mer Rosé

PINOT GRIGIO



Ecco Domani Pinot Grigio

Description
A crisp light-to-medium-bodied wine with moderate acidity.

Flavor Profile
Mild flavor reminiscent of peach, citrus or ripe apple and pear.

Food Pairings
• Seafood and poultry
• Mediterranean dishes
• Picnic fare

Chill
2 hours in refrigerator before opening
Last Open
5 to 7 days



Great Bottle Under \$10
Dark Horse Pinot Grigio



Great Bottle Under \$30
Santa Margherita Pinot Grigio

MOSCATO



Luccio Moscato D'Asti

Description
Has light body, low acidity and a touch of sweetness.

Flavor Profile:
Fruit-filled flavors that range from pear and apple to orange, lime and peach.

Serve with:
• Fruit tarts
• Fresh berries
• Biscotti & lemon-poppy seed cakes

Chill:
30 to 40 minutes before opening
Last Open:
2 to 5 days



Great Bottle Under \$10
Stella Rosa Moscato D'Asti



Great Bottle Under \$30
Marco Negri Moscato D'Asti

GEWÜRZTRAMINER



Chateau Ste. Michelle Gewürztraminer

Description
Similar to Moscato with higher alcohol content; full-bodied with complex aromas.

Flavor Profile
Fresh and vibrant with fruit and spice notes; has light sweetness for balance.

Food Pairings
• Moroccan chicken tagine or Korean BBQ chicken wings
• Muenster cheese

Chill
Overnight before opening
Last Open
3 to 5 days



Great Bottle Under \$10
Starling Castle Gewürztraminer



Great Bottle Under \$10
Fetzer Gewürztraminer

Pours + Pairings

Here are several wine and food pairings to serve at your next party. The best part is none of them require too much time in the kitchen.

BOLD & DRY



Butter Chardonnay



Soirée Gruyère Cheese



Hazelnuts



Ghost Pines Chardonnay



BelGioioso Fontina Cheese



Apple, Pear, Peach or Mango

LIGHT & DRY



Nautilus Sauvignon Blanc



Montchevre Goat Cheese



Delallo Sweet n' Tangy Pepper Drops



Vollereaux Brut Reserve



Saint Angel Triple Crème Brie



Pear

SWEET TO SEMI



Chateau Ste. Michelle Riesling



Maytag Blue Cheese



Red Grapes



Brooks Amycas White Blend



Prairie Breeze Aged White Cheddar Cheese



Spicy Chicken Wings

TO LEARN MORE about your favorite wines and glass styles, visit Hy-Vee.com/Wine-Guide

STACK THE SNACKS



Nabisco Party Size Chips Ahoy!, Oreo or Ritz select varieties 23.7 to 27.4 oz. 4.48

food chart

KITCHEN CHEAT SHEET

Measuring accurately is the first step to successful cooking. Refer to this helpful chart for guidance.

measure equivalents

LIQUID					DRY	
CUPS	FLUID OZ.	TBSP.	TSP.	ML	OUNCES	GRAMS
1 cup	8 fl. oz.	16 Tbsp.	48 tsp.	237 ml	16 oz. (1 lb.)	454 g
¾ cup	6 fl. oz.	12 Tbsp.	36 tsp.	177 ml	12 oz.	342 g
⅔ cup	5 fl. oz.	10 Tbsp.	32 tsp.	158 ml	10 oz.	285 g
½ cup	4 fl. oz.	8 Tbsp.	24 tsp.	118 ml	8 oz. (½ lb.)	227 g
⅓ cup	3 fl. oz.	5 Tbsp.	16 tsp.	79 ml	6 oz.	170 g
¼ cup	2 fl. oz.	4 Tbsp.	12 tsp.	59 ml	4 oz. (¼ lb.)	113 g
⅛ cup	1 fl. oz.	2 Tbsp.	6 tsp.	30 ml	2 oz.	57 g
⅙ cup	.5 fl. oz.	1 Tbsp.	3 tsp.	15 ml	1 oz.	28 g

COMMON INGREDIENT WEIGHTS

all-purpose flour	1 cup	5 oz.	142 g	butter	1 cup	9 oz.	250 g
granulated sugar	1 cup	9 oz.	250 g	grated cheese	1 cup	4 oz.	113 g
packed brown sugar	1 cup	6½ oz.	185 g				

1 GALLON

4 qt.
8 pt.
16 cups
128 fl. oz.
3.8 L

1 QUART

2 pt.
4 cups
32 fl. oz.
950 ml

1 PINT

2 cups
16 fl. oz.
480 ml

1 CUP

16 Tbsp.
8 fl. oz.
240 ml

1 TBSP.

3 tsp.
½ fl. oz.
15 ml

safe minimum internal temperatures

Beef 145°F
Poultry 165°F
Ground Meats 160°F

Ham (fully cooked) 140°F
Pork 145°F
Casseroles 165°F



30
minutes
or less

Mixed-Fruit Sheet-Pan Pancakes

Hands On 15 minutes
Total Time 30 minutes
Serves 12

Hy-Vee nonstick cooking spray
14 Hy-Vee cinnamon graham
crackers
4 cups Hy-Vee buttermilk complete
pancake and waffle mix
2½ cups water
1 tsp. Hy-Vee vanilla extract
½ tsp. Hy-Vee ground nutmeg
1 cup fresh blueberries, divided
2 cups chopped fresh
strawberries, divided
3 peaches, pitted and sliced; divided
¼ cup Hy-Vee original pancake &
waffle syrup, plus additional
for serving
Hy-Vee powdered sugar, for garnish
Hy-Vee ground cinnamon,
for garnish
Hy-Vee unsalted butter, for serving

1. PREHEAT oven to 400°F. Spray a
15×10×1-in. baking pan with cooking
spray. Line bottom of pan with
graham crackers; set aside.

2. WHISK together pancake mix,
water, vanilla and nutmeg. Pour batter
over graham crackers. Sprinkle with
½ cup blueberries, 1 cup chopped
strawberries and 1½ sliced peaches.
Drizzle batter with pancake syrup.

3. BAKE 13 to 15 minutes or until
golden brown; cool slightly. Top with
remaining fruit; sprinkle with powdered
sugar and cinnamon, if desired. Serve
with additional syrup and butter.

Per serving: 230 calories, 3 g fat,
0 g saturated fat, 0 g trans fat,
10 mg cholesterol, 450 mg sodium,
47 g carbohydrates, 2 g fiber, 17 g sugar
(5 g added sugar), 5 g protein.
Daily Values: Vitamin D 0%, Calcium 8%,
Iron 10%, Potassium 4%



MAKE IT FAST
*Baking on a sheet
pan means pancakes
for a crowd without
standing over the
stove. Mix lemon zest
into batter, if desired.*

**ADD THESE DELICIOUS MEALS TO YOUR
MORNING ROUTINE FOR ALL-DAY ENERGY.**



MAKE IT FAST
*A short ingredient list
and already-cooked
sausage make this
breakfast quick. Try
chopped ham for the
sausage crumbles.*

20
minutes
or less

Sausage-Egg Burritos

Total Time 15 minutes
Serves 4

6 Hy-Vee large eggs
¼ cup Hy-Vee 2% reduced-fat milk
Hy-Vee salt and black pepper,
to taste
1 Tbsp. Hy-Vee salted butter
1 cup refrigerated fully cooked
pork sausage crumbles
4 (9-in.) Hy-Vee flour
tortillas, warmed

½ cup Hy-Vee shredded sharp
Cheddar cheese
1 avocado, seeded, peeled and sliced
½ cup chopped tomato
Hy-Vee salsa, for serving

1. WHISK together eggs, milk, salt and
pepper in a medium bowl.

2. HEAT butter in a large nonstick skillet
over medium heat until hot. Add egg
mixture. As eggs begin to set, gently
pull eggs across the pan with a spatula,
forming large soft curds. Continue
cooking, lifting and folding eggs until
thickened and no visible liquid egg

remains. Remove from heat. Transfer
eggs to a plate. Add sausage crumbles
to skillet; heat through.

3. TO ASSEMBLE, spoon egg mixture
into center of each tortilla, dividing
evenly. Top each with ¼ cup sausage
crumbles, 2 Tbsp. cheese, avocado slices,
and 2 Tbsp. tomato. Fold in sides of
tortillas, then roll up burrito-style. Serve
with salsa.

Per serving: 550 calories, 35 g fat,
12 g saturated fat, 0 g trans fat,
320 mg cholesterol, 670 mg sodium,
37 g carbohydrates, 4 g fiber, 4 g sugar
(0 g added sugar), 23 g protein.
Daily Values: Vitamin D 10%, Calcium 15%,
Iron 10%, Potassium 10%



MAKE IT AHEAD

Cook potatoes, ham & tomatoes on baking sheet, then cool and refrigerate. Later, cook eggs in skillet, reheat potato mixture and assemble with egg and cheese.

Strawberry Açaí Bowls

Place $\frac{3}{4}$ cup water in a microwave-safe bowl. Microwave on HIGH for 2 minutes or until hot. Stir in $\frac{3}{4}$ cup Hy-Vee quick oats. Let stand for 2 minutes. Combine oat mixture; 2 cups Hy-Vee frozen unsweetened sliced strawberries; 2 (3.5-oz.) packets frozen açai concentrate, slightly thawed; 2 Tbsp. cashew butter; $\frac{3}{4}$ cup original oat milk; and Hy-Vee salt to taste in a blender. Cover and blend until smooth. Divide among 4 (10-oz.) bowls. Top with sliced fresh strawberries, fresh raspberries, fresh mango chunks, toasted coconut flakes, chia seeds, Hy-Vee honey and/or fresh mint. Serves 4.

30
minutes
or less

Farmer Breakfast Bowls

Total Time 30 minutes
Serves 4

3 cups Hy-Vee frozen potatoes O'Brien
1 lb. boneless cooked ham, chopped
1 Tbsp. Hy-Vee unsalted butter, melted
1 tsp. Hy-Vee black pepper
1 cup cherry tomatoes, halved
2 tsp. Hy-Vee canola oil
4 Hy-Vee large eggs
1 cup Hy-Vee shredded sharp Cheddar cheese
1 avocado, seeded, peeled and sliced
Hy-Vee hot thick & chunky salsa, for serving

1. PREHEAT oven to 450°F. Combine potatoes and ham in a large bowl. Drizzle with melted butter and pepper; toss to coat. Spread evenly on a 10×15-in. baking sheet. Bake for 20 minutes or until potatoes are fork-tender, stirring halfway through. Remove from oven and stir in tomatoes; cool slightly.

2. WHILE potatoes are cooking, heat canola oil in a large skillet over medium-low to medium heat. Add eggs to oil and reduce heat to low. Cook eggs for 3 to 4 minutes or until whites are completely set and yolks begin to thicken.

3. DIVIDE potato mixture among 4 serving bowls. Top each with cheese, sliced avocado and egg. Serve with salsa, if desired.

Per serving: 570 calories, 31 g fat, 10 g saturated fat, 0 g trans fat, 280 mg cholesterol, 1,710 mg sodium, 39 g carbohydrates, 7 g fiber, 4 g sugar (0 g added sugar), 33 g protein. Daily Values: Vitamin D 6%, Calcium 20%, Iron 10%, Potassium 15%

MAKE IT FAST

Microwave-cooking quick oats speeds prep. Swap fresh blueberries for fresh strawberries, if desired.

GOOD VEGGIE SUBSTITUTIONS
FOR THE FAJITA MIX:
HY-VEE SHORT CUTS BELL PEPPERS
OR LEFTOVER COOKED VEGGIES.



MAKE IT TO GO

Freeze baked bacon-and-egg cups up to one month. Reheat one at a time in microwave 1 to 2 minutes.

Bacon-and-Egg Hash Brown Cups

Hands On 15 minutes
Total Time 40 minutes
Serves 12

12 slices Hy-Vee double-smoked thick-sliced bacon, halved crosswise
1 Tbsp. That's Smart! vegetable oil
3 cups frozen That's Smart! shredded hash browns

12 oz. Hy-Vee Short Cuts fajita vegetables, chopped
5 That's Smart! large eggs
That's Smart! salt and black pepper, to taste
1 cup shredded Hy-Vee pepper Jack cheese
Finely chopped chives, for garnish

1. PREHEAT oven to 375°F. Cross 2 pieces of bacon and place in each muffin cup, extending edges over muffin cups. Bake for 12 to 15 minutes or until bacon is crisp. Remove from

oven. Dab cups with paper towels to remove excess fat.

2. MEANWHILE, heat oil in large skillet over medium-high heat. Add frozen hash browns and fajita vegetables. Cook for 5 to 7 minutes or until potatoes begin to brown and vegetables are softened, stirring occasionally. Set aside.

3. LIGHTLY BEAT eggs in a medium bowl. Season with salt and black pepper.

4. TOP bacon in muffin cups with hash brown mixture. Spoon egg mixture into each cup, filling three-fourths full. Bake for 12 to 14 minutes or until eggs are almost set. Remove from oven and sprinkle with cheese. Bake for 2 to 3 minutes more or until cheese is melted and eggs are set. Garnish with chives, if desired.

Per serving: 150 calories, 9 g fat, 3.5 g saturated fat, 0 g trans fat, 95 mg cholesterol, 230 mg sodium, 9 g carbohydrates, 1 g fiber, 1 g sugar (0 g added sugar), 9 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 4%

Quick & Easy Breakfast

An out-of-the box method for a simple morning meal. See how it's done on HSTV.

Hy-Vee
seasons



Watch and learn
at HSTV.com today!

Breakfast is
hot again and it
wants you back.



Ore-Ida Just Crack An Egg select varieties 2.25 or 3 oz. 2/4.00



Find it in the
EGG AISLE

TAKE BREAKFAST BACK WITH HEARTY ORE-IDA POTATOES, DICED VEGGIES, SHREDDED CHEESE AND DELICIOUS MEAT IN A FLUFFY SCRAMBLE IN LESS THAN TWO MINUTES.

life

Read up on the keys to longevity, tips for restful sleep and how to deck out a dorm.

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BACK TO COLLEGE

WHETHER YOUR COLLEGE-BOUND STUDENT IS HEADING TO A DORM ROOM OR AN APARTMENT THIS FALL, THEY'LL NEED SETTING-UP-HOUSE PRODUCTS, FROM KITCHEN AND BATH ITEMS TO OFFICE AND CLEANING SUPPLIES. PICK THEM UP AT HY-VEE!

make the move

Talk to your teen about what they need for the semester, have them check with their roommate about what they will bring, and take inventory of what's already at home that can be part of the mix. Then shop the Hy-Vee aisles for necessities.



PHOTO: Betto Rodrigues/Shutterstock (car)



Toastmaster 12-Cup Coffee Maker



Brita Soho Water Pitcher



Buddies 18.4-oz. mugs



Sistema To Go containers



Bialetti 10-in. Sauté Pan, Good Cooks Spatula

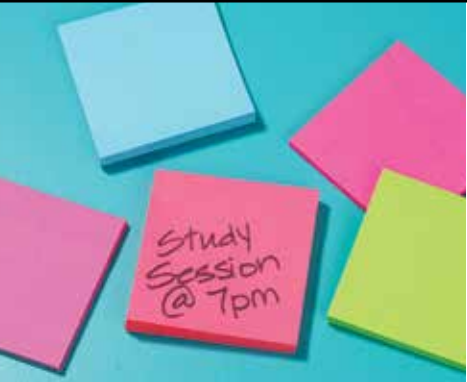


U Brands PINIT dry-erase board
A magnetic white board and a cork strip put reminders and other notes at eye level.

DCWV Letter Board
Die-cut letters spell fabulous thoughts for the day. Includes 12x12-in. framed magnetic board and 188 letters.

Assorted mugs
Hy-Vee carries a wide assortment of expressive mugs to hold pens and pencils (or coffee, of course).

READY, SET, STUDY



Post-it Notes



CRA-Z-Art No. 2 wood pencils



Merangue Shopping Lists



Toastmaster Electric Kettle
Brings water to boil for tea or coffee right on the countertop

Toastmaster Electric Egg Cooker
Cooks seven eggs at once; automatic shutoff.

Toastmaster 1.5-Qt. Slow Cooker
Cooks small meals and reheats leftovers. Brushed stainless-steel exterior and removable ceramic insert.

Toastmaster Air Fryer Compact (1.5-liter)
Fryer uses no oil and convection heat to cook foods crisp.

Libbey Reno Tumbler Glasses
Stylish patterned 16-oz. glasses look good with any type of tableware.

Toastmaster 2-Slice Toaster
Extra-wide slots get bagels toasty brown.

KOZY KITCHEN



Bialetti 10-in. Sauté Pan
Nonstick ceramic interior cooks omelets and pancakes evenly and cleanly with only a small amount of butter or oil.

Keurig Classic K-Mini
At 5 in. wide, it fits small spaces. Brews 6 to 12 oz. of irresistible coffee in minutes for late-night studying.



for him

KEEP IT FRESH BATH BASICS

for her

FOR HIM: Old Spice High Shine Pomade Provides medium hold for a smooth, clean-cut look. **Just for Men The Best Beard Balm** Ever Soothing styling balm with aloe, oatmeal, chamomile and jojoba oil. **Van der**

Hagen Self Heating Shave Cream Adds heat, opens pores and softens facial hair for a close, smooth shave. **Axe Sport Blast 2 in 1 Shower Gel and Shampoo** Energizing gel cleanses and refreshes. **Olivina Men**

Bourbon Cedar Deodorant Aluminium-free means it's easy on skin; won't stain clothes. **Neutrogena Body Clear Body Wash** Contains salicylic acid to help prevent breakouts.

FOR HER: Tampax Pocket Pearl Tampons offer comfort. **Glee Summer Lily Shave Mousse** Depilatory lasts up to 7 days. **Joy The Pink One Razor** Five blades for a comfy shave. **L'Oréal Elvive Dream Lengths Shampoo & Conditioner** Repairs damage.

Secret Active Fresh Deodorant Provides excellent protection. **Cutex Nourishing Nail Polish Remover** Botanical oils promote healthy nails. **Love Beauty and Planet Murumuru Butter & Rose Deodorant** Made with Bulgarian rose extract. **Neutrogena**

Hydro Boost Cleansing Gel Has hyaluronic acid. **Biore Charcoal Cleanser** Good for oily skin. **Everyone Lotion** Soothes and softens. **Göt 2b Spiked-Up Styling Gel** Provides lasting hold. **Clean & Clear Watermelon Gel** Moisturizes without shine. **Basin Bath Salts**

Epsom salts soothe. **Razz Net Bath Sponge** Gently exfoliates. **Garnier Skin Active Micellar Cleansing Water** Hydrates while removing makeup. **Göt 2b Glued Blasting Freeze Spray** Keeps a style in place. **Clean & Clear Lemon Exfoliating Slices** Contains

vitamin C. **Dove Pomegranate Seeds & Shea Butter Exfoliating Body Polish** Nourishes and exfoliates. **Basin Body Butter** Softens and smooths. **Burt's Bees Micellar Cleansing Towelettes** Removes makeup and hydrates skin.



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every occasion**

ingredients you can see & pronounce®



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select varieties
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HY-VEE HIGHLIGHTS

on the hunt

Fill your cart with Hy-Vee brands that run the gamut from globally inspired sauces and snacks to value-priced foods with the same quality as leading national brands. Take the tour and savor the savings from these labels you can trust.



TOUR THE LABELS

Hy-Vee stays on the hunt with food suppliers throughout the Midwest and across the globe to fill aisles with products that are in demand, on-trend and price-conscious. Look for these Hy-Vee highlights.



Crav'n Flavor

Products Dozens of varieties of frozen pizzas and appetizers
Use Pop in the oven until bubbly for dinner or as hot appetizers for a crowd
Quality Hearty meats and cheeses; flavorful veggies and familiar favorites ready-to-heat



Culinary Tours

Products Condiments, crackers, pasta and desserts plus frozen entrées, appetizers and sides, inspired by cultural cuisines
Use Experiment with global flavors that are carefully selected by Hy-Vee
Quality Exotic and delicious rice, grains, spices, spreads, cheeses, oils & other ingredients



It's Your Churn

Products This isn't your everyday ice cream—it's ice cream you'll want to eat every day. Offered in 24 premium trending and seasonal flavors
Use Great for sundaes, shakes and more
Quality Creamy and deliciously decadent with memorable flavor combinations



Paws Happy Life

Products Dry, canned and pouch foods plus treats, toys, litter, grooming products and accessories for dogs and cats
Use Puppy, kitten and adult pet formulas
Quality Balanced, nutritionally complete foods in a variety of flavors; wide range of accessories for complete care



TopCare

Products Vitamins, over-the-counter drugs, first-aid products, health & beauty care
Use Treat colds, flu, allergies, pain, fever, insect bites and much more
Quality Laboratory-tested to ensure highest quality; affordable products as effective as national name brands



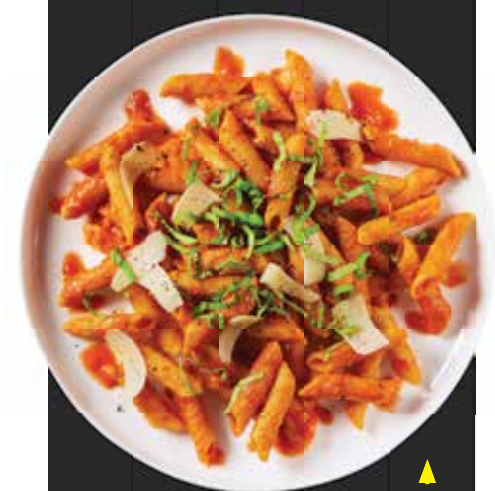
Wide Awake Coffee Co.

Products Ground, whole bean and single-serve brews in a variety of mild, medium and dark roasts
Use Choose from Espresso, Hazelnut, French Vanilla, Donut Shop, Seattle Style and more
Quality Small-batch roasting of 100% arabica beans to provide fresh, robust flavor



Gustare Vita

Superb sauces, pastas, vinegars, oils, Italian sodas, canned tomatoes and baked products direct from Italy offer authentic flavors. Exclusive to Hy-Vee.



Penne alla Vodka Pasta

Add 8 oz. **Gustare Vita organic Penne Rigate pasta** to a large pot of salted boiling water; stir and return to boiling. Cook 10 to 12 minutes or until pasta is al dente (cooked, but firm to the bite); drain. Return pasta to pan. Stir in 1 (17.6-oz.) jar **Gustare Vita Vodka Pasta Sauce**. Heat mixture through. Serve topped with a drizzle of **Gustare Vita garlic-flavored oil**, shaved Parmesan cheese, shredded fresh basil and Hy-Vee ground black pepper. Serves 4.

order

10 PANTRY ORGANIZATION TIPS

A well-ordered pantry or cabinet makes it easier to keep food fresh and accessible. Find these storage containers and more at Hy-Vee.

A well-organized pantry invites creative cooking, minimizes waste and maximizes space. The first steps are to clean out shelves and pitch foods with outdated expiration dates. The following suggestions are intended to assist as you sort, order and stock a space designated as a pantry in your home.

1. **Tier foods.** Place tall items at the back, medium-height ones in the middle and shorter ones at front. Store less-frequently used foods at the back. Set a slim storage tray or riser shelf inside the pantry or cabinet to put food labels at easily visible levels—especially helpful with canned goods, spices and jarred condiments.

2. **PUT SNACKS IN BINS OR BASKETS AT THE FRONT OF THE SHELVES OR ON BOTTOM SHELVES FOR EASY ACCESS.**

3. **Label and date containers,** such as these **Sterilite Deep Clip Storage Boxes**, to see what's available, and include expiration dates. Clasps on handles lock lids in place to keep food fresh. Also try glass containers with labels, which can be easily updated.

4. **Use hooks** to hang oven mitts and kitchen towels, saving kitchen drawer space for other items.

5. **Set large, heavy items on bottom shelves or on the floor,** a convenient spot for bottled water or canned drinks, bulk pet food and a small step stool.

GET IT AT HY-VEE!
OXO SOFTWORKS POP CONTAINERS
These tight-sealing containers keep dry foods fresh.

GET IT AT HY-VEE!
STORAGE TRAYS
Sterilite slim and mini storage trays corral condiments.

GET IT AT HY-VEE!
STERILITE DEEP CLIP STORAGE BOX
Tight-clasping latches hold lids securely; clear base allows view of contents.

Stow large appliances like slow cookers or pressure cookers in the pantry to save room in kitchen cabinets.

6. **Transfer dry staples**—flour, cereals, rice, dry spaghetti, beans—to containers and label with dates of purchase. Clear, airtight glass or plastic canisters and jars are less bulky than original boxes and packages, keep foods fresh, give the pantry a neat appearance, and make contents visible.

7. **Vary container heights, sizes and shapes** to leverage vertical space and modular stacking. Short, broad stackable plastic containers with lids work well for nuts, tea bags, cocoa or bread crumbs. Medium or tall, slim containers can hold dried pasta or fruits, sugar and protein powders.

8. **Group items according to use:** cooking oils in one spot; coffee, tea, filters and sweeteners in another; flour, sugar, baking soda, baking powder and cake and frosting mixes in another area. Group canned tomatoes, pasta and tomato paste, for example, if you cook spaghetti every week.

9. **FIRST IN, FIRST OUT:** PLACE FRESHER FOOD ITEMS BEHIND OLDER ONES AND USE OLDER ONES FIRST.

10. **Store** onions, garlic bulbs, potatoes and other root vegetables in woven bins that allow air circulation, such as Simplify Medium Woven-Strap Totes. (Store onions and potatoes separately; both release gases that cause the other to spoil.)

pro tip: STORAGE SMARTS



When organizing your pantry, consider using transparent containers for items such as pasta, rice, grains and flours. Get creative and use storage solutions such as shower caddies, a lazy Susan or even a shoe organizer. Embrace valuable spaces like the back of a door or empty wall areas."

—Megan Darland
Category Manager-General Merchandise
Hy-Vee





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HY-VEE & DSW

Stylish. Trendy. And great prices to boot! Or shoe. Or sandal. Or sneaker ... well, you get the picture. Hy-Vee is now partnering with DSW Designer Shoe Warehouse to offer a top-flight selection of quality footwear at a great value. DSW is one of the largest designers, producers and retailers of footwear and accessories in North America, so there will be a wide assortment of men's, women's and children's styles and sizes available at Hy-Vee in store and online.

"Quality footwear and accessories will always serve as a top need for the American consumer, which is why we've made these solutions available to our shoppers," says Hy-Vee Chairman, CEO and President Randy Edeker. "Hy-Vee's goal is to provide its customers the very best in all lifestyle categories in a convenient and easy-to-shop format, and we're proud to partner with a company that shares the same vision."



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Athletic shoes and sneakers, sandals, pumps and heels, flats, boots and booties



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Premium athletic and casual footwear with iconic designs and durable materials.

Products may vary by store.

1

BRUSH & FLOSS Maintaining those pearly whites may be key to the fountain of youth. Daily brushing and flossing reduce the harmful bacteria that enter the body through the mouth and cause digestive or respiratory ailments. A study in the *Journal of Aging Research* found that not flossing may increase risk of mortality by 30 percent.

2

hit the hay Poor sleep is linked to multiple conditions, including obesity, diabetes and immune deficiency. Skimping on sleep may also adversely affect skin health and aging. In a 2014 study in *Clinical and Experimental Dermatology*, researchers found that women who slept five hours or fewer per night showed greater signs of skin aging, including fine lines and reduced elasticity, than women who slept more than five hours.

3

avoid tobacco Cigarette smoking causes more than 480,000 deaths per year, including 90 percent of all lung cancer deaths. The more than 4,000 chemicals in tobacco smoke damage skin protein and fibers, leading to premature wrinkles and sagging. If you or someone you know needs help quitting, visit hy-vee.com/my-pharmacy/services/quit-for-good.

HyVee
QUIT FOR GOOD
SMOKING CESSATION PROGRAM

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TIPS FOR ANTI-AGING

4

maintain skin care Opt for products that contain retinol. Retinoids increase collagen production and stimulate blood vessels in the skin to boost elasticity and color while reducing wrinkles. Patience and consistency are important. Noticeable results may take 3 to 6 months of regular use.

5

exercise often The body gradually loses muscle with age. Regular exercise maintains muscle mass and energy levels, reduces the risk of all-cause mortality and promotes skin health. Research from McMaster University suggests that those over the age of 40 who are physically active have healthier skin than those who do not exercise. Aim for 150 minutes of moderate-intensity aerobic exercise a week and perform muscle strengthening activities twice a week.

6

GET SOCIAL Maintaining positive relationships with friends, family and the community may result in a longer, happier and healthier life. Schedule regular coffees or lunch dates with relatives or call old friends for conversations.

7

stay calm to carry on Chronic stress and cortisol, a hormone brought about by stress, adversely affect DNA and may speed up the aging process. Chronic stress and anxiety have been shown to significantly increase the risk for all-cause mortality. Several tips on this list help manage stress, including regular exercise, sleep and a healthful diet. Other ideas for unwinding include volunteering, reading and deep breathing.

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8

wear sunscreen Ultraviolet (UV) rays from the sun or tanning beds cause premature skin aging and may lead to wrinkles, liver spots and leathery skin. Protect skin with sunscreen that has an SPF of 15 or 30. When used correctly, sunscreen reduces sun damage and prevents sagging skin and wrinkles caused by UV rays.

9

challenge your mind Take on mental challenges to spur creativity and stimulate the brain. A new hobby or pursuit that makes your wheels turn helps preserve memory and reasoning. Try your hand at learning a second language, playing an instrument or fixing things around the house.

10

eat well

There's a reason your mom said to eat your fruits and veggies. High consumption of fruits and vegetables is associated with lower risk for all-cause mortality, lower blood pressure and reduced risk of heart disease and stroke. Produce provides antioxidants, which help maintain skin, eye and hair health. Anthocyanins, a type of antioxidant in berries, have been associated with reduced risks for Alzheimer's disease.

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*List of organisms by product: Windex Disinfectant Cleaner: Rhinovirus Type 37 (common cold), Influenza A2/Hong Kong (Influenza) (H3N2) (Flu) (virus), Influenza B, fantastik Disinfectant Multi-Purpose Cleaner, Scrubbing Bubbles Disinfectant Bathroom Grime Fighter, Scrubbing Bubbles Bathroom Disinfectant Mega Shower Foamer, Scrubbing Bubbles Bathroom Disinfectant Bathroom Grime Fighter: Influenza A (H1N1) Virus, Respiratory Syncytial Virus (RSV), Rotavirus

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life chart

PERSONAL HYGIENE

Does your personal care routine cover all the bases? Go the extra mile to maintain individual cleanliness so you look and feel your best.



SKIN CARE

☐ **FACE**

Wash your face in the morning, at night and after sweating. Use lukewarm water and apply a gentle, nonabrasive, alcohol-free cleanser. Rinse and pat dry with a soft towel.

☐ **BODY**

Shower at least 2 to 3 times a week, more if you exercise or sweat heavily. Apply soap or a moisturizing body wash from top (shoulders/neck) to bottom (feet) and rinse. Remember under arms, around legs and between toes.

☐ **MOISTURIZE**

Pat skin dry with a soft towel. Apply lotion or moisturizer within 2 to 3 minutes for soft skin.



ORAL HEALTH

☐ **BRUSH**

Eliminate bacteria and prevent cavities by brushing your teeth twice a day with a soft-bristled brush and fluoride toothpaste. Brush in a circular pattern with shallow back-and-forth motions. Get a new brush every 3 months or when bristles fray.

☐ **FLOSS**

Some bacteria hide between teeth or under the gumline. Unspool about 18 inches of floss and gently pull it between each tooth.

☐ **SEE THE DENTIST**

Schedule a yearly checkup and dental cleaning to monitor or prevent adverse oral conditions.



HANDS AND NAILS

☐ **WASH HANDS**

Wet hands with warm water and scrub with soap for 20 seconds. Rinse and dry. Wash your hands before eating and after using the bathroom, coughing, sneezing, or touching garbage. Proper handwashing is critical to halt the spread of germs that may cause infection.

☐ **FINGERNAILS**

Soak nails in lukewarm water to soften them. Use nail clippers to trim straight across. Gently round edges and use a file to smooth outer corners.

☐ **TOENAILS**

Cut toenails straight across with nail clippers to reduce possibilities of ingrown toenails.



HAIR CARE

☐ **SHAMPOO**

In general, clean hair with shampoo every 2 to 3 days. Gently massage shampoo into hair and scalp to remove excess oil, dirt and dead skin cells. Frequency of shampooing varies by person, activity and more.

☐ **CONDITION**

For those with long locks, consider conditioner to smooth hair for brushing. After rinsing shampoo, apply conditioner as recommended on the bottle, leave in for a few minutes, then rinse thoroughly.

☐ **COMB**

Use a brush or wide-tooth comb on wet hair to reduce tangles.



SHAVING

☐ **PREP SKIN**

Before shaving, wet hair and skin to soften. Shaving right after a shower, while skin is warm, moist and free of excess oil is ideal.

☐ **SHAVE**

Apply cream or gel, then shave in the direction of hair growth. Rinse razor after each pass. Wash off leftover cream, then pat skin dry.

☐ **RAZOR CARE**

Store razors in a dry area. Razors left in the shower or near a wet sink have a greater chance of developing bacteria. Change blades or use a new razor after 5 to 7 shaves.

CART FULL OF CLEAN
Need a new toothbrush or razor? Hy-Vee is a one-stop shop for personal hygiene items. From shampoo and conditioner to face wash and moisturizer, Hy-Vee has plenty of products to keep you prim and proper.



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FRIENDLY.**



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health

Learn why (and how) to improve your mobility, along with tips to fight acne and improve your diet. Then, see how to take advantage of the Hy-Vee Pharmacy.

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- 100** SNOOZEFEST
- 104** FOODS THAT IMPROVE EYE HEALTH
- 108** FIGHTING ACNE FOR ALL AGES
- 113** DIETITIAN Q&A: PILE ON THE PRODUCE
- 117** PHARMACY: FIGHT THE FLU
- 118** HOW TO CHOOSE A PHARMACIST



ON
THE

MO

VE

Joint Effort

Mobility is the range of motion for each joint. Joints that have full range of motion have decreased risks for injury during exercise and make it easier to perform everyday tasks such as scooping up a child or reaching to a top shelf. Joints with limited mobility put greater demand on surrounding tissues to make up for deficiency. “If you have a restricted joint, that’s going to put more strain on ligaments, tendons and cartilage,” says Tate Van Houten, DPT, PRC and owner of Integrated Physical Therapy and Sports Medicine in Des Moines. “Restricted joints lead to cartilage damage, ligament tears and more.” Limited joint mobility may cause pain in other areas. A hip restriction may cause lower back or knee issues, Van Houten says. For stretches that boost mobility, turn to *page 98*.

pro tip: LONG RANGE



“When exercising, focus on performing each movement through a full range of motion before increasing the difficulty. This allows you to safely train the joint through extension and flexion, which,

over time, will reduce your risk of injury for that joint.”

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

Joint mobility is a crucial component for overall fitness. Healthy joints decrease the risk of injury at the gym and athletic field. At home, having mobile joints can improve quality of life.

PHOTO: LighField Studios/Shutterstock (woman)

JOINT COMPONENTS

- **Cartilage Tissue** that covers the bone at the joint and reduces friction from joint movement.
- **Ligaments** Connective tissue surrounding joints and connecting bones to support motion.
- **Tendons** Tissue that attaches muscles to bones to control movement.
- **Synovial Membrane** Tissue that lines and seals the joint and lubricates with synovial fluid.
- **Synovial Fluid** Clear fluid produced from the synovial membrane that lubricates the joint.
- **Bursae** Small sacs of fluid that lie between bones and tendons and cushion friction.

TIPS TO IMPROVE MOBILITY



Stretch

“If you have tight muscles, your joint is not going to function properly,” says physical therapist Tate Van Houten. Stiff, inflexible muscles impede a joint’s ability to reach full range of motion. Regular stretching lengthens muscles that surround joints so they can move through a full range of motion.



Foam roll

A foam roller is a cylinder-shape fitness tool. Using a foam roller reduces muscle tension and tightness, which can improve range of motion. Foam-rolling after a workout may reduce muscle soreness the day after a workout.



Get moving

“Sitting in a chair all day puts certain muscles in shortened positions where they become tight, while others are in lengthened position. When muscles lengthen or shorten for prolonged periods, they become weak,” Van Houten says. If you work in an office, stand up and walk around a few minutes every hour.

Matters of Mobility

MULTIPLE JOINTS THROUGHOUT THE BODY PLAY SIGNIFICANT ROLES TO PERFORM DAILY ACTIVITIES.

SHOULDER Two joints connect to the shoulder blade, collarbone and upper arm bone. A ball-and-socket joint allows forward, backward, sideways and rotational movement. Movement of the shoulder joint allows you to throw a ball, reach a top shelf and scratch your back.

HIP A ball-and-socket joint connects the top of the thigh and the hip bone and supports upper-body weight. Walking, squatting, running, climbing stairs and jumping stem from hip joints.

ELBOW A hinge joint connects forearm and upper arm to move the arm to straighten and bend.

KNEE This hinge joint and largest joint in the body connects upper and lower legs and is involved in basic movements like walking, sitting and squatting.

ANKLE Two joints connect the bones of the lower leg to the foot for standing on toes, lifting toes and an important function for running and sprinting.

HY-VEE BEGIN IS A HEALTHY LIFESTYLE PROGRAM LED BY HY-VEE DIETITIANS WHO EMPHASIZE PHYSICAL ACTIVITY, WEIGHT LOSS AND HEALTHFUL EATING.

Are you ready to Begin? Sign up for Hy-Vee Begin and learn how to control hunger, ideas to be more active and healthy meal prep. Together with a Hy-Vee dietitian, you'll also learn how to make dietary adjustments that may lower blood pressure, cholesterol and blood sugar. For more info, go to hy-vee.com/health/begin-program.

MOBILITY MOVES

Perform each move for 30 to 45 seconds with 10 to 15 seconds of rest between moves. Perform each move slowly and with control. Forcing joints or muscles into position or beyond their range of motion can result in pain and injury.

WALKING HIP OPENER

Feet hip-width apart, step forward with right foot and lift left knee at a slight angle toward opposite side of the chest. On one leg, slowly rotate left leg across body, then lower and place foot on floor. Alternate.

Muscles: Glutes, abductors
Joints: Hips

ARM CIRCLES

Feet slightly wider than hip-width, raise arms, hands at ear level. Rotate arms in small circles; gradually enlarging circles. After 30 seconds, reverse circular motion.

Muscles: Shoulders, back, biceps
Joints: Shoulders

GLUTE BRIDGE

Lie on your back, knees bent and feet flat on the floor. In a controlled motion, squeeze your glutes and raise your hips. Do not arch your back. Slowly lower hips to starting position.

Muscles: Glutes, abductors, hamstrings
Joints: Hips

WALKING QUAD STRETCH WITH REACH

Stand, feet together. Lift left foot with left hand, gently pulling heel toward left glute while reaching right hand overhead. Lower foot and hand, take three steps forward, then alternate.

Muscles: Quadriceps
Joints: Knees, shoulders

HIP STRETCH WITH TWIST

From high plank position, bring left foot forward beside right hand. Rotate hips to left while raising left hand overhead and gently rotating upper torso. Return to starting position; alternate sides.

Muscles: Full body
Joints: Hips, knees, shoulders

CALF RAISES/DORSIFLEXION

Feet hip-width apart and hands at each side, slowly lift heels, standing on balls of feet. Lower heels. Slowly lift balls of feet, standing on heels. Repeat.

Muscles: Calves
Joints: Ankle

PHOTO: LightField Studios/Shutterstock (woman)

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Nearly one-third of American adults say they don't get enough sleep. A variety of factors—both physiological and psychological—can influence the quality of sleep. These strategies might make your eyelids heavier when you hit the hay—and help you snooze more contentedly through the night.

z z z SNOOZE FEST

IMPORTANCE OF A HEALTHY SLEEP ROUTINE

Your body has an “internal clock,” called circadian rhythm, which corresponds to natural light and darkness. You naturally get sleepy at night and become alert during the day. A set bedtime routine—even on weekends—takes advantage of these natural sleep patterns. Maintaining the timing of your internal clock lets you fall asleep and wake up more easily. “Setting a good routine like changing into pj’s, washing your face, reducing screen time before bed, not overeating or drinking can help prepare your body for a good night’s sleep,” says certified personal trainer Daira Driftmier, director of Hy-Vee KidsFit and Hy-Vee Fitness. “Other things that could be helpful are taking a relaxing walk, reading or listening to a podcast or radio.”



“REGULAR EXERCISE CAN IMPROVE THE QUALITY OF YOUR SLEEP, WHICH MAY MAKE YOU MORE ALERT IN THE DAYTIME. HOWEVER, LIMIT STRENUOUS EXERCISE RIGHT BEFORE BED, AS IT CAN PREVENT YOU FROM FALLING ASLEEP. A WALK SHOULD BE OKAY!”

—DAIRA DRIFTMIER, CERTIFIED PERSONAL TRAINER AND DIRECTOR OF HY-VEE KIDSFIT AND HY-VEE FITNESS

STEPS TO A HEALTHY SLEEP ROUTINE

6 p.m. **LIGHTEN UP**

Skip heavy meals before bedtime, which can cause heartburn and keep you awake. Avoid caffeinated drinks, alcohol and chocolate.

9:15 p.m. **GO OFFLINE**

At least 30 minutes before bedtime, turn off electronic devices, which stimulate the brain. Unwind by reading a book or magazine, taking a warm bath or listening to peaceful music.

9:45 p.m. **SET THE SCENE**

Make your bedroom conducive to sleep. Dim lights, close curtains and set the temperature to cool yet comfortable.

10 p.m. **GET READY TO SNOOZE**

Take care of before-bedtime activities. Use the bathroom, wash your face and brush your teeth. It can take up to 30 minutes to get back to sleep after a middle-of-the-night bathroom break.

10:15 p.m. **LIGHTS OUT**

Go to bed at the same time each night. If you can't fall asleep in 15 minutes, find a quiet spot in another room and read a book until you get sleepy. Then give sleep another try.

7 a.m. **WAKE-UP CALL**

Set an alarm and wake up at the same time each morning, even on weekends.

8 a.m. **OFF THE CAFF**

Go easy on the caffeine at breakfast. Too much caffeine in the morning can linger in the body and still have an effect at night. Limit yourself to one caffeinated coffee—or switch to decaf or a 50:50 mix.

9 a.m. **MOVE IT**

Exercise can benefit sleep. Try to get outside daily for a 30-minute walk. The gentle morning sunlight can aid sleep later as well.

“IF YOU HAVE TROUBLE SLEEPING, AN OCCASIONAL OVER-THE-COUNTER SLEEP AID MAY HELP. THERE ARE SOME CAVEATS, THOUGH. TALK TO YOUR HY-VEE PHARMACIST PRIOR TO TAKING SLEEP AIDS.”

—ANGIE NELSON, HY-VEE VICE PRESIDENT, PHARMACY OPERATIONS

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10 TIPS FOR better sleep

FOR RESTFUL SLEEP TONIGHT, CONSIDER YOUR PHYSICAL AND EMOTIONAL COMFORT.

1 BEDDING

A quality mattress, box spring and pillow can improve sleep quality. One study shows that sleeping on a new mattress for 28 days resulted in significant improvement in shoulder and back pain, back stiffness and quality of sleep.

2 EXERCISE

Moderate aerobic exercise boosts levels of deep sleep, according to Johns Hopkins Medicine. Work out early in the day, though, because exercise releases endorphins that prevent sleep.

3 EATING

Focus on light, nutrient-dense foods with fiber. Avoid heavy, spicy or fatty foods, which might cause indigestion that interferes with sleep. Studies have linked eating less fiber and more sugar and saturated fat with less-restorative sleep.

4 MELATONIN

Melatonin is a sleep-promoting hormone released by the brain in response to a reduction of natural light at nightfall. If artificial light sources interfere with this process, melatonin supplements are an option.

5 NIGHTCAPS

Avoid alcohol and caffeine in the evening, as both can interfere with sleep. Instead, indulge in warm milk, chamomile tea (which has no caffeine) or tart cherry juice.

6 DAYLIGHT

Exposure to sunlight during the day has been found to boost mood and encourage the production of serotonin, a hormone that helps us stay calm and focused—optimal when your trying to fall asleep.

7 DARKNESS

Dark and quiet conditions are conducive to sleep. Invest in heavy curtains or dark blinds, or wear an eye mask to bed. If noise is a potential problem, consider using a box fan to mask outside noises.

8 TEMPERATURE

Studies show that body and bedroom temperature affect sleep quality. Ceiling fans and air-conditioning might mitigate hot temperatures. Cracking a window may help at other times, introducing welcome fresh air.

9 RELAXATION

Take a hot shower or bath before bedtime to relax. If the mind is going in many directions, try meditation or mindfulness (pay attention to nuances and small details) to still the mind.

10 POSITIVITY

When you lay your head on the pillow, banish all negative thoughts and worries. Concentrate on affirmations, pleasant thoughts and happy memories.

4 STAGES OF SLEEP

A PERSON CYCLES THROUGH ALL FOUR STAGES OF SLEEP SEVERAL TIMES PER NIGHT DURING A TYPICAL NIGHT'S REST.

STAGE 1

CHANGEOVER

This transition from wakefulness to sleep lasts several minutes. Muscles relax and occasionally twitch. Heartbeat, breathing, eye movements and brain waves slow.

STAGE 2

LIGHT SLEEP

Heartbeat and breathing continue to slow and muscles further relax. Body temperature drops and eye movements stop. Brain wave activity also slows, with brief bursts of electrical activity.

STAGE 3

DEEP SLEEP

This stage is needed to feel refreshed in the morning. Occurring for longer periods during the first half of sleep, it brings heartbeat and breathing to their lowest levels.

STAGE 4

REM SLEEP

Most dreaming occurs during REM (Rapid Eye Movement) sleep, although dreaming also occurs in other stages. It first occurs about 90 minutes after falling asleep, but less REM sleep occurs with aging. Eyes move rapidly behind closed eyelids. Breathing is faster and irregular. Also, heart rate and blood pressure are at near-waking levels. Arm and leg muscles are temporarily paralyzed, preventing dreams from being acted out.

THE FUNCTION OF SLEEP

We are more alert and energetic and function better after a good night's sleep. But what exactly does sleep accomplish physiologically? One theory is that it is an opportunity for the body to repair itself. For example, muscle growth, tissue repair and the release of growth hormones mainly occur during sleep. Sleep also affects brain function, playing a critical role in brain development of infants and children, as well as increasing the ability to learn and perform various tasks.

SOME CAUSES OF INSOMNIA

SLEEP APNEA is a potentially serious sleep disorder in which breathing stops and starts repeatedly. It often involves loud snoring.

RESTLESS LEG SYNDROME, or RLS, is an uncontrollable urge to move legs, usually when lying down at night.

STRESS is consistently linked to sleep issues in studies involving a variety of ages, cultures and types of stress.

THYROID problems can contribute to sleep problems. An overactive thyroid gland can cause you to feel wired and jittery, making it hard to sleep.

DEPRESSION is a prime contributor. Studies estimate up to 90 percent of adults and children with major depression have sleep problems.

ACID REFLUX can lead to sleep disturbance. Conversely, sleep disturbance can lead to prolonged acid contact time, aggravating reflux problems.

HY-VEE PRODUCTS TO HELP YOU SLEEP

Shop Hy-Vee for all the sleep aids you need, from A to Zzz's.



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Nature's Truth Good Nite Essential Oil



Yogi Organic Caffeine-Free Bedtime Tea



Hy-Vee HealthMarket Melatonin Tablets



Hy-Vee Just Juice Cherry Juice Blend



TopCare Sleep Aid Softgels

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FOODS THAT IMPROVE

EYE HEALTH

MAKE YOUR NEXT MEAL ONE THAT'S EASY ON THE EYES. LOAD UP ON VITAMINS, MINERALS AND HEALTHFUL FATS TO SUPPORT FUNCTION AND LONG-TERM EYE HEALTH.

EYE TO EYE

A lot of behind-the-scenes work has occurred for you to see the words and images on this page. Light passes through the cornea in the front of the eye and then through the pupil. Inside the eye, the lens works with the cornea to focus light on the retina, where millions of cells turn the light into electrical signals that are sent to the brain where they become the images you see.

2020 is THE YEAR OF HEALTHY VISION. CELEBRATE AND PROTECT THIS VITAL SENSE WITH A DIET OF EYE-FRIENDLY FOODS!



pro tip: RADICAL SECURITY

Antioxidants protect cells against damage from free radicals, which are unstable molecules caused by sunlight, air pollution and the natural aging process. Research has found that antioxidants like vitamin C, vitamin E, lutein and zeaxanthin are beneficial for vision and may reduce the risk and progression of certain eye diseases."

—Amy Cordingley, MS, RD, LD
Hy-Vee Dietitian

There's plenty of truth behind the old notion that carrots are good for your eyes. In fact, carrots are just one of the many foods that maintain eye health and help them function. A diet rich with colorful produce and good-for-you fats promotes healthy vision and may reduce risk of disorders, like glaucoma, cataracts and macular degeneration. Take a long hard look at these foods that help improve eye health.



VITAMIN A

What it does: Assists retina function and maintains moisture to help prevent dry eye. Beta-carotene, a plant pigment that converts to vitamin A, benefits eyes adjusting to darkness.

FOODS: Apricots, broccoli, carrots, cantaloupe, eggs, kale, mango, pumpkin, red bell pepper, sweet potatoes, spinach, summer squash, tomatoes

What you need: 700–900 mcg/day



VITAMIN E

What it does: Fends off harmful molecules to prevent healthy tissue from breaking down and reduces the chance of age-related macular degeneration, cataracts and glaucoma.

FOODS: Almonds, asparagus, avocado, collard greens, mango, peanuts, peanut butter, pumpkin, red bell pepper, spinach, sunflower seeds

What you need: 15 mg/day

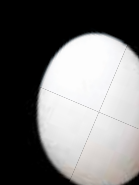


VITAMIN C

What it does: Supports cell and blood vessel health in the eye. May help delay or reduce risk of cataracts, age-related macular degeneration and visual acuity loss.

FOODS: Broccoli, Brussels sprouts, cantaloupe, cauliflower, grapefruit, green bell pepper, kiwi, oranges, strawberries

What you need: 75–90 mg/day



RIBOFLAVIN

What it does: Protects glutathione, an antioxidant linked to reduced risk of glaucoma. Prolonged riboflavin deficiency is associated with the development of cataracts.

FOODS: Almonds, beef, dairy, eggs, fortified breakfast cereal, oatmeal, quinoa, salmon

What you need: 1.1–1.3 mg/day



LUTEIN + ZEAXANTHIN

What they do: Both are antioxidants that protect the macula, the part of the eye responsible for central, detailed vision. Both have been associated with reduced risk of age-related macular degeneration and cataracts.

FOODS: Asparagus, broccoli, collards, corn, eggs, green peas, green beans, kale, orange bell pepper, spinach

What you need: Lutein 10 mg/day
Zeaxanthin 2 mg/day



ZINC

What it does: Maintains retina health and shields eyes from the damaging effects of sunlight. Helps eyes produce protective pigments by transporting vitamin A from the liver to the retina.

FOODS: Avocados, almonds, beef, cashews, chickpeas, crab, legumes, lobster, pork, oatmeal, oysters

What you need: 8–11 mg/day



OMEGA-3S

What they do: A type of fat found in the retina. Critical for visual development and retinal function. Plays a role in tear development to help prevent dry eye.

FOODS: Anchovy, chia seeds, halibut, flaxseeds, pumpkin seeds, sardines, salmon, swordfish, tuna, oysters, walnuts

What you need: 1.1–1.6 g/day



THIAMINE

What it does: Also known as vitamin B1, thiamine aids the conversion of food to energy and may protect against nuclear cataracts, according to studies.

FOODS: Acorn squash, beef, black beans, brown rice, English muffin, tuna, trout, pork chop, oatmeal

What you need: 1.1–1.2 mg/day

Sources: ods.od.nih.gov/factsheets/Riboflavin-HealthProfessional/, researchgate.net/publication/260382735_Circulating_Omega-3_Fatty_Acids_and_Neovascular_Age-Related_Macular_Degeneration, aao.org/patients-and-public/caring-for-your-vision/diet-and-nutrition/essential-fatty-acids, aao.org/museum-education-healthy-vision-vision/minerals, ncbi.nlm.nih.gov/pubmed/10711880, aao.org/patients-and-public/caring-for-your-vision/diet-and-nutrition, health.ny.gov/publications/0911/, nei.nih.gov/learn-about-eye-health/healthy-vision/how-eyes-work, aao.org/patients-and-public/resources-for-teachers/how-your-eyes-work, wa.kaiserpermanente.org/kbase/topic.jhtml?docId=hn-2925007

Carrot-Apricot Muffins

Hands On 20 minutes
Total Time 38 minutes
Serves 12 (1 muffin each)

6 Tbsp. Hy-Vee salted butter, melted; divided
1½ cups Hy-Vee all-purpose flour, divided
½ cup packed Hy-Vee brown sugar, divided
1 tsp. Hy-Vee ground cinnamon
¼ tsp. Hy-Vee ground ginger
½ cup Hy-Vee chopped walnuts
1 cup Hy-Vee whole wheat flour
1½ tsp. Hy-Vee baking powder
½ tsp. Hy-Vee baking soda
½ tsp. Hy-Vee salt
2 Hy-Vee large eggs
1 cup low-fat buttermilk
¾ cup finely shredded carrot
½ cup chopped Hy-Vee dried apricots

1. PREHEAT oven to 400°F. Grease 12 (2½-in.) muffin cups; set aside. For streusel, combine 4 Tbsp. melted butter, ½ cup all-purpose flour, ¼ cup brown sugar, cinnamon and ginger. Stir in walnuts; set aside.

2. COMBINE remaining 1 cup all-purpose flour, whole wheat flour, remaining ¼ cup brown sugar, baking powder, baking soda and salt in a medium bowl. Make a well in center of flour mixture; set aside.

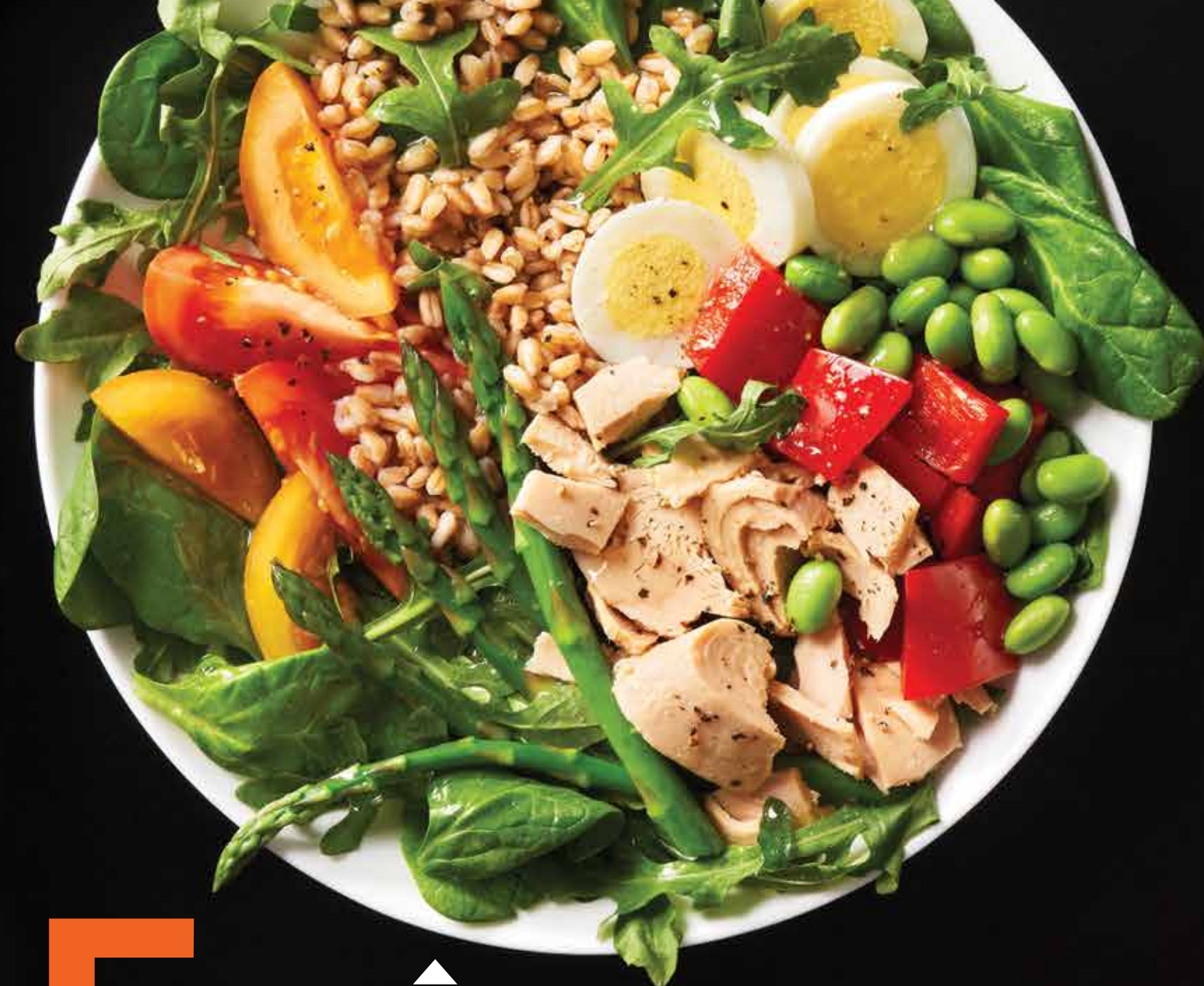
3. WHISK together eggs, buttermilk, carrot and remaining 2 Tbsp. melted butter. Add egg mixture all at once to flour mixture. Stir just until moistened. Fold in apricots. Spoon batter into prepared muffin cups. Sprinkle streusel on top. Bake for 15 to 18 minutes or until a toothpick inserted near centers comes out clean. Cool in muffin cups on a wire rack for 5 minutes. Remove from muffin cups; serve warm.

Per serving: 230 calories, 9 g fat, 4.5 g saturated fat, 0 g trans fat, 45 mg cholesterol, 320 mg sodium, 34 g carbohydrates, 2 g fiber, 13 g sugar (9 g added sugar), 5 g protein.
Daily Values: Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 4%



No buttermilk on hand? Add 1 Tbsp. lemon juice to a glass measuring cup and fill with 2% milk to the 1-cup mark. Let stand for 10 minutes.

THESE MUFFINS ARE PACKED WITH **EYE-HEALTHY** INGREDIENTS LIKE **CARROTS, APRICOTS, EGGS AND WALNUTS.**



5 DISHES FOR EYE HEALTH

FOLLOW THESE RECIPES TO WHIP UP TASTY EYE-FRIENDLY MEALS ANY DAY OF THE WEEK. THEY'RE SIMPLE TO PUT TOGETHER AND READY TO EAT IN A BLINK OF AN EYE.

1 Tuna Salad for 1

Line dinner plate with 2 cups arugula and/or spinach. Top with 3 oz. Hy-Vee canned albacore tuna, 1 sliced Hy-Vee Short Cuts hard-boiled egg, ½ cup cooked farro, 2 oz. cooked asparagus spears, ¼ cup cut-up red bell pepper, ¼ cup shelled cooked edamame and ½ tomato, cut into wedges. Dress with equal parts Gustare Vita olive oil and white wine vinegar. Serves 1.

2 Roasted Veggies

Preheat oven to 400°F. Toss desired amounts of Brussels sprouts and peeled and cubed sweet potatoes with olive oil. Spread on a sheet pan. Season with Hy-Vee salt and black pepper. Roast for 20 minutes. Add red bell pepper chunks to pan. Roast 10 minutes more or until Brussels sprouts are crisp on the outside and tender inside, stirring occasionally.

3 Berry, Melon & Citrus

Cut up desired amounts of Hy-Vee Short Cuts mandarins and Hy-Vee Short Cuts strawberries. Toss mandarins and strawberries with desired amount of Hy-Vee Short Cuts cantaloupe. Stir in 4:1 part fresh orange juice and Hy-Vee honey and desired amount of finely chopped fresh mint.

4 Chicken, Spinach & Rice Skillet

Combine 2½ cups Hy-Vee chicken broth and ¾ cup long grain rice in a large skillet. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes, stirring occasionally. Stir in 12 oz. chopped Hy-Vee rotisserie chicken, 2 cups baby spinach and 2 Tbsp. Hy-Vee heavy whipping cream; heat through. Serves 4.

5 Salmon & Broccoli

Preheat oven to 425°F. Toss 8 oz. broccoli florets and 1 cut-up red bell pepper with 1 Tbsp. Gustare Vita olive oil; spread on a sheet pan. Add (4- to 6-oz.) fresh salmon fillets to pan. Brush salmon with Hy-Vee Select lemon ginger sesame vinaigrette. Roast 8 to 12 minutes or until salmon flakes easily with a fork (145°F) and broccoli is tender. Serves 4.

Acne is on the rise for adults, affecting up to 15 percent of adult women. Learn how to deal with this common skin ailment.

FIGHTING ACNE FOR ALL AGES

Factors that raise risks for acne

The condition affects all ages and a variety of circumstances:

- **Age** Most common among teenagers.
- **Hormonal changes** Common in teens and can result from certain medications.
- **Genetics** If both parents had acne, their offspring is likely to develop it too.
- **Oily substances** such as creams, lotions and cosmetics.
- **Friction or pressure** from such items as cellphones, helmets and backpacks.
- **Stress** It doesn't cause acne but can worsen it.

ACNE AFFECTS AREAS WITH THE MOST OIL GLANDS—PRIMARILY THE FACE BUT ALSO CHEST AND BACK.

PHOTO: Dean Drobot/Shutterstock (woman)

SYMPTOMS

Comedones

Enlarged hair follicles that appear as whiteheads or blackheads.

Papules

Small, red bumps that are tender to the touch.

Pimples

Papules with pus at the tips.

Lumps

Painful lumps beneath skin surface. Nodules are solid, cystic lesions are filled with pus.

CAUSES

Excess Oil

Tiny glands close to the skin surface overproduce oil, known as sebum.

Plugged Pores

Excess sebum mixes with dead skin cells, plugging pores and causing whiteheads and blackheads.

Bacteria

Normally harmless bacteria living on the skin infect plugged pores, causing inflammation.

Inflammation

Infection leads to skin blemishes, papules, pimples and lumps.

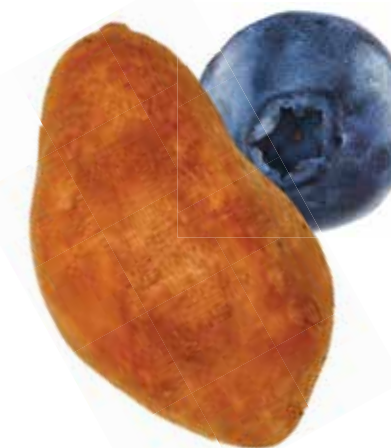
85

PERCENT OF PEOPLE BETWEEN THE AGES OF 12 AND 24 EXPERIENCE AT LEAST MINOR ACNE, ACCORDING TO ESTIMATES. ANNUALLY, ACNE AFFECTS UP TO 50 MILLION AMERICANS.

—American Academy of Dermatology

GOOD DEFENSE

FOR CLEAR SKIN, ARM YOURSELF WITH THESE STRATEGIES.



- Wash twice a day with a topical cleanser containing benzoyl peroxide or salicylic acid to unclog pores and eliminate harmful bacteria.
- Eat a healthy diet and keep a food diary to track whether certain foods lead to breakouts.
- Avoid processed sugars and sweets. Excess dairy and carbohydrates may worsen acne for some.
- Use oil-free makeups and foundations that are non-comedogenic (won't clog pores)

- and non-acnegenic (won't cause breakouts).
- Use only moisturizers and sunscreens designed specifically for the face—they're less likely to clog pores than heavy lotions.
- Don't pop pimples, which causes irritation and can lead to scarring.
- Be patient. Acne treatments can take time. If no improvement is seen 6 weeks, see a dermatologist.

Sources (this page and opposite): aad.org/media/stats-numbers, health.harvard.edu/blog/adult-acne-understanding-underlying-causes-and-banishing-breakouts-2019092117816, mayoclinic.org/diseases-conditions/acne/symptoms-causes/syc-20368047, rush.edu/health-wellness/discover-health/12-tips-combat-acne, nhs.uk/conditions/acne/causes/

TOPICAL OPTIONS

HY-VEE OFFERS A WIDE SELECTION OF PRODUCTS TO TREAT ACNE, INCLUDING TOPICAL TREATMENTS AVAILABLE OFF THE SHELF OR BY PRESCRIPTION.



benzoyl peroxide

Available in cream or gel, benzoyl peroxide is an antiseptic to reduce the amount of bacteria on the skin, as well as the number of whiteheads and blackheads. It also has an anti-inflammatory effect. It can make skin more sensitive to sunlight.

salicylic acid and azelaic acid

Salicylic acid, used in cases of milder acne, helps unclog pores but doesn't have antibacterial properties. Azelaic acid has antibacterial properties and is available by prescription under the brand names Azelex and Finacea.

retinoids

Retinoids are derived from vitamin A. Differin, a prescription medication now available over the counter, contains the retinoid adapalene to regulate skin cell turnover, control inflammation and keep pores from clogging. Stronger retinoids are available by prescription.

FORMS OF TREATMENT

Acne treatments include topical and oral medications, a range of therapies and natural remedies.

Topical medications

Usually available as creams or gels, topical medications are often used for mild forms of acne and may take several weeks to show results.

Oral medications

Antibiotics are used to reduce bacteria and fight inflammation in cases of moderate to severe acne. Oral isotretinoin can treat severe cases but has potential side effects.

Therapies

A range of light-based therapies have been used including lasers and photodynamic therapy. Other treatments include chemical peels and steroid injections.

Alternative medicine

Natural acne treatments include topical gels with tea tree oil and creams with bovine cartilage. Oral treatments include zinc and brewer's yeast.

SEE A DERMATOLOGIST IF HOME TREATMENT IS INEFFECTIVE, YOU AVOID GOING OUT, ACNE IS SEVERE OR YOU HAVE LARGE, HARD PIMPLES FILLED WITH FLUID (CYSTIC ACNE).

Sources: [mayoclinic.org/diseases-conditions/acne/diagnosis-treatment/drc-20368048](https://www.mayoclinic.org/diseases-conditions/acne/diagnosis-treatment/drc-20368048)
[mayoclinic.org/diseases-conditions/acne/expert-answers/natural-acne-treatment/faq-20057915](https://www.mayoclinic.org/diseases-conditions/acne/expert-answers/natural-acne-treatment/faq-20057915)
[nhs.uk/conditions/acne/treatment/](https://www.nhs.uk/conditions/acne/treatment/)
[uofmhealth.org/health-library/aa37670](https://www.uofmhealth.org/health-library/aa37670)

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dietitian Q&A

PILE ON THE PRODUCE

Discover the delightful taste and versatility of fruits and vegetables. Your body will thank you for it.



Elisa Sloss, RD, LD
Vice President,
HealthMarket

Q: How can fruits and vegetables aid health?

A: Vegetables and fruits, chock-full of minerals and nutrients, play an important role in health—from lowering blood pressure to reducing risks for heart disease and stroke. They may prevent certain types of cancer. In addition, their store of fiber aids the digestive system. Nonstarchy fruits and vegetables may encourage weight loss.

Q: Can I get what I need from a multivitamin?

A: Supplements can be helpful, particularly for those who lack a specific nutrient, but they're no substitute for whole foods. Fruits and vegetables deliver the micronutrients, dietary fiber and antioxidants needed—in ways our bodies have grown accustomed to over millennia.

Q: What should I look for in fruit and veggies?

A: As the saying goes, eat the rainbow. A range of colors provides variety to keep meals interesting, and it works to get a range of vitamins, minerals and nutrients needed. Try to eat something from each of the five main color groups.

Q: Should produce be cooked or eaten raw?

A: Eat fruits and vegetables however you like—any way you're apt to eat them! Cooking has benefits, though. It can impart intriguing flavors and break down cell walls to make certain nutrients more available. Spinach, carrots, asparagus, tomatoes, broccoli and cauliflower are a few vegetables that release more nutrients when cooked.



8 OR MORE SERVINGS OF FRUITS AND VEGETABLES—ABOUT 4½ CUPS—IS RECOMMENDED EACH DAY.

—AMERICAN HEART ASSOCIATION



Sources: [mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/paleo-diet/art-20111182](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/paleo-diet/art-20111182)
[heart.org/idc/groups/heart-public/@wcm/@fcd/documents/downloadable/ucm_456908.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fcd/documents/downloadable/ucm_456908.pdf)
hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/

What a balanced diet looks like

What you eat and drink over time affects your health now and in the future. The United States Department of Agriculture (USDA) recommends cutting down on sodium, saturated fat and added sugars and ramping up vegetables, whole fruits and grains, and low-fat milk and yogurt. Learn more at [choosemyplate.gov](https://www.choosemyplate.gov).

50%
OF YOUR PLATE
SHOULD BE FILLED
BY FRUITS AND
VEGETABLES.

—THE AMERICAN HEART ASSOCIATION

GET YOUR VEGGIES



USE FROZEN, DRIED OR CANNED For convenience, buy frozen, dried or canned produce. Read nutrition labels and choose those with the least added sodium or sugar.



FORTIFY OTHER DISHES Increase nutrition in salads with fruit, raw vegetables or canned beans that have been rinsed of excess sodium. Sauté shredded carrots or summer squash and add to pasta sauce.



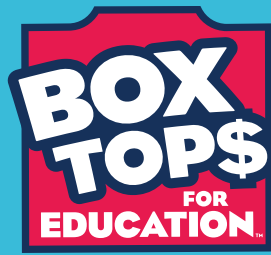
ENHANCE SMOOTHIES AND CEREALS Perk up cereals with bananas, berries, raisins or dried cranberries. Add spinach, kale, carrots, squash, beets and avocado to smoothies.



MAKE VEGGIE NOODLES Cook spaghetti squash and shred with forks as a nutritious substitute for spaghetti. Shred zucchini, beets, carrots or parsnips with a box grater or food processor to add to dishes.



TURN A PIZZA INTO A SALAD Load a cheese pizza with tomatoes, onions, peppers, roasted squash or carrots. Or after the pizza is baked, top with arugula or spinach salad that includes tomatoes and Parmesan cheese.



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★ TO SCHOOLS ★



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APP



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RECEIPT



EARN \$ FOR
YOUR SCHOOL



+ **50 BONUS BOX TOPS**
WITH \$25 PURCHASE OF GENERAL MILLS
BOX TOPS PRODUCTS

*Fuel discount only when you buy participating General Mills items and swipe your Hy-Vee Fuel Saver + Perks® Card. Look for participating General Mills products in August weekly ads. See store for offer details, including participating varieties of each advertised product. Only at Hy-Vee. Fuel offer valid 8/1/20 - 8/31/20. Participating products must be purchased in a single transaction. Limit one fuel discount per person. Fuel discount good for the purchase of up to 20 gallons in one fuel purchase. See full fuel program terms at www.hy-vee.com/perks. © General Mills.



For every \$25 worth of Box Tops For Education (BTFE) products purchased in a single transaction at Hy-Vee between [8/1/20-8/31/20], you can earn 50 Bonus Box Tops for your BTFE-eligible enrolled school. Yoplait Single Serve cups do not qualify for any Bonus Box Tops offer. Each product featuring the Box Tops logo is worth 10 cents (unless otherwise specified) to your participating school when you scan your receipt containing the participating product in the free Box Tops App. To receive both your regular and Bonus Box Tops, your eligible receipt must be scanned in the App within 14 DAYS of your BTFE product purchase at Hy-Vee. To join, download the App and support an eligible, enrolled school. Limit \$20,000 per school per year for redemptions through the clip and receipt scanning programs. Limit \$10,000 per App user per year for redemptions through receipt scanning. See www.BTFE.com for App Terms of Service, Official Program Rules, and Privacy Policy. Standard data rates may apply. © General Mills



FIND
**EVERYONE'S
FAVORITE**



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refuel
back to
school



8G
Protein
per Serving

Good Source of
Calcium
& **Vitamin D**

A+
Taste



SNACK. PACK. GO.
GO FROM ZERO TO READY IN NO TIME

Dannon Greek Quarts, Danimals or Activia select varieties 12 pk. or 32 fl. oz. 2/9.00



Danimals

DELICIOUS ON-THE-GO SOLUTIONS FOR DAY-LONG FUN.

Got your flu shot yet? If not, get vaccinated at a Hy-Vee Pharmacy and protect yourself—and others—against influenza.

PROTECT

Flu shots are available at Hy-Vee on a walk-in basis and without a prescription. The Centers for Disease Control and Prevention recommends that everyone 6 months and older get vaccinated. The flu shot does not protect against the coronavirus, a microbe that causes a serious respiratory illness for which there is yet no vaccine. However, health officials suggest staying up to date on vaccinations against respiratory infections to prevent a weakened immune system that limits the ability to deal with the novel coronavirus.

OTHER RESPIRATORY VACCINATIONS AVAILABLE AT HY-VEE PHARMACIES*

- Pneumonia
- DTAP (diphtheria, tetanus and pertussis/whooping cough)

REVIEWS OF PAST STUDIES HAVE FOUND THAT, ON AVERAGE, THE FLU VACCINE IS ABOUT 50% TO 60% EFFECTIVE FOR HEALTHY ADULTS WHO ARE BETWEEN 18 AND 64 YEARS OLD.

—MAYO CLINIC

*Not all vaccines are available at every store. Check your local Hy-Vee Pharmacy.

Sources: [cdc.gov/vaccines/schedules/](https://www.cdc.gov/vaccines/schedules/)
[nationalhealthcouncil.org/coronavirus-resources-flu-vaccinations-and-more/](https://www.nationalhealthcouncil.org/coronavirus-resources-flu-vaccinations-and-more/)
[hy-vee.com/my-pharmacy/services/immunizations](https://www.hy-vee.com/my-pharmacy/services/immunizations)
[cdc.gov/flu/about/keyfacts.htm](https://www.cdc.gov/flu/about/keyfacts.htm)
<https://www.mayoclinic.org/diseases-conditions/flu/in-depth/flu-shots/art-20048000>

SYMPTOMS

Flu symptoms can vary depending on the individual, but may include:

- Fever
- Chills
- Sore Throat
- Cough
- Runny/Stuffy Nose
- Body Aches
- Fatigue

Prevention

Everyday practices to help you avoid the influenza virus:

- **Wash** hands frequently with soap and warm water.
- **Avoid** touching the face, nose, eyes and mouth.
- **Use** disinfectant to wipe counters, phones, light switches, doorknobs and other frequently touched surfaces.
- **Disinfect** hands with alcohol-based (60%) hand sanitizer frequently.
- **Avoid** large crowds when possible, especially during flu season, and avoid contact with others who are sick.
- **Get** a flu shot—and make sure your family gets one, too.

HY-VEE PHARMACY WILL NOW OFFER DRIVE-THRU FLU SHOT CLINICS

August 17th through October 31st

- Monday: 7 A.M. to 11 A.M.
- Thursday: 3 P.M. to 7 P.M.
- Saturday: 10 A.M. until 2 P.M.

*Restrictions apply. See pharmacy for details. May not be available at all Hy-Vee locations.



pro tip: STOP IN

Flu shots are available anytime during pharmacy hours. The process is easy and, depending on the time and the location, takes only about 15 to 20 minutes, including the paperwork. We bill to your insurance in real time. Check with your store for fees and other information.”

—Tim Goodhall

Pharmacy Manager
Hy-Vee, West Des Moines, Iowa

HOW TO CHOOSE A PHARMACIST

Hy-Vee pharmacists fill an active role in your health. Beyond filling prescriptions, they answer questions, offer immunizations, and much more.

An effective pharmacist:

- Is knowledgeable about over-the-counter and prescription meds
- Clearly explains medicines and fields questions about them
- Is accessible and approachable
- Addresses your specific needs

An effective pharmacy:

- Offers a broad range of expertise (licensed, knowledgeable pharmacists; chronic disease management, immunizations)
- Is affordable and convenient (location, delivery, automatic refills, app available)
- Has access to your medical and immunization history

Questions to ask your pharmacist:

- How and when to take meds (with foods, night or day)?
- What are possible side effects?
- Are there potential interactions with other prescriptions or OTC drugs?
- Are there certain foods or drinks to avoid?

WHAT HY-VEE OFFERS:

- Licensed, knowledgeable, helpful pharmacists
- Immunizations and specialized services
- \$4 generic drugs
- Automatic refills and delivery services
- App for tracking and managing meds

PHARMACISTS ARE ONE OF THE MOST ACCESSIBLE HEALTH CARE PROFESSIONALS. AT HY-VEE, WE ENCOURAGE OUR PHARMACISTS TO SPEND TIME WITH PATIENTS TO ANSWER QUESTIONS ABOUT MEDICATIONS, REVIEW IMMUNIZATIONS AND OFFER ADVICE ON OVER-THE-COUNTER MEDS.

Angie Nelson
Hy-Vee Vice President,
Pharmacy Operations

GET THE GOODS

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

fridge & freezer



Johnsonville
Flame Grilled Links
select varieties
14 oz.
3.77



Armour Pepperoni
select varieties
4 or 5 oz.
2.68



Green Giant
Simply Steam
select varieties
7 to 10 oz.
3/4.00



Hillshire Farm
Snacking Small Plates
or Bistro Bites
select varieties
2.4 to 2.8 oz.
2.88



Launch Box
Frozen Sandwich
select varieties
6.5 oz.
2/8.00



Chobani Flip, Oat Drink,
Creamers or Gimmies
select varieties
4 or 6 pk.,
24 or 52 fl. oz.
2/7.00



Old Orchard Frozen
100% Apple or
Blends Juice
select varieties
12 oz.
1.88



Tortilla Land Tortillas
select varieties
20 oz.
2.98



Carando Snack Trays
select varieties
3.16 oz.
2.69



Smithfield
Ham Steak
select varieties
8 oz.
2.69



Smithfield Prime
Fresh Lunchmeat
select varieties
6 to 8 oz.
2/7.00



Aidells Links
or Meatballs
select varieties
10 or 12 oz.
5.48



Smucker's
Uncrustables
select varieties
4 pk.
2.99



Jimmy Dean Breakfast
Snacking Scrambles, Morning
Combos or Loaded Bites
select varieties
3.27 to 5.35 oz.
2.69



MorningStar Farms
select varieties
5.25 to 12 oz.
3.99



Bagel Bites
select varieties
7 oz.
2/4.00



Oscar Mayer P3
select varieties
2 to 2.3 oz.
3/5.00



Old Orchard Frozen
100% Grape or
Pineapple Juice
select varieties
12 oz.
1.99



Frito-Lay
Smartfood
select varieties
5.25 to 10 oz.
3.29



Corn Nuts
Crunch Mix
select varieties
7 oz.
2.49



KIND Granola Clusters
select varieties
11 oz.
2/8.00



KIND Minis
select varieties
11 oz.
6.49



King's Hawaiian
Sweet Rolls
10 ct.
6.88



King's Hawaiian Buns
select varieties
10 to 12.8 oz.
3.88



King's Hawaiian Rolls
select varieties
12 ct.
2/7.00



Frito-Lay
Simply Snacks
select varieties
7.5 to 8.5 oz.
2/6.00



Ocean Spray
Craisins
select varieties
20 or 24 oz.
5.99



Ocean Spray Craisins
or Snack Pack
select varieties
5 or 6 oz.
2/4.00



Nabisco Snack Saks
or Teddy Grahams
select varieties
8 or 10 oz.
2/5.00



Barilla Pasta,
Pesto or Sauce
select varieties
5.6 to 24 oz.
2/5.00



Crisco Cooking Spray
select varieties
6 oz.
2/5.00



Hidden Valley
Dressing
twin pack
24 oz.
7.48



Ortega Taco
Seasoning
select varieties
1.25 oz.
.88



Ortega Taco Sauce
mild or medium
16 oz.
2.79



Folgers Noir Coffee
select varieties
10.3 oz.
3.99



Mama Mary's 12" Pizza
Crusts Traditional, Thin
or Flatbread
16 or 24 oz.
4.49



Smucker's Ice
Cream Topping
select varieties
7.25 to 12.25 oz.
2/4.00



Hidden Valley Dip
select varieties
1 oz.
2/3.00



Sir Kensington's Ketchup
select varieties
20 oz.
3.49



Sir Kensington's Salad
Dressing Ranch or
Vinaigrette
select varieties
8.45 or 9 fl. oz.
4.98



Folgers
Instant Coffee
8 oz.
5.99



Rockstar Singles
select varieties
15 or 16 fl. oz.
4/5.00



Pepsi
6 pk. bottles
16.9 fl. oz.
4/12.00
with purchase of 4



Pepsi
2 l.
3/4.00



Sir Kensington's
Mustard
select varieties
9 oz.
3.29



Sir Kensington's
Mayo
select varieties
10 oz.
4.99



Sir Kensington's
Everything Sauces
or Organic Mayo
select varieties
8.3 or 16 oz.
5.99



KIND Breakfast Bars,
Kids Nut Butter Filled,
Simply Crunch or
Healthy Grains Bars
select varieties
4 to 6 ct.
2/6.00



KIND Protein
Bar Single
select varieties
1.76 oz.
3/5.00



7UP
2 l.
4/4.00
with purchase of 4



Coca-Cola or
Smartwater
select varieties
1 or 2 l.
**Buy 2,
Get 1 Free**



Vita Coco, Snapple
or Core Organic
select varieties
16.9 or 64 fl. oz.
2/4.00



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- Qualified language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as:
- Qualified interpreters
- Information written in other languages upon request

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Old Orchard Cocktails or Healthy Balance select varieties 64 fl. oz. 1.88



Old Orchard 100% Apple Juice or Blends select varieties 64 fl. oz. 2.28



Old Orchard 100% Organic Apple or Grape Juice 64 fl. oz. 2.99



Canada Dry Sparkling 8 pk. 12 fl. oz. 2/5.00



HyDrive, Core or Bai Antioxidant Water select varieties 16 to 33.8 fl. oz. 2/3.00



Bai or Neuro select varieties 14.5 or 18 fl. oz. 3/5.00



Ocean Spray 100% Juice, Multipack or Sparkling select varieties 5.5 to 60 fl. oz. 2/6.00



Creative Roots select varieties 4 pk. 2.99

other



Lipton or Pure Leaf select varieties 6 or 12 pk. 16.9 fl. oz. 2/10.00



Kingsford Wood Pellets select varieties 20 lbs. 13.99



Ziploc Sandwich or Snack Bags select varieties 90 ct. 2/7.00



Ziploc Containers, Freezer or Storage Bags select varieties 2 to 24 ct. 2/6.00



Windex, Shout or Scrubbing Bubbles select varieties 1.34 to 30 oz. or 3 to 25 ct. 2/6.00



Scoop Away Cat Litter select varieties 14 lbs. 6.59



Glade Air Care select varieties 1.34 to 6.8 oz. or each 4.99



Glad Garbage Bags select varieties 68 or 80 ct. 13.99



Try these Italian Nachos on p. 34

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30
minutes
or less

20
minutes
or less

10
minutes
or less

GF
option

V
option

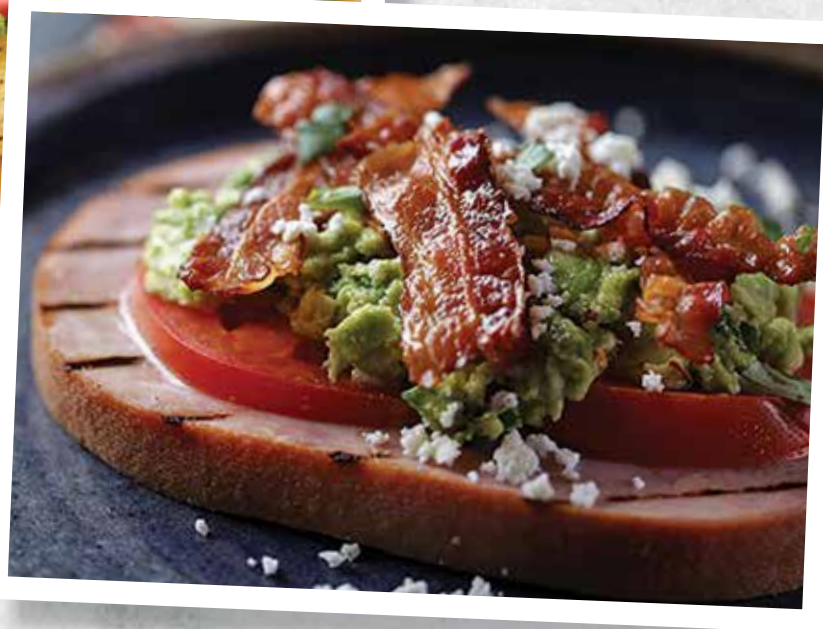
GLUTEN
FREE

VEGETARIAN
DISH

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