hello Hy-Vee!
KRISTEN AND DAX CHAT ABOUT WORKING TOGETHER, GIVING BACK AND HELLO BELLO

KRISTEN BELL & DAX SHEPARD
November 2020

NOVEMBER

food

10 HY-VEE’S HOLIDAY DINNER SOLUTIONS: GOT IT! Preparing a big holiday meal made easy.
20 VIRTUAL THANKSGIVING Put a virtual get-together with family or friends.
26 BEST PIES WITH HOLIDAY SPIRIT Serve memorable desserts made from intriguing pie recipes.
35 101: PEARLS How to select, store and prep fresh pears, plus a yummy treat.
38 COMFORTS OF HOME Hy-Vee employees share favorite holiday recipes and traditions.
45 BASICS: HOW TO MAKE A WHITE SAUCE Simple steps to make a creamy base for favorite recipes.
46 10 COOKING MYTHS DEBUNKED Put these culinary misconceptions to rest.
50 WHISKEY AND WINE Welcome the holiday season with cocktails and winter wines.
54 GUIDE: BUILD A SIMPLE CHEESE BOARD Cheeses to include on holiday platters.
60 DREAM CHEESE Craft sensational toasted cheese sandwiches.
64 WIDE AWAKE COFFEE Get up and go at home following these tips and recipes.
68 THE SWEET SPOT Hy-Vee Bakery Fresh: quality and affordable baked goods.

life

72 DAX SHEPARD & KRISTEN BELL: MORE THAN LAUGHS This celebrity couple’s line of baby products is now at Hy-Vee.
76 HY-VEE FOR THE HOLIDAYS From foods to gifts, set the scene for a fabulous holiday.
82 BEHIND THE SCENES: HY-VEE ONE STEP Read how a Hy-Vee One Step commercial happens.
88 THE PRETTY PONSETTIA Enhance your home with vibrant ponsettias from Hy-Vee.
92 HOLIDAY LOOKS See what’s trending in holiday styles for women and men.
96 ORDER: STORAGE TIPS FOR HOLIDAY MEALS How to store leftovers to keep them fresh.
99 LIFE CHART: 12 STEPS TO HOLIDAY HAPPINESS Deflect holiday blues to embrace joy.

health

102 BUILD MUSCLE AT ANY AGE Counter age-related muscle loss with strength training.
108 FOODS THAT FIGHT DEPRESSION Nature’s pharmacy boosts foods that lift your spirits.
112 PASS (ON) THE SALT Cut down on sodium to cut down on health risks.
116 HEALTHY OUTLOOK: HY-VEE KIDSFIT See how this free fitness and nutrition program benefits families.
119 DIETITIAN Q&A: SMART HOLIDAY EATING Enjoy traditional Thanksgiving fare sensibly.
122 PHARMACY: CABINET CLEAN-OUT It might be time to clean out and arrange your medicine cabinet.

GET THE BOOK EXCLUSIVELY AT Hy-Vee.com

When it comes to great Christmas gifts, this one’s a game changer.

NOVEMBER and Thanksgiving go hand in hand. It’s true; the last Thursday of the month is an annual reminder to be thankful for what we have.

In this time of COVID-19, gratitude is sometimes missing, even when there’s plenty to be thankful for—the pleasure of virtually sharing time with friends, and appreciating holiday foods and traditions.

With December holidays fast approaching, we know days become hectic. That’s why we share reasons to spend the holidays at home, serve foods to counter depression, and show how to replace stress with joy.

Together, let’s make the rest of the year a time for Thanksgiving!
Pies are to Thanksgiving what cookies are to Christmas, although a scrumptious slice of pie is welcome anytime. With choices galore, you’re sure to find several to order from your Hy-Vee Bakery Fresh department.

- Apple
- Banana Cream
- Blueberry
- Cherry
- Chocolate Cream
- Coconut Meringue
- French Silk
- Lemon Meringue
- Peach
- Pumpkin
- Southern Pecan
- Wildberry

Now Trending

PIES & CAKES FROM HY-VEE

Hy-Vee’s tempting pies, cakes and cheesecakes please dessert lovers year-round.

- GOURMET APPLE PIE
  The lattice adds a fancy touch to an American classic.

- PUMPKIN PIE
  The homestyle recipe brims with pumpkin flavor and spices.

- CHEESECAKE FACTORY BAKERY® FUDGE CAKE
  The Cheesecake Factory Bakery goes full chocolate for this dessert.

- PUMPKIN PIE
  The homestyle recipe brims with pumpkin flavor and spices.

- CHEESECAKE FACTORY BAKERY® CINNAMON LAYER
  Discover delightful cinnamon flavor in this rich cheesecake.

PIE ‘N’ MIGHTY

Pies are to Thanksgiving what cookies are to Christmas, although a scrumptious slice of pie is welcome anytime. With choices galore, you’re sure to find several to order from your Hy-Vee Bakery Fresh department.

- Apple
- Banana Cream
- Blueberry
- Cherry
- Chocolate Cream
- Coconut Meringue
- French Silk
- Lemon Meringue
- Peach
- Pumpkin
- Southern Pecan
- Wildberry
NEW AT HY-VEE!
STOP IN AT HY-VEE TO CHECK OUT THESE NEW, NOTEWORTHY OR SEASONALLY POPULAR PRODUCTS.

**WINE & SPIRITS**
RumChata Peppermint Bark

Enjoy a smooth mix of Caribbean rum and real dairy cream—perfect to flavor a mug of hot coffee or served by itself over ice as a refreshing drink.

**PANTRY**
BLK & BOLD Coffee

Made in Honduras and Ethiopia, these specialty coffees feature 100% Arabica beans. Plus, BLK & BOLD donates 5% of profits to support at-risk youth.

**SNACKS**
Quest Protein Chips

Now available in Ranch or Loaded Taco flavors, Quest Tortilla Style Protein Chips have 19 grams of protein and just 140 calories per serving.

**PRODUCE**
Dole Just Add Chicken Salad Kit

A fast, nutritious meal is at your fingertips. Just cut up a Hy-Vee rotisserie chicken and serve it over this Dole salad mix for a hearty and delicious meal.

**GUSTARE VITA**
“Gustare Vita” means “enjoy life,” which is a distinct possibility when your kitchen is stocked with this line of authentic Italian products—pestos, sauces, olive oils, pastas, capers, smoothies and more—available only at Hy-Vee.

**RED VELVET OLD-FASHIONED DONUT**
As rich and fluffy as its name suggests, Red Velvet Old-Fashioned Donuts are even more delightful when drizzled with icing.

**CHEFMAN ELECTRIC WINE OPENER**
Go ahead, pop the cork! It’s easier with this electric wine opener.

**CAMPTON MINI CASSEROLE**
Cast-iron pot has a wooden base to protect surfaces.

**LIPPER BAMBOO TOOL HOLDER**
Environmentally friendly bamboo holder and four durable utensils are included.

**COLE & MASON BUTTON SHAKERS**
The compact size is perfect for picnics and al fresco dining.

**CAMPTON MINI FRYING PAN**
Measuring just over 5 inches across, this pan is perfect for cooking personal-size dishes.

**BOSSA CHEESE SET**
These three cutting tools are designed to handle every kind of cheese.

**GRACIOUS DINING CHIP AND DIP SET**
Stoneware serving set also includes a metal stand.

**BAMBOO BOARDS WITH QUOTES**
Durable and water-resistant cutting board with a message.

**SEASONS | November 2020**

**HOLIDAY ENTERTAINING**
PULL OUT ALL THE STOPS—AND THE GEAR—TO PREPARE A HOLIDAY FEAST.
CAKE FOR BREAKFAST

Show up a seriously sweet cake with the help of the Hy-Vee Bakery. Just visit your local Hy-Vee or call ahead to schedule an appointment with a cake designer to go over the details. This cake—guaranteed to steal the show at Thanksgiving or a Sunday brunch—is just one of the many examples of what our talented and imaginative cake designers are capable of creating. Working with the Bakery is a piece of cake, and the end results taste as good as they look.

The cinnamon roll was made with stacked sheet cakes and covered with a layer of fondant. The designer coats the top of the cinnamon roll with drizzles of tubed frosting. The coffee mug is made of cake rounds and covered in yellow and brown fondant. The mug was then etched with a special tool. Both the coffee mug and cinnamon roll are airbrushed to add deep color and shadows. Melted almond bark is piped on in a steamy effect.

Brew up a seriously sweet cake with the help of the Hy-Vee Bakery. Just visit your local Hy-Vee or call ahead to schedule an appointment with a cake designer to go over the details. This cake—guaranteed to steal the show at Thanksgiving or a Sunday brunch—is just one of the many examples of what our talented and imaginative cake designers are capable of creating. Working with the Bakery is a piece of cake, and the end results taste as good as they look.

The cinnamon roll was made with stacked sheet cakes and covered with a layer of fondant. The designer coats the top of the cinnamon roll with drizzles of tubed frosting. The coffee mug is made of cake rounds and covered in yellow and brown fondant. The mug was then etched with a special tool. Both the coffee mug and cinnamon roll are airbrushed to add deep color and shadows. Melted almond bark is piped on in a steamy effect.

CAKE FOR BREAKFAST

Show up a seriously sweet cake with the help of the Hy-Vee Bakery. Just visit your local Hy-Vee or call ahead to schedule an appointment with a cake designer to go over the details. This cake—guaranteed to steal the show at Thanksgiving or a Sunday brunch—is just one of the many examples of what our talented and imaginative cake designers are capable of creating. Working with the Bakery is a piece of cake, and the end results taste as good as they look.

The cinnamon roll was made with stacked sheet cakes and covered with a layer of fondant. The designer coats the top of the cinnamon roll with drizzles of tubed frosting. The coffee mug is made of cake rounds and covered in yellow and brown fondant. The mug was then etched with a special tool. Both the coffee mug and cinnamon roll are airbrushed to add deep color and shadows. Melted almond bark is piped on in a steamy effect.

BREW UP A SERIOUSLY SWEET CAKE WITH THE HELP OF THE HY-VEE BAKERY. JUST VISIT YOUR LOCAL HY-VEE OR CALL AHEAD TO SCHEDULE AN APPOINTMENT WITH A CAKE DESIGNER TO GO OVER THE DETAILS. THIS CAKE—GUARANTEED TO STEAL THE SHOW AT THANKSGIVING OR A SUNDAY BRUNCH—is just one of the many examples of what our talented and imaginative cake designers are capable of creating. Working with the Bakery is a piece of cake, and the end results taste as good as they look.

The cinnamon roll was made with stacked sheet cakes and covered with a layer of fondant. The designer coats the top of the cinnamon roll with drizzles of tubed frosting. The coffee mug is made of cake rounds and covered in yellow and brown fondant. The mug was then etched with a special tool. Both the coffee mug and cinnamon roll are airbrushed to add deep color and shadows. Melted almond bark is piped on in a steamy effect.

BREW UP A SERIOUSLY SWEET CAKE WITH THE HELP OF THE HY-VEE BAKERY. JUST VISIT YOUR LOCAL HY-VEE OR CALL AHEAD TO SCHEDULE AN APPOINTMENT WITH A CAKE DESIGNER TO GO OVER THE DETAILS. THIS CAKE—GUARANTEED TO STEAL THE SHOW AT THANKSGIVING OR A SUNDAY BRUNCH—is just one of the many examples of what our talented and imaginative cake designers are capable of creating. Working with the Bakery is a piece of cake, and the end results taste as good as they look.

The cinnamon roll was made with stacked sheet cakes and covered with a layer of fondant. The designer coats the top of the cinnamon roll with drizzles of tubed frosting. The coffee mug is made of cake rounds and covered in yellow and brown fondant. The mug was then etched with a special tool. Both the coffee mug and cinnamon roll are airbrushed to add deep color and shadows. Melted almond bark is piped on in a steamy effect.

BREW UP A SERIOUSLY SWEET CAKE WITH THE HELP OF THE HY-VEE BAKERY. JUST VISIT YOUR LOCAL HY-VEE OR CALL AHEAD TO SCHEDULE AN APPOINTMENT WITH A CAKE DESIGNER TO GO OVER THE DETAILS. THIS CAKE—GUARANTEED TO STEAL THE SHOW AT THANKSGIVING OR A SUNDAY BRUNCH—is just one of the many examples of what our talented and imaginative cake designers are capable of creating. Working with the Bakery is a piece of cake, and the end results taste as good as they look.

The cinnamon roll was made with stacked sheet cakes and covered with a layer of fondant. The designer coats the top of the cinnamon roll with drizzles of tubed frosting. The coffee mug is made of cake rounds and covered in yellow and brown fondant. The mug was then etched with a special tool. Both the coffee mug and cinnamon roll are airbrushed to add deep color and shadows. Melted almond bark is piped on in a steamy effect.

Make the Holidays Irresistible with Jif® + Crisco®

IRRESISTIBLE PEANUT BUTTER COOKIES

**Prep Time:** 15 minutes  
**Cook Time:** 15 minutes  
**Yield:** 36

**INGREDIENTS:**
- 1 ¼ cups firmly packed brown sugar
- ½ cup Jif® Creamy Peanut Butter
- ½ cup Crisco® All-Vegetable Shortening
- 1 large egg
- 3 tablespoons milk
- 1 teaspoon vanilla extract
- 1 ¾ cups all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 ¼ cups semi-sweet chocolate bits

**DIRECTIONS:**
1. Heat oven to 375°F.
2. Beat brown sugar, peanut butter, shortening, egg, milk and vanilla in large bowl with mixer on high speed until smooth.
3. Stir flour, baking soda and salt in small bowl until blended. Gradually add to creamed mixture, beating just until blended.
4. Roll into 36 (1 ½-inch) balls. Place 2 inches apart on baking sheet. Flatten slightly with fork in a criss-cross pattern.
5. Bake 7 to 8 minutes or until set and lightly browned. Cool 2 minutes on baking sheet. Remove to wire rack to cool completely.

**BAKE A BATCH TODAY!**
Buy a Hormel Cure 81 whole boneless ham, get a FREE 10 to 14 lb. frozen Honeysuckle turkey.

Offer expires 11/30/2020
Let Hy-Vee cook for you this holiday. Order a delicious reheat & eat meal pack with your choice of sides and dessert. Then follow our recipes for custom touches—sauces, butters, rubs and other simple fix-ups.

**GO IT!**

**HY-VEE’S HOLIDAY DINNER SOLUTIONS**

**TURKEY PARTY PLEASER**

- Serves 8
- Butterball® turkey (10–12 lb.)
- Two large sides of mashed potatoes
- Two large sides of your choice
- 16 oz. of beef or turkey gravy
- 12 dinner rolls
- Price: $89.99 (only $11.25 per person)

**APPLE-WHISKEY GLAZE**


**ORANGE-SAGE BUTTER**

Stir together ¼ cup softened Hy-Vee salted butter, 1 Tbsp. chopped fresh sage, 2 tsp. orange zest, 1 tsp. finely chopped fresh thyme and ¼ tsp. refrigerated garlic paste. Brush butter on turkey after reheating for 1 hour. Makes ⅓ cup.

**GARLIC & HERB WET RUB**

Stir together 3 Tbsp. plus 1 tsp. Hy-Vee canola oil, 2 Tbsp. salt-free garlic & herb seasoning, 2 tsp. finely chopped fresh rosemary and 1 ½ tsp. lemon zest. Rub mixture evenly on turkey before reheating. Makes ⅓ cup.

**TURKEY FIX-UPS**

Scan and shop at hy-vee.com today!
FLOVERS MAKE THE TABLE
Order these brilliant autumn centerpieces from Hy-Vee Floral. To order online, go to Hy-Vee.com/Shop

PRIME RIB
• Serves 8
• Hormel® USDA Select prime rib (5–6 lb.)
• Two large sides of mashed potatoes
• Two large sides of your choice
• 16 oz. of beef or turkey gravy
• 12 dinner rolls
Price: $149.99 (only $18.75 per person)

FLORAL CENTERPIECE
In the center of the table, at a height that allows guests to freely visit across the table.

How To Set The Holiday Table
Simple yet elegant Bia Cordon Bleu dishes, Libbey glassware and Hampton Forge flatware make the meal special. Available at Hy-Vee.

AUTUMN GLOW
Candle surrounded by mums, eucalaysia, grasses, and fishbone orchid cactus.

SIMPLE THANKS
Mums, kids seed heads, goldenrod and fern foliage

HOW TO SET
THE HOLIDAY TABLE

DESSERT FORK
Directly above charger, tines to the right.

WINE GLASS
Above and slightly left of dinner knife.

BREAD PLATE
Above and slightly to the left of charger.

NAPKIN
Folded and placed on charger or dinner plate.

WATER GLASS
Above and slightly left of dinner knife.

PLATES
Soup plate on top of dinner plate.

KNIFE, SOUP SPOON
Knife blade toward plate; soup spoon to right.

FORKS
Place to the left of dishes, placing first-used farthest left.

DINNER MADE EASY
Meal packs include instructions for reheating and come in oven-ready containers for easy transport. Meals are cooked, then refrigerated until you’re ready to pick up. To estimate the amount of meat to serve, keep in mind these ranges: 4 to 5 ounces per person for nontraditional meat packs, options, with reheating instructions:

• Three-Cheese Meat Lasagna
• Marinara Vegetarian Lasagna
• Alfredo Vegetarian Lasagna
• Fettuccine Chicken Alfredo Dinner

PRIME RIB FIX-UPS

CHIMICHURRI

RED WINE REDUCTION
Cook ½ cup chopped shallots in butter in skillet. Off heat, add 2 cups Zinfandel wine, 4 sprigs thyme and 1 sprig rosemary. Simmer, reduce to 1¼ cup. Blend in 1½ cups. Stir in ½ cup Hy-Vee 33%-less-sodium chicken broth. Gently boil reducer to 1½ cups. Stir in ½ cup Hy-Vee 33%-less-sodium chicken broth. Gently boil until tender to 1¼ cups. Stir in ½ cup Hy-Vee 33%-less-sodium chicken broth. Gently boil until tender to 1¼ cups.

HORSERADISH CREAM
Beat ½ cup Hy-Vee heavy whipping cream with an electric mixer on medium until soft peaks form. Fold in 2 Tbsp. Hy-Vee sour cream, 2 Tbsp. melted butter and 1 Tbsp. fresh lemon juice. Season to taste with Hy-Vee salt. Makes 1¼ cups.

FLOWERS MAKE THE TABLE

ORDER THESE BRILLIANT AUTUMN CENTERPIECES FROM HY-VEE FLORAL. TO ORDER ONLINE, GO TO HY-VEE.COM/SHOP

DAYBREAK
Sunflowers, mums, eucalyptus, goldenrod and grasses

SIMPLE THANKS
Mums, kids seed heads, goldenrod and fern foliage

AUTUMN GLOW
Candle surrounded by mums, eucalyptus, grasses, and fishbone orchid cactus.
**PARMESAN-ROSEMARY FIX-UP**

Stir 1 cup Hy-Vee shredded Parmesan cheese and ½ tsp. finely chopped fresh rosemary into 1 (36-oz.) container Hy-Vee Kitchen mashed potatoes. Microware on HIGH until hot, stirring once every minute. Garnish with fresh chives, if desired. Serves 8 (about ½ cup each).
Honey-Glazed Spiral Ham Feast

Total Time: 2 hours 30 minutes

Serves 24

1½ (18-oz.) Hy-Vee Bakery chocolate cake rolls
4½ (3.5-oz.) bars Zöet white chocolate, chopped
1½ (8-oz.) containers mascarpone cheese
3 Tbsp. orange zest
2 tsp. Hy-Vee vanilla extract
5½ cups Hy-Vee heavy whipping cream
3 Tbsp. Hy-Vee raspberry preserves
2 Tbsp. Chambord liqueur
½ (16-oz.) container fresh strawberries, halved, plus additional for garnish
1 (6-oz.) container fresh raspberries, plus additional for garnish
1 cup fresh blackberries, plus additional for garnish
Shaved dark chocolate, for garnish

1. FREEZE cake rolls. Microwave white chocolate and mascarpone in a large microwave-safe bowl on HIGH just until melted, stirring every 30 seconds. Stir in orange zest and vanilla. Cool.

2. BEAT cream in a large bowl until soft peaks form. For filling, fold 9 cups whipped cream, a few cups at a time, into white chocolate mixture. Refrigerate filling and remaining whipped cream until assembly.

3. MELT preserves in microwave. Stir in Chambord liqueur and berries; toss gently to coat.

4. CUT cake rolls into ½-in. slices. Stand 5½ slices around side of 4-qt. trifl e dish; lay 3 slices on bottom. Add 6 cups fi lling, then berry mixture. Stand 6½ cake slices around side of dish and lay 3 slices on berries. Add remaining filling. Beat reserved whipped cream into stiff peaks. Spoon on top. Garnish with chocolate shavings and additional berries, if desired.

Per serving:
490 calories, 37 g fat, 22 g saturated fat, 0.5 g trans fat, 100 mg cholesterol, 135 mg sodium, 35 g carbohydrates, 1 g fi ber, 29 g sugar (9 g added sugar), 5 g protein.

Daily Values:
Vitamin D 6%, Calcium 8%, Iron 0%, Potassium 2%

Made to Impress! See how easy it is to assemble this cake roll trifl e for a great make-ahead holiday dessert.

Watch and learn at HSTV.com today!
THANKSGIVING MEALS FOR 2 OR 4

If you’re not having guests this holiday season, remember that Hy-Vee Meal Packs are available in smaller sizes, too!

**Ham Dinner**
- Serves 2
  - Sliced Pit Ham (1.35–1.5 lb.)
  - 1 small side of mashed potatoes or au gratin potatoes
  - 2 dinner rolls
  - Price: $29.99 (only $15.00 per person)

**Ham Dinner**
- Serves 4
  - Sliced Pit Ham (2.5–2.75 lb.)
  - 1 large side of mashed potatoes or au gratin potatoes
  - 2 large sides of your choice
  - 16 oz. of beef or turkey gravy
  - 4 dinner rolls
  - Price: $51.99 (only $12.99 per person)

**Brunch**
- Serves 2
  - Includes orange juice plus your choice of five breakfast selections: Quiche, egg casserole, biscuits and gravy, hash brown casserole, sausage, bacon, freshly cut fruit, yogurt and gourmet cinnamon rolls or muffins
  - Price: $21.99

**Turkey Breast Bundle**
- Serves 6
  - Jennie-O® boneless turkey breast (3–4 lb.)
  - 2 large sides of mashed potatoes
  - 12 dinner rolls
  - Price: $79.99 (only $13.33 per person)

**Turkey Breast Bundle**
- Serves 2
  - 1 small side of mashed potatoes or au gratin potatoes
  - 2 dinner rolls
  - Price: $29.99 (only $15.00 per person)

**Turkey Breast Bundle**
- Serves 4
  - 1 large side of mashed potatoes or au gratin potatoes
  - 2 large sides of your choice
  - 16 oz. of beef or turkey gravy
  - 4 dinner rolls
  - Price: $49.99 (only $12.50 per person)

If you’re not having guests this holiday season, remember that Hy-Vee Meal Packs are available in smaller sizes, too!

Pre-order your bakery fresh holiday pies today!

Take ‘em home. Made.
To make a Cranberry Kombucha Spritzer, add 3 oz. Aperol apéritif and 1½ oz. cranberry kombucha to a wineglass. Top with 4 oz. chilled Prosecco. Garnish with orange slices, cranberries and a rosemary sprig, if desired. Serves 1.

**Cocktail Sign-On**

Create a stunning, crispy outer layer by wrapping with bacon.
**Brussels Sprouts Salad**

**Total Time** 25 minutes

**Serves** 4 to 6

- 1 Tbsp. Hy-Vee honey
- 1 Tbsp. white balsamic vinegar
- 3 Tbsp. Gustare Vita extra-virgin olive oil, divided
- 12 oz. Hy-Vee Short Cuts Brussels sprouts
- ⅓ cup toasted Hy-Vee pecan halves

**FOR VINAIGRETTE,** whisk together 1 Tbsp. white balsamic vinegar, 1 Tbsp. Hy-Vee honey, and 3 Tbsp. Gustare Vita extra-virgin olive oil. Set aside.

**1.** HEAT remaining 1 Tbsp. oil in a large skillet over medium heat. When hot, stir-fry 3 to 5 minutes or until Brussels sprouts are tender. Stir in grapes, pecans, dried cranberries and vinaigrette. Cook and stir for 1 minute more. Season to taste with salt and pepper. Garnish with cheese, if desired. Serve warm.

**2.** FOR VINAIGRETTE, while together honey and balsamic vinegar. Slowly whisk in 2 Tbsp. olive oil. Set aside.

**3.** ADD kale in batches, stirring constantly. Add just enough water to wilt the kale. Cook and stir for 3 to 5 minutes or until Brussels sprouts are tender. Stir in grapes, pecans, dried cranberries and vinaigrette. Cook and stir for 1 minute more. Season to taste with salt and pepper. Garnish with cheese, if desired. Serve warm.

**4.** HEAT remaining 1 Tbsp. oil in a large skillet over medium head. Add Brussels sprouts and onion. Cook for 5 minutes or until Brussels sprouts begin to caramelize, stirring occasionally.

**5.** STEAM kale in batches, stirring constantly. Add just enough water to wilt the kale. Cook and stir for 3 to 5 minutes or until Brussels sprouts are tender. Stir in grapes, pecans, dried cranberries and vinaigrette. Cook and stir for 1 minute more. Season to taste with salt and pepper. Garnish with cheese, if desired. Serve warm.

**DRESSING**

- 1 Tbsp. white balsamic vinegar
- 1 Tbsp. Hy-Vee honey
- 3 Tbsp. Gustare Vita extra-virgin olive oil

**GARNISH**

- Shaved Parmigiano-Reggiano cheese

**TOTAL TIME**

25 minutes

**Serves**

4 to 6

**Nutritional Information**

- Calories: 280
- Carbohydrates: 24 g
- Fiber: 37 g
- Protein: 18 g
- Fat: 18 g
- Sodium: 0 mg
- Calcium: 8% Daily Value
- Iron: 15% Daily Value
- Potassium: 10% Daily Value

**Simple Side**

**Brussels Sprouts Salad**

- 1 Tbsp. Hy-Vee honey
- 1 Tbsp. white balsamic vinegar
- 3 Tbsp. Gustare Vita extra-virgin olive oil, divided
- 12 oz. Hy-Vee Short Cuts Brussels sprouts
- ⅓ cup toasted Hy-Vee pecan halves

**FOR VINAIGRETTE,** whisk together 1 Tbsp. white balsamic vinegar, 1 Tbsp. Hy-Vee honey, and 3 Tbsp. Gustare Vita extra-virgin olive oil. Set aside.

**1.** HEAT remaining 1 Tbsp. oil in a large skillet over medium heat. When hot, stir-fry 3 to 5 minutes or until Brussels sprouts are tender. Stir in grapes, pecans, dried cranberries and vinaigrette. Cook and stir for 1 minute more. Season to taste with salt and pepper. Garnish with cheese, if desired. Serve warm.

**2.** FOR VINAIGRETTE, while together honey and balsamic vinegar. Slowly whisk in 2 Tbsp. olive oil. Set aside.

**3.** ADD kale in batches, stirring constantly. Add just enough water to wilt the kale. Cook and stir for 3 to 5 minutes or until Brussels sprouts are tender. Stir in grapes, pecans, dried cranberries and vinaigrette. Cook and stir for 1 minute more. Season to taste with salt and pepper. Garnish with cheese, if desired. Serve warm.

**4.** HEAT remaining 1 Tbsp. oil in a large skillet over medium head. Add Brussels sprouts and onion. Cook for 5 minutes or until Brussels sprouts begin to caramelize, stirring occasionally.

**5.** STEAM kale in batches, stirring constantly. Add just enough water to wilt the kale. Cook and stir for 3 to 5 minutes or until Brussels sprouts are tender. Stir in grapes, pecans, dried cranberries and vinaigrette. Cook and stir for 1 minute more. Season to taste with salt and pepper. Garnish with cheese, if desired. Serve warm.

**DRESSING**

- 1 Tbsp. white balsamic vinegar
- 1 Tbsp. Hy-Vee honey
- 3 Tbsp. Gustare Vita extra-virgin olive oil

**GARNISH**

- Shaved Parmigiano-Reggiano cheese

**TOTAL TIME**

25 minutes

**Serves**

4 to 6

**Nutritional Information**

- Calories: 280
- Carbohydrates: 24 g
- Fiber: 37 g
- Protein: 18 g
- Fat: 18 g
- Sodium: 0 mg
- Calcium: 8% Daily Value
- Iron: 15% Daily Value
- Potassium: 10% Daily Value
3 MORE PUMPKIN PIE

Preheat oven to 450°F. Place (10-in.) Hy-Vee Bakery pumpkin pie on a baking sheet. Mound top of pie with Hy-Vee marshmallows of desired flavors. Bake 5 to 7 minutes or just until marshmallows are toasted but still hold their shape. Top with pieces of Zöet milk chocolate bars and Hy-Vee honey grahams. Drizzle with That’s Smart! chocolate sauce. Serves 12.

PUMPKIN PIE POPS

Cut (12-oz.) Hy-Vee Bakery pumpkin pie into 10 wedges. Insert a wooden pop stick into crust end of each wedge. Place on a baking sheet. Freeze 4 to 6 hours or until firm. Cascade pops with 2 oz. melted dark chocolate melting wafers and 2 oz. melted white chocolate melting wafers. Return to freezer until set. Serve immediately or store in an airtight container in the freezer. Serves 10.

PUMPKIN PIE CAKE STACKS

Cut (10-in.) Hy-Vee Bakery pumpkin pie into 8 (3-in.) rounds using a cookie cutter. Cut (8-in.) rounds of Hy-Vee Bakery unfrosted chocolate cake. Spread thin caramel sauce on each cake round. Set a pumpkin pie round on top. Top with thawed frozen Hy-Vee whipped topping. Garnish with chopped toasted Hy-Vee pecans and chocolate curls and sprinkle with Hy-Vee baking cocoa, if desired. Serves 8.

Try to Top This!
See how you can make a Hy-Vee pumpkin pie extra special with one of our 10 topper ideas.

WATCH AND LEARN

Watch and learn at HSTV.com today!
Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.

**BEST PIES WITH HOLIDAY SPIRIT**

Cranberry-Apple Pie

Serve beautiful homemade pies of seasonal fruits, sweet custards and rich chocolate. Golden flaky crusts will be easy when you follow the steps on page 28.
Lemon-Coconut Pudding Pie

Whisk together 3 cups Hy-Vee 2% reduced-fat milk and 2 (3.4-oz.) pkg. Hy-Vee instant lemon pudding and pie filling in a large bowl until combined. Let stand 5 minutes or until slightly thickened. Stir in 2 ½ cups toasted Hy-Vee unsweetened flaked coconut. Spoon into 1 (9-oz.) Hy-Vee graham cracker pie crust; refrigerate 1 hour or until set.* Top with 1 (8-oz.) container Hy-Vee whipped topping, thawed; chopped Hy-Vee macadamia nuts and toasted coconut chips. Serves 10.

*Note: To transfer pie to another pie plate, freeze for 4 hours or overnight. Then remove from the tin, place in other pie plate and top as directed.

Crust Basics 101

Shortcut your way to homemade pastry by using a food processor. It works quickly for consistent results. Follow these steps and proceed fearlessly into your pie-making adventure.

STEP 1: ADD INGREDIENTS
Combine the flour, sugar and salt, then place the shortening on top.

STEP 2: CUT IN FAT
Cover and pulse with on/off turns until mixture resembles cornmeal with pea-size pieces of fat.

STEP 3: ADD WATER
Sprinkle ice water, 1 Tbsp. at a time over flour mixture. Cover and process with on/off turns, repeating with additional water if needed, until mixture resembles crumble with pea-size pieces of fat.

STEP 4: ROLL PASTRY
Roll pastry from edges to center, using a lightly floured rolling pin.

STEP 5: TRANSFER PASTRY
To pie plate by rolling it onto the rolling pin or folding it into fourths and easing it into the dish without stretching.

STEP 6: TRANSFER PASTRY
To pie plate by rolling it onto the rolling pin or folding it into fourths and easing it into the dish without stretching.

2 cups Hy-Vee all-purpose flour
4 tbsp. Hy-Vee granulated sugar
½ tsp. Hy-Vee salt
1 ½ cups Hy-Vee vegetable shortening
4 to 5 Tbsp. ice water

2. SPRINKLE
1 Tbsp. ice water over part of the flour mixture. Cover and process with on/off turns. Repeat with additional water, 1 Tbsp. at a time, until flour mixture is moistened.

3. GATHER
Dough into a ball, kneading gently, until it holds together. Divide pastry in half and shape each portion into a ball.

NOTE: Chill dough in the refrigerator at least 30 minutes before rolling to prevent sticking to the rolling pin.

Fruit Pie Thickeners

When thickening a pie filling there are several options. Flour, cornstarch and tapioca are the most common choices. The amount needed will depend on the liquid from the fruit.

ALL-PURPOSE FLOUR is a thickener you probably have in your pantry. Flour gives filling a matte, opaque appearance. Use 2 tablespoons flour for every 1 tablespoon of cornstarch in a recipe.

CORNSTARCH forms a smooth, clear filling and thickens filling as it bubbles up through the crust. Let filling bubble a minute before taking the pie out of the oven.

QUICK-COOKING TAPIOCA makes a bright, clear filling. Use the same amount as cornstarch; mix it with fruit filling and let stand 15 minutes to absorb juices before baking.

Easy as Pie

SKIP THE BAKING and pick up luscious pies from your Hy-Vee Bakery. Choose from a varied assortment of fruit and specialty pies, including scrumptious French Silk, Peanut Butter Silk, Coconut Meringue, Chocolate Cream and Banana Cream.

EACH PIE is 10 in. across; select varieties are also available in 12-in. diameter. Order your pies several days ahead of time.

Double-Crust Pie Pastry

Shortcut your way to homemade pie dough in minutes: Handy for whipping up homemade pie dough in minutes:

Cuisinart 13-cup Food Processor

Handy for whipping up homemade pie dough in minutes:

Handy for whipping up homemade pie dough in minutes:

HANDY FOR WHIPPING UP
HOMEMADE PIE DOUGH IN MINUTES.
Another time, top this pie with scoops of It’s Your Churn premium salted caramel ice cream and caramel sauce.

**SERVING TIP**

**GOOD COOK PIE SERVER**

A comfort-grip plastic handle offers stability to keep pie slices intact when serving. Dishwasher-safe.

**GOOD COOK STAINLESS-STEEL MEASURING CUP SET**

Measure flour, sugar and other dry ingredients that require leveling.

**Wilton COOLING RACK**

Heavy-duty, stainless-steel 16 ×10-in. rack with strong wire grids allows air to circulate around baked pies while they cool.

**ROLLING PIN**

A sturdy, well-balanced pin with easy-grip handles smoothly rolls out piecrusts, cookie dough and puff pastry.

**GOOD COOK STAINLESS-STEEL MEASURING CUP SET**

Measure flour, sugar and other dry ingredients that require leveling.

**View Recipe**

Scan and shop at hy-vee.com today!
Key Lime Slab Pie

**Hands On: 15 minutes**
**Total Time: 1 hour 5 minutes plus chilling time**
**Serves: 24**

1. **Recipe Double-Crust Pie Pastry, page 29**
2. **8 egg yolks, beaten**
3. **(1¼-cup) can Hy-Vee sweetened condensed milk**
4. **¼ cup key lime juice**
5. **2 Tbsp. lime zest**

For Key Lime Slab Pie:
1. **PREHEAT** oven to 425°F. Prepare Double-Crust Pie Pastry as directed, except form all dough into one ball. Roll pastry on a lightly floured surface into a 19x14-in. rectangle. Fold pastry into fourths; transfer to a 19x14-in. baking pan. Chill pastry and set aside.

2. **REDUCE** oven temperature to 325°F. Whisk together egg yolks, sweetened condensed milk, lime zest and key lime juice in bowl. Whisk filling into crust. Bake for 10 minutes or until edges are light brown. Cool completely on a wire rack.

3. **JUST BEFORE SERVING**, place whipped cream and powdered sugar in a medium mixing bowl. Beat with an electric mixer until soft peaks form. Fold whipped cream into filling. Serve slices topped with chocolate sauce, peanuts and additional toppings, if desired.

Per serving: 240 calories, 11 g fat, 15 g carbohydrate, 6 g protein, 65 mg sodium, 0 g fiber

Black Bottom Peanut Butter Pie

**Hands On: 40 minutes**
**Total Time: 40 minutes plus chilling time**
**Serves: 12**

1. **Recipe Double-Crust Pie Pastry, page 29**
2. **2 cups Hy-Vee heavy whipping cream, divided**
3. **(10-oz.) pkg. Hy-Vee cream cheese, softened**
4. **½ cup Hy-Vee powdered sugar**
5. **1 tsp. Hy-Vee vanilla**
6. **Dark chocolate sauce and Hy-Vee salted party peanuts, for garnish**

For Black Bottom Peanut Butter Pie:
1. **PREHEAT** oven to 350°F. Combine chocolate chips and peanut butter in a medium microwave-safe bowl. Microwave on HIGH until chocolate is melted, stirring every 10 minutes or until edges are light brown. Cool completely on a wire rack.

2. **COMBINE** chocolate chips and cream cheese mixture in a medium mixing bowl. Mix with an electric mixer until smooth. Fold in 1 tsp. vanilla. Spoon filling into crust. Cover and refrigerate for 30 minutes or until set.

3. **JUST BEFORE SERVING**, place whipped cream and powdered sugar in a medium mixing bowl. Beat with an electric mixer until soft peaks form. Fold whipped cream into filling. Serve slices topped with chocolate sauce, peanuts and additional toppings, if desired.

Per serving: 640 calories, 47 g fat, 23 g carbohydrate, 15 g protein, 85 mg sodium, 0 g fiber

Shop Now!
Scan to add these ingredients to your cart.
Smashed hit of the season.

WAYS TO ENJOY

PEARS

The sweetest, juiciest varieties are found at Hy-Vee—there’s no com-pear-ison!

101

Pears complement sweet or savory dishes and are a tasty seasonal fruit for holiday gift baskets. Eaten raw, pears at peak ripeness are soft, sweet and satisfying. At Hy-Vee, you’ll find several varieties:

**Bartlett:** Aromatic and bell-shape, juicy Bartletts are ideal for snacking.

**Anjou and Red Anjou:** Egg-shape and creamy with a slight citrus taste.

**Bosc:** A good choice for cooking. Boscs are somewhat dense, with grainier flesh than other pears.

Put more yum on your holiday table.

Smashed hit of the season.

WAYS TO ENJOY

PEARS

The sweetest, juiciest varieties are found at Hy-Vee—there’s no com-pear-ison!

101

Pears complement sweet or savory dishes and are a tasty seasonal fruit for holiday gift baskets. Eaten raw, pears at peak ripeness are soft, sweet and satisfying. At Hy-Vee, you’ll find several varieties:

**Bartlett:** Aromatic and bell-shape, juicy Bartletts are ideal for snacking.

**Anjou and Red Anjou:** Egg-shape and creamy with a slight citrus taste.

**Bosc:** A good choice for cooking. Boscs are somewhat dense, with grainier flesh than other pears.

Put more yum on your holiday table.
Spiced Pears in Puff Pastry

Hands On 30 minutes  
Total Time 50 minutes  
Serves 8

Hy-Vee nonstick cooking spray  
½ (17.3-oz.) pkg. frozen puff pastry, thawed (1 sheet)  
4 medium pears, peeled, cored and halved; stems intact  
1 Tbsp. plus ¼ cup packed Hy-Vee brown sugar, divided  
1 tsp. Hy-Vee ground cinnamon  
½ tsp. Hy-Vee ground nutmeg  
1 Hy-Vee large egg, beaten  
¼ cup Hy-Vee salted butter, cut up  
¼ cup Hy-Vee heavy whipping cream  
2 Tbsp. Hy-Vee Select 100% pure maple syrup  
1 tsp. Hy-Vee salt  
3 Tbsp. Hy-Vee chopped pecans, toasted

Hy-Vee We All Scream! vanilla ice cream, for serving

1. PREHEAT oven to 400°F. Line a rimmed baking pan with parchment paper. Spray parchment with nonstick spray; set aside.

2. UNROLL puff pastry on a lightly floured surface. Using a rolling pin, roll pastry to a 16×9-in. rectangle. Cut pastry into 8 pieces; set aside.

3. PLACE pear halves, flat sides down, on work surface. Combine 1 Tbsp. brown sugar, cinnamon and nutmeg; rub on pears. Cover each with a pastry piece, trimming excess pastry. Transfer pears to prepared pan. Cut leaves from pastry trimmings; attach to pears. Cut slits in pastry with a sharp knife and brush with egg.

4. BAKE for 20 to 25 minutes or until golden. Let stand 10 minutes in pan. For sauce, combine remaining ⅓ cup brown sugar, butter, cream, syrup and salt in a heavy 1-qt. saucepan. Bring to boil, stirring until sugar is dissolved. Reduce heat. Gently boil 3 minutes (do not stir). Remove from heat. Stir in pecans. Cool slightly.

5. SERVE pears, topped with ice cream and maple-pecan sauce.

Per serving: 330 calories, 18 g fat, 9 g saturated fat, 0 g trans fat, 35 mg cholesterol, 230 mg sodium, 45 g carbohydrates, 4 g fiber, 25 g sugar (12 g added sugar), 3 g protein.

Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 4%

Real CINNAMON FOR Real Bite

Seriously potent. Ridiculously flavorful. Watch out—this bark bites back.

Scan to add these ingredients to your cart.

Shop Now!
Edi’s Italian Alfredo
Total Time: 40 minutes
Serves: 8

½ (16-oz.) pkg. Hy-Vee linguine
1 Tbsp. Gustare Vita olive oil
1 Tbsp. Hy-Vee salted butter
1 lb. fresh mild Italian pork sausage
1 cup chopped green onions
1 cup dry white wine, such as Sauvignon Blanc
1 (12.5-oz.) jar Gustare Vita Alfredo sauce
1 cup heavy whipping cream
¾ cup grated Parmigiano Reggiano cheese
3 Tbsp. chopped Italian parsley, plus additional for garnish
1 tsp. Hy-Vee crushed red pepper
Crumbled fresh ricotta salata, for garnish
Cherry tomatoes, quartered, for garnish

1. COOK pasta according to pkg. directions; drain and keep warm. Heat oil and butter in large nonstick skillet over medium-high heat. Add pork sausage and green onions; cook 6 minutes or until pork is cooked through (165°F). Remove skillet from heat; add wine. Return skillet to heat; bring to a simmer. Add mushrooms. Cook, uncovered, 10 minutes. Stir in Alfredo sauce, cream, cheese, parsley, and crushed red pepper; heat through.

2. ADD pasta to skillet; toss to coat. Garnish with ricotta salata, cherry tomatoes, and additional parsley, if desired.

Per serving:
620 calories, 40 g fat, 16 g saturated fat, 0.5 g trans fat, 85 mg cholesterol, 780 mg sodium, 32 g carbohydrates, 2 g fiber, 22 g protein.

SEASONS | Hy-Vee.com

When I was a child in Italy, I used to make this Alfredo with my grandmother. She taught me how to cook and bake, and this recipe reminds me of home. This is a meal that kids will enjoy. Adults will like it as well, especially with a glass of red wine. I recommend Barbera.”

Flavored with fond memories, family recipes are keepers. Six Hy-Vee employees share favorite dishes—and the warmth and stories behind them.
**Corn Bread Dressing**

**Hands On: 20 minutes**
**Total Time: 1 hour 5 minutes**
**Serves 10**

- ½ cup Hy-Vee margarine
- 1 large yellow onion, chopped
- 2 cups corn bread and bread cubes
- 2 cups Hy-Vee whole milk
- 3 Tbsp. Hy-Vee all-purpose flour
- 4 oz. Fontina cheese
- 3½ oz. Gruyère cheese
- 2 cups Hy-Vee whole milk

**Instructions:**
1. Preheat oven to 350°F. Lightly grease a 2-qt. casserole; set aside.
2. Place corn bread and bread cubes in a large bowl. Add eggs and milk and set aside.
3. Melt margarine over medium heat in a heavy medium saucepan. Add onion; cook 6 to 7 minutes or until soft, stirring occasionally. Stir in flour. Cook and stir 1 minute or until mixture becomes very thick. Add milk gradually; cook 2 minutes or until thick and bubbly, stirring constantly. Remove from heat.
4. Add corn bread mixture to prepared casserole. Bake, covered, 45 minutes. Uncover; bake 10 more minutes or until heated through.

**Daily Values:**
- **Calcium:** 6%
- **Iron:** 6%
- **Potassium:** 15%

---

**Extra-Creamy Five-Cheese Mac & Cheese**

**Hands On: 40 minutes**
**Total Time: 1 hour 10 minutes plus standing time**
**Serves 12**

- 1 lb. 90%-lean ground beef
- 2 cloves garlic, minced
- ½ cup finely chopped white onion
- 2 (12-oz.) pkg. dry three-cheese tortellini
- 1 (32-oz.) container Hy-Vee 33%-less-sodium chicken broth
- 1 (16-oz.) box Hy-Vee yellow Cheddar cheese, shredded (1 cup)
- 1½ lb. Hy-Vee garlic powder
- 1 (10-oz.) pkg. Hy-Vee finely shaved mozzarella cheese

**Instructions:**
1. Heat oil in an extra-large Dutch oven over medium-high heat. Add onion and garlic; cook for 3 to 5 minutes or until soft. Add ground beef. Cook until browned. Drain, if necessary.
2. Heat oil in an extra-large Dutch oven over medium-high heat. Add onion and garlic; cook for 3 to 5 minutes or until soft. Add ground beef. Cook until browned. Drain, if necessary.
3. Stir in chili-style beans, tomato sauce, diced tomatoes, chili powder, corn, 2 tsp. cilantro and garlic powder. Add chicken broth; bring to a boil. Reduce heat. Simmer, covered, 10 minutes or until heated through. Serve topped with mozzarella cheese. Garnish with additional cilantro, if desired.

**Daily Values:**
- **Calcium:** 0%
- **Iron:** 0%
- **Potassium:** 0%

---

**Tortellini Chili**

**Hands On: 25 minutes**
**Total Time: 40 minutes**
**Serves 10**

- 2 (12-oz.) pkgs. dry three-cheese tortellini
- 3½ oz. Hy-Vee yellow Cheddar cheese, shredded (1 cup)
- 1½ lb. Hy-Vee garlic powder
- 1 tsp. Hy-Vee chili powder
- 1 tsp. Hy-Vee ground cumin
- 2 tsp. finely chopped fresh cilantro, plus additional for garnish
- 1 tsp. paprika

**Instructions:**
1. Preheat oven to 350°F. Lightly grease a 2-qt. casserole; set aside.
2. Heat oil in an extra-large Dutch oven over medium-high heat. Add onion and garlic; cook for 3 to 5 minutes or until soft. Add ground beef. Cook until browned. Drain, if necessary.
3. Stir in chili-style beans, tomato sauce, diced tomatoes, chili powder, corn, 2 tsp. cilantro and garlic powder. Add chicken broth; bring to a boil. Reduce heat. Simmer, covered, 10 minutes or until heated through. Serve topped with mozzarella cheese. Garnish with additional cilantro, if desired.

**Daily Values:**
- **Calcium:** 6%
- **Iron:** 15%
- **Potassium:** 20%

---

**Cheese**

**Hands On: 15 minutes**
**Total Time: 1 hour 10 minutes plus standing time**
**Serves 12**

- 2 oz. Soirée shredded Parmesan cheese
- 1 (8-oz.) pkg. Hy-Vee finely shredded mozzarella cheese
- 2 cups Hy-Vee whole milk
- ½ cup Hy-Vee nonstick cooking spray

**Instructions:**
1. Preheat oven to 375°F. Spray a 3-qt. baking dish with nonstick spray; set aside.
2. Place pasta in a large pot according to package directions; drain and set aside.
3. Transfer corn bread mixture to prepared baking dish. Melt remaining 2 Tbsp. butter. Stir in panko and Parmesan; sprinkle on pasta.
4. Add remaining broth to cheese sauce. Bring to a boil; reduce heat. Add pasta; stir gently to coat.

**Daily Values:**
- **Calcium:** 350
- **Iron:** 370
- **Potassium:** 206

---

**THIS RECIPE HAS BEEN A beloved standard IN OUR FAMILY FOR YEARS.”**

—KATHERINE KLINE BERKOWITZ, HY-VEE CHEESE SPECIALIST
Norma's Chocolate Cake

Hands On 40 minutes
Total Time 2 hours 45 minutes plus cooling time
Serves 24

2¾ cups Hy-Vee all-purpose flour
1% cup Hershey’s Special Dark Cocoa
2½ cups Hy-Vee granulated sugar
2 Hy-Vee large eggs
1 cup boiling water
1 cup buttermilk
2 Hy-Vee large eggs
1 tsp. Hy-Vee vanilla extract

Directions:
1. PREHEAT oven to 300°F. Grease bottom and sides of a 9×13×2-in. glass baking dish; set aside. Stir together flour, cocoa and baking soda in a bowl; set aside.
2. BEAT butter with an electric mixer on medium for 2.5 minutes. Gradually beat in onequarter-alt cup Hy-Vee 2% reduced-fat milk. Beat in sugar and vanilla; beat on medium for 90 seconds. Add eggs, one at a time, beating well after each addition. Add flour mixture and buttermilk alternately, beating on low after each addition. Add eggs, one at a time, beating well after each addition. Add flour mixture and buttermilk alternately, beating on low after each addition. Add eggs, one at a time, beating well after each addition. Add flour mixture and buttermilk alternately, beating on low after each addition. Add eggs, one at a time, beating well after each addition. Add flour mixture and buttermilk alternately, beating on low after each addition.
3. BAKE for 60 to 70 minutes or until a wooden toothpick inserted near center comes out clean. Cool cake in dish for 2 hours on a wire rack. Frost with Butter Frosting. Store, covered, in the refrigerator.

Per serving: 290 calories, 6 g fat, 40 mg cholesterol, 70 mg sodium, 11 g carbohydrates, 2 g fiber, 37 g sugar (5% added sugar), 2 g protein.

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

Per cookie:
1.5 g carbohydrates, 0.1 g fat, 10 mg cholesterol, 70 mg sodium, 0.4 g carbohydrates, 0 g fiber, 0 g sugar, 0 g protein.

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

Holiday Kringla

Hands On 45 minutes
Total Time 2 hours 45 minutes plus refrigerating time
Makes 50 cookies

4 cups Hy-Vee all-purpose flour, plus additional for shaping
2 tsp. Hy-Vee baking soda
2 cups Hy-Vee sour cream
1¾ cups Hy-Vee granulated sugar
1½ cups Hy-Vee large egg
Hy-Vee powdered sugar, for garnish

1. STIR together flour, baking soda and sour cream in a large mixing bowl. Beat with an electric mixer until light and fluffy. Beat in flour mixture. Divide dough in half and place in separate bowls. Cover and refrigerate at least 3 hours.
2. PREHEAT oven to 375°F. Working with one portion of dough at a time, form a long log (about 10-in.) and coil into a ball; roll it in flour until lightly coated, then roll into a 10-in. rope. Twist ropes into a letter A shape and place on baking sheet. Repeat with remaining dough.
3. BAKE for 6 to 8 minutes; do not overbake. Cool cookies on a wire rack.
4. BAKE remaining dough. Place amp minecraft
dough on a 10-in. plate; slip over the back of them with butter and we would sit down with"
HOW TO MAKE A WHITE SAUCE

Follow these simple steps to make a luxurious white sauce, also known as bêchamel (bay-shah-MEHL), to use as the creamy base for mac & cheese, lasagna, scalloped potatoes and more.

STEP 1: MELT BUTTER
Melt 6 Tbsp. Hy-Vee unsalted butter in a large, heavy saucepan over medium-low heat.

STEP 2: MAKE A ROUX
Add 6 Tbsp. Hy-Vee all-purpose flour to melted butter to make a roux. Slowly cook and stir the roux so it thickens properly when milk is added.

STEP 3: WHISK IN MILK
Microwave 4 cups milk to almost boiling. Slowly add 1 cup hot milk to the roux, whisking continuously until sauce becomes smooth. Add remaining milk more quickly.

STEP 4: COOK AND STIR
Continue cooking sauce over medium-low heat, whisking often, until bubbles appear around edges of pan.

STEP 5: ADD SEASONING
When sauce coats the back of a spoon, remove pan from heat and stir in desired seasonings such as kosher salt, pepper, paprika or grated nutmeg.
**COOKING MYTHS DEBUNKED**

**ONE**

**MYTH: COOKING VEGETABLES REMOVES NUTRIENTS.**

**Truth:** Only with boiling. The trick to retaining most nutrients, especially vitamin C and the B vitamins, is to use as little water as possible and cook for a minimal amount of time. Steaming and microwaving, as well as dry-heat methods like grilling, roasting and stir-frying work best to retain the most nutrients.

**MYTH: RINSE MEAT BEFORE COOKING.**

**Truth:** Recent USDA research has found that rinsing raw meat or poultry increases the risk of spreading bacteria to your sink, hands and cooking equipment, which can cause foodborne illness.

**MYTH: FRESH EGGS PEEl MORE EASILY WHEN HARD-BOILED.**

**Truth:** To ensure easy-to-peel hard-boiled eggs, the American Egg Board suggests you buy and refrigerate eggs a week to 10 days before cooking. This time allows the eggs to take in air, allowing for membranes to separate from shells.

**MYTH: USING HIGH HEAT COOKS GRAINS FASTER.**

**Truth:** High heat won’t actually speed the cooking of rice and quinoa. The water needs to simmer so it can permeate the grains. High heat causes water to quickly evaporate, which results in an undercooked grain that may burn.

**MYTH: SALTING PASTA OR POTATO WATER MAKES IT BOIL FASTER.**

**Truth:** Adding salt makes the water hotter, but it’s not going to boil any faster. The reason to add salt is to season the food, not speed up the clock.

**MYTH: COOKING VEGETABLES REMOVES NUTRIENTS.**

**Truth:** Only with boiling. The trick to retaining most nutrients, especially vitamin C and the B vitamins, is to use as little water as possible and cook for a minimal amount of time. Steaming and microwaving, as well as dry-heat methods like grilling, roasting and stir-frying work best to retain the most nutrients.

**Sources:**
- nald.usda.gov/sites/default/files/nifc_uploads/Alcohol-Retention.pdf
**MYTH: CHICKEN IS SAFE TO EAT WHEN IT’S NO LONGER PINK.**

Truth: It’s only safe when cooked to an internal temperature of 165°F as recommended by the USDA for food safety. Whether you cook a whole bird or chicken parts, color can change from pink to white at a lower temperature, so it’s best to test with a food thermometer.

**MYTH: IT’S ALWAYS BEST TO ADD OIL TO PASTA WATER.**

Truth: Some of the best Italian chefs don’t advise it. Although oil helps keep the water from boiling over, it prevents sauce from sticking to the noodles.

**MYTH: WELL-DONE MEAT IS SAFER TO EAT.**

Truth: Eating steak that’s pink is safe if it’s cooked to medium rare (130°F). Because E. coli bacteria primarily live on the surface of meat, they are easy to destroy by cooking. When meat is ground or mechanically tenderized, E. coli can be transferred to the inside of the meat, in which case it must be cooked to 165°F (well-done).

**MYTH: WELL-DONE MEAT IS SAFER TO EAT.**

Truth: Eating steak that’s pink is safe if it’s cooked to medium rare (130°F). Because E. coli bacteria primarily live on the surface of meat, they are easy to destroy by cooking. When meat is ground or mechanically tenderized, E. coli can be transferred to the inside of the meat, in which case it must be cooked to 165°F (well-done).

**MYTH: CHILE PEPPER SEEDS CONTAIN THE HEAT.**

Truth: A chile pepper’s spicy heat comes from the white membranes—also referred to as the pith or ribs—not the seeds. The seeds contain little to no capsaicin, which gives peppers their intensity. When a membrane is cut, the capsaicin escapes and adheres to the outside of seeds, making them seem spicy.

**MYTH: ALCOHOL BURNS OFF WHEN COOKED.**

Truth: Cooking will result in some, but not total loss of alcohol. A study from the USDA Nutrient Data Lab reveals that the amount of alcohol that remains in food after cooking is directly related to cooking temperature and the amount of time the food was cooked. If you simmer a wine-reduction sauce for 15 minutes, it retains 40% of the alcohol. Even after an hour, 25% of the alcohol remains. A pot roast made with 1 cup of burgundy and roasted for more than 2 hours, however, retains only 5% of the alcohol.
Whiskey prices range from under $10 to well over $100 for a 750-ml bottle. Smaller size bottles are also available at Hy-Vee.

Scotch
Made in Scotland from malted barley, sometimes also wheat or rye. Aged in oak barrels at least 3 years.

Bourbon
Made in the U.S., usually Kentucky, from at least 51% corn and aged in new charred-oak barrels.

Tennessee
Made in Tennessee from at least 51% corn, filtered through charcoal before barrelling and aged in new charred-oak barrels.

Rye
Made in the U.S. and Canada from at least 51% rye and aged in new charred-oak barrels.

Hy-Vee offers drink-specific glassware sized for large ice.

WHISKEY BASICS
An umbrella term for distilled alcoholic drinks made from fermented grain mash, whiskey dates back 500 years or more. Variations are based on the types of grain used, length of aging, the casks employed in that process and the location of the distillery.

JOHNNIE WALKER BLACK LABEL
A blend of whiskeys aged a minimum of 12 years for smooth, deep character.

MONKEY SHOULDER
A smooth and rich blend of different single malts.

JACK DANIEL’S OLD NO. 7
Charcoal-mellowed and matured in handcrafted barrels for a balance of sweet and oaky flavor.

UNCLE NEAREST PREMIUM WHISKEY
Distilled in small batches and named World’s Best in 2019 and 2020.

THREE RIVERS RYE
A blend of straight rye whiskeys, aged 10 years, for the most awarded rye whiskey in the world.

ANGEL’S ENVY
Hand selected and aged mix of 8 to 12 barrels at a time, finished in ruby port cask.

FOUR ROSES BOURBON
A carefully rehydromed mash of mash ingredients and proprietary yeast strains.

TEMPLETON RYE
Smooth, spicy and bold rye whiskey with a balanced finish.

NICE AND NEAT
There are many ways to enjoy whiskey in a glass. To enjoy its full flavor, pour it “neat,” with just the glass to keep the whiskey company. Serve it “on the rocks” for a cooling effect or “with just a splash” for a flavor twist. And, of course, whiskey makes a great mixed drink, too!

Hy-Vee offers drink-specific glassware sized for large ice.
A BOTTLE OF WINE JUST MIGHT BE THE BEST GIFT. IN A RANGE OF PRICES AND FLAVOR PROFILES, WINE IS A FRIENDLY INVITATION TO RELAX AND SHARE TIME TOGETHER.

**THE PRICE IS RIGHT**
A good general price range is $15–$25.

**SPECIAL SIGNIFICANCE**
Look for a vintage with significance, such as the year someone got married, bought a house, received a promotion or had a baby.

**MAKE IT UNIQUE**
Distinctive is always remembered. Consider choosing a wine with an unusual bottle shape, color or label.

**WITH YOUR COMPLIMENTS**
Is there a special wine you think is particularly good? Share it with a note explaining why you chose it.

**2001 ZINFANDEL**
The Seven Deadly Zins Zinfandel

The grapes are grown in the sustainable grape-growing region of Lodi AVA in the Central Valley of California.

The wine is rich and smooth with mild tannins.

**SAUVIGNON BLANC**
Made in the Marlborough wine-making region of New Zealand, Kim Crawford Sauvignon Blanc is a fresh, fruity wine with natural complexity.

**SANGIOVESE**
Santa Margherita Chianti Classico Reserva is a complex red wine made primarily with Sangiovese grapes from the Tuscany region of Italy.

**PINOT NOIR**
From the best grapes of Sonoma, Monterey and Santa Barbara counties, Meiomi Pinot Noir is characterized by rich garnet color, fruit aromas and complex flavors.

**RIESLING**
Chateau Ste. Michelle is made from a blend of Riesling grapes grown throughout Washington’s Columbia Valley and is noted for crisp apple aromas.

**CABERNET SAUVIGNON**
Stave & Steel Cabernet Sauvignon is a full-bodied wine with bold fruit flavors and complexity from aging in bourbon-drenched oak barrels.

**PINOT GRIGIO**
Ménage à Trois is an all-purpose, fruit-forward California white wine made primarily from Pinot Grigio grapes augmented by three varietals.

**MOSCATO**
Cupcake Moscato is made from flavorful grapes grown in Italy’s renowned Tre Venezie region, resulting in delicate aromas that complement a sweet, fruit-forward wine.

**MERLOT**
Aged for 12 months in oak barrels, Bogle Merlot is a full-bodied California dry wine. Bogle was named 2019 American winery of the year by Wine Enthusiast magazine.

**CHARDONNAY**
Kendall Jackson Vintner’s Reserve, the top-selling chardonnay in America, is made from grapes in California’s coastal growing region for a complex, fruit-forward taste.

**pro tip:** HOW TO GIFT THE RIGHT BOTTLE

Really, the thing to remember is, get what you think the recipient will enjoy. You don't have to spend a lot. If their favorite bottle of wine is $6, then get that. And at our Hy-Vee Wine & Spirits, we have employees who love to make recommendations. With as little information as 'They like dry red wines' or 'They like this wine, so what’s a different bottle they would also like?' we can help recommend some bottles they will love.

Don’t forget how you’re gifting it! Grab a wine bag and some tissue paper, or wrap the neck in ribbons to dress it up. 

—Eric Dodge
Certified Wine Specialist and Wine & Spirits Manager
Hy-Vee, Waterloo, Iowa
Hy-Vee Certified Cheese Professional Lee Anderson comes to the rescue! He’s picked eight stellar cheeses that offer unique flavors and textures to get your feast off to an amazing start. He also shares tips on charcuterie and other delicious offerings that your guests will love to explore.

SOMERDALE RED DRAGON CHEDDAR
Flavor/Texture: Smooth, firm and spicy with plenty of bite; flavored with whole grain mustard seeds and Welsh brown ale.
Pairings: berries, whole grain crackers and pancetta

SOMERDALE RED DRAGON CHEDDAR
Flavor/Texture: Slightly crumbly texture yet incredibly creamy on the tongue; has sweet, nutty, caramelized notes.
Pairings: grapes, cashews, pears, cherries and crackers

CUT LIKE A PRO
BRICK OR BLOCK
Cut the block in half; slice each half into ½-in.-thick rectangular pieces. Then cut each piece diagonally to form two triangles.
Cheese: Cheddar, Pepper Jack

LOG
Cut even-size coin-shape pieces by slicing across the log.
Cheese: Goat, Soft Mozzarella

TRIANGULAR WEDGE
Lay wedge on its side and cut triangular serving-size wedges. Use cheese harp for soft cheeses.
Cheese: Roquefort, Stilton

SOFT WHEELS
Cut small triangular wedges as if you were cutting a cake, leaving the rind intact.
Cheese: Brie, Goat, Camembert

Let a Hy-Vee Cheese Pro Show You the Way!
This holiday season, get ready to travel to amazing places just by visiting your Hy-Vee Cheese Department. Here, you can experience cheeses from at least 15 countries and 12 states. We get to know many award-winning cheese makers so we can offer their cheeses. If you’re in charge of the cheese, we’ll make you the hero by suggesting how much to get, what kinds and good pairings. I also tell my customers to serve their cheese at room temp. You’ll be surprised at how the flavor pops as opposed to serving it right out of the fridge.”
STEP 1
CHOOSE SERVeware
Select a cheese or cutting board, tray, platter or pizza stone to plate foods on and small bowls and cheese knives from Hy-Vee. Opt for a foundation sized to accommodate the foods it will hold. If needed, line it with parchment paper for food safety or to protect the tray.

STEP 2
SELECT CHEESES
Choose cheeses for diversity of flavor and texture. A good mix is three to five cheeses, at least one from each of the following categories: hard (Manchego, Parmigiano-Reggiano); soft (Brie, Chaumes); Blue (Gorgonzola, Roquefort) and Aged (Cheddar, Gouda).

STEP 3
ADD CHARCUTERIE
Cured and other meat products add additional savory choices. Meats may include smoked ham, prosciutto, salami and spreads. Offer at least two options, such as sharp and tangy salami with aged cheese and subtle and creamy prosciutto with mild cheese.

STEP 4
ACCENT WITH FRUITS, NUTS & OLIVES
Master the art of designing a winning cheese board by including the extras. Sweet additions include fruit salsas, dried or fresh fruit, candied nuts and chocolate. Savory choices are olives, pickles, salty nuts, roasted peppers, tapenade and hummus.

STEP 5
OFFER CRACKERS, TOASTS & SPREADS
Bases, such as crackers, breads and toasts, provide surfaces for guests to build a small appetizer on, and spreads, the yummy glue to hold it all together! Provide at least two bases or bread options. Bases may include: plain or toasted baguette slices, breadsticks, little biscuits, crackers and gluten-free options. Spread choices at Hy-Vee include several types of honey, jellies, jams and mustards.

STEP 6
FINISH WITH GARNISHES
Transform a great cheese board into a work of art with little details that bring color and flair. One easy way—place a few sprigs of fresh herbs with a handful of colorful berries in the corner of the tray.

**TASTY CHEESE COMBOS**

**SOFT CHEESES**
Brie, Camembert

**SEMIFIRM CHEESES**
Cheddar, Camembert, Gouda, Gruyère

**HARD CHEESES**
Cheddar, Parmigiano-Reggiano, Gouda

**FRESH CHEESES**
Fresh Mozzarella, Mascarpone

**BLUE CHEESES**
Gorgonzola, Roquefort, Stilton

To coin a phrase from my buddy, Forrest, they go together like peas and carrots. We offer a wide range of charcuterie, or cured cold meats, from first-rate producers. La Quercia from Norwalk, Iowa, makes some of the best prosciutto in the world. Columbus, out of San Francisco, makes exceptional salamis. Ask to have it cut thin to really pull out the rich flavors. Figure on serving 1 ½ oz. per person.

**CHARCUTERIE AND CHEESE ARE BEST BUDDIES!**

**6 MEATS FOR YOUR BOARD**

1. **BRESAOLA**
Air-dried peppered roast beef, aged 2 to 3 months until it becomes hard and turns a deep, dark red.

2. **SOPRESSATA**
Coarsely ground, slow-aged, marbled salami comes mild with fennel and garlic flavor or spicy from chile, paprika and sherry wine.

3. **FINOCCHIONA**
Dried salami with distinct, sweet flavor of fennel; made from pork trimmings and stuffed in natural casings.

4. **CAPOCOLLO**
Natural boneless pork shoulder roast that’s rubbed with herbs and spices and dry-cured.

5. **PROSCIUTTO**
Subtle, creamy paper-thin slices of dry-cured smoked ham aged for several years.

6. **SALAMI**
Sharp and tangy dry-aged ground meat sausage in casing. Flavored with anything from paprika to garlic.

To learn more about cheese and pairings, visit our cheese guide at hy-vee.com/cheese-guide.

**LEE ANDERSON**
Certified Cheese Professional, Omaha Hy-Vee

For more information, visit our cheese guide at hy-vee.com/cheese-guide.
**TRIPLE-CHEESE PIMENTO TARTS**

Sharp Cheddar has tang and complex flavors. Colby adds creaminess and mildness. Parmigiano-Reggiano delivers a buttery, sweet and nutty flavor. Together, the cheeses marry well to sweet, smoky and spicy flavors.

To make:
Combine ½ cup each shredded sharp Cheddar cheese and shredded Colby cheese, 1 Tbsp. grated Parmigiano-Reggiano cheese, 1 (2-oz.) jar diced pimientos, ⅓ cup Hy-Vee mayonnaise, 1 Tbsp. finely chopped green onion, ½ tsp. smoked paprika and ½ tsp. Sriracha. Spoon mixture into 15 frozen mini baked phyllo shells. Bake at 350°F for 8 to 10 minutes or until set. Garnish with sliced green onion, if desired.

---

**BLUE CHEESE PEAR WEDGES**

Blue cheese, with its sharp, salty flavor and crumbly texture, intensifies the sweetness and subtle hints of fall spices in pears.

To make:
Spread creamy blue cheese on pear slices. Sprinkle with pomegranate seeds and candied walnuts.

---

**BLACKBERRY-CHEDDAR PANCETTA CRISPS**

Aged Cheddar is a rich, full-bodied cheese with a long, lingering flavor. Its complexity pairs well with smoky pancetta, while the sweetness of jam puts everything in harmony.

To make:
Spread seedless blackberry preserves on rosemary-flavored crackers. Top with thin ribbons of aged white Cheddar cheese and crisp-cooked pancetta. Garnish with fresh chives, if desired.

---

**DILL HAVARTI-GRAPe SKEWERS**

Dill Havarti is a rich, buttery cheese with mild dill flavor. Give it a try with delicate-textured prosciutto and sweet grapes to hit several flavor notes—cheesy, salty and sweet—in one bite.

To make:
Wrap a ribbon of prosciutto around a cube of dill Havarti and red and/or green grapes and skewer with a party pick. Garnish with fresh dill sprigs, if desired.

---

**GOAT CHEESE-PLUM TOASTS**

Fresh goat cheese has a soft, spreadable texture and tart, earthy flavor. It plays well with fruit.

To make:
Toast Hy-Vee Bakery walnut-raisin bread at 350°F for 10 minutes. Spread Soirée Artisan Original Goat Cheese on toasted bread. Top with fresh plum slices and drizzle with Hy-Vee honey. Garnish with fresh thyme, if desired.
DREAM CHEESE

WARM, MELTY CHEESE, OOZING FROM BETWEEN TOASTY SLICES OF BREAD—MMM, THE ULTIMATE COMFORT FOOD! HY-VEE HAS THE FINEST BAKERY BREAD, AN EXPANSIVE CHEESE COUNTER AND FRESH ADD-INS TO TAKE SANDWICH CREATIONS OVER THE TOP.

LOW AND SLOW IS THE WAY TO GO! USE A HEAVY, EVEN-HEATING SURFACE—CAST-IRON OR NONSTICK SKILLET, ELECTRIC GRIDDLE OR FLAT PLATES OF A WAFFLE IRON. HEAT THEM TO MEDIUM. LOW SLOW HEATING WILL TOAST THE BREAD GENTLY AND EVENLY WHILE MELTING CHEESES.

HOT TIPS

GRIDDLE UP A CHEESY, MELTY, GOLDEN BROWN GRILLED CHEESE. START WITH SOFT BUTTER, WHICH SPREADS EASILY AND BROWNS THE BREAD EVENLY.

Advice

Have cheese at room temperature for best melting. Layer both sliced and shredded cheeses between bread. Shredded melts quickly and evenly.

Cover Up

Hard, aged cheeses take longer to melt than soft cheeses. To speed melting, place a nonporous lid over sandwich to contain heat, or grill in a panini press.

Chefman Electric Griddle

Its nonstick surface and adjustable temperature make it ideal for family-size batches of grilled cheese. Find it at your Hy-Vee.

Top 10 Cheeses for Grilled Cheese

American: Mild and melty for classic grilled cheese.
Blue: A hint of tangy blue pairs deliciously with mild melty Jack or Cheddar.
Cheddar: Mild Cheddar melt best; aged Cheddar add sharp tanginess.
Fontina: This mild, semisoft cheese pairs well with pesto and prosciutto.
Goat: Adds creaminess and bold, tangy flavor; sweeten with a drizzle of honey.
Gruyère: The nutty flavor; stands up to sweet or salty.
Mozzarella: Mild, rich and melty; mellows a strong Blue or Parmesan.
Muenster: Neutral, semisoft cheese; good with smoky meats.
Provolone: Rich, buttery and nutty; brings out other flavors.
Smoked Gouda: Rich, intense smoky flavor; pair with a good melting cheese such as Muenster.

Don’t be shy. Pile on the cheese. Expand your horizons and use several types—sliced and shredded.
The Ultimate Grilled Cheese

Hands-On 50 minutes
Total Time 60 minutes
Serves 4 (½ sandwich each)

1 cup Pickled Red Onion, diced
2 Tbsp. Hy-Vee mayonnaise
1 tsp. Gustare Vita pesto
3 Tbsp. Hy-Vee unsalted butter, softened
4⅛ oz. (1½-inch) slices Hy-Vee garlic sandwich bread
(2 oz. each)
2 Tbsp. Hy-Vee finely shredded Parmesan cheese
1 cup Hy-Vee shredded sharp Cheddar cheese, divided
4⅓ oz. slices Goodia cheese, divided
6 slices hot soppressata salami (½ oz.), divided
4 tomato slices, divided
1½ cups shredded Hy-Vee sharp Cheddar cheese, divided
½ cup arugula, divided
4 Tbsp. Hy-Vee unsalted butter
1½ tsp. Gustare Vita pesto
¼ cup Pickled Red Onion
2 Tbsp. Hy-Vee mayonnaise
6 slices Hy-Vee white bread
Hand-sliced black pepper

PREPARE Pickled Red Onion
Combine mayonnaise and pesto sauce; spread on bread. Sprinkle Parmesan cheese on butter, gently press into bread.

LAYER 1 Tbsp. Cheddar cheese, ½ Tbsp. Chives, half of pesto mixture, 3 slices salami, 2 Tbsp. Pickled Red Onion, 2 Tbsp. Cheddar cheese, 1 Tbsp. pesto mixture between each bread slice with buttered side on outside.

PREHEAT a nonstick skillet over medium-low heat. Place sandwich in skillet; weight it down with a heavy lid. Grill 3 to 4 minutes per side or until toasted and cheese is melted. Serves 1.

KC BBQ Pork Grilled Cheese
Combine ¼ cup Hy-Vee history House smoked pulled pork and 2 Tbsp. KC barbecue sauce; spread on bread. Layer 1 cup Hy-Vee coleslaw mix, 1 Tbsp. Hy-Vee apple cider vinegar, 1½ tsp. Gustare Vita pesto, and ¼ cup mozzarella and ½ cup shredded Hy-Vee sharp Cheddar cheese, pork mixture, coleslaw, ½ cup more shredded Cheddar cheese and 1 oz. Montery Jack cheese between bread slices. Grill in a nonstick skillet over medium-low heat 3 to 4 minutes per side or until toasted and cheese is melted. Serves 1.

Honey Crisp Grilled Cheese
Spread 1 Tbsp. Hy-Vee unsalted butter on 2 Tbsp. Hy-Vee Bakery 10-grain bread. Layer 1 oz. thinly sliced apple, 1 Tbsp. Hy-Vee honey and 1 Tbsp. Hy-Vee crumbled chèvre. Grill in half of nonstick skillet over medium-low heat 3 to 4 minutes per side or until toasted and cheese is melted. Serves 1.

OVER THE TOP This gourmet grilled sandwich is loaded with gooey, melted cheeses, spicy salami and layers of freshness. You’ll love every bite!

BEST OF THE MIDWEST GRILLED CHEESE

Corn & Bacon Grilled Cheese
Sauté ½ cup corn in 1 Tbsp. Hy-Vee unsalted butter until tender. Stir in 1 chopped green onion, 1 Tbsp. finely chopped cilantro and 1 tsp. kosher salt. Spread 1 Tbsp. softened Hy-Vee unsalted butter on 2⅝-inch thick-slices Hy-Vee Bakery jalapeño Cheddar bread. Turn slices over; spread with 2 Tbsp. Hy-Vee Select garlic mayonnaise. Spread Layer 1 oz. sliced provolone cheese, 2 Tbsp. crumbled bacon, ½ tsp. hy-Vee Colby jack cheese between bread slices. Grill sandwich in a non-stick skillet over medium heat 3 to 4 minutes per side or until toasted and cheese is melted. Spread 1 Tbsp. pizza sauce on sandwich, sprinkle with ½ cup mozzarella and add 3 pepperoni slices. Grill 2 to 3 minutes or until cheese is melted. Sprinkle with Hy-Vee crushed red pepper and chopped basil. Serves 1.

Deluxe Pizza Grilled Cheese
Preheat broiler. Spread 1 Tbsp. Hy-Vee unsalted butter on 2⅝-inch thick-slices Hy-Vee Bakery Bavarian bread. Turn slices over; spread with 2 Tbsp. Hy-Vee pizza sauce on top. Layer 1 cup shredded Hy-Vee mozzarella cheese, 5 slices Hy-Vee pepperoni, 1 cup cooked Italian sausage, 1 Tbsp. shredded basil, several dashes Hy-Vee hot pepper sauce. 2 tsp. finely shredded Parmesan and 1 cup more mozzarella between bread slices. Grill in a cast iron skillet over medium-low heat 3 to 4 minutes per side or until toasted and cheese is melted. Spread 1 Tbsp. pizza sauce on sandwich, sprinkle with ½ cup mozzarella and add 3 pepperoni slices. Grill 2 to 3 minutes or until cheese is melted. Serves 1.

Reuben Grilled Cheese
Spread 2 Tbsp. Hy-Vee unsalted butter on 2⅝-inch thick slices Hy-Vee Bakery pumpernickel bread. Turn slices over; spread with 2 Tbsp. Hy-Vee Thousand Island dressing. Lay 2 Tbsp. finely chopped beets, ½ oz. sliced provolone cheese, 3 Tbsp. Hy-Vee sauerkraut sandwich pickles and ¼ cup additional Swiss cheese. Grill in nonstick skillet over medium-low heat 3 to 4 minutes per side or until toasted. Serves 1.

Beer Bratwurst Grilled Cheese
Sauté 1 cup Hy-Vee Short Cut fajita vegetables in 1 Tbsp. Hy-Vee canola oil until tender. Combine 1 Tbsp. Hy-Vee large egg, 1 cup Panko Amber ale beer crust and 1 Tbsp. Hy-Vee all-purpose flour. Coat 2⅝-inch thick slices Hy-Vee Bakery marbled rye bread with batter. Layer slices with Domino’s cheddar cheese crusts on top. Grill in a nonstick skillet over medium-low heat 3 to 4 minutes per side or until toasted and cheese is melted. Serves 1.
WIDE AWAKE COFFEE

IF YOU LOVED HY-VEE COFFEE AND CREAMERS, YOU’LL REALLY LOVE WIDE AWAKE®.

Grab-n-go COLD BREWS, ENERGY DRINKS, FLAVORED CREAMERS AND MORE.

WIDE AWAKE COFFEE WILL KEEP YOU GOING THROUGHOUT THE DAY.

NOW AVAILABLE AT HY-VEE. ENJOY A VARIETY OF OPTIONS, INCLUDING GROUND COFFEE.

NOW GRAB-N-GO COLD BREWS, ENERGY DRINKS, FLAVORED CREAMERS AND MORE.

I IF YOU LOVED HY-VEE COFFEE AND CREAMERS, YOU’LL REALLY LOVE WIDE AWAKE®.

NOW AVAILABLE AT HY-VEE. ENJOY A VARIETY OF OPTIONS, INCLUDING GROUND COFFEE.

WIDE AWAKE COFFEE WILL KEEP YOU GOING THROUGHOUT THE DAY.

NOW AVAILABLE AT HY-VEE. ENJOY A VARIETY OF OPTIONS, INCLUDING GROUND COFFEE.

WIDE AWAKE COFFEE WILL KEEP YOU GOING THROUGHOUT THE DAY.
Toasted Coconut Mocha Frappés

Total Time 10 minutes  
Serves 4 (6 oz. each)

2 cups crushed ice  
1 cup Wide Awake Coffee Co. mocha cold brew  
½ cup Hy-Vee reduced-fat coconut flakes, toasted  
½ cup Hy-Vee sweetened coconut flakes, toasted; plus additional for garnish  
⅓ cup canned coconut milk  
¼ cup That’s Smart! chocolate syrup, plus additional for serving  
⅛ tsp. xanthan gum, optional

1. COMBINE ice, cold brew, ½ cup coconut flakes, coconut milk, ½ cup chocolate syrup, and xanthan gum in a blender. Cover and blend until smooth.

2. DRIZZLE additional chocolate sauce into 4 (8-oz.) glasses. Divide coffee mixture among glasses. Top with whipped topping, additional coconut flakes and chocolate syrup, if desired.

Per serving: 170 calories, 5 g fat, 8 g saturated fat, 0 g trans fat, 0 mg cholesterol, 80 mg sodium, 24 g carbohydrates, 1 g fiber, 1 g sugar (1 g added sugar), 11 g protein. Daily Values: 0% vitamin D, 2% calcium, 6% iron, 4% potassium.

Chocolate-Hazelnut Mocha

Spoon 2 Tbsp. Hy-Vee hazelnut creamy spread with skim milk & cocoa into a 10-oz. mug. Add ½ cup strongly brewed hot Wide Awake Coffee Co. hazelnut coffee to mug; stir until combined. Simer and stir ½ cup Hy-Vee 2% reduced-fat milk in a small saucepan over medium heat. Remove from heat. Add milk to a blender; cover and blend on medium until frothy. Immediately top hazelnut coffee with froth. Swirl chocolate sauce in a spiral on top of froth. Drop a toothpick through the froth several times, starting at the center of the mug and pulling towards the rim. Serves 1.

Salted Caramel Latte

Combine ½ cup Hy-Vee 2% reduced-fat milk, 2 Tbsp. Hy-Vee vanilla baking chips and dash Hy-Vee salt in a saucepan. Cook and stir over medium heat until chips are melted. Do not boil. Pour mixture into a blender; cover and blend on medium until frothy. Drizzle caramel sauce into a 10-oz. mug. Add ½ cup strongly brewed hot Wide Awake Coffee Co. Colombian coffee; top with froth. Garnish with Hy-Vee whipped topping and additional caramel sauce. Serves 1.
Hy-Vee Bakery has the coffee-shop treats to go with your home Wide Awake coffee station. Make mornings easier and happier without waiting in line.

See what’s baking
Enjoy these goodies for breakfast, dessert...or anytime!

CAKES & CUPCAKES
Choose from sheet cakes, layer cakes, birthday cakes, character and theme cakes—as well as a variety of flavors and frostings.

CHEESECAKES
Discover Cheesecake Factory Bakery® favorites such as Classic, White Chocolate Raspberry, All-American, Vanilla Bean, Cinnabon®, Triple Chocolate and Pumpkin.

PASTRIES, DONUTS & SWEET BREADS
Sample a selection that ranges from pecan Danish to maple long Johns.

PIES
Select from apple, banana cream, blueberry, cherry, chocolate cream, coconut or lemon meringue, French silk, peach, pumpkin, Southern pecan and wildberry.

MUFFINS
Choose jumbo or a variety pack of mini muffins; enjoy 9 great flavors.

COOKIES
Order by the dozen; available in 10 delicious flavors.

CROISSANTS
Enjoy these pastries by themselves or use them to transform a dish.

PIECE BREAD
Seasonal favorite with a hearty, sweet taste to savor.

Freeze baked goods at 0 °F or below. Cover items individually in plastic wrap, then place in an airtight freezer bag or wrap with aluminum foil. To prevent frosted items from sticking to plastic, make sure they are dry and freeze individually on a single layer for 1 hour before placing into freezer bags.

HOW TO freeze
Sources: ucanr.edu/sites/yolonutrition/files/322164.pdf
        cottonwood.k-state.edu/documents/fcs-docs/Freezing_Baked_Goods.pdf

HOW TO thaw
Thaw, wrapped, in refrigerator: cheesecake and pie. Thaw, wrapped, on counter: bread, brownies, cake, coffee cake, cookies, cupcakes, muffins, rolls.

Hy-Vee makes it easy to enjoy fresh-baked goods anytime—for busy mornings or an afternoon coffee break. Shop the bakery department in store or order online and pick up at your convenience. There’s a wide assortment of cookies, brownies, mini cupcakes or sweet rolls! Some bakery items can even be frozen in individual servings for grab-and-go snacks.

HY-VEE MAKES IT EASY TO ENJOY FRESH-BAKED GOODS ANYTIME—FOR BUSY MORNINGS OR AN AFTERNOON COFFEE BREAK. SHOP THE BAKERY DEPARTMENT IN STORE OR ORDER ONLINE AND PICK UP AT YOUR CONVENIENCE. THERE’S A WIDE ASSORTMENT OF COOKIES, BROWNIES, MINI CUPCAKES OR SWEET ROLLS! SOME BAKERY ITEMS CAN EVEN BE FROZEN IN INDIVIDUAL SERVINGS FOR GRAB-AND-GO SNACKS.
Holidays at home, plus how to store leftovers, look good and find happiness.

72 DAX SHEPARD & KRISTEN BELL: MORE THAN LAUGHS
78 HY-VEE FOR THE HOLIDAYS
82 BEHIND THE SCENES: HY-VEE ONE STEP COMMERCIAL
88 THE PRETTY POINSETTIA
92 HOLIDAY LOOKS
96 ORDER: STORAGE TIPS FOR HOLIDAY MEALS
99 LIFE CHART: 12 STEPS TO HOLIDAY HAPPINESS
Kristen Bell and Dax Shepard are Michigan natives turned Hollywood sweethearts known for their memorable roles, fun-loving banter and candid storytelling. Behind the scenes they have a history of playing practical jokes on each other, such as one of them showing up in an unexpected place to try and shock the other or Dax surprising Kristen with a visit from a sloth, her favorite animal, on her birthday.

Kristen's roles in movies and shows span the gamut of genres, and her agile singing voice has been heard in Broadway productions and silver screen hits. Dax hosts the podcast Armchair Expert, one of the most-listened-to podcasts in the world; has starred in movies, such as Employee of the Month and Without a Paddle; and has had lead roles in hit TV shows Parenthood, Bless This Mess and The Ranch.

Although they are both Detroit natives, Bell and Shepard didn’t meet until 2007, when both were well into their careers. Married in 2013, the do-it-all couple share an obvious affinity for the arts, but they are also passionate about using their platform to help others and enact positive change. The pair cofounded Hello Bello to offer affordable and premium, plant-based baby products.

Kristen and Dax say although they could afford the best products for their kids, they felt compelled to make safe and affordable products available to everyone. “We were in a unique position to start a company that could make products incredibly affordable but with all great ingredients,” Dax says. Kristen says the company is more than just about providing products. “We’re trying to create a community that laughs at parenting and gets you through the hard times...parenting is a messy business and we’re here for you,” Kristen says.
Kristen Bell and Dax Shepard have impressive TV and film resumes. Check out these highlights of their nearly two-decade-long careers.

Hollywood History

Kristen Dax

2001
Stared in the Broadway production of The Adventures of Tom Sawyer

2003
Played unsuspecting celebrities on Kutcher’s Punk’d

2004
Landed the lead role in the TV show Veronica Mars

2007
Narrated The CW show Gossip Girl

2008
Played a main character in the movie Forgetting Sarah Marshall

2012
Starred in Showtime’s House of Lies

2013
Stared as the voice of Anna in Frozen

2016
Starred in NBC’s The Good Place

2019
Reprised her role as Anna in Frozen 2

Q. Between family life and busy careers, how do you find balance?

D.S. We’re trying to create products that we need and use, make them better and more affordable, and put them in places where people can access them.

Q. You help different causes and a lot of them are based around children. With this company, what’s impacting you to focus on these areas?

D.S. Hello Bello was driven from a true desire to bring what we had to everyone else for half the price.

Q. Kristen, you wrote a book, The World Needs More Purple People. What is its message and who is it for?

K.B. (A friend) and I were at a dinner party two years ago and realized how much divisiveness kids absorb from conversation, because we were probably talking politics… it’s not a very healthy way to eat. Then it’s us versus them, which is a dangerous politics … . It’s red versus blue. We called our book Needs More Purple People to create a label that includes everyone, because we like to say purple people come in every color.

D.S. Hello Bello was driven from a true desire to bring what we had to everyone else for half the price.

Q. What’s the biggest takeaway or lesson you’ve learned from Hello Bello?

K.B. (One is) listening to consumers and not just creating things that we think are fancy or we might want … . We just created an Everywhere Balm, which was something people were requesting for their kids wiht eczema.

D.S. We have blind spots as anyone would. Our kids have some issues and they don’t have others, so we tend to not focus on ones we’re not dealing with. That’s where having a Hello Bello community that speaks up has been really helpful.

Q. Kristen, you wrote a book, The World Needs More Purple People. What is its message and who is it for?

K.B. (A friend) and I were at a dinner party two years ago and realized how much divisiveness kids absorb from conversation, because we were probably talking politics… it’s not a very healthy way to eat. Then it’s us versus them, which is a dangerous politics … . It’s red versus blue. We called our book Needs More Purple People to create a label that includes everyone, because we like to say purple people come in every color.

Q. Between family life and busy careers, how do you find balance?

D.S. The question would have meant one thing months ago, and it clearly is a different question currently. The pendulum has swung to family time all the time, which is fantastic and has required us to learn and communicate differently and find pockets of solitude.

K.B. I think needs change depending on mood, the weather, the people around you, what you’ve eaten and so many different things. I think consciousness is what’s important… . Balance is just you check in with yourself. Your scale is going to tip one way or the other at all times. So, balance is realizing I’m more this way now I need this. Now I need this. Really just checking in with yourself.

Q. What is Hello Bello? Who is it for?

D.S. We had our first child about 7½ years ago. We had access to the best products. They were organic, plant-based, super cute and boutique-like, and they were wonderful. It seemed unfair that our family in Michigan didn’t have access to the same stuff or it didn’t fit their budgets.

K.B. We are trying to create products that we need and use, make them better and more affordable, and put them in places where people can access them.

Q. You help different causes and a lot of them are based around children. With this company, what’s impacting you to focus on these areas?

D.S. Hello Bello was driven from a true desire to bring what we had to everyone else for half the price.

Q. What’s the biggest takeaway or lesson you’ve learned from Hello Bello?

K.B. (One is) listening to consumers and not just creating things that we think are fancy or we might want … . We just created an Everywhere Balm, which was something people were requesting for their kids wiht eczema.

D.S. We have blind spots as anyone would. Our kids have some issues and they don’t have others, so we tend to not focus on ones we’re not dealing with. That’s where having a Hello Bello community that speaks up has been really helpful.

Q. Kristen, you wrote a book, The World Needs More Purple People. What is its message and who is it for?

K.B. (A friend) and I were at a dinner party two years ago and realized how much divisiveness kids absorb from conversation, because we were probably talking politics… it’s not a very healthy way to eat. Then it’s us versus them, which is a dangerous politics … . It’s red versus blue. We called our book Needs More Purple People to create a label that includes everyone, because we like to say purple people come in every color.

D.S. Hello Bello was driven from a true desire to bring what we had to everyone else for half the price.

Q. What’s the biggest takeaway or lesson you’ve learned from Hello Bello?

K.B. (One is) listening to consumers and not just creating things that we think are fancy or we might want … . We just created an Everywhere Balm, which was something people were requesting for their kids wiht eczema.

D.S. We have blind spots as anyone would. Our kids have some issues and they don’t have others, so we tend to not focus on ones we’re not dealing with. That’s where having a Hello Bello community that speaks up has been really helpful.

Q. Kristen, you wrote a book, The World Needs More Purple People. What is its message and who is it for?

K.B. (A friend) and I were at a dinner party two years ago and realized how much divisiveness kids absorb from conversation, because we were probably talking politics… it’s not a very healthy way to eat. Then it’s us versus them, which is a dangerous politics … . It’s red versus blue. We called our book Needs More Purple People to create a label that includes everyone, because we like to say purple people come in every color.

Q. Between family life and busy careers, how do you find balance?

D.S. The question would have meant one thing months ago, and it clearly is a different question currently. The pendulum has swung to family time all the time, which is fantastic and has required us to learn and communicate differently and find pockets of solitude.

K.B. I think needs change depending on mood, the weather, the people around you, what you’ve eaten and so many different things. I think consciousness is what’s important… . Balance is just you check in with yourself. Your scale is going to tip one way or the other at all times. So, balance is realizing I’m more this way now I need this. Now I need this. Really just checking in with yourself.

Q. What is Hello Bello? Who is it for?

D.S. We had our first child about 7½ years ago. We had access to the best products. They were organic, plant-based, super cute and boutique-like, and they were wonderful. It seemed unfair that our family in Michigan didn’t have access to the same stuff or it didn’t fit their budgets.

K.B. We are trying to create products that we need and use, make them better and more affordable, and put them in places where people can access them.

Q. You help different causes and a lot of them are based around children. With this company, what’s impacting you to focus on these areas?

D.S. Hello Bello was driven from a true desire to bring what we had to everyone else for half the price.

Q. What’s the biggest takeaway or lesson you’ve learned from Hello Bello?

K.B. (One is) listening to consumers and not just creating things that we think are fancy or we might want … . We just created an Everywhere Balm, which was something people were requesting for their kids wiht eczema.

D.S. We have blind spots as anyone would. Our kids have some issues and they don’t have others, so we tend to not focus on ones we’re not dealing with. That’s where having a Hello Bello community that speaks up has been really helpful.

Q. Kristen, you wrote a book, The World Needs More Purple People. What is its message and who is it for?

K.B. (A friend) and I were at a dinner party two years ago and realized how much divisiveness kids absorb from conversation, because we were probably talking politics… it’s not a very healthy way to eat. Then it’s us versus them, which is a dangerous politics … . It’s red versus blue. We called our book Needs More Purple People to create a label that includes everyone, because we like to say purple people come in every color.
BEHIND THE BRAND
WHAT MAKES HELLO BELLO BETTER?
All Hello Bello products are plant-based and contain ingredients meticulously researched and tested to ensure safety and efficacy. “I’m a Midwest dad, so for me the product has to work,” Dax Shepard says.

DIAPERS
Hypoallergenic and free of lotions, fragrances or latex that may irritate skin, Hello Bello diapers have cores made from sustainably harvested fluff pulp that quickly absorb and trap liquid.

BABY WIPES
These sturdy plant-based cloths are fit for any mess. They contain 99% water and small amounts of aloe and chamomile extract to gently clean soft skin.

HAND SANITIZER
Made with FDA-approved ethyl alcohol derived from corn, the sanitizer also contains hydrogen peroxide, purified water and glycerin to help skin retain moisture.

MINERAL SUNSCREEN
This sunscreen uses non-nano zinc oxide, the only FDA-approved ingredient that protects against all types of UV rays. The lotion also contains all-natural moisturizers like chamomile and organic cocoa seed butter.

BABY LOTION
Dermatologist-tested and nongreasy, this lotion is made with natural moisturizers like jojoba seed oil and shea butter.

KIDS COME FIRST
HELLO BELLO CONTINUOUSLY MAKES GOOD ON ITS PROMISE TO HELP PARENTS, ESPECIALLY DURING THE HARDEST TIMES. DURING THE COVID-19 CRISIS LAST SPRING, HELLO BELLO MADE AN EMERGENCY DONATION OF DIAPERS AND WIPES TO ORGANIZATIONS IN NEW YORK CITY AND LOS ANGELES TO HELP FAMILIES WHO LOST THEIR JOBS DUE TO THE PANDEMIC.

WE LIKE TO SAY IT’S YOUR MOM’S INGREDIENTS AT YOUR DAD’S PRICES.

coming to Hy-Vee
In addition to producing premium products at affordable prices, Kristen Bell and Dax Shepard want to ensure Hello Bello products are accessible to everyone. Kristen and Dax are excited to partner with Hy-Vee, which shares their passions for sustainability and charitable giving, to bring Hello Bello products to more parents in the Midwest. “We want to get Hello Bello into places where people are shopping, so nobody has to choose between their baby or their budget,” Kristen says.
Meat & Cheese Board
The Toscano Salami, Speck Prosciutto & Finocchiona board, shown, is just one of many options.

Shrimp and Surimi Crab Platter
Includes Alaskan Snow imitation crab legs, premium shrimp, cocktail sauce and lemon wedges.

Meat & Cheese Board
The Toscano Salami, Speck Prosciutto & Finocchiona board, shown, is just one of many options.

Red & White Wine
The Seven Deadly Zins Zinfandel and Kendall-Jackson Vintner’s Reserve Chardonnay.

Short Cuts Fruit Tray
Featuring red grapes, apple slices and chunks of watermelon, cantaloupe and pineapple.

Butter Spritz & Thumbprint Cookie Tray
Festively decorated butter spritz and thumbprint cookies.

Relax and enjoy the holidays! Shop Hy-Vee to keep the house stocked for casual get-togethers, cozy family evenings or for gifting—cookie trays for neighbors or bouquets or food platters for health care workers. Get inspired with these ideas and suggestions from Hy-Vee food, floral and beauty experts, and let the merrymaking begin.

Need festive goodies for impromptu gatherings or to give to your loved ones? Hy-Vee has you covered.

For the Holidays

PICK UP FOOD AND DRINK BASICS FOR ENTERTAINING OR JUST ENJOYING WHENEVER: WINE AND SPIRITS, READY-MADE VEGGIE TRAYS, CHARCUTERIE OR CHEESE-BORD INGREDIENTS AND SWEET GOODIES.

Spark up food & drink basics for informal gatherings.

ADD A HOLIDAY DASH TO GLASSES OF WHITE WINE BY GARNISHING WITH ROSEMARY SPRIGS OR DROP IN A FEW FROZEN RED GRAPES.

I always keep a chunk of Gruyère handy during the holidays. This amazing cheese is great for melting into hot dishes, but it’s also a wonderful addition to a last-minute cheese board. Pair this nutty cheese with dried fruit, smoked almonds and fresh apples for a quick, tasty cheese board for any gathering whether it’s friends or family.”

Sarah Buschkamp
Delicatessen Supervisor, Eastern Certified Cheese Specialist

Grusére, please

Pick up food and drink basics for entertaining or just enjoying whenever: wine and spirits, ready-made veggie trays, charcuterie or cheese-board ingredients and sweet goodies.

Hy-Vee

For the Holidays

Need festive goodies for impromptu gatherings or to give to your loved ones? Hy-Vee has you covered.

Spark up food & drink basics for informal gatherings.

ADD A HOLIDAY DASH TO GLASSES OF WHITE WINE BY GARNISHING WITH ROSEMARY SPRIGS OR DROP IN A FEW FROZEN RED GRAPES.

I always keep a chunk of Gruyère handy during the holidays. This amazing cheese is great for melting into hot dishes, but it’s also a wonderful addition to a last-minute cheese board. Pair this nutty cheese with dried fruit, smoked almonds and fresh apples for a quick, tasty cheese board for any gathering whether it’s friends or family.”

Sarah Buschkamp
Delicatessen Supervisor, Eastern Certified Cheese Specialist

Grusére, please

Pick up food and drink basics for entertaining or just enjoying whenever: wine and spirits, ready-made veggie trays, charcuterie or cheese-board ingredients and sweet goodies.

Hy-Vee

For the Holidays

Need festive goodies for impromptu gatherings or to give to your loved ones? Hy-Vee has you covered.

Spark up food & drink basics for informal gatherings.

ADD A HOLIDAY DASH TO GLASSES OF WHITE WINE BY GARNISHING WITH ROSEMARY SPRIGS OR DROP IN A FEW FROZEN RED GRAPES.

I always keep a chunk of Gruyère handy during the holidays. This amazing cheese is great for melting into hot dishes, but it’s also a wonderful addition to a last-minute cheese board. Pair this nutty cheese with dried fruit, smoked almonds and fresh apples for a quick, tasty cheese board for any gathering whether it’s friends or family.”

Sarah Buschkamp
Delicatessen Supervisor, Eastern Certified Cheese Specialist

Grusére, please

Pick up food and drink basics for entertaining or just enjoying whenever: wine and spirits, ready-made veggie trays, charcuterie or cheese-board ingredients and sweet goodies.

Hy-Vee

For the Holidays

Need festive goodies for impromptu gatherings or to give to your loved ones? Hy-Vee has you covered.

Spark up food & drink basics for informal gatherings.

ADD A HOLIDAY DASH TO GLASSES OF WHITE WINE BY GARNISHING WITH ROSEMARY SPRIGS OR DROP IN A FEW FROZEN RED GRAPES.

I always keep a chunk of Gruyère handy during the holidays. This amazing cheese is great for melting into hot dishes, but it’s also a wonderful addition to a last-minute cheese board. Pair this nutty cheese with dried fruit, smoked almonds and fresh apples for a quick, tasty cheese board for any gathering whether it’s friends or family.”

Sarah Buschkamp
Delicatessen Supervisor, Eastern Certified Cheese Specialist

Grusére, please

Pick up food and drink basics for entertaining or just enjoying whenever: wine and spirits, ready-made veggie trays, charcuterie or cheese-board ingredients and sweet goodies.

Hy-Vee

For the Holidays

Need festive goodies for impromptu gatherings or to give to your loved ones? Hy-Vee has you covered.

Spark up food & drink basics for informal gatherings.

ADD A HOLIDAY DASH TO GLASSES OF WHITE WINE BY GARNISHING WITH ROSEMARY SPRIGS OR DROP IN A FEW FROZEN RED GRAPES.

I always keep a chunk of Gruyère handy during the holidays. This amazing cheese is great for melting into hot dishes, but it’s also a wonderful addition to a last-minute cheese board. Pair this nutty cheese with dried fruit, smoked almonds and fresh apples for a quick, tasty cheese board for any gathering whether it’s friends or family.”

Sarah Buschkamp
Delicatessen Supervisor, Eastern Certified Cheese Specialist

Grusére, please

Pick up food and drink basics for entertaining or just enjoying whenever: wine and spirits, ready-made veggie trays, charcuterie or cheese-board ingredients and sweet goodies.

Hy-Vee

For the Holidays

Need festive goodies for impromptu gatherings or to give to your loved ones? Hy-Vee has you covered.

Spark up food & drink basics for informal gatherings.

ADD A HOLIDAY DASH TO GLASSES OF WHITE WINE BY GARNISHING WITH ROSEMARY SPRIGS OR DROP IN A FEW FROZEN RED GRAPES.

I always keep a chunk of Gruyère handy during the holidays. This amazing cheese is great for melting into hot dishes, but it’s also a wonderful addition to a last-minute cheese board. Pair this nutty cheese with dried fruit, smoked almonds and fresh apples for a quick, tasty cheese board for any gathering whether it’s friends or family.”

Sarah Buschkamp
Delicatessen Supervisor, Eastern Certified Cheese Specialist

Grusére, please

Pick up food and drink basics for entertaining or just enjoying whenever: wine and spirits, ready-made veggie trays, charcuterie or cheese-board ingredients and sweet goodies.

Hy-Vee

For the Holidays

Need festive goodies for impromptu gatherings or to give to your loved ones? Hy-Vee has you covered.

Spark up food & drink basics for informal gatherings.

ADD A HOLIDAY DASH TO GLASSES OF WHITE WINE BY GARNISHING WITH ROSEMARY SPRIGS OR DROP IN A FEW FROZEN RED GRAPES.

I always keep a chunk of Gruyère handy during the holidays. This amazing cheese is great for melting into hot dishes, but it’s also a wonderful addition to a last-minute cheese board. Pair this nutty cheese with dried fruit, smoked almonds and fresh apples for a quick, tasty cheese board for any gathering whether it’s friends or family.”

Sarah Buschkamp
Delicatessen Supervisor, Eastern Certified Cheese Specialist

Grusére, please

Pick up food and drink basics for entertaining or just enjoying whenever: wine and spirits, ready-made veggie trays, charcuterie or cheese-board ingredients and sweet goodies.

Hy-Vee

For the Holidays

Need festive goodies for impromptu gatherings or to give to your loved ones? Hy-Vee has you covered.

Spark up food & drink basics for informal gatherings.

ADD A HOLIDAY DASH TO GLASSES OF WHITE WINE BY GARNISHING WITH ROSEMARY SPRIGS OR DROP IN A FEW FROZEN RED GRAPES.

I always keep a chunk of Gruyère handy during the holidays. This amazing cheese is great for melting into hot dishes, but it’s also a wonderful addition to a last-minute cheese board. Pair this nutty cheese with dried fruit, smoked almonds and fresh apples for a quick, tasty cheese board for any gathering whether it’s friends or family.”

Sarah Buschkamp
Delicatessen Supervisor, Eastern Certified Cheese Specialist

Grusére, please

Pick up food and drink basics for entertaining or just enjoying whenever: wine and spirits, ready-made veggie trays, charcuterie or cheese-board ingredients and sweet goodies.

Hy-Vee

For the Holidays

Need festive goodies for impromptu gatherings or to give to your loved ones? Hy-Vee has you covered.

Spark up food & drink basics for informal gatherings.

ADD A HOLIDAY DASH TO GLASSES OF WHITE WINE BY GARNISHING WITH ROSEMARY SPRIGS OR DROP IN A FEW FROZEN RED GRAPES.

I always keep a chunk of Gruyère handy during the holidays. This amazing cheese is great for melting into hot dishes, but it’s also a wonderful addition to a last-minute cheese board. Pair this nutty cheese with dried fruit, smoked almonds and fresh apples for a quick, tasty cheese board for any gathering whether it’s friends or family.”

Sarah Buschkamp
Delicatessen Supervisor, Eastern Certified Cheese Specialist

Grusére, please

Pick up food and drink basics for entertaining or just enjoying whenever: wine and spirits, ready-made veggie trays, charcuterie or cheese-board ingredients and sweet goodies.

Hy-Vee

For the Holidays

Need festive goodies for impromptu gatherings or to give to your loved ones? Hy-Vee has you covered.

Spark up food & drink basics for informal gatherings.

ADD A HOLIDAY DASH TO GLASSES OF WHITE WINE BY GARNISHING WITH ROSEMARY SPRIGS OR DROP IN A FEW FROZEN RED GRAPES.

I always keep a chunk of Gruyère handy during the holidays. This amazing cheese is great for melting into hot dishes, but it’s also a wonderful addition to a last-minute cheese board. Pair this nutty cheese with dried fruit, smoked almonds and fresh apples for a quick, tasty cheese board for any gathering whether it’s friends or family.”

Sarah Buschkamp
Delicatessen Supervisor, Eastern Certified Cheese Specialist

Grusére, please

Pick up food and drink basics for entertaining or just enjoying whenever: wine and spirits, ready-made veggie trays, charcuterie or cheese-board ingredients and sweet goodies.

Hy-Vee

For the Holidays

Need festive goodies for impromptu gatherings or to give to your loved ones? Hy-Vee has you covered.

Spark up food & drink basics for informal gatherings.

ADD A HOLIDAY DASH TO GLASSES OF WHITE WINE BY GARNISHING WITH ROSEMARY SPRIGS OR DROP IN A FEW FROZEN RED GRAPES.

I always keep a chunk of Gruyère handy during the holidays. This amazing cheese is great for melting into hot dishes, but it’s also a wonderful addition to a last-minute cheese board. Pair this nutty cheese with dried fruit, smoked almonds and fresh apples for a quick, tasty cheese board for any gathering whether it’s friends or family.”

Sarah Buschkamp
Delicatessen Supervisor, Eastern Certified Cheese Specialist

Grusére, please

Pick up food and drink basics for entertaining or just enjoying whenever: wine and spirits, ready-made veggie trays, charcuterie or cheese-board ingredients and sweet goodies.
Hy-Vee gift cards from $5 to $100 and more from popular retailers.

When I think about the holidays and gift giving and how stressful it can be, I think about how I can personalize a gift. Hy-Vee has a great selection of calming bath bombs, soothing bath salts for women as well as great gift sets for men. We can help you find the perfect gift for that special someone on your list—a gift that is tailored to them and won't gather dust on the shelf."

LAUREN OLLMAN
MANAGER OF HEALTH, WELLNESS & HOME

TABLETOP DECOR

A Cypress Gift Tree in a Bag includes an evergreen and LED light set. Or pair a poinsettia plant with frosted pinecones.

At the holidays, I like to purchase a few mixed green bouquets. I put some in a bowl with bright red ornaments and miniature lights for a pretty centerpiece. I also use the greens in small vases or with pinecones to put at each place setting as an extra touch. The evergreens smell great."

RANAE BOHM
FLORAL MANAGER

SPRUCE IT UP

PRETTY UP KITCHEN AND LIVING AREAS WITH THESE PICKUPS AT HY-VEE. THEY MAKE FESTIVE LAST-MINUTE GIFTS AS WELL.

1. PAPER PRODUCTS
Take your pick of holiday paper plates and napkins to set in kitchen, dining and snacking areas.

2. PILLOWS/BLANKETS
Add holiday cheer (and comfort!) with a festive pillow and blanket.

3. WINEGLASSES
Pour out Christal Creation Double Magnum glasses once the wine's uncorked. Or give a box as a gift.

4. CANDLES
Scented candles or beautifully fragranced candles say “The holidays are here!”

GIFT BOX GLEE
SEND HOLYDAY JOY TO SOMEONE SPECIAL WITH A GIFT BOX SELECTED JUST FOR THEM.

1. OLIVINA BOURBON CEDAR SOAP
2. DUKE CANNON NEWS ANCHOR FIBER POMADE
3. DUKE CANNON STANDARD ISSUE FACE LOTION
4. DUKE CANNON HIGH-VIScosity BODY WASH
5. HARRY’S MEN’S 5-BLADE RAZOR
6. BEARD GUYS BEARD BALM
7. DUKE CANNON STANDARD ISSUE FACE LOTION
8. BASIN GIFT BOX

FIND GIFT POSsIBILITIES THROUGHOUT THE STORE—ESPECIALLY IN BATH & BEAUTY AISLES. MANY STORES HAVE HIGH-END FRAGRANCES IN BEAUTIFUL BOTTLES. CHECK THEM OUT!

personalize it

When I think about the holidays and gift giving and how stressful it can be, I think about how I can personalize a gift. Hy-Vee has a great selection of calming bath bombs, soothing bath salts for women as well as great gift sets for men. We can help you find the perfect gift for that special someone on your list—a gift that is tailored to them and won’t gather dust on the shelf.”

KEEN FOR GREENS

RANAE BOHM
FLORAL MANAGER

At the holidays, I like to purchase a few mixed green bouquets. I put some in a bowl with bright red ornaments and miniature lights for a pretty centerpiece. I also use the greens in small vases or with pinecones to put at each place setting as an extra touch. The evergreens smell great.”

Keen for greens

RANAE BOHM
FLORAL MANAGER

Hy-Vee Bon Appetit é Gift Basket
Behind the scenes

Toby Phillips has spent decades directing and filming movies, music videos and television commercials. His work shines in the films Edward Scissorhands, The War of the Roses and The Doors; music videos for Michael Jackson, David Bowie and the Rolling Stones; and ad campaigns for Hilton Hotels, Ford, Merrill Lynch and Disney. When Hy-Vee decided to film a commercial about its work drilling a water well near impoverished Sekagakagaping in northern South Africa, it turned to the freelance Australian cinematographer known for his storytelling skills.

“Cinematography is part of the storytelling,” says Phillips. “Working with Hy-Vee, where we collaborate creatively, we’re telling the story together. I thrive on being able to tell the story no matter what.” Showing the hardships some people endure just to get water is key to telling the story. “What you see in the commercial is absolutely real. The people had no electricity; they had no running water,” Phillips says.

“I found it quite amazing that Johannesburg was an advanced-looking city … but how quickly things changed when I got out of the city. An hour north of Johannesburg, people were in really squallid conditions,” he says. “Somehow their livelihoods were self-sustaining in very old-fashioned ways, where they’re trading and not dealing with money. They’re all growing some kind of food in their backyards. The huts that they lived in were often just some simple frame with bits of metal tacked up to it, with literally no furniture inside. No electricity. No water. No toilet.”

Phillips has filmed in other impoverished areas, including those in Zimbabwe. Ethiopia and Nigeria, but says the One Step commercial was “the hardest job of my life, because of all the challenges,” which included hours and hours of driving, the lack of interpreters who knew English and the scarcity of general amenities. But it was illuminating as well. “The country is beautiful. It reminds me a lot of Australia,” Phillips says. “The fact that they now have water wells makes for a big difference. Water is the key to life.”

When he first arrived in South Africa, Phillips connected with Blessman International Inc., a nonprofit founded by Iowans Dr. Jim Blessman and his wife, Beth Blessman, based in Limpopo Province. Blessman International builds and runs schools and provides meals to South Africans in need. It uses One Step money donations from Hy-Vee to drill water wells.

The Hy-Vee One Step commercial depicts the long treks taken by so many in Limpopo Province to collect water, often from contaminated creeks. The opening of the commercial shows a young girl and her aunt leaving their hut at 5 a.m., jugs in hand, to walk to a creek to collect water. The second vignette shows kids from an adjacent school, gathered around the spigot of a newly drilled well, eagerly filling containers with sparkling clean water. Nearby stands a large green water tank and a handwashing station.

“The aunt actually cooks the meals for the kids at the school,” Phillips says. “The kids who go to that school, some of them ride the bus for two hours to get there and two hours to go back home.” Each gets a cooked meal, supplied by Blessman International, then after school they fill the containers they brought with them with water from the spigot. Other people come to collect water as well. “They put (the containers) on their heads … It’s a lot of work,” Phillips says. Some lug the water home in donkey carts or trucks.

Feed the hungry. Plant trees. Supply clean water. These efforts and more go on every day, worldwide, supported by the Hy-Vee One Step program and sales of select cereals, bottled water, potatoes and paper products. To show the remarkable and true story of how customers and employees help people in need, Hy-Vee sent cinematographer Toby Phillips to South Africa to capture the story of how a Hy-Vee One Step well impacts a community.
When Dr. Jim Blessman, a family physician in Urbandale, Iowa, began donating time and expertise on mission work during the 1990s, he developed close relationships with people in Limpopo Province in South Africa. In 2001, desiring to make a long-lasting difference to the poor in the area, he set up a home base there to provide meals, agricultural support, education, computer training, clean water and sanitation.

Blessman International, a nonprofit with administrative offices in Iowa, works with African organizations to assess the greatest needs, then makes donation requests to partners, including Hy-Vee. The requests are reviewed by the Hy-Vee Board of Directors. For water wells, Blessman International works up geology reports to locate successful drill sites; gathers quotes from local drillers; hires the driller and oversees the project. The goal for every site is to set up a complete water system—tanks, pumps and handwashing stations. The water is tested to ensure it’s safe for consumption.

“We’re so thankful and have a lot of gratitude for the partnership that we have with Hy-Vee and their One Step program over the years. We’ve seen how it’s created such an incredible impact on all the communities, not just in South Africa but all over the world,” says Dr. Blessman.

Blessman International has drilled water wells at 15 schools in Limpopo Province. “What we’ve found is that 99 percent of the time there’s a fence around the school, so there’s that security aspect,” says Dustin Blessman, Dr. Blessman’s son and the organization’s president in South Africa. “Also, a large number of children will benefit from the [well].”

More than 4,600 students use One Step wells, Dr. Blessman says. He has witnessed the excitement when clean water spouts from a new well and spigot. “You hear some incredible thank-yous when you’re out there getting the job done,” he says. “It really is one of the most amazing things—just the absolute gratitude.”

Blessman International worked with Hy-Vee to organize the One Step commercial and oversaw drilling of the wells shown.
Be part of the effort! Buy these One Step products at Hy-Vee. Proceeds from sales help finance important projects in the Midwest and around the globe.

One Step products and packaging—such as paper towels and the boxes for cereal—are made from recycled materials, ensuring that one valuable resource from trees continues its life cycle. Trees are vital to community health and well-being. Hy-Vee aims to package and produce products that make the best use of all resources.

Water-related illness is a leading cause of sickness and suffering throughout the world. An estimated one in six people lacks clean drinking water and two in six lack adequate sanitation. Through purchases of One Step 1-liter bottles and multipacks, Hy-Vee, along with the Rotary Foundation, has helped fund 87 clean-water projects in 11 countries.

One Step customers may not see the results of their donation, but communities thousands of miles away feel the benefits. Through the Rotary Foundation, the Tanzanian village of Kigogo received its first water system in 2015, built in part with One Step funds. In addition to building the water system, funds were used to train citizens and local councils to manage the completed systems.

According to a three-year impact assessment, the Kigogo water system is paying dividends. Villagers report that the water system has improved quality of life by reducing domestic conflicts, decreasing waterborne illnesses, improving personal hygiene and boosting school attendance. It’s also created new opportunities for housing and construction jobs and benefited the environment through the planting of trees.

Q&A: all about the Hy-Vee One Step water program

Q: How did the Hy-Vee One Step program for safe drinking water get its start?
A: Lack of fresh water is a global crisis, and Hy-Vee wants to help. It is estimated that one in six people worldwide lacks access to safe drinking water. In 2012, Hy-Vee partnered with Rotary International and Blessman International to drill water wells where they are needed.

Q: How many One Step wells have been drilled, and where?
A: Proceeds from sales of One Step bottled water have helped fund more than 80 clean-water projects: in Haiti, South Sudan, Kenya, Tanzania, Nigeria, Lebanon, Chad and South Africa.

Q: What is the process for drilling a One Step well?
A: The Hy-Vee Board of Directors reviews detailed requests from other entities in the countries, such as Blessman International and Rotary International, after those groups receive the requests and geographical data from local officials. Hy-Vee grants go toward the use of local drilling rigs and hiring workers for the job, as well as testing the water once it’s tapped.

Q: What was the water situation in Limpopo Province, South Africa—where the Hy-Vee One Step commercial was filmed—before the well was drilled?
A: Families spent hours fetching water from sometimes-contaminated creeks or rivers. They would need to boil any water they brought home for drinking or cooking.

Q: How much money has the Hy-Vee One Step water program raised for clean-water wells around the world?
A: Sales of One Step bottled water raised $976,528 as of 2020.

Q: What does Hy-Vee hope to achieve with the One Step water program?
A: The One Step program has set a goal of building 10 new community wells in water-stressed areas worldwide each year to improve the health, sanitation and agriculture of people without access to clean water.
REPEAT FOR IMPACT
Place several 4-inch pots of poinsettias spaced evenly apart on a mantle or sideboard for an impactful design statement. Tuck in evergreen and eucalyptus branches around the pots. Decorate an unused hearth with a bounty of evergreens in a bucket of water and poinsettias in galvanized and kraft-paper-covered containers. (Warning: Remove live and flammable items from the hearth when a fire is burning in the fireplace.)

POINSETTIA TREE
Shape a sparkling poinsettia tree centerpiece to brighten a holiday dinner or a kitchen bar. Cut bract stems at an angle and insert into florist vials filled with water. Press the vials into a grapevine-covered wire cone to form the tree. Use wire cutters to create larger openings for the tubes. TIP: Poinsettia bracts are short lived as cut flowers. To make them last longer, fill vials with water mixed with flower food.

BLOOMS OR BRACTS?
Poinsettia flowers are actually tiny, inconspicuous clusters. It’s the eye-catching bracts surrounding the diminutive blooms that are showy. These modified leaves offer splashes of red, pink, white or variegated color. Some are dyed and glittered.

Hy-Vee carries poinsettias in many colors.
This stunning poinsettia display steps up from soft cream to variegated pastels to intensely bright red in an ombré effect. Gold foil on all pots holds attention on the blooms.

ARRANGE POINSETTIAS TO GRADUALLY BLEND HUES FOR AN OMBRÉ EFFECT.

**PRO TIP:**

**SAVE FOR SUMMER**

No need to toss your plants after the holidays. Poinsettias make interesting deck or patio plants in their tropical green summer foliage. Continue to provide bright light once plants begin to fade, cut back on watering during this rest period. In spring, cut the plant back by about half and repot into a slightly larger container or in a patio-size pot with other flowers. Once growth resumes, feed monthly with a houseplant fertilizer. Poinsettias can go outdoors when temperatures stay above 50°F. Morning sunlight and afternoon shade work well.

—Shannon Ahlman
Floral Manager, Hy-Vee, Grand Island, Nebraska

CARING FOR POINSETTIAS

Place poinsettias in bright, indirect light with indoor temperatures between 65°F and 70°F. Keep plants away from heating ducts as well as drafty windows and doors. When soil surface is dry to the touch, water your poinsettias thoroughly, draining any excess moisture that accumulates between the pot and the foil wrapping.

A FINE DISPLAY

Fresh-cut poinsettias are great for single-use arrangements or décor, as they do not last long. Here, a red poinsettia is backed by winterberries and spruce. The other arrangement features white poinsettia, ranunculus, hypericum berries and two kinds of eucalyptus. Alternating layers of red and white bulk candies fill the gap between two glass cylinders—one slightly larger than the other.

Mix cut poinsettias with other flowers for a fresh look.

**ARRANGE POINSETTIAS TO GRADUALLY BLEND HUES FOR AN OMBRÉ EFFECT.**
**HOLIDAY LOOKS**

PUT SPARKLE AND SHINE IN YOUR APPEARANCE THIS HOLIDAY WITH BEAUTY AND PERSONAL CARE PRODUCTS FROM HY-VEE.

---

**POUT PERFECTION**

Exfoliate lips and smooth them for lip color with Basin Raspberry Lip Scrub, made with natural oils and avocado butter, and infused with the fresh flavor of raspberries.

---

**GO WITH THE GLOW**

1. Gentle scrubs, cleansers, toners and moisturizers prepare skin for makeup.
2. Primer smoothes application of foundation and hides pores. On eyelids, it keeps eye shadow from creasing.
3. Highlighter puts focus on cheekbones, brow bones and bridge of the nose. On trend: shimmery pink, gold, rose-gold and champagne. Blushes add color and dimension.
4. Shimmery color on lids sets a fun vibe. Try gold-pink, taupe, midnight blue and teal green.
5. White or creamy color under brows and/or along rims of bottom eyelid makes eyes look wide and sparkly.
6. Lipstick in red, berry or wine looks classic and glam. Reds with blue undertones make teeth look whiter. Matte lipsticks have staying power; those with shine give luster.

---

**LIQUID LINER WORKS BEST. FIRST APPLY NEUTRAL-COLOR SHADOW TO UPPER LID.**

**LIQUID LINER**

**FIRST APPLY NEUTRAL-COLOR SHADOW TO UPPER LID.**

**AFTER-**

**CAT EYE**

**DRAW A LINE FROM END OF LOWER LID TOWARD OUTER END OF EYEBROW.**

**DRAW A LINE FROM UPPERMOST POINT TO MIDDLE OF UPPER LASH LINE.**

**EXTEND UPPER LINE TO INNER CORNER OF UPPER LID.**

**WITH EYELINER, FILL IN OVER NEUTRAL-SHADOW AREAS AS NEEDED.**

**FINISH WITH MASCARA.**
**Essentials for Men**

**Harry’s Face Wash with Peppermint** gently exfoliates with volcanic rock and moisturizes with eucalyptus and mint oils. **Duke Cannon Quick Buff Siberian Mint Face Scrub** deep cleans and smoothes skin.

**Duke Cannon Thick High-Viscosity Body Wash** produces thick lather for thorough cleansing and hydrates skin with aloe vera. Peppermint, pine and eucalyptus fragrances refresh and invigorate.

**Duke Cannon News Anchor Fiber Pomade** thickens hair for a fuller look and contains beeswax for a natural matte finish.

**American Crew Grooming Spray** holds damp or dry hair in place and leaves no sticky residue.

**Every Man Jack Hydrating Beard Oil** conditions and softens beards while soothing skin with essential oils. **Basin Shave Cream In Black Oak** softens skin with aloe vera to prevent razor burns.

**Dove Men + Care Thick and Strong Fortifying Shampoo and Conditioner** formulated with caffeine and calcium, this 2-in-1 shampoo and conditioner is designed to provide visibly thicker and stronger hair.

**Every Man Jack Hydrating Beard Oil** conditions and softens beards while soothing skin with essential oils. **Basin Shave Cream In Black Oak** softens skin with aloe vera to prevent razor burns.

---

**TAKE YOUR LOOK FROM DAY TO NIGHT**

**HER**

If you won’t have time to prep at home before heading out, bring a cosmetic bag of essentials to work. To quickly refresh and spak up your look for the evening:

**step 1:** Swipe a little translucent powder on the face to reduce shine, then hint shadowbane, trim and other high points of the face with highlighter for a fresh glow and to emphasize contours.

**step 2:** Draw eyeliner across the top lid. Use a darker shade than daytime liner, or a shimmery or metallic liner. For a smoky eye, extend the line a little higher on the eyelid and smudge upward.

**step 3:** Apply a bold or bright lip color—classic red instantly brightens the face. Try a matte liquid lip color, which has staying power through the night. Finally, mist face with setting spray to keep the look fresh.

---

**HIM**

Stock a grooming kit for the office, if needed, and take these steps to quickly present a fresh look for the evening.

**step 1:** Cleanse with face wash. If a shave is in order, apply shave cream or gel with aloe and natural oils to soothe, moisturize and prevent redness, or apply a post-shave balm.

**step 2:** Work a small amount of styling product into hair. Comb and style. Wash hands, clip nails and use a nailbrush to clean under nails and around cuticles. Apply moisturizer to hands.

**step 3:** Apply a fragrance, if desired. Start with a light spray or fingertip amount on neck, chest and/or inner elbows, and reapply as needed. Cologne lasts around 2 hours, eau de parfum about 6 hours and parfum up to 24 hours.
STORAGE TIPS FOR HOLIDAY MEALS

Before you carve the turkey, carve out space in the fridge. Safely store meal ingredients as well as leftovers in containers from Hy-Vee.

P

1. THAW WRAPPED FROZEN TURKEY IN A DISPOSABLE ROASTING PAN.

This separates it from other foods, and the pan catches drippings. Whether thawed in the fridge or in cool water in the sink, allow 1 hour thawing time for each pound of turkey.

2. MAKE CASSEROLES A DAY AHEAD.

Store in a covered rectangular or square glass container to pull out and cook on meal day.

3. MOVE LEFTOVERS INTO THE FRIDGE AS SOON AS POSSIBLE.

Waiting until foods reach room temperature before refrigerating might allow growth of harmful bacteria.

4. PREP WHAT YOU CAN, THEN STORE.

Cut vegetables for salads, platters or side dishes a day before the meal, then place them in resealable plastic bags or containers with snap-on lids to keep the foods fresh.

5. REPACK PRODUCE IN RESEALABLE BAGS.

As soon as you get home from the grocery store, remove fresh produce from its bags or packaging, wash it, pat dry and place in resealable plastic bags to keep it fresh and ready to use when cooking the meal.

6. FREEZE GRAVY IN SMALL CONTAINERS.

Use small amounts in soups or pan sauces. Frozen gravy keeps up to 2 months.

7. LEAVE SPACE WHEN FREEZING LIQUIDS.

Leave at least 2 inches of air space at the top of the container to allow for expansion of soups or other liquids. If freezing in a freezer bag, fill it about three-fourths full to allow for expansion.

8. USE FREEZER BAGS FOR FREEZING.

Extra weight or heft prevents freezer burn. Force out as much air as possible before placing bag in the freezer.

9. DIVIDE LEFTOVER TURKEY AND STUFFING; STORE IN MULTIPLE SHALLOW CONTAINERS.

This allows the food to cool quickly. Avoid refrigerating leftovers in half-empty serving dishes, which wastes valuable space.

10. REFRIGERATE MOST LEFTOVERS 3–4 DAYS.

Most frozen foods last 2–3 months before quality deteriorates; some last up to 6 months.

pro tip: SAVE FOR STEW

After the meal, I put the turkey carcass in the slow cooker with onions, celery, carrots, stock and herbs to make a stew. Freeze the stew and save it for the coldest days of winter. Warms the soul right up!

—Kris Anderzohn

Hy-Vee Chef, Lincoln, Nebraska

Sources:

foodsafety.gov/blog/thanksgiving-leftovers-safe-keeping-weekend-grazing

RUBBERMAID PREMIER plastic containers are super-clear and stain resistant. Use for serving as well as storing.

RUBBERMAID TAKE ALONGS offer airtight storage for turkey after bones are removed.

RE-FOIL HAND-FIT OVAL ROASTER PAN holds a turkey while thawing.

ECO-FOIL HAND-FIT Oval Roaster Pan

ECO-FOIL HAND-FIT OVAL ROASTER PAN holds a turkey while thawing.

SAZON SNAP & CLOSE 8-PIECE STORAGE SET includes different-size containers with tight-fitting lids for airtight storage.

AMOROCK LOCKING GLASS CONTAINERS let you batter and store sauce in the same container.

EZ-AIU SNAP & CLOSE FREEZE STORAGE SET includes different-size containers with light fitting lid for weight storage.

SIMPLY DONE TWIST-TOP containers stack neatly in the freezer. Store gravy, sauces and soups.

ZIPLOC FREEZER BAGS lay flat, which may save freezer space and allow for more efficient storage.

SIMPLY DONE SNAP & LOCK CONTAINERS hold small-volume ingredients.

SIMPLY DONE 3-CUP DIVIDED CONTAINERS hold leftover turkey & dressing on one side, veggies on the other. Send home with guests.

SIMPLY DONE AND ZIPLOC FREEZER BAGS keep washed and cut produce fresh. Quart- and gallon-size.

RUBBERMAID TAKE ALONGS offer airtight storage for turkey after bones are removed.

SIMPLY DONE AND ZIPLOC FREEZER BAGS keep washed and cut produce fresh. Quart- and gallon-size.
CELEBRATE WITH m&m’s

12 STEPS TO HOLIDAY HAPPINESS

Make this holiday season truly joyful by minimizing stress and maximizing healthful habits.

1. BE REALISTIC
Cultivate the holidays according to your style and traditions. Decide what’s most important to you and your family and let the rest go.

2. STICK TO A BUDGET
Review recent income and expenses, credit purchases and bank statements, then make wise choices for holiday spending.

3. PLAN AHEAD
Maintain a calendar and block off hours or days for specific activities and events. Build in extra time for shopping, baking, decorating and socializing.

4. PRIORITIZE
If your to-do list gets to be too much, take the pressure off. Ask yourself whether completing a particular task will matter in a year, or a month. Prioritize accordingly.

5. PRACTICE KINDNESS
Performing random acts of kindness releases dopamine, a chemical messenger that leads to a euphoric feeling known as “helper’s high.”

6. VOLUNTEER
Volunteering decreases the risk of depression. In addition, volunteering provides a sense of meaning and appreciation—gain and回馈—which can reduce stress levels.

7. TAKE A BREAK
Cut off the noise and distractions and go somewhere quiet for 15 or 30 minutes. Focus on the present moment and let pains of the past or worries about the future dissipate.

8. EXPRESS GRATITUDE
Giving thanks can actually make us feel happier. Acknowledging the good in our lives leads to more positive emotions and helps us deal with adversity.

9. EXERCISE
Substituting an hour of brisk walking for an hour of sitting decreases the odds of becoming depressed by 26 percent, according to one study.

10. LIGHTEN UP
Light therapy can treat symptoms of depression and seasonal affective disorder. So turn on a light box, open the shades or go outside in daylight.

11. EAT GREENS
Leafy greens such as spinach and kale are a good source of folate, which contributes to dopamine production and reduces symptoms of depression.

12. SING
Singing releases feel-good hormones such as endorphins (linked with feelings of pleasure) and oxytocin (known to alleviate anxiety and stress).

Sources:
- health.harvard.edu/mind-and-mood/more-evidence-that-exercise-can-boost-mood
- cedars-sinai.org/blog/science-of-kindness.html
- mayoclinichealthsystem.org/hometown-health/speaking-of-health/helping-people-changing-lives-the-6-health-benefits-of-volunteering
- oxford.ac.uk/research/choir-singing-improves-health-happiness—-and-perfect-icebreaker

SEASONS | hy-vee.com
SUPPORT OUR VETERANS.
DONATE AT CHECKOUT.

NOVEMBER 1–15

We are grateful for the service of our nation’s veterans and active military members. During the Hy-Vee Homefront Round Up, donations can be made to help support these heroes and their families. Round up your purchase to the nearest dollar—or any amount—and your proceeds will support designated Hy-Vee Homefront organizations. Learn more at hy-vee.com.

Tips for maintaining health and fitness throughout the holiday season.

102 BUILD MUSCLE AT ANY AGE
108 FOODS THAT FIGHT DEPRESSION
112 PASS (ON) THE SALT
116 HEALTHY OUTLOOK: HY-VEE KIDSFIT
119 DIETITIAN Q&A: SMART HOLIDAY EATING
122 CABINET CLEAN-OUT
Sarcopenia, the progressive loss of muscle mass due to natural aging and hormonal changes, can begin in the late 30s or early 40s. According to a review of literature in current opinion in rheumatology, sarcopenia could result in a 50 percent loss of muscle mass by age 80.

**Keys to muscle growth**

Exercise is just one part of the routine. Eat plenty of protein, get adequate sleep and use supplements to your advantage.

**Protein:** Helps muscles recover from resistance training. Ryan Weiler, Hy-Vee Dietitian and Board-Certified Specialist in Sports Dietetics, recommends at least 20 grams of protein with each meal and at least 20 grams within an hour of training to help build new muscle. Protein-rich foods contain the branch chain amino acids (BCAAs) leucine, isoleucine and valine—essential nutrients for maintaining and building muscle. “Leucine is a trigger for the muscle-building process at a molecular level. Foods highest in BCAAs and leucine include milk, lean poultry, beef, fish, eggs, soy and rice protein,” Weiler says.

**Sleep:** Poor sleep habits may hinder muscle recovery, growth and performance. In older populations, it may worsen sarcopenia. A 2019 review of literature in The Journal of Clinical Medicine found that poor sleep among older adults is associated with a greater prevalence of sarcopenia. Sleep patterns change with age and it may be harder to fall and stay asleep. To help you sleep, try to go to bed at the same time every night and avoid screens. A light protein-rich snack, like plain Greek yogurt, may aid sleep and promote muscle recovery.

**Supplements:** Alongside exercise and a protein-rich diet, supplements like whey protein and creatine may help add or maintain muscle. A powdered whey protein shake helps boost intake of the nutrient if you struggle to get enough through food alone. Creatine is an amino acid that supplies the muscles with energy. It is found naturally in the body and obtained in small amounts through diet. Supplementation in the form of creatine monohydrate helps increase intake and enhances the body’s capacity for exercise, Weiler says. “It also allows you to train more often and harder in the same time span, thus allowing for greater adaptation in muscle mass.” Those with a history of kidney issues should consult their doctor before taking creatine.

---

**Loss of muscle**

leads to loss of strength, which reduces mobility and balance. Individuals may become more susceptible to falls, struggle to perform routine movements and gain weight. Plus, the more muscle you have, the more calories you burn, which can benefit maintaining weight or losing weight. With more weight and less strength, undue stress is placed on bones and joints. The best protective factor against sarcopenia is physical activity and resistance training, which can help maintain or increase muscle mass.

**MOVE A MUSCLE**

Loss of muscle leads to loss of strength, which reduces mobility and balance. Individuals may become more susceptible to falls, struggle to perform routine movements and gain weight. Plus, the more muscle you have, the more calories you burn, which can benefit maintaining weight or losing weight. With more weight and less strength, undue stress is placed on bones and joints. The best protective factor against sarcopenia is physical activity and resistance training, which can help maintain or increase muscle mass.

**References:**

- pubmed.ncbi.nlm.nih.gov/31817603/
- ncbi.nlm.nih.gov/pmc/articles/PMC4066461/
- ncbi.nlm.nih.gov/pmc/articles/PMC6383082/

---

**Age-related muscle loss may lead to health hazards. Delay the effects with consistent resistance training to lower risks for injury.**
EXERCISES TO BUILD MUSCLE AT ANY AGE

PERFORM EACH MOVE FOR 2 SETS OF 30 SECONDS, RESTING 1 MINUTE BETWEEN SETS AND MOVES.

1. BODY WEIGHT SQUAT
   Stand with arms crossed and feet wider than hip-width apart. Bend both knees until thighs are parallel to the floor. Push off with heels and return to starting position.

2. LATERAL BANDED WALK
   Wrap a looped band around ankles. Feet hip-width apart, bend slightly at knees. Step left foot to the left, slightly wider than shoulder-width, then step right foot forward to the left, returning to hip-width apart. Repeat to step to the right.

3. BANDED SHOULDER PRESS
   Stand with one foot on the center of a band, a handle in each hand. Bring handles toward shoulders, rotating hands so palms face forward. Press arms straight up. Return to starting position.

4. BANDED PULL APARTS
   Hold the ends of a band with both hands. Raise the band to chest level and extend arms straight out in front. Pull the band tight by moving arms laterally until the band touches your chest. Return to starting position.

5. LUNGE W/ KNEE RAISE
   Stand with feet hip-width apart. Step left foot forward, bending at both knees until left thigh is parallel to floor. Push off from left foot to standing and simultaneously lift right knee into the air. Lower right foot. Alternate legs.

6. BANDED MONSTER WALK
   With a loop band around ankles, place feet at hip width, then lower to a half squat. Step left foot forward and diagonally to the left. Step right foot toward left and immediately forward and diagonally to the right. Repeat.

7. SIDE PLANK
   Lie on your left side, left forearm propping body, forming a line from shoulders to ankles. Hold for 10 seconds. Alternate sides.

8. BANDED ROW
   Stand on the center of a band, feet shoulder-width apart, a handle in each hand. Bend forward at hips, a slight bend in the knees. Pull handles toward sides of midsection while retracting shoulder blades. Slowly lower handles.

9. BIRD DOG
   From hands and knees, engage core and maintain a flat back. Simultaneously extend right leg and left arm until both are parallel to the floor. Hold 5 seconds. Return to starting position in a controlled motion. Alternate leg and arm.
FOODS THAT FIGHT Depression

FOOD AFFECTS HOW WE FEEL. FILL UP ON ANTIOXIDANTS AND MINERALS FROM FRUITS AND VEGGIES, AS WELL AS LEAN PROTEIN AND HEALTHY FATS, TO MAINTAIN A SUNNY DISPOSITION.

FROM FRUITS AND VEGGIES, AS WELL AS LEAN PROTEIN AND HEALTHY FATS, depression takes a toll on physical health.

A DIET RICH IN fruits, vegetables, healthy fats, whole grains and lean proteins is associated with a decreased risk of depression, according to a 2017 analysis of studies published in Psychiatry Research. Conversely, diets high in sweets, high-fat dairy, red or processed meat and refined grains were associated with an increased risk for depression. Add the following to your diet to support mood and mental health.

**PROBIOTICS**

**What they do:** The seed kings between friendly gut bacteria and mood is still being studied. But preliminary evidence indicates a positive association. A study in frontiers in psychology showed that those who took probiotics for six weeks exhibited significant improvements in mood.

FOODS: Kefir, simchi, kombucha, miso, pickles, sauerkraut, tempeh, yogurt

**OMEGA-3S**

**What they do:** A University of Pittsburgh School of Medicine study found those with higher levels of omega-3s felt more agreeable than those with lower levels, who displayed more depressive symptoms.

FOODS: Chia seeds, flaxseeds, fortified foods, herring, salmon, sardines, tuna, walnuts

**FOLATE**

**What it does:** Several studies have found that those with depression have lower levels of folate. Researchers are still studying the exact link between folate deficiency and depression.

FOODS: Asparagus, avocado, black-eyed peas, broccoli, Brussels sprouts, romaine lettuce, spinach, sunflower seeds

**SELENIUM**

**What it does:** According to a review of literature in nutritional neuroscience, lower intake of this trace mineral is associated with poor mood status.

FOODS: Brazil nuts, braided bread, brown rice, chicken, cottage cheese, eggs, halibut, lentils, oats, oysters, shrimp, tuna

**MAGNESIUM**

**What it does:** A study published in the Journal of the American Board of Family Medicine linked high magnesium intake and depression, especially among younger adults.

FOODS: Almonds, black beans, brown rice, cashews, dark chocolate, edamame, pumpkin seeds, spinach, soy milk

**ANTIOXIDANTS**

**What they do:** A 2012 study found those with depression had lower levels of antioxidant vitamins, A, C and E. Researchers noted a significant reduction in symptoms after six weeks of supplementation with the three nutrients.

FOODS: Almonds, berries, bell peppers, carrots, grapefruit, leafy greens, oranges

**TRYPTOPHAN**

**What it does:** This amino acid converts to serotonin, a brain chemical associated with improved mood and calmness.

FOODS: Broccoli, chicken, eggs, leafy greens, mushrooms, pumpkin seeds, soybeans, turkey

**PROTEIN**

**What it does:** Protein is made of amino acids that have crucial roles in brain function and mental health. Dopamine, the feel-good chemical in the brain, is made from the amino acid tyrosine.

FOODS: Beans, bone broth, chickpeas, eggs, Greek yogurt, legumes, nuts, poultry, seafood, soybeans, whole grains

**FOLATE**

Food affects mental health.

**What it does:** A study published in the Journal of the American Board of Family Medicine linked high folate intake and depression, especially among younger adults.

FOODS: Almonds, black beans, brown rice, cashews, dark chocolate, edamame, pumpkin seeds, spinach, soy milk

**SELENIUM**

**What it does:** According to a review of literature in nutritional neuroscience, lower intake of this trace mineral is associated with poor mood status.

FOODS: Brazil nuts, braided bread, brown rice, chicken, cottage cheese, eggs, halibut, lentils, oats, oysters, shrimp, tuna

**MAGNESIUM**

**What it does:** A study published in the Journal of the American Board of Family Medicine linked high magnesium intake and depression, especially among younger adults.

FOODS: Almonds, black beans, brown rice, cashews, dark chocolate, edamame, pumpkin seeds, spinach, soy milk

**PROTEIN**

**What it does:** Protein is made of amino acids that have crucial roles in brain function and mental health. Dopamine, the feel-good chemical in the brain, is made from the amino acid tyrosine.

FOODS: Beans, bone broth, chickpeas, eggs, Greek yogurt, legumes, nuts, poultry, seafood, soybeans, whole grains

**SUGAR**

Sugar affects mental health.

**What it does:** A study published by Scientific Reports found that high intake of sugar from sweetened foods and beverages has adverse effects on long-term psychological health. Men should consume no more than 9 teaspoons sugar per day, women no more than 6 teaspoons.

**ALCOHOL**

Alcohol affects mental health.

**What it does:** Alcohol disrupts the brain’s normal function by cutting off communication pathways, which changes mood and behavior. Over time, excessive alcohol may lead to the development of depression. Men should consume no more than 2 drinks a day, women no more than 1.

**FUID AND DRINK TO LIMIT**

**What it does:** Fluids help maintain a good mood by promoting rest, restoring energy and benefiting cognitive function.

**What it does:** A study published in the American Journal of Nutrition found that higher water intake was associated with lower levels of irritability.

**WHAT TO DRINK:** Water, herbal teas, fruit infusions, sports drinks

**WHAT TO AVOID:** Coffee, energy drinks, soda, sugary drinks

**PRO TIP:**

FUID FOR MOOD

“Comfort foods like sweets may feel immediately, satisfying, but there’s a good chance they lead to sugar crash and cause irritability. Choose good mood foods that have a lasting effect on overall mental and physical health.”

— Ashton Ibarra

Hy-Vee Registered Dietitian

comfort foods like sweets...
Air-Fried Sweet Potatoes with Yogurt Sauce

Hands On 20 minutes  
Total Time 45 minutes  
Serves 6

1 recipe Yogurt-Lime Sauce, below  
1½ lb. sweet potatoes, peeled (3 large)  
3 Tbsp. Gustare Vita olive oil  
½ tsp. ground cumin  
½ tsp. Hy-Vee salt  
½ tsp. Hy-Vee pepper

1. PREHEAT Air-fryer to 400°F. Prepare Yogurt-Lime Sauce; cover and refrigerate until serving time.
2. CUT sweet potatoes into sticks, ½ in. wide and 2½ in. long. Combine oil, cumin, salt and pepper in a large bowl. Add potato sticks and toss to coat.
3. AIR-FRY potato sticks in small batches for 4 to 6 minutes or until tender, turning halfway through.*

YOGURT-LIME SAUCE: Combine ½ cup Hy-Vee plain Greek yogurt, ½ tsp. lime zest, 1 tsp. fresh lime juice, ¼ tsp. Kosher salt and ¼ tsp. Hy-Vee ground cumin. Stir in 1 Tbsp. finely chopped cilantro. Garnish with additional cilantro, if desired.

*NOTE: Keep air-fried potatoes warm in a 200°F oven on a rimmed baking pan lined with a wire rack until serving time. Serve with Yogurt-Lime Sauce.

Per serving: 170 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 320 mg sodium, 24 g carbohydrates, 10 g fiber, 8 g sugars (0 g added sugar), 4 g protein.
PASS ON THE SALT

Go easy with the salt shaker. Sprinkle on extra flavor with spices and herbs, and do your health a favor by reducing risks for high blood pressure, heart disease and stroke.

A FAIR SHAKE OF SALT

The body requires a certain amount of sodium—the mineral in table salt—to function. However, Americans on average consume way too much of it, chiefly from packaged foods. Health officials recommend less than 1,500 mg, or about 6 tsp., per day of sodium in the diet. Yet it’s estimated that Americans consume twice that amount. The American Heart Association estimates that about 15 percent of the sodium we consume occurs naturally in foods, 71 percent is added via salt shaker and more than 70 percent comes from packaged, prepared and restaurant foods.

Go easy with the salt shaker. Sprinkle on extra flavor with spices and herbs, and do your health a favor by reducing risks for high blood pressure, heart disease and stroke.

WHY WE NEED SALT

• BALANCES THE LEVEL OF FLUIDS (BLOOD, LYMPH, FLUIDS AROUND CELLS) IN THE BODY
• HELPS CONDUCT NERVE IMPULSES
• CONTRACTS AND RELAXES MUSCLES

HEALTH EFFECTS OF TOO MUCH SALT

HIGH BLOOD PRESSURE

As sodium increases in the blood, the body retains water to dilute it. The heart pumps harder to circulate the large volume, exerting more pressure in blood vessels. Eventually the vessels stiffen, possibly leading to heart disease or stroke.

STROKE

When high blood pressure stretches blood vessels, small tears occur. Scar tissue forms, trapping injury-mending substances and plaque. Blood clots then occur, interrupting blood supply to the brain and causing stroke.

HEART DISEASE

Sodium overload raises pressure in arteries, forcing the heart to overwork to pump blood throughout the body. In addition, too-high sodium can damage the aorta, leading to heart failure.

KIDNEY DISEASE

Eating too much salt can damage the kidneys’ ability to flush toxins and excess fluid from the body. The result: increased blood pressure and retention of fluids. Excess salt may also damage kidney tissue, says the Journal of Nephrology.


The percentage of sodium reduction, compared with the regular version, for a food to be labeled “reduced-sodium.”

—U.S. FOOD & DRUG ADMINISTRATION

25/70

TIPS TO CUT DOWN ON SALT

1. EAT MORE FRESH FOODS such as fruits and vegetables, which are low in sodium. Also, fresh meat has less sodium than processed meat.

2. TASTE BEFORE SALTING instead of automatically reaching for the salt shaker.

3. RINSE CANNED FOODS, such as beans, vegetables and tuna, before eating them.

4. LIMIT SALTY CONDIMENTS, such as soy sauce, salad dressings and watchup.

5. TRY HERBS & SPICES to brighten foods. Basil, parsley, cumin, curry, black pepper, rosemary, oregano and thyme are good examples.

6. READ LABELS to check sodium levels along with sodium compounds, such as sodium citrate, sodium nitrates and MSG.

7. USE SALT SUBSTITUTES such as no-sodium salt, which contain potassium chloride. Extra potassium can be a problem for people with certain health conditions or those taking some medications, so check with your doctor first.

8. LIMIT BREADS, even those that don’t taste salty. A 4-in. oat bran bagel has about 400 mg sodium; a slice of whole wheat bread has about 150 mg.

9. BUY LOW- OR REDUCED-SODIUM VERSIONS of canned veggies and soups.

10. CHOOSE FROZEN VEGETABLES (that don’t contain added seasoning or sauces).
Bypass the salt shaker and reach instead for these spices, herbs and other enhancers to brighten or deepen the flavor of foods.

### 9 SALT SWAPS

1. **BLACK PEPPER**
   - **TASTE:** Sharp, woody, piney; tastes best as freshly ground peppercorns.
   - **USES:** Sparks flavor in nearly any savory dish; gives sharpness to dry rubs, spice blends and salad dressings.

2. **CUMIN**
   - **TASTE:** Sharp, earthy and warm, with slight citrus overtone; key ingredient in curry powder and chili powder.
   - **USES:** Indian, Thai, Mexican and Middle Eastern dishes. Good with lentils, rice and vegetables.

3. **GARLIC POWDER**
   - **TASTE:** Made from dehydrated garlic, it’s a bit sweeter than fresh garlic.
   - **USES:** Dry rubs for meats; use on vegetables and in soups, stews, marinades and salad dressings.

4. **CAYENNE**
   - **TASTE:** Very hot and peppery; even small amounts put bite in a dish.
   - **USES:** Add to seasoning blends, such as jerk and chili powder blends, and to Caribbean, Cajun, Mexican and Thai recipes.

5. **ONION POWDER**
   - **TASTE:** Dehydrated ground onions with no salt added (as opposed to onion salt).
   - **USES:** All-purpose powder for any dish enhanced by onions. Sprinkle on meats before cooking; add to sauces, soups and stews.

6. **PAPRIKA**
   - **TASTE:** Made from a variety of sweet red peppers. Usually mildly sweet; other varieties can be smoky or hot.
   - **USES:** Soups, stews, roasted potatoes, deviled eggs, barbecue, chili and in Middle Eastern dishes.

7. **LEMON PEPPER**
   - **TASTE:** Both sharp and citrusy. Made from granulated lemon zest and cracked peppercorns. Some manufacturers add salt to the blend.
   - **USES:** Seafood, chicken, pasta, green beans.

8. **CHILI POWDER**
   - **TASTE:** A blend, usually of cayenne pepper, cumin, paprika and sometimes salt, with smoky flavor and mild to moderate heat.
   - **USES:** Chili, tacos, beef stew and other hearty stews.

9. **THYME**
   - **TASTE:** Slightly sweet and aromatic, with tea-like or minty notes.
   - **USES:** Tasty on poultry, potatoes and other root vegetables and in soups. Often paired with oregano in Mediterranean dishes.

### SEASONS | November 2020

**mix and mingle your smart holiday hydration.**

© 2020 Smartwater, “Smartwater” is a registered trademark of smartwater.
HEALTHY OUTLOOK:

Hy-Vee®

KIDSFIT®

Kid-friendly workouts are just the start. Hy-Vee KidsFit is a complete health and wellness program for kids, teens and families—touching on everything from exercise to healthy eating to emotional wellbeing. See how this multifaceted program benefits an Iowa schoolteacher and her family.

As the mother of three, Kacie Whipps knows the value of keeping kids active and engaged. She found an ally in Hy-Vee KidsFit. “Especially during quarantine, we were looking for different things that would keep the kids busy but also for things that they’re passionate about,” says the Adel, Iowa, schoolteacher. Kacie appreciates the wide scope of KidsFit, which includes exercise videos, nutritional education, and even financial, environmental and emotional wellness. “It wasn’t just exercise. It wasn’t just cooking. It also included planting tomato plants, and we tried a strawberry patch this year. We probably wouldn’t have done that otherwise if not for KidsFit,” she says. “It puts you out of your comfort zone without being too overwhelming for the parents.

“I just feel as though my kids have found a goal or a passion area … and can work towards that goal and just see how well it turns out.”

Workin’ it. Workbooks help the Whipps kids work through different dimensions of wellness.

Q&A with Daira Driftmier

WHAT IS THE MOST POPULAR ACTIVITY?

“Our monthly KidsFit Club Challenges help families build healthy habits and include physical, emotional, intellectual and social wellness challenges. Our most popular challenges are creating your own restaurant at home, building an obstacle course and working out with our fitness videos.”

“Children are learning from their parents and will pick up on their attitudes toward food and exercise. This will be their main foundation of habits. My tips for parents would be to start young, never call it exercise, stop while it’s fun and stay curious with the kids.”

Visit hy-vee
kidsfit.com for more details.

KidsFit Keeps the Whipps Family Fit!

FUN AND FITNESS GO HAND IN HAND AT THE HOME OF KACIE AND BART WHIPPS AND THEIR 3 KIDS.

“Children are learning from their parents and will pick up on their attitudes toward food and exercise. This will be their main foundation of habits. My tips for parents would be to start young, never call it exercise, stop while it’s fun and stay curious with the kids.”

Healthy doesn’t mean you’re perfect. We make trying something new and building healthy habits easy, fun and rewarding for the whole family.”

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

HEALTHY OUTLOOK:

KIDSFIT®

5 WAYS TO TAKE PART

Gather the family together for a range of KidsFit activities to improve fitness and wellness.

1. Fitness Free online videos feature workouts designed for children and teens by fitness specialist Daira Driftmier.


3. Wellness Activities, projects and videos geared toward physical, emotional, financial, social and intellectual wellness.

4. 6-Week Challenge An online program—done at home without equipment—featuring one activity a day for 5 weeks.

5. KidsFit Club Newsletter with new activities every month—plus rewards, prizes and sweepstakes.

ONLY 1 OUT OF 3 CHILDREN IS PHYSICALLY ACTIVE EVERY DAY AND JUST 1 OUT OF 3 ADULTS RECEIVES THE RECOMMENDED AMOUNT OF PHYSICAL ACTIVITY EACH WEEK.

“Especially during Hy-Vee KidsFit.”
Q: Any tips for healthful holiday eating?
A: Thanksgiving is one day, but there may be get-togethers with friends and coworkers leading up to it. Not to mention a month filled with holiday parties right around the corner. The key is to pace yourself. Pick your favorite foods and eat small portions. At the table, eat slowly, drink water and enjoy the company around you. Eat healthfully throughout the week when you’re not at parties and exercise regularly to burn extra calories.

Q: Should I avoid the dessert table?
A: It’s perfectly okay to indulge a little bit. The holidays are a time to make lasting memories with those you love, and it’s no fun when you’re the only person without a piece of Grandma’s famous pie. It all comes back to portion control.

Q: What does a healthful plate look like?
A: Think colorful vegetables and fruits, whole grains and lean meats. Ideally, your plate is half vegetables, like sweet potato or broccoli, and one-quarter whole grains. Protein, like turkey, makes up the last quarter.

Q: Will I save calories by skipping breakfast the day of a big meal?
A: This may seem like a good plan, but it’s likely to backfire, causing increased hunger and overeating later in the day. Instead, opt for a nutritious breakfast, such as oatmeal topped with blueberries. You’ll get a healthy dose of vitamins from the berries and plenty of satiating fiber from the oats.

Q: What about drinks?
A: The smartest choices are water, plain or carbonated, or unsweetened ice tea. If drinking alcohol, have a glass of water in between drinks. Or just stick to one drink for the day. Extra calories from alcoholic beverages add up quickly and drinking too much may increase appetite.
USE THESE VISUAL PORTION COMPARISONS TO PLACE AN APPROPRIATE AMOUNT OF FOOD ON YOUR HOLIDAY PLATE.

PORTION PERFECT

APPETIZERS = 4 DICE = MEAT = CELL PHONE

VEGETABLES = BASEBALL = MASHED POTATOES = COMPUTER MOUSE

SALAD DRESSING = SHOT GLASS = PUMPKIN PIE = LIGHT BULB

START YOUR HOLIDAY PLATE OFF RIGHT WITH THOSE TOP PICKS!

These Thanksgiving favorites are recognized for good taste and nutrition.

PUMPKIN PIE
A healthier alternative to fat- and sugar-laden pecan pie, a small slice of pumpkin pie made with canned pumpkin is a good source of vitamin A.

SALADS
Choose salads with leafy greens like kale and spinach—good sources of vitamins A, C, E, K, and fiber.

SWEET POTATO
Served plain, sweet potatoes are tremendous sources of eye- and skin-healthy vitamin A, and satiating fiber.

TURKEY
Four ounces of roasted turkey breast packs 32 grams of protein with only 2 grams of total fat.

With the New Year approaching, now is the time to check out Hy-Vee Begin®, a healthy lifestyle program that emphasizes good health, weight loss and physical activity to promote lifelong health and wellness. A Hy-Vee dietitian leads sessions on portion size, controlling hunger and exercise. The program starts and ends with screenings to measure improvements in blood pressure, cholesterol, blood sugar and more. To sign up, call your local Hy-Vee dietitian and begin living a healthy life today!

THE INCREASE IN THE AMOUNT OF FOOD EATEN BY RESTAURANT DINERS WITH LARGE PLATES COMPARED TO DINERS WITH SMALL PLATES, ACCORDING TO A 2013 STUDY.

45%

Apple Cider Ham Glaze

Ingredients

- 1 Sugardale Spiral Sliced Ham
- 1 tbsp. butter, cubed
- ½ cup apple cider
- 2 tbsp. apple cider vinegar
- 2 tsp. Dijon mustard
- 2 tsp. yellow mustard
- 2 tsp. cornstarch
- ½ tsp. cinnamon
- ⅛ tsp. cloves
- ⅛ tsp. thyme
- ⅛ tsp. poppy
- ⅛ tsp. dried nutmeg

Instructions

1. Let ham come to room temperature for 2 hours. Preheat oven to 325°F.
2. In a medium sauce pan, while together all liquids and spices. Bring to a boil and then reduce to simmer for 15-20 minutes. Stir in butter until melted.
3. Pour 2 cups water into bottom of roasting pan. Place roasting rack inside pan. Roll out enough foil to wrap the ham. Place the ham on the foil and wrap with the glaze mixture, including in between the slices. Wrap ham in the foil and place onto the roasting rack.
4. Bake ham until the center is 160-170°F, 12 minutes per pound.
5. Unfold foil to expose the ham and brush with glaze. Leave ham exposed and bake for 30-45 minutes. Let the glaze get golden brown and caramelized.
6. Remove ham from oven and brush with more glaze. Spoon any juices from the bottom of the pan onto the ham. Let rest for 15 minutes. Serve with any remaining glaze.
UTILIZE YOUR HY-VEE PHARMACY TO KEEP YOUR MEDICINE CABINET ORGANIZED, SAFE AND STOCKED.

Old prescriptions and medications not only take up valuable storage space, but they can be ineffective or possibly unsafe. It’s important to take inventory of your medications, check expiration dates and get rid of old or unwanted medicine. This simple routine can also help prevent accidents and drug abuse. To make safe drug disposal accessible, Hy-Vee offers take-back receptacles at all of their pharmacies.

DISPOSAL AT HY-VEE
- Bring medications in original packaging
- Wrap liquid medications (4-oz. or less) in a paper towel and place in a leak-proof bag
- Double check the top of the receptacle for restricted items
- Ask a pharmacist if you have any questions

After clearing the clutter, restock your medicine cabinet at Hy-Vee.
- Over-the-counter pain relievers
- Allergy medicine
- Cold and flu medicine
- Antacids
- First aid supplies
- Thermometer

Save Space and Stay Safe
Old prescriptions and medications not only take up valuable storage space, but they can be ineffective or possibly unsafe. It’s important to take inventory of your medications, check expiration dates and get rid of old or unwanted medicine. This simple routine can also help prevent accidents and drug abuse. To make safe drug disposal accessible, Hy-Vee offers take-back receptacles at all of their pharmacies.

pro tip: SEASONAL PREP
“Recheck your medicine cabinet when the seasons change to look for expired items and make sure you are prepared for the season ahead.” —Kyle Anderson
Pharmacy Manager
Eastside Hy-Vee, Iowa City

CABINET CLEAN-OUT

GET A FLU SHOT

20¢ OFF PER GALLON

NO APPOINTMENT NECESSARY. COMPLETE YOUR VACCINE CONSENT FORM IN ADVANCE AT HY-VEE.COM/MY-PHARMACY

FUEL SAVER OFFER AVAILABLE TO ALL FLU SHOT RECIPIENTS. SEE PHARMACY OR HY-VEE.COM FOR DETAILS. CERTAIN STATE, AGE, HEALTH-RELATED AND OTHER RESTRICTIONS MAY APPLY.
Hy-Vee's Holiday Dinner Solutions: Got It!

1. Orange-Glazed Turkey
2. Cornbread Dressing
3. Cinnamon Whiskey Cranberry Sauce
4. Sautéed Greens and Beans
5. Open-Face Egg Sandwich
6. Dark Chocolate, Nut & Seed Bark
7. Air-Fried Sweet Potatoes with Yogurt Sauce
8. Beer Bratwurst Grilled Cheese
9. Reuben Grilled Cheese
10. Deluxe Pizza Grilled Cheese
11. Honey-Crusted Chicken
12. Chocolate Hazelnut Mocha
13. Salted Caramel Latte
14. Toasted Coconut Mocha Frappé

FOODS THAT FIGHT DEPRESSION

1. Tossed Salad with Creamy Poppy Seed Dressing
2. Mixed Berry Holiday Trifle
3. Truffle Oil
4. Veggie Sour Cream
5. Horseradish Cream
6. Red Wine Reduction
7. Garlic & Herb Wet Rub
8. Orange-Sage Butter
9. Apple-Whiskey Glaze

Hy-Vee complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Hy-Vee does not exclude people or treat them differently because they are unable to read large print, audio, accessible electronic format, or other format. If you need these services, contact your local Hy-Vee store. If you believe your rights have been violated by Hy-Vee, provide these services or discriminate in any way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance. If you need help filing a grievance, you can contact an agency or resource available to help you. You may also contact the U.S. Department of Health and Human Services, Office of Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/central/complaint/index.html or by phone at 1-800-368-1019, 800-537-7697 (TDD). For more information, see the Federal Civil Rights Compliant Flyer at https://www.hhs.gov/ocr/office/fich/notice93fich.html.

Hy-Vee Services

1. Information written in another language
2. Qualified interpreters
3. Free aids and services

Guide: Build a Simple Cheese Board

1. Marinated Mango Crackers
2. Strawberry-Nilla Wafers
3. Tomato Bonda Endives
4. Goat Cheese Pumpernickel Toasts
5. Blackberry-Cheddar Pumpernickel Crackers
6. Blue Cheese Pear Wedges
7. Dill-Havarti-Grape Slices

Hy-Vee provides:

- Free assistance to people with disabilities to communicate effectively with us, upon request or when necessary.
- Qualified interpreters for people who are deaf or hard of hearing.
- Transcripts for video and audio accessible electronic formats (other formats)
- Free language services for people whose primary language is not English, such as:
- Qualified interpreters
- Information available in other languages upon request.

If you need these services, contact your local Hy-Vee store. If you believe your rights have been violated by Hy-Vee, provide these services or discriminate in any way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with Hy-Vee Civil Rights Coordinator, 5820 Westown Parkway, West Des Moines, IA 50266, 1-866-874-3972. Hy-Vee complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Order at hy-vee.com/mealtime

Takeout | Curbside Pickup | Delivery *

*Where available
Hello Hy-Vee!

Kristen and Dax chat about working together, giving back and Hello Bello.

Kristen Bell & Dax Shepard

Don’t miss out. Download the app now!