

# HyVee<sup>®</sup>

FOOD | LIFE | HEALTH

# Seasons<sup>®</sup>



# BACKYARD EATS

**september**  
Prices good September 1-30, 2020



# SEPTEMBER 2020

## food



### 10 TABLE TALK

Bring the family together at dinnertime with low-stress meals.

### 20 20 IDEAS FOR #HOMEGATING

Make game-watching more fun—even at home.

### 28 TOTS

These easy recipes feature a potato favorite.

### 35 101: GRAPES

Learn how to buy, store and enjoy them.

### 38 PIECE OF CAKE

Get creative. Put your spin on a Hy-Vee Bakery cake.

### 43 BASICS: HOW TO PREP A CAKE PAN

What to do to pop a cake out of a pan, flawlessly.

### 46 PROGRESSIVE DINNER: MEAL ON THE MOVE

Tasty recipes and planning guide to make it happen.

### 54 HEARTY BREWS

Explore robust flavors of fall craft beers at Hy-Vee.

### 59 FOOD SAFETY BASICS: SAFE HANDLING TIPS

Store food to preserve freshness, prevent illness.

### 60 JELL-WHOA!

Snappy ways to serve Jell-O brand gelatin.

## life



### 68 THE POWER OF A FAMILY TABLE

How family dinners of the past inspired Wahlburgers today.

### 72 MUMS THE WORD

Long-lasting chrysanthemums—required fall decorating.

### 76 HAIR S.O.S.

Restore damaged, lackluster locks with help from Hy-Vee.

### 82 ORDER: LAUNDRY ORGANIZATION IDEAS

Arrange the laundry area for efficiency and convenience.

### 85 LIFE CHART: 10 SIGNS YOU'RE OVERWHELMED AND WAYS TO COPE

Feeling overwhelmed? Here's what you can do about it.

### 86 HANDLE WITH CARE

How to keep your baby safe.

## health



### 94 FOODS THAT HELP YOU STAY FOCUSED

Up your intake of these foods for better cognitive function.

### 100 10 TIPS TO REDUCE YOUR RISK OF CANCER

Learn lifestyle habits that lower risks of cancer.

### 102 STRESS MANAGEMENT

Improve overall health by knowing how to cope with stress.

### 106 WORKING OUT AT HOME

At-home workouts are convenient, effective and free!

### 111 HEALTH CHART: VITAMINS & MINERALS

Discover which vitamins and minerals you most need.

### 113 DIETITIAN Q&A: SUGAR SUBSTITUTES

Get the lowdown on artificial and natural sweeteners.

### 116 HY-VEE PHARMACY FLU SHOT

Protect yourself—and others—against influenza.



**COURTNEY BROBST**  
VICE PRESIDENT,  
MARKETING

**S**eptember has a lot on its plate—literally. It's Family Meals Month, an invitation to rediscover the dinner table and its important role in building family unity. Learn more about Family Meals Month, along with benefits and tips for better family communication, *page 10*.

The famous Wahlbergs can attest to the power of a family table. Read how nightly childhood dinners influenced not only the menu but the whole experience at the Wahlburgers restaurants now open at many Hy-Vee locations, *page 68*.

This certainly is a season of culinary treats, from those sweet, nutritious grapes that are ripening right now, *page 35*, to artistic cakes, *page 38*, to tater tots reimagined, *page 28*. Plus, cheers for those hearty craft beers, *page 54*, we so look forward to in fall.

Savor the season!

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# GRATE OCCASIONS



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

**HyVee**



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



now trending

**QUICK & EASY MEALS FROM HY-VEE**  
Save time and bother. Drop by Hy-Vee for ready-to-go meals you can serve in a snap.



**HY-VEE TAKE & BAKE LASAGNA**  
This 80-oz. family-size meal features tender pasta layered with zesty sauce, cottage cheese, Mozzarella cheese and ground beef.



**HY-VEE TAKE & BAKE PIZZA**  
Made with fresh ingredients and available in medium or family size; selection of 4 crusts and 7 flavors.



**HY-VEE PREPARED SOUPS**  
Hy-Vee offers 16 flavors of these hearty 16-oz. readymade soups.



FAMILY MEALS MONTH

September is National Family Meals Month—the perfect opportunity to prove sit-down family meals are not a thing of the past. Research has shown that families have greater unity and closer relationships when they regularly eat meals together. Why not give it a try this month, then keep it going the rest of the year? Hy-Vee makes it easy with a variety of take-and-bake options, *right*, to please every member of the family.



JUST TOSS IT IN YOUR OVEN.






**brand highlight**

**CRAV'N CRACKERS AND COOKIES**  
These snack crackers and sandwich cookies have a signature great taste worthy of the name Crav'n Flavor.



**donut of the month**

**CARAMEL-APPLE COBBLER CAKE DONUT**  
Two of the classic flavors of autumn combine in an unforgettable cake donut that will make you wish the month lasted a whole lot longer.

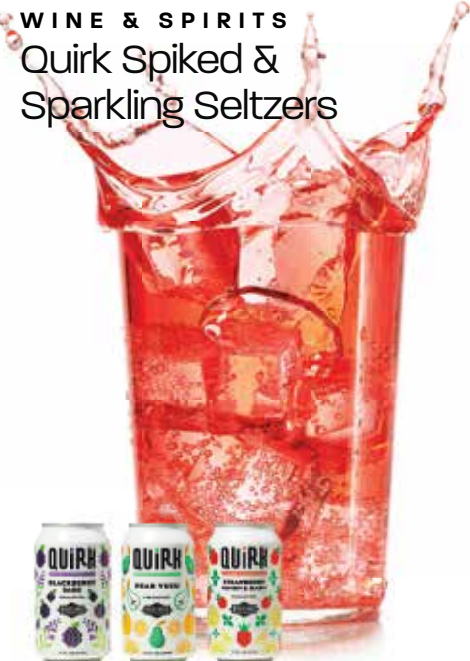


## NEW AT HY-VEE!

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

### WINE & SPIRITS

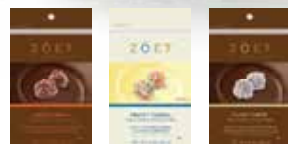
Quirk Spiked & Sparkling Seltzers



These new hard seltzers from Boulevard feature real fruit juice and all-natural ingredients. Try Blackberry Sage, Pear Yuzu or Strawberry, Lemon & Basil.

### CANDY

Zöet Clusters



Chocolate has company! Later this month Zöet introduces Rocky Road, Puppy Chow and Fruity Cereal clusters—each with a tantalizing combination of ingredients.

### DAIRY

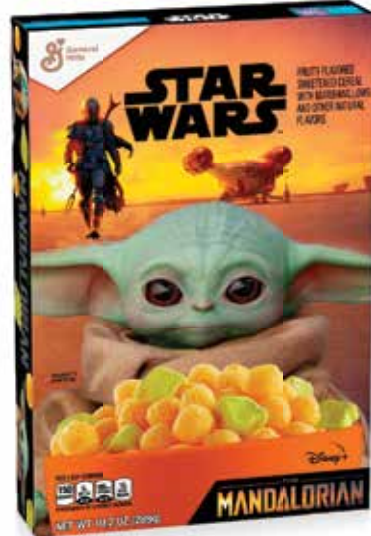
Chobani Creamers



Made with natural ingredients and available in dairy and plant-based forms, Chobani coffee creamers feature a range of delicious flavors.

### PANTRY

General Mills Star Wars Cereal



This fruity flavored corn puff cereal with Baby Yoda-shaped marshmallows will take the taste buds on a journey that's out of this world!

Land O'Frost

*Bistro Favorites*  
100% NATURAL

**CRAFT DELICIOUS** FROM THE  
**COMFORT OF YOUR HOME**

Small batch. Hand seasoned. No artificial ingredients.



Land O'Frost  
Bistro Favorites  
Sliced Lunchmeat  
select varieties  
6 to 8 oz.  
4.28





now  
trending

KITCHEN TOOLS

MAKE KITCHEN TIME EFFICIENT TIME WITH THESE COOKING ITEMS FROM HY-VEE.



**ANCHOR HOCKING GLASS BOWLS**  
This 6-piece set of round storage bowls and lids nest easily to conserve space. Freezer and microwave safe.



**GOOD COOK GRATER**  
A must-have for grating cheese, potatoes, carrots, cabbage and more.



**GOOD COOK WHISK**  
Comfortable ergonomic handle makes whisking easier on the hands.



**BRADSHAW ROLLING PIN**  
Get on a roll with a baker's best friend: a classic wooden rolling pin.



**LODGE DUTCH OVEN**  
Enjoy a wider range of cooking options with a versatile 6-qt. red enamel Dutch oven.



**OXO WOODEN SPOON SET**  
This set of three wooden spoons can handle every task from stirring to straining to serving.



**BIALETTI AETERNUM PAN**  
This 12-in. covered deep sauté pan features a white nano-ceramic nonstick surface.



**BRADSHAW SPATULA SET**  
A 2-piece silicone spatula set to scrape bowls and jars.



**FARBERWARE CUTTING BOARD**  
Make meal prep easier (and safer on countertops) with this 11x14-in. nonskid wooden cutting board.



**TOUCH TOP-VIEW MEASURING CUP**  
The angled shape allows readings from above as well as the sides.



**GOOD COOK PIZZA CUTTER**  
Slice effortlessly with a precision-ground blade that's both durable and rust resistant.



**FARBERWARE KNIVES**  
A good knife is invaluable to food prep. This 8-in. chef's knife has a sheath to protect the sharp blade.



**GOOD COOK APPLE WEDGER**  
Healthy snacking just got easier. Cut apples into convenient wedges in mere seconds.

baking  
essentials

HELP IS AT HAND

From a versatile mixer to measuring cups and baking trays, Hy-Vee has the utensils you need.



**KITCHENAID STAND MIXER**  
The Artisan 5-qt. tilt-head mixer has 10 speeds to mix, knead or whip ingredients to perfection.



**GOOD COOK MEASURING CUPS AND OXO NYLON FLEXIBLE TURNER**  
Make sure recipes measure up with these indispensable baking tools.



**WILTON MUFFIN PAN AND COOKIE SHEET**  
Baked goods release easily with these heavy-duty, nonstick pans.



# food

Recipes to score points during your watch party, plus robust beers for fall and new ways to cook an old favorite (tater tots).

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**20** 20 IDEAS FOR #HOMEGATING

**28** TOTS

**35** 101: GRAPES

**38** PIECE OF CAKE

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**54** HEARTY BREWS

**59** FOOD SAFETY BASICS: SAFE HANDLING TIPS

**60** JELL-WHOA!

**TEAM UP WITH TAILGATE NATION**

**GET \$20 OFF AT FANATICS**  
WHEN YOU BUY 3 PARTICIPATING PRODUCTS  
[WWW.FANATICS.COM/HYVEETAILGATE](http://WWW.FANATICS.COM/HYVEETAILGATE)

**TAILGATE NATION**

**LEARN MORE AT WEARETAILGATENATION.COM**

**Fanatics**

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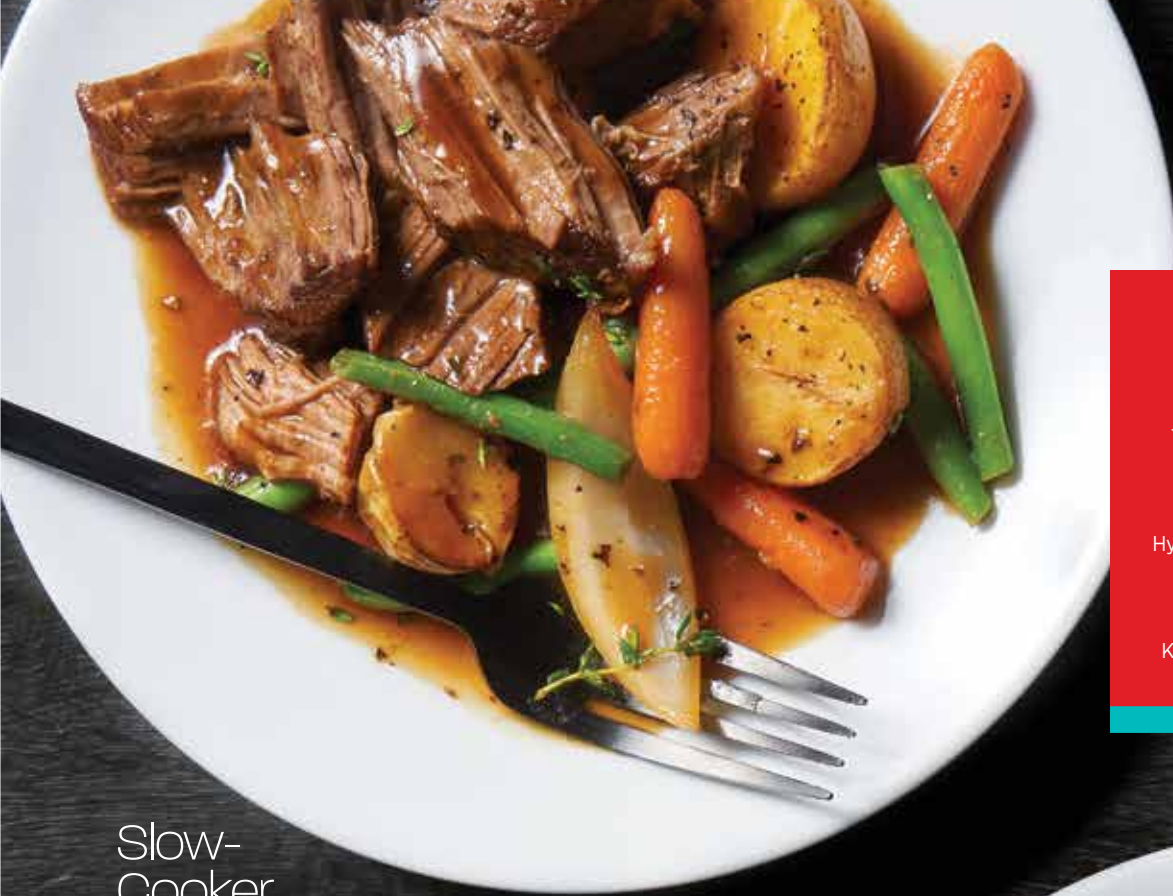
# EAT TOGETHER

WHAT'S FOR DINNER? PUT QUALITY FAMILY TIME ON THE MENU. PREP AND COOK TOGETHER, TEACH TABLE MANNERS, HAVE LIVELY TALKS—AND INSPIRE A SENSE OF WELL-BEING.



Enjoying meals as a family is good for the body, brain and soul—studies say so. Family meals are linked to better eating habits, according to the *Journal of the Academy of Nutrition and Dietetics*. Regular family meals are associated with decreased risks for substance abuse and violence, reports *The Journal of Adolescence*. Mealtime is an opportunity to learn what's on kids' minds, teach communication skills and invite exploration of foods and flavors. It is also a chance to cultivate mealtime etiquette and social and communication skills in children; dinnertime conversation improves kids' vocabularies. Cooking together also provides benefits—it's fun, and it makes kids comfortable with food prep as they get older.

Sources: [jandonline.org/article/S0002-8223\(07\)01292-8/abstract](http://jandonline.org/article/S0002-8223(07)01292-8/abstract)  
[pubmed.ncbi.nlm.nih.gov/19476994/](http://pubmed.ncbi.nlm.nih.gov/19476994/)



## Slow-Cooker Pot Roast

**Hands On** 30 minutes plus 10 minutes for gravy  
**Total Time** 8 hours  
**Serves** 6

**1 lb. Hy-Vee Smart Bite baby blonde potatoes, halved**  
**1 (12-oz.) bag baby carrots**  
**1 medium white onion, cut into 1½-in. wedges**  
**1 (2½- to 3-lb.) Hy-Vee Choice boneless beef chuck arm pot roast**  
**½ tsp. Hy-Vee salt**  
**¼ tsp. Hy-Vee coarse-ground black pepper**  
**1½ Tbsp. Hy-Vee canola oil**  
**2 tsp. refrigerated minced garlic**  
**1½ cups Hy-Vee reduced-sodium beef broth, divided**  
**2 Tbsp. Hy-Vee tomato paste**  
**2 Tbsp. Hy-Vee Worcestershire sauce**  
**2 tsp. herbes de Provence or 1 tsp. Hy-Vee dried thyme**  
**½ (16-oz.) pkg. Hy-Vee Select frozen whole green beans**  
**½ cup cold water**  
**¼ cup Hy-Vee all-purpose flour**  
**Fresh thyme, for garnish**

**1. PLACE** potatoes, carrots and onion in a 5- to 6-qt. slow cooker.

**2. PAT** roast dry; sprinkle with salt and pepper. Heat oil over medium-high heat in nonstick skillet. Add roast and sear 2 to 4 minutes on each side. Place on vegetables in slow cooker.

**3. ADD** garlic to skillet. Cook over medium heat 5 seconds. Add ½ cup broth. Bring to boil, scraping up any brown bits in skillet. Boil until reduced by half. Whisk in remaining 1 cup broth, tomato paste, Worcestershire sauce and herbes de Provence. Return to boil, then add to slow cooker.

**4. COVER** and cook on LOW for 6 to 7 hours or until beef reaches 205°F. Place frozen beans on roast; cover and cook 30 minutes more. Transfer beef and vegetables to a platter; cover and keep warm.

**5. FOR GRAVY,** strain 1½ cups juices from slow cooker into a saucepan. Whisk together water and flour; add to saucepan. Cook and stir over medium heat until thick and bubbly. Cook for 1 minute more. Season to taste. Serve with roast and vegetables. Garnish with fresh thyme, if desired.

**Per serving:** 380 calories, 11 g fat, 3 g saturated fat, 0 g trans fat, 110 mg cholesterol, 270 mg sodium, 24 g carbohydrates, 5 g fiber, 6 g sugar (0 g added sugar), 40 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 6%, Iron 30%, Potassium 20%



**EASY GARLIC BREAD**  
 Combine 5 Tbsp. softened Hy-Vee salted butter, 1 tsp. That's Smart! dried parsley flakes and ½ to ¾ tsp. Hy-Vee garlic powder; spread on 1 (8-oz.) split Hy-Vee Bakery French loaf. Bake on baking sheet at 400°F for 8 minutes or until edges are toasted. Kids could do the whole recipe. Serves 4.

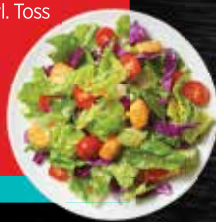






#### QUICK ITALIAN SALAD

Easy enough for kids to make: Mix 1 (10-oz.) pkg. Hy-Vee Italian salad blend, 1½ cups grape tomatoes and 1 cup Hy-Vee cheese & garlic croutons in large bowl. Toss with ½ cup Hy-Vee Italian salad dressing and ¼ cup grated fresh Parmesan cheese. Serves 6-8.



## Monday Mixed-Up Pasta Casserole

**Hands On** 25 minutes

**Total Time** 55 minutes plus standing time

**Serves** 8

Hy-Vee nonstick cooking spray  
1½ cups Gustare Vita conchiglie macaroni (shell)

1½ cups Gustare Vita farfalle macaroni (bowtie)

1½ cups Gustare Vita fusilli macaroni (white corkscrew)

1 (1-lb.) tube mild Italian turkey sausage

1½ cups Hy-Vee Short Cuts tricolor peppers, chopped

½ cup Hy-Vee Short Cuts chopped white onions

2 (17.6-oz.) bottles Gustare Vita tomato basil pasta sauce

1 (4-oz.) pkg. turkey mini pepperoni

1 (8-oz.) pkg. Hy-Vee finely shredded Italian cheese (2 cups)

Grated fresh Parmesan cheese, for serving

**1. PREHEAT** oven to 375°F. Spray a 3-qt baking dish with nonstick spray; set aside.

**2. COOK** conchiglie, farfalle and fusilli in salted boiling water for 11 minutes. Drain; return pasta to pot.

**3. COOK** sausage, peppers and onions in a large nonstick skillet

over medium-high heat 4 to 6 minutes or until sausage is cooked, stirring occasionally to break into small crumbles. Add to pasta in pot. Stir in pasta sauce and pepperoni.

**4. SPOON** half of pasta mixture into prepared baking dish. Sprinkle with 1½ cups cheese. Top with remaining pasta mixture and sprinkle with remaining ½ cup cheese.

**5. BAKE**, uncovered, for 25 to 30 minutes or until heated through and cheese is melted. Remove from oven and lightly sprinkle with Parmesan cheese. Let stand for 5 minutes before serving.

Per serving: 390 calories, 23 g fat, 7 g saturated fat, 0 g trans fat, 80 mg cholesterol, 1,040 mg sodium, 49 g carbohydrates, 4 g fiber, 8 g sugar (0 g added sugar), 30 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 15%

# 9

## FAMILY TABLE RULES

A FEW GUIDELINES CONTRIBUTE TO A COMFORTABLE, ENJOYABLE MEAL.

**1 | BE PROMPT.** Gather at the table on time to set a sense of regularity and importance and to enjoy food while it's still fresh and hot.

**2 | WAIT** until all are seated before beginning to eat, so that everyone finishes the meal around the same time.

**3 | NO ELECTRONICS** at the table, which distract from conversation and might encourage overeating.

**4 | ASK QUESTIONS** that invite discussion ("What was your favorite part of the day?" or "How are you enjoying your new job?"). Avoid negative topics.

**5 | LET EVERYONE SPEAK.** Give everyone a chance to contribute; don't hog the conversation.

**6 | TASTE FOOD** before adding salt and pepper to respect the efforts of the cook, who has already balanced the seasonings.

**7 | PASS FOOD COUNTERCLOCKWISE** around the table, starting at the head of the table.

**8 | ONCE YOU HAVE PICKED UP A UTENSIL,** put it on your plate when not using it; don't place it back on the table.

**9 | PLACE YOUR NAPKIN** on your chair if you need to get up temporarily, not on your plate or on the table. When finished with the meal, place your napkin to the left of your plate.

\* ADOLESCENTS WHO ENJOY REGULAR FAMILY MEALS MAY DEVELOP HEALTHIER EATING PATTERNS AS ADULTS THAN THOSE WHO DO NOT.



## FACTS BEHIND THE TABLE

Making family dinnertime a priority reaps benefits—the enjoyment of a tasty meal, the pleasure of meaningful conversation around the table and a sense of sharing. Studies show the benefits go beyond that. Here are some of the reported benefits on the well-being of children who regularly join their families for meals.



#### ACADEMIC

Kids from elementary to high school age who eat meals with their families four or more times a week earn better test scores and are more likely to succeed in school.



#### NUTRITION

Cooking at home allows you to control portions and eat more healthfully.



#### WELL-BEING

Pairing nutritious food with lively conversation shapes family values and prepares kids for the future.



#### LIFESTYLE

Kids who eat dinner with their parents at least five times a week are less likely to take drugs or feel depressed than those who do not.



# MANNERS MATTER

REINFORCING TABLE MANNERS GIVES KIDS CONFIDENCE AND SOCIAL SKILLS THAT THEY'LL USE AS ADULTS. START WITH THESE:

- Wash hands before coming to the table.
- Sit up straight in your chair.
- Try foods even if you suspect you won't like them.
- Ask politely to have food passed. Do not reach over the table or someone's plate for a dish.
- Chew with your mouth closed. Never talk with food in your mouth.
- Don't interrupt when someone is speaking at the dinner table.
- Avoid arguing or bickering. It takes the joy out of eating—for everyone at the table, not just those arguing.
- Try to match your eating pace with others at the table. (Don't wolf down your food!)
- Say please and thank you.



EMPHASIZE TO KIDS THAT **TABLE ETIQUETTE** IS JUST A FORMAL PHRASE FOR BEING **CONSIDERATE OF OTHERS.**



## HY-VEE MAC AND CHEESE

Mealtime White Cheddar Mac and Cheese from the Hy-Vee Kitchen is ready to heat to bubbling, cheesy goodness.

# 5 READY-TO-HEAT HY-VEE MEALS



## TAKE & BAKE FAMILY-SIZE LASAGNA

Layers of tender noodles, ground beef, fresh cheeses and zesty sauce and seasonings.



## HY-VEE HOMESTYLE CHICKEN NOODLE SOUP

Chunks of chicken breast, carrots and noodles in a savory broth.



## SPICY ASIAN-STYLE STEAK BOWL

Tender beef with rice, carrots and edamame in a rich, spicy sauce.



## HY-VEE CHICKEN POT PIE

Succulent chicken, vegetables and sauce surrounded by flaky crust.

# Honey-Cashew Chicken Stir-Fry

Total Time 25 minutes  
Serves 4

- 1 lb. Hy-Vee boneless chicken breast tenders
- 3 Tbsp. Hy-Vee cornstarch, divided
- ¾ cup Hy-Vee 33%-less-sodium chicken broth
- ½ cup Hy-Vee honey
- ½ Tbsp. Hy-Vee less-sodium soy sauce
- 1 tsp. refrigerated ginger paste
- ¼ tsp. sesame oil
- ¼ tsp. Hy-Vee crushed red pepper
- 7 tsp. Hy-Vee canola oil, divided
- 12 oz. Hy-Vee Short Cuts broccoli, cut into bite-size florets
- ¾ cup shredded carrot
- ¾ cup Hy-Vee Short Cuts tricolor pepper strips
- ¾ cup Hy-Vee whole lightly salted cashews
- Hot cooked rice
- Sliced green onions, for garnish

1. **PAT** chicken dry and cut into ¾-in. pieces. Toss chicken with 2 Tbsp. cornstarch until coated; set aside.

2. **STIR** together broth, honey, soy sauce, remaining 1 Tbsp. cornstarch, ginger paste, sesame oil and crushed red pepper; set aside.

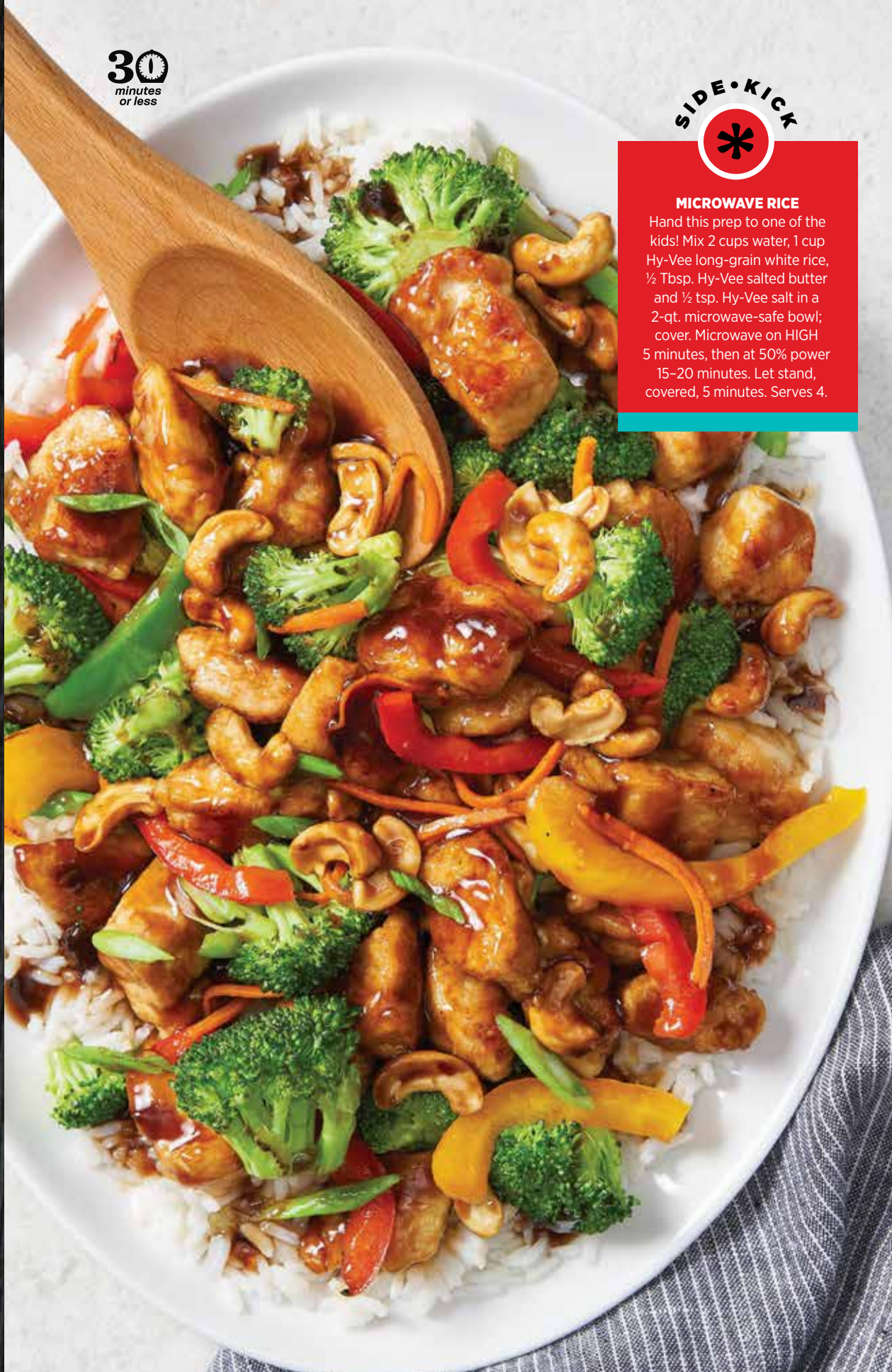
3. **HEAT** 2 tsp. canola oil over medium-high heat in a wok or large nonstick skillet. Stir-fry half of chicken for 2 to 3 minutes or until cooked through (165°F). Remove chicken from wok. Repeat with remaining chicken and 2 tsp. canola oil.

4. **HEAT** 2 tsp. canola oil over medium-high heat. Add broccoli; stir-fry 1 minute. Add remaining 1 tsp. canola oil, then add carrot and pepper strips; stir-fry 2 minutes more.

5. **PUSH** vegetables to edge of wok. Stir broth mixture and add to center of wok; bring to boil. Stir in chicken and cashews; cook and stir 1 minute or until slightly thickened. Serve over rice. Garnish with green onions, if desired.

Per serving: 500 calories, 20 g fat, 3 g saturated fat, 0 g trans fat, 85 mg cholesterol, 1000 mg sodium, 51 g carbohydrates, 3 g fiber, 38 g sugar (34 g added sugar), 33 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 20%

30  
minutes  
or less



## MICROWAVE RICE

Hand this prep to one of the kids! Mix 2 cups water, 1 cup Hy-Vee long-grain white rice, ½ Tbsp. Hy-Vee salted butter and ½ tsp. Hy-Vee salt in a 2-qt. microwave-safe bowl; cover. Microwave on HIGH 5 minutes, then at 50% power 15-20 minutes. Let stand, covered, 5 minutes. Serves 4.





## TOP CRUSTS

GO FOR PIZZA-CRUST CONVENIENCE. PICK THESE UP AT HY-VEE.



### BOBOLI CRUSTS

Fully baked classic 12-in. crusts. Add sauce and toppings, then bake.



### HY-VEE PIZZA CRUST

Refrigerated crust. Unroll, press into pan, add sauce and toppings, then bake.



### HY-VEE PIZZA CRUST MIX

Ready to mix with water to form dough. Press into pan, add favorite toppings, then bake.



### LOW-CARB CRUST

CauliPower crusts are made with cauliflower. They're gluten-free with vitamins and fiber.

## BEST-SHOPPED PIZZA STAPLES



**Hy-Vee Pizza Sauce**  
Zesty, flavorful combination of rich tomato puree, herbs and spices.



**Gustare Vita Pizza Sauce**  
Authentic, traditional Italian sauce made with tomatoes, olive oil, garlic and herbs. Sold only at Hy-Vee.



**Hy-Vee Shredded Cheese**  
Hy-Vee blend of low-moisture, part-skim mozzarella, provolone, Parmesan, Asiago, Fontina and Romano cheeses.



**Hy-Vee Pepperoni**  
Each package has more than 90 slices of bold, smoky flavor.



**Hy-Vee Short Cuts**  
A wide variety of fresh veggies, including bell peppers—washed, sliced and ready to pile onto pizza.

# LET US MAKE IT FOR YOU!

Hungry for a bubbling-hot pizza tonight? Stop at Hy-Vee and pick up a Take & Bake pizza with fresh ingredients and toppers to your liking.



## 4 WAYS TO TOP 'EM

GET A TRADITIONAL, THIN, TUSCANO, GLUTEN-FREE OR FLATBREAD CRUST.

**PEPPERONI** tomato & basil sauce + pepperoni + Wisconsin whole-milk mozzarella cheese

**THREE-CHEESE** Asiago + Fontina + low-moisture part-skim mozzarella

**SUPREME** pepperoni + sausage + mushrooms + green peppers + black olives + red onion

**ITALIAN SAUSAGE** tomato & basil sauce + Italian sausage + whole-milk Wisconsin mozzarella cheese

## TOPPERS CHECKLIST

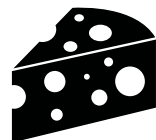
Pizza night makes dinner fun—everyone can pitch in with assembly. Topping tastes and amounts differ; these measurements are a rough idea of how much of each ingredient is needed for a 16-in. pizza.



**TOMATO SAUCE**  
Approximately 1 cup



**MEAT (PEPPERONI, SAUSAGE, HAM)**  
Between 2 and 3 oz. (around 7 oz. cooked sausage)



**CHEESE (MOZZARELLA, PARMESAN)**  
Approximately 3 cups



**VEGGIES**  
3 to 4 cups (chopped/diced)



**MUSHROOMS**  
Up to one 8-oz. pkg. (sliced)



**OTHER**  
¾ cup diced pineapple, artichoke hearts or banana peppers



EST. 1919  
*Di Lusso*  
DELI CO.

SERVING  
SUGGESTION

MIDWEST MADE &  
DELICIOUSLY SIMPLE.

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

FIND IT IN YOUR DELI.

**HyVee**

DONUT OF THE MONTH

# caramel apple cobbler

Get these flavor infused donuts before they are gone!







MAKE THE MOST OF YOUR  
GAMEDAY EXPERIENCE BY  
RECRUITING HY-VEE TO HELP  
YOU WIN OVER ANY CROWD.



PHOTO: EFKS/Shutterstock (field)

# FOOTBALL HEROES EVERYBODY LOVES

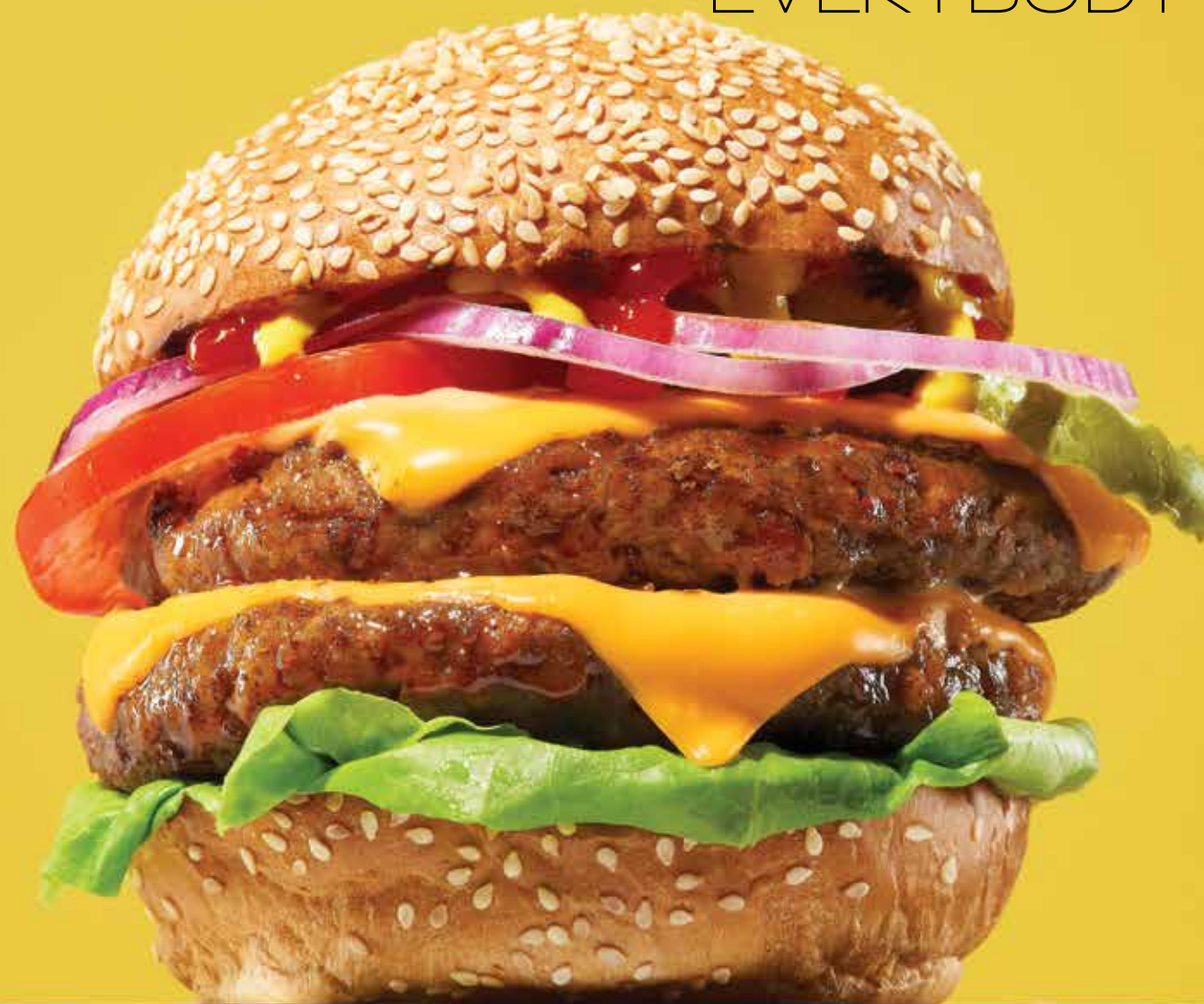
## 1. THE BURGER

Hy-Vee makes it easy to experience burger nirvana with amazing burgers that are made with top-quality ingredients.

Delicious is a definite understatement when it comes to Hy-Vee's Gourmet Steakhouse Bacon Cheddar Burger, served on a Hy-Vee sesame seed hamburger bun with your choice of toppings.

It's just one of many tasty ready-to-grill burgers available in the Hy-Vee Meat Department. Some other favorites include the Gourmet Steakhouse Burger Mignon, Jalapeño Pepper Jack Burger and the Beef Burger.

Thinking beyond beef? Try one of Hy-Vee's specialty chicken grillers, or maybe bratwurst, pork, turkey or salmon burgers. They're all ready for the grill.



2



### THE BRAT

A grilled bratwurst practically shouts "ballgame!" Heed the siren call with a Hy-Vee Jalapeño Cheddar Brat served on a Hy-Vee white brat bun. Other brat options include Bacon Cheddar, Beer, Pineapple and Apple & Brown Sugar Maple.

3



### THE JOE

Say it ain't slow, Joe! One whiff of a Hy-Vee sloppy joe and guests will be eager to dig in. Make a batch in a slow cooker with either ground beef or pork, onions, tomato and Worcestershire sauce and seasonings. Serve with Hy-Vee onion hamburger buns.

4



### THE DOG

This American classic is a catalyst for the perennial mustard-vs.-ketchup debate (hey, why not both?). The real question is: What kind of hot dog do you want? Hy-Vee has everything from beef to turkey, standard to foot-long. Choosing is half the fun.

5



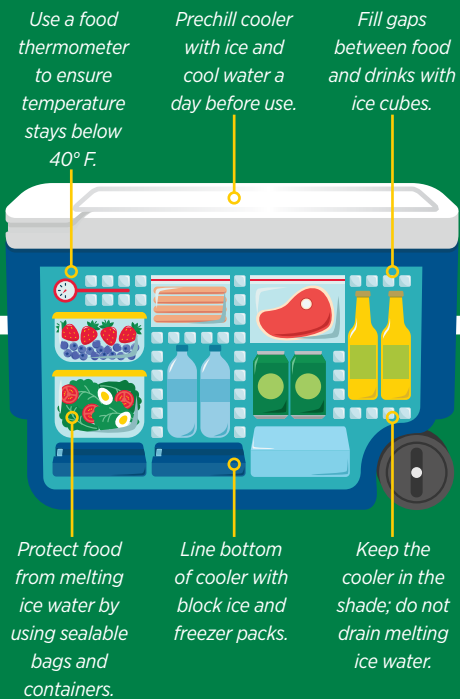
### THE SUB

There's nothing subpar about a submarine made with Di Lusso Smoked Turkey. Hy-Vee has a whole range of Di Lusso deli meats, including Buffalo Chicken Breast, Mesquite Turkey, Black Forest Ham and choice Roast Beef. Let the Yum! begin.



## 6. TIPS FOR USING A COOLER

Wherever you tailgate, a cooler is a must—to keep beverages cold and food safe.



**DOUBLE PLAY**  
For convenience, use two coolers: one for food, one for drinks.



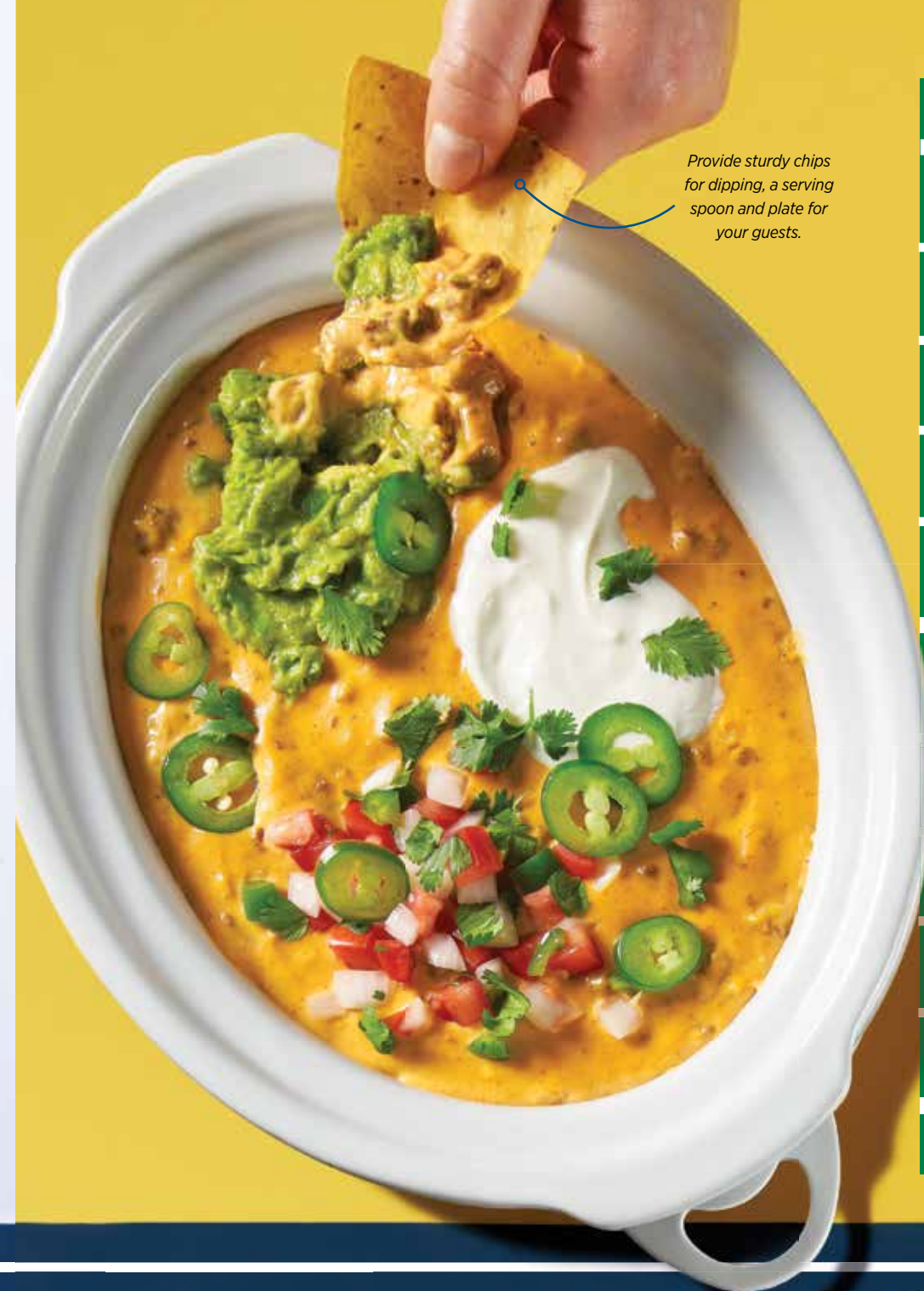
## 7. THE DRINK LIST

Ice-cold canned alcoholic beverages, such as a light and crisp beer, snappy IPA or refreshing hard seltzer, go hand in hand with football revelry.

- ☐ Busch Light
- ☐ Bud Light
- ☐ Coors Light
- ☐ Miller Lite
- ☐ White Claw
- ☐ Truly
- ☐ Founders All Day IPA



Provide sturdy chips for dipping, a serving spoon and plate for your guests.



## 8. SLOW-COOKER CHILI CON QUESO

Cut 1 (2-lb.) pkg. Hy-Vee smooth & cheesy loaf into cubes. Combine cheese cubes, 1 cup Hy-Vee 2% reduced-fat milk, 1 cup fully cooked taco-seasoned beef crumbles and 1 tsp. Hy-Vee chili powder in a 1½-qt. slow cooker. Cover; cook on LOW for 3 hours or until cheese is melted, stirring occasionally. Turn slow cooker to warm. Top with Hy-Vee sour cream, guacamole, Hy-Vee pico de gallo, jalapeño pepper slices and/or chopped cilantro. Serve with tortilla chips. Serves 12.

## 9. SLOW-COOKER BAKED POTATOES

Scrub 5 large russet baking potatoes; prick with a fork several times. Rub potatoes with Hy-Vee vegetable shortening; sprinkle with kosher salt and wrap in foil. Place potatoes in a 4- or 5-qt. slow cooker. Cover and cook on HIGH for 4½ to 5 hours or on LOW for 7½ to 8 hours or until potatoes are tender. Unwrap potatoes, cut slits in top and use fork to loosen flesh. Top with Chili con Queso and desired toppings. Serves 5.



## HY-VEE ON THE HAND OFF

Whatever the size of your get-together this year, make it special with these trays and platters from Hy-Vee Catering. Order 48 hours in advance, then pick up when it's ready.

10



### PARTY PLEASING SNACKING TRAY

Di Lusso and Genoa salami, snack sticks, Colby Jack, Swiss and Cheddar, grapes.

11



### FIESTA TRAY

Southwest dip made with refried beans, sour cream, Monterey Jack and Cheddar, green onions, olives, tomatoes.

12



### ASSORTED COOKIE TRAY

Bakery Fresh cookies include chocolate chip, M&M, sugar and brownie cookies.

13



### BROWNIE COCKTAIL TRAY

Diagonal-cut cream cheese, fudge, German chocolate and turtle brownies.

14



### CHICKEN WING TRAY

Choice of dressing and chicken wings in buffalo, BBQ, teriyaki, sweet chili or plain.

15



### VEGETABLE TRAY

Carrots, celery, broccoli, cauliflower, cucumbers, grape tomatoes.

16



### FRUIT TRAY

Strawberries, pineapple, watermelon, cantaloupe, honeydew, grapes and dip.



# 17

## THE GAMEDAY GEAR-UP

Along with grilling tools, how about some football-theme items to fully set the stage for a tailgate gathering.

BBQ Tongs

Football Field Beverage Coasters

Football Plastic Serving Bowl

BBQ Spatula

Grilling Thermometer

Football Napkins

Game Time Oval Paper Plates

Football Beverage Holder

**try this**

Decorate cookies with green sprinkles, white icing for the yard lines and goalposts.

Referee Shirt Plastic Tray



**time saver**

Buy prepackaged mixes to open when guests arrive; or make your own mix in advance, then keep in a sealed container till needed.

## 18. spicy ranch snack mix

Preheat oven to 300°F. Toss together 2 cups corn cereal, 1 cup broken Hy-Vee waffle pretzels, ½ cup lightly salted almonds, ½ cup Cheddar-flavored goldfish baked snack crackers, 2 (2.12-oz.) pkg. Cheddar cheese crisps, ½ cup Hy-Vee walnuts and ¼ cup Hy-Vee roasted and salted pepitas on a large rimmed baking pan. Combine ¼ cup melted Hy-Vee unsalted butter, 1½ Tbsp. Hy-Vee ranch dressing mix, 1½ tsp. Hy-Vee Worcestershire sauce and ¼ tsp. Hy-Vee cayenne pepper. Drizzle over cereal mixture; toss to coat. Bake 40 minutes, stirring every 15 minutes. Cool. Store in an airtight container up to 2 weeks. Serves 14 (½ cup each).



Rubbermaid containers keep leftover snack mix fresh.

# 20

## THE TAILGATE TACKLE BOX

Whether game day involves a drive or is celebrated a few steps out the door, stash necessary stuff in a well-organized tackle box. Kept within easy reach, you'll find what you need quickly while (safely) socializing.

### WHAT YOU NEED:

- ☐ disinfecting wipes
- ☐ hand wipes
- ☐ napkins
- ☐ tableware
- ☐ beverage holders
- ☐ bottle opener
- ☐ matches
- ☐ sunscreen
- ☐ bandages
- ☐ trash bags



# 19

## TEAM GEAR AT HY-VEE

### CUPS AND PARTY GOODS

Set the scene for a festive tailgating experience with drinkware, beverage holders and party goods that point to your true loyalties.

### COLD WEATHER GEAR

Stay stylish and warm with fleece gloves, knit beanies and headwraps, even blankets featuring the colors and logos of favorite college teams.





Frito-Lay Tostitos  
or Jar Salsa Dip  
select varieties  
10 to 15.5 oz.  
2/\$6.00

# Reese's

## PASSING IS OPTIONAL





# TOTS



LITTLE BITES, BIG FUN! TURN UP THE HEAT AND EXPLORE AMAZING NEW CREATIONS FOR TOTS—AS A PIZZA BASE, WRAPPED IN BACON, WAFFLED WITH CHEESE AND PILED WITH NACHO TOPPINGS. DIG IN!



TO FORM A FIRM CRUST, LIGHTLY SPRAY THE BOTTOM OF A HEAVY DRINKING GLASS WITH NONSTICK SPRAY, THEN PRESS THE GLASS INTO THE PUFFS TO SPREAD EVENLY.

## Potato Puff Pizza

**Hands On** 20 minutes  
**Total Time** 55 minutes  
**Serves** 8

- 1 small red bell pepper
- 1 small green bell pepper
- Hy-Vee nonstick cooking spray
- 1 (32-oz.) pkg. Hy-Vee frozen potato puffs
- 1 Tbsp. dried minced garlic
- 1 tsp. Hy-Vee seasoned salt
- 1 (8-oz.) pkg. Hy-Vee shredded Colby Jack cheese (2 cups), divided

- 1 cup Hy-Vee pizza sauce
- 8 oz. Hy-Vee sweet-smoked thick-sliced bacon, cooked and drained
- 8 oz. Hy-Vee center-cut fully cooked ham steak, chopped
- ½ cup sliced red onion
- 6 Hy-Vee large eggs
- Fresh basil, for garnish
- Cracked black pepper, for garnish

**1. PREHEAT** oven to 450°F. Cut bell peppers into 6 (½-in.-thick) rings; remove seeds and

chop remaining pepper. Spray 14-in. pizza pan with nonstick spray; add a single layer of potato puffs. Sprinkle with garlic, seasoned salt and ¼ cup cheese. Place remaining puffs in a baking pan. Bake both pans 15 minutes. Remove from oven; press pizza pan puffs within ½ in. of edge.

**2. SPREAD** pizza sauce on crust; sprinkle with 1 cup cheese. Top with the bacon, ham, red onion, chopped bell peppers and remaining ¾ cup cheese. Add pepper rings and bake 15 minutes.

**3. REDUCE** oven to 350°F. Crack eggs, one at a time, into a custard cup and slowly pour into pepper rings. Bake for 15 minutes or until whites are set and yolks begin to thicken. Garnish with remaining puffs, basil and black pepper.

Per serving: 590 calories, 37 g fat, 14 g saturated fat, 0 g trans fat, 205 mg cholesterol, 1,860 mg sodium, 35 g carbohydrates, 1 g fiber, 3 g sugar (0 g added sugar), 28 g protein.  
Daily Values: Vitamin D 6%, Calcium 20%, Iron 10%, Potassium 15%



## TOT-BURGER BITES

Place 24 Hy-Vee frozen potato puffs and 12 Hy-Vee frozen homestyle meatballs on a parchment-lined baking sheet. Bake at 450°F for 12 minutes, turning halfway through. Top meatballs with 12 slices Hy-Vee Cracker Cuts Swiss cheese. Bake 3 to 4 minutes or until slightly melted. Cool slightly. Pull cheese around meatballs and press to adhere. For each kabob, skewer a Roma tomato wedge, meatball and whole gherkin between two potato puffs. Serve with ketchup and mustard; sprinkle with steak & burger seasoning. Serves 12 (1 kabob each).



## BUFFALO TOTS

Toss 4 cups Hy-Vee frozen potato puffs with 1 Tbsp. Hy-Vee ranch dressing mix and 2 Tbsp. Hy-Vee buffalo wing sauce. Bake puffs on parchment-lined baking sheet according to pkg. directions, adding 5 minutes to baking time. Top with celery and carrot sticks. Toss ½ cup crumbled blue cheese with 1 Tbsp. Hy-Vee buffalo wing sauce and 1 tsp. coarse-ground pepper. Spoon onto puffs; sprinkle with chopped Italian parsley and Hy-Vee crushed red pepper. Serve with Hy-Vee ranch salad dressing and additional buffalo sauce. Serves 4 to 6.



## TATER PUFF BLT STICKS

Alternately thread 1 strip thick-sliced black pepper bacon, accordion-style, with 4 Hy-Vee frozen potato puffs and 2 sun-dried tomato halves onto each of 4 (10-in.) bamboo skewers. Line a rimmed baking pan with a wire rack. Lightly grease the rack and add the skewers. Bake at 400°F for 25 to 30 minutes or until puffs are golden and bacon is cooked. Drizzle with 1 Tbsp. Hy-Vee Select chipotle mayo sandwich spread and top with shredded romaine lettuce. Serves 4.



## CHEESY TATER PUFF LOAF

Toss together 4 cups Hy-Vee frozen potato puffs and ½ tsp. That's Smart! garlic salt. Bake puffs according to pkg. directions; cool slightly. Toss puffs with ½ cup Hy-Vee finely shredded Parmesan cheese, ½ cup Hy-Vee shredded mozzarella cheese, ½ cup shredded Colby cheese, 3 minced garlic cloves and 1 seeded and chopped serrano pepper.\* Loosely pack mixture into a lightly greased 1-qt. soufflé or casserole dish. Bake for 10 minutes or until cheeses are melted. Invert onto serving platter. Serves 4 to 6.  
\*Note: Chile peppers contain volatile oils that can burn skin and eyes. When working with serranos, wear protective gloves.

## Totchos Skillet

Total Time 1 hour  
Serves 6

1 (32-oz) pkg. Hy-Vee frozen potato puffs  
2 Tbsp. Hy-Vee Hickory House Tres Caliente seasoning rub  
12 oz. Hy-Vee shredded rotisserie chicken, warmed (3 cups)  
½ cup Hy-Vee honey mustard  
2 tsp. Hy-Vee original taco seasoning mix, plus additional for serving

¾ tsp. Hy-Vee black pepper  
1 cup Hy-Vee Cheddar cheese dip, warmed  
2 fresh jalapeño peppers, thinly sliced\*  
¼ cup cherry tomatoes quartered  
¼ cup Hy-Vee pico de gallo, plus additional for serving  
¼ avocado, seeded, peeled and sliced  
¼ cup loosely packed cilantro  
Bottled hot sauce, for serving

1. PREHEAT oven to 450°F. Toss potato puffs with Tres Caliente seasoning rub. Bake according to pkg. directions, except add 10 minutes. Cool slightly.

2. TOSS chicken with honey mustard, 2 tsp. taco seasoning and black pepper. Place a single layer of baked puffs in a 10-in. cast-iron skillet. Alternately mound layers of puffs, chicken mixture, cheese dip, jalapeños and cherry tomatoes. Bake for 10 minutes or until heated through. Top with ¼ cup pico de gallo, avocado and cilantro; sprinkle with additional taco seasoning. Serve with additional pico de gallo and hot sauce.

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

Per serving: 560 calories, 33 g fat, 7 g saturated fat, 0 g trans fat, 35 mg cholesterol, 1,960 mg sodium, 51 g carbohydrates, 2 g fiber, 8 g sugar (2 g added sugar), 19 g protein.  
Daily Values: Vitamin D 0%, Calcium 10%, Iron 10%, Potassium 15%

BAKE THE BITE-SIZE SPUDS A LITTLE LONGER THAN THE PACKAGE SAYS. THEN, WHEN YOU LOAD THEM WITH TOPPERS, THEY'LL STAY EXTRA CRISPY.



### Hot Tots

Watch how a few of these tater tot recipes were made at [HSTV.com](http://HSTV.com)

Hy-Vee  
seasons



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





DELICIOUSLY EASY!  
THIS AWESOME TWIST ON  
AN OLD FAVORITE WILL HAVE  
EVERYONE REACHING FOR  
SECONDS.

## Tot-sagna Lasagna

**Hands On** 20 minutes

**Total Time** 1 hour 20 minutes plus  
standing time

**Serves** 12

**Hy-Vee nonstick cooking spray**

**2 tsp. Gustare Vita olive oil**

**2 lb. ground Italian pork sausage**

**1 (17.6-oz.) jar Gustare Vita tomato basil  
pasta sauce**

**1 (14.5-oz.) can Hy-Vee diced Italian-style  
tomatoes, drained**

**1 Hy-Vee large egg, beaten**

**1 (15-oz.) container Hy-Vee part-skim  
ricotta cheese**

**1 (8-oz.) container mascarpone cheese**

**½ cup grated fresh Romano cheese, divided**

**2 Tbsp. Hy-Vee Italian seasoning**

**1 (32-oz) pkg. Hy-Vee frozen potato puffs**

**Fresh oregano, for garnish**

**Hy-Vee crushed red pepper, for garnish**

**1. PREHEAT** oven to 350°F. Lightly spray a  
2-qt. baking dish with nonstick spray; set  
aside. Heat oil in a large skillet over medium-  
high heat. Brown sausage in hot oil 6 to 8  
minutes, stirring occasionally to break into  
large crumbles. Drain. Stir in tomato sauce  
and diced tomatoes; heat through.

**2. COMBINE** egg, ricotta, mascarpone,  
¼ cup Romano cheese, and Italian seasoning.  
Spread a thin layer of meat sauce in prepared  
dish. Layer half each of potato puffs, cheese  
mixture and meat sauce. Repeat layers.  
Sprinkle remaining ¼ cup Romano cheese  
on top.

**3. BAKE**, uncovered, 45 to 50 minutes or until  
puffs are golden. Let stand 5 minutes before  
serving. Garnish with oregano and red pepper,  
if desired.

**Per serving:** 670 calories, 54 g fat,  
20 g saturated fat, 0 g trans fat,  
125 mg cholesterol, 1,140 mg sodium,  
24 g carbohydrates, 1 g fiber, 3 g sugar  
(0 g added sugar), 24 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 15%,  
Iron 6%, Potassium 8%

## COWBOY CASSEROLES

Toss together 4 cups Hy-Vee frozen  
potato puffs and 1 Tbsp. Hy-Vee  
ground cumin. Bake puffs according to  
pkg. directions. Divide puffs among four  
individual shallow casseroles. Using  
½ (10-oz.) can Hy-Vee red enchilada sauce,  
spoon sauce on puffs. Sprinkle with ½ cup  
shredded Hy-Vee Monterey Jack cheese and  
½ cup Hy-Vee shredded Cheddar cheese. Top  
with 1 cup Hy-Vee frozen cut golden corn and  
1 sliced poblano pepper. Then sprinkle 2 tsp.  
Hy-Vee Mexican-style fajita seasoning mix  
and drizzle remaining ½ can enchilada  
sauce on top. Bake at 425°F for 8 to  
10 minutes or until heated through.  
Garnish with lime wedges, if  
desired. Serves 4.



## POTATO VEGGIE PANCAKES

Combine 2 cups thawed Hy-Vee potato puffs, ¾ cup finely  
chopped red onion and 1 cup shredded zucchini. Stir in  
½ cup Hy-Vee all-purpose flour, ¼ cup Hy-Vee plain bread  
crumbs, 1 beaten Hy-Vee large egg and 1 tsp. chopped fresh  
thyme. Season to taste with Hy-Vee salt and black pepper.  
Heat ⅛ in. Hy-Vee canola oil in a large nonstick skillet over  
medium-low heat. Form potato mixture into 12 patties.  
Cook 5 minutes or until golden, turning halfway through.  
Drain. Top with Hy-Vee plain Greek yogurt and chopped  
fresh chives. Serves 6 (2 pancakes each).



## WAFFLED TOTS GRILLED CHEESE

Preheat a 4-square waffle maker. Spray grids with Hy-Vee nonstick  
cooking spray. Arrange 9 thawed Hy-Vee potato puffs on each  
square. Close lid, pressing down to flatten puffs. Bake 10 minutes  
or until golden brown. Open lid. Place 1 (1-oz.) slice Hy-Vee  
pepper Jack cheese on each of 2 waffles. Place 1 (1-oz.) slice  
Hy-Vee Cheddar cheese on each of remaining 2 waffles. Layer  
6 oz. thinly sliced ham and 2 Tbsp. sliced banana peppers on  
top of waffles. Gently lower the lid and heat just until cheese  
is melted. Place Cheddar-topped waffles on pepper Jack  
waffles to form sandwiches. Serves 2 (1 sandwich each).





# GO BIG ON FLAVOR



## 101 GRAPES

For bursts of sweet juicy flavor, these colorful orbs are incomparable. Find helpful, tasty varieties at Hy-Vee.

**T**able grapes offer few calories and multiple health benefits. Fresh grapes are a good source of vitamin C, which boosts the immune system and protects cells, and vitamin K, a fat-soluble vitamin that plays a role in blood clotting and bone health. Eaten out of hand, the small fruit is a smart snack. Added to salads and smoothies, grapes enhance texture and sweetness. Roasting grapes for accompaniments to meat dishes brings out deep subtle flavor.

**BUY** Color may reveal quality. Look for green grapes with an even, slightly yellow tone. Purple grapes are at their best with deep color and no sign of green. Buy firm, plump grapes attached to stems.

**STORE** Keep grapes, unwashed, in a plastic bag in the refrigerator up to two weeks. Rinse grapes only when ready to eat or add to a recipe.

**PREP** Place grapes in a colander and rinse with cold water. Transfer grapes to paper towels to drain. To halve grapes, use a sharp paring knife.



### WAYS TO ENJOY

#### Wine Ice Cubes

Wash grapes with cold water, let them dry, then place in the freezer. Once frozen, drop a few into a glass of wine to chill the drink without diluting it.

#### Fruit Kabobs

Grab a container of Hy-Vee Short Cuts Six Mix, which includes prewashed grapes, strawberries, watermelon, pineapple, honeydew and cantaloupe, then skewer the fruit for refreshing kabobs.



# Roasted Grape Crostini

**Hands On** 35 minutes  
**Total Time** 1 hour 15 minutes plus cooling time  
**Serves** 10 (2 each)

**Hy-Vee nonstick cooking spray**

**20 (¼-in.-thick) slices**

**Hy-Vee Bakery French baguette bread**

**6 Tbsp. Gustare Vita olive oil, divided**

**1 lb. red seedless grapes**

**15 sprigs fresh thyme plus additional leaves, for garnish**

**Hy-Vee coarse-ground Mediterranean sea salt**

**Hy-Vee black pepper**

**½ cup Hy-Vee whole milk ricotta cheese**

**½ (4-oz.) pkg. Hy-Vee Select fresh goat cheese, softened**

**¾ tsp. Hy-Vee honey, plus additional for serving**

**1. PREHEAT** oven to 350°F.

Line a rimmed baking pan with foil. Spray with nonstick spray; set aside.

**2. ARRANGE** baguette slices on a baking sheet.

Brush one side using 2 Tbsp. olive oil. Bake for 15 minutes or until crisp and lightly golden. Cool on a wire rack.

Brush the other side with olive oil. Bake for 15 minutes or until crisp and lightly golden. Cool on a wire rack.

**3. INCREASE** oven to 400°F.

Remove stems from grapes. Place grapes and thyme sprigs in a large bowl. Drizzle with remaining 4 Tbsp. olive oil; toss until evenly coated.

Arrange grapes in a single layer on prepared pan. Lightly sprinkle grapes with salt and pepper and place thyme sprigs on top. Roast 30 to 40 minutes or until skins begin to shrivel and grapes just begin to release juices.

Transfer grapes to a paper towel-lined plate; cool to room temperature. Discard thyme sprigs.

**4. MEANWHILE,** combine ricotta and goat cheese, ¾ tsp. honey and dash salt in a food processor; cover and process until smooth.

Spread ricotta mixture on baguette slices. Arrange grapes on top. Drizzle with additional honey and, if desired, garnish with additional thyme leaves.

**Per serving:** 200 calories, 11 g fat, 3 g saturated fat, 0 g trans fat, 10 mg cholesterol, 190 mg sodium, 20 g carbohydrates, 0 g fiber, 8 g sugar (0 g added sugar), 5 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 2%

**pro tip:**

**JAMMING OUT**

“Roasting grapes alters their flavor and texture by removing the water. This concentrates the sugar and makes for a jam-like consistency when eaten.”

—Alex Strauss

Chef, Hy-Vee, West Des Moines, Iowa



ROASTED GRAPE CROSTINI IS A TANTALIZING APPETIZER FOR ANY OCCASION.



# GET MORE FROM THE CUP YOU LOVE



## COFFEE WITH GOLDEN TURMERIC

Turmeric, ginger, and cinnamon for a balanced morning.

## COFFEE WITH ESSENTIAL VITAMINS

Five B vitamins to keep your body running at its best.

## COFFEE WITH 2X CAFFEINE\*

For an extra boost to take on the day.

\*Compared to one pod of Starbucks K-Cup® black coffee when brewed as directed

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# PIECE OF CAKE

Fancy up a cake for kids or adults with easy decorating tips and simple layering tricks. Hy-Vee has everything you need—from bakery-fresh cakes to colorful sprinkles and candy toppings.



## Strawberry Daiquiri Poke Cake

**Hands On** 30 minutes  
**Total Time** 55 minutes plus cooling time  
**Serves** 20

Hy-Vee nonstick cooking spray  
1 (16.5-oz.) pkg. Hy-Vee extra-moist classic yellow cake mix  
1 cup room temperature water  
½ cup Hy-Vee vegetable oil  
3 Hy-Vee large eggs  
1 cup boiling water  
1 (3-oz.) pkg. Hy-Vee strawberry gelatin dessert  
1½ cups Hy-Vee heavy whipping cream  
½ cup Hy-Vee powdered sugar  
2 Tbsp. fresh lime juice  
1 Tbsp. dark rum (optional)  
Fresh strawberry slices, for garnish  
Lime zest and mint leaves, for garnish

**1. PREHEAT** oven to 350°F. Spray a 13×9-in. baking pan with nonstick spray; set aside.

**2. PREPARE** cake mix batter according to pkg. directions, using room temperature water, vegetable oil and eggs. Pour batter into prepared pan and bake as directed.

**3. WHISK** together boiling water and gelatin until dissolved. Pierce cake with a fork or skewer at 1-in. intervals. Carefully pour gelatin on cake. Cool on a wire rack.

**4. BEAT** whipping cream and powdered sugar with electric mixer on medium until soft peaks form. Beat in lime juice and, if desired, rum until combined. Spread on cooled cake. Garnish with strawberry slices, lime zest and mint leaves, if desired. Cover and refrigerate until ready to serve.

**Per serving:** 230 calories, 12 g fat, 6 g saturated fat, 0 g trans fat, 50 mg cholesterol, 180 mg sodium, 26 g carbohydrates, 0 g fiber, 18 g sugar (17 g added sugar), 2 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 0%

## Lemonade Confetti Cake

**Hands On** 40 minutes  
**Total Time** 1 hour plus cooling time  
**Serves** 32

Hy-Vee nonstick cooking spray  
1 (16.5-oz.) pkg. Hy-Vee extra-moist lemon deluxe cake mix  
1 (16.5-oz.) pkg. Hy-Vee extra-moist classic white deluxe cake mix  
2 cups plus 2 Tbsp. Hy-Vee 2% reduced-fat milk, divided  
¾ cup Hy-Vee vegetable oil  
6 Hy-Vee large eggs  
¾ cup Over the Top rainbow jimmies, plus additional for garnish  
1¼ cups Hy-Vee unsalted butter, softened

6 cups Hy-Vee powdered sugar  
2 Tbsp. fresh lemon juice  
Hy-Vee red, yellow, blue and/or green food coloring

**1. PREHEAT** oven to 350°F. Spray 2 (15×10×1-in.) pans with nonstick spray. Line bottom of pans with parchment paper. Spray parchment with nonstick spray, then lightly coat with flour; set aside.

**2. WHISK** cake mixes, 2 cups milk, vegetable oil and eggs in a large bowl. Whisk in jimmies. Spread batter into prepared pans. Bake 20 minutes or until a wooden toothpick inserted in centers comes out clean. Cool in pans.

**3. FOR FROSTING,** beat butter with an electric mixer on high 30 seconds. Gradually add powdered sugar; beat on low until combined. Slowly add remaining 2 Tbsp. milk and lemon juice. Beat until smooth and creamy.

**4. TO ASSEMBLE,** loosen cake edges from pans. Turn one cake out onto a large cutting board; remove parchment. Turn second cake layer out onto a large serving platter. Spread half of frosting on top. Top with remaining cake layer.

**5. DIVIDE** remaining frosting among four small bowls, tint each with a different color of food coloring. Swirl each color of frosting on cake, blending the colors slightly as they change. Sprinkle with additional jimmies, if desired. Cover and store cake in the refrigerator for up to 3 days.

**Per serving:** 340 calories, 16 g fat, 8 g saturated fat, 0 g trans fat, 55 mg cholesterol, 200 mg sodium, 48 g carbohydrates, 0 g fiber, 37 g sugar (36 g added sugar), 3 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 2%



### SWIRLS & SPRINKLES

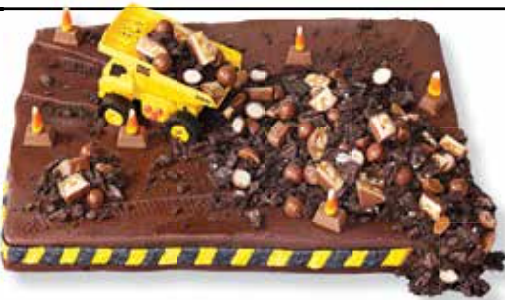
Finish your cake with flair. To create swirls, dip a spoon in hot water, then dry it. Use the back side to form swirls. Then add colorful sprinkles.





# CAKE DRESS-UPS

Design beautiful, fun cakes for birthdays and special occasions inspired by these easy-to-master themes. No time to bake? No problem. Order half or quarter sheet cakes—frosted or unfrosted—from your local Hy-Vee. Place the order a few days in advance.



## 1 CONSTRUCTION ZONE

For caution tape, pipe black- and yellow-tinted frostings on sides of a chocolate-iced Hy-Vee Bakery half-sheet cake for caution tape. Add construction toys, crushed Hy-Vee sandwich cookies, malted milk balls, chewy caramels and cut-up mini chocolate bars. For cones, use melted chocolate to attach Hy-Vee candy corn to mini chocolate bars.



## 2 STENCILED CEREAL

Cut a letter or number out of paper. Place cutout on a Hy-Vee Bakery half-sheet vanilla or chocolate cake frosted with vanilla buttercream. Sprinkle Fruity Pebbles cereal on top, pressing cereal into frosting. Remove and discard cutout.



## 5 FLOWERING CACTUS

Cut a Hy-Vee Bakery unfrosted half-sheet cake into a cactus shape; reserve trimmings for another use. Tint Hy-Vee creamy white frosting with green food coloring; spread on top and sides of cake. Decorate with white sprinkles and decorative candies.



## 4 FRESH & FRUITY

Pipe a decorative icing border along the bottom of a Hy-Vee Bakery vanilla buttercream-frosted half-sheet cake. Top with Hy-Vee Short Cuts sliced strawberries, raspberries, plum slices and mint leaves. Sift Hy-Vee powdered sugar over fruit.



## 3 UNICORN & RAINBOWS

Cut an unfrosted Hy-Vee Bakery vanilla half-sheet cake into a unicorn shape. Spread Hy-Vee creamy white frosting on cake; sprinkle with unsweetened coconut flakes. Coat the horn with gold sprinkles. Add candy straws and jimmies for mane and tail and Hy-Vee spice drops and gum drops for ear and hooves. Pipe melted dark chocolate for face.



## 6 IN FULL BLOOM

Pipe dots of icing on a Hy-Vee Bakery vanilla buttercream-frosted half-sheet cake. Accent the cake with pops of white and bright pink food-safe mums and carnations from your Hy-Vee Floral Department.

**Piece of Cake**  
Watch the how-to on our fun and easy cake dress-ups.



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

## Candy Bar Chocolate Cake

**Hands On** 25 minutes

**Total Time** 55 minutes plus cooling time

**Serves** 20

**Hy-Vee nonstick cooking spray**

**1 (16.5-oz.) pkg. Hy-Vee extra-moist devil's food deluxe cake mix**

**1 cup strong brewed coffee, cooled**

**4 Hy-Vee large eggs, beaten**

**½ cup Hy-Vee sour cream**

**1 cup Hy-Vee salted butter, softened**

**½ cup caramel topping, plus additional for garnish**

**1½ cups Hy-Vee powdered sugar**

**Desired toppers:** Cut-up candy bars, cookies and Hy-Vee Bakery fudge brownies, and M&M's

**1. PREHEAT** oven to 350°F. Spray a 13×9-in. baking pan with nonstick spray; set aside.

**2. WHISK** together cake mix, coffee, eggs and sour cream in a medium bowl. Pour batter into prepared pan. Bake for 30 minutes or until a wooden toothpick inserted in the center comes out clean. Cool in pan on wire rack.

**3. BEAT** butter and ½ cup caramel topping with an electric mixer on medium speed until combined. Gradually add powdered sugar and beat on high until creamy and smooth. Spread on cooled cake. Top with desired toppers. Drizzle with additional caramel topping, if desired. Cover and store in the refrigerator for up to 3 days.

**Per serving without toppers:** 250 calories, 13 g fat, 8 g saturated fat, 0 g trans fat, 65 mg cholesterol, 290 mg sodium, 30 g carbohydrates, 1 g fiber, 22 g sugar (18 g added sugar), 3 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 2%

### WHY COFFEE?

*Adding coffee instead of water to chocolate cake batter enhances and adds complexity to the chocolate flavor, resulting in a rich cake. You won't taste the java at all.*



ONCE THE CAKE HAS BEEN SPREAD WITH CARAMEL ICING, ADD THE COOKIE AND CANDY TOPPERS, THEN DRIZZLE WITH CARAMEL SAUCE. ADD TOPPINGS IMMEDIATELY WHILE THE FROSTING ACTS AS GLUE.





# START YOUR DAY IN THE ZONE



## basics

### HOW TO PREP A CAKE PAN

Follow these steps to grease, flour and line pans. Plan for cakes to pop out smoothly and intact.



**HY-VEE**  
OFFERS THE  
QUALITY  
BAKEWARE YOU  
NEED TO GET  
IMPRESSIVE  
RESULTS.

#### TYPES OF CAKE PANS

**Rectangular**  
Standard 13×9×2-in.  
pan with straight  
sides.



**Loaf**  
Good to have both  
8½×4½-in. and  
9×5×3-in. pans.



**Fluted Tube**  
10-in. pan for pound  
cakes and coffee  
cakes.



**Round**  
Have two identical  
pans for layer cakes.  
Pans generally  
measure  
8 or 9 in. across.



**STEP 1: TRACE**  
Place pan on parchment  
paper and trace around  
bottom with pencil or pen.



**STEP 2: GREASE PAN**  
Evenly spray bottom and  
sides of pan with Hy-Vee  
nonstick cooking spray.



**STEP 3: LINE PAN**  
Cut parchment circle just  
inside of marked line; fit  
trimmed piece into pan.



**STEP 4: SPRAY AGAIN**  
Spray parchment layer  
with Hy-Vee nonstick  
cooking spray.



**STEP 5: FLOUR PAN**  
Add 2 Tbsp. all-purpose  
flour to pan; shake to coat  
and remove excess flour.





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select varieties  
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\* NO PURCHASE NECESSARY TO ENTER GRAND PRIZE DRAWING. PURCHASE RED BULL TO PARTICIPATE IN LEADERBOARD CONTEST, AND MUST HAVE RED BULL AND ROL GAMES ACCTS. Starts 8/31/20, ends 10/20/20. Open to legal US res. (incl. DC, PR). To enter leaderboard competition, redeem code under can tabs on specially marked Red Bull cans, sign in with Red Bull and Rol Games acct., and play League of Legends during designated leaderboard periods, to achieve the highest score. Four leaderboard periods open during promotion; visit website for details. To enter Grand Prize Drawing, redeem additional can tabs codes at redbull.com/soloq, or send handwritten 3x5 index card with required information to Sponsor or SoloQ Grand Prize Entry, Attn: Consumer Affairs, 1740 Shuman Street, Santa Monica, CA 90404 by 10/20/20. Limit 24 Grand Prize Drawing entries/codes per consumer. Odds vary for Grand Prize Drawing. For additional leaderboard competition and Grand Prize Drawing details, restrictions, prize information, and Official Rules: redbull.com/soloq. Sponsor: Red Bull North America, Inc.

## RED BULL GIVES YOU WIIINGS.





PROGRESSIVE  
DINNER:

# MEAL ON THE MOVE

Come for dinner—  
a course at a time,  
changing homes  
along with the menu.

## A Dinner Progresses



**INVOLVE HOSTS FROM AT LEAST FOUR HOMES. THE FIRST WILL OPEN THE EVENING WITH HORS D'OEUVRES AND COCKTAILS, THE SECOND CONTINUES WITH SOUP AND/OR SALAD, THE THIRD SERVES THE ENTRÉE, AND THE FOURTH HOSTS A DESSERT FINALE.**

Progressive dinners work best when guests walk or easily drive between locations, for example in a neighborhood or apartment complex. Setting a schedule—and sticking to it—contributes to the success of this version of dining out while sharing a meal. Each host can be assured to have the food as well as their home ready, and guests will enjoy each course amid the fun of changing scenery along the way.



### CRANBERRY-ORANGE SPRITZERS

Prep the mixer ahead. Combine 4 cups Hy-Vee 100% cranberry juice and 6 oz. Triple Sec. Cover and refrigerate up to one week. For each cocktail, add 3 oz. mixer to a 6-oz. glass. Carefully top with chilled Prosecco or Hy-Vee club soda. Stir gently. Garnish with orange peel twists, if desired. Serves 8.

### GRILLED FRUIT **FLATBREADS**

Preheat charcoal or gas grill with greased grill rack over medium heat. Grill 2 multigrain flatbreads 1 to 2 minutes or until slightly charred. Remove from grill. Immediately sprinkle ½ cup shredded Cheddar and Gruyère cheese blend on flatbreads; set aside. Brush 2 pitted and sliced nectarines with 1 Tbsp. Hy-Vee canola oil. Grill 1 to 2 minutes or until slightly charred, turning once. Top flatbreads with 1 cup arugula; ½ (2-oz.) pkg. prosciutto, cut into strips; nectarines and ½ cup fresh blueberries. Cut each flatbread into 8 wedges. Serves 8 (2 wedges each).

5:30

MOVE TO NEXT HOUSE





## Planning your Meal on the Move

### Logistics

- Appetizer/Drinks: 30 minutes; open space so guests can move freely and converse.
- Soup/Salad: 30 minutes; warm, comfortable setting that includes seating.
- Entrée: 60 minutes; a table gathering for group conversation; time allows for last-minute prep.
- Dessert: 30–90 minutes; casual seating.

### Food & Drink

- Appetizer/Drinks: Make ahead; serve as guests arrive.
- Soup/Salad: Make ahead; reheat soup and plate salads as guests arrive.
- Entrée: Prep chicken ahead; cook pasta, asparagus and sauce and assemble bowls.
- Dessert: Bake bars and prep sauce ahead; serve once guests arrive and settle.

### Safety

- Remind guests to stay home if they are sick or if they were exposed to COVID-19 in the last 14 days.
- Keep group size small and arrange tables and chairs to allow for social distancing.
- Host outdoors if possible. Otherwise, ensure the room is well ventilated.
- Avoid serving food buffet-style.

## RECIPE IDEAS FROM HY-VEE.COM

Tap into these creative recipes for your next progressive dinner.



### APPETIZER

- Fresh Tomato Bruschetta
- Antipasti Kabobs
- Mozzarella Cheese Bombs
- Greek 6-Layer Dip
- Shrimp and Pineapple Salsa
- Parmesan and Blue Cheese Balls



### SOUP/SALAD

- Autumn Minestrone with Garlic Bruschetta
- Tomato Vegetable Soup
- Ultra Simple Chopped Kale Salad
- Tangy Citrus, Fennel and Avocado Salad



### MAIN DISH

- Tokyo Pot Roast
- Chicken Spanakopita Casserole
- New York Strip Steak with Tomato Cream Shrimp
- Spinach-Stuffed Chicken Breasts
- French Onion Pork Chops



### DESSERT

- Peanut Butter Chocolate Tart
- Cheesecake with Pomegranate Sauce
- Raspberry Linzer Bars
- Pistachio-Brownie Ice Cream Dessert
- Pear Crostata

## Enlist help from Hy-Vee

For hosting help, snag these ready-to-serve offerings.

### Bakery

Choose a crusty artisan loaf from your Hy-Vee Bakery to complete a soup and salad course, to tear and serve with fondue or slice and toast for crostini.

### Deli

Pick up a fresh, ready-to-go charcuterie tray with an assortment of world-class cheeses and meats along with jams, crackers and more.

### Produce

Call on Hy-Vee Short Cuts berries and pre-chopped fruit to create a fruit and dip tray or to add a finishing touch to dessert.

### STAY SAFE

Encourage everyone to follow current CDC guidelines to protect against COVID-19. For specific tips, visit [cdc.gov](https://www.cdc.gov) and enter "social activities" in the search function.



## Squash Soup & Salad

**Total Time** 45 minutes  
**Serves** 8

- 1 Tbsp. Gustare Vita olive oil
- 1 (12-oz.) container Hy-Vee Short Cuts cubed butternut squash
- ⅔ cup chopped yellow onion
- ½ cup chopped celery
- 1 large clove garlic, minced

1½ tsp. finely chopped fresh sage, plus additional sage leaves for garnish\*

- 1½ tsp. finely chopped fresh thyme
- 1½ cups Hy-Vee vegetable broth
- 1 (14.5-oz.) can Hy-Vee fire-roasted tomatoes, undrained
- ½ cup Hy-Vee heavy whipping cream
- Hy-Vee salt, to taste
- Hy-Vee sour cream, toasted pepitas and pomegranate seeds, for garnish
- 1 recipe Autumn Salad, right

1. **HEAT** oil in Dutch oven over medium heat. Cook squash, onion and celery in hot

oil 8 minutes or until onion and celery are tender, stirring occasionally. Add garlic, chopped sage and thyme to Dutch oven. Cook 2 minutes. Stir in broth and tomatoes. Bring to boiling; reduce heat. Simmer, covered, 15 minutes or until squash is tender. Transfer mixture in batches to a blender. Cover; blend until smooth. Return soup to Dutch oven. Stir in cream; heat through. Season to taste. Garnish with sour cream, fried sage leaves,\* pepitas, and pomegranate seeds, if desired. \*(Fry sage in hot vegetable oil in a skillet until crisp; drain on paper towels.)

**AUTUMN SALAD:** Divide 8 cups Full Circle organic power greens (baby spinach, mizuna, chard and kale) among 8 dinner plates. Top with 2 cored and sliced Anjou pears, 1½ cups sliced red grapes and 2 oz. crumbled blue cheese. Drizzle with ¾ cup bottled blush wine vinaigrette. Sprinkle with 1 (1.5-oz.) pkg. pomegranate-flavored pistachio glazed snack mix.

**Per serving (soup & salad):** 280 calories, 18 g fat, 6 g saturated fat, 0 g trans fat, 20 mg cholesterol, 660 mg sodium, 25 g carbohydrates, 4 g fiber, 14 g sugar (0 g added sugar), 5 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 10%

6:15

MOVE TO NEXT HOUSE





6:30

## MAIN DISH

HOUSE 3

# Chicken Alfredo Linguine

**Hands On** 30 minutes  
**Total Time** 30 minutes plus slow cooking time  
**Serves** 8  
**2 lb. boneless, skinless chicken breasts**  
**1¼ tsp. Hy-Vee Italian seasoning, divided**  
**1 tsp. Hy-Vee salt, divided**  
**½ tsp. Hy-Vee black pepper**  
**1 Tbsp. Gustare Vita olive oil**

**1 Tbsp. Hy-Vee salted butter**  
**½ cup Hy-Vee 33%-less-sodium chicken broth**  
**½ cup dry white wine such as Pinot Grigio**  
**2 (9-oz.) pkg. refrigerated linguine**  
**1 lb. asparagus, cut into 2-in. pieces**  
**2 (8-oz.) containers mascarpone cheese**  
**1 cup Hy-Vee shredded Parmesan cheese**  
**½ tsp. Hy-Vee garlic powder**  
**Quartered cherry tomatoes, basil leaves and/or shaved Parmesan, for garnish**

**1. PAT** chicken dry. Combine 1 tsp. Italian seasoning, ¾ tsp. salt and pepper; rub all

over chicken. Heat oil and butter in skillet over medium-high heat. Sear chicken 5 minutes; turn halfway through. Transfer chicken to 3-qt. slow cooker. Add broth and wine to skillet; simmer, scraping up brown bits, and pour over chicken. Cook on LOW 1 to 1¼ hours or until done (165°F).

**2. BEFORE SERVING,** cook pasta according to pkg. directions. Drain, reserving 1 cup pasta water. Meanwhile, microwave asparagus and 2 Tbsp. water on HIGH 5 minutes; set aside. Combine mascarpone cheese, shredded Parmesan,

remaining ¾ tsp. Italian seasoning, garlic powder and remaining ¼ tsp. salt in saucepan. Heat over low heat until cheese is melted. Stir in hot pasta water. Toss pasta with sauce; divide mixture among serving bowls. Slice chicken; serve with asparagus on pasta. Garnish with tomatoes, basil and shaved Parmesan, if desired.

**Per serving:** 670 calories, 37 g fat, 19 g saturated fat, 0 g trans fat, 200 mg cholesterol, 710 mg sodium, 38 g carbohydrates, 1 g fiber, 2 g sugar (0 g added sugar), 43 g protein. **Daily Values:** Vitamin D 0%, Calcium 20%, Iron 15%, Potassium 10%

7:30

MOVE TO NEXT HOUSE

7:45

## DESSERT

HOUSE 4

# Caramel Apple Crumb Bars

**Hands On** 40 minutes  
**Total Time** 1 hour 10 minutes plus chilling time  
**Serves** 20

**1 recipe Berry Sauce, for serving; below**  
**¾ cup plus 3 Tbsp. Hy-Vee salted butter, softened; divided**  
**1 cup packed Hy-Vee brown sugar**  
**½ tsp. Hy-Vee salt**  
**½ tsp. Hy-Vee baking soda**  
**½ tsp. Hy-Vee ground cinnamon**  
**1¼ cups plus ¼ cup Hy-Vee all-purpose flour, divided**  
**1 cup Hy-Vee old-fashioned rolled oats**  
**½ cup Hy-Vee chopped pecans**  
**6 medium Granny Smith apples, peeled and chopped**  
**1 (11-oz.) pkg. caramels, unwrapped**  
**Hy-Vee vanilla ice cream, for serving**  
**Hy-Vee Short Cuts triple-berry blend and sliced strawberries, for serving**

**1. PREHEAT** oven to 400°F. Prepare Berry Sauce. Cover and refrigerate. Beat ¾ cup butter on medium for 30 seconds. Add brown sugar, salt, soda and cinnamon. Beat 2 minutes, scraping sides of bowl. Beat in 1¼ cups flour and oats until combined. Reserve 1½ cups mixture; combine with pecans and set aside. Press remaining mixture into 13×9-in. baking pan.

**2. TOSS** apples with remaining ¼ cup flour; spread over crust in pan. Melt caramels and remaining 3 Tbsp. butter over low heat, stirring occasionally. Drizzle caramel over apples. Top with reserved oats mixture. Bake 25 to 30 minutes or until golden. Cool. To serve, cut dessert into 20 bars; place 8 on serving plates. Reserve remaining bars for another time. Top with ice cream, berries and Berry Sauce, if desired.

**BERRY SAUCE:** Combine 1 cup Hy-Vee Short Cuts triple-berry blend, 1 cup sliced Hy-Vee Short Cuts strawberries and ½ cup Hy-Vee granulated sugar in saucepan. Cook and stir over medium heat until berries are softened. Puree and strain berry mixture; discard solids and return sauce to saucepan. Combine 1 Tbsp. water and 1 tsp. Hy-Vee cornstarch; add to saucepan. Cook and stir until thickened and bubbly. Cook and stir 1 minute more.

**Per serving (bars only):** 380 calories, 21 g fat, 11 g saturated fat, 0.5 g trans fat, 45 mg cholesterol, 270 mg sodium, 47 g carbohydrates, 3 g fiber, 29 g sugar (20 g added sugar), 3 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 4%



## Plan Like a Pro

- 1 Find hosts who live close to each other and are willing to have guests.
- 2 Involve guests who like to try new things and who you'd like to get to know better.
- 3 Choose a theme that ties the party together—a country, a season or a holiday.
- 4 Determine which homes or outdoor areas are best suited to social distancing.
- 5 Meet with the hosts to decide what each person will make for their course.
- 6 Suggest that just one person serve food so multiple people aren't handling utensils.
- 7 Establish an itinerary with the hosts and assign specific times for each host.
- 8 Ask hosts to set out hand sanitizer to be used before and after eating.
- 9 Use single-use hand towels or paper towels for drying hands.
- 10 Plan a fun group game to play at the end of the evening. Scattergories, anyone?





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LINDOR



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# HEARTY BREW

FALL IS COMING. WARM AFTERNOONS AND COOL NIGHTS ARE BREWING—AND SO ARE BEERS THAT FEATURE MORE ROBUST FLAVOR THAN THEIR SUMMER COUSINS.



**BLUE MOON  
BELGIAN WHITE**  
A wheat beer brewed with orange peel for citrus aroma and taste.

**NEW BELGIUM  
FAT TIRE**  
An amber ale with a balance of toasty malt sweetness and hop bitterness.

**DESCHUTES  
BLACK BUTTE**  
A porter with slight hop bitterness and chocolate and roasted finish.

**NEW BELGIUM  
VOODOO  
RANGER**  
A golden IPA with pine and citrus aromas and juicy fruit flavors.

**SAMUEL ADAMS  
BOSTON LAGER**  
A full-flavored lager with a balance of hops and roasted malts.

**SIERRA NEVADA  
PALE ALE**  
A full-bodied pale ale with hoppy flavor and aromas of pine and citrus.

## pro tip: LEGENDS OF THE FALL



“An ice-cold beer in the summer heat tastes and feels great, because it’s all about refreshment and cooling off. Beer in the fall, however, is more about warming you up. These beers are usually more flavor-forward and heartier than what you would

drink during the summer, and taste better when not chilled down to the near-freezing temps that make an ice-cold brew so refreshing when you’re hot.”

—Eric Dodge  
Certified Cicerone and Beer Steward, Hy-Vee, Waterloo, Iowa



# CRAFT FOR EVERY PALATE

These are heady times for beer lovers, with an abundance of flavors to discover at your local Hy-Vee. Explore a range of tastes: light and crisp, dark and roasted, malty, hoppy, nutty, fruity, spicy, even sour. So many choices, you're bound to find one to please the palate.



"Every beer should be enjoyed out of a glass. We taste more with our nose than our mouth, so drinking from a can or bottle robs you of this experience," says Certified Cicerone and Beer Steward Eric Dodge. "Remember, foam is okay. A beer's aroma and flavor escapes beer the same as the tiny bubbles you see escaping to the top. The head acts as a lid that holds in all the goodness."



TO LEARN MORE ABOUT CRAFT BEERS, VISIT [hy-vee.com](https://hy-vee.com) and search "craft beer guide."

**Cheddar Cheese Ball**  
Beat together 1 (8-oz.) pkg. softened Hy-Vee cream cheese, 1 (8-oz.) pkg. Hy-Vee shredded sharp Cheddar cheese and ½ tsp. Hy-Vee garlic powder until combined. Stir in ½ cup sliced green onions. Shape into a ball and roll in ½ cup toasted Hy-Vee chopped pecans and ½ cup crumbled, crisp Hy-Vee bacon. Cover and refrigerate 1 hour before serving. Serves 12.

**Wheat Beers**  
Variations include American (light and hoppy), Belgian-style witbier (spiced with coriander and orange peel) and German-style hefeweizen (hints of banana and clove).  
**PAIR WELL WITH** seafood, salads, chèvre, pretzels, spicy mustard

**Pale Ales**  
American Pale Ale is milder and less bitter than India Pale Ale, which comes in regional variations such as bitter West Coast, juicy and hazy New England and roasty black IPA.  
**PAIR WELL WITH** roasted or grilled meats, intense cheeses, spicy foods

**Amber Lagers**  
Includes medium-body amber lagers with toasty or caramel flavor highlighting both malt and hops, as well as full-bodied Oktoberfest beers with rich, toasty flavor.  
**PAIR WELL WITH** salads, mild cheeses, fruit desserts, olives and olive oil-flavored dishes

**Red Ales**  
Irish red ales feature a smooth, malty taste with caramel-like sweetness and less hop bitterness. American red ales are a robust alternative with a hoppier flavor.  
**PAIR WELL WITH** roasted vegetables, Cheddar, salami

**Brown Ales**  
English-style brown ales are medium bodied with dry to sweet maltiness; American style has roasted malt caramel and chocolate character with more hop bitterness.  
**PAIR WELL WITH** many foods including barbecue, smoked sausage, pretzels, mustard

**Dunkels**  
Dunkel, the German term for dark, applies to a number of dark German lagers ranging from amber to dark reddish brown. Dunkels feature a smooth, malty flavor.  
**PAIR WELL WITH** roasted vegetables, pork, sausage, sweet or smoked barbecue

**Porters & Stouts**  
Made from dark-roasted malts, porters are dark and full-bodied. Stouts are stronger porters with bitter hops and roasted black malts.  
**PAIR WELL WITH** roasted or grilled meats, hearty cheeses, peanut butter-flavored snacks, dark chocolate

SPICY SNACK MIX

BLUE CHEESE

OLIVE MIX

PEPPERED SALAMI

PRETZELS AND MUSTARD

SAUSAGE

DARK CHOCOLATE





# SUMMER MADE EASY!



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## food safety basics

### SAFE HANDLING TIPS

Follow these storage and safety guidelines to ensure that the food you serve and eat is at its freshest.

#### SHOPPING

- Keep raw meat, poultry, fish and seafood separate from other foods in your grocery cart.
- Shop perishable items last, then go straight home and store them properly in the refrigerator or freezer.
- Buy foods in reasonable amounts so you can use them while they are still of good quality.

#### STORING

- **PANTRY**—Dry, cool and dark conditions are best: 50°F to 70°F. Avoid storing food near a stove, dishwasher or other hot areas. Use airtight wraps or sealable containers designed for storage.
- **REFRIGERATOR**—40°F or below. Store meats, poultry, fish, eggs and dairy products in the coldest area, away from the door. Set raw meat, poultry and fish on plates to prevent juices from dripping onto and contaminating other foods.
- **FREEZER**—0°F or below. Package items in moisture- and vapor-proof wraps or containers. Use freezer-grade foil, plastic wrap, resealable plastic bags and containers.

#### THAWING

- **REFRIGERATOR**—slow and safe is the best way. Place food on a plate or in a bowl to collect any liquid released. Most food will take 24 hours to thaw. Large items, like whole turkeys, take longer. Allow about 6 hours per pound.
- **MICROWAVE**—works in a pinch for ground meat and small meat cuts. Follow the manufacturer's instructions and cook the food immediately after thawing.
- **COLD TAP WATER**—works for small cuts such as chicken breasts or fish fillets. Place the food in a resealable plastic bag, then submerge in water. Cook the food immediately after thawing.

#### PREPARATION

- Hot, soapy water is a must for washing hands, surfaces and utensils that come in contact with food.
- Use multiple cutting boards, one for raw meats and seafood, and the other for ready-to-eat foods, such as breads and vegetables.
- Don't rinse raw meats before cooking; rinsing poses a risk of cross-contamination with other foods and utensils.
- Never reuse an unwashed cutting board, dish or cooking utensil that has come in contact with raw meat or seafood.
- Use a food thermometer to ensure food has reached a high enough temperature to destroy harmful bacteria.

#### SERVING

- Be sure food is heated or chilled until serving.
- Use separate platters for raw and cooked food.
- Discard any food that has been left out for more than 2 hours (1 hour when the temperature is above 90°F).
- When serving, keep hot foods at 140°F or above and cold foods at 40°F or below.
- Use separate utensils for cooking and serving each food item.

#### COOLING

- Cool covered food on the counter about an hour after cooking, then refrigerate. Avoid putting hot food

directly in the fridge, which causes the fridge temperature to rise.

- Refrigerate leftovers immediately after the meal is finished.

#### REFREEZING

- Meat and poultry defrosted in the refrigerator may be refrozen before or after cooking. If thawed by other methods, cook before refreezing.

#### REHEATING

- Reheat food quickly to a safe internal temperature before serving.
- Bring sauces, soups and gravies to boiling in a covered saucepan; stir occasionally.
- Heat leftovers to 165°F.

#### SAFE FOOD TEMPS

**140°F**

Fully Cooked Ham

**145°F**

Steaks, Chops, Roasts, Fish, and Seafood

**160°F**

Ground Meats, Egg Dishes

**165°F**

Leftovers, Casseroles

(USDA recommended minimal internal temperature)

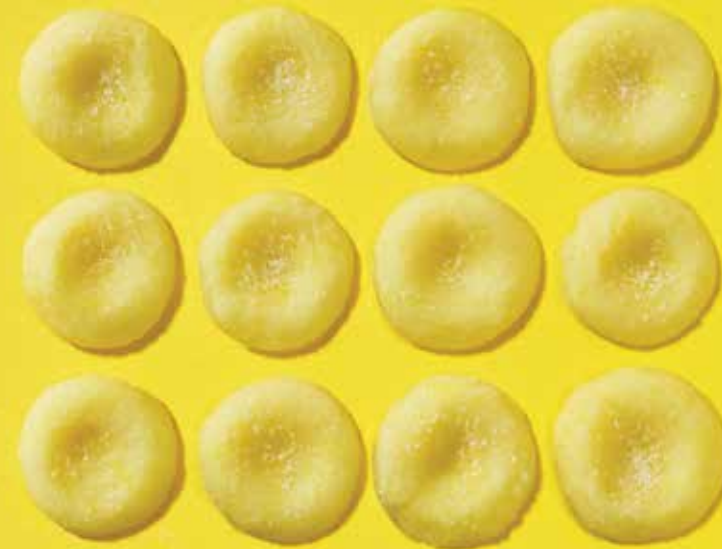


Sources: [https://www.fsis.usda.gov/wps/portal/food-safety-topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/keep-food-safe-food-safety-basics/ct\\_index](https://www.fsis.usda.gov/wps/portal/food-safety-topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/keep-food-safe-food-safety-basics/ct_index)



# JELL-O WHOA!

It's time to let this favorite childhood treat shine in new ways! Break out of the mold and let Jell-O work its magic, adding color and punchy fruity flavors to desserts and snacks.



## Jell-O Candy Melts

Beat 4 oz. Hy-Vee cream cheese and  $1\frac{3}{4}$  cups Hy-Vee powdered sugar in a large bowl with an electric mixer on medium until combined. Beat in 1 Tbsp. lemon-, berry blue-, strawberry-, lime- or orange-flavored Jell-O. Chill for 30 minutes or until firm. Roll into 20 ( $\frac{3}{4}$ -in.) balls; coat with Hy-Vee granulated sugar. Press a finger into center of each ball. Serve immediately or store in refrigerator. Makes 20.



## Raspberry Jell-O Ice Cream

Beat 2 cups Hy-Vee heavy whipping cream in a large bowl with an electric mixer on high until stiff peaks form. Fold in 1 (14-oz.) can Hy-Vee sweetened condensed milk and 1 (3-oz.) pkg. raspberry-flavored Jell-O. Pour mixture into a 9×5×3-in. loaf pan. Cover and freeze 4 hours or until firm. Serves 6.



## Rainbow Jell-O Squares

Spray an 8×11-in. baking dish with Hy-Vee nonstick cooking spray; set aside. Pour 1 (3-oz.) pkg. each berry blue-, lime-, lemon-, orange- and strawberry-flavored Jell-O into 5 separate bowls. Whisk 1 cup boiling water into each bowl. Divide berry blue gelatin between two bowls; set one bowl aside. Whisk 2 Tbsp. Hy-Vee plain Greek yogurt into remaining bowl. Pour mixture into prepared baking dish. Cover and chill 30 minutes or until almost set. Carefully spoon reserved berry blue mixture into dish over layer. Cover and chill until almost set, about 30 minutes. Repeat steps for each remaining 4 flavors of Jell-O. Microwave each Jell-O

mixture for 30 seconds on HIGH if it starts to set. After adding final layer, cover and refrigerate 4 hours or overnight. Cut into 48 squares and serve immediately or cover and store in refrigerator. Serves 24 (2 squares each).

**Jiggly Jell-O Cubes**  
Watch how to make these sweet, fruity Jell-O squares.

Hy-Vee  
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## Sweet & Sour Jell-O Grapes

Place 2½ cups green grapes in a strainer, rinse with water. Shake to remove excess water. Place 1 (3-oz.) pkg. berry blue-, orange-, lemon- or cherry-flavored Jell-O in a large resealable plastic bag. Add grapes. Seal bag and shake to coat the grapes evenly. Remove grapes from bag; discard excess Jell-O. Serve immediately.



## Strawberry Jell-O Frosting

Place 2 cups Hy-Vee heavy whipping cream in a large bowl. Beat on medium with an electric mixer. Gradually add ½ cup Hy-Vee powdered sugar and beat until soft peaks form. Add 1 (3-oz.) pkg. strawberry-flavored Jell-O. Beat until stiff peaks form. Pipe frosting onto unfrosted Hy-Vee Bakery vanilla cupcakes. Makes 3½ cups frosting.



## Lemon Jell-O Pinwheels

Spray an 8-in. square baking pan with Hy-Vee nonstick cooking spray; set aside. Whisk together 1 (3-oz.) pkg. lemon-flavored Jell-O and 1 cup boiling water in a medium bowl. Stir in 1½ cups Hy-Vee miniature marshmallows. Microwave on HIGH at 30 second intervals until marshmallows are puffed. Whisk mixture until combined and pour into prepared pan. Refrigerate 1 hour or until set. Run a knife along edges of pan to loosen Jell-O. Starting at one edge, roll Jell-O to form a log. Place log on a cutting board and cut into 1-in. slices. Serve immediately or store in the refrigerator up to 1 day. Makes 8 pinwheels.



## Jell-O-Flavored Sugar Cookies

Preheat oven to 350°F. Line two baking sheets with parchment paper. Combine 1 (16.5-oz.) pkg. Hy-Vee extra-moist classic white cake mix and 1 (3-oz.) pkg. cherry-, orange-, lime- or lemon-flavored Jell-O in a medium bowl. Whisk in ½ cup Hy-Vee vegetable oil and 2 Hy-Vee large eggs. Roll dough into 24 (1-in.) balls. Place 2 in. apart on prepared baking sheets. Bake 8 to 10 minutes or until edges are lightly browned. Cool. Makes 24.



## Orange Jell-O Shots

Cut 4 medium navel oranges in half. Scoop flesh out of each half using a spoon; save flesh for another use. Place each orange half in a standard muffin cup, cut side up; set aside. Whisk together 1 (3-oz.) pkg. orange-flavored Jell-O and 1 cup boiling water in a medium bowl. Stir in ¼ cup cold water and ½ cup Row vodka. Carefully pour mixture into prepared orange halves. Cover and refrigerate 4 hours or until set. Slice halves evenly and serve. Makes 8.



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enough of  
me to go  
around

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blackberrybubly  
blackberry flavor with other natural flavors

bublé sparkling water  
limebubly  
lime flavor with other natural flavors

bublé sparkling water  
grapefruitbubly  
grapefruit flavor with other natural flavors

bublé sparkling water  
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pineapple flavor with other natural flavors

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\*Where available



# life

Learn why family always comes first at Wahlburgers. Plus, clever tips for hair care and more.



- 68** THE POWER OF A FAMILY TABLE WITH THE WAHLBERGS
- 72** MUMS THE WORD
- 76** HAIR S.O.S.
- 82** ORDER: LAUNDRY ORGANIZATION IDEAS
- 85** LIFE CHART: 10 SIGNS YOU'RE OVERWHELMED AND WAYS TO COPE
- 86** HANDLE WITH CARE



# THE POWER OF A FAMILY TABLE WITH THE WAHLBERGS

The Wahlbergs spent some of their most cherished family time at the dinner table growing up. “Mealtime was always a huge, huge deal for us,” says actor and fitness champion Mark Wahlberg. “Now we want to share our family experience with others.”

That experience is spelled out in the Wahlburgers restaurant mission statement: “We are a working-class organization, rooted at our family’s kitchen table where the only star is the food, and the music is laughter and stories.”

“We don’t necessarily take ourselves seriously, but we take the food seriously, and we take service seriously,” says Donnie Wahlberg, who wrote the mission statement. “We’re really grateful that people give our restaurant a chance.” Donnie, along with brothers Mark and Paul and

their mother, Alma, operate the Wahlburgers restaurant chain, which has partnered with Hy-Vee to open dozens of restaurants in the Midwest.

The importance of family rang true in the A&E hit television series, *Wahlburgers*, and in their restaurant operation. “It’s really a labor of love. It’s given us a chance to work together, it’s also given us a chance to learn together,” Donnie says. “This is a new industry for Mark and me, and we sort of get to teach Paul about the spotlight and dealing with that stuff.

But he’s teaching us the [restaurant] business, and it’s fascinating, it’s fun, it’s challenging, and the best part is, we get to do it together.”

For his part, Paul, a trained chef, loves to try out new recipes and see if they bring customers back for more. “The highest compliment you can ever pay a cook is [to] come back,” he says. “Your food is good enough to come back for. And that’s all I’ve ever wanted. You come up with these dishes on the menu...and people say ‘Oh man, that’s my favorite.’”

**“WE WANT FAMILIES TO SHARE IN THE WAHLBURGER EXPERIENCE, SO IT’S EXTREMELY IMPORTANT TO US THAT EVERYBODY HAS AN AMAZING TIME.”**

— MARK WAHLBERG



► PAST FAMILY DINNERS HAVE INSPIRED THE MENU AT WAHLBURGERS. **“THE FOOD IS THE THING THAT KEEPS EVERYBODY COMING BACK,”** MARK SAYS.



## 1970S

The nine Wahlberg siblings donned their Sunday best for this family picture taken one Easter morning.



## 1986-94

Donnie, *far right*, was a member of New Kids on the Block and later produced for Mark, *far left*.



## 2014-19

A formally trained chef, Paul, *left*, appeared with other family members in an A&E reality TV show, *Wahlburgers*.



## 2018

The Wahlbergs joined with Hy-Vee to open 26 new restaurants. Shown are Mark, Paul and Donnie with their mother, Alma.





# Q AND A with the Wahlberg bros

**Q: Do you feel that food draws family together?**

**A:** Paul: Oh, of course it does. To be able to sit there, and sit down and have your meals together, it creates certain memories. That's what I love about food. Food can kind of put you back in a different place and time. Smells and taste. And so, [today] if I'm sitting there eating English muffin pizzas, I'm 10 years old. Sitting in the kitchen, with my choices of cheese, salami, or peppers and onions. That would be one of the few times that we would be allowed to have soda with dinner, because it's pizza. There was still a lot of milk being poured. But there were certain things, like it was kind of a different feeling ... really, it's time together.

**Q: What were meals like at the Wahlberg house when you were growing up?**

**A:** Mark: Mealtime was always a big deal. I mean, our parents [would] kick us out of the house and tell us, "Don't come back until dinnertime." But we would always all eat together, all nine kids plus my parents and my grandma who lived with us for quite some time. So, mealtime was a big deal for all of us. My mom and my dad would cook and we would eat together.

**A:** Donnie: We always had to eat at a certain time—5 p.m. was dinner time. I just remember the hustle and bustle of so many of us jammed into our little kitchen. My dad or mom would be cooking, usually something in a large pot, to try and feed all of us. It just was a great time, you know. Everybody was together and unless it was a meal that I really hated, it was always the happiest time of the day for me. And there were a few meals I didn't like. You know, Alma's famous American Chop Suey, now it's on the menu at Wahlburgers, but I didn't like it. She'll kill me for saying that, but I didn't like it.

**Q: Did family meals give you a sense of safety—like everything is okay in the world? Did mealtime provide a sense of security?**

**A:** Paul: Well, of course. It's home. But it's the sense of, like, there's the sense of togetherness. Whatever is happening, we're in this together.

**Q: Tell us about the love you have for your family.**

**A:** Mark: Well, family is the most important thing. For me it's faith and family, and then my job. I'm lucky to have the job that I have, but it starts with faith, and then family being the most important thing and then us working together. Like I said, it's brought us closer together so it's been amazing.

**A:** Donnie: Growing up as a kid in our family was really all about making the best of times out of the worst times. Which is part of the Wahlburgers restaurant's mission statement that I wrote. You know, we really didn't have a lot, and it was often a struggle. Our parents worked really tough jobs to try and feed all of us and keep a roof over our heads. We always made the most of it, and for me personally, I wanted other things and hoped for other things, like a family car, simple things that it seemed like most families around us had. But I always was a happy kid. As long as there was love in the house, I was fine going without material things and other stuff. There was always a lot of love in the house, and that was good enough for me.

**Q: Is Wahlburgers a showcase of the American family?**

**A:** Mark: Oh, absolutely. I am very, very proud of being an American, and my family is the most important thing in the world to me, so absolutely. It was nice because Paul wanted to create and share our family experience with other families and all of our customers at Wahlburgers.

**Q: We heard the menu items are based on family stories. Are there any specific to you?**

**A:** Donnie: Sometimes. We named [a burger] after the sort of apartment we lived in when we were kids, like the triple decker. We lived in a triple decker house for many years. The BBQ bacon burger [his creation] is very specific to me.

**Q: Tell us a little bit about 'Government Cheese' being on the menu.**

**A:** Mark: You know what, we grew up on government cheese. A lot of times, we were on food stamps. And my dad delivered lunches for schools. So, we would eat a lot of stuff that was prepared for public schools and stuff like that. And it's just something that we grew up on and that we loved.

**Q: How is Wahlburgers bringing families together?**

**A:** Mark: To be able to share the Wahlburgers experience with as many people as possible all over the world. As we're now getting into business with the military, we want to support our communities and our people. The virtual visitor [an automated, live engagement experience that allows face-to-face video communication] is something great where somebody is on a base in Germany, and they go to the Wahlburgers in Minnesota, they could literally have a meal together, have dinner together, have lunch together ... it's just another special way to bring people together. And mealtime being the most important [for] families, bringing people together.



## THE PARTNERSHIP

Hy-Vee, which partnered with the chain to open 26 new Wahlburgers restaurants, recently announced plans to replace 21 Market Grilles with additional Wahlburgers restaurants.

The fast-casual restaurants feature comfort foods and chef-inspired dishes. "It's the overall package and the overall experience—the quality of everything," says Paul, a trained chef. "Yeah, there's the whole celebrity aspect of it all, but at the end of the day we're still in the restaurant business. We're still serving food. And we want to make people happy."

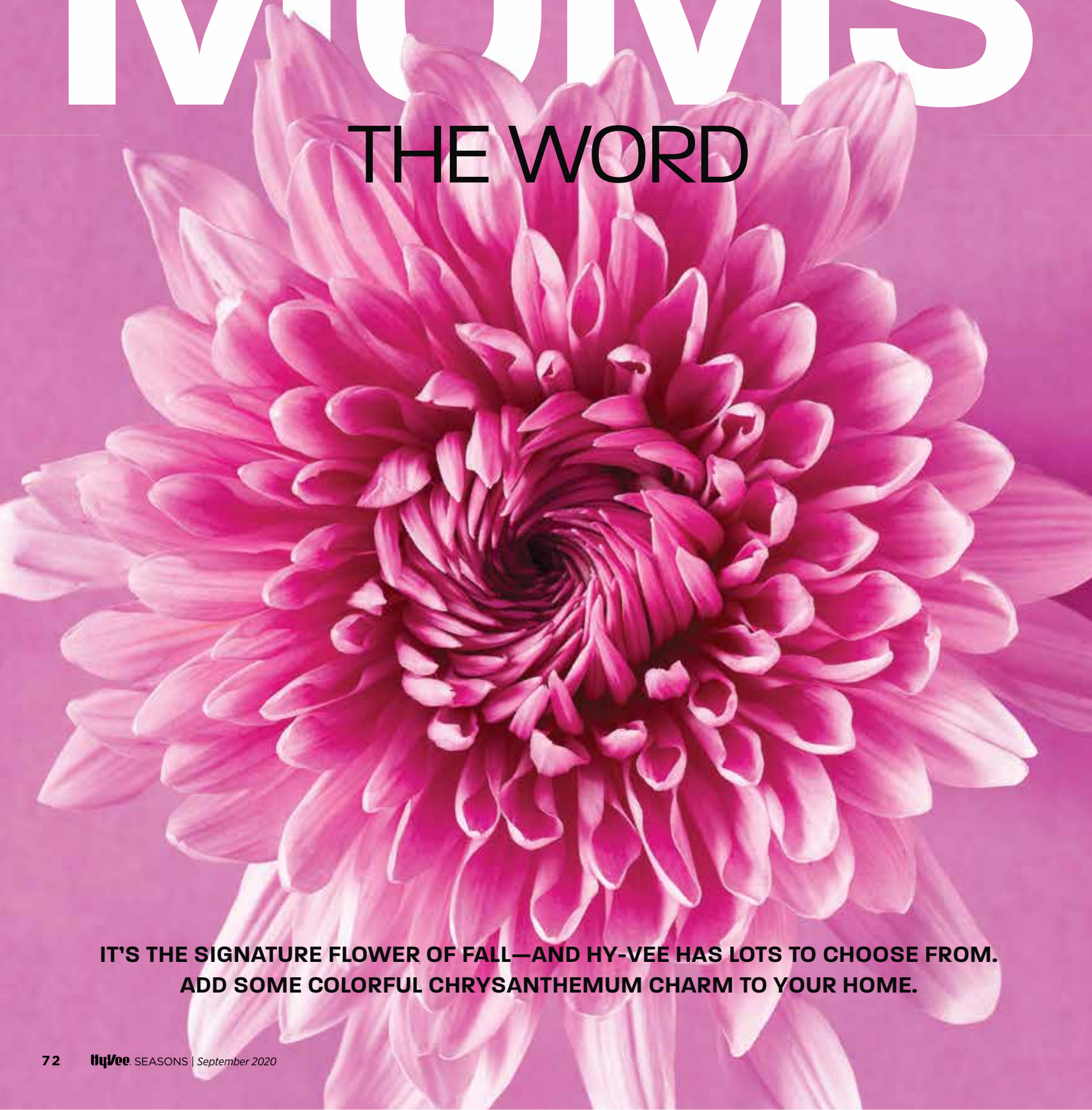
Hy-Vee also offers Wahlburgers at Home ready-to-cook patties and sliders, containing the same signature Angus beef blend of brisket, short rib and chuck found at Wahlburgers restaurants. "It's fresh, it's a great product," Paul says. "There's a great taste, there's juiciness to it. It's a flavor profile that you would find in the restaurant. But it's something you could have at home."





# MUMS

## THE WORD



IT'S THE SIGNATURE FLOWER OF FALL—AND HY-VEE HAS LOTS TO CHOOSE FROM.  
ADD SOME COLORFUL CHRYSANTHEMUM CHARM TO YOUR HOME.



**1. BAG O' GOLD** For a porch or covered deck display, place potted mums in burlap carrying bags from Hy-Vee Floral. Choose your favorite mum colors. Flowers in burnished colors like gold, orange and red convey a truly autumnal look.

**2. BETWEEN THE LIMES** Half the fun of this arrangement is that it's not the traditional color of the season. Stack limes in a compote pedestal bowl, then tuck the long stems of green Kermit button mums between the limes. Fill with water.

**3. PUMPKIN PLANTER** Hollow out a pumpkin—a white pumpkin shows off these pastels, while an orange pumpkin would work with orange, red and gold mums. Place a vase or other watertight container inside the pumpkin and fill with various types of mums and foliage plants, such as the ornamental kale, hydrangea and eucalyptus shown here.







5



USE A **PUNCH BOWL** TO SHOW OFF A COLLECTION OF MUM FLOWERHEADS.

6



**4. FLOATING MUMS** For a varied splash of colors, fill a low bowl or punch bowl halfway with water. Snip mum flowers off stems and drop in water. Pictured: orange, yellow, pink and purple-pink daisy mums, as well as yellow spider mums, “football” mums and button mums.

**5. ARTISTIC FLOURISH** Spider mums are so exotic looking, they practically beg for the spotlight. Show off the artistry of individual flowers by placing them in individual vials or vases. Snip off the majority of leaves for a cleaner, more modern look that showcases the zig-zagging stems.

**6. FAKE CAKE** This “cake” is a feast for the eyes, not the tummy. Place a sheet of Oasis floral foam, about an inch thick, into a square baking pan or ceramic dish. Add water. Cut stems to about an inch and push into the wet floral foam. Create a design and color scheme such as these pink and green button mums.

#### Fake Cake

It's a cake with charm, not calories. See how the fake cake display came together in our video.

HyVee  
seasons



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# hair S.O.S.

Chop off your locks to remove damage?  
No way! Repair damage from styling  
products, heat tools, dyes and a summer full  
of sun with hair products from Hy-Vee.

**DAMAGED HAIR IS** frizzy, stiff, dull or hard to manage because the cuticle—the outside layer—is cracked and lifted, exposing interior strands to yet more damage. Each hair has a medulla, the innermost shaft; a cortex, bundles of keratin fibers surrounding the medulla that give hair strength and elasticity; and a cuticle, protective cells on the outside that overlap like shingles on a roof and protect the interior from damage. A healthy cuticle is flat and smooth. When hair gets a beating from dyes, UV rays, styling products and heated tools, the cuticle lifts, and the cortex becomes waterlogged, making hair extra porous and causing it to swell. Vigorous brushing or pulling on wet hair while combing also damages hair, stretching it and causing it to snap. If split ends are not cut, the split will continue up the strand. But not everyone wants to cut their hair, which is why so many shampoos, conditioners, masks, proteins and other hair products are available to feed hair and smooth out the damage.



## 100,000

**THE NUMBER OF HAIR FOLLICLES  
ON THE HUMAN HEAD. HAIR GROWS  
ABOUT 0.2 TO 0.7 INCH PER MONTH.**

Sources: [hairscentists.org/hair-and-scalp-conditions/nutrition-and-hair-health](https://hairscentists.org/hair-and-scalp-conditions/nutrition-and-hair-health)



# to the rescue

Typical culprits for damaged hair and remedies to try for each.



**WHAT HAPPENS** Extensive exposure to ultraviolet rays can damage the cuticle and hair protein (keratin), especially so for blond and gray hair. Discoloration and brassiness may result, and hair becomes brittle and dry.

**PREVENT** Wear a hat, and avoid going out in the sun during peak hours for long periods of time. Try products formulated with sun protection for hair, such as **Garnier Fructis Color Shield Shampoo with Acai Berry Antioxidant & UV Filters**

**TREAT** Moisturize hair with a hot-oil treatment or a hair mask to restore keratin and make hair stronger and more elastic. Moisturize routinely with conditioners containing biotin, a B vitamin, such as **TRESemmé Repair & Protect 7 Conditioner with Biotin**



## heat tools



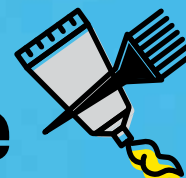
**WHAT HAPPENS** Heat from overuse of curling irons, straightening wands and blow dryers raises the cuticle, making hair porous and giving it a “fried,” lifeless look.

**PREVENT** Use low settings to blow-dry, hold the nozzle at least 6 inches away from hair and move it around while drying. Air-dry hair when possible. Before using heat tools, apply a heat protection product to hair, such as **Pantene Pro-V Heat Primer Thermal Heat Protection Pre-Styling Spray**

**TREAT** Shampoo and condition with products that contain oils. Coconut oil is especially helpful because its molecules are small enough to penetrate the cuticle for deep-moisturizing. Try **OXG Damage Remedy + Coconut Miracle Oil Conditioner Extra Strength**



## dye



**WHAT HAPPENS** Long-term use of chemical dyes, such as those to cover gray hair, can strip hair of moisture and make it coarse. Bleach in dyes removes natural color from hair by making strands swell so that they receive the color. This process can make hair brittle, dry and porous.

**PREVENT** Stick to a color that’s just two or three shades (darker is better) beyond your natural color, and extend the period between touch-ups. Wash hair less frequently, with shampoos for color-treated hair, such as **Pureology Serious Colour Care Hydrate Shampoo**

**TREAT** Restore elasticity with products that have proper pH to keep cuticles smooth, plus moisturizers such as argan oil. Try **Maui Moisture Anti-Breakage Agave Conditioner for Chemically Damaged Hair**



EAT A  
BALANCED  
DIET WITH  
NUTRIENTS  
THAT MAKE  
HAIR STRONG  
AND RESILIENT:

- BIOTIN
- COLLAGEN
- VITAMIN A
- VITAMIN C
- IRON

## pro tip: ALL NATURAL



To help dry, damaged hair, handle wet hair carefully. Use leave-in conditioners to gently detangle. Try blow-drying from a distance at a lower heat setting, and use a heat protectant. Don’t forget to wear a hat or UV hair protectant when you will have prolonged sun exposure. And treat your locks to a hair mask for added moisture.”

—Lisa Pruett  
Hy-Vee Esthetician



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## HAPPY WAG-O-WEEN

# TREAT THOSE TAIL WAGS

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**PUP. Peroni**

**Canine Carry Outs**

**MILK-BONE**  
LOVED SINCE 1908

**NUTRISH**  
ZACHARY RAY



# order

## LAUNDRY ORGANIZATION IDEAS

Make laundry day pleasant. Pick up storage and organizing solutions at Hy-Vee.

Whether the laundry area is a large portion of the basement or in a closet, it should be orderly. Laundry is less of a chore when the space is uncluttered and necessities are within reach in logical spaces.

Even if laundry is done within a multipurpose space like a mudroom, it should be separate to keep clean clothes from becoming dirty. These ideas can maintain order.

### MAXIMIZE SPACE

Take advantage of space around the biggest elements in the room—the washer and dryer:

- Install shelves above appliances for large bottles of detergents, bleach and stain removers plus baskets and bins of supplies. If appliances are stacked, install shelves alongside them.
- Create a flat surface to fold clothes: a table, or—if the machines are front-loading—a floating countertop over them and affixed to the wall.
- Install a closet or tension rod, extended coat hook or hanging dryer rack to hang clothes right out of the dryer or to air-dry them.
- Hang the ironing board on hooks affixed to the wall.
- Include a trash bin for empty containers, dryer lint and other throw-aways.



**STERILITE CLEAR PLASTIC BIN** holds laundry supplies and collects possible spillage from bottles of liquids.

**ANCHOR HOCKING HERITAGE HILL GLASS JARS** provide clear view of small items, such as clothespins, dryer balls and detergent pods.

**SILHOUETTE STEAM/DRY IRON**  
Durable nonstick plate, adjustable settings for steam- or dry-ironing, push-button spray for stubborn wrinkles.

**AMERICAN MAID CADDY** with rubber handle carries multiple cleaning items to save on trips; keeps wet sponges and brushes off surfaces.

**STERILITE SMALL PLASTIC TRAY** corrals multiple smaller cleaning items such as spray stain treatments and lint rollers.

**TUFF! HANGERS**  
Sturdy, full-size hangers at the ready when removing clothes from the dryer.

**WOOLITE MESH WASH BAG** keeps delicates—underwear, clothes with beads or other embellishments—safe in the wash.

**STERILITE HIPHOLD LAUNDRY BASKET**  
Contoured shape lets basket rest easily on the hip; oval air holes enhance air flow.

## LAUNDRY HOW-TO



**SORT**  
Separate dark colors from colors that might bleed. Further separate according to fabric type for the cycle (heavy, delicate, etc.)



**POUR**  
Add detergent, using recommended amount listed on the product container for size of load.



**SELECT SETTING**  
Set agitator speed and force, cycle time and water temperature. Common settings: regular (fast wash, fast spin), permanent press (fast wash, slow spin) and delicate (slow and slow).



**DRY IMMEDIATELY**  
Move clothes promptly from washer to dryer to avoid musty odor. Set temp and time according to fabric type.



**FOLD & PUT AWAY**  
Folding the same type of items (towels, T-shirts, socks, pants) makes the chore easier because of repetitive movements, and it allows neat stacking.





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## life chart

# 10 SIGNS YOU'RE OVERWHELMED— AND WAYS TO COPE

Address the negative effects of a heavy workload with these simple methods that calm body and mind.

### 2. YOU FEEL FATIGUED

#### TRY THIS!

Go outside! According to a review of literature in *Extreme Physiology & Medicine*, outdoor exercise, like walking, has been shown to refresh the mind from mental fatigue, boost confidence and self-esteem, and reduce tension, stress and anxiety.

### 3. SLEEPING IS A PROBLEM

#### TRY THIS!

Busy thoughts before bed lead to sleep issues. According to the National Sleep Foundation, **morning or afternoon exercise raises the body's temperature**, which gradually lowers and helps spur sleepy feelings at night.

*Get moving!*

### 4. INCREASED NEGATIVITY

#### TRY THIS!

The American Heart Association recommends positive self-talk to counter negative feelings and reduce stress. Tell yourself, "I have what it takes to accomplish this goal!"

### 5. POOR FOCUS AND FORGETFULNESS

#### TRY THIS!

Write a to-do list and compartmentalize all tasks so you know what you need to accomplish and when. Allot an appropriate amount of time for each item to stay on track.

### 6. YOU GET SICK OFTEN

#### TRY THIS!

Focus on sleep and nutrition to maintain immune health. Sleep deprivation stunts the release of proteins that help the body fight off infection. Eat immune-boosting nutrients like vitamins C and E.

### 7. SOCIAL ISOLATION

#### TRY THIS!

Set a virtual coffee or dinner date with friends. According to the Mayo Clinic, forming relationships and spending time with those you are close with can reduce anxiety and increase happiness, self-confidence, self-worth and promote a sense of belonging and purpose.

### 8. IRRITABILITY OR QUICK TO ANGER

#### TRY THIS!

If you feel irritable or snap at others, **remove yourself from the situation and focus on breathing**. According to the University of Michigan, deep-breathing exercises relax, reduce tension and relieve stress.

*Take a break!*

### 9. INCREASE OR LOSS OF APPETITE

#### TRY THIS!

During hectic periods, set consistent times to eat throughout the day. Pack snacks and meals ahead of time and consume nutrient-rich fruits, vegetables, whole grains or cooked lean meats, all of which nourish the body and supply energy so you can conquer the tasks at hand. For professional dietary advice, consult with a Hy-Vee dietitian to review your diet.

### 10. SUDDEN WEIGHT GAIN OR LOSS

#### TRY THIS!

This may be worsened by the effects of appetite. In addition to sleeping and eating nutritious food, carve out some time to exercise. Go for a walk or jog, lift weights or attend a group exercise class. For healthy lifestyle and weight management tips, check out Hy-Vee's Begin program.



**A BABY ON BOARD NEEDS A SAFE HAVEN. DURING THEIR FIRST YEAR, BABIES ARE MORE LIKELY TO HAVE FATAL ACCIDENTS THAN OLDER CHILDREN. HAZARDS INCLUDE SUFFOCATION, DROWNING AND POISONING. RESEARCH SHOWS THAT MOST OF THESE ACCIDENTS CAN BE PREVENTED.**

During Baby Safety Month each September, the Juvenile Products Manufacturers Association, which provides guidance on baby products, urges parents to make sure homes and habits are safe, issuing tips and information at [jpma.org/page/baby\\_safety\\_month](http://jpma.org/page/baby_safety_month). This is a good time to assess the following infant safety issues: **HANDLING** Babies' neck muscles are weak the first few months. When holding babies, place a hand behind



the head to support it. Never shake a baby, which can cause brain damage. Keep one hand on your baby when he or she is on a sofa, bed, changing table or other spot—and keep diapering supplies within easy reach. Never leave a baby alone or in care of a child. **SLEEPING** It's recommended to let your baby sleep on his or her back the first year. Studies suggest sleeping on the stomach might increase risks for Sudden Infant Death Syndrome (SIDS), causes of which are not yet clear. Head and face should be uncovered, and soft, fluffy or loose bedding and toys removed from the bed. **BATHING** Never leave an infant alone during bathing; a baby can drown in just 2 inches of water. Use a small baby bathtub to lessen chances of her sliding under water, and make sure water is lukewarm, not hot. **FEEDING** Before bottle feeding, shake the bottle and check the temperature of formula. Avoid heating the bottle in the microwave, which heats unevenly and could overheat the formula. To prevent choking hazards, never leave a bottle propped up at baby's mouth. When old enough for a high chair, use restraining straps around legs as well as waist to prevent your baby from slipping out of the seat.

## baby-safe EQUIPMENT



**Cribs** Assembled according to manufacturer directions; no gaps larger than two-fingers-width between sides of crib and mattress; and crib placed away from window blinds and cords.



**Car Seats** Vehicle owner's manuals list type of infant seat to use. Seats should have a five-point harness and be installed on back seat, rear-facing to prevent potential injury.



**Strollers** Wide base for balance, sturdy safety belt and crotch strap belt so baby won't slip through, easy-to-operate brake, and brake-release lever out of infant reach.



**Carriers** Straps and waistbands with ample support; padded headrest to support weak neck (newborns); structured to allow knees above hips, in frog position, to promote healthy hip development.

## SAFE SLEEPING

Your baby will probably sleep in a bassinet or cradle the first month. Then she should move to a crib that meets safety standards of the Consumer Product Safety Commission, [cpsc.gov](http://cpsc.gov).

**ROOM-SHARE** In the first 6 months, keep baby's sleep space close to your bed so you can hear any breathing irregularities and can comfort him as needed.

### MATTRESS

A firm mattress with tight-fitting sheet gives baby unimpeded space to move.

### SEPARATE SLEEP AREAS

Bring baby into your bed to feed and comfort, if you like, but only if there are no blankets, pillows or other bedding to interfere with movement and breathing. Place her in her crib when you're ready for bed.



**TUMMY TIME** Little Remedies liquid drops work gently in minutes to relieve gassiness from foods or from swallowed air during feedings. Pediatrician-recommended; safe for newborns.

**MAKE BEDTIME CALM AND CONSISTENT SO BABY WILL FALL ASLEEP EASILY AND COMFORTABLY.**



# 12 Ways to Keep Your Home Safe

## GET DOWN TO YOUR BABY'S LEVEL AND SECURE YOUR HOME AGAINST POTENTIAL HAZARDS.

### 1. Cordless Window Treatments

Cords on blinds, shades and curtains pose a choking hazard for young children. Cordless window coverings, widely available, include blinds and shades with wands or roll-up fasteners.

### 2. Carbon Monoxide (CO) Alarm

An odorless, deadly gas, CO results from poorly operating furnaces, water heaters, stoves and fireplaces and from exhaust in attached garages. Detectors should be installed on the ceiling of each floor of the living space.

### 3. Corner Guards and Edge Protectors

Foam or other shock-absorbing materials soften falls against furniture and fireplace corners and edges.

### 4. Smoke Alarms

Alert occupants of smoke and deadly gases. The Consumer Product Safety Commission recommends one on each floor, in each bedroom and outside each bedroom.

### 5. Safety Locks and Latches

To secure cabinet knobs and handles, and keep drawers and appliance doors closed to shield baby from household cleaners, medicines, knives and sharp objects.



GET IT AT HY-VEE!  
SAFETY 1st  
FOAM CORNER  
CUSHIONS

HOME SAFE  
Scope out all rooms  
for potential dangers  
and outfit with the  
right safety  
devices.

**6. Furniture and Appliance Anchors** Wall anchors, straps and brackets attach to studs and hold dressers, bookcases, TVs and TV stands upright to prevent tip-overs.



GET IT AT HY-VEE!  
SAFETY 1st  
FURNITURE WALL  
STRAPS

**7. Anti-Scald Devices** Installed on faucets and showerheads, they protect children by stopping water flow when it reaches a certain temperature.

### 8. Plug and Outlet Covers

prevent children from accessing plugs and outlets. Also available: smooth plastic plates that fit over existing outlets to cover sockets.



GET IT AT HY-VEE!  
TIPPY TOES  
OUTLET PLUGS

**9. Safety Netting and Window Guards** Netting along balconies, decks and stairs prevents falls; bars on windows keep kids from falling or getting through open windows.

**10. Safety Gates** Placed at both top and bottom of stairs, they prevent a child from tumbling down or climbing up, which can result in a fall. Hardware-mounted gates are sturdier than tension-rod types.

**11. Door Knob Covers** Slip-on covers keep knob from moving when child tries to turn it; special buttons allow easy opening for adults.

## 12. BATH SAFETY

Potential hazards in the bathroom include slips and falls, drowning, poisoning and electrical shock. A safety latch on the bathroom door is the first line of defense—young children should be supervised at all times. Other solutions:

**Water Temp Adjustment** Setting the water heater so the hottest temperature at the faucet is no more than 120°F lessens the chance of scalding.

**Toilet Lid Locks** These lock lid and seat in place against the bowl to make opening them difficult for infants and toddlers and to prevent drowning.

**Tub Strips** Adhesive strips on the bottom of the tub prevent slipping under water.

**Cabinet and Container Locks** These keep medicines, cosmetics, toiletries and electrical appliances (razors, hairstyling tools) out of reach.



# FEEDING: WHAT TO KNOW



—Ali Jones  
Hy-Vee Pharmacy Manager  
Cottage Grove, Minnesota

**With abundant vitamins, minerals and antibodies, breast milk fortifies infants against disease. Babies who are breast-fed have reduced risks for type 1 and 2 diabetes, digestive and respiratory illnesses, childhood obesity and infections of the bloodstream and urinary tract.**

Benefits might diminish, however, if the mother takes certain medicines or drinks alcohol. Over-the-counter drugs with pseudoephedrine, such as in allergy meds, can decrease milk supply. “I think of breastfeeding from a pharmacist’s standpoint,” notes Ali Jones, Hy-Vee Pharmacy Manager in Cottage Grove, Minnesota, who breastfeeds her son, born in March.

“Allergy medicines like

Benadryl are sometimes really drying and...have potential to decrease milk supply. High-estrogen birth control pills can decrease the milk supply—some mothers will need to take the progesterin-only pills.”

Nearly all drugs present in the mother’s blood will transfer to some extent into breast milk, and most—including pain relievers such as acetaminophen and ibuprofen, antibiotics, antihistamines and decongestants—pose no problems. “Check with your doctor or pharmacist if there are medications you’re on that could cause a problem,” Jones says.

Drinking alcohol is another consideration when nursing. One alcoholic drink per day for a breastfeeding mother is generally safe, especially if she waits at least 2 hours before nursing, says the Centers for Disease Control and Prevention. Higher levels of alcohol consumption might affect a baby’s sleep patterns. The

alcohol level in breast milk is the same as that in the mother’s bloodstream, the CDC says.

For those who choose not to or cannot breastfeed, a wide variety of safe infant formulas are available that contain the right balance of nutrients. Most are made from cow’s milk altered to resemble breast milk, and some are soy-based for babies who are lactose intolerant. Once prepared, formula should be used within 2 hours or stored in the fridge no longer than 24 hours to prevent germs. To warm formula, running warm water over the bottle is recommended over microwaving, which might create hot spots in the formula that can burn baby’s mouth.

**NURSING ROOMS  
IN HY-VEE STORES**  
*Private, furnished rooms in  
some stores allow mothers  
to nurse in comfort.*

## products FOR MOMS



**Lansinoh Milk Storage Bags** Store and freeze breast milk. Double-zipper seal to prevent leakage. Sterile; BPA- and BPS-free.



**Lansinoh Lanolin Treatment** Therapeutic cold gel packs relieve engorgement; hot packs treat obstruction and mastitis.



**Medela Quick Clean Bag** Use the microwave to steam-clean and disinfect breast pump and breastfeeding accessories.



**Munchkins Milkmakers Lactation Tea** Organic, caffeine-free ingredients support breast milk supply.

# 9 baby care essentials

GET THEM ALL AT HY-VEE.

1

**TopCare Children’s Pain & Fever** liquid acetaminophen relieves pain and reduces fever.



2

**Tippy Toes by TopCare Advantage Milk-Based Powder** fortified with iron.



4

**Tippy Toes Nasal Aspirator** helps clear nasal mucus and reduces discomfort.



3

**Huggies Nourish & Care Cocoa & Shea Butter Wipes** gently clean and moisturize.



5

**Tippy Toes Bottle & Nipple Brush Set** with sponge-tipped bottle brush, easy-grip handles.



6

**Tippy Toes Apple Sweet Potato Baby Food** with no artificial flavors or color.



8

**Tippy Toes Vitamin A&D Ointment** prevents and treats diaper rash.



7

**Tommee Tippee Night Time Orthodontic Pacifiers** help transition to bottles.



9

**Pampers Pure Protection Diapers** made with breathable premium cotton and other soft plant-based materials to protect skin.





# TASTE THE NEW SIDES



## OF THE SEASON

### SO VEGGIE GOOD



# health

Check out foods that boost both mind and body, get coping skills for stress and learn benefits of exercising at home.

**94** FOODS THAT HELP YOU STAY FOCUSED

**100** 10 TIPS TO REDUCE YOUR RISK OF CANCER

**102** STRESS MANAGEMENT

**106** WORKING OUT AT HOME

**111** HEALTH CHART: VITAMINS & MINERALS

**113** DIETITIAN Q&A: SUGAR SUBSTITUTES

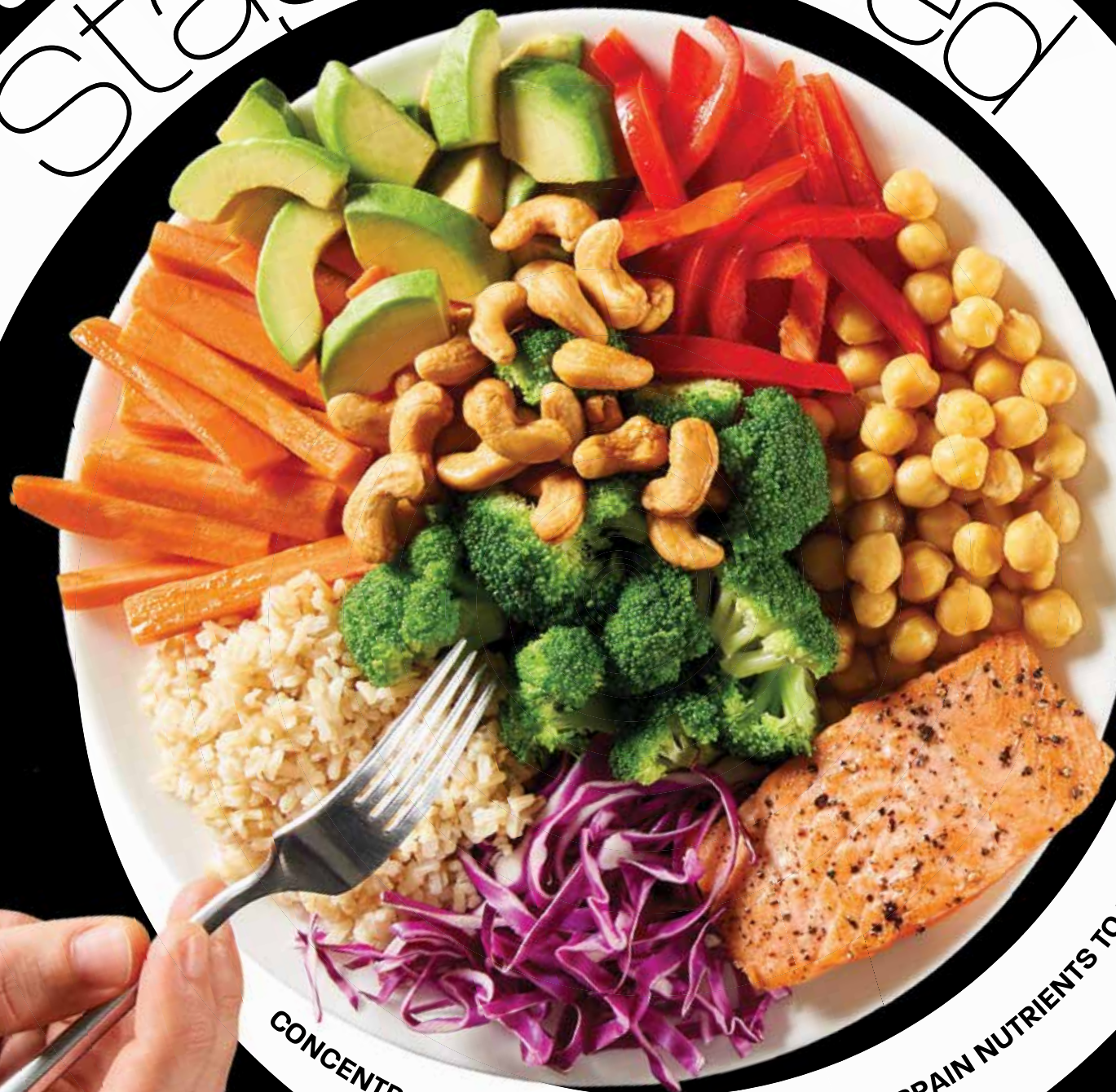
**116** HY-VEE PHARMACY FLU SHOT





# FOODS THAT HELP YOU

## Stay Focused



CONCENTRATE ON THESE VITAMINS AND OTHER BRAIN NUTRIENTS TO KEEP YOUR MIND SHARP.

### 1. THIAMIN (VITAMIN B<sub>1</sub>)

**What it does:** Might protect against short-term memory loss and confusion. Deficiency can result in nerve damage.

**FOODS** beans (legumes), flaxseeds, lean roast pork, oats, pistachios, tuna

**Daily requirement:** men 1.2 mg, women 1.1 mg

### 6. VITAMIN B<sub>12</sub>

**What it does:** Maintains healthy nerve and blood cells. Possible symptoms if deficient: dementia, depression, poor memory and nerve disorders such as numbness in hands and feet.

**FOODS** clams, eggs, king crab, low-fat milk, skirt steak, Swiss cheese, tuna

**Daily requirement:** 2.4 mcg for adults

### 2. RIBOFLAVIN (B<sub>2</sub>)

**What it does:** Converts carbs to glucose for brain energy; enables nervous system to function properly.

**FOODS** almonds, avocados, eggs, lean beef, salmon, spinach

**Daily requirement:** men 1.3 mg, women 1.1 mg

### 3. NIACIN (B<sub>3</sub>)

**What it does:** Involved in blood circulation. Deficiency can lead to depression, fatigue, loss of memory and apathy.

**FOODS** avocados, brown rice, green peas, lean chicken breast, sweet potatoes

**Daily requirement:** men 16 mg, women 14 mg

### 4. VITAMIN B<sub>6</sub>

**What it does:** Helps produce neurotransmitter molecules. Deficiency is linked to dementia.

**FOODS** avocados, bananas, pistachios, salmon, sweet potatoes

**Daily requirement:** 1.3 mg for adults

### 5. FOLATE (B<sub>9</sub>)

**What it does:** Promotes production of DNA and red blood cells. Deficiency might lead to depression, trouble concentrating, fatigue and irritability.

**FOODS** asparagus, broccoli, lettuce, mangoes, edamame, lentils, spinach

**Daily requirement:** 400 mcg

### 7. VITAMIN A

**What it does:** An antioxidant that repairs cell damage in the brain and other organs. It may have a bearing on memory and learning.

**FOODS** broccoli, butternut squash, cantaloupe, carrots, lettuce, pumpkin, red bell pepper, turnip greens

**Daily requirement:** men 900 mcg, women 700 mcg

### 8. VITAMIN C

**What it does:** Antioxidant that neutralizes unstable molecules in the brain and other organs; wards off fatigue and depression.

**FOODS:** cabbage (red/purple), bell peppers, guavas, kiwi, oranges, snow peas, strawberries, tomatoes

**Daily requirement:** men 90 mg, women 75 mg

### 9. VITAMIN E

**What it does:** Protects brain and other cells from free radicals. Also keeps blood vessels widened to prevent blood clots.

**FOODS** almonds, avocados, olive oil, shrimp, spinach, sunflower seeds

**Daily requirement:** 15 mg for adults

### 10. OMEGA-3 FATTY ACIDS

**What they do:** Form healthy brain and nerve cells; also involved in endocrine and immune systems.

**FOODS** avocados, beans (legumes), Brussels sprouts, canola oil, chia seeds, salmon, walnuts

**Daily requirement:** men 1.6 g, women 1.1 g

Sources: [lpi.oregonstate.edu/mic/health-disease/cognitive-function/myfooddata.com/articles/thiamin-b1-foods.php](http://lpi.oregonstate.edu/mic/health-disease/cognitive-function/myfooddata.com/articles/thiamin-b1-foods.php)  
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[ods.od.nih.gov/factsheets/Omega3FattyAcids-Consumer/](http://ods.od.nih.gov/factsheets/Omega3FattyAcids-Consumer/)  
[https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/](http://https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/)

**F**oods rich in antioxidant vitamins, B vitamins, minerals and healthy fats affect brain blood flow and cell structure, which increases the ability to reason, learn, and memorize. The brain relies heavily on glucose for its energy. To metabolize glucose, the brain requires several forms of vitamin B. It also relies on amino acids and vitamin C for proper function of neurotransmitters—chemicals, released from nerve cells, that transmit electrical impulses to other nerve cells or to muscle cells. Many foods contain brain nutrition—it's easy to incorporate them into your diet.

**2%**  
OF BODY  
WEIGHT IS  
BRAIN, YET  
THE BRAIN  
USES 25%  
OF THE  
BODY'S  
GLUCOSE.

— LINUS PAULING INSTITUTE,  
OREGON STATE UNIVERSITY





**30**  
minutes  
or less

## Tuna Burgers & Cabbage Slaw

**Hands On** 15 minutes  
**Total Time** 25 minutes  
**Serves** 3 (2 half-loaf pita sandwiches each)

- 2 Hy-Vee large eggs, lightly beaten**
- 3 Tbsp. finely chopped green onions**
- 2 Tbsp. chopped Italian parsley**
- 1 tsp. Hy-Vee lemon-pepper seasoning**
- 1 tsp. Hy-Vee Dijon mustard**
- ½ cup whole wheat panko bread crumbs**
- 2 (5-oz.) cans Hy-Vee chunk light tuna in water, drained and flaked**
- 2 Tbsp. Hy-Vee canola oil**
- 1 cup finely shredded red cabbage**
- ½ cup shredded carrot**
- 3 Tbsp. Hy-Vee poppyseed salad dressing**
- 6 half-loaf whole wheat pita breads**
- 3 butter lettuce leaves, halved**
- 1 small Granny Smith apple, cored and thinly sliced**

**1. COMBINE** eggs, green onions, parsley, lemon-pepper seasoning and Dijon mustard in a bowl. Stir in panko. Add tuna, using a fork to combine. Form mixture into three 3½-in. round patties.

**2. HEAT** oil over medium heat in a large nonstick skillet. Add tuna patties. Cook 6 to 8 minutes, or until lightly golden and cooked through (160°F), turning halfway through. Drain on paper towels.

**3. MEANWHILE,** combine cabbage, carrot and salad dressing. To serve, halve each burger; serve in pitas with lettuce, sliced apple and cabbage slaw.

**Per serving:** 500 calories, 18 g fat, 2.5 g saturated fat, 0 g trans fat, 175 mg cholesterol, 840 mg sodium, 54 g carbohydrates, 5 g fiber, 13 g sugar (0 g added sugar), 31 g protein. **Daily Values:** Vitamin D 6%, Calcium 8%, Iron 15%, Potassium 8%

### FOCUS GROUP

Brain-health nutrients represented in this sandwich: vitamins B1, B2, B12 and folate, plus vitamins A and C and omega-3 fatty acids.



## 1. Pressure Cooker Maple Oats

Stir together 1¼ cups water, 1 cup Hy-Vee steel-cut oats, 1 cup Hy-Vee unsweetened original almond milk, ¼ cup Hy-Vee Select 100% pure maple syrup and 1 tsp. Hy-Vee ground cinnamon in a pressure cooker. Lock lid; cook on HIGH 10 minutes. Release pressure naturally for 10 minutes. Carefully release the valve, then remove the lid. Stir oats mixture. Serve with additional almond milk and desired toppings (chopped mango, sliced banana, toasted coconut chips, sliced toasted almonds, vanilla nonfat Greek yogurt, fresh berries and/or chia seeds). Serves 6 (½ cup each).

## 2. Sweet Potato Waffles

Using 2 cups Hy-Vee original all-purpose baking mix, prepare waffles according to pkg. directions, except stir in 1 cup cooked, mashed sweet potato, 2 Tbsp. packed Hy-Vee brown sugar, ¼ tsp. Hy-Vee ground cinnamon and ½ tsp. Hy-Vee ground nutmeg. Serve with Hy-Vee Select 100% pure maple syrup and toasted Hy-Vee pecans. Serves 10 (1 waffle each).

## 3. Avocado Hummus

Place 2 seeded and peeled avocados, 1 (15-oz.) can drained Hy-Vee garbanzo beans, 3 Tbsp. fresh lime juice, 2 Tbsp. chopped cilantro, 2 Tbsp. tahini, ½ tsp. Hy-Vee garlic salt and ½ tsp. Hy-Vee ground cumin in a food processor. Cover and process until smooth. Add enough water to reach desired consistency. Serve with whole wheat pita chips or fresh vegetables. Serves 16 (2 Tbsp. each).

## 4. Broccoli Tots

Process 2½ cups steamed broccoli, ½ cup Hy-Vee shredded Parmesan cheese, ½ cup Hy-Vee whole wheat bread crumbs, ½ tsp. Hy-Vee Italian seasoning, 2 Hy-Vee large eggs and ¼ tsp. Hy-Vee salt until finely chopped. Form into 1½-in. cylinder shapes. Place on parchment-lined baking sheet. Spray with Hy-Vee nonstick cooking spray. Bake at 350°F 18 to 20 minutes or until golden, turning halfway through. Serves 6 (3 each).

## 5. Chocolate Berry-Nut Bark

Chop 3 (3.5-oz.) bars Zöet extra-dark chocolate (70% cacao). Microwave on HIGH at 30-second intervals until melted, stirring each time. Spread on parchment-lined baking sheet to a 14×9-in. rectangle. Sprinkle with ¼ cup raspberries, ¼ cup blueberries, ½ cup toasted Hy-Vee slivered almonds, 2 Tbsp. chopped shelled pistachios and 1 tsp. Hy-Vee Full Circle chia seeds. Let stand 1 hour or until firm. Break into pieces to serve. Serves 10.



### pro tip: FISH FOR FOCUS

“Oily fish like salmon falls into the ultimate brain food category. It also plays an important role in fending off inflammation in the eyes. Find delicious salmon recipes on [hy-vee.com](http://hy-vee.com).”

—Ashton Ibarra, RD, LD  
Hy-Vee Dietitian

**5** more recipe ideas  
FOOD FOR THOUGHT: DELICIOUS COMBOS ARE QUICK, EASY AND GOOD FOR THE BRAIN.





The leading  
low carb lifestyle™

KETO  
FRIENDLY\*



\*Product designed to be used with the Atkins ketogenic programs.





Cancer disrupts normal cell function by causing new cells to continuously multiply and crowd out normal cells. These cells can then spread throughout the body, infiltrating, damaging or destroying body tissue. While you can't prevent cancer completely, there are actions you can take that may reduce your risk.

## 1 WEAR SUNSCREEN

Ultraviolet (UV) rays from the sun damage skin cells and increase the risk for skin cancer. Sunscreen absorbs or reflects UV rays to protect skin from the harmful effects. Apply sunscreen with an SPF of at least 15 before going outdoors.

Sources: [cdc.gov/cancer/](https://www.cdc.gov/cancer/)  
[cancer.org/](https://www.cancer.org/)  
[skincancer.org/](https://www.cancer.gov/skincancer.org/)  
[jamanetwork.com/journals/jamainternalmedicine/fullarticle/2521826](https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2521826)

## 2 DON'T USE TOBACCO

Tobacco use is the leading preventable cause of cancer and cancer deaths. Forty percent of all cancer diagnoses in America are related to tobacco use and nearly 90 percent of all lung cancer deaths are caused by cigarette smoke.

**\*\***  
HY-VEE'S QUIT FOR GOOD PROGRAM IS A SIX-SESSION GROUP CLASS LED BY A HY-VEE PHARMACIST THAT MAY HELP YOU OR A LOVED ONE BREAK THE HOLD OF TOBACCO ADDICTION. GO TO [HY-VEE.COM/MY-PHARMACY/SERVICES/QUIT-FOR-GOOD](https://www.hy-vee.com/my-pharmacy/services/quit-for-good) FOR MORE INFO.

**HyVee**  
**QUIT FOR GOOD**  
SMOKING CESSATION PROGRAM

## 3 EAT HEALTHFULLY

According to the American Cancer Society, some evidence suggests that eating a varied diet of vegetables, fruits, whole grains, fish and poultry might lower risks of certain cancers. Conversely, diets higher in processed and red meat may be linked with higher risk of developing certain cancers.

## 4 DRINK IN MODERATION (OR NOT AT ALL)

Men should have no more than two drinks per day, women one. High alcohol consumption damages cells and organs (like the liver), restricts nutrient absorption and adds calories. Alcohol has been linked to at least seven forms of cancer.

## 5

## GET SCREENED

Screening tests help detect some cancers before symptoms occur. They aren't effective for all types of cancer but may catch early signs of breast, cervical or colon cancer, as well as lung cancer in those with a history of smoking.

## 6 MAINTAIN A HEALTHY WEIGHT

Carrying excess weight for your frame size can cause unnecessary stress on the body. Some studies show that overweight or obese status doubles the risk of multiple types of cancer, including liver, kidney, endometrial and esophageal adenocarcinoma.

**begin**™

**\*\***  
HY-VEE BEGIN IS A HEALTHY LIFESTYLE PROGRAM THAT EMPHASIZES EATING FOR GOOD HEALTH, WEIGHT LOSS AND BEING PHYSICALLY ACTIVE. CHECK OUT [HY-VEE.COM/HEALTH/BEGIN-PROGRAM](https://www.hy-vee.com/health/begin-program) FOR MORE INFORMATION.

## 7 AVOID SECONDHAND SMOKE

Tobacco can cause lung cancer in people who have never smoked. According to the Centers for Disease Control and Prevention (CDC), secondhand smoke causes more than 7,300 lung cancer deaths among U.S. nonsmokers each year.

## 8 HPV VACCINATION

Human papillomavirus (HPV) is a common sexually transmitted disease that may lead to cancer. According to the CDC, about 14 million people become infected with HPV each year, and nearly 35,000 people in the U.S. suffer from a cancer caused by HPV. It's recommended that children and adults ages 9 to 26 receive the vaccine.



## 9 EXERCISE

A 2016 study published in *JAMA Internal Medicine* found that leisure-time physical activity reduced the risks of 13 types of cancer, including breast, colon and kidney. Adults should get at least 150 minutes of moderate-intensity exercise per week.

## 10 AVOID ENVIRONMENTAL TOXINS

Tobacco smoke and UV rays are two examples of environmental toxins, but there are many more, including asbestos and radon. If you're concerned about exposure, have your home checked for certain toxins and make sure your workplace is up to code.





# STRESS MANAGEMENT

Stress can cause strain—physically on the body and emotionally on the spirit. Learn about the effects of stress, as well as strategies to help you manage it more effectively.

## EMOTIONAL EFFECTS: WHEN TO SEEK HELP

Life can be stressful, even overwhelming at times. While there are strategies to deal with stress (see *page 104*), it is important to get professional help if you experience emotional behaviors such as:

- a marked decline in your work or school performance
- excessive anxiety or irrational fears
- self-destructive behavior
- misuse of alcohol or drugs
- suicidal thoughts or an urge to hurt others
- significant changes in sleeping habits
- sustained period of withdrawal or detachment
- inability to cope with the responsibilities of daily life
- preoccupation with food; weight or body shape; intense fear of weight gain

## ACUTE VS. CHRONIC STRESS

### Acute

Short-term stress is often circumstantial, such as dealing with a traffic jam, getting a speeding ticket or having an argument. Blood pressure, heart and breathing rate, and muscle tension all increase, but the body adjusts and these markers soon return to normal in healthy people. Severe acute stress, however, can cause mental health problems such as post-traumatic stress disorder or serious physical health issues such as heart attack.

### Chronic

Long-term stress is persistent and can be caused by frequent illnesses, major life changes, problems at work or with relationships. It can cause headaches, insomnia, skin problems, anxiety and depression and digestive or eating disorders. Also, chronic stress can suppress the immune system and increase the risk of heart disease.

“Exercise can counter chronic stress by reducing levels of adrenaline and cortisol, so it can improve the quality of sleep and help manage the stressors of chronic conditions like heart disease.”

—DAIRA DRIFTMIER, DIRECTOR, HY-VEE KIDSFIT & FITNESS

## STRESS AND THE BODY

Acute stress can have a positive as well as negative effect on the body. It causes an adrenaline rush, the fight-or-flight response that directs focus and lets the body react quickly. Chronic stress—as well as excessive amounts of acute stress—is damaging to the body. Consistently elevated blood pressure and levels of stress hormones increase risks of hypertension, heart attack or stroke. Tense muscles over time can trigger disorders such as tension headaches and lower back pain. Chronic stress might also impair communication between the brain and endocrine system, leading to immune disorders as well as chronic fatigue, depression and metabolic disorders such as diabetes and obesity.

## 14 SYMPTOMS OF STRESS

### 1. DIGESTIVE

**ISSUES** such as diarrhea, constipation or gastrointestinal pain

### 2. FORGETFULNESS

caused by a lack of concentration

### 3. SKIN PROBLEMS

such as hives, rashes or aggravated skin conditions such as psoriasis, rosacea and eczema

### 4. TENSION

**HEADACHES** with dull, aching head pain and tightness around skull

### 5. JAW PAIN

caused by teeth grinding

### 6. SEXUAL

**PROBLEMS** including a lower libido caused by excess production of cortisol

### 7. NECK PAIN,

back pain and muscle spasms

### 8. HEART

**PALPITATIONS** such as a racing or pounding heart or skipping a beat

### 9. SLEEP TROUBLES

such as insomnia or sleeping too much

### 10. WEIGHT LOSS OR WEIGHT GAIN

caused by skipping meals, overeating or indulging in calorie-laden comfort foods

### 11. FREQUENT INFECTIONS, COLDS AND COLD SORES

### 12. COLD AND SWEATY PALMS

### 13. FATIGUE OR EXHAUSTION

### 14. INCREASED ANGER OR FRUSTRATION



# 10 WAYS TO MANAGE STRESS

## 1. EXERCISE

Physical exercise impacts the nervous system in ways that reduce stress. Boost your mood with just 30 minutes of walking per day. Adding yoga and tai chi to daily activities relaxes the body and mind at the same time.

## 2. EAT HEALTHFULLY

A healthful diet can strengthen the immune system, stabilize mood and reduce blood pressure. A stress-reducing diet includes complex carbohydrates and foods rich in vitamin C, magnesium and omega-3 fatty acids.

## 3. SEEK SOCIAL SUPPORT

Studies show social support is essential for maintaining mental health. It enhances resilience to stress and decreases the effects of post-traumatic stress disorder (PTSD).

## 5. GET MORE SLEEP

Sleep and stress are closely connected. Not getting enough sleep can lead to irritability and stress. Conversely, stress increases agitation and arousal, making it harder to sleep. Ensuring adequate sleep will improve mood and well-being.

## 4. JOURNAL

Journaling can reduce stress by serving as an escape or emotional release. By focusing on thoughts and emotions in the present, one can clear the mind and gain clarity, thus reducing stress.

## 6. WORK ON TIME MANAGEMENT

Effective time management alleviates stress. This involves working on three categories: prioritizing tasks (urgent vs. important vs. not important); overcoming procrastination (putting off a task adds to stress); and managing commitments (having too many or too few both impact stress).

## 7. MEDITATE

Meditation is commonly used for stress relief. Focusing the mind can produce a deep state of relaxation and tranquility, leading to both physical and emotional well-being.

## 8. SIP AND SAVOR

Some herbal teas have a calming effect on the body, reducing stress and anxiety. These include chamomile, mint, passionflower, valerian root and barley tea. At the same time, savor a morsel or two of dark chocolate, which has been shown to soothe anxiety and may even relieve stress at the molecular level.

## 9. MAKE TIME FOR HOBBIES

Pursuing favorite activities can dispel anxiety. Make time for hobbies such as reading, gardening, crafting, woodworking, hiking, biking or walking the dog.

## 10. STAY POSITIVE

Researchers say positive thinking may boost psychological well-being and foster better coping skills during stressful times. So, take a cue from the classic song and "accentuate the positive, eliminate the negative and latch on to the affirmative."

# CRISPY & FLUFFY



Would you  
**L'Eggo**  
your  
**Eggo?**

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# WORKING OUT

# at home

**EXERCISE ON YOUR OWN TERMS—NO WAITING IN LINE FOR WEIGHTS, CHANGING IN CRAMPED LOCKER ROOMS OR WORRYING ABOUT UNSANITARY EQUIPMENT.**

**HOME BODY**  
START YOUR AT-HOME FITNESS ROUTINE WITH A MUSCLE-BURNING WORKOUT, PAGE 108.

**At-home workouts are free, effective and offer unmatched convenience.**

Tailor your schedule around workouts without worrying about time or money. There may not be a fully stocked weight room at your disposal, but less equipment does not mean a less effective workout—you can work almost every muscle with just body weight and a pair of dumbbells or handweights. Daira Driftmier, certified personal trainer and director of Hy-Vee KidsFit and Hy-Vee Fitness, says there are also mental and social benefits to working out at home. “Exercising at home eliminates comparison to others, which can help your mental and physical health,” Driftmier says. “It also gives you the opportunity to build relationships with roommates, significant others or children at home.”

**“TAKING TIME TO EXERCISE AT HOME BUILDS SKILLS THAT TRANSLATE INTO OTHER AREAS OF LIFE, ESPECIALLY SELF-DISCIPLINE, SELF-MOTIVATION AND CONSISTENCY.”**

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

## Benefits of exercise

A CONSISTENT EXERCISE ROUTINE PROMOTES ALL-AROUND FITNESS SO YOU LOOK AND FEEL YOUR BEST.



### HEART

Physical activity might deter conditions that lead to cardiovascular disease. Through exercise, muscles are able to draw more oxygen from flowing blood, reducing the amount of work placed on the heart. Exercise also lowers blood pressure, stress and inflammation, which are key contributors to heart disease.



### MUSCLE

Strength training is a form of exercise that requires the body to work against resistance from dumbbells, barbells, resistance bands or body weight. Strength training develops muscle size and strength, builds strong bones and improves metabolism for a slight increase in calories burned while at rest.



### MENTAL

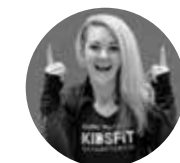
Researchers in a recent study published in the *Journal of Alzheimer's Disease* found that those who performed aerobic exercise for a year improved their memory by 47 percent. Brain imaging scans at the end of the study revealed increased blood flow to two regions of the brain that are important for memory function.



### EMOTIONAL

Exercise causes the body to release certain chemicals in the brain that encourage relaxation and improved mood. Regular exercise may also lower symptoms linked to mild depression and anxiety, such as poor sleep quality.

## pro tip: SET THE EXAMPLE



“When I exercise at home, I love that my kids see me and sometimes join in. I want them to take responsibility for their actions and their body so they can make good decisions and lead a healthy, happy life.”

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

## MAXIMIZE THE WORKOUT

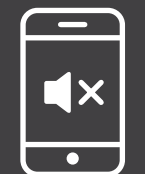
FOLLOW THESE SIMPLE TIPS TO MAKE THE MOST OF AT-HOME EXERCISE.



**1 Find a space** that's easily accessible and free from objects that block your movements.



**2 Establish a schedule** and stick to it. Whenever is convenient—it could be before or after work, or during your lunch break.



**3 Limit distractions.** Turn off your phone or place the ringer on silent. Make sure your focus is solely on the workout.



**4 Set up ahead of time.** Lay out exercise clothes the night before or morning of a workout. Store equipment close by so you can start immediately.



# 9

## MOVES FOR A FULL-BODY WORKOUT



### 1 GOBLET SQUATS

Feet shoulder-width apart, hold one weighted end of dumbbell, using underhand grip, close to body. Squat until thighs are parallel to floor. Pause, then push off heels and glutes to full starting position.



### 2 KNEE PUSH-UPS

Begin in a plank position, knees on floor, hands shoulder-width apart and directly beneath shoulders. Lower chest toward floor, then push back to starting position.



THE SINGLE-LEG GLUTE BRIDGE, *BELOW*, WORKS MORE MUSCLES THAN THE NAME SUGGESTS. IT ALSO STRENGTHENS HAMSTRINGS AND LOWER BACK MUSCLES.



### 6 HAMMER CURL

Hold a dumbbell in each hand, arms at sides, palms toward thighs. Keeping upper arms stationary and palms toward body, curl weights up toward shoulders. Pause, lower and repeat.



### 7 OVERHEAD TRICEP EXTENSION

Stand with feet hip-width apart, holding the weighted end of a dumbbell in both hands above your head. With weight resting on palms, lower weight behind head until forearms and arms form a 90-degree angle. Raise weight back overhead.



### 8 HIGH PLANK KNEE TO OPPOSITE ELBOW

From high plank, hands at shoulder-width and directly under shoulders, bend one knee toward opposite elbow. Complete reps, return to starting position, then alternate legs.



### 3 STEP-UPS W/ DUMBBELLS

Hold a dumbbell in each hand and stand in front of an elevated surface (plyo box, stair, chair, etc.). Step onto surface with one foot, weights alongside body, and lift opposite foot to high knee. Lower high knee, step down, then alternate legs.



### 4 REVERSE FLY

Holding a dumbbell in each hand, step feet to hip-width. Bend knees slightly, hinge forward at hips, arms fully extended and palms toward body. Raise both arms out to sides while squeezing shoulder blades together. Lower weights toward floor, then repeat.



### 5 REVERSE LUNGE TO SINGLE-ARM PRESS

Grip a dumbbell just above right shoulder, feet at hip-width. Step back with right foot and bend at left knee until a is parallel to floor. Press weight overhead. Push through left foot and return to standing. Lower weight. Perform set of reps, then alternate sides.

### 9 SINGLE-LEG GLUTE BRIDGE

Lie on back, knees bent and feet on floor, arms alongside body and palms on floor. Fully extend one leg. With control, lift hips, forming a straight line from shoulders to extended leg. Lower hips and alternate legs.



**PERFORM EACH MOVE FOR 3 SETS OF 8 TO 10 REPS, WITH 60 SECONDS OF REST BETWEEN SETS. DURING REST PERIODS, STAY IN THE WORKOUT SPACE TO MAINTAIN FOCUS AND AVOID DISTRACTIONS AROUND YOUR HOME.**



# PLANTERS

POP!

- ✓ Pop
- ✓ Pour
- ✓ Eat
- ✓ Repeat

Also available in:

SALTED  
CASHEWS

DRY ROASTED  
ALMONDS



  
**Cracker Barrel**

**Rich cheddar. Smooth spread.**

*Cheese Wisely*



## health chart

### VITAMINS & MINERALS

These vital nutrients help organs function, provide energy, fend off illness and promote health.



**BOTTLED UP**  
Multivitamins are supplements containing all or most of the vitamins and minerals found in food in levels close to each nutrient's recommended amount. Most people consume adequate amounts of nutrients through diet, but those who are deficient in one or more areas may benefit from multivitamins.

#### Vitamins



##### VITAMIN A

Supports vision, cell growth, teeth, skin, soft tissue and immune health. **Sources:** Cantaloupe, spinach, sweet potato.



##### B VITAMINS

Eight B vitamins help metabolize food and keep skin, eyes and nervous system healthy. **Sources:** Eggs, leafy greens, poultry.



##### VITAMIN C

Protects cells and manages infection and wound healing. Helps produce collagen to support muscle tissue, bones and more. **Sources:** Oranges, red pepper, strawberries.



##### VITAMIN D

Aids bone and muscle health. Boosts immune system. The body produces vitamin D when skin comes in contact with sunlight. **Sources:** Sunlight, salmon, tuna.



##### VITAMIN E

Defends red blood cells. Assists in immune health, DNA repair and metabolic processes. **Sources:** Asparagus, avocado, nuts.



##### VITAMIN K

Helps create proteins necessary for blood clotting and bone growth. **Sources:** Blueberries, cashews, kale.

#### Minerals



##### CALCIUM

Stored in bones and teeth to maintain strength. Aids muscle, vessel and nervous system function. **Sources:** Dairy, leafy greens, tofu.



##### CHLORIDE

Maintains balance of fluids. Essential component of digestive fluids. **Sources:** Celery, table salt, tomatoes.



##### IRON

Critical for red blood cell formation, wound healing, immune function and energy production. Many Americans lack enough iron in their diets. **Sources:** Beef, lentils, spinach.



##### MAGNESIUM

Regulates muscle, nerves, blood sugar levels and blood pressure. **Sources:** Almonds, avocados, brown rice.



##### PHOSPHORUS

Assists bone formation, hormone activation and energy production. **Sources:** Cashews, chicken, plain yogurt.



##### POTASSIUM

Necessary for healthy cells, nerves and muscles. **Sources:** Carrots, collards, grapes.



##### SODIUM

Promotes nerve and muscle health. Helps maintain balance of water and minerals. Consume less than 2,300 mg per day. **Sources:** Cheese, chicken, eggs.

##### TRACE MINERALS

Humans need these minerals in small amounts:

**Chromium**  
**Copper**  
**Fluoride**  
**Iodine**  
**Manganese**  
**Molybdenum**  
**Selenium**  
**Zinc**

Sources: [hsph.harvard.edu/nutritionsource/salt-and-sodium/](https://hsph.harvard.edu/nutritionsource/salt-and-sodium/)  
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# Try BREADLESS EGG'WICH



2 REAL  
EGG  
Frittatas

14g of  
PROTEIN  
PER SANDWICH

With  
TURKEY SAUSAGE  
and CHEESE



Jimmy Dean Delights,  
Egg'wich, Frittatas  
or Wraps  
select varieties  
12 to 22.8 oz.  
6.28



LEARN MORE AT JIMMYDEAN.COM

## dietitian Q&A

### SUGAR SUBSTITUTES

Thinking of ditching sugar? You've got plenty of options. Get the lowdown on these sweeteners.



Elisa Sloss, RD, LD  
Vice President,  
HealthMarket

**Q: Why is eating too much sugar bad for health?**

**A:** Eating too much sugar can cause weight gain, tooth

decay and heart disease, among other ailments. According to the American Heart Association, U.S. adults consume an average of 77 grams of sugar per day—far higher than the recommended 25 grams for women, 36 grams for men. Just one teaspoon of sugar, which is about 4 grams, contains nearly 16 calories.

**Q: What are artificial sweeteners?**

**A:** They are a sugar substitute offering a taste similar to sugar but with almost no calories. They are either synthetic or derived from natural substances like herbs and even sugar itself. When you see a “diet” or “sugar free” label, it usually means the product was made with artificial sweeteners.

**Q: What are the benefits?**

**A:** Unlike sugar, artificial sweeteners do not contribute to tooth decay or cavities. Artificial sweeteners are almost devoid of calories as they are not entirely absorbed by the digestive system.

**Q: Are artificial sweeteners safe?**

**A:** Artificial sweeteners are regulated by the Food and Drug Administration as food additives and are regarded as generally safe in limited quantities. With the high consumer demand for sweet alternatives, the study of artificial sweeteners and their effect on our body continues to be a highly researched topic. You can trust that food and beverage manufacturers will stay up to date on scientific development related to each sweetener.

**Q: Are there other types of sugar substitutes?**

**A:** Sugar alcohols are naturally occurring carbohydrates widely used in items like chocolate, gum and even toothpaste. Stevia, another popular sugar substitute, is a plant-derived sweetener that is 30 times sweeter than sugar but has zero calories and no effect on blood sugar.

77

GRAMS OF SUGAR  
ARE CONSUMED ON  
AVERAGE BY U.S.  
ADULTS PER DAY  
(25–36 GRAMS IS  
RECOMMENDED)




—AMERICAN HEART ASSOCIATION.

Sources: [mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/artificial-sweeteners/art-20046936](https://mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/artificial-sweeteners/art-20046936)  
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# SWEETENER GUIDE

TAKE NOTE OF THE POPULAR SWEETENERS AT HY-VEE.  
HERE'S WHAT THEY'RE MADE OF AND HOW TO USE THEM.

BRAND	WHAT'S IN IT	BEST USES
 WHOLESOME ALLULOSE	Allulose, the single ingredient in this sweetener, is a natural sugar from figs, raisins, kiwi and other fruits. It's gluten free, vegan and has no impact on blood sugar.	Dissolves quickly when stirred into coffee, tea, smoothies or cereal with milk. It can also be used for baked treats like cakes, muffins or brownies.
 TRUVIA	Truvia products include regular sweeteners, brown sugar blends, cane sugar blends and more. Most contain stevia leaf extract and erythritol.	Add calorie-free Truvia Natural Sweetener to coffee, tea, smoothies, cereal, oatmeal, baked goods and desserts. For a powdered sugar substitute, try Truvia Confectioners Sweetener.
 LAKANTO MONKFRUIT	Made with erythritol and monk fruit extract. Monk fruit is a type of fruit native to some Asian countries, and it's been used in Eastern medicine for centuries.	Has a sweetness similar to sugar and can be used as a cup-for-cup replacement in recipes. Pairs perfectly with liquids and desserts without adding calories or net carbs.
 SWERVE	Main ingredients include erythritol and oligosaccharides, a type of carbohydrate from fruits and root vegetables that may help nourish gut bacteria.	Swerve measures the same as sugar, so you can replace exact amounts of sugar with Swerve in recipes. It also browns and caramelizes like sugar without impacting blood sugar or insulin.
 SOLA	Made with monk fruit and stevia leaf extract, as well as sugar alcohols like erythritol and maltitol. Contains 75 percent fewer calories than sugar.	Sola sweetener bakes and browns like real sugar but may not be suitable for crisp meringues.
 PYURE	Stevia leaves undergo a process similar to steeping tea. The result is a stevia leaf extract that's much sweeter than sugar but with little to no calories.	Nearly two dozen Pyure sweeteners are available, including granulated and liquid sweeteners, as well as jams, syrups, spreads and a confectioner blend, so this sweetener works in most recipes.

## TIPS TO REDUCE SUGAR

STRUGGLING WITH SUGAR? THESE EASY SUGGESTIONS CAN MAKE A DENT IN YOUR DAILY CONSUMPTION.

### EAT WHOLE FRUIT

Fruit juices are generally high in sugar and low in nutritional value. Whole fruit does contain sugar but also necessary nutrients like vitamins, minerals and fiber.

### REPLACE SODA

A 12-ounce can of soda contains about 32 grams of added sugar, which is more than the recommended amount for women. Pick plain or carbonated water for a hydrating beverage that is free of calories and sugar.

### READ LABELS

Many foods have added sugar, even those you wouldn't suspect, like salad dressing, spaghetti sauce and condiments. Read the labels of food before purchasing to ensure you're not falling into a sugar trap.

### USE LESS

If you like to add sugar to your coffee, cereal or oatmeal, consider using less sugar than you normally do. This will help reduce the amount of sugar you consume over time and may help curb cravings.

## Natural Sweeteners

Honey, fruit juices, molasses and maple syrup are considered natural sweeteners and are recognized as generally safe by the FDA. They may offer slightly more nutrients than sugar, but are higher in calories when compared to other sugar substitutes and should be used sparingly. Stick to 1-2 teaspoons a day.

A NATURAL SWEETENER, RAW HONEY CONTAINS VITAMINS C AND E, ANTIOXIDANTS AND PREBIOTICS THAT NOURISH GOOD GUT BACTERIA.

# FIERY FLAVORS THAT DON'T HOLD BACK





# HY-VEE PHARMACY FLU SHOT

Add a layer of defense against influenza by receiving a flu shot from Hy-Vee. The process is hassle-free and effective.



Hy-Vee®

## Save Time, Save Your Health

Flu shots are available at the Hy-Vee Pharmacy on a walk-in basis—no prescription necessary.\* Stop by the pharmacy during regular business hours and ask to receive a flu shot. It may take as little as 15–20 minutes, and afterward the Hy-Vee pharmacist will send the bill directly to your insurance provider.


Children younger than two, pregnant women, adults 65 or older and those with underlying conditions are at greater risk for flu-related complications, according to the Centers for Disease Control and Prevention (CDC). If you don't fall into those categories, the CDC still recommends that everyone 6 months and older receive an annual flu shot, which protects a parent, grandparent or other loved ones from serious illness.

### ENHANCED SAFETY PROTOCOLS

Throughout the COVID-19 pandemic, Hy-Vee continues to follow CDC guidelines for safety and precautions.

Our stores, including our pharmacy areas, maintain enhanced cleaning regimens, social distancing protocols and Plexiglas shields at registers and customer service counters. Below are key measures Hy-Vee has implemented to provide for the safe administration of immunizations for our patients and pharmacy team members:

- All Hy-Vee pharmacy team members are required to wear face masks at all times, including while administering immunizations.
- Any patient with COVID-19-like symptoms or who has had prolonged exposure to a positive case should wait the appropriate amount of time prior to receiving their vaccine for the health and safety of our patients and team members.
- Patients receiving a vaccination will need to wear a face covering.



**CALL OR VISIT YOUR  
HY-VEE PHARMACY TO  
ASK ABOUT FLU SHOT  
PRICES AND OTHER  
AVAILABLE VACCINES.**



## **DRIVE- THRU FLU SHOT CLINICS**

For added convenience and safety, Hy-Vee is offering drive-thru flu shot clinics from August 17 through October 31:

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



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



# GET A FLU SHOT GET



**NO APPOINTMENT NECESSARY.  
PLEASE WEAR A MASK WHEN RECEIVING YOUR FLU SHOT.**

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

**HyVee**

## GET THE GOODS

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

### fridge & freezer



Fat Rabbit  
Frozen Meals  
select varieties  
11 oz.  
**3.99**



Jimmy Dean  
Breakfast Bowl  
select varieties  
7 or 8 oz.  
**2/6.00**



Sugardale Ham Steaks  
or Ham Roast  
select varieties  
**3.99 lb.**



Birds Eye Restaurant  
Vegetables  
select varieties  
12 to 13.5 oz.  
**3.99**



Jimmy Dean  
Bacon or Fully  
Cooked Bacon  
select varieties  
2.2 to 12 oz.  
**3.99**



Smucker's Uncrustables  
select varieties  
3 ct.  
**3.99**



Sugardale Uncured  
Dry Sausage Snacks  
select varieties  
8 oz.  
**2.88**



NEW! Life Cuisine  
select varieties  
6.8 to 11 oz.  
**2/7.00**



Stouffer's Multi Serve  
Small Family-Size  
Entrées  
select varieties  
30 to 40 oz.  
**7.99**



Sugardale Simple  
Carve Ham  
select varieties  
**3.99 lb.**



Parmigiano  
Reggiano  
**14.99 lb.**



Sugardale Hot Dogs  
**3/5.00**



Tyson Meal Kits  
select varieties  
18 to 30.4 oz.  
**8.99**



Hillshire Farm  
Lunchmeat  
select varieties  
22 oz.  
**7.49**



Skinny Cow  
Ice Cream Snacks  
select varieties  
4 to 8 oz.  
**4.88**





Cracker Barrel  
Sliced Cheese,  
Spreadable Cheese  
and Snacking Bars  
8 oz.  
3.99



Coffee Mate  
select varieties  
16 fl. oz.  
2.29



Pact Gut Instinct  
Probiotic Snack Bites  
1.8 oz.  
2/5.00



Planters Flip Top  
Sunflower Kernels  
5.85 oz.  
1.79



Gone Rogue High  
Protein Chicken Chips  
select varieties  
1 oz.  
2/7.00



Sahale Snacks  
select varieties  
4 oz.  
4.99



Stacy's Cheese Petites  
4 oz.  
3.99



Frito-Lay Red  
Rock Deli  
6.87 to 7 oz.  
3.49



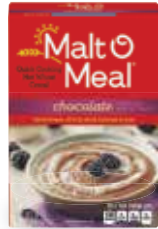
Planters Flip Top  
Almonds or Cashews  
6.5 oz.  
3.99



Mom's Best  
Natural Cereal  
select varieties  
13 to 24 oz.  
2/5.00



Better Oats  
select varieties  
9.5 to 15.17 oz.  
2.99



Malt-O-Meal Hot  
select varieties  
28 or 36 oz.  
3.99



Crisco Oil  
select varieties  
48 oz.  
2/5.00



Smucker's Jams,  
Jellies or Preserves  
select varieties  
9.5 to 20 oz.  
2/5.00



Lindt Bars or Sticks  
select varieties  
1 or 1.3 oz.  
4/5.00



Lindt  
select varieties  
5.1 oz.  
2/8.00



Barbara's  
Cheese Puffs  
select varieties  
5.5 or 7 oz.  
2/6.00



RITZ Toasted Chips  
select varieties  
7.1 to 8.1 oz.  
2.99



Frito-Lay Rold  
Gold Pretzels  
10 to 16 oz.  
2/5.00



Stacy's Pita or  
Bagel Chips  
7 to 7.33 oz.  
2/5.00



Carapelli Olive Oil  
select varieties  
17 fl. oz.  
8.99



Atkins Meal Bars  
or Shakes  
select varieties  
4 or 5 ct.  
7.99



Atkins 30G High Protein  
Ready to Drink  
select varieties  
4 pk.  
7.48



Atkins Ready-to-Drink,  
Snacks or Endulge  
select varieties  
4 to 15 ct. or  
6.53 to 7.05 oz.  
2/12.00



Bertolli Olive Oil  
select varieties  
51 oz.  
14.99



Bertolli Olive Oil  
.5 fl. oz.  
4.99



Folgers K-Cups  
select varieties  
32 ct.  
14.99



Ethical Bean  
Roast and Ground  
select varieties  
8 oz.  
7.99



Starbucks  
Ground Coffee  
9 oz.  
6.98



Dunkin' Canister  
select varieties  
30 oz.  
15.49



Starbucks  
K-Cups  
10 ct.  
7.99



Keurig K-Cups  
select varieties  
10 or 12 ct.  
5.99



Quest Snack Bars  
select varieties  
1.52 oz.  
2/3.00



Quest Cookies  
select varieties  
2.08 oz.  
2/3.00



Quest Bars, Hero Bars  
or Peanut Butter Cups  
select varieties  
1.48 or 2.12 oz.  
1.98



Quest Chips  
select varieties  
1.1 or 1.25 oz.  
2/4.00



Bertolli Olive Oil Spray  
select varieties  
5 oz.  
3.98



Bertolli Olive Oil  
select varieties  
16.9 or 25.5 oz.  
7.99



Hershey's Candy  
select varieties  
31.5 to 36.44 oz.  
9.98



Coke Energy  
12 fl. oz.  
Buy 1,  
Get 1 free



Bai, Neuro, Evian,  
Hy-Drive or  
Xyience Energy  
select varieties  
14.5 to 33.81 fl. oz.  
1.67



A-Shoc Energy  
select varieties  
16 fl. oz.  
2/4.00



Pepsi  
2 l.  
1.99



Pepsi  
6 pk. 16.9 fl. oz.  
bottles  
3.99



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 of race, color, national origin, age, disability, or sex.

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

If you need these services, contact your local pharmacist. If you believe that Hy-Vee has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Hy-Vee Civil Rights Coordinator, Attn: Legal Dept., 5820 Westown Parkway, West Des Moines, IA 50266, 515-267-2800, Fax 515-327-2162, [legalnotices@hy-vee.com](mailto:legalnotices@hy-vee.com). You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Hy-Vee Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave. SW, Room 509F, HHH Building, Washington DC 20201, 800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

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recipe index

TABLE TALK

- Slow-Cooker Pot Roast *p. 11*  
**V** **20** Easy Garlic Bread *p. 11*  
Monday Mixed-Up Pasta Casserole *p. 12*  
**V** **10** Quick Italian Salad *p. 12*  
**30** Honey-Cashew Chicken Stir-Fry *p. 15*  
**GF** Microwave Rice *p. 15*

20 IDEAS FOR #HOMEGATING

- Slow-Cooker Chili Con Queso *p. 23*  
Slow-Cooker Baked Potatoes *p. 23*  
Spicy Ranch Snack Mix *p. 25*

TOTS

- Potato Puff Pizza *p. 29*  
Tot-Burger Bites *p. 30*  
**V** **30** Buffalo Tots *p. 30*  
Tater Puff BLT Sticks *p. 30*  
**V** **GF** Cheesy Tater Puff Loaf *p. 30*  
Totchos Skillet *p. 31*  
Tot-sagna Lasagna *p. 32*  
**V** Cowboy Casseroles *p. 33*  
**V** **20** Potato Veggie Pancakes *p. 33*  
**20** Waffled Tots Grilled Cheese *p. 33*

101: GRAPES

- V** Roasted Grape Crostini *p. 36*

PIECE OF CAKE

- Strawberry Daiquiri Poke Cake *p. 39*  
Lemonade Confetti Cake *p. 39*  
Construction Zone Cake *p. 40*  
**30** Stenciled Cereal Cake *p. 40*  
Unicorn & Rainbows Cake *p. 40*  
**30** Fresh & Fruity Cake *p. 40*  
Flowering Cactus Cake *p. 40*  
**30** In Full Bloom Cake *p. 40*  
Candy Bar Chocolate Cake *p. 41*

PROGRESSIVE DINNER:

MEAL ON THE MOVE

- Cranberry-Orange Spritzers *p. 47*  
**20** Grilled Fruit Flatbreads *p. 47*



Try this Potato Puff Pizza on *p. 29*

- V** Squash Soup & Salad *p. 49*  
Chicken Alfredo Linguine *p. 50*  
Caramel Apple Crumb Bars *p. 51*

HEARTY BREWS

- Cheddar Cheese Ball *p. 56*

JELL-WHOA!

- GF** Jelly-O Candy Melts *p. 61*  
**GF** Raspberry Jelly-O Ice Cream *p. 61*  
**GF** Rainbow Jelly-O Squares *p. 61*  
**GF** **20** Sweet & Sour Jelly-O Grapes *p. 62*  
**GF** Lemon Jelly-O Pinwheels *p. 62*  
**GF** **10** Strawberry Jelly-O Frosting *p. 62*  
Jelly-O-Flavored Sugar Cookies *p. 62*  
Orange Jelly-O Shots *p. 63*

FOODS THAT HELP YOU STAY FOCUSED

- 30** Tuna Burgers & Cabbage Slaw *p. 96*  
**V** **30** Pressure Cooker Maple Oats *p. 97*  
**V** **30** Sweet Potato Waffles *p. 97*  
**GF** **V** **20** Avocado Hummus *p. 97*  
**V** Broccoli Tots *p. 97*  
**GF** Chocolate Berry-Nut Bark *p. 97*

**30** minutes or less  
**20** minutes or less  
**10** minutes or less  
**GF** option  
**V** option

**30 MINUTES OR LESS** **20 MINUTES OR LESS** **10 MINUTES OR LESS** **GLUTEN FREE** **VEGETARIAN DISH**

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**Sugardale Maple Bacon Crispy Bars  
with Maple Glaze**

**Instructions**

1. Line a 9x13-inch pan with parchment paper. Set aside.
2. Melt butter and marshmallows over medium heat. Once melted and smooth, remove from heat and stir in maple syrup and half of the bacon, remove from heat and let cool for a few minutes. Add cereal and stir to combine. Transfer the mixture to the prepared pan and spread to the sides. Sprinkle with remaining bacon.
3. Refrigerate for 2 hours, glaze and serve.

**Glaze**

1. In a small bowl whisk together all the glaze ingredients until smooth.
2. Drizzle over crispy bars. Let sit until glaze is set.

**Ingredients**

- 2 tablespoons butter
  - 10 ounces mini marshmallows
  - 4 tablespoons maple syrup
  - 6 slices cooked and crumbled Bacon divided
  - 6 cups Rice Krispies® cereal
- Glaze**
- 4 tablespoons unsalted butter, melted
  - 1 cup powdered sugar
  - 8 1/2 tablespoons pure maple syrup
  - 1 to 2 tablespoons of milk



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