Seasons

FOOD | LIFE | HEALTH

BACKYARD EATS

Prices good September 1-30, 2020
September 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!
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.
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!

**NEW AT HY-VEE!**

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

**PANTRY**

General Mills Star Wars Cereal

**Dairy**

Chobani Creamers

**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.

**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.

**Craft Delicious...**


**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.

**WINE & SPIRITS**

Quirk Spiked & Sparkling Seltzers

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

KITCHEN TOOLS

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

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

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

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

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

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

OXO KITCHEN SHEARS
Snip herbs, leafy vegetables, even celery without a cutting board.

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

GOOD COOK 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.

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

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

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

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

HELP IS AT HAND
From a versatile mixer to measuring cups and baking trays, Hy-Vee has the utensils you need.
Recipes to score points during your watch party, plus robust beers for fall and new ways to cook an old favorite (tater tots).

10 TABLE TALK
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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; daytime conversation improves kids’ vocabularies. Cooking together also provides benefits—it’s fun, and it makes kids comfortable with food prep as they get older.

Chipotle Slow-Cooker Pot Roast

2 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 with salt and pepper. Cover and keep warm.
6. For serving, slits a few slices of bread and spread butter on one side. Serve with roast and vegetables. Garnish with fresh thyme, if desired.

Per serving: 380 calories, 11 g fat, 0 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%

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

10 Table Talk 07.27.indd   10
7/27/20   10:53 AM
1350x2810 (72dpi) 07.27 Table Talk.indd   1350x2810 (72dpi)
7/27/20   10:53 AM

SIDES + KICKS
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 until edges are toasted. Kids could do the whole recipe. Serves 4.
**Monday Mixed-Up Pasta Casserole**

**Hands On:** 25 minutes  
**Total Time:** 35 minutes plus standing time  
**Serves 8**

- Hy-Vee nonstick cooking spray  
- 1½ cups Gustare Vita fusilli  
- 1½ cups Gustare Vita farfalle  
- 1½ cups Gustare Vita conchiglie  
- Hy-Vee nonstick cooking spray  
- Serves

**Standing time:** 55 minutes plus  
**Total Time:** 25 minutes  
**Hands On:**

1. **PREHEAT** oven to 375°F. Spray a 13x9-inch baking dish with nonstick cooking spray; set aside.

2. **COOK** macaroni (bowtie) in salted boiling water for 11 minutes. Drain; return pasta to pot.


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

5. **BAKE,** covered, for 25 to 30 minutes or until hot. Remove from oven and lightly sprinkle with Parmesan cheese. Let stand for 5 minutes before serving.

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

7. **PLACE YOUR NAPKIN** on your lap if you need to get up temporarily. Put your plate on the table. When finished with the meal, place your napkin to the left of your plate.

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**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 distracts 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 seasoning.

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

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**Side-Kick**

**Quick Italian Salad**

Serves 6–8.

- 1 (8-oz.) pkg. Hy-Vee finely shredded Italian cheese  
- 1 (4-oz.) pkg. turkey mini pepperoni  
- 1½ cups Hy-Vee Short Cuts shredded Italian cheese  
- 1 (1-lb.) tube mild Italian sausage  
- 15% protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 49 g, Carbohydrates 8 g, Fiber 1,040 mg, Sodium 80 mg, Total Fat 23 g, Saturated Fat 0 g, Trans Fat 0 g, Added Sugar 23 g.

**Make family dinners a priority—reap 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.**


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**Facts Behind the Table**

**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.

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

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

**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.

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

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. Stir-fryboneless chicken breast tenders.
2. Stir together broth, honey, soy sauce, 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 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, 1,000 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%

Honey-Cashew Chicken Stir-Fry

HY-VEE SIDES

MICROWAVE RICE

Hand this prep to one of the kids! Mix 2 cups water, 1 cup Hy-Vee long-grain white rice, 1 tsp. Hy-Vee salted butter and 1 tbsp. Hy-Vee salt in a 2-cup microwave-safe bowl. Cover. Microwave on HIGH 5 minutes, then at 50% power 15-20 minutes. Let stand, covered, 5 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
1 cup Hy-Vee honey
1 tsp. Hy-Vee long-grain white rice
½ tsp. minced garlic
¹⁄₃ Tbsp. Hy-Vee less-sodium soy sauce
1 tsp. refrigerated ginger paste
1 tsps. sesame oil
1 tsp. Hy-Vee crushed red pepper
12 oz. Hy-Vee Short Cuts broccoli, cut into bite-size florets
¹⁄₃ cup Hy-Vee Short Cuts tricolor bell peppers
1 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, minced garlic, 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.
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Per serving:
500 calories, 20 g fat, 3 g saturated fat, 0 g trans fat, 85 mg cholesterol, 1,000 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%
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.

**TOPPERS CHECKLIST**

- **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

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

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

- **OTHER**
  - 1/4 cup dried pineapple, artichoke hearts or banana peppers

**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.

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

**BEST-CRUSTS**

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

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

- **Hy-Vee Pizza Crust**
  - Frozen dough. Roll out, 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.

**LETS 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 toppings 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**
  - Provolone + sausage + mushrooms + green peppers + black olives + red onion

- **Italian Sausage**
  - Tomato & basil sauce + Italian sausage + whole-milk Wisconsin mozzarella cheese
DONUT OF THE MONTH

caramel apple cobbler

Get these flavor infused donuts before they are gone!

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

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.

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.

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.

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.

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 grinders, or maybe bratwurst, pork, turkey or salmon burgers. They’re all ready for the grill.

FOOTBALL HEROES EVERYBODY LOVES

THE SUB

THE JOE

THE DOG

THE BRAT

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 grinders, or maybe bratwurst, pork, turkey or salmon burgers. They’re all ready for the grill.
6. TIPS FOR USING A COOLER
Wherever you tailgate, a cooler is a must—to keep beverages cold and food safe.

- Use a food thermometer to ensure temperature stays below 40°F.
- Roll up cooler with ice and cool water a day before use.
- Fill gaps between food and drink with ice cubes.
- Use a food thermometer to ensure temperature stays below 40°F.
- Pre-chill cooler with ice and cool water a day before use.
- Keep the cooler in the shade; do not drain melting ice water.

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

8. SLOW-COOKER CHILI CON QUESO
Cut 1 (14-oz.) can Hy-Vee smooth & cheesy loaf into cubes. Combine cheese cubes, 1 cup Hy-Vee 2% reduced-fat milk, 1 cup fully cooked taco-seasoned ground beef 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. Line potatoes with Chili con Queso and desired toppings. Serves 5.

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, Monterrey 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. 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.
THE GAME DAY GEAR-UP

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

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

WHAT YOU NEED:
- disinfecting wipes
- hand wipes
- napkins
- tableware
- beverage holders
- bottle opener
- matches
- sunscreen
- bandages
- trash bags

17. 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

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, 1 (2.02-oz.) jar Cheddar cheese crips, ¼ cup hy-vie sauce and 1 (8 oz) hy-vie coarsely salted and baked potatoes on a large rimmed baking pan. Combine ½ cup melted Hy-Vee unsalted butter, 1½ Tbsp. Hy-Vee ranch dressing mix, ½ tsp. Hy-Vee Horseradish sauce and ½ tsp. Hy-Vee cayenne pepper. Drizzle over corn 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.

19. 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.

TEAM GEAR AT HY-VEE

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

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

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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!

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
1/2 cup Hy-Vee center-cut fully cooked ham steak, chopped
1/2 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.

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

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 20 Hy-Vee frozen potato puffs and 12 Hy-Vee frozen homestyle meatballs on a parchment-lined baking sheet. Bake at 400°F for 12 minutes, turning halfway through. Top meatballs with 2 Tbsp. Hy-Vee Cheddar Cheese Sauce; cheese. Bake 3 to 4 minutes or until slightly melted. Cool slightly. Roll 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 & barbecue seasoning. Serves 12 (if kabob each).

BUFFALO TOTS
Toss 1 cup Hy-Vee frozen onion 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 1½ cups crumbled blue cheese with 1 Tbsp. Hy-Vee buffalo wing sauce and 1 tsp. course-ground pepper. Spoon onto puffs; sprinkle with chopped feta cheese and Hy-Vee cracked red pepper. Serve with Hy-Vee ranch salad dressing and additional buffalo sauce. Serves 4 to 6.

TATER PUFF 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 according to pkg. directions; cool slightly. Toss puffs with ½ cup Hy-Vee shredded mozzarella cheese, ½ cup Hy-Vee 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 20 minutes or until golden brown. Cool slightly. Toss puffs with ½ cup Hy-Vee shredded mozzarella cheese, ½ cup Hy-Vee 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 20 minutes or until golden brown. Toss 4 cups Hy-Vee frozen potato puffs with 1 Tbsp. Hy-Vee Hickory House Tres Caliente seasoning rub. 12 oz. Hy-Vee cheddar cheese with 10-in. cast-iron skillet. Alternately mound layers of puffs, chicken mixture, cheese sauce, jalapeños and cherry tomatoes. Bake for 10 minutes or until heated through. Top with ½ cup pico de gallo, avocado and cilantro; sprinkle with additional taco seasoning. Serve with additional pico de gallo and hot sauce.

CHEESY TATER PUFF LOAF
Toss together 8 cups Hy-Vee frozen potato puffs with 1½ tsp. that’s Smart! bacon, 1 tsp. taco seasoning mix, 2 Tbsp. onion puffs, according to pkg. directions; cool slightly. Toss puffs with ½ cup Hy-Vee finely shredded Parmesan cheese, ⅓ cup Hy-Vee shredded mozzarella cheese, ½ cup Hy-Vee shredded cheddar cheese, ⅓ cup Hy-Vee shredded Colby cheese, 3 minced garlic cloves and 1 seeded and chopped serrano pepper.* Loosely pack mixture into a lightly greased 9- to 10-inch round greased 10-in. cast-iron skillet. Alternately mound layers of puffs, chicken mixture, cheese sauce, jalapeños and cherry tomatoes. Bake for 10 minutes or until heated through. Top with ½ cup pico de gallo, avocado and cilantro; sprinkle with additional taco seasoning. Serve with additional pico de gallo and hot sauce.

Hot Tots
Watch how a few of these tater tot recipes were made at HSTV.com. ©Hy-Vee 2020

*NOTE: Chile peppers contain volatile oils that can burn skin and eyes. When working with jalapeños, wear protective gloves. Per serving: 550 calories, 13 g protein, 7% carbohydrate, 41 g fat, 15% saturated fat, 26 g carbohydrate, 18 g fiber, 2 g sugar, 11 g added sugar, 91 mg cholesterol, 2,300 mg sodium, 560 mg calcium, 15% iron, 15% potassium, 15% fiber.

BAKE THE BITE-SIZE SPUDS A LITTLE LONGER THAN THE PACKAGE SAYS. THEN, WHEN YOU LOAD THEM WITH TOPPERS, THEY’LL STAY EXTRA CRISPY!
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 puff s 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, 11 g (99% DV) cholesterol, 1,140 mg sodium, 24 g carbohydrates, 1 g (13% DV) fiber, 24 g protein. Daily Values: Vitamin D 0%, Calcium 15%, Iron 6%, Potassium 8%.

**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 waffle. Close lid, pressing down to flatten puff. 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. Place 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).

**COWBOY CASSEROLES**

Toss together 4 cups Hy-Vee frozen potato puffs and 1 Tbsp. Hy-Vee nonstick cooking spray. Using ½ (10-oz.) can Hy-Vee red enchilada sauce, spoon sauce evenly over puff s. 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 2 tsp. crushed red pepper. Bake at 425°F for 8 to 10 minutes or until heated through. Garnish with lime wedges, if desired. Serves 4.
Table 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 (¾-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
½ 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.

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

**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

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 our Handpicked 2X Caffeine* roast coffee when brewed at standard.”

*Handpicked Pure Kona Coffee Inc.

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

SEASONS | September 2020
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.

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
1 cup Hy-Vee vegetable oil
1½ cups Hy-Vee heavy whipping cream
1 Tbsp. dark rum (optional)
2 Tbsp. fresh lime juice
2 Tbsp. fresh lime zest
½ cup Hy-Vee powdered sugar
1 (3-oz.) pkg. Hy-Vee strawberry gelatin
1 cup boiling water
3 Hy-Vee large eggs
⅓ cup Hy-Vee vegetable oil
1 cup room temperature water
1 (16.5-oz.) pkg. Hy-Vee extra-moist classic yellow cake mix
2 cups plus 2 Tbsp. milk
2 Tbsp. freshly squeezed lemon juice
1 Tbsp. white vinegar
1 cup Hy-Vee unsalted butter, softened
1¼ cups Hy-Vee unsalted butter, softened
6 cups Hy-Vee powdered sugar
2 Tbsp. fresh lime 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. PREPARE 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 15 minutes.

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. SWIRL 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 you change. Sprinkle with additional jimmies, if desired. Cover and store cake in the refrigerator for up to 5 days.

Per serving: 240 calories, 14 g fat (5 g saturated), 38 g carbohydrates, 3 g fiber, 4 g protein.

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
⅔ cup Hy-Vee vegetable oil
2 cups plus 2 Tbsp. Hy-Vee 2% reduced-fat milk, divided
1 (3-oz.) pkg. Hy-Vee strawberry gelatin
dissolved
1 cup boiling water
6 Hy-Vee large eggs
⅔ cup Hy-Vee vegetable oil
2 cups plus 2 Tbsp. milk
2 Tbsp. freshly squeezed lemon juice
2 Tbsp. white vinegar
1 cup Hy-Vee unsalted butter, softened
1 cup softened butter according to recipe directions, using room temperature water, vegetable oil and eggs, set aside.

1 Tbsp. dark rum (optional)
2 Tbsp. fresh lime juice
1 Tbsp. lime zest (optional)
1 cup Hy-Vee powdered sugar, for garnish
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1 cup Hy-Vee powdered sugar, for garnish

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

2. WHISK together boiling water and gelatin until dissolved. Pierce cake with a fork on slanted at 45° intervals. Gently pour gelatin on cake. Cool on a wire rack.

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 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 you 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), 48 g carbohydrates, 8 g fiber, 4 g protein.
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.

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.

4 FRESH & FRUITY
Pipe a decorative zig zag 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.

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.

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 and learn at HSTV.com today!

1. PREHEAT oven to 350°F. Spray a 9x13-in. baking pan with nonstick spray; set aside.
2. WHISK together cake mix, strong brewed 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 ⅓ 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 toppings. Drizzle with additional caramel topping, if desired. Cover and store in the refrigerator for up to 3 days.

Per serving without toppings:
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 chocolatey flavor, resulting in a rich cake. You won’t taste the java at all.
HOW TO PREP A CAKE PAN

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

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.

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.
Two delicious new cereals inspired by your favorite Dunkin' iced coffee drinks.
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 ¼ cup fresh blueberries. Cut each flatbread into 8 wedges. Serves 8.

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.


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.

A DINNER PROGRESSES

5:00 PM HOUSE 1
Appetizers & Drinks
• Grilled Fruit Flatbread
• Cranberry-Orange Spritzers

5:45 PM HOUSE 2
Soup & Salad
• Butternut Squash Soup
• Autumn Salad

6:30 PM HOUSE 3
Main Course
• Chicken Alfredo Linguine

7:45 PM HOUSE 4
Dessert
• Caramel Apple Crumb Bars

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.

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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 ¼ cup fresh blueberries. Cut each flatbread into 8 wedges. Serves 8 (2 wedges each).
Planning your Meal on the Move

**Logistics**
- **Appetizer/Drinks:** 10 minutes; open space so guests can move freely and converse.
- **Soup/Salad:** 10 minutes; warm, comfortable setting that includes seating.
- **Entrée:** 60 minutes; preheat oven and assemble foods.
- **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.

**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.

**SAUCE & SALAD**
- Autumn Minestrone with Garlic Bruschetta
- Tomato Vegetable Soup
- Ultra Simple Chopped Kale Salad
- Tangy Citrus, Chopped Kale, and Asparagus Vegetable Soup
- New York Strip Steak with Butternut Squash
- Autumn Salad, to taste

**MAIN DISH**
- Wild Rice with Chicken and Veggies
- Butternut Squash, roasted and asparagus, served with an assortment of cheeses and meats

**DESSERT**
- Blue Cheese Balls Dip
- Pear Crostata

**Enlist help from Hy-Vee**
For hosting help, snag these ready-to-serve offerings.

**Soup & Salad**

**Total Time 45 minutes**

1. **HEAT**
   1 recipe Autumn Salad, to taste

2. **COOK**
   1 (14.5-oz.) can Hy-Vee fire-roasted diced tomatoes, undrained
   1 (12-oz.) container Hy-Vee Short Cuts
   1 cup Hy-Vee heavy whipping cream
   1½ cups Hy-Vee vegetable broth
   1½ tsp. finely chopped fresh thyme
   1 cup chives, 1 cup chopped parsley
   1 large clove garlic, minced
   ½ cup chopped celery
   ⅔ cup chopped yellow onion
   1 Tbsp. Gustare Vita olive oil
   Hy-Vee salt, to taste
   ½ cup Hy-Vee sour cream, toasted pepitas and additional sage leaves for garnish

3. **BLEND**
   Bring to boiling; reduce heat. Simmer, covered, 15 minutes or until squash is tender. Transfer mixture to blender. Blend until smooth. Return to Dutch oven. Stir in remaining ingredients. Season to taste. Garnish with sour cream, fried sage leaves, *pepitas, and pomegranate seeds, if desired. *(Fry sage leaves, *pomegranate seeds, if desired. *(Fry sage leaves, *pomegranate seeds, if desired.

4. **Spoon & Serve**
   Divide 8 cups Full Circle Organic Power Greens (baby spinach, mizuna, chard and baby kale) among 8 dinner plates. Top with a 2 oz. and sliced Fiddlehead fern. Top with 1 (1.5-oz.) pkg. pomegranate-flavored roasted almonds and added sugar.

**Squash Soup & Salad**

**Per serving (soup & salad):** 280 calories, 18 g fat, 66% Daily Values (DVs); 5 g protein, 10% DVs; 6 g carbohydrate, 2% DVs; 140 mg sodium, 6% DVs; 0 g fiber, 0% DVs; 0 mg cholesterol, 0% DVs; 6% DVs; 0 g saturated fat, 0% DVs; 20 mg iron, 10% DVs; 6% DVs; 0 g trans fat, 0% DVs; 2% DVs; 0 g added sugar, 0% DVs;

**Recommendations**
- For specific tips, visit cdc.gov and enter “social activities” in the search function.
- Encourage everyone to follow current CDC guidelines to protect against COVID-19. For specific tips, visit cdc.gov and enter “social activities” in the search function.

**Additional tips**
- Avoid large gatherings.
- Keep group size small to reduce the risk of spreading COVID-19.
- Maintain a 6-foot distance from other guests.
- Wear masks while eating and drinking.
- Use hand sanitizer and wash hands frequently.
- Use disposable utensils and plates.
- Encourage everyone to follow current CDC guidelines to protect against COVID-19.
- For specific tips, visit cdc.gov and enter “social activities” in the search function.

**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.

**Enlist help from Hy-Vee**
For hosting help, snag these ready-to-serve offerings.
Chicken Alfredo Linguine

**Hands On: 30 minutes**
**Total Time: 30 minutes plus slow cooking time**
**Serves: 8**

**Ingredient List:**
- 1 Tbsp. Gustare Vita olive oil
- ½ tsp. Hy-Vee black pepper
- 1¾ tsp. Hy-Vee Italian seasoning, divided
- 2 lb. boneless, skinless chicken breasts

**Instructions:**
- Quartered cherry tomatoes, basil leaves
- 2 (9-oz.) pkg. refrigerated linguine
- ½ cup Hy-Vee 33%-less-sodium chicken broth
- 1 cup Hy-Vee shredded Parmesan cheese
- 2 (8-oz.) containers mascarpone cheese
- ¼ tsp. salt in saucepan. Heat over low heat until cheese
- 1 cup packed Hy-Vee brown sugar
- 1 tsp. Hy-Vee salt
- 1 tsp. Hy-Vee baking soda
- 1 cup Hy-Vee ground cinnamon
- ⅛ tsp. cup Hy-Vee all-purpose flour, divided
- 1 cup Hy-Vee old-fashioned rolled oats
- 1 cup cooked and remaining 3 Tbsp. mascarpone, unwrapped
- Hy-Vee vanilla ice cream, for serving

**Recipe Details:**
- Alfredo Linguine
- Chicken

**Serves:**
- 2

**Nutritional Information:**
- **Serves:** 8
- **Calories:** 710
- **Protein:** 29 g
- **Carbohydrates:** 71 g
- **Fat:** 38 g
- **Cholesterol:** 45 mg
- **Sodium:** 710 mg
- **Calcium:** 19 g
- **Iron:** 37 g
- **Potassium:** 270 mg
- **Sugar:** 0 g
- **Added Sugar:** 0 g
- **Saturated Fat:** 200 mg
- **Trans Fat:** 0 g
- **Fiber:** 200 mg
- **Vitamin D:** 0 g
- **Folic Acid:** 0 g
- **Thiamin:** 0 g
- **Riboflavin:** 0 g
- **Niacin:** 0 g
- **Vitamin B6:** 0 g
- **Vitamin B12:** 0 g
- **Vitamin C:** 0 g
- **Vitamin B12:** 0 g
- **Vitamin E:** 0 g
- **Vitamin K:** 0 g
- **Zinc:** 0 g
- **Phosphorus:** 0 g
- **Copper:** 0 g
- **Manganese:** 0 g
- **Selenium:** 0 g

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Caramel Apple Crumb Bars

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

**Ingredient List:**
- 1 recipe Berry Sauce, for serving, below
- ⅛ cup plus ⅛ cup Hy-Vee all-purpose flour, divided
- 1 cup Hy-Vee old-fashioned rolled oats
- 1 cup Hy-Vee chopped pecans
- 6 medium Granny Smith apples, peeled and chopped
- 1 (19-oz.) pkg. caramels, unwrapped
- Hy-Vee vanilla ice cream, for serving

**Recipe Details:**
- Caramel Apple Crumb Bars

**Serves:**
- 2

**Nutritional Information:**
- **Serves:** 20
- **Calories:** 380
- **Protein:** 19 g
- **Carbohydrates:** 71 g
- **Fat:** 27 g
- **Cholesterol:** 45 mg
- **Sodium:** 270 mg
- **Calcium:** 19 g
- **Iron:** 37 g
- **Potassium:** 270 mg
- **Sugar:** 0 g
- **Added Sugar:** 0 g
- **Saturated Fat:** 200 mg
- **Trans Fat:** 0 g
- **Fiber:** 200 mg
- **Vitamin D:** 0 g
- **Folic Acid:** 0 g
- **Thiamin:** 0 g
- **Riboflavin:** 0 g
- **Niacin:** 0 g
- **Vitamin B6:** 0 g
- **Vitamin B12:** 0 g
- **Vitamin C:** 0 g
- **Vitamin B12:** 0 g
- **Vitamin E:** 0 g
- **Vitamin K:** 0 g
- **Zinc:** 0 g
- **Phosphorus:** 0 g
- **Copper:** 0 g
- **Manganese:** 0 g
- **Selenium:** 0 g

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Plan Like a Pro

1. Find hosts who live close to each other and are willing to have guests.
2. Invite guests who like to do new things and are willing to get to know better.
3. Choose a theme and let the party be outdoor—a country, Christmas party.
4. Decide which homes or outdoor venues best suited to social distancing.
5. Meet with the hosts and arrange specific time for each host.
6. Suggest that just one person host your food so multiple people aren’t furnishing because.
7. Establish an itinerary with the hosts and arrange 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 towel or paper towels for drying hands.
10. Plan a fun group game to play at the end of the evening. Scattered, organized.
BETTER OLIVES, BETTER OIL.

NEW Taste Range

Out of more than 600 olive varieties, we have chosen 11 of the best to delight your taste buds.

The Recipe is Simple.
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.

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

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

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

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.

SPECIAL REPORT

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 hearty 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

pro tip:

54 SEASONS | September 2020

55 SEASONS | September 2020
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, mally 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 brown ales are a robust alternative with a hoppy finish.
PAIR WELL WITH roasted or grilled meats, hearty cheeses, peanut butter-flavored snacks, dark chocolate

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, mally flavor.
PAIR WELL WITH roasted vegetables, past, 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 vegetables, hearty cheeses, spicy foods, bacon-flavored snacks, dark chocolate

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

Brown Ales
English-style brown ales are medium-bodied with dry to sweet maltiness. American brown ales are a robust alternative with a hoppy finish.
PAIR WELL WITH roasted or grilled meats, hearty cheeses, peanut butter-flavored snacks, dark chocolate

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

**SAFE HANDLING TIPS**

**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 reheat an unopened 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.

**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.

**SAFE FOOD TEMPS**
- 140°F Fully Cooked Ham
- 145°F Shredded Cooked Chicken, Fish, and Seafood
- 160°F Ground Meats, Egg Dishes
- 165°F Leftovers, Casseroles

**SOURCES**

**HEALTHY SEASONS by BEC**

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**SUMMER MADE EASY!**

[Image of assorted Hefty® products with the text: Hefty® STRONG, ULTRA STRONG, and PAPER.]
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 1¾ 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 (¾-in.) balls; coat with Hy-Vee granulated sugar. Press a finger into center of each ball. Serve immediately or store in refrigerator. Make 20.

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 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).

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 1¾ cups 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.

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

Rainbow Jell-O Squares
Watch and learn at HSTV.com today!
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 green from bag. Discard excess Jell-O. Serve immediately.

Strawberry Jell-O 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

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, and wide. Whisk together 1 (3-oz.) pkg. orange-flavored Jell-O and 1 cup boiling water in a medium bowl. Stir in ¼ cup vodka and 1 cup lime juice. Carefully pour mixture into prepared orange halves. Cover and refrigerate 4 hours or until set. Slice halves evenly and serve. Makes 8.
PERFECTED TO A CRISP

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Make everyone happy.

Without making a thing.

Let us handle mealtimes. Just order your favorites from all of Hy-Vee’s food service departments to satisfy everyone’s taste.

Order at hy-vee.com/mealtimes
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*Where available

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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 MUM’S 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 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."

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.'"

That experience is also reflected 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."

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Q: WHAT DOES FAMILY MEAN TO YOU?
A: PAUL: TOGETHERNESS. AND LOVE.

Q: Do you feel that food draws family together?
A: Paul: Oh, of course it does. To be able to 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: 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.

Q: How is Wahlburgers bringing families together?
A: Mark: To be able to share the Wahlburgers restaurant’s mission statement with [for] families, bringing people together. And mealtime being the most important to me, so absolutely. It was nice because Paul wanted to make and share our family experience with other families and all of our customers at Wahlburgers.

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 make 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: What were meals like at the Wahlberg house when you were growing up?
A: Mark: Growing up as a kid in our family, we would cook and we would eat together. I mean, our parents [would] kick us out of the house and tell us, “Don’t come back until you’re done!” But it was always all of us eating 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.

Q: How is Wahlburgers a part of the American family? What does it mean to you?
A: Mark: To me, it’s having 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 Mississippi, they could literally have a meal together, have dinner together, have lunch together. It’s just another special way to bring people together.

Q: What are meals like at the Wahlberg house when you were growing up?
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 talking and using that 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 tell me for saying that, but I love it.

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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 punch-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 vibe.

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.
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.

Watch and learn at HSTV.com today!
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.

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.

CUTTING IS NOT THE ANSWER!!
to the rescue

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

**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 OGX Damage Remedy + Coconut Miracle Oil Conditioner Extra Strength.

**sun**

**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.

**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
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.

SORT

Separate dark colors from color 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 torque, cycle time and water temperature. Common settings: regular (fast wash, fast spin), permanent press (fast wash, slow spin) and delicate (slow and slow).

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.

DRY IMMEDIATELY

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

SILHOUETTE STEAM/DRY IRON

Durable nonstick plate, adjustable settings for steam- or dry-ironing, push-button spray for stubborn wrinkles.

TUFF HANGERS

Sturdy, full-size hangers at the ready when removing clothes from the dryer.

ANCHOR HOCKING HERITAGE HILL GLASS JARS

Provide clear view of small items, such as clothespins, dryer balls and detergent pods.

STERILITE CLEAR PLASTIC BIN

Holds laundry supplies and collects possible spillage from bottles of liquids.

STERILITE SMALL PLASTIC TRAY

Corrals multiple smaller cleaning items such as spray stain treatments and lint rollers.

ANCHOR HOCKING HERITAGE HILL GLASS JARS

Provide clear view of small items, such as clothespins, dryer balls and detergent pods.

AMERICAN MAID CADDY

With rubber handle carries multiple cleaning items to save on trips; keeps wet sponges and brushes off surfaces.

STERILITE HIPHOLD LAUNDRY BASKET

Contoured shape lets basket rest easily on the hip; oval air holes enhance air flow.

WOOLITE MESH WASH BAG

Keeps delicates—underwear, clothes with beads or other embellishments—safe in the wash.

STEAMER

Perfect for smoothing wrinkles in clothes and towels.

SEASONS | hy-vee.com
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.

1. YOU SUFFER FROM TENSION HEADACHES
   TRY THIS!
   A dull pain with tightness or pressure across the forehead is called a tension headache, and it’s often the result of acute stress. One technique to assuage the pain is to massage shoulder muscles and other areas surrounding the neck and head. Also drink plenty of water.

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.

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 shuts 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.

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 SUF OCATION, 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. 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.

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

**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.

**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.**

**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.

**Crib** 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.

**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

6. Furniture and Appliances Anchors
Wall anchors, straps and brackets attach to studs and hold dressers, bookcases, TV’s and TV stands upright to prevent tip-overs.

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!
SAFETY 1st
FURNITURE WALL STRAPS

GET IT AT HY-VEE!
TIPPY TOES OUTLET PLUGS

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

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.

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

12. BATH SAFETY

Potential hazards in the bathroom include slips and falls, drowning, poisoning and electrical shock.

1. 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.

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

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

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**FEEDING: WHAT TO KNOW**

Benadryl are sometimes really drying and... have potential to decrease milk supply. High-concentration birth control pills can decrease the milk supply—some mothers will need to take the progestin-only pills.” Nearly all drugs present in the mother’s bloodstream 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.

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

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

**Medela Quick Clean Bag** Wash, disinfect breast pump and breastfeeding accessories.

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

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

**Medela GentleGel Cold Gel Pads** Relieves pain and reduces fever.

**Lansinoh Lanolin Lactation Tea** Organic, caffeine-free ingredients support breast milk supply.

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

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

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

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

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

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

Stay Focused

FOODS rich in antioxidants, 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.

1. THIAMIN (VITAMIN B1)
   What it does: Protects against short-term memory loss and confusion. Deficiency can result in nerve damage.
   FOODS beans (legumes), flaxseeds, lean roast pork, oats, pistachios, tuna
   
2. RIBOFLAVIN (B2)
   What it does: Converts carbs to glucose for brain energy; enables nervous system to function properly.
   FOODS almonds, avocados, eggs, lean beef, salmon, spinach

3. NIAIN (B3)
   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

4. VITAMIN B6
   What it does: Helps produce neurotransmitter molecules. Deficiency is linked to dementia.
   FOODS avocados, bananas, pistachios, salmon, sweet potatoes

5. FOLATE (B9)
   What it does: Promotes production of DNA and red blood cells. Deficiency might lead to depression, trouble concentrating, fatigue and irritability.
   FOODS apricots, broccoli, lettuce, mangos, edamame, lentils, spinach

6. VITAMIN B12
   What it does: Maintains healthy nerve and blood cells. Possible symptoms if deficient: dementia, depression, poor memory and neuro disorders such as numbness in hands and feet.
   FOODS clams, eggs, king crab, low-fat milk, skirt steak, Swiss cheese, tuna

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

8. VITAMIN C
   What it does: 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

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, shrimps, spinach, sunflower seeds

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

CONCENTRATE ON THESE VITAMINS AND OTHER BRAIN NUTRIENTS TO KEEP YOUR MIND SHARP!
Tuna Burgers & Cabbage Slaw

**Hands On** | 10 minutes
---|---
**Total Time** | 25 minutes
**Serves** | 3 (2 half-loaf pitas each)

2 Hy-Vee large eggs, lightly beaten
3 Tbsp. chopped Italian parsley
1 tsp. Hy-Vee Dijon mustard
1 tsp. Hy-Vee honey
1 cup finely shredded red cabbage
1 cup finely shredded carrot
2 Tbsp. Hy-Vee poppyseed salad dressing
6 half-loaf whole wheat pita bread
2-ounce leaf lettuce, halved
1 small Granny Smith apple, cored and thinly sliced

**FOCUS GROUP**

- B2, B12 and folate
- sandwich: vitamins B1, B2, B12 and folate, plus omega-3 fatty acids.

**FOCUS GROUP**

- 8% Potassium
- Vitamin D
- Calcium
- Iron

**Daily Values:**
- 31 g carbohydrate (0 g added sugar), 5 g fiber, 5 g sugar
- 13 g protein
- 54 g carbohydrates, 5 g fiber
- 175 mg sodium
- 840 mg cholesterol
- 500 mg potassium
- 18 g calories, 2 g fat

Sliced apple and cabbage slaw.

**more recipe ideas**

1. **Pressure Cooker Maple Oats**

Place 2 seeded and peeled

2. **Sweet Potato Waffles**

Using 2 cups Hy-Vee original all-purpose

3. **Avocado Hummus**

Place 2 seeded and peeled

4. **Broccoli Tots**

Place 2 cups drained

5. **Chocolate Berry-Nut Bark**

Chop 3 (3.5-oz.) bars Zöet chocolate

**pro tip:**

*FISH FOR FOCUS*

**more recipe ideas**

FOOD FOR THOUGHT: DELICIOUS COMBOS ARE QUICK, EASY AND GOOD FOR THE BRAIN.

*Ashley Ibarra, RD, LD*

hy-vee.com
The leading low carb lifestyle™

KETO FRIENDLY™

MAKING THE FOODS YOU CRAVE WORK FOR YOU NOT AGAINST YOU

*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.

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 80 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 HOLE OF TOBACCO ADDICTION. GO TO HY-VEE.COM/PHARMACY/SERVICES/QUIT-FOR-GOOD FOR MORE INFO.

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 foods, meats and calories might increase the risk of developing certain cancers.

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.

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.

Sources: cdc.gov/cancer/ cancer.org/ cancer.gov/ skincancer.org/ jamanetwork.com/journals/jamainternalmedicine/fullarticle/2521826
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.

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

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 dry, itchy, 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 strains
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

Sources:
- mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-management/art-20044151
- my.clevelandclinic.org/health/symptoms/6406-warning-signs-of-emotional-stress-when-to-see-your-doctor/when-to-call-the-doctor
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stress.org/stress-effects
- apa.org/helpcenter/stress-body

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 improper functioning of the immune system as well as chronic fatigue, depression and metabolic disorders such as diabetes and obesity.

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, digestive or eating disorders. Also, chronic stress can suppress the immune system and increase the risk of heart disease.
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).

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.

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.

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.”

Sources:
- health.harvard.edu/mind-and-mood/staying-calm-in-turbulent-times
- mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-management/art-20042860
- mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-management/art-20045858
- canr.msu.edu/news/journaling_to_reduce_stress
- uwhealth.org/health/topic/actionset/stress-management-managing-your-time/av2103.html
- healthysleep.med.harvard.edu/need-sleep/whats-in-it-for-you/mood
- ncbi.nlm.nih.gov/pmc/articles/PMC2921311/
- exploreim.ucla.edu/nutrition/eat-right-drink-well-stress-less-stress-reducing-foods-herbal-supplements-and-teas/

Would you L’Egg your Egg?

CRISPY & FLUFFY

© 2020 Kellogg NA Co.
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**

**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, dress 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.

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

**EXERCISE FOR YOUR MIND**

**Maximize the workout**

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.

**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.

**pro tip: SET THE EXAMPLE**

“When I exercise at home, I love that my kids see me and sometimes jump 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

Sources:

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**Home Body Styling**

**Start your at-home body fitness routine with a muscle-burning workout.**

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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.

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

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

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.

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.

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

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.
VITAMIN A
- Supports vision, cell growth, teeth, skin 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, avocados, nuts.

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

VITAMIN D
- Stored in bones and teeth to maintain strength. Aids muscle, neural and nervous system function. Sources: Dairy, leafy greens, tofu.

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

PHOSPHORUS
- Assists bone formation, hormonal activation and energy production. Sources: Cashews, chicken, plain yogurt.

POTASSIUM
- Necessary for healthy cells, nerves and muscles. Sources: Carrots, collard greens, tomatoes.

SODIUM
- Essential for 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.

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.

MANGANES
- 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.

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

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: 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.
TIPS TO REDUCE SUGAR

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

<table>
<thead>
<tr>
<th>BRAND</th>
<th>WHAT’S IN IT</th>
<th>BEST USES</th>
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<tbody>
<tr>
<td>Wholesome Allulose</td>
<td>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.</td>
<td>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.</td>
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<tr>
<td>Truvia</td>
<td>Truvia products include regular sweeteners, brown sugar blends, cane sugar blends and more. Most contain stevia leaf extract and erythritol.</td>
<td>Add calorie-free Truvia Natural Sweetener to coffee, tea, smoothies, cereal, oatmeal, baked goods and desserts. For a powdered sugar substitute, try Truvia Confectioner’s Sweetener.</td>
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<tr>
<td>Lakanto Monkfruit</td>
<td>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.</td>
<td>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.</td>
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<tr>
<td>Swerve</td>
<td>Made with monk fruit and stevia leaf extract, as well as sugar alcohols: like erythritol and maltitol. Contains 75 percent fewer calories than sugar.</td>
<td>Sola sweetener bakes and browns like real sugar but may not be suitable for crisp meringues.</td>
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<tr>
<td>Sola</td>
<td>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.</td>
<td>Nearly all dozen Pyure sweeteners are available, including granulated and liquid sweeteners, as well as jams, syrup, spreads and a confectioner blend, so this sweetener works in most recipes.</td>
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<td>Pyure</td>
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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.

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

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TIPS TO REDUCE SUGAR

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.
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.

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.

*See store for details. Restrictions apply. Subject to availability. Source: cdc.gov/flu/highrisk/index.htm

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

20¢ OFF PER GALLON

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.

GET THE GOODS

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

<table>
<thead>
<tr>
<th>fridge &amp; freezer</th>
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<tbody>
<tr>
<td><strong>Fat Rabbit</strong></td>
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<td><strong>Sugardale</strong></td>
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SEASONS | hy-vee.com
pantry

Cracker Barrel Sliced Cheese, Squeezable Cheese or Snacking Bars 8 oz. 3.99
Coffee Mate select varieties 16.75 oz. 2.29
Pack Gut Instinct Probiotic Snack Bites 1.8 oz. 2/5.00
Mom’s Best Natural Cereal select varieties 15 to 24 oz. 2/5.00
Better Oats select varieties 2.99
Malt-O-Meal Hot select varieties 15 to 21 oz. 2/99
Crisco Oil select varieties 2/5.00
Smucker’s Jams, Jellies or Preserves select varieties 2/5.00
Planters Flip Top Almonds or Cashews 6.5 oz. 3.99

Atkins Ready-to-Drink, Snacks or Endulge select varieties 4 to 15 ct. or 6.53 to 7.05 oz. 2/12.00
Atkins Meal Bars or Shakes select varieties 4 or 5 ct. 7.99
Better Oats select varieties 2.99
Malt-O-Meal Hot select varieties 2/5.00
Smucker’s Jams, Jellies or Preserves select varieties 2/5.00

Carapelli Olive Oil select varieties 17 fl. oz. 8.99
Alton’s Meal Bars or Shakes select varieties 15 to 24 oz. 7.99
Alton’s 3DG High Protein Ready-to-Drink, Snacks or Endulge select varieties 6.99 or 7.05 oz. 2/12.00
Bertolli Olive Oil select varieties 5.1 oz. 4.99

Quest Snack Bars select varieties 1.5 oz. 2/3.00
Quest Cookies select varieties 1.52 oz. 2/3.00
Quest Bars or Honey Bars or Peanut Butter Cups select varieties 1.48 or 2.2 oz. 1.99
Quest Chips select varieties 2/4.00
Bertolli Olive Oil Spray select varieties 3.98
Bertolli Olive Oil select varieties 2/5.00

Hershey’s Candy select varieties 3.15 to 36.44 oz. 9.98
Cake Energy 12 fl. oz. 2.58
Bac, Heinz, or Kraft dressings select varieties 14 oz. to 33.81 fl. oz. 1.67
Aldi Energy select varieties 2/4.00

batteries

Planters Flip Top Sunflower Kernels 5.95 oz. 1.79
Gone Rogue High Protein Chicken Chips select varieties 2/7.00
Sahale Snacks select varieties 4 oz. 4.99

Stacy’s Pita or Bagel Chips 7 to 7.33 oz. 2/5.00
Lindt Bars or Sticks select varieties 2/4.00
Lindt select varieties 2/8.00
Barbara’s Cheese Puffs select varieties 5.5 or 7 oz. 2.99
RITZ Toasted Chips select varieties 1.81 oz. 2/5.00
Crisco Oil select varieties 48 oz. 2/5.00

Carr’s Pita or Bagel Chips select varieties 2/5.00
Stacy’s Cheese Petites 4 oz. 2.99
Frito-Lay Red Rock Diet 6.97 to 7 oz. 3.49

#SEASON | September 2020
120
SEASON1 hy-vee.com 121
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
- 6 cups Rice Krispies® cereal

Glaze
- 4 tablespoons unsalted butter, melted
- 1 cup powdered sugar
- 3 1/2 tablespoons pure maple syrup
- 1 to 2 tablespoons of milk

FALL INTO FLAVOR

SOMETHING FOR EVERYTHING YOU CRAVE