GET MOVING THIS SUMMER WITH:
- FOODS THAT FUEL
- ROAD RACE TIPS

CHICAGO'S ALL-STAR FIRST BASEMAN
SAY GOODBYE TO THE "LOVEABLE LOSERS."
PAGE 18

“I KNEW WE HAD THE ABILITY TO WIN.”

AMERICAN MADE
HEALTHY 4TH OF JULY GRILLING
PAGE 28

HIT THE DECK
FULL-BODY SWIMMING WORKOUTS
PAGE 46

THIS JULY, HY-VEE IS GIVING AWAY UP TO $200,000 IN GIFT CARDS!
Swipe your Hy-Vee Fuel Saver + Perks® card during the month of July for a chance to win a $5, $10 or $20 gift card. See hy-vee.com for details.

“SUN'S OUT. SAVINGS IN-STORE.”
Fig. 1 — Try chopsticks.

Fig. 2 — Drop chopsticks.

Fig. 3 — Try chopsticks again.

Fig. 4 — Drop chopsticks again.

Fig. 5 — Use hands.

Authentic taste. However you eat it.

EXCLUSIVELY AT
Proud to be one of the nation’s only retailers that guarantees 100% sustainably-sourced sushi.
In the rush of summer outings and hectic daily schedules, it’s not always easy to find time to take care of yourself. My grandmother and my father always had their specific exercise routines, and I carry on the tradition by making exercise a key part of my day. On good weeks, I get in a 20- to 30-minute run every day. It helps me to clear my head, dissect a situation and dream a little. Summer is the perfect time to evaluate your own health and fitness goals. If you are just starting down the track of making exercise a priority, start small. A major change can feel overwhelming, but a slight change practiced over and over will become a healthy habit. Start a personal workout plan or simply round up your family and get outdoors. Take a hike or toss around a football. Incorporate healthy eating into your outing by packing a picnic and embracing the fantastic flavors of the season with fresh produce items.

When it comes to balanced living, Hy-Vee is committed to helping customers live their healthiest lives. Hy-Vee Balance magazine is one of the many ways we help customers of all ages and stages live lives centered around fitness and nutrition. Strive for a healthy summer. For inspiration, check in with a star of America’s favorite pastime. Anthony Rizzo, of the 2016 world champion baseball team, offers an inside look at the life of a professional athlete, page 18. You can find his story and more in the pages ahead. Flip through for tips, recipes and ideas for you and your family. The road to healthy living starts at Hy-Vee.
We asked our editorial contributors: How do you stay active and soak up the sun?

**NUTRITION**

<table>
<thead>
<tr>
<th>Author</th>
<th>Position</th>
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<tbody>
<tr>
<td>John Noble, PhD</td>
<td>Associate Professor</td>
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<tr>
<td>Amanda Kautler</td>
<td>M.S., R.D.</td>
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<td>Amber Katzie</td>
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**HEALTH & KINESIOLOGY**

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<tr>
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<tr>
<td>Angie Nelson, RD</td>
<td>Assistant Vice President, Retail Dietetics</td>
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<td>Aaron Voris</td>
<td>Associate Professor, School of Health and Kinesiology</td>
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**FITNESS**

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<td>Angela Love</td>
<td>Assistant Coach, Life Time Swim Iowa</td>
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**KINESIOLOGY**

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<td>Karen Davis</td>
<td>Food Editor</td>
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**ADVERTISING SALES EXECUTIVE**

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<tr>
<th>Author</th>
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<tr>
<td>Mary Lemke</td>
<td>Advertising Sales Executive</td>
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<tr>
<td>Dan Ambrose</td>
<td>Publisher</td>
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**TIPS**

- Wear sunscreen and stay hydrated. 
- Get outside and enjoy the sun! 
- Keep up with your favorite activities. 
- Don’t forget your sunglasses! 

**SAVE YOUR RECEIPT AND FIND OUT MORE AT**

[Stellar image of Starbucks Rewards](https://www.Starbucks.com)
Q: What is the biggest pitfall of healthy eating while traveling?
A: Lack of control. If time and travel allow, preplan to take control back. Does your hotel room have a refrigerator? Where is the closest grocery store? What can you take with you? Pack a cooler bag and make your first stop while on vacation to the grocery store. Picking up healthy options can help you avoid drive-through lanes.

Q: How can travelers counter or manage frequently eating out while on vacation?
A: Choose restaurants in advance and take a look at their online menus. Pick a healthy item ahead of time. Try a lunch-size salad or order a side salad and ask your server to add a fillet of grilled salmon or chicken breast.

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Q: What are some healthy snacks to pack for road trips?
A: Fresh fruit is an easy option for on-the-go snacking. You can also grab

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A: Many people overindulge in beverages, from lattes to adult drinks, while on vacation or traveling. These calories count. Use fat-free milk with coffee beverages and sugar-free mixers for cocktails.

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WAKE UP like Daira Driftmier

SEIZE THE DAY
Whether she’s teaching a gym full of wound-up children at a Hy-Vee KidsFit® event or dropping her own kids off at school, Daira Driftmier is always on the move. And she loves every minute of it. “I wake up almost every day motivated. Each day is a new chance to get something done, to make myself better, to help others, to get stronger.”

FOOD AS FUEL
Daira enjoys going for a run or doing interval training before busy days but stresses the importance of a proper diet. “I avoid filling up on foods high in sugar. They don’t keep me full as long.” Instead she opts for foods high in protein and fiber.

“Don’t overthink exercise and nutrition. Make small, maintainable changes. Most people chase perfection and fail. Break the cycle. Don’t let one bad decision ruin your whole day. If you skipped the gym, you can’t go back in time. Figure out how you can fit in a 15-to-20 minute walk or look up a body-weight workout to do at home. If you want to make your health a priority you will find a way. If not, you will find a way out.”

TIME MANAGEMENT
Daira aims to incorporate intentional, yet practical exercises into her morning routine. “I always take my son to school and park two to three blocks away and we walk in. It makes him feel special, and the fresh air is good for us both—also, the drop-off line is the worst.”

For information about Hy-Vee KidsFit, visit hy-veekidsfit.com and encourage your family to take the 5-week challenge, designed to promote health, exercise and nutrition in our daily lives.

NEW
IT ONLY TASTES LIKE A CHEAT MEAL.

You work to get better. So we created a protein bar to complement that. A great tasting, protein packed bar that fills you up without setting you two steps back.

For a quick breakfast, Daira enjoys having healthy steel-cut oats, which are loaded with protein and soluble fiber.

A single serving of avocado on toast, oats, watch him feel special, and the fresh air is good for us.

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Total Time 30 minutes  Makes 12

6 Hy-Vee 8-inch multi-grain tortillas
½ cup Hy-Vee shredded Cheddar cheese
12 thin, hard taco shells
1 tsp. Hy-Vee extra-virgin olive oil
½ small onion, finely chopped
1 lb. 93% lean ground beef
1 Tbsp. chili powder
½ cup Hy-Vee low-sodium black beans, drained and rinsed
⅓ cup fresh pico de gallo
Hy-Vee kosher salt, optional
2 cups shredded romaine lettuce
⅓ cup finely chopped tomato
6 Hy-Vee 8-inch multi-grain tortillas
1 Tbsp. Hy-Vee low-fat sour cream, for serving
Lime wedges, for serving

1. PREHEAT oven to 350°F.
2. CUT OUT (2 4-in.) rounds from tortillas using a 4-in. ring mold or biscuit cutter. Place cut tortilla rounds on a cookie sheet or rimmed baking pan and sprinkle each with Cheddar cheese. Place a taco shell in center of each tortilla round on top of cheese and bake 3 minutes or until cheese is melted and gooey. Remove from oven and gently wrap tortilla rounds around the shells until they’re stuck together.
3. HEAT oil in a large skillet over medium-high heat. Add onion and cook 3 minutes or until softened. Add ground beef and chili powder and cook until beef is fully cooked, breaking up meat into small chunks. Stir in beans and pico de gallo and cook until beans are warmed through. If desired, season to taste with salt.
4. FILL shells with ground beef mixture; top with shredded romaine and tomato. Serve with sour cream and lime wedges.

Per taco: 240 calories, 10 g fat, 5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 210 mg sodium, 2 g fiber, 2 g sugar, 16 g protein.

SPECIALTY TACO
500 calories, 32 g fat, 26 g protein, 71 g carbs

SAVE how our tricked-out TACOS compare to a popular fast-food favorite.

LET'S DO THE MATH

Philadelphia Cream Cheese:
select varieties 15 oz.  $4.49

Oscar Mayer Natural Meat & Cheese Plates or P3 Protein Plate:
select varieties 3.2 or 3.3 oz.  $2.69

Kraft Indulgence Dressing:
select varieties 15 oz.  2/$7.00

Cracker Barrel Macaroni & Cheese:
select varieties 14 oz.  $2.39

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Summer fun is often filled with scraped knees and splinters. Be prepared for any minor mishap with a well-stocked first aid kit. Or buy a prepared kit at your local Hy-Vee, where you’ll find the most-essential items in kits sized for purses and cars.

**FAQ: AT THE PHARMACY**

**Q:** What do you recommend for an itchy bug bite?

**A:** Monitor bug bites for infection. Some bugs cause disease, so be mindful of flu-like symptoms or rash. As for the actual bite, try not to scratch the area, because that can cause further skin irritation. Wash the area to minimize infection and apply a cool compress to reduce inflammation and irritation. If the area is still itchy, apply a hydrocortisone cream or take an oral antihistamine.

**Q:** What are the symptoms of poison oak and poison ivy?

**A:** Poison ivy and poison oak both cause an itchy rash in areas that come in contact with a plant’s oil. This oil is called urushiol and it can spread on clothes, shoestrings, pets and more. It is important to rinse skin that has been in contact with the oil with lukewarm water and wash any items with oil on them to eliminate the spread.

**Q:** What is the best treatment for sunburn?

**A:** A cool compress, shower or bath is usually beneficial. Aloe vera applied topically to the affected area can also alleviate symptoms. If you’re extremely miserable, contact your doctor.

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GET MOVING!

Road race training starts with healthy legs. Before you hit the pavement, loosen up with dynamic stretches to activate muscles. At the finish line, cool down with static stretches that keep muscles flexible and help legs stay mobile.

PRE-RACE

1. WALKING LUNGES
   - Quadriceps, hamstrings, glutes
   - Start with right leg and take a large step forward, bending at the knee until thigh is parallel to floor and knee line up over ankle. Push upward, drawing left foot even with right. Repeat 20 times, alternating legs in a fluid walking motion.

2. LEG SWINGS
   - Hip flexors, hamstrings
   - Hold onto a chair or sturdy object. Standing on right leg and hinging at hip, swing left leg forward and back. Repeat 15 times. Adjust to swing left leg side to side 15 times. Repeat with right leg.

3. FUEL YOURSELF
   - Energy, endurance
   - During training, determine what hydration products work best for your body in terms of volume, frequency and type of fluid. Some runners prefer water while others need to replace electrolytes or carbs. Eat bars, gels or other items before energy dips to give your system time to absorb calories and disperse energy. Find out what products work best during training and pack them in your race-day fuel belt.

4. STANDING QUAD STRETCH
   - Quadriceps, hamstrings
   - Stand with feet hip-width apart, right leg slightly bent. Swing right leg toward right and hold for 15 seconds. Repeat with left leg.

POST-RACE

1. STANDING STRETCH
   - Hip flexors, hamstring
   - Keeping your back straight, swing left leg forward at hip level, bring knee up to chest and hold for 30 seconds. Repeat with right leg.

2. PACE YOURSELF
   - Energy, endurance
   - Avoid the race-day tendency of starting too fast. Stick to a comfortable pace based on training and focus on finishing rather than winning.

3. SITTING QUAD STRETCH
   - Quadriceps, hamstrings
   - Sit on floor with legs straight and right foot placed on left knee. Slowly sit back and hold for 30 seconds. Switch legs.

IF THE SHOE FITS

Buy the right running shoe—it’s essential to staying injury-free. Pop into a specialty running store for a proper fitting by trained staff.

Download a 30-day beginner’s race training schedule at hy-vee.com

DEWGLICIOUS MELON

The Dewlicious™ melon, also known as a golden honeydew, is intensely sweet, juicy and refreshing. The melon has thin golden skin and white flesh. A cup of melon balls has half your daily requirement of vitamin C but just 65 calories.

FRESH PICKS

SLICE
Serve thin wedges of melon with sliced cucumber and mint. Or eat the melon like watermelon—grab a spoon, scoop and enjoy.

DICE
Add to salsas, fruit salads or cold soups. Serve alongside robust cheeses. Cut 1-inch cubes and wrap in prosciutto.

BLEND
Pair with cucumber for a chilled soup or toss into a smoothie with banana, blueberries, mango, yogurt and lime.

65 CALORIES
1 CUP MELON BALLS

Percentages represent daily values.
Total Time 15 minutes Serves 4

1 recipe Citrus Mint Vinaigrette

¼ medium cantaloupe, seeded
¼ medium golden honeydew melon, seeded
½ medium English cucumber, thinly sliced
1 small zucchini, thinly sliced lengthwise
½ medium shallot, thinly sliced

1. PREPARE Citrus Mint Vinaigrette.

2. CUT: Peel off cantaloupe and honeydew melon quarters and cut into long, thin slices. Combine the melon, cucumber, zucchini and shallot in a large bowl. Toss with dressing to taste.

CITRUS MINT VINAIGRETTE: Whisk together 1 Tbsp. orange juice, 1 Tbsp. white wine vinegar, 1 Tbsp. Hy-Vee Dijon mustard and 1 Tbsp. Hy-Vee honey in a large bowl. Whisking constantly, drizzle in ¼ cup Hy-Vee vegetable oil. Stir in 1 Tbsp. finely chopped mint. (Makes about ⅓ cup vinaigrette).

Per serving: 170 calories, 14 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 110 mg sodium, 11 g carbohydrates, 1 g fiber, 9 g sugar, 1 g protein.

For a refreshing side dish or starter, feature golden honeydew in your next fun summer salad. Sweeter and fruitier than regular honeydews, dewlicious melon packs a punch of flavor that pairs well with cucumber.
EXTRA INNINGS WITH ANTHONY RIZZO

SAY GOOD-BYE TO EVERYONE’S “LOVEABLE LOSERS.” ANTHONY RIZZO AND THE REST OF THE TEAM’S RISING YOUNG TALENT USHER IN A NEW ERA OF BASEBALL IN CHICAGO. CATCH UP WITH THIS ALL-STAR FIRST BASEMAN TO FIND OUT WHAT IT TOOK TO BREAK A 108-YEAR-OLD CURSE.

WONDS: Kaitlyn Cimino and Aaron Ventling PHOTOS: Dominic DiSala
Heavy rain poured down on Cleveland’s ballpark last November, as the ninth inning of Game Seven of the Major League Baseball championship series came to a close. Chicago Cubs fans—children and centenarians alike—anticipated a championship for the first time in their lives. The umps signaled a rain delay and the grounds crew took to the diamond, draping the infield in plastic tarp. For an excruciating 17 minutes, time stood still for Anthony Rizzo and the rest of Chicago fans. It’s only fitting they were asked to wait a bit longer, as they were in the midst of banishing a 108-year-old curse, the longest championship drought in major American sports history.

Fidgeting in their seats, players and fans of Chicago’s North Side team were shell-shocked after surrendering a late 3-run lead moments earlier, sending the game into extra innings. Fans sighed a collective “Here we go again.” But his uncertainty was short-lived. Rizzo eerily recalls:

“When Rajai Davis hit that [game-tying] homerun, I’m like, ‘That black cat is real. This goat thing is real. We’re screwed.’

But his uncertainty was short-lived. The team’s outfielder Jason Heyward gave a motivational speech for the ages, something you might see in a movie. The players-only meeting gave the team the focus needed to send a knockout blow in the 10th inning. “I would say our spirits were a little higher than the average fan,” says Rizzo, reliving the emotional roller coaster of the infamous rain delay.

“You get through the ninth inning and we knew our pitchers. We knew we had the edge. When the rain came, that false confidence turned into a real confidence that we play with all of the time.”

Rizzo is no stranger to confidence. A three-time All-Star and World Champion, his career has always been rooted in hard work, constant hustle and an unaltering love for the game. “There are thousands of guys that are professional baseball players, but only 750 that can play in the Big Leagues at any time,” he explains. “Playing in the minors is tough: long bus trips, just-OK hotels and the pay is very low. Early on, you often play in front of hardly any fans. You really have to love the game. Then, year after year, working your way up the levels seems like an eternity. During that time, you develop a mental toughness that enables you to stay on an even keel during both success and failure. No matter how good you are, you have your share of both. If that day finally comes when you are called up to the Majors, it is an ‘I have arrived’ feeling like no other. By that point, you just respect the game so much because you know how incredibly hard it was to reach that point.”

Rizzo speaks from experience. Drafted by the Boston Red Sox out of high school, in 2007, he began to work his way through the minor leagues. With the Bips in sight, he was diagnosed with Hodgkin’s lymphoma at 18. “It was emotional, for sure,” he says.

“Going through that whole sickness, it was terrible. But my doctors were encouraging at all times. They laid out the treatment and what had to be done. We never had any doubts that I would be cured and I truly believed it. My family was also there for me every step of the way, and that kept me strong.”

After six months of chemo and a few more in remission, Rizzo beat the cancer and fought his way back. “It was an amazing feeling to put my uniform on for the first time afterward. I try not to take anything for granted. To be able to live a normal life on a day-to-day basis is amazing.”

Today, Rizzo’s normal is slugging home runs out of Wrigley and rallying teammates on the road. He plays with the true grit of a champion and the boyish joy of a kid who grew up on the lore of Babe Ruth. He’s a newly minted household name at the heart of one of the greatest stories in baseball.

“WORLD CHAMPION - ANTHONY RIZZO

44 | MLB AWARDS

WORLD CHAMPION - 2016
NATIONAL LEAGUE (NL)
GOLD GLOVE - 2016
SILVER SLUGGER - 2016
PLATINUM GLOVE - 2016
HEART & HUSTLE - 2016

“IF THAT DAY FINALLY COMES WHEN YOU ARE CALLED UP TO THE MAJORS, IT IS AN ‘I HAVE ARRIVED’ FEELING LIKE NO OTHER. BY THAT POINT, YOU JUST RESPECT THE GAME SO MUCH BECAUSE YOU KNOW HOW INCREDIBLY HARD IT WAS TO REACH THAT POINT.”

— ANTHONY RIZZO

“NEVER HAVE ANY DOUBTS THAT I WOULD BE CURED AND I TRULY BELIEVED IT. MY FAMILY WAS ALSO THERE FOR ME EVERY STEP OF THE WAY, AND THAT KEPT ME STRONG.”
A year after its construction in 1914, Wrigley Field became home to the Chicago Cubs. With its Boston ivy-covered outfield and hand-operated scoreboard, Wrigley Field is more than just a venue. It’s a living museum of baseball history and a tribute to the passionate players and fans who so proudly call it home.

“BEING PART OF A GROUP OF GUYS THAT HAS A COMMON GOAL AND WORKS SO WELL TOGETHER IS AWESOME. THE MAKEUP OF THE ROSTER IS A BIG PART OF WHAT MAKES SHOWING UP AT THE FIELD EVERY DAY A PLEASURE.”
— ANTHONY RIZZO

For generations of Chicago fans, saying “there’s always next year” is nothing more than a terrible reminder of missed plays and lost opportunities—a glimmer of hope looking onward after a disappointing season. But in 2016, after 108 years of frustration, the team finally broke the nightmarish curse and won a championship. This was largely due to a newfound confidence and an influx of young talent not old enough to know they weren’t supposed to win.

But who was the architect behind this electrifying culture shift? None other than the team President of Baseball Operations Theo Epstein, the legendary baseball mind who lead the Boston Red Sox past their own decadelong championship drought in ’04. Epstein is known for his dramatic rebuilds. He and his staff are responsible for acquiring all but two members of the 2016 championship team. “[Theo brought] a winning culture. I knew they were putting together the talent and by 2014 and 2015, I knew we had the ability to win,” Rizzo says. Returning the majority of their championship roster, the Cubs are poised to compete again in 2017. “You want more. It’s that obsession ... you’re never satisfied,” Rizzo says. With a young roster full of All-Stars and a mastermind like Epstein, it’s time to put that tried phrase about next year to rest, because for a legion of passionate Chicago fans, next year is now.
**Q.** What's your favorite part of baseball?

**A.** Obsession is key. I think having a good support team; my family, my friends, the guys in the clubhouse, the coaches. This game is so mental, so if you can not think about what's going on—whether you're doing great or whether you're doing awful—and just kind of clear your mind outside of baseball, that's what helps the most when you get out on the field.

**Q.** What's your favorite quote someone has said about you?

**A.** I'm not sure if I have an actual story, but I can't believe how many people have told me they named their dog 'Rizzo.' I hope they are someone who impacted those around me. A leader. Just a guy who gave it his all every day on the field.

**Q.** What is your diet like?

**A.** I really do the best I can (at least I try), but I come from a heavy Italian background so I love meat. I strive to put in what's best for my body. For breakfast, I have a smoothie with protein, spinach and mixed berries. Then, a half hour later, I'll have some eggs or oatmeal and wash it down with a BODYARMOR Sports Drink.

**Q.** What types of workouts or training do you do regularly?

**A.** In the off-season, I do cardio in the morning. Then work out with weights later on. I also do Pilates or yoga; sometimes I'll swim. That's the routine—about three hours, spread throughout the day, four to five times a week. During the season, it's usually about one to 1½ hours, three or four times a week. I need to withstand the long season.

**Q.** What's your favorite pizza?


**Q.** What's your favorite quote someone has said about you?

**A.** I want to be just like you when I grow up.
BODYARMOR Sports Drink has added two new flavors to the roster: Watermelon Strawberry and Lemonade.

Introducing BODYARMOR LYTE, a Naturally Sweetened, Low-Calorie Sports Drink. Now Available in Peach Mango and Cherry Berry.

Superior Hydration is now available in a larger 28oz bottle in the following flavors: Fruit Punch, Strawberry Banana, Orange Mango and Blackout Berry.

NEW 16oz BODYARMOR LYTE Sports Drink
NEW 28oz BODYARMOR Sports Drink
NEW 16oz Sports Drink

NOW AVAILABLE AT

SWITCH TO
NATURAL FLAVORS & SWEETENERS

Motivated by his own battle with cancer, Anthony Rizzo and members of his family founded the Anthony Rizzo Family Foundation to provide a financial lifeline for families of pediatric cancer patients. The nonprofit foundation raises funds through a variety of annual charity events hosted by the Rizzos, including a cancer walk, cook-offs and other fan-friendly events. “We help as many families as we possibly can, as they go through tough times, financially,” Rizzo says. “Their son or daughter is sick, and money is not easy to come by. We help pay their bills, we help in any way that we can.”

Shortly after being drafted by the Red Sox in 2008, 18-year-old Rizzo was diagnosed with Hodgkin’s lymphoma. After being sidelined with several months of chemotherapy, his eyes were opened to the emotional and financial difficulties that are placed on the families of cancer patients. Fortunately for Rizzo, The Red Sox covered his medical expenses, a burden most families suffer on their own. Good news came on September 2, 2008, as Rizzo learned that he’d entered remission, allowing him to resume his promising baseball career. He decided to reciprocate the support he’d received by creating a foundation to help families affected by the relentless disease.

From the perspective of any family affected by cancer, nothing rings more true.

For more information about the Anthony Rizzo Family Foundation and the work it does, visit www.Rizzo44.com

Whether he’s connecting with a young fan, sharing behind-the-scenes moments or poking fun at teammates (@GrandpaRossy), Anthony Rizzo loves interacting with the people who make his career possible. This past November, Rizzo won the MLB Award for Best Social Media Personality. When it comes to his accounts, he hopes to provide as much entertainment as possible. His goals are simple. “Just have fun with it,” he says. “Interact with fans and provide some laughs along the way. Reach out to those in need and provide support.” Follow him on Instagram @arizzo_44 or on Twitter @ARizzo44.

IT WAS AN AMAZING FEELING TO PUT MY UNIFORM ON FOR THE FIRST TIME AFTERWARD. I TRY NOT TO TAKE ANYTHING FOR GRANTED. TO BE ABLE TO LIVE A NORMAL LIFE ON A DAY-TO-DAY BASIS IS AMAZING.

— ANTHONY RIZZO
GRILLED SALMON BURGERS

Total Time: 30 minutes plus refrigeration time
Serves 4

1½ lbs. boneless, skinless salmon, chopped, divided
1 Tbsp. Dijon mustard
2 Tbsp. finely chopped chives
¼ cup Hy-Vee whole wheat bread crumbs
1 tsp. minced garlic
½ tsp. Hy-Vee paprika
½ tsp. Hy-Vee crushed red pepper
Hy-Vee nonstick olive oil cooking spray
¼ tsp. Hy-Vee Hickory House Ooh La La seafood seasoning, optional
4 Hy-Vee whole wheat buns, split
1 recipe Light Tartar Sauce, below
Arugula, for serving
½ English cucumber, thinly sliced
1 beefsteak tomato, thinly sliced
Lemon halves, for serving

1. PROCESS 6 oz. salmon and the mustard in a food processor for 15 seconds or until nearly smooth. Add remaining salmon, chives, bread crumbs, garlic, paprika and crushed red pepper; pulse until salmon is chopped and ingredients are combined.

2. SHAPE mixture into four patties and transfer to a tray; chill, covered, 30 minutes or up to 4 hours.

3. PREPARE a charcoal or gas grill for direct grilling over medium-high heat. Coat grate with olive oil cooking spray.

4. SEASON patties with seafood seasoning, if desired. Lightly coat patties with olive oil cooking spray. Grill 8 minutes or until firm and cooked through, turning once. Top bun bottoms with Light Tartar Sauce, salmon patty, arugula, cucumber and tomato. Top with bun tops. Serve with grilled lemon halves.

LIGHT TARTAR SAUCE:

Stir together ⅔ cup light mayonnaise, 1 Tbsp. finely chopped dill pickles, ¼ cup finely chopped roasted red peppers, 1 tsp. chopped capers, 1 Tbsp. finely chopped fresh parsley and 1 Tbsp. fresh lemon juice in a small bowl.

Note: See image of complete Grilled Salmon Burger on page 2.

Per serving: 150 calories, 6 g fat, 1 g saturated fat, 50 mg cholesterol, 350 mg sodium, 3 g carbohydrates, 2 g fiber, 5 g protein

TOTAL 45 minutes
Serves 6

2 lbs. sweet potatoes, scrubbed and cut into 1-in.-thick planks
2 Tbsp. Hy-Vee Select extra-virgin olive oil
1 small onion, finely chopped
⅓ cup white wine vinegar
1 Tbsp. whole grain Dijon mustard
1 tsp. freshly ground black pepper
2 oz. thinly sliced prosciutto, cut into strips
2 Tbsp. fresh parsley leaves
1 Tbsp. freshly chopped fresh chives

1. PLACE sweet potato planks on a microwave-safe plate and microwave on high (100% power) 3 minutes or until nearly cooked through, turning once. Prepare a charcoal or gas grill with greased grill rack for direct grilling over medium heat. Grill sweet potatoes 5 minutes, turning once.

2. HEAT oil in a skillet over medium heat. Add onion and cook until lightly browned, about 5 minutes. Remove from heat and set aside.

3. WHISK together vinegar, mustard and pepper in a small bowl.

4. COMBINE potatoes, prosciutto, onion, parsley and chives in a large bowl. Add dressing and toss gently to combine. Serve warm.

Per serving: 160 calories, 7 g fat, 1 g saturated fat, 10 mg cholesterol, 350 mg sodium, 24 g carbohydrates, 4 g fiber, 5 g protein

Sweet potatoes add fiber and cut carbs from traditional potato salad. Instead of mayonnaise, a vinaigrette keeps the salad light.
Watermelon salsa made with mixed fruit and jalapeño packs heat and juicy flavor, perfect for topping lightly seasoned chicken breasts.

**CHICKEN WITH GRILLED WATERMELON SALSA**

**Total Time:** 25 minutes  
**Serves:** 4

1 Tbsp. fresh lemon juice  
1 Tbsp. Hy-Vee Select olive oil  
½ cup fresh blueberries  
½ mango, peeled, seeded and chopped  
½ kiwi, peeled and chopped  
½ jalapeño, seeded and finely chopped  
4 (5- to 6-oz.) chicken breast halves

**Hy-Vee nonstick olive oil cooking spray**

1. PREPARE a charcoal or gas grill with greased grill rack for direct grilling over medium-high heat.
2. COMBINE lemon juice and oil in a large bowl. Add blueberries, mango, kiwi and jalapeño. Set aside.
3. LIGHTLY coat chicken breasts with cooking spray and sprinkle with poultry seasoning. Grill chicken 12 minutes or until fully cooked (165°F), turning once. Lightly coat watermelon slices with cooking spray. Grill watermelon just until grill marks form, about 1 to 2 minutes per side. Transfer chicken and watermelon to a cutting board; cover chicken loosely with foil and let stand 5 minutes. Let watermelon stand until cool enough to handle; chop into cubes.
4. ADD watermelon to fruit in bowl and toss to combine. Serve chicken topped with grilled fruit salsa. Sprinkle with basil.

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

**Per serving:** 240 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 105 mg cholesterol, 65 mg sodium, 15 g carbohydrates, 2 g fiber, 11 g sugar, 3 g protein

For a helpful video on how to prepare Chicken with Grilled Watermelon Salsa, visit [youtube.com/Hy-Vee](http://youtube.com/Hy-Vee).

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**GRILLED FRUIT KABOBS**

**Total Time:** 30 minutes  
**Serves:** 4

1 recipe White Chocolate Dip, below  
4 (12-inch) skewers*  
¼ medium pineapple, peeled, cored and cut into 1-in. chunks  
2 nectarines, cut into wedges  
4 strawberries, stemmed and halved  
1 mango, peeled and seeded, cut into 1-in. chunks  
4 kiwi, peeled and halved  
½ tsp. ground cinnamon  
Mint, for garnish, optional

**For serving:** 2 Tbsp. fat-free whipped topping

1. PREPARE White Chocolate Dip. Prepare charcoal or gas grill for direct grilling over medium heat.
2. THREAD fruit onto each skewer. Grill 5 minutes or until fruit is warm and lightly charred, turning occasionally.
3. SPRINKLE skewers with cinnamon and, if desired, garnish with mint. Serve with White Chocolate Dip.

**Note:** If you are using wooden skewers, soak them in water for at least 30 minutes.

**Per serving:** 240 calories, 4 g fat, 3 g saturated fat, 0 g trans fat, 0 mg cholesterol, 400 mg sodium, 55 g carbohydrates, 7 g fiber, 42 g sugar, 3 g protein

**White Chocolate Dip:**

In 1-qt. saucepan, place 1 Tbsp. coconut milk beverage and 1 oz. Hy-Vee creamy white chocolate baking chips. Heat over low heat, stirring constantly, until chips are melted and mixture is smooth. Cool slightly. Using a whisk, beat ¾ cup coconut milk and 1 (1.34-oz.) box Hy-Vee sugar-free, fat-free white chocolate instant pudding mix until mixture is blended and thickened. Stir in melted mixture until well blended. Fold in 2 cups fat-free whipped topping (thawed).

**Per serving:** 310 calories, 4 g fat, 3 g saturated fat, 0 g trans fat, 0 mg cholesterol, 400 mg sodium, 55 g carbohydrates, 7 g fiber, 42 g sugar, 3 g protein

**For serving:** 2 Tbsp. fat-free whipped topping
ON THE GO

Friday, 6/23
• Albert Lea, MN, 4th of July Parade
• Jefferson City, MO, Salute to America (4th of July Parade)
Saturday, 6/24
• Altoona, IA, 4th of July Celebration
• Cedar Rapids, IA, Freedom Festival
• Elgin, IL, 4th of July 5K Race & Parade
• St. Peter, MN, Independence Day Parade

Wednesday, 7/5
• Anchorage, AK, 4th of July KidzFit Event
• Mankato, MN (Chain of Rocks Park), Mankato Hoopdogg's Game with KidzFit
• Mankato, MN (Wheeler Park), North Mankato Fun Days

Thursday, 7/6
• North Mankato, MN (Wheeler Park), North Mankato Fun Days
• North Mankato, MN (Wheeler Park), North Mankato Kids Fun Days

Friday, 7/7
• North Mankato, MN (Wheeler Park), North Mankato Fun Days & KidzFit Parade
• Davenport, IA, Summer Concert Series Event
• Waterloo, IA (Clinton Riverfront), Hy-Vee & Stokes-Thomas Lake City Park, Hy-Vee KidsFit Mini Triathlon

Saturday, 7/8
• Des Moines, IA (Des Moines Hy-Vee Drugsstore), Blender Bike Promotion School
• Newton, IA (Iowa Speedway), ARCA Racing Series Iowa 150
• North Mankato, MN (Wheeler Park), North Mankato Fun Days Parade
• Waterloo, IA (Clinton Riverfront), Hy-Vee & Stokes-Thomas Lake City Park, Hy-Vee KidsFit Mini Triathlon

Sunday, 7/9
• Newton, IA (Iowa Speedway), ARCA Racing Series Iowa 150
• North Mankato, MN (Wheeler Park), North Mankato Fun Days Parade
• Waterloo, IA (Clinton Riverfront), Hy-Vee & Stokes-Thomas Lake City Park, Hy-Vee KidsFit Mini Triathlon

Monday, 7/10
• Newton, IA (Iowa Speedway), ARCA Racing Series Iowa 150
• North Mankato, MN (Wheeler Park), North Mankato Fun Days Parade

Tuesday, 7/11
• Newton, IA (Iowa Speedway), ARCA Racing Series Iowa 150

Wednesday, 7/12
• Wausau, WI, Monday Night, Wausau Festa Fair
• Wausau, WI, Hy-Vee Healthy You Event

Friday, 7/14
• Moline, IL, Mardi Gras on Fifth (Night Market)
• Wausau, WI (Wausau Festa Fair), Wausau County Fair

Saturday, 7/15
• Quincy, IL (Broadway and 36th St. Hy-Vee), Kids' Day in the Garden
• Topeka, KS, 5K & 10K Crossland Run & Sunflower Stake Games
• Wausau, WI (Wausau Festa Fair), Wausau County Fair

Sunday, 7/16
• Olathe, KS, 4th of July Parade
• Waseca, MN (Waseca Festa Fair), Waseca County Fair

Monday, 7/17
• Newton, IA (Iowa Speedway), ARCA Racing Series Iowa 150

Tuesday, 7/18
• Farmington, MN (North Trail Elementary School), KidzFit Event
• Lea’s Summit, MO (Lea’s Summit West Hy-Vee Healthy You Event)
• North Mankato, MN (Wheeler Park), North Mankato Fun Days Parade

Wednesday, 7/19
• North Mankato, MN (Wheeler Park), North Mankato Fun Days Parade
• Waterloo, IA (Clinton Riverfront), Hy-Vee & Stokes-Thomas Lake City Park, Hy-Vee KidsFit Mini Triathlon

Thursday, 7/20
• Farmington, MN (North Trail Elementary School), KidzFit Event
• Lea’s Summit, MO (Lea’s Summit West Hy-Vee Healthy You Event)
• North Mankato, MN (Wheeler Park), North Mankato Fun Days Parade

Friday, 7/21
• Lea’s Summit, MO (Lea’s Summit West Hy-Vee Healthy You Event)

Saturday, 7/22
• Webster City (Hamilton County Fairgrounds), Hamilton County Fair

Tuesday, 7/25
• Newton, IA (Charles City Hy-Vee), Customer Appreciation Day

Wednesday, 7/26
• Charles City, IA (Charles City Hy-Vee), RAGBRAI Samples

Friday, 7/28
• LeMars, IA (Plymouth County Fairgrounds), Plymouth County Fair

Saturday, 7/29
• LeMars, IA (Plymouth County Fairgrounds), Plymouth County Fair
• Newton, IA (Iowa Speedway), 2017 NASCAR K&N Pro Series Casey’s General Store 150 Race

Sunday, 7/30
• Newton, IA (Iowa Speedway), 2017 NASCAR K&N Pro Series Casey’s General Store 150 Race

Tuesday, 7/31
• West Des Moines, IA (MLK City Parkway Hy-Vee), Health Fair

HY-VEE FLEET

Nine Healthy You mobiles travel to health fairs, festivals, schools and markets to provide everything needed for screenings and vaccinations. They’re also equipped with TVs to broadcast helpful informational videos about cooking techniques, exercises and more.

HY-VEE KIDSFIT® ON THE GO

Hy-Vee KidsFit events, which help kids of all ages get active and learn about nutrition, take place at Hy-Vee stores, schools and venues throughout many Hy-Vee communities. Each Hy-Vee Healthy You mobile is equipped with Hy-Vee KidsFit event supplies, including everything needed to host a Hy-Vee KidsFit info session.

PRIVATE SCREENING

Hy-Vee Healthy You mobiles are each equipped with two private rooms and the supplies needed to test blood levels of glucose, cholesterol and triglycerides, take blood pressure readings, measure body fat percentages and more. A dietitian can then discuss those numbers with you to determine if you need to change your diet or activity levels. The cost to participate in a Hy-Vee Healthy You mobile’s screening is $45. Flu shots are available at an additional cost.

PHOTO COURTESY OF HY-VEE®
Now PREP WITH PRODUCE AND CELEBRATE THE SEASON’S FINEST FLAVORS. LOOK FOR FRUITS AND VEGGIES WITH FARMER’S-MARKET FRESHNESS, ALL FRONT AND CENTER IN THE HY-VEE PRODUCE DEPARTMENT. WORDS: Kristi Chew PHOTOS: Tobin Bennett

July is peak season for the brightest picks in produce. From sweet corn to watermelon, the flavors of summer are perfect for whipping up an easy meal. Load flatbread with freshly chopped herbs and veggies or stir up lean beef and farro with handfuls of tomatoes, broccoli, pepper and carrot. Fresh, healthy ingredients let you cook with creativity and ease. Think small plates, grilled dinners, salads and smoothies. Even dessert can be centered around colorful produce from the grill as you discover the caramel flavor of grilled peaches, plums and pineapple.

Fresh produce provides complex carbohydrates for energy, fiber for regulating blood sugar and aiding digestion, and the vitamins and minerals needed for basic health. About 4½ cups of fruits and vegetables per day are considered a healthy amount by the U.S. Department of Agriculture. Hy-Vee makes it easy to eat produce of all colors. Shop the aisles of your local store for popular and specialty produce items. Pick-up Hy-Vee Short Cuts precut veggies for salads, stir-fries and grilling, as well as preassembled kabobs for easy-to-grill convenience.

Total Time 20 minutes
Serves 4

Hy-Vee nonstick olive oil cooking spray
4 cups baby spinach
2 cups fresh raspberries, divided
5 (½-inch-thick) slices Hy-Vee whole grain hearth loaf, toasted
8 deli-style slices Lorraine Swiss cheese
2 Tbsp. whole grain mustard, optional

1. PREHEAT oven to 350°F. Heat a large skillet over medium heat. Coat skillet with cooking spray and add spinach. Cook, turning frequently with tongs, until spinach is wilted. Transfer spinach to a platter.

2. ADD 1 cup raspberries to the same skillet and cook over medium heat until berries are heated through. Remove skillet from heat and mash berries with the back of a wooden spoon; stir in remaining 1 cup raspberries.

3. TOP 4 slices of bread with cheese, raspberry mixture, spinach and more cheese. If desired, spread mustard on one side of each remaining toasted bread slice. Place slices spread side down on sandwiches. Place sandwiches on a rimmed baking pan and bake 5 minutes or until cheese is melted.

4. CUT sandwiches in half and serve immediately.

Per serving:
390 calories, 20 g fat, 9 g saturated fat, 0 g trans fat, 50 mg cholesterol, 500 mg sodium, 32 g carbohydrates, 5 g fiber, 21 g sugar, 21 g protein

TIP: BERRIES ADD FLAVOR AND HEALTHY PLANT-BASED CARBS TO A SANDWICH.

BRYON LEERHOFF, PRODUCE MANAGER
STORE #1, QUINCY, ILLINOIS

“WASH AND CUT BERRIES RIGHT BEFORE YOU’RE READY TO USE THEM.”

“BALANCE” hy-vee.com
Total Time 30 minutes  Serves 6

1¼ cups farro
1 medium carrot, peeled and thinly sliced
1 cloves garlic, minced
1 tsp. minced ginger
1 tsp. sugar
1 tsp. soy sauce
1 tsp. vinegar
1 tsp. olive oil
1 lb. 93% lean ground beef
2 cups broccoli
1 medium carrot, peeled and thinly sliced
1 red bell pepper, seeded and thinly sliced
1 cup sugar snap peas
2 cups tomatoes
¼ cup green onion

1. COOK farro according to package directions. Let cool.
2. HEAT olive oil in a large nonstick skillet or wok over medium-high heat. Add ground beef, broccoli, carrot and pepper and cook 5 minutes or until beef has browned, breaking up beef as it cooks.
3. ADD cooled farro and peas. Add soy sauce mixture and cook, stirring constantly, until farro is heated through. Stir in 1 cup of tomatoes.
4. SERVE stir-fry topped with remaining tomatoes and green onions.

Per serving: 280 calories, 6 g fat, 2 g saturated fat, 0 g trans fat, 45 mg cholesterol, 480 mg sodium, 34 g carbohydrates, 5 g fiber, 5 g sugar, 23 g protein
Total Time: 20 minutes  
Serves 4

- Hy-Vee nonstick olive oil cooking spray
- 4 medium zucchini
- 4 oz. baby spinach (about 2 cups)
- 2 oz. Hy-Vee Select natural fresh goat cheese
- ⅔ cup basil leaves
- ½ cup unsalted raw pistachios
- 2 Tbsp. nutritional yeast
- 1 Tbsp. fresh lemon juice
- 1 red bell pepper, seeded and thinly sliced
- 1 (5- to 6-oz.) cooked chicken breast half, shredded
- 1 cup light marinara sauce, such as Prego Light Smart marinara, warmed
- Cracked black pepper, if desired

1. LIGHTLY grease large skillet with cooking spray. Cut zucchini into 48 thin lengthwise strips with a vegetable peeler. Cook zucchini strips in skillet over medium heat until crisp-tender, about 30 seconds on one side each only. Work in batches, as needed.

2. PROCESS the spinach, goat cheese, basil, pistachios, yeast and lemon juice in a food processor until mixture is almost smooth.

3. ASSEMBLE roll-ups: Overlap four zucchini slices. Spoon 2 Tbsp. of the spinach mixture about ½ inch from one end. Top with some of the bell pepper and some of the chicken. Roll up and place seam side down on a platter. Repeat with remaining zucchini slices and ingredients to make 12 roll-ups.

4. SERVE with marinara sauce and, if desired, black pepper.

Per serving: 270 calories, 12 g fat, 3.5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 340 mg sodium, 20 g carbohydrates, 7 g fiber, 10 g sugar, 22 g protein
Press pause on reality show reruns and sign out of social media. It’s time to get your family off the sofa and on the road to better health. A 2015 report by Common Sense Media found that teenagers (ages 13–18) consume nine hours of entertainment media—most commonly television, social media and video games—per day while tweens (ages 8–12) spend six hours per day on media. And if you think only kids are constantly plugged-in, think again. A Nielsen report found that adults spent an average of 10 hours 39 minutes consuming media per day in 2016, an increase of more than an hour over the previous year.

Too much screen time can actually harm our health. Higher rates of obesity, irregular sleep, behavioral problems, loss of social skills, depression and aggression are just some of the possible effects of media overuse.

Luckily, there’s a free way to entertain yourself and your kids while you combat the negative effects of too much tech time. Open the door to a wonderful world of experiences that only the great outdoors provides. The natural world not only excites the senses, but it develops the body. Studies have shown that spending time regularly in nature can improve memory and concentration, reduce inflammation, boost your immune system, improve eye health and alleviate depression. It’s also known to promote creativity, imagination and brain development in young children.

REALITY CHECK

1. CATCH FIREFLIES AT SUNSET
2. RUN THROUGH A SPRINKLER
3. Draw with sidewalk chalk
4. BLOW BUBBLES
5. Play on a jungle gym
6. GO ON A SCAVENGER HUNT
7. TAKE THE DOG FOR A WALK
8. PLAY CATCH
9. Read under a tree
10. COLLECT ROCKS

Beat boredom this summer. Check out this bubble maker and many other fun summer products sold at your local Hy-Vee.

Sources:
www.commonsensemedia.org/research/the-common-sense-census-media-use-by-tweens-and-teens
www.niu.edu/ccc/resources/Why%20Children%20Need%20to%20Play%20Outside.pdf
www.ncbi.nlm.nih.gov/pubmed/20194281?_ga=1.239613059.183606406.1490730579

GET ACTIVE with exciting outdoor activities for the WHOLE FAMILY, while you reap the natural benefits of the open air. Whether you hike, bike or fly a kite, you’ll find ENDLESS OPPORTUNITIES for kids and adults of all ages to enjoy nature.
CHILDREN WHO SPEND TIME OUTSIDE ARE LESS LIKELY TO DEVELOP MYOPIA (NEAR-SIGHTEDNESS), ACCORDING TO THE AMERICAN ACADEMY OF OPHTHALMOLOGY.

5 TO 15 minutes of sunlight on your arms, hands and face 2–3 times per week provides enough vitamin D to release mood-lifting hormones in the brain, according to the World Health Organization.

STANFORD UNIVERSITY RESEARCHERS FOUND THAT REGULAR WALKING BOOSTS FOCUS AND CREATIVITY, REGARDLESS OF DISTANCE OR LOCATION.

Sources:
Hy-Vee KidsFit, a free and fun at-home nutrition and exercise program for all fitness levels, lets kids and families promote a balanced lifestyle. The online program, taught by Hy-Vee KidsFit Coach Daira Driftmier, offers tips and instructional videos that require no equipment, making them accessible to everyone. Hy-Vee KidsFit and its 5-Week Challenge educate about the importance of being physically active and keeping a proper diet while providing a structure for kids to take control of their personal health and fitness. Throughout the 5-Week Challenge, kids are awarded trophies as they compete in fun activities like the Hy-Vee KidsFit Scavenger Hunt and Track Your Trails, which encourages kids to record their walking progress. Keep your kids’ summer going strong with these exciting activities and more. Sign up at hy-veekidsfit.com.

Sources: http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/AHA-Recommendations-for-Physical-Activity-in-Kids-Infographic_UCM_463245_SubHomePage.jsp
https://www.adaa.org/understanding-anxiety/related-illnesses/other-related-conditions/new/physical-activity-reduces-stress

BEING OUTSIDE AND PHYSICALLY ACTIVE NATURALLY REDUCES HIGH STRESS LEVELS, ACCORDING TO THE ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA.

DIY SIDEWALK CHALK

Mix ¾ cup plaster of Paris with ½ cup water in a small container until consistency is smooth. Stir in 3 Tbsp. of desired color of tempera paint. Mix thoroughly and pour the liquid into a silicone mold. Let dry overnight. Carefully remove from molds and create masterpieces.

NUMBER OF MINUTES EACH DAY OF MODERATE-TO-VIGOROUS PHYSICAL ACTIVITY RECOMMENDED BY THE AMERICAN HEART ASSOCIATION

[60]

CUSTOMIZE CHALK BY SELECTING VARIOUS SHAPED MOLDS AND COLORS OF TEMPERA PAINT.
Swimming, a low-impact blend of cardio and strength training, is an excellent workout for anyone looking to tone their body or shed weight. The resistance of water builds endurance, while swimming exercises muscles that most aerobic workouts can’t reach.

“It’s a whole-body workout,” says John Noble, Ph.D., associate professor of health and kinesiology at the University of Nebraska at Omaha. “You’re working all the major muscle groups in your upper and lower body. Because it’s low-impact and easier on your body, people can do it for longer duration.” Swimming regularly provides important health benefits to these areas:

**Heart:** Swimming improves nearly all areas of cardiovascular health, reducing the risk of heart disease. It raises HDL (“good”) cholesterol and reduces blood pressure, while boosting blood volume, meaning your cells get more nourishment. Lunges: Swimming trains your body to use oxygen more efficiently by working your lungs and heart together. Deep breaths and an elevated heart rate improve your lung capacity, allowing higher uptake of oxygen. More oxygen increases the speed at which your muscles and body recover after exercise.

**Joints:** Water buoyancy reduces pressure on joints and can prevent injuries, making it easier for people with arthritis and back pain, in particular, to exercise. Increased lung capacity also improves circulation to joints, which promotes faster recovery. If you’ve had an accident or injury, water exercise can help your rehabilitation.

**Brain:** Like all cardiovascular exercises, swimming can improve memory and other cognitive abilities, and reduce the brain’s insulin resistance and inflammation, while stimulating cell growth. Regular exercise can also reduce stress, while improving mood and sleep.

**Movement:** Regular swimming can improve balance, coordination and flexibility. Core strength gained from swimming may also improve posture.

Sources:
- http://scholarworks.bgsu.edu/cgi/viewcontent.cgi?article=1247&context=ijare
- http://www.nhs.uk/Livewell/getting-started-guides/Pages/getting-started-swimming.aspx
- https://nihseniorhealth.gov/exerciseforolderadults/healthbenefits/video/e3k_na.html?intro=yes
- http://www.swimming.org/justswim/8-benefits-of-swimming/
- http://www.health.harvard.edu/newsletter_article/take-the-plunge-for-your-heart

**hit the DECK**

Dive into this full-body, aquatic exercise for a low-impact workout that adjusts to your fitness level. The seemingly endless health benefits of swimming will have you going overboard.
physical fitness

Swimming has a definite advantage over other popular exercises. “It works more muscles than running or biking,” says Henry N. Williford, director of the Human Performance Lab at Auburn University. “It’s like doing curl-ups and planks in a vertical position. You’re doing yoga in the water.”

The resistance from the water strengthens muscles. Thanks to the gravity-defying properties of water, you’ll find you can be more flexible and—literally—stretch yourself.

When you’re swimming, you’re in a horizontal position and have to keep yourself in that position. “You have to use your abdominal muscles in order to maintain that swimming position,” Williford says.

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Any aerobic activity tends to make you happier, and swimming is no exception. “It can decrease your stress, decrease your depressive tendencies and positively impact mental health,” says John Noble, Ph.D., associate professor of health and kinesiology at the University of Nebraska at Omaha. Studies have shown that being in warm water is especially helpful in elevating mood and lowering anxiety in people who have fibromyalgia.

Swimming may make children smarter. A Griffith University study found that kids who started swimming at an early age performed better in certain cognitive tests than those who didn’t swim.


mental health

Top marks

Swimming may make children smarter. A Griffith University study found that kids who started swimming at an early age performed better in certain cognitive tests than those who didn’t swim.

The resistance from the water strengthens muscles. Thanks to the gravity-defying properties of water, you’ll find you can be more flexible and—literally—stretch yourself.

AT THE CORE

“WHEN YOU’RE SWIMMING, YOU’RE IN A HORIZONTAL POSITION AND HAVE TO KEEP YOURSELF IN THAT POSITION. YOU HAVE TO USE YOUR ABDOMINAL MUSCLES IN ORDER TO MAINTAIN THAT SWIMMING POSITION.” WILLIFORD SAYS.

Keep your arms, shoulders and neck muscles aligned with the rest of your body.

Take the plunge with these routines

Beginner

(30 min., 550 yards)

• 100 yards freestyle
• 50 yards backstroke
• 4x100 yards freestyle choice at 70% max effort
• 2x200 yards freestyle, 200 yards IM kick, 100 yards choice at 70% max effort

Intermediate

(45 min., 1200 yards)

• 200 yards freestyle
• 4x100 yards individual medley (IM) order set (75% pace). Maximize streamlines and distance per stroke.
• 4x100 yards freestyle, 50 yards all-out choice sprint. Rest for 30 sec. after freestyle, and then 60 sec. after each all-out choice sprint lap.
• 200 yards freestyle at 100% effort. Rest for 30 sec. after freestyle, and then 60 sec. after each 100 yards.
• Cooldown: 200 yards freestyle or backstroke (rotate as desired).

Advanced

(60 min., 2100 yards)

• 200 yards freestyle, 200 yards IM kick, 100 yards choice at 70% max effort
• 8x50 yards IM order (75% max effort)
• Kickboard set: 3x(75/25 yards) kick. 75 yards are max-effort kick, 25 yards are 50% effort (choice kick). No rest in between 75 and 25.

When life and death hang in the balance, doctors turn to an arsenal of medicinal weapons. The latest high-tech drugs require a new breed of pharmacy to make certain patients get exactly what they need. When they need it.

Through the fall of 2015, Iowa’s Michael Malatek had a growing sense that something was dreadfully wrong. Then he was diagnosed with myeloma, a vicious cancer.

Early on in Michael’s difficult journey, his doctor began ordering drugs from a specialty pharmacy, which only handles medications for major diseases. Michael’s drugs came from Amber Pharmacy—a wholly owned subsidiary of Hy-Vee.

“Like most Amber patients, Michael orders his medications by phone and they are shipped to his door. He is grateful for the time his pharmacy representative gives him on the phone, whether the topic is a technical question about the drugs or he’s having a difficult day and would just like to talk to someone,” says Jo Ann Hyres, Senior Vice President of Sales and Marketing at Amber.

A PHONE CALL AWAY

Hy-Vee’s Amber Pharmacy ranked among the highest nationally in the area of patient satisfaction with pharmacy employees in 2016. Approximately 3,000 patients were polled by Zitter Health Insights of New Jersey. Amber’s pharmacists, nurses, pharmacy technicians and billing department each scored 100 percent.

3 POINTS SET AMBER PHARMACY APART

1. Giving patients the time and information they need. Amber’s clinical pharmacists take the time to thoroughly explain the disease and medication to a patient.

2. Understanding insurance policies. Amber Pharmacy staff members are trained to help patients understand the sometimes bureaucratic language of health-care policies.

3. Adapting to new medications. Many new medications used to treat specialty conditions are in development. Amber Pharmacy monitors these “orphan drugs” to ensure we are on the forefront and have the clinical expertise needed to dispense new medications as soon as they are available.

A CALL TO ACTION

Should you or a loved one get that first call from Amber Pharmacy after a diagnosis, you can have confidence in the staff’s skills, says Doctor of Pharmacy Micaila Ruiz, Amber Chief Pharmacy Officer. Here’s what you can expect:

• Extensive clinical expertise in oncology, inflammatory conditions, multiple sclerosis and most chronic, complex medical conditions.

• You’ll receive help understanding the diagnostic and treatment plan.

• Assistance with validating insurance coverage and help find sources for financial assistance if needed.

• You will learn how easy it is to have medications shipped directly to you and how they can be conveniently picked up at your local Hy-Vee Pharmacy.

GOOD WORK APPLAUDED

“The SP business has grown into a nationwide system over the last 20 years. Though it handles transactions for about 3 percent of all pharmacy patients, the bills now account for almost 40 percent of all medication costs in the U.S. and is continuing to grow under Hy-Vee ownership.”

3% OF PATIENTS USE SPECIALTY PHARMACIES

75% OF ALL DRUGS NOW GOING THROUGH FDA APPROVALS THAT WILL BE SOLD ONLY AT SPECIALTY PHARMACIES

We help approximately 20,000 patients a month. For the most part, we are on a first-name basis with most of them.”

MICHAEL AGOSTINO, PRESIDENT OF HY-VEE-OWNED AMBER PHARMACY

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AMBER PHARMACY TREATS PATIENTS WITH COMPLEX, CHRONIC CONDITIONS, INCLUDING CANCER, MULTIPLE SCLEOROSIS AND HIV/AIDS.

MICAILA RUIZ, Amber Chief Pharmacy Officer
FOODS THAT FUEL

SUGARY CARBS AND CAFFEINE MAY BE TEMPTING GRABS WHEN YOUR ENERGY WANES, BUT THERE’S A SMARTER APPROACH: EAT FOODS RICH IN COMPLEX CARBOHYDRATES WITH LEAN PROTEIN AND HEALTHY FATS. “THOSE CARBS GIVE YOU LASTING ENERGY SO YOUR BLOOD SUGAR WON’T SPIKE,” HY-VEE DIETITIAN JENA PAPE SAYS. YOU’LL STAY ALERT AND ACTIVE THROUGHOUT THE DAY, WITHOUT PEAKS AND DIPS.

CARBOHYDRATES ARE THE BODY’S PREFERRED SOURCE OF ENERGY, SAYS JENA PAPE, RD, LD, A HY-VEE DIETITIAN IN OAKDALE, MN. WHEN YOU FUEL WITH COMPLEX CARBS, SHE EXPLAINS, FATS AND PROTEINS ARE FREE TO DO THEIR JOBS BUILDING MUSCLE, REPAIRING CELLS AND STORING ENERGY.

**CARROT SPEARS AND GRILLED ASPARAGUS**

Total Time: 20 minutes  
Serves: 6

1. **Prepare** charcoal or gas grill with greased grill rack for direct cooking over medium heat. Prepare Carrot-Top Gremolata.  
2. **Halve** carrots lengthwise. Lightly coat carrots and asparagus with cooking spray. Grill vegetables 5 to 8 minutes or until are lightly browned and tender, turning once. Season with salt and pepper.  
3. **Serve** sprinkled with Carrot-Top Gremolata.

CARROT-TOP GREMOLATA:  
In a small bowl, mix together 3 Tbsp. minced fresh carrot top (or 3 Tbsp. minced fresh parsley), 1 Tbsp. Hy-Vee Select olive oil, 2 tsp. minced garlic and 2 tsp. lemon zest.

Per serving: 60 calories, 2.5 g fat, 0 g saturated fat, 0 mg cholesterol, 55 mg sodium, 9 g carbohydrates, 3 g fiber, 4 g sugar, 2 g protein.
**SEMIFREDDO BARS**

**Total Time: 35 minutes**

**Serves: 4**

- 2 (15-oz.) cans chickpeas, drained and rinsed
- 1 Tbsp. Hy-Vee vegetable oil
- ½ tsp. freshly ground black pepper
- ½ tsp. ground cumin, plus more for garnish
- 2 Greek whole wheat pitas, halved
- 1 large avocado, peeled and pitted
- 1 Tbsp. lime juice
- ¼ red bell pepper, finely chopped
- ¼ green bell pepper, finely chopped
- ¼ small red onion, sliced
- ½ cup halved heirloom cherry tomatoes
- 1 Tbsp. Hy-Vee Select extra-virgin olive oil
- 1 Tbsp. finely chopped parsley, plus more for garnish

1. **PREHEAT** oven to 350°F.

2. **COMBINE** the chickpeas, vegetable oil, pepper and cumin in a bowl and toss to coat well. Transfer to a rimmed baking pan and bake 30 minutes or until golden brown, shaking the pan occasionally.

3. **WRAP** pitas in foil and place in oven to warm. Combine avocado and lime juice in a bowl and lightly mash with a fork.

4. **STIR** together bell peppers, red onion, cherry tomatoes, olive oil and 1 Tbsp. parsley in a bowl.

5. **REMOVE** pitas from oven and fill each with about 2 Tbsp. mashed avocado, ¼ cup bell pepper mixture and ¾ cup roasted chickpeas. Garnish with cumin and parsley and serve immediately.

**Per serving:**
- 410 calories
- 18 g fat
- 2 g saturated fat
- 0 g trans fat
- 0 mg cholesterol
- 660 mg sodium
- 54 g carbohydrates
- 13 g fiber
- 6 g sugar
- 13 g protein

**THIS DISH PROVIDES AMPLE COMPLEX CARBS FROM THE CHICKPEAS AND WHOLE GRAIN PITA ALONG WITH HEALTHY PROTEIN, CARBS AND FAT FROM THE AVOCADO.**

**THE COMBINATION GIVES YOU THE RIGHT BALANCE FOR STAYING ENERGETIC,**

**HY-VEE DIETITIAN JENA PAPE SAYS.**

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**BLACKBERRY SEMIFREDDO BARS**

**Total Time: 40 minutes plus 5½ hours freeze time**

**Serves: 9**

- 1½ cup organic rolled oats
- 1 cup unsweetened shredded coconut
- ½ cup slivered almonds
- ⅛ tsp. Hy-Vee kosher salt
- ¾ cup dates, pitted
- 1 Tbsp. plus 1 tsp. vanilla extract, divided
- 4 Tbsp. Hy-Vee coconut oil
- 4 Tbsp. water
- 4 Hy-Vee pasteurized large egg whites, room temperature
- ¼ cup sugar
- 4 cups plain Hy-Vee Greek yogurt, divided
- 1 vanilla bean, halved and scraped
- 8 oz. fresh blackberries
- 3 Tbsp. cup Hy-Vee honey
- 3 Tbsp. lemon juice

1. **LINE** an 8×8-inch baking pan with parchment paper; let some parchment hang over the edges. Set aside.

2. **COMBINE** oats, coconut, almonds and salt in a food processor. Pulse 30 seconds.

3. **ADD** dates, 1 tsp. vanilla extract, and coconut oil. Add the water 1 Tbsp. at a time until dough forms.

4. **PRESS** crust into prepared pan and freeze 30 minutes.

5. **WHIP** egg whites with a handheld mixer or a stand mixer using a whip attachment on medium-high until soft peaks form. Gradually add sugar and beat on high until stiff peaks form, set aside.

6. **ADD** 1 cup plain Greek yogurt to 1 bowl and 1 Tbsp. lemon juice and remain egg white mixture to other bowl. Gently fold in half of egg white mixture and smooth over prepared crust and freeze 1 hour. Meanwhile, blend blackberries, honey and lemon juice in a food processor; strain through a wire-mesh strainer to remove seeds. Mix blackberry puree into remaining 2 cups of Greek yogurt until smooth. Gently fold in remaining egg white mixture and smooth over vanilla layer. Freeze for 4 hours or overnight.

7. **PRESS** blackberry mixture into the bottom of pan and freeze 2 minutes to loosen sides and bottom of semifreddo before cutting and serving.

**Per serving:**
- 380 calories
- 16 g fat
- 10 g saturated fat
- 0 g trans fat
- 0 mg cholesterol
- 85 mg sodium
- 44 g carbohydrates
- 6 g fiber
- 28 g sugar
- 16 g protein

**BLACKBERRIES ARE IDEAL DESSERT CARBS. THEY ALSO CONTAIN VITAMINS AND MINERALS. MEDJOOL DATES IN THE CRUST LEND A CARAMELLIKE SWEETNESS.**

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**ROASTED CHICKPEA-STUFFED PITAS**

**Learn how to make Blackberry Semifreddo Bars at home. Visit youtube.com/Hy-Vee.**
If it’s in the pantry, it’ll probably end up on your plate. Wise up and battle the bulge with a frontal attack on your kitchen shelves. Chuck or donate high-calorie, unhealthy foods and stock the nonperishables suggested by Hy-Vee Dietitian Amber Kastler. A well-planned pantry means you’ll always have healthy ingredients on hand.

**TOP SHELF**

Stock a **healthy** pantry

**GRAINS**
When given the option, always choose products that use whole wheat flour, which contains more fiber, less carbohydrates and several important vitamins not found in white flour.

- Brown rice
- Popcorn
- Quick oats
- Quinoa
- Tortilla corn chips
- Whole grain crackers
- Whole wheat pastry flour
- Whole wheat pasta

**FRUITS**

These natural sweets are a rich source of fiber, potassium and other nutrients that contribute to a well-balanced diet. Fruits are low in fat and sodium and have been found to reduce the risk of stroke, cardiovascular disease and type 2 diabetes. Natural sugar makes dried fruit plenty sweet, so look for products without added sugars or sweeteners.

- Canned Fruit (with water or 100% juice)
- Dried Fruit (apples, apricots, cranberries, figs, mangos, peaches, pears, prunes, raisins, tomatoes)

**VEGETABLES**

Veggies are an excellent source of antioxidants and vitamins that prevent sickness. These items are generally low in calories and fat, making them crucial for weight management. Select a colorful variety of preserved produce, choosing items that do not include additional additives like salt.

- Unsalted, canned vegetables (beets, cabbage, carrots, corn, green beans, peas, spinach)
- Garlic
- Onions
- Sweet Potatoes

Sources:
- [http://mynutrition.wsu.edu/nutrition-basics](http://mynutrition.wsu.edu/nutrition-basics)
- [https://www.fda.gov/food/ingredients-packaging-labeling/labelingnutrition/ucm063367.htm](https://www.fda.gov/food/ingredients-packaging-labeling/labelingnutrition/ucm063367.htm)
PROTEINS

One of three major energy sources, proteins are essential in maintaining healthy organs, also repairing and producing cells and tissues. If you’re hoping to lose weight, look for lean forms of protein that are low in fats and carbohydrates. For healthy diets, 10-35 percent of daily calories should come from protein.

- Almond or nut butters
- Canned salmon and tuna
- Dried or canned beans (black, chickpeas, garbanzo, kidney, lima and pinto)
- Unsalted nuts (almonds, cashews, pistachios, and walnuts)

½ CUP OF BEANS PROVIDES THE SAME AMOUNT AS ONE OUNCE OF CHICKEN, ACCORDING THE DIETARY GUIDELINES FOR AMERICANS.

OILS, SAUCES & SEASONINGS

When possible, avoid artificial flavorings, as they’re often filled with unhealthy chemicals and preservatives. Enhance flavor in meals with these all-natural ingredients, low in calories, processed sugar and sodium.

- Certain herbs and spices, among those below have anti-inflammatory properties, high levels of antioxidants and other nutritional properties, which help protect against chronic diseases like cancer, diabetes and heart disease. Different types of vinegars work as natural preservatives and can eliminate pathogens, while unrefined oils, like extra-virgin olive are filled with heart healthy, monounsaturated fats and can reduce risk of stroke.

- Dijon or stone-ground mustard
- Dried herbs and spices (cinnamon, coriander, cumin, ginger, onion and garlic powders, oregano, paprika, red pepper flakes and rosemary)
- Extra-virgin olive oil
- Honey
- Vinegars (apple cider, balsamic, red wine or rice)
- 100% pure maple syrup

Sources:
http://www.webmd.com/food-recipes/protein
https://health.gov/dietaryguidelines/dga95/9dietgui.htm
the perks of a pet

If your loyal, live-in companion is particularly furry, you’re not alone. Collectively, Americans own over 78 million dogs and 86 million cats. These pets, especially dogs, provide opportunities for exercise and outdoor activity as well as a simple segue into socialization. Pet owners are more likely to engage in conversation and are often approached by others in public. Face it, it’s nearly impossible to resist someone being lead by an adorable pug or giant Great Dane. Pets also offer owners social support on walks and runs, which can play an important role in starting a new healthy habit.

It’s raining cats and dogs on Instagram, Twitter and your morning run. Pet ownership is as high as ever, and many Americans reap the benefits. Pets are unsung heroes of healthy habits (regular walks), and foolproof conversation starters.

PET OWNERSHIP MAY LOWER BLOOD PRESSURE AND CHOLESTEROL AS WELL AS DECREASE YOUR RISK OF HEART DISEASE.

Old Dog, New Tricks

Working like a dog has a whole new meaning. Some pets, including dogs, cats and other certified animals, literally go to work to help humans deal with major health setbacks. According to the Mayo Clinic, animal-assisted therapy supports people facing a range of health issues including cancer treatment, chronic heart failure, post-traumatic stress disorder and more. Therapy animals are proven to reduce patients’ pain, anxiety, depression and fatigue, and even provide comfort and enjoyment to friends and family of patients. Don’t pack your pampered poodle for your next hospital visit, though—therapy animals are highly trained to adhere to strict codes of behavior and sanitation.

At long-term care facilities, therapy animals can help to reinforce a patient’s commitment to rehabilitative activities. A game of fetch translates to mobility and the use of hands. Meanwhile, patients can experience a more optimistic attitude and double down on getting better. Pet therapy is also employed in settings outside of medical care, such as at universities and community outreach centers.

Sources (this page and opposite):
https://www.cdc.gov/healthypets/health-benefits

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Food for thought

Hy-Vee's commitment to healthy families doesn’t stop with humans. Stop in at your local store to check out its health-promoting pet products: treats formulated for dental care, specialty foods for pets of every age and more. Packed with vitamins and proteins, new refrigerated pet foods contain healthy high-quality meats and vegetables and specifically lock in the nutrients pets need to live long, active lives.

Shop the aisles of your local Hy-Vee for pet food, treats, accessories and toys!
DRINK YOUR FRUITS & VEGETABLES

INGREDIENTS
- 6 ounces JENNIE-O® All Natural Turkey Breast Tenderloin
- 3 large zucchini, spiraled into noodles
- 1 red bell pepper, thinly sliced
- 1 cup shredded carrots
- 1 cup purple cabbage, thinly sliced
- 1 cup cucumber, julienned
- ½ cup chopped green onions
- 2 tablespoons HOUSE OF TSANG® Bangkok Peanut Sauce
- 2 tablespoons rice wine vinegar
- 2 tablespoons olive oil
- Chopped dry-roasted peanuts, if desired

DIRECTIONS

STEP 1: Cook turkey tenderloin as specified on the package. Always cook to well-done, 165°F as measured by a meat thermometer. Slice or chop.

STEP 2: Divide turkey, zucchini, bell pepper, carrots, cabbage, cucumber, and green onions into each bowl.

STEP 3: In a small bowl, whisk together peanut sauce, vinegar, and oil. Drizzle desired amount over each salad. Garnish with peanuts, if desired.

KICK OFF SUMMER WITH FRESH FLAVOR

TURKEY ZUCCHINI THAI NOODLE SALAD

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- ½ cup chopped green onions
- 2 tablespoons HOUSE OF TSANG® Bangkok Peanut Sauce
- 2 tablespoons rice wine vinegar
- 2 tablespoons olive oil
- Chopped dry-roasted peanuts, if desired

DIRECTIONS

STEP 1: Cook turkey tenderloin as specified on the package. Always cook to well-done, 165°F as measured by a meat thermometer. Slice or chop.

STEP 2: Divide turkey, zucchini, bell pepper, carrots, cabbage, cucumber, and green onions into each bowl.

STEP 3: In a small bowl, whisk together peanut sauce, vinegar, and oil. Drizzle desired amount over each salad. Garnish with peanuts, if desired.

GOOD. SIMPLE. PROTEIN.
GET SMART ABOUT TAKING MEDICATIONS AND KEEPING TRACK OF YOUR PRESCRIPTIONS.

FOR SAFE STORAGE, THE KEY IS TO KEEP MEDS IN A COOL, DRY PLACE AWAY FROM CHILDREN’S REACH. WHEN EXPIRED, DESTROY MEDS PROPERLY. SEE TIPS BELOW.

Your new prescription may pack a surprising punch. Don’t hesitate to ask for help. Speak to your local Hy-Vee pharmacist about:

- **Side Effects**: Be conscious of common side effects including dizziness, nausea or headaches.
- **Interactions**: Mixing medications, supplements, herbs and even energy drinks may cause an adverse affect.
- **Adherence**: Taking your medicine as prescribed is very important to your health. Many conditions such as high blood pressure may not exhibit any symptoms, however, skipping or missing doses can be very dangerous and put you at risk for more serious health issues.

**Hy-Vee Solutions**

Make Hy-Vee your “go-to” health resource. Manage your medications on the Hy-Vee mobile app and utilize the Hy-Vee Repeat Refill program which automatically fills maintenance prescriptions a few days before they are due so medications are ready for pick up when you need them.

- **Dispensers**: Did you take your pill this morning? Eliminate guesswork. Purchase a pill dispenser at Hy-Vee.

**Remove a drug from your medicine cabinet if:**

- It’s expired. Chemical changes can make meds risky or less effective.
- It’s addictive. Painkillers like hydrocodone and oxycodone are opioids that should be taken short-term for pain management after an injury or surgery.

**How to dispose:**

- Check your medication’s label and follow any instructions provided for safe disposal.
- Do not flush drugs down the toilet or sink unless the label exclusively says they can be flushed.
- For medications that do not have disposal instructions, call your local government to find out if specific methods are required by law. If not, take meds out of the container and mix them with an undesirable substance, such as used coffee grounds or cat litter. Seal the mixture in a sealable bag, can, or container and place in the garbage.

Don’t stop taking a medicine on your own. Talk to your doctor.

**Sources:**

- [http://www.fda.gov/forconsumers/consumerupdates/ucm101653.htm](http://www.fda.gov/forconsumers/consumerupdates/ucm101653.htm)
- [http://www.hopkinsmedicine.org/healthlibrary/conditions/adult/womens_health/manage_your_medications_85,P01539](http://www.hopkinsmedicine.org/healthlibrary/conditions/adult/womens_health/manage_your_medications_85,P01539)

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Visit Hy-VeeDeals.com for hundreds of ways to save money throughout the store.
GOODS

Hy-Vee shelves are stocked with deals. Save money by picking up the items shown here and throughout Hy-Vee Balance.
Beef As a First Food

VITAL NUTRIENTS FOR A BUDDING BRAIN
Infants and toddlers need protein, iron, and zinc—all nutrients that can be found in beef—to support brain health and optimal cognitive development. ³

NURTURING IMMUNITY
Zinc and iron play an important role in an infant’s developing immune system. ⁴ Introduction of foods that are a good dietary source of iron and zinc, like beef, early in life supports the growth of healthful bacteria in the gut, which may help to enhance immune function. ⁴, ⁵

STARTING STRONG FOR OPTIMAL GROWTH
Beef contains 10 essential nutrients including protein, zinc, and iron, to fuel a child’s early growth and development. ¹ With its bundle of nutrients, beef as a complementary first food is associated with normal physical growth in infants. ²


FORMING HEALTHY HABITS IS AN IMPORTANT PART OF GROWING UP. TEACH KIDS THE WHY AND HOW OF GOOD HYGIENE AND GIVE THEM A TO HEALTHY LIVING.

Handwashing can stop germs in their tracks and prevent the spread of many types of infection and disease. The Centers for Disease Control and Prevention (CDC) recommends scrubbing hands for at least 20 seconds with soap and water. Children should be able to hum the “Happy Birthday” song two times that amount of time.

Nails

Fingernails should be short and clean. Nails should be cut straight across (not curved) and not too long. Self-adhesive nail stickers should be removed. Cuticles should be kept clean. Do not chew, cut, or pull on fingernails.

Toenails should be short. The undersides should be gently squished in warm water and a quarter-size amount of baby or mineral oil or other oil is not recommended for cleaning ears.

Feet

Have kids regularly scrub their feet with warm water, a wash cloth or soft foot brush, and soap to eliminate bacteria, the main cause of foot odor. Rinse, blot-dry with a clean towel. Kids need a clean towel. Kids need to dry their feet of cold water. Children age 8 to 16 should use a hair dryer on the lowest setting.

Toilet

The bathroom is no place to kid around. A gram of feces contains one million bacteria, according to the CDC. Teach your child to wipe with soft toilet tissue from front to back to reduce transfer of bacteria, and to properly wash hands with soap and water after each visit to the restroom.

Ears

Avoid common ear infections like conjunctivitis (pink eye), stress the importance of not sharing or rubbing eyes, which can spread and worsen infections. Routinely wash eyelids, ears, and other parts that make regular contact with your child’s face.

Hair

Use warm water and a quarter-size amount of shampoo. Most children require shampooing only twice a week, according to the American Academy of Dermatology. Hair is not living, so it’s important to avoid washing it excessively with shampoo, which can cause hair to be coarse or damaged. Towel-dry or use a hair dryer on the lowest setting.

Teeth

Forming healthy habits for keeping teeth and gums healthy should start early. Children should begin tooth brushing at 2 years of age. Children age 2 to 6 should only use a pea-size amount of fluoride toothpaste on their teethbrushes, according to the CDC. Encourage brushing after every meal. Talk to your child’s dentist about dental sealant. These thin plastic coatings can be applied to chewing surfaces of teeth to prevent cavities and decay.

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25% less sugar than other traditional yogurts*

*Chobani® Smooth: 14g sugar, 11g protein; other traditional yogurts: 19g sugar, 5g protein per 5.3oz serving | ©2017 Chobani, LLC
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