



# Hy-Vee West Circle Drive Healthy You Newsletter October 2016



## Upcoming Adult Classes:

### Tuesday, Oct. 11 at 7pm: Wine & Cheese Class

Join our Cheese Specialist and Hy-Vee Chef in exploring our specialty cheeses matched perfectly with wine from our Market Grille. We will have 8 different cheeses and 3 wines to enjoy. There will also be preserves, charcuterie meats, fruits and breads to accentuate the cheese and wine. This is a great opportunity to try some new items and learn some cheese essentials. Come hungry! \$30 per person.

### Wednesday, Oct. 12 at 6pm: Fall Ladies Night DISH

Enjoy delicious chef-created appetizers and fall beverages while you prep three meals to take home to your family. Spirits also available from our Market Grille. DISH meal menu: apple cherry pork chops, overnight pumpkin pie oatmeal, and honey rosemary balsamic glazed chicken and vegetables. Ladies will also make and decorate 6 candied apples to take home! Come and enjoy this productive night with your friends. Each DISH meal serves 4-6. Cost: \$75, not including optional spirits. Must register by October 7.

### Thursday, Oct. 13 at 6pm: DISH

In under two hours, you can prepare 6 meals! We take care of the shopping and clean-up. Menu: stuffed acorn squash, French dip roast beef, chicken and wild rice casserole, taco turkey soup, hearty salisbury steaks, and four cheese stuffed shells. Each meal serves 4-6 people and can be frozen for up to 3 months. Please bring a cooler or large insulated bag to take meals home. Register by October 8, 2016.

### Friday, October 28 at 6pm: Wine & Sushi Rolling Class

Our talented chefs will teach you how to make your own sushi! Sample a variety of rolls and learn the process step-by-step. Cost: \$40 for sushi only, \$50 with wine flights. Register by October 25.

To register for any of the above classes, visit our customer service counter or call 507-292-6000. Payment due upon registration. We can process credit card payments by phone. To register online, search "DISH" on Eventbrite.com. (Online registration available for DISH classes only).

# Princess Party!

**Halloween Edition**

**Kids in the Kitchen**

**HyVee**



Let your little one dress up as a princess and join us for this fun kid's class! Do your grocery shopping while your little princess makes sparkly caramel apples, majestic fruit wands, and ends the class with an in-store jewel hunt!

This class is recommended for children aged 5-11 years.

**At Your West Circle Drive Hy-Vee**

**Saturday, October 15th**

**Choose between**

**10:00am-11:00am OR 1:00pm-2:00pm**

Limited Space Available and Classes fill Quickly!

Cost: \$10 per child



Register today at customer service. Payment due upon registration. You may also pay with card by phone by calling 507-292-6000.

Questions? Contact dietitian Sara Kelly at [sakelly@hy-vee.com](mailto:sakelly@hy-vee.com).

## October Dietitian Pick of the Month: Quaker Oats!



Oats have been shown to improve energy, protect skin, support weight loss and even reduce bad cholesterol. They're packed with heart-healthy soluble fiber, making them a delicious and filling food for any meal!

Looking for the perfect savory dish to bring your whole family to the dinner table? Try Savory Cashew Curry Oatmeal for a twist on oatmeal that is packed with fiber. Make it a main course by



adding chicken breast or pork tenderloin.

### Savory Cashew Curry Oatmeal

Recipe Courtesy of EatingWell.Com

#### All You Need:

- 1 cup water
- Pinch of salt
- 1/2 cup old-fashioned rolled oats
- 3 tablespoons golden raisins
- 2 tablespoons toasted chopped cashews
- 1/4 teaspoon curry powder

#### All You Do:

1 Bring water and salt to a boil in a small saucepan. Stir in oats, reduce heat to medium and cook, stirring occasionally, until most of the liquid is absorbed, about 5 minutes. Remove from heat, cover and let stand 2 to 3 minutes. Top with raisins, cashews and curry powder.

Overnight oats variation: Combine 1/2 cup old-fashioned rolled oats with 1/2 cup water and a pinch of salt in a jar or bowl. Cover and refrigerate overnight. In the morning, add toppings, as desired. Eat cold or heat up. Makes about 1 cup.

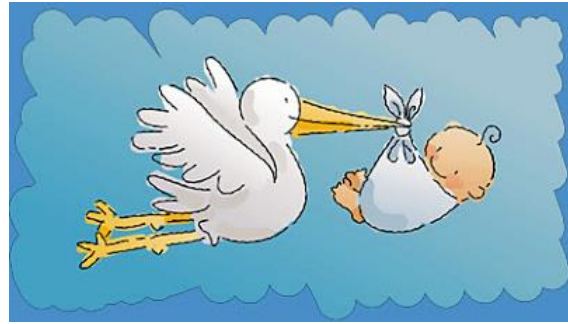
Steel-cut oats variation: Bring 1 cup water and a pinch of salt to a boil in a small saucepan. Add 1/3 cup steel-cut oats, reduce heat to a bare simmer, cover and cook, stirring occasionally, until most of the liquid is absorbed, 15 to 20 minutes. Remove from heat and let stand, covered, 2 to 3 minutes. Add toppings. Makes about 3/4 cup.

People with celiac disease or gluten-sensitivity should use oats that are labeled "gluten-free," as oats are often cross-contaminated with wheat and barley.





# Congrats Nesreen!



Congratulations to our pharmacist Nesreen and her family on the birth of their adorable new baby boy Maesum!

(Pictured: West Circle Pharmacy Manager, Audra, holding the new bundle of joy!)



**Now Available 7 days a Week in the  
Pharmacy:**

**Flu Shots!**

**Get a 20 Cent Fuel Saver with Each Flu Shot!**

**We Bill Insurance - \$0 Copay!\***

\*Restrictions may apply. Visit pharmacy for more details.

**We also offer other immunizations**

- **Shingles (zoster) vaccination**
- **Tetanus, diphtheria, and pertussis (whooping cough)- vaccination**
  - **Pneumococcal vaccinations (Pneumovax23, Prevnar13)**

**Your Hy-Vee pharmacy is your destination for immunizations. Ask us how we can help you stay updated on all of your immunizations**

