



July Events

Dietitian Discovery Sessions

Brief description: Schedule your complimentary session with your Hy-Vee dietitian! Go to Hy-Vee.com or contact your local dietitian for scheduling.

Description: Are you looking to improve your personal health or the health of your family? By scheduling this complimentary session, you will meet your Hy-Vee registered dietitian and learn about the services offered and what package is the perfect fit for you to start your wellness journey. Make your appointment today by finding your Hy-Vee Dietitian: www.hy-vee.com/health

July Theme: From Bump to Babe

Prenatal Nutrition Tour: Learn the basics of eating for all stages of pregnancy, including postpartum, as well as the best foods to build a healthy baby. Plus, get shopping tips and product recommendations to help add more nutrition to your cart. Register at https://app.hy-veehealthy.com/appointments/embed_appt?dietitian_id=609757&require_offering=true&offering_id=56245&org_level=true&hide_package_images=false&primary_color=3F3F3F

Tour Time: 45 Minutes

Dates/Times:

- ✓ Tuesday, July 6 at 5:30 p.m.
- ✓ Thursday, July 15 at 6 p.m.
- ✓ Monday, July 19th at 12:00 p.m.
- ✓ Friday, July 23 at 10:30 a.m.
- ✓ Thursday, July 29 at 12:15 p.m.

Fuel Your Fertility Nutrition Tour: Learn the basics of eating to support your fertility, whether you are planning for pregnancy or simply want to maintain a healthy cycle. Plus, get shopping tips and product recommendations to help add more nutrition to your cart. Register at https://app.hy-veehealthy.com/appointments/embed_appt?dietitian_id=609757&require_offering=true&offering_id=56246&org_level=true&hide_package_images=false&primary_color=3F3F3F

Tour Time: 45 Minutes

Dates/Times:

- ✓ Wednesday, July 7 at noon
- ✓ Thursday, July 8 at 4 p.m.
- ✓ Monday, July 12 at 12:15 p.m.
- ✓ Tuesday, July 20 at noon
- ✓ Wednesday, July 28 at 12:00 p.m.





Baby's First Foods Virtual Cooking Class: Hy-Vee dietitians will be hosting "Baby's First Foods Cooking" classes throughout the month of July. During class, your Hy-Vee dietitian will address how to introduce your baby to foods and demonstrate both baby-led weaning and puree recipes. Register at https://app.hy-veehealthy.com/appointments/embed_appt?dietitian_id=609757&require_offering=true&offering_id=56247&org_level=true&hide_package_images=false&primary_color=3F3F3F

Class Time: 60 Minutes

Dates/Times:

- ✓ Friday, July 9 at 12:30 pm
- ✓ Thursday, July 8 at 4 p.m.
- ✓ Saturday, July 10 at 11 a.m.
- ✓ Saturday, July 10 at 2 p.m.
- ✓ Tuesday, July 13 at 12:30 p.m.
- ✓ Thursday, July 15 at 5 p.m.
- ✓ Thursday, July 22 at 10 a.m.
- ✓ Friday, July 23 at 6 p.m.
- ✓ Thursday, July 29 at 12:30 pm
- ✓ Friday, July 30 at 5 p.m.

Begin Program

Virtual Group BEGIN Class

Join our 10-week nutrition program where you will learn how to prioritize your health, gain more energy, and boost confidence. Meet with your Dietitian for group sessions every Thursday from 7:30-8:00 AM starting July 1st. Program consists of 3 individual or one on one virtual sessions and 7 Group Virtual Sessions.

Virtual meetings are conducted through our safe and secure Healthie platform

How much? \$299.00. \$100 to add on a spouse. To register go to

https://secure.gethealthie.com/appointments/embed_appt?dietitian_id=609754&require_offering=true&offering_id=52834&hide_package_images=false&primary_color=3F3F3F

For questions, contact Dietitian Paige at PGreen@hy-vee.com.





Children's Cooking Classes

- **Summer Fun Cooking Camp (Class Time: 45 Minutes)**

Enjoy a summer of fun with your Hy-Vee Dietitians! During our 4-week, virtual Summer Fun Cooking Camp your little chefs will be completing tasty recipes and fun activities in their own kitchen! Recommended 7+.

Summer Fun Cooking Camp costs \$20 per family. Each family that registers will receive a coupon for 10% off their next Hy-Vee grocery purchase! Summer Fun Cooking Camp will be offered twice this summer!

Summer Fun Cooking Camp Round 1: Launching June 8th, on Tuesdays at 10:00am or Thursdays at 2:00pm.

Summer Fun Cooking Camp Round 2: Launching July 6th, on Tuesdays at 10:00am or Thursdays at 2:00pm.

Schedule:

Week 1	<i>Dragon Teeny Taco Party, A Dogs Favorite Apple Donut</i>
Week 2	<i>Fresh Orange Smoothies, Orange Peel Bird Feeders</i>
Week 3	<i>Campfire S'mores Mix, Wizard's Brew</i>
Week 4	<i>Banana Split with a Twist, One Minute Chocolate Cake</i>

Register for camp today at:

https://secure.gethealthie.com/appointments/embed_appt?dietitian_id=609757&require_offering=true&offering_id=55637&org_level=true&hide_package_images=false&primary_color=3F3F3F

- **July 14th @ 4:30 pm: Little Chefs in the Hy-Vee Kitchen – Backyard BBQ (Class Time: 30 Minutes)**

Little Chefs, let's get cooking in the kitchen! Join dietitian Amanda for a virtual cooking class as she walks you through two Backyard BBQ themed recipes! We will be making BBQ Chicken Wraps and Strawberry-Watermelon Slushies! This class is designed for children pre-K - 2nd grade. Register at this link:

https://secure.gethealthie.com/appointments/embed_appt?dietitian_id=609757&require_offering=true&offering_id=52392&org_level=true

Questions or concerns about the ingredients needed for this class? Contact Hy-Vee Dietitian Amanda at AmandaAllen@hy-vee.com.

- **July 15th @ 4:30 pm: Junior Chefs in the Hy-Vee Kitchen – Backyard BBQ (Class Time: 30 Minutes)**

- Junior Chefs! Let's add a splash of color to our kitchens, Junior Chefs! This month we will be making Summer Salad on a Stick and Rainbow Salsa with Chips in our Junior Chefs in the Hy-Vee Kitchen Class! Register here:

https://secure.gethealthie.com/appointments/embed_appt?dietitian_id=609757&require_offering=true&offering_id=52393&org_level=true





Questions or concerns about the ingredients needed for this class? Contact Hy-Vee Dietitian Stephanie at SVandeBrake@hy-vee.co

Amanda Allen went live with KidsFit last week: <https://www.facebook.com/HyVeeKidsFit/videos/150674617003475/>

A new HSTV Substitute Teacher Kids Edition video:

<https://www.facebook.com/HelpfulSmilesTV/videos/968387514014498>

