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FOR IMMEDIATE RELEASE

Hy-Vee Dietitians Introduce Free, Virtual Spanish Nutrition Store Tours and Host Other Virtual Events in June Focused on Quick and Easy Meal Preparation

Individual Dietitian Services are Now Also Available in Spanish at Hy-Vee

WEST DES MOINES, Iowa (June 2, 2021) — This month, Hy-Vee’s team of registered dietitians are introducing free Spanish nutrition store tours and other dietitian services available in Spanish. Throughout the month of June, Hy-Vee dietitians will also host a series of virtual cooking classes called “Meals in Minutes.” The cooking classes will demonstrate easy weekly meal prep and quick family dinner recipes.

Free, Virtual Spanish Nutrition Store Tours

During the month of June, Hy-Vee dietitians will host free, virtual store tours in Spanish. The “General Wellness Store Tour” teaches customers the basics of eating for everyday wellness and how to navigate Hy-Vee’s aisles with that goal in mind. During the virtual tour, customers will receive shopping tips and product recommendations on how to add more nutrition to their cart. The “Eating Better on a Budget” tour will teach customers how to plan meals, shop smarter and compare products to find the best value.

Individual dietitian services are now also available in Spanish through Hy-Vee’s virtual dietitian platform.

Meals in Minutes Virtual Classes

In these virtual classes, Hy-Vee dietitians will demonstrate how to prepare quick and easy, family-friendly meals that are gluten and dairy free. The “Weekly Meal Prep in 30 Minutes” classes demonstrate how to prepare breakfast, lunch and snacks. Each class is available for \$10 and lasts one hour. The “Dinner in 20 Minutes” classes demonstrate how customers can make a healthy, family-friendly dinner in 20 minutes. Each class is available for \$5 and lasts 30 minutes.

Customers who register for a virtual Meals in Minutes class will also receive one week free of Healthy Habits, which is a menu program that includes a calorie-based meal plan, grocery shopping list and a session with a Hy-Vee registered dietitian.

To learn more about Hy-Vee’s virtual dietitian events, search your location at <https://www.hy-vee.com/health/hy-vee-dietitians/default.aspx>. The tours and classes listed above will be offered throughout the month of June.

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Hy-Vee, Inc. is an employee-owned corporation operating more than 280 retail stores across eight Midwestern states with sales of \$11 billion annually. The supermarket chain is synonymous with quality, variety, convenience, healthy lifestyles, culinary expertise and superior customer service. Hy-Vee ranks in the Top 10 Most Trusted Brands and has been named one of America's Top 5 favorite grocery stores. The company's more than 86,000 employees provide "A Helpful Smile in Every Aisle" to customers every day. For additional information, visit www.hy-vee.com.