

# PRICED LOW!

*on organics*  
every day.



5 oz.

Farmers Market Organic  
Arugula, Spring Mix  
or Baby Spinach

**3<sup>29</sup>**  
each



Farmers Market  
Organic  
Hass Avocados

**2/\$4**  
each



2 lb. bag  
Simple Truth  
Organic Fuji  
or Gala Apples

**3<sup>99</sup>**  
each



Farmers Market  
Organic  
Bunch Broccoli

**2/\$6**  
each



Farmers Market  
Organic  
Bananas

**69¢**  
per lb.



Farmers Market  
Organic  
Mangos

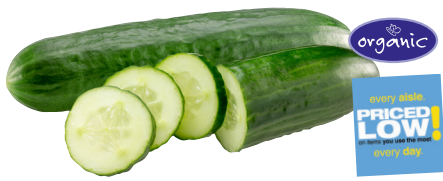
**2/\$3**  
each



Farmers Market  
Organic, Red, Green  
or Lacinato Kale

**1<sup>99</sup>**  
each





Farmers Market  
Organic  
Cucumbers

**1 29**  
each



6 oz.  
Organic  
Blueberries

**2/\$6**



3 ct.  
Simple Truth Organic  
Romaine Hearts

**2 99**  
each



1 lb. Bag  
Farmers Market  
Organic Whole Carrots

**99¢**  
each



Farmers Market  
Organic  
Celery

**1 99**  
each



Farmers Market  
Organic  
Yellow Onions

**99¢**  
per lb.



10 oz.  
Tessamae's  
All Natural Dressings

**3 99**  
each



8 oz.  
Farmers Market  
Organic Baby Bella Mushrooms

**2 69**  
each



32 oz.  
Harris Teeter Organics  
Yogurt

**2/\$6**

save at least 1.38 on 2 each with your VIC card



10.6 - 12.7 oz.  
Simple Truth Organic  
Ultra Thin Crust Pizza

**5 99**

save big with your VIC card



14 oz.  
Harris Teeter Organics  
Tortilla Chips

**2 59**

save big with your VIC card



4 - 4.5 oz.  
Simple Truth Organic  
Popcorn

**2/\$4**

save at least 1.00 on 2 each with your VIC card



16 oz.  
Simple Truth Organic  
Salsa

**2/\$5**

save at least 98¢ on 2 each with your VIC card



12 oz.  
Harris Teeter Organics  
Salad Dressings

**2/\$5**

save at least 58¢ on 2 each with your VIC card



7.8 oz.  
Harris Teeter Organics  
Fruit & Grain Cereal Bars

**2/\$4**

save at least 98¢ on 2 each with your VIC card



64 oz.  
Simple Truth Organic  
Fruit Juices

**2/\$5**

save at least 98¢ on 2 each with your VIC card



# SLOW COOKER CHICKEN TIKKA MASALA



## INGREDIENTS:

- 2 lbs. Boneless, Skinless Chicken Thighs, cut into 1-inch pieces
- 1 large Yellow Onion, diced
- 3 cloves Garlic, minced
- 2 (15 oz.) jars Patak's Tikka Masala Sauce
- Fresh Cilantro, chopped, for garnish
- Olive Oil, as needed

## INSTRUCTIONS:

1. Place Chicken in Slow Cooker (4 qt. or larger) and cover with 2 jars Patak's Tikka Masala Sauce and stir to combine.
2. Heat drizzle of Olive Oil in large pan over medium heat until shimmering. Add Onion and cook, stirring occasionally, until tender, about 8 minutes. Add Garlic and saute until fragrant, about 30 seconds. Transfer to slow cooker stir to combine.
3. Cover and cook on HIGH setting for 4 hours or LOW setting for 8 hours.
4. Garnish with Fresh Cilantro and serve with cooked rice and/or naan.



2.5 oz.

Pickle Juice  
Organic Shot

1<sup>79</sup>

save at least 20¢ each with your VIC card



10 oz.

Big Tree Farms  
Organic Coco Aminos

6<sup>99</sup>

save at least 1.00 each with your VIC card



16 oz.

Bragg  
Organic Drinking Vinegars

2<sup>69</sup>

save at least 40¢ each with your VIC card



12 oz.

Steaz  
Organic Prickly Pear Water

2/\$4

save big on 2 with your VIC card



1.41 oz.

Pukka  
Organic Fruit or Herbal Tea

5<sup>49</sup>

save at least 80¢ each with your VIC card



80 ct.

Pyure Organic  
Stevia Sweetener Packets

5<sup>99</sup>

save at least 1.50 each with your VIC card



13.4 oz.

Jack's Organic  
Low Sodium Beans

buy one  
get one  
free

item rings at half price  
with your VIC card



8 oz.

Ancient Harvest  
Organic Supergrain Pasta

3<sup>59</sup>

save at least 40¢ each with your VIC card



10 oz.

Brianna's  
Organic Dressings

4<sup>99</sup>

save at least 70¢ each with your VIC card



8.45 oz.

La Tourangelle  
Organic Dressings

4<sup>99</sup>

save at least 1.00 each with your VIC card



10 oz.

Ocean's Halo Organic  
Pho or Ramen Noodle Bowls

4<sup>99</sup>

save at least 1.00 each with your VIC card



4 oz.

Hippeas  
Organic Puffed Snacks

2/\$6

save big on 2 with your VIC card

# Shopping Made Easier

The items you want now have new attribute icons displayed on the tag



**RESPONSIBLE**

The Harris Teeter Responsible attribute includes all products that contain a claim or certification deemed appropriate by Harris Teeter as qualifying for their Responsible attribute. This includes specific claims or certifications relating to Animal Welfare, Environmental Sustainability, Social Responsibility, Sustainable Forestry, Sustainable Packaging, Sustainable Resource Management, and Sustainable Seafood.

**FREE FROM**

Identifies items we carry that are free from: Preservatives, Additives, Antibiotics, Artificial Colors, Artificial Flavors, BHA/BHT, Artificial Sweeteners, Hydrogenated/Partially Hydrogenated Oils, Nitrates/Nitrites, High Fructose Corn Syrup, MSG, Trans Fatty Acids, Parabens, EDTA, and more. Please visit [harristeeter.com/free-from-101](http://harristeeter.com/free-from-101) to view the entire list of ingredients.

**GOOD PROTEIN**

The High Protein Diet attribute includes any product which is a good source of protein. A product may qualify in one of the following ways: 1) The product has 10% daily value or more of protein per serve and per RACC, 5g or more of protein per serve and per RACC; 2) The product claims to be good source of protein or excellent source of protein; or 3) The product is one of the food items that are considered protein rich, for example, egg, milk, relatively lean meat and seafood.

**WHOLE GRAIN**

Includes any food or beverage product which qualifies in one of the following ways: 1)The product has a published Whole Grain stamp; 2) The product has a marketing claim about it containing Whole Grains; or 3) The product contains a whole grain ingredient.

**LOW SODIUM**

Low Sodium products must pass the FDA disclosure filter for total fat, saturated fat, cholesterol, and sodium. For products categorized as individual as defined by the FDA, they must also have no more than 140 mg sodium RACC and per serving. For products categorized as main or meal as defined by the FDA, they must also have no more than 140 mg sodium per 100 grams.

**PALEO**

A product will qualify if: 1) The product does not contain any added sugar, natural sweetener, artificial sweetener, non-caloric sweetener, grain, soybean, peanut, legume, or trans fat ingredients and does not have high sodium and is not in a category excluded from the Paleo diet, 2) The product is in a fruit or vegetable category and does not have high sodium, 3) The product has a claim or certification stating it is Paleo regardless of sodium content or category.

**KETO**

Includes any food or beverage product which is suitable for a Ketogenic Diet. A product may qualify in one of the following ways: 1) the product has a ketogenic claim or certification 2) The product is free from grain, added sugar, fruit, tubers, legumes, and sweetener (natural, artificial, and non-caloric) ingredients, 3) The calories from carbohydrates are 5% or less of the total calorie value per serving and there are 5g or less of total sugars per 100g; 4) The product claims to be low carb or carbohydrate free.

**SUGAR FREE**

Sugar Free products must pass the FDA disclosure filter for total fat, saturated fat, cholesterol, and sodium, and have less than 0.5 g sugar per serving. For products categorized as individual as defined by the FDA, they must also have less than 0.5 g sugar RACC.

**LACTOSE FREE**

Includes all products making a claim related to being free of lactose.

**PLANT BASED**

Includes any food or beverage product that is considered plant based, and does NOT contain or may contain any animal by-products or any animal ingredients.

**GLUTEN FREE**

Includes any food or beverage product that has a published symbol, logo, certification or marketing claim relating to or claiming to be gluten free.

**HEART HEALTHY**

Includes all products that qualify for the American Heart Association Heart Healthy requirements or have the AHA certification.

**NO SALT ADDED**

Includes all products that are making a claim of being No Salt Added/Unsalted/Without Added Salt.

**NO SUGAR ADDED**

Includes all products that have no added sugar ingredients and no added sugar in the Nutri Facts Panel or have a no added sugar claim.

**NON GMO**

Includes all products that make either a Non GMO claim or contains a Non GMO certification on it's label.



12 oz.  
Caulipower Pizza  
or 2 pk. Cauliflower Pizza Crust

**GLUTEN FREE**

**7.99**

save at least 2.00 each with your VIC card



2.5 oz.  
Dorot Gardens  
Fresh Frozen Herbs

**FREE FROM**

**3.19**

save at least 40¢ each with your VIC card



4 oz.  
Jane's Krazy  
Mixed-Up Salt

**GLUTEN FREE**

**2.99**

save at least 50¢ each with your VIC card



12 oz.  
Amish Kitchens  
Egg Noodles

**GOOD PROTEIN**

**2/\$6**

save big on 2 with your VIC card



10 oz.  
Stahlbush Island Farms  
Frozen Vegetables

**LOW SODIUM**

**2/\$6**

save big on 2 with your VIC card



25.4 oz.  
Kitu  
Super Creamer

**KETO**

**4.99**

save at least 1.00 each with your VIC card



7 oz.  
Ian's Gluten Free  
Panko Breadcrumbs

**GLUTEN FREE**

**4.49**

save at least 50¢ each with your VIC card



24 oz.  
Terlato Kitchen  
Pasta Sauce

**HEART HEALTHY**

**8.49**

save at least 3.00 each with your VIC card

