



PRICED LOW!

on organics
every day.



Farmers Market
Organic
Hot House Grown
Tomatoes on the Vine

249
per lb.



6 oz. pkg.
Farmers Market
Organic Blackberries
or Blueberries

2/\$6



2 lb. bag
Simple Truth Organic
Granny Smith, Fuji,
or Gala Apples

399
each



1 lb. bag
Farmers Market
Organic Whole Carrots

99¢
each



Farmers Market
Organic Yellow
or Zucchini Squash

199
per lb.



8 oz. bag
Farmers Market
Organic Cranberries

2/\$5



Farmers Market
Organic
Green Asparagus

449
per lb.



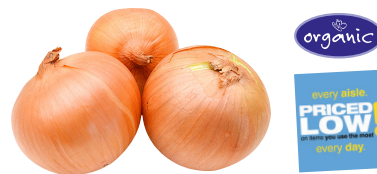
Farmers Market
Organic
Sweet Potatoes

1²⁹
per lb.



Farmers Market
Organic Bunch
Collard Greens

1⁹⁹
each



Farmers Market
Organic
Yellow Onions

99¢
per lb.



2 lb. bag
Organic
Bartlett Pears

3⁴⁹
each



Farmers Market
Organic
Leeks

2⁷⁹
per lb.



Farmers Market
Organic
Large Valencia Oranges

99¢
each



3 lb. bag
Organic
Russet Potatoes

2⁹⁹
each



16 oz.
Organic
Health-Ade Kombuchas

2/\$6



16 oz.
Harris Teeter Organics
Butter Quarters

5⁴⁹

save big with your VIC card



10 oz.
Simple Truth Organic
Frozen Fruit

2⁹⁹

save big with your VIC card



14 oz.
Simple Truth Organic
Cranberry Sauce

3/\$5

save big on 3 with your VIC card



14.5 - 15 oz.
Simple Truth Organic
Canned Vegetables

3/\$4

save big on 4 with your VIC card



15 oz.
Harris Teeter Organics
Cut Sweet Potatoes

2/\$3

save at least 58¢ on 2 with your VIC card



32 oz.
Simple Truth Organic
Chicken or Vegetable Broth

1⁷⁹

save big with your VIC card



13.3 oz.
Harris Teeter Organics
Unrefined Virgin Coconut Oil

5³⁹

save at least 1.00 each with your VIC card



8.8 oz.
Simple Truth Organic
Breakfast Cookies

2/\$5

save big on 2 with your VIC card

PUMPKIN CHOCOLATE CHIP MUFFINS



INGREDIENTS:

- 2 Organic Eggs
- 1 cup Granulated Sugar
- 1 cup Farmer's Market Organic Pumpkin Puree
- ¾ cup Organic Sunflower Vegetable Oil
- 1½ cups All Purpose Organic Flour
- 1 tsp. Baking Soda
- ½ tsp. Baking Powder
- 1½ tsp. Pumpkin Pie Spice
- ½ tsp. Vanilla Extract
- ¼ tsp. Salt
- 1½ cups Artisan Semisweet Chocolate Chips
- Cooking Spray or Paper Liners

INSTRUCTIONS:

1. Preheat the oven to 400° F. Coat a 12-cup muffin tin with cooking spray, or use paper liners.
2. Place the Eggs, Sugar, Pumpkin Puree and Vegetable Oil in a bowl. Whisk until smooth.
3. Add Flour, Baking Soda, Baking Powder, Pumpkin Pie Spice, Vanilla Extract and Salt, and stir until just combined. Fold in 1 cup of Chocolate Chips.
4. Divide batter evenly among 12 muffin cups. Sprinkle remaining Chocolate Chips over the tops of the muffins, and bake for 15 minutes, or until lightly browned and toothpick inserted in the center of a muffin comes out clean.
6. Cool for 5 minutes in the pan, before transferring to wire rack to cool completely. Serve, or store the muffins in an airtight container for up to 5 days.



13 oz.

Melt

Organic Butter Spread

3⁹⁹

save at least 60¢ each with your VIC card



10 oz.

Artisan Kettle

Organic Baking Chips

5⁹⁹

save at least 1.00 each with your VIC card



15 oz.

Farmer's Market Organic
Pumpkin or Butternut Squash

2⁶⁹

save at least 30¢ each with your VIC card



24 oz.

Vermont Village
Organic Apple Sauce

5⁴⁹

save at least 70¢ each with your VIC card



25.4 oz.

Martinelli's
Organic Sparkling Cider

4⁹⁹

save at least 1.00 each with your VIC card



16.9 oz.

Italian Volcano
Organic Lemon or Lime Juice

5⁹⁹

save at least 70¢ each with your VIC card



3.5 oz.

Barnana
Organic Chewy Bites

3⁹⁹

save at least 70¢ each with your VIC card



1.4 oz.

Brooklyn Born Chocolate
Organic Peanut Butter Cups

2/\$4

save at least 58¢ on 2 with your VIC card



10 oz.

Woodstock
Organic Frozen Fruit



3⁹⁹

save at least 1.00 each with your VIC card



12 oz.

Nakano
Organic Rice Vinegar



32 oz.

Kitchen Basics
Organic Vegetable Stock

3⁹⁹

save at least 60¢ each with your VIC card



0.9 - 2.8 oz.

Primal Palate
Organic Seasonings

7⁹⁹

save at least 1.00 each 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 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.
JUST Egg
Plant-Based Scramble

PLANT BASED

7.49

save at least 1.00 each with your VIC card



11.6 - 12 oz.
Cauliflower Three Cheese Pizza
or 2 pk. Cauliflower Pizza Crust

GLUTEN FREE

8.99

save at least 1.00 each with your VIC card



2 ct.
Wholly Wholesome
Gluten Free 9" Pie Shells

GLUTEN FREE

6.39

save at least 80¢ each with your VIC card



10 oz.
Stahlbush Island Farms
Butternut Squash, Kale or Tri-colored Carrots

RESPONSIBLE

2/\$6

save at least 58¢ on 2 with your VIC card



13.4 oz.
Jack's Quality
Organic Low Sodium Beans

LOW SODIUM

1.79

save at least 3.76 on 4 with your VIC card



32 oz.
Kitchen Basics
Organic Beef or Chicken Stock

HEART HEALTHY

2.79

save at least 1.78 on 2 with your VIC card



12 oz.
Amish Kitchens
Egg Noodles

GOOD PROTEIN

2/\$6

save at least 1.38 on 2 with your VIC card



10.1 oz.
O
Vinegars

FREE FROM

8.49

save at least 1.50 each with your VIC card

