



PRICED LOW!
on organics
every day.



organic

6 oz.

Farmers Market
 Organic Blueberries

2/\$6



organic

3 pk.

Simple Truth Organic
 Romaine Hearts

2.99
 each



organic

1 lb. bag

Farmers Market
 Organic Baby Carrots

2/\$3



organic

- Harvest Apple
- Blackberry
- Cherry

2 lb. bag
 Farmers Market
 Organic Bartlett Pears

3.99
 each



organic

16 oz.
 Bing Z
 Kombucha

2/\$6



organic

Farmers Market
 Organic Vine Ripe
 Slicing Tomatoes

2.49
 per lb.



organic

Farmers Market
 Organic Limes

5/\$3





2 lb. bag
Simple Truth Organic
Granny Smith Apples

349
each



8 oz.
Farmers Market Organic
White Mushrooms

249
each



Farmers Market Organic
Zucchini or Yellow Squash

199
per lb.



1 bunch
Farmers Market Organic
Italian or Curly Parsley

2/\$3



Farmers Market Organic
Red Onion

149
per lb.



1 bunch
Farmers Market Organic
Collard Greens

199
each



Farmers Market Organic
Seedless Navel Oranges

89¢
each



Farmers Market Organic
Leeks

279
per lb.



8 oz.
Simple Truth Organic
Spreadable Butter

2/\$5

save at least 1.58 on 2 with your VIC card



10 oz.
Simple Truth Organic
Quinoa Blends

359

save big with your VIC card



14 oz.
Simple Truth Organic
Cranberry Sauce

179
each

save big with your VIC card



14.5 - 15 oz.
Simple Truth Organic
Canned Vegetables

3/\$4

save big on 3 with your VIC card



32 oz.
Simple Truth Organic
Chicken or Vegetable Broth

3/\$5

save at least 97¢ on 3 with your VIC card



8 oz.
Simple Truth Organic
Unsweetened Coconut Chips

2/\$5

save at least 58¢ on 2 with your VIC card



18 oz.
Harris Teeter Organics
Old Fashioned Oats

2/\$4

save at least 1.98 on 2 with your VIC card



14 oz.
Harris Teeter Organics
Tortilla Chips

259

save big with your VIC card

ORGANIC PUMPKIN CHEESECAKE



CRUST INGREDIENTS:

- 1 3/4 cups **Simple Truth Organic** Graham Crackers, processed into crumbs
- 3 tbsp. **Simple Truth Organic** Light Brown Sugar
- 1/2 tsp. **Simple Truth Organic** Ground Cinnamon
- 1 stick **Harris Teeter** Salted Butter, melted

FILLING INGREDIENTS:

- 3 (8 oz.) pkgs. Cream Cheese, room temperature
- 1 (15 oz.) can **Farmer's Market Pureed Organic** Pumpkin
- 3 Eggs, plus 1 Egg Yolk **Harris Teeter Organics** Eggs
- 1/4 cup Sour Cream
- 1 1/2 cups **Simple Truth Organic** Sugar
- 1/2 tsp. **Simple Truth Organic** Ground Cinnamon
- 1/8 tsp. Fresh Ground Nutmeg
- 1/8 tsp. Ground Cloves
- 2 tbsp. **Simple Truth Organic** All Purpose Flour
- 1 tsp. Vanilla Extract

INSTRUCTIONS:

1. Preheat oven to 350° F.
2. For crust, combine Graham Cracker crumbs, Light Brown Sugar and Cinnamon. Add melted Salted Butter and combine. Press down flat into a 9" spring form pan and set aside.
3. For filling, beat Cream Cheese until smooth. Add **Farmer's Market Pureed Organic** Pumpkin, Eggs, Egg Yolk, Sour Cream, Sugar, Ground Cinnamon, Nutmeg, Cloves. Add All Purpose Flour and Vanilla and beat together until well combined.
4. Pour filling into prepared crust and spread out evenly. Bake for 1 hour.
5. Remove from oven and let sit for 15 minutes. Cover with plastic wrap and refrigerate at least 4 hours before serving.



32 oz.
Kitchen Basics
Organic Cooking Stock

3⁹⁹

save at least 1.30 each with your VIC card



16 oz.
Delverde
Organic Whole Wheat Pasta

3⁴⁹

save at least 50¢ each with your VIC card



16.9 oz.
Monari Federzoni
Organic Balsamic Vinegar

5⁹⁹

save at least 1.00 each with your VIC card



10 oz.
Brianna's
Organic Dressing

4⁹⁹

save at least 70¢ each with your VIC card



25.4 oz.
Martinelli's
Organic Sparkling Cider

2/\$8

save at least 2.98 on 2 with your VIC card



33.8 oz.
Tres Agaves
Organic Margarita Mix

11⁴⁹

save at least 1.00 each with your VIC card



16 oz.
Wholesome
Organic Molasses

5³⁹

save at least 70¢ each with your VIC card



5.5 oz.
Woodstock
Organic Ginger Chunks

4⁴⁹

save at least 1.00 each with your VIC card



15 oz.
Farmers Market Organic
Pumpkin or Sweet Potato

2⁶⁹

save at least 30¢ each with your VIC card



12.7 oz.
Maple Guild
Organic Maple Syrup

**buy one
get one
free**

VIC Item rings at half price with your VIC card



8 oz.
Miyoko's Creamery
Organic Vegan Butter

5⁹⁹

save at least 70¢ each with your VIC card



1.7 oz.
Taylor & Colledge
Organic Vanilla Bean Paste

10⁷⁹

save at least 1.00 each with your VIC card

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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.



6 - 8 ct.
Golden
Blintzes or Pancakes

3.99

save at least 2.00 each with your VIC card

GOOD PROTEIN

FREE FROM

5 oz.
Cholula
Hot Sauce

3.29

save at least 50¢ each with your VIC card

VIC



24 oz.
McCann's
Steel Cut Quick Cook Oatmeal

7.99

save at least 1.00 each with your VIC card

HEART HEALTHY

GLUTEN FREE



11.5 oz.
Brazi Bites
Cheese Bread Snacks

5.49

save at least 50¢ each with your VIC card

VIC



10 ct.
Illy
K-Cup Coffee

8.99

save at least 2.00 each with your VIC card

RESPONSIBLE

GLUTEN FREE



3 ct.
O'Doughs
Vegan Flatbread

5.79

save at least 60¢ each with your VIC card

VIC



4.41 oz.
Taylors of Harrogate
Leaf Tea

8.99

save at least 1.50 each with your VIC card

KETO



4 pk.
Fever-Tree Ginger Beer,
Ginger Ale or Tonic Water

5.99

save at least 1.80 each with your VIC card

VIC

FREE FROM