



EARN FUEL POINTS AND SAVE

UP TO \$1.00

PER GALLON

Up to a maximum of 35 gallons in a single purchase.



another rewards program

3 EASY WAYS TO EARN FUEL POINTS



Purchasing **participating items** at Harris Teeter with your VIC card. \$1 equals 1 point.



Purchasing **eligible retailer gift cards** at Harris Teeter with your VIC card. \$25 in gift cards equals 50 points.



Purchasing **non-federally funded prescriptions** with your VIC card. 1 prescription equals 50 points.

Visit harristeeter.com for details.

PRICED LOW!

on organics every day.



Farmers Market
Organic Hass Avocados

3/\$5



1 lb. bag
Farmers Market
Organic Baby Cut Carrots

2/\$3



6 oz. size
Farmers Market
Organic Blueberries

2.99
each



Farmers Market
Organic Bananas

69¢
per lb.

- Vibrant Probiotic
- Radiant Probiotic
- Mighty Greens
- Uber Greens
- Green Delight
- Berry Goodness
- Sweet Beets
- Daybreak Probiotic
- Noon Greens



12 oz.
Farmers Market
Organic Suja Juices

buy one get one free
Items rings at half price with your VIC card



6 oz. size
Farmers Market Organic
Blackberries

2/\$5



Farmers Market Organic
Bunch Broccoli

2/\$6

Prices in this ad good Wednesday, January 2 through Tuesday, January 29, 2019.



Farmers Market Organic
Italian or Curly Leaf Parsley

2/\$3



2 lb. bag Farmers Market
Organic Fuji Apples

379
each



Farmers Market
Organic Lemons

89¢
each



2 pack Farmers Market
Organic Celery Hearts

299
each



3.5 oz. Size
Farmers Market Organic
Shitake Mushrooms

2/\$6



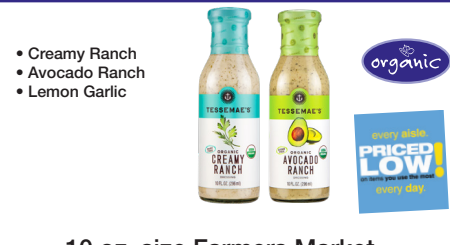
2 lb. bag
Farmers Market
Organic Anjou Pears

2/\$6



Farmers Market Organic
Slicing Tomatoes

269
per lb.



- Creamy Ranch
- Avocado Ranch
- Lemon Garlic

10 oz. size Farmers Market
Tessemæ's Organic
All Natural Salad Dressings

399
each

LOW CARB LOADED CAULIFLOWER CASSEROLE



INGREDIENTS

- 20 ounces cauliflower florets
- 1 cup shredded HTO cheddar cheese
- 4 ounces organic cream cheese room temperature
- ¼ cup sour cream
- 6 slices bacon fried and crumbled
- 3 tablespoons diced green onions
- 1 teaspoon HT garlic powder
- 1 teaspoon salt
- 1 teaspoon HT pepper

INSTRUCTIONS

1. Preheat oven to 350 degrees. Spray a 9x9 baking dish with non-stick spray.
2. Add the cauliflower to a large microwave safe bowl along with 1 tablespoon of water. Cover tightly with plastic wrap and microwave for 4 minutes or until cauliflower is soft.
3. Mash cauliflower with a potato masher.
4. Add the cheddar, cream cheese, and sour cream to the bowl and stir well until the cheese has melted into the cauliflower.
5. Stir in the bacon, green onions, garlic powder, salt, and pepper.
6. Spread mixture into prepared baking dish and bake uncovered for 20 minutes.
7. Serve hot.



0.7 oz. On-the-Go
4th & Heart Organic Ghee

3/\$5

save big on 3 with your VIC card



2 - 3 oz. Paleo Power
Organic Seasonings

399

save at least 1.00 each with your VIC card



12 oz.
Drew's Organic Salsa
or Nakano Organic Vinegar

399

save at least 50¢ each with your VIC card



14 oz. 88 Acres Organic Nut Free
Pumpkin Seed Butter

1249

save at least 1.50 each with your VIC card



3.52 oz.
Jelina Organic Chocolate

539

save at least 60¢ each with your VIC card



10 oz. Kikkoman or 6.7 oz. Wan Ja Shan
Organic Soy or Tamari

359

save at least 40¢ each with your VIC card

BERRIES AND CREAM OVERNIGHT OATS



PREP TIME: 10 Minutes

INGREDIENTS:

- 1/2 cup Bob's Red Mill Organic Rolled Oats.
- 2/3 cup Almond Milk (can substitute coconut or cashew milk)
- 1/3 Cup HT Greek Yogurt
- 1/2 Tbsp. Chia Seeds
- 1/2 Tsp. HT Traders Vanilla Extract.
- 1/8 Tsp. Salt
- 1 - 2 Tbsp. HT Traders Maple Syrup

INSTRUCTIONS:

- In bowl or jar, stir together oats, milk, yogurt, chia seeds, vanilla, salt, and maple syrup. Tightly cover and refrigerate for at least 5 hours or overnight.
- In the morning top with fresh dried fruits, nuts, grated coconut, or granola for added texture.



32 oz. Harris Teeter Organics Plain Yogurt

2/\$6



save at least \$1.38 on 2 with your VIC card



6 ct. Harris Teeter Organics Frozen Waffles

2/\$4



save big on 2 with your VIC card



16 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 98¢ on 2 with your VIC card



17.6 oz.

Bella Terra Organic Gnocchi

4.49



save at least 50¢ each with your VIC card



16 oz. Simple Truth Organic Salsa

2/\$5



save at least 98¢ on 2 with your VIC card



12 oz. Harris Teeter Organics Salad Dressing

2/\$4



save at least 1.58 on 2 with your VIC card



13.66 oz. Thai Kitchen Organic Coconut Milk

3.29



save at least 40¢ each with your VIC card



7.8 oz. Harris Teeter Organics Fruit & Grain Bars

2/\$4



save at least 98¢ on 2 with your VIC card



32 oz. Simple Truth Organic Juices

2.89



save at least 70¢ each with your VIC card

FIVE GENERATIONS
McMANIS
FAMILY VINEYARDS



At the heart of a river junction in a special estate in California's central valley lies McManis family vineyards. Here five generations of farmers have perfected the art of producing fruit with outstanding depth of flavor. Here the McManis family winemaking team crafts that fruit into beautiful wine for everyday enjoyment.

For over 20 years, the McManis family has consistently delivered wine with exceptional quality, craftsmanship and eye for excellence.

A passion for sustainable farming and winemaking: Wineries typically use an average of 2 to 5 gallons of water to produce 1 gallon of wine whereas McManis Family Vineyards only uses 0.6 gallons of water to produce the same amount of wine. McManis Family Vineyards has always implemented sustainable winemaking practices and is set to be certified sustainable on all wines by 2017 vintage.

Winemaker Mike Robustelli: Working with the McManis family since 1998, Mike Robustelli has vinted McManis' wines since their first harvest in 1999.

These past 20 years have allowed Mike to become an expert at small lot winemaking: Mike brings unparalleled wisdom, experience, and consistency to each vintage and is part of the reason why they can deliver quality wine at an honest price.



FREE FROM 101

This program is designed to make it easy to select healthier options at shelf without having to read every ingredient label.

We have done the work for you by identifying 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

THESE ITEMS ARE IDENTIFIED WITH A NEW BLUE TAG

Explanatory bib tags can be found throughout the aisles directing you to our website, harristeeter.com for more information.

Please visit harristeeter.com/free-from-101 to view the entire list of 101 ingredients.



6.4 oz.
Hilary's
World's Best
Veggie Burgers

2/\$5

save big on 2
with your VIC card



11.6 - 12 oz.
CauliPower
Baking Mix or Frozen Pizzas
(3 cheese, margherita or plain crusts)

7.99

save at least 1.00 each
with your VIC card



4.5 oz.
The Neategg
Egg Replacer

5.39

save at least 70c each
with your VIC card



6 oz.
Enjoy Life
Gluten Free
Mini Cookies

4.29

save at least 70c each
with your VIC card



5.64 oz.
Nairn's Gluten Free Oatmeal Cookies

4.69

save at least 60c each
with your VIC card



6.2 - 7 oz.
Finn Crisp Thin Breads

3.59

save at least 40c each
with your VIC card



28 oz.
Flahavan's Irish Steel Cut Oatmeal

8.99

save at least 1.00 each
with your VIC card



17 oz. Three Bakers
Whole or Ancient Grain Bread

5.89

save at least 70c each
with your VIC card



10 oz.
Barney Butter Almond Butter

10.79

save at least 1.20 each
with your VIC card



16 oz.
SunButter Natural Sunflower Butter

5.99

save at least 80c each
with your VIC card



32 oz.
Cheribundi Cherry Juice Light

6.99

save at least 1.10 each
with your VIC card



12 oz.
Amish Kitchens Kluski Noodles

2/\$6

save big on 2
with your VIC card



7 oz.
Alessi Farro Side Dishes

2.99

save at least 60c each
with your VIC card



2.12 oz.
Lono Bone Broth Beef or Chicken

6.29

save at least 70c each
with your VIC card



5 oz.
4th & Heart Spray Ghee Oil

9.89

save at least 1.10 each
with your VIC card



8.5 oz. Holy Smoke
Smoked Olive Oil from Charleston, SC

11.69

save at least 1.30 each
with your VIC card