



**PRICED  
LOW!**  
*on organics*

every day.



Farmers Market  
Organic Yellow Nectarines  
or Peaches

**2<sup>99</sup>**  
per lb.



2 lb. bag  
Simple Truth Organic  
Granny Smith Apple

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



1 lb. pk. Farmers Market  
Organic Strawberries or  
6 oz. Red Raspberries

**3<sup>49</sup>**  
each



3 ct.

Simple Truth Organic  
Romaine Hearts

**2<sup>99</sup>**  
each



1 lb. bag

Simple Truth Organic  
Baby Carrots

**2/\$3**



Simple Truth  
Organic  
Bunch Broccoli

**2/\$6**



18 oz.  
Simple Truth Organic  
Blueberries

**5<sup>99</sup>**  
each







Farmers Market  
Organic Yellow or Zucchini  
Squash

**2<sup>49</sup>**  
per lb.



Farmers Market  
Organic Valencia  
Oranges

**4/\$5**



Farmers Market  
Organic Green  
Asparagus

**4<sup>99</sup>**  
per lb.



Farmers Market  
Organic Black, Green or Red  
Seedless Grapes

**2<sup>99</sup>**  
per lb.



Farmers Market  
Organic  
Bananas

**69¢**  
per lb.



Farmers Market  
Organic  
Limes

**5/\$3**



8 oz. Farmers Market  
Organic Baby Bella  
Mushrooms

**2/\$5**



Farmers Market  
Organic  
Celery

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



8 oz.  
Simple Truth Organic  
Grated Parmesan Cheese

**4<sup>49</sup>**

save big with your VIC card



4 oz.  
Simple Truth Organic  
Baked Snack Puffs

**2/\$4**

save at least 98¢ on 2 with your VIC card



8.8 oz.  
Simple Truth Organic  
Breakfast Cookies

**2/\$5**

save at least \$1.58 on 2 with your VIC card



11 oz.  
Simple Truth Organic  
Shells & Cheese

**4<sup>79</sup>**

save at least 80¢ each with your VIC card



7.8 oz.  
Simple Truth Organic  
Fruit and Grain Bars

**2/\$4**

save at least 98¢ on 2 with your VIC card



12 oz.  
Simple Truth Organic  
Raw Honey

**2<sup>99</sup>**

save at least 50¢ each with your VIC card



12 oz.  
Simple Truth Organic  
Mustards

**2/\$3**

save at least 58¢ on 2 with your VIC card



12 oz.  
Harris Teeter Organic  
Salad Dressing

**2/\$5**

save at least 58¢ on 2 with your VIC card

\*Supplies are limited

# EASY RAVIOLI WITH ROTISSERIE CHICKEN



## INGREDIENTS:

- 1 pkg. Parla Spinach Florentine Ravioli
- ½ Fresh Food Market Rotisserie Chicken, shredded
- 24 oz. Rao's Marinara Sauce
- ½ cup onion, sliced
- 1 cup carrots, sliced
- 2 cups broccoli, chopped
- 1 cup cherry tomatoes
- 3 cloves garlic
- 4 Tbsp. HT Traders Olive Oil
- ⅓ cup Feta cheese crumbles

## DIRECTIONS:

1. Bring 6 cups salted water to boil.
2. Heat Olive Oil in heavy skillet. Add onions and carrots and cook for 5 minutes, until tender.
3. Add Broccoli, Tomatoes, and Garlic to skillet and cook for an additional 3 minutes. Add shredded chicken and pasta sauce, and warm thoroughly.
4. Add Parla Ravioli to salted water, cook according to package instructions and drain.
5. To serve, combine Ravioli with chicken and sauce and top with crumbled feta cheese to finish.



organic

18 oz.  
Roar Organic  
Water

2<sup>49</sup>

save at least 30¢ each with your VIC card



organic

8 oz.  
Ian's  
Popcorn Dogs

\$6<sup>99</sup>

save at least \$1.00 each with your VIC card



organic

3.5 oz.  
Serenity Kids  
Organic Baby Food

2/\$5

save at least \$2.98 on 2 with your VIC card



organic

16.9 oz.  
Biotta Organic  
Elderberry Juice

7<sup>99</sup>

save at least \$1.00 each with your VIC card



organic

32 oz.  
Santa Cruz  
Organic Lemonade

2<sup>99</sup>

save at least 50¢ each with your VIC card



organic

13 oz.  
Melt Organic  
Rich & Creamy Spread

3<sup>99</sup>

save at least \$1.00 each with your VIC card



organic

12 oz.  
Nakano Organic  
Rice Vinegar

4<sup>49</sup>

save at least 50¢ each with your VIC card



organic

8.45 oz.  
La Tourangelle  
Organic Dressing

4<sup>99</sup>

save at least \$1.00 each with your VIC card



organic

10 oz.  
Big Tree Organic  
Coco Aminos

6<sup>99</sup>

save at least \$1.00 each with your VIC card



organic

32 oz.  
O Apple Cider  
Vinegar

buy one  
get one  
free

Item rings at half price with your VIC card



organic

17 oz.  
Colavita Organic  
Balsamic Vinegar

6<sup>99</sup>

save at least \$1.00 each with your VIC card



organic

8.82 oz.  
Cipriani Organic  
Egg Tagliarelle

7<sup>99</sup>

save at least \$1.00 each with your VIC card

\*Supplies are limited



# Shopping Made Easier

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



RE  
SPON  
SIBLE

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.



7 oz.

Ian's Gluten Free  
Panko Bread Crumbs

4<sup>49</sup>

save at least 50¢ each  
with your VIC card

GLUTEN  
FREE

GLUTEN  
FREE

4<sup>49</sup>

save at least 50¢ each  
with your VIC card

1.2 oz.

Let's Do Gluten Free  
Ice Cream Cones



17 oz.

Three Bakers Gluten Free  
Whole Grain Bread

4<sup>99</sup>

save at least \$1.60 each  
with your VIC card

GLUTEN  
FREE

GLUTEN  
FREE

2/\$6



12 oz.

Cardini's Gourmet  
Original Caesar Dressing



25.3 oz.

Gerolsteiner  
Mineral Water

1<sup>99</sup>

save at least 50¢ each  
with your VIC card

FREE  
FROM



2.1 oz.

Brooklyn Born Keto  
Milk Chocolate Coconut Bar

4<sup>49</sup>

save at least 50¢ each  
with your VIC card

KETO



12 oz.

KITU  
Super Coffee

3<sup>29</sup>

save at least 50¢ each  
with your VIC card

KETO



16 oz.

Salsa God  
Restaurant Style Salsa

4<sup>49</sup>

save at least \$1.00 each  
with your VIC card

PLANT  
BASED

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