



**PRICED
LOW!**
on organics
every day.



organic

Farmers Market
Organic
Gala Apples

1.99
per lb.



organic

6 oz. Farmers Market
Organic
Blueberries

2/\$6



organic

1 lb. Farmers Market
Organic
Strawberries

3.49
each



organic



Farmers Market Organic
Red, Green or Romaine
Leaf Lettuce

1.99
each



organic



Farmers Market
Organic Bunch
Red Beets

2/\$5



organic



Farmers Market
Organic Yellow
Nectarines or Peaches

2.99
per lb.



organic



8 oz. Farmers Market
Organic Baby
Bella Mushrooms

2/\$5



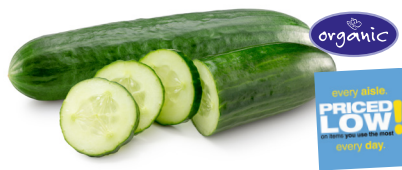


organic

every week
PRICED LOW!
to help you use the most every day

Farmers Market
Organic Red
Roma Tomatoes

1.99
per lb.



organic

every week
PRICED LOW!
to help you use the most every day

Farmers Market
Organic
Cucumbers

1.29
each



organic

every week
PRICED LOW!
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Farmers Market
Organic
Red Cherries

5.99
per lb.



organic

every week
PRICED LOW!
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Farmers Market
Organic Zucchini
or Yellow Squash

2.79
per lb.



organic

every week
PRICED LOW!
to help you use the most every day

2 lb. bag
Simple Truth Organic
Granny Smith Apples

3.99
each



organic

every week
PRICED LOW!
to help you use the most every day

Farmers Market
Organic Red or
Green Cabbage

1.29
per lb.



organic

every week
PRICED LOW!
to help you use the most every day

- Strawberry
- Raspberry/Lemon
- Raspberry/Hibiscus
- Gingerberry

15.2 oz.
Simple Truth Organic
Kombucha

2.99
each



organic

every week
PRICED LOW!
to help you use the most every day

Farmers Market
Organic Bunch
Cilantro

2/\$3



organic

TOGETHER IN EDUCATION

52 oz.
Simple Truth Organic
Orange Juice

3.99

save at least \$1.00 each with your VIC card



organic

TOGETHER IN EDUCATION

16 oz.
Simple Truth Organic
Ice Cream

2/\$6

save at least 98¢ on 2 with your VIC card



organic

TOGETHER IN EDUCATION

14 oz.
Harris Teeter Organics
Tortilla Chips

2.29

save at least 50¢ each with your VIC card



organic

TOGETHER IN EDUCATION

16 oz.
Simple Truth Organic
Salsa

2/\$5

save at least 98¢ on 2 with your VIC card



organic

TOGETHER IN EDUCATION

20 oz.
Harris Teeter Organics
Ketchup

2/\$3

save at least 58¢ on 2 with your VIC card



organic

TOGETHER IN EDUCATION

12 oz.
Simple Truth Organic
Mustards

2/\$3

save at least 58¢ on 2 with your VIC card



organic

TOGETHER IN EDUCATION

8 - 12 oz.
Simple Truth Organic
Granola

3.99

save at least 80¢ each with your VIC card



organic

TOGETHER IN EDUCATION

12 oz.
Harris Teeter Organics
Honey Bear

2.99

save at least \$1.00 each with your VIC card



TAGLIATELLE WITH PEAS AND SUMMER GREEN PESTO



INGREDIENTS:

- 3 cups Arugula
- 1 clove Garlic
- 1 oz. Pine Nuts
- 4 Tbsp. Olive Oil
- 1 oz. Grated Parmesan
- 6 oz. Peas
- 6 oz. Tagliatelle

DIRECTIONS:

1. Put the Arugula, Garlic and Pine Nuts in a small food processor and whizz, adding 4 Tbsp. Olive Oil as you go. Add extra if you prefer a thinner texture. Stir in the Parmesan and season.
2. Cook the Tagliatelle, adding the peas for the last minute of cooking time.
3. Drain, keeping 1 Tbsp. of the cooking water. Toss the pesto, pasta, peas and water together and serve with extra cheese if you like.



organic

18 oz.
Roar Organic
Isotonic Drinks

2/\$3

save big on 2 with your VIC card



organic

12 oz.
Steaz Organic
Energy Teas

2/\$4

save big on 2 with your VIC card



organic

2.5 oz.
Pickle Juice
Shots

1.69

save at least 30¢ each with your VIC card



organic

32 oz.
Eden Organic
Sauerkraut

5.99

save at least \$1.00 each with your VIC card



organic

14 oz.
Native Forest Organic
Hearts of Palm

5.99

save at least 70¢ each with your VIC card



organic

25.5 oz.
Dave's Gourmet Organic
Red Heirloom Pasta Sauce

9.49

save at least \$1.00 each with your VIC card



organic

16.9 oz.
Monari Federzoni Organic
Balsamic Vinegar

5.49

save at least \$1.00 each with your VIC card



organic

16 oz.
Nutiva Organic
Hemp Oil

13.99

save at least \$2.00 each with your VIC card



organic

80 ct.
Pyure
Organic Stevia

6.49

save at least \$2.50 each with your VIC card



organic

.35 oz.
Annie Chun's Organic
Seaweed Snacks

1.79

save at least 20¢ each with your VIC card



organic

1 ltr.
Agalima Organic
Bloody Mary Mix

9.49

save at least \$1.50 each with your VIC card



organic

16 oz.
Cado Organic
Avocado Frozen Desserts

5.99

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 its label.



33.8 oz.
Looza
Pear Nectar

FREE FROM

4.49

save at least 50¢ each with your VIC card



4 pk.
Fever-Tree
Tonic Water or Ginger Ale

FREE FROM

4.99

save at least 50¢ each with your VIC card



12 oz.
Tillen Farms
Asparagus

FREE FROM

6.99

save at least \$1.00 each with your VIC card



16 oz.
Desert Pepper
Salsa

FREE FROM

3.99

save at least \$1.00 each with your VIC card



8 oz.
Honeycup
Mustard

FREE FROM

3.99

save at least 60¢ each with your VIC card



24 oz.
Kühne Red Cabbage
with Apples

FREE FROM

3.99

save at least 50¢ each with your VIC card



6.7 oz.
Tonnino Tuna Fillets or
Tuna Ventresca in Oil

FREE FROM

6.99

save at least \$1.00 each with your VIC card



9.5 oz.
Tonton
Hibachi or Kobe BBQ Sauce

FREE FROM

4.99

save at least \$1.00 each with your VIC card