

PRICED LOW!

on organics

every day.



organic

1 lb. bag

Simple Truth Organic
Baby Carrots

2/\$3

every week
PRICED LOW!
on Harris Teeter's own and select third-party brands
every day



organic

2 lb. bag

Simple Truth Organic
Apples

3⁹⁹
each

- Gala
- Fuji
- Gala
- Jazz

every week
PRICED LOW!
on Harris Teeter's own and select third-party brands
every day



organic

3 ct.

Simple Truth Organic
Romaine Hearts

2⁹⁹
each

TOGETHER IN EDUCATION

every week
PRICED LOW!
on Harris Teeter's own and select third-party brands
every day



organic

Farmers Market
Organic
Green Onions

99¢
each



organic

Farmers Market
Organic
Bunch Red Beets

2/\$5

every week
PRICED LOW!
on Harris Teeter's own and select third-party brands
every day



organic

Farmers Market
Organic
Green Asparagus

3⁹⁹
per lb.

every week
PRICED LOW!
on Harris Teeter's own and select third-party brands
every day



organic

Farmers Market
Organic
Lemons

5/\$4

every week
PRICED LOW!
on Harris Teeter's own and select third-party brands
every day



organic

every state
PRICED LOW!
so you can use the most every day

8 oz.

Organic Girl
Salad Dressing

3⁹⁹
each



organic

every state
PRICED LOW!
so you can use the most every day

Farmers Market
Organic
Curly or Italian Parsley

2/\$3



organic

every state
PRICED LOW!
so you can use the most every day

Farmers Market
Organic
Bananas

69¢
per lb.



organic

every state
PRICED LOW!
so you can use the most every day

5 lb. bag
Organic
Gala Apples

4⁹⁹
each



organic

every state
PRICED LOW!
so you can use the most every day

Farmers Market
Organic
Bartlett Pears

2²⁹
per lb.



organic

every state
PRICED LOW!
so you can use the most every day

Farmers Market
Organic
Seedless Navel Oranges

99¢
each



organic

every state
PRICED LOW!
so you can use the most every day

15.2 oz.
Organic
Kevita Kombucha

2/\$5



organic

every state
PRICED LOW!
so you can use the most every day

8 oz. Farmers Market
Organic
Baby Bella Mushrooms

2⁴⁹
each



organic

TOGETHER IN EDUCATION

6 - 7 oz.

Harris Teeter Organics
Snack or Chunk Cheese

2/\$7

save big on 2 with your VIC card



organic

TOGETHER IN EDUCATION

10 oz.

Simple Truth Organic
Frozen Fruit

2⁹⁹

save big on each with your VIC card



organic

TOGETHER IN EDUCATION

14.5 oz.

Simple Truth Organic Cut Green
Beans or Whole Kernel Corn

3/\$4

save big on 3 with your VIC card



organic

TOGETHER IN EDUCATION

16 oz.

Simple Truth Organic
Quinoa or Red Quinoa

3⁹⁹

save at least 50¢ each with your VIC card



organic

TOGETHER IN EDUCATION

24 oz.

Harris Teeter Organics
Steel Cut Oats

2⁹⁹

save at least 60¢ each with your VIC card



organic

TOGETHER IN EDUCATION

20 ct.

Simple Truth Organic
Teas

2/\$5

save at least \$1.98 on 2 with your VIC card



organic

TOGETHER IN EDUCATION

64 oz.

Simple Truth Organic
Juice

2/\$5

save big on 2 with your VIC card



organic

TOGETHER IN EDUCATION

4 - 4.5 oz.

Simple Truth Organic
Popcorn

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

SAPPORO STYLE MISO RAMEN NOODLES



INGREDIENTS:

- 9.5 oz. Hakubaku Ramen Noodles
- 1 tbsp. Hikari White Miso Paste
- 1 cup Water
- 3 tbsp. Ground Pork
- 1 clove Garlic, minced
- 1 tsp. Ginger, grated
- Black Pepper, to taste
- 1 Green Onion, sliced
- 1 tbsp. Yellow Onion, thinly sliced
- ¼ cup Bean Sprouts
- WelPac Wakame Seaweed, cut into strips
- 1 Egg, Soft Boiled

DIRECTIONS:

1. Boil Ramen in 8 cups Water, until tender. Drain and set aside.
2. In a medium pan, sauté Ground Pork, Garlic, Ginger and Black Pepper until browned. Add in Green Onion, Yellow Onion and Bean Sprouts and cook additional 1-2 minutes, until fragrant.
3. In separate pot, stir together 1 Cup Water and White Miso Paste and simmer for 5 minutes. Add in cooked ramen and Ground Pork mixture. Garnish with seaweed strips and soft boiled egg, if desired.



6 oz.

Plainville Farms Organic
Oven Roasted or Hickory

3⁴⁹

save at least 50¢ each with your VIC card



per lb.

SMART Organic
Whole Fryer Chicken

3⁴⁹

save at least 50¢ per lb. with your VIC card



16 oz.

DK Natural Meats Organic
Grass Fed Ground Beef

6⁴⁹

save at least 50¢ each with your VIC card



3 oz.

ACME Organic
Smoked Nova Salmon

8⁹⁹

save at least \$1.00 each with your VIC card



8.45 oz.

La Tourangelle
Organic Dressings

4⁹⁹

save at least \$1.00 each with your VIC card



1 ct.

Vermont Village Organic
Blueberries & Honey Vinegar Shot

10/\$10

save at least \$2.90 on 10 with your VIC card



8 oz.

Vermont Village Organic
Apple Cider Vinegar Drink

4⁹⁹

save at least 70¢ each with your VIC card



10 - 10.6 oz.

Envirokidz Organic
Gorilla Munch or Panda Puffs Cereal

4⁹⁹

save at least \$1.00 each with your VIC card



9.5 oz.

Hakubaku Organic
Ramen, Soba or Udon Noodles

3⁷⁹

save at least 50¢ each with your VIC card



8 oz.

Hemp Heart
Shelled Hemp Seeds

6⁹⁹

save at least \$2.00 each with your VIC card



10 oz.

Hemp Yeah!
Organic Granola

5⁴⁹

save at least \$1.00 each with your VIC card



20 ct.

Pukka
Organic Teas

5⁴⁹

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



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 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.



1.12 oz.
Enjoy Life
Ricemilk Chocolate Bars

GLUTEN
FREE

2/\$4

save at least 58¢ on 2
with your VIC card



10 oz.
San-J
Organic Tamari Soy Sauce

GLUTEN
FREE

4.49

save at least 60¢ each
with your VIC card



16 oz.
Duerr's Premium
or Chunky Preserves

GLUTEN
FREE

4.99

save at least \$1.00 each
with your VIC card



7.4 oz.
Let's Do... Organic
Sweetened Condensed Coconut Milk

ORGANIC

3.99

save at least 50¢ each
with your VIC card



5 ct.
Enjoy Life
Baked Chewy Bars

GLUTEN
FREE

4.29

save at least 50¢ each
with your VIC card



16 oz.
Duerr's
Course Cut Marmalade

GLUTEN
FREE

4.49

save at least 50¢ each
with your VIC card



12 oz.
Steaz Organic
Prickly Pear Water with Green Tea

ORGANIC

2/\$4

save at least 98¢ on 2
with your VIC card



16.9 oz.
Acetum Organic
Red or White Wine Vinegar

ORGANIC

4.49

save at least 50¢ each
with your VIC card