

PRICED LOW!

on organics
every day.



organic

Farmers Market
Organic
Green Cabbage

99¢ per lb.



organic

6 oz.

Farmers Market
Organic Blackberries
or Blueberries

2/\$6



organic

16 oz.

Humm
Organic Kombucha

2/\$5

- Blueberry Mint
- Coconut Lime
- Mango Passion Fruit
- Pomegranate Lemonade
- Strawberry Lemonade



organic

Farmers Market
Organic Extra Large
Seedless Navel Oranges

99¢ each



organic

Farmers Market
Organic Bunch
Red Beets

2/\$5



organic

16 oz.
Farmers Market
Organic
Baby Cut Carrots

2/\$3



organic

Farmers Market
Organic Hot House Grown
Bunch Tomatoes on the Vine

2.99 per lb.



Prices in this ad good Wednesday, January 29 through Tuesday, February 25, 2020.



Farmers Market
Organic
Lemons

5/\$4



7-9 oz. Farmers Market
Organic Dried Cranberries
or Black Raisins

3⁷⁹
each



Farmers Market
Organic
Bunch Broccoli

2/\$6



3.5 oz.
Harris Teeter Organics
Sliced Shiitake Mushrooms

3⁹⁹
each



2 lb. bag. Simple Truth Organic
Granny Smith, Fuji
or Gala Apples

3⁹⁹
each



Farmers Market
Organic Bunch
Italian or Curly Parsley

2/\$3



Farmers Market
Organic
Bananas

69¢
per lb.



Farmers Market
Organic
Large Mangos

2/\$3



32 oz.
Harris Teeter Organics
Yogurt

2/\$6

save at least \$1.38 on 2 with your VIC



10 oz.
Simple Truth Organic
Frozen Blueberries or Pineapple

2⁹⁹

save big with your VIC card



12 oz.
Harris Teeter Organics
Coffee

4⁹⁹

save at least 4.00 each with your VIC card



7.9 - 11.5 oz.
Harris Teeter Organics
Instant Oatmeal

2/\$4

save at least 98¢ on 2 with your VIC card



15.5 oz.
Simple Truth Organic
Soup

2/\$5

save at least 98¢ on 2 with your VIC card



32 oz.
Simple Truth Organic
Chicken Broth

1⁷⁹

save big with your VIC card



8 oz.
Simple Truth Organic
Animal Crackers

2/\$5

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



10 oz.
Harris Teeter Organics
Worcestershire or Steak Sauce

2/\$4

save at least 98¢ on 2 with your VIC card



CRANBERRY HEMP HEARTS SALAD



INGREDIENTS:

- 6 cups Mixed Greens
- 1 Red Apple, Thinly Sliced
- 1 Green Apple, Thinly Sliced
- 1 cup Walnuts, Chopped
- 1/4 cup. Earthly Choice Hemp Hearts
- 1/3 cup Feta Cheese, Crumbled
- 1/3 cup Dried Cranberries

DRESSING INGREDIENTS:

- 1 cup Apple Juice
- 4 tbsp. Harris Teeter Organics Apple Cider Vinegar
- 1/4 cup Harris Teeter Organics Olive Oil
- 2 tbsp. Harris Teeter Organics Honey
- 1/4 tsp. Salt
- 1/4 tsp. Black Pepper

DIRECTIONS:

1. In a large bowl, toss together Mixed Greens, Apple, Walnuts, Hemp Hearts, Feta Cheese and Cranberries.
2. Whisk Dressing Ingredients together in a small bowl until emulsified before drizzling over the salad and tossing until all ingredients are well coated.



3.5 oz.
Petitpot
Organic Puddings

2⁶⁹

save at least 50¢ each with your VIC card



16 oz.
Delverde
Organic Pasta

3⁴⁹

save at least 50¢ each with your VIC card



9.5 oz.
Hakubaku
Organic Noodles

3⁷⁹

save at least 50¢ each with your VIC card



20 ct.
Clipper
Organic Tea

buy one
get one
free

Item rings at half price with your VIC card



16.9 oz.
Acetum
Organic Vinegars

4⁴⁹

save at least 50¢ each with your VIC card



8 oz.
Explore Cuisine
Organic Pasta Alternatives

4⁴⁹

save at least 50¢ each with your VIC card



12 oz.
Drew's
Organic Dressings

2/\$7

save big on 2 with your VIC card



4 oz.
Fuel Snacks
Organic Superfood Bites

5⁴⁹

save at least 50¢ each with your VIC card



16.9 oz.
Italian Volcano
Organic Lemon or Lime Juice

5⁹⁹

save at least 70¢ each with your VIC card



16 oz.
Melt
Organic Butter Sticks

5⁹⁹

save at least 80¢ each with your VIC card



20 oz.
Wholesome!
Organic Pancake Syrup

6⁶⁹

save at least 70¢ each with your VIC card



8.5 oz.
The Maple Guild
Organic Maple Syrup

8⁹⁹

save at least 2.00 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 it's label.



5 oz.
Hella
Aromatic Bitters

FREE FROM **13.99**
save at least 2.00 each with your VIC card



8.8 oz.
illy
Whole Bean Coffee

KETO **9.99**
save at least 2.00 each with your VIC card



5.3 oz.
Guinness
Potato Chips

FREE FROM **3.99**
save at least 70¢ each with your VIC card



5.3 - 7 oz.
Schär
Gluten Free Cookies

GLUTEN FREE **4.49**
save at least 50¢ each with your VIC card



1.8 oz.
Schär
Gluten Free Hazelnut Wafers

GLUTEN FREE **1.49**
save at least 50¢ each with your VIC card



4.4 oz.
Absolutely
Gluten Free Crackers

GLUTEN FREE **4.49**
save at least 50¢ each with your VIC card



15 oz.
Bar Harbor
All Natural Chowders

GLUTEN FREE **buy one get one free**
Item rings at half price with your VIC card



9 oz.
Three Bakers
Gluten Free Pizza

GOOD PROTEIN **7.99**
save at least 1.00 each with your VIC card