



PRICED LOW!

on organics

every day.



- Baby Spinach
- Spring Mix
- Arugula



organic

5 oz.

Farmers Market
Organic Salads

3²⁹
each



organic

6 oz.

Farmers Market
Organic Blackberries

2/\$6



organic

Farmers Market
Organic
Bananas

69¢
per lb.



- Cosmic Cranberry
- Strawberry Serenity
- Trilogy
- Multi-Green
- Gingerade
- Gingerberry
- Guava



organic

16 oz.
GTS
Organic Kombucha

2/\$6



organic

3 ct.
Farmers Market
Organic Romaine Hearts

2⁹⁹
each



organic

12 oz.
Farmers Market
Organic Rainbow Carrots

2/\$4



organic

Farmers Market
Organic Black, Green or
Red Seedless Grapes

2⁹⁹
per lb.



Prices in this ad good Wednesday, October 9 through Tuesday, November 5, 2019.



.5 oz.
That's Tasty
Organic Microgreens

2/\$3



6 oz.
Farmers Market
Organic Red Raspberries

3⁴⁹
each



1 bunch
Farmers Market
Organic Green Onions

99¢
each



2 lb. bag
Simple Truth Organic
Honey Crisp Apples

6⁴⁹
each



Farmers Market
Organic Red Onion

1⁴⁹
per lb.



1 bunch
Farmers Market
Curly or Italian Parsley

2/\$3



8 oz.
Farmers Market
Organic Baby Bella Mushrooms

2⁶⁹
each



2 lb. bag
Farmers Market
Organic Bartlett Pears

3⁹⁹
each



64 oz.
Harris Teeter Organics
Soymilk

2/\$5

save at least 98¢ on 2 with your VIC card



10 oz.
Simple Truth
Organic Quinoa Blends

3⁵⁹

save big 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.
Harris Teeter Organics Jasmine,
Basmati or Brown Basmati Rice

4⁸⁹

save at least 60¢ with your VIC card



12 oz.
Harris Teeter Organics
Wildflower Honey or Honey Bear

2/\$7

save at least 98¢ on 2 with your VIC card



24 oz.
Harris Teeter Organics
Steel Cut Oatmeal

2⁹⁹

save at least 50¢ with your VIC card



14 oz.
Harris Teeter Organics
Coconut Oil

5³⁹

save at least 60¢ with your VIC card



8 pks.
Simple Truth
Organic Seltzer Water

3⁹⁹

save at least 50¢ with your VIC card

ROASTED SWEET POTATOES WITH HONEY AND CINNAMON



INGREDIENTS:

- 4 Sweet Potatoes, peeled and cut into 1" cubes
- ¼ cup Harris Teeter Organics Extra Virgin Olive Oil
- ¼ cup Harris Teeter Organics Honey
- 2 tsp. Ground Harris Teeter Cinnamon
- Salt and Freshly Ground Black Pepper

INSTRUCTIONS:

1. Preheat oven to 375°.
2. Lay the Sweet Potatoes out in a single layer on a roasting tray. Drizzle the Extra Virgin Olive Oil and Honey over potatoes. Add Ground Cinnamon and Salt and Pepper, to taste.
3. Roast for 25 - 30 minutes, or until tender. Transfer to serving platter and top with more Extra Virgin Olive Oil, if desired.



16 oz.
Bragg Organic
Apple Cider Vinegar Drinks

2⁷⁹

save at least 40¢ with your VIC card



12.7 oz.
Maple Guild
Organic Maple Syrup

12⁹⁹

save at least 2.00 with your VIC card



4.2 oz.
Made in Nature Organic
Figgy Pops Supersnacks

4⁹⁹

save at least 1.00 with your VIC card



32 oz.
Bragg Organic
Extra Virgin Olive Oil

17⁹⁹

save at least 2.00 with your VIC card



16.9 oz.
Biotta
Organic Juice

7⁹⁹

save at least 1.00 with your VIC card



32 oz.
Eden
Organic Sauerkraut

5⁹⁹

save at least 60¢ with your VIC card



16 oz.
Steaz
Organic Iced Green Tea

2/\$3

save at least 98¢ on 2 with your VIC card



15 oz.
Farmer's Market Organic
Pumpkin or Butternut Squash

2⁶⁹

save at least 30¢ with your VIC card



10 oz.
Artisan Kettle
Organic Baking Chips

5⁹⁹

save at least 1.00 with your VIC card



4 oz.
Artisan Kettle
Organic Baking Bars

3⁹⁹

save at least 1.00 with your VIC card



0.9 - 2.8 oz.
Primal Palate
Organic Seasonings

8⁹⁹

save at least 1.00 with your VIC card



16 oz.
Namaste Organic
Garbanzo Bean Flour

5⁹⁹

save at least 70¢ 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.



10.6 - 13 oz.
**Golden Blintzes
or Vegetable Pancakes**

FREE FROM

3.99

save at least 1.00 each
with your VIC card

FREE FROM



4 ct.
**Lono Life
Beef or Chicken Bone Broth**

5.99

save at least 1.00 each
with your VIC card



7 oz.
**Ian's Gluten Free
Panko Breadcrumbs**

FREE FROM

3.99

save at least 1.00 each
with your VIC card

FREE FROM



4.5 oz.
**Artisan Tropic
Plantain Strips**

3.49

save at least 50¢ each
with your VIC card



7.1 oz.
**Schär Gluten Free
Shortbread Cookies**

FREE FROM

4.49

save at least 50¢ each
with your VIC card

FREE FROM



5 oz.
**Superseedz
Gourmet Pumpkin Seeds**

4.99

save at least 1.00 each
with your VIC card



10.25 oz.
**Stonewall
Kitchen Aioli**

FREE FROM

6.99

save at least 1.00 each
with your VIC card



15 oz.
**Tabatchnick
Soup**

FREE FROM

2.79

save at least 50¢ each
with your VIC card