# Harris Teeter

# on organics every day.





5 oz.

**Farmers Market Organic Salads** 



each









6 oz.

**Farmers Market** Organic Blackberries





**Farmers Market** Organic Bananas

Turn for More Information...

per lb.





16 oz. GT'S Organic Kombucha



3 ct. **Farmers Market Organic Romaine Hearts** 

each



12 oz. **Farmers Market Organic Rainbow Carrots** 



**Farmers Market** Organic Black, Green or **Red Seedless Grapes** 

per lb.





.5 oz. That's Tasty **Organic Microgreens** 



6 oz. **Farmers Market Organic Red Raspberries** 

each



1 bunch **Farmers Market Organic Green Onions** 



2 lb. bag Simple Truth Organic

each





**Farmers Market Organic Red Onion** 

per lb.



1 bunch **Farmers Market** Curly or Italian Parsley





8 oz. **Farmers Market** Organic Baby Bella Mushrooms





2 lb. bag **Farmers Market Organic Bartlett Pears** 

each





**Harris Teeter Organics** Soymilk

save at least 98¢ on 2 with your VIC card



10 oz.

Simple Truth Organic Quinoa Blends

save big with your VIC card





Simple Truth **Organic Soup** 

save at least 98¢ on 2 with your VIC card







Harris Teeter Organics Jasmine, Basmati or Brown Basmati Rice

save at least 60¢ with your VIC card



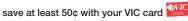


**Harris Teeter Organics** 



24 oz.

**Harris Teeter Organics** Steel Cut Oatmeal





14 oz. **Harris Teeter Organics** Coconut Oil

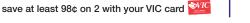
save at least 60¢ with your VIC card



8 pks. Simple Truth **Organic Seltzer Water** 



































### **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** 

save at least 40¢ with your VIC card





12.7 oz. Maple Guild Organic Maple Syrup

save at least 2.00 with your VIC card





4.2 oz.

Made in Nature Organic Figgy Pops Supersnacks

save at least 1.00 with your VIC card



32 oz.

**Bragg Organic** Extra Virgin Olive Oil

save at least 2.00 with your VIC card



**Biotta** Organic Juice

save at least 1.00 with your VIC card



32 oz. Eden Organic Sauerkraut

save at least 60¢ with your VIC card



Steaz Organic Iced Green Tea

save at least 98¢ on 2 with your VIC card



15 oz.

Farmer's Market Organic Pumpkin or Butternut Squash

save at least 30¢ with your VIC card





Artisan Kettle **Organic Baking Chips** 

save at least 1.00 with your VIC card





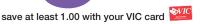
organic

4 oz. Artisan Kettle **Organic Baking Bars** 

save at least 1.00 with your VIC card



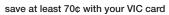
0.9 - 2.8 oz. **Primal Palate Organic Seasonings** 





16 oz.

Namaste Organic Garbanzo Bean Flour





## Shopping **Made Easier**







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,



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.



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.



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 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.



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.



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 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



Includes all products making a claim related to being free of



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.



Includes any food or beverage product that has a published symbol, logo, certification or marketing claim relating to or claiming to be gluten free



Includes all products that qualify for the American Heart Association Heart Healthy requirements or have the AHA certification.



Includes all products that are making a claim of being No Salt Added/Unsalted/Without Added Salt



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.



Includes all products that make either a Non GMO claim or contains a Non GMO certification



10.6 - 13 oz. Golden Blintzes or Vegetable Pancakes



ave at least 1.00 each with your VIC card



4 ct. Lono Life Beef or Chicken Bone Broth



with your VIC card



save at least 1.00 each



Ian's Gluten Free Panko Breadcrumbs



save at least 1.00 each with your VIC card



**Artisan Tropic** Plantain Strips





save at least 50¢ each with your VIC card





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



save at least 50¢ each with your VIC card



5 oz. Superseedz **Gourmet Pumpkin Seeds** 



save at least 1.00 each with your VIC card





10.25 oz. Stonewall Kitchen Aioli





15 oz. **Tabatchnick** Soup



save at least 50¢ each with your VIC card



