

organics



Harris Teeter®  
MONTHLY SPECIALS\*

PRICED LOW

on the organic items you use most!



organics  
PRICED  
LOW

1 lb. bag  
Simple Truth Organic  
Baby Carrots

2/\$3



organics  
PRICED  
LOW

• Baby Spinach  
• Spring Mix  
• Arugula

5 oz.  
Simple Truth Organic  
Salads

2/\$6



organics  
PRICED  
LOW

8 oz.  
Simple Truth Organic  
Baby Bella Mushrooms

2/\$5



organics  
PRICED  
LOW

12 oz.  
Organic Sambazon  
Energy Drinks

3/\$5



organics  
PRICED  
LOW

Farmers Market Organic  
Fuji Apples

2.49

per lb.



organics  
PRICED  
LOW

16 oz.  
GT's  
Kombucha

2/\$6



organics  
PRICED  
LOW

6 oz.  
Farmers Market Organic  
Blueberries

3.99

each

Prices in this ad good Wednesday, January 26 through Tuesday, February 22, 2022.

\*Supplies are limited



organics  
PRICED  
LOW

Farmers Market Organic  
Lemons

5/\$4



organics  
PRICED  
LOW

Farmers Market Organic  
Red Peppers

2.29  
each



organics  
PRICED  
LOW

Farmers Market Organic  
Hothouse Cucumbers

2/\$4



organics  
PRICED  
LOW

Farmers Market Organic  
Hot House Tomatoes on the Vine

2.79  
per lb.



organics  
PRICED  
LOW

52 oz.  
Bolthouse Organic  
Carrot Juice

2/\$10



organics  
PRICED  
LOW

Farmers Market Organic  
Granny Smith Apples

1.99  
per lb.



organics  
PRICED  
LOW

Farmers Market Organic  
Bosc Pears

2.49  
per lb.



organics  
PRICED  
LOW

Farmers Market Organic  
Yellow Squash or Zucchini

2.29  
per lb.



organic  
TOGETHER IN  
EDUCATION

16 oz.  
Simple Truth Organic  
Cookie Dough

2/\$6

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



organic  
TOGETHER IN  
EDUCATION

7.4 oz.  
Simple Truth Organic  
Frozen Waffles

2.69

save at least 30¢ each with your VIC card



organic  
TOGETHER IN  
EDUCATION

6 oz.  
Simple Truth  
Rice Crackers

1.99

save at least 50¢ each with your VIC card



organic  
TOGETHER IN  
EDUCATION

15.5 oz.  
Simple Truth Organic  
Microwaveable Soup

2.69

save at least 30¢ each with your VIC card



organic  
TOGETHER IN  
EDUCATION

12 oz.  
Simple Truth  
Almond Butter

4.89

save at least 60¢ each with your VIC card



\*Supplies are limited



organic  
TOGETHER IN  
EDUCATION

21.6 oz.  
Simple Truth Plant  
Based Protein Powder

19.99

save at least \$10.00 each with your VIC card



organic  
TOGETHER IN  
EDUCATION

12.7 oz.  
Simple Truth Organic  
Red or White Wine Vinegar

2.69

save big with your VIC card



organic  
TOGETHER IN  
EDUCATION

35 ct.  
Simple Truth  
Disinfecting Wipes

3.19

save at least 40¢ each with your VIC card



healthy made simple



# ASIAN GROUND TURKEY & RICE BOWLS



## INGREDIENTS:

- 1 teaspoon sesame oil
- 2 cloves garlic pressed
- 1 lb. Plainville Farms Organic Ground Turkey
- 1/2 teaspoon salt
- 1 teaspoon Ginger People Grated Ginger
- 2 tablespoons brown sugar dark or light
- 1/4 cup soy sauce or Tamari if gluten free
- 1 tablespoon Marukan Organic Rice Vinegar
- 1 tablespoon chili paste (gochujang)

## For Serving:

- 2 packages of Tasty Bite Organic White Rice
- Ginger People Sushi Ginger, chopped raw vegetables: carrots, cucumbers, jalapenos)
- Cilantro about a handful, chopped for topping

## Optional - Sauce to serve over the finished dish:

- 1/4 cup Soy Sauce or Tamari if gluten free
- 1 tbs brown sugar
- 1 tsp chili paste

## DIRECTIONS:

1. In a large nonstick pan over high heat cook sesame oil and garlic cloves for 30 seconds. Then add in the ground turkey and sprinkle with salt. Break up the turkey as it cooks for 5 minutes. When there's only a little bit of pink showing still, add in the grated ginger, brown sugar, soy sauce, rice vinegar, and chili paste and continue cooking, stirring and breaking up the turkey as it cooks, for another 4-5 minutes. Then turn off the heat.
2. Cook rice according to package instructions and set aside.
3. Chop cilantro and get your vegetables ready (drain the liquid sushi ginger or chop the raw vegetables.)
4. If making the sauce to go over the finished dish, stir the ingredients together and set aside.
5. To assemble: divide rice between 4 bowls, top each bowl with 1/4 of the turkey, add pickled veggies and top with a pinch of cilantro.
6. Enjoy!



16 oz.  
Plainville Farms Organic  
Ground Turkey

5<sup>99</sup>

save at least \$2.00 each with your VIC card



12 pk.  
Michelob Organic Pure Gold or  
Organic Variety Pack

15<sup>99</sup>

each



5.5 oz.  
Lundberg  
Organic Risotto

2<sup>99</sup>

save at least \$1.00 with your VIC card



32 oz.  
Organico Bello  
Organic Pasta Sauce

8<sup>99</sup>

save at least \$1.00 with your VIC card



12 oz.  
Nature's Earthly Choice  
Organic Quinoa

5<sup>99</sup>

save at least \$1.50 each with your VIC card



28 oz.  
Arrowhead Mills  
Organic Pearled Barley

5<sup>49</sup>

save at least \$1.00 with your VIC card



6.7 oz.  
Ginger People Organic  
Grated or Sushi Ginger

3<sup>99</sup>

save at least 70¢ with your VIC card



8.4 oz. or 6.3 oz.  
Ocean's Halo  
Organic Ramen Noodles

2<sup>99</sup>

save at least \$1.50 with your VIC card



8.8 oz.  
Tasty Bite  
Organic Rice

2/\$5

save at least \$1.38 on 2 with your VIC card



12 oz.  
Marukan Organic  
Rice Vinegar

2/\$6

save at least \$3.98 on 2 with your VIC card



5 oz.  
Dr. Bronner's  
Bar Soap

2/\$7

save at least \$2.98 on 2 with your VIC card



16 - 20 ct.  
Honey Pot Herbal  
Organic Pads

7<sup>49</sup>

save at least \$1.50 each with your VIC card

\*Supplies are limited



# 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](http://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.

\*Supplies are limited



4.2 oz.  
Ocean's Halo Organic  
Vegan Bowls

2/\$7

save at least \$2.98 on 2  
with your VIC card

**PLANT BASED**



16 oz.  
SunButter  
Natural Sunflower Butter

6.99

save at least \$1.00  
with your VIC card

**GOOD PROTEIN**



4 oz.  
Go Raw Organic  
Salad Topper

2/\$7

save at least \$4.98 on 2  
with your VIC card

**GLUTEN FREE**



2.5 oz.  
Country Archer  
Jerky

4.99

save at least \$2.00 each  
with your VIC card

**GOOD PROTEIN**



6.6 oz.  
Bobo's  
Toaster Pastries

3.99

save at least \$1.00 each  
with your VIC card

**WHOLE GRAIN**



2.5 oz.  
Evolved  
Keto Bar

2/\$7

save at least \$2.98 on 2  
with your VIC card

**KETO**



9 oz.  
Dr. Praeger's  
Hash Browns

2/\$7

save at least \$4.98 on 2  
with your VIC card

**PLANT BASED**



2.12 oz.  
Whisps  
Crisps

2/\$7

save at least \$2.38 on 2  
with your VIC card

**KETO**