

organics



Harris Teeter®
MONTHLY SPECIALS*

PRICED LOW

on the organic items you use most!



organics
PRICED
LOW

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

3.99

each



organics
PRICED
LOW

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

16 oz.
GT's Organic
Kombucha

2/\$6



organics
PRICED
LOW

- Baby Spinach
- Spring Mix
- Arugula

5 oz.
Harris Teeter
Organics Salads

2/\$6



organics
PRICED
LOW

Farmers Market
Organic
Sweet Potatoes

1.29

per lb.



organics
PRICED
LOW

1 lb. Bag Simple Truth
Organic
Whole Carrots

.99

each



organics
PRICED
LOW

Farmers Market
Organic Bunch
Collard Greens

2/\$4



organics
PRICED
LOW

Farmers Market
Organic
Yellow Onions

.99

per lb.

Prices in this ad good Wednesday, November 4, through Tuesday, December 1, 2020. *Supplies are limited



3 lb. Bag Farmers Market
Organic
Russet Potatoes

3.49
each



Farmers Market
Organic
Lemons

5/\$4



2 lb. Bag Farmers Market
Organic
Bartlett Pears

3.49
each



8 oz. Bag Farmers Market
Organic
Cranberries

2/\$5



Farmers Market
Organic
Valenica Oranges

.99
each



3.5 oz. Harris Teeter
Organics Sliced
Shiitake Mushrooms

3.99
each



14 oz. Simple Truth
Organic Firm or
Extra Firm Tofu

2/\$4



Simple Truth
Organic Red, Green
or Black Seedless Grapes

3.49
per lb.

healthy made simple



8 oz.
Simple Truth Organic
Spreadable Butter

2/\$5

save at least \$1.58 on 2 with your VIC card



10.6 - 12.7 oz.
Simple Truth Organic
Pizza

5.99

save big with your VIC card



14 oz.
Simple Truth Organic
Cranberry Sauce

2/\$4

save big on 2 with your VIC card



14 oz.
Harris Teeter Organics
Tortilla Chips

2/\$5

save at least 58¢ on 2 with your VIC card



6 - 6.8 oz. Assorted
Simple Truth Organic
Snack Crackers

2/\$5

save at least 98¢ on 2 with your VIC card

*Supplies are limited



6 ct.
Simple Truth Organic
Fruit & Grain Bars

2/\$4

save at least \$1.58 on 2 with your VIC card



14 oz.
Simple Truth Organic
Ghee

8.99

save at least \$1.00 each with your VIC card



64 oz.
Simple Truth Organic
Juices

2/\$5

save at least 98¢ on 2 with your VIC card

EASY GLUTEN FREE STUFFING



INGREDIENTS:

- 1 loaf Canyon Bakehouse Gluten Free White Bread (or any other GF Bread of choice), cubed
- ¾ cup Miyoko Organic Vegan Butter
- 1 med. White Onion, chopped
- 2 stalks Celery, diced
- 2 large Carrots, diced
- 3 cloves Garlic, minced
- ½ tsp. Dried Thyme
- 1 tsp. Rosemary
- ½ tsp. Ground Sage
- 1 tsp. Salt
- ½ tsp. Pepper (more to taste)
- 2 tsp. Kitchen Basics Organic Vegetable Stock

TIP! To use this recipe for your Holiday Turkey Stuffing, complete steps 1-7 then stuff mixture inside turkey.

DIRECTIONS:

1. Cut Gluten Free Bread into Cubes, and leave out to dry uncovered for 2-3 hours. You can also use stale bread.
2. Preheat oven to 350° and grease a 2.5 qt. casserole dish.
3. In a skillet over medium heat, melt Organic Vegan Butter.
4. Add chopped Onions, Celery and Carrots and saute until onion is soft and translucent. Add in minced Garlic, and cook for 1 more minute., until fragrant
5. Stir in Thyme, Rosemary, Sage, Salt, and Pepper. Add additional season, to taste.
6. Pour mixture into prepared casserole dish. Add Canyon Bakehouse Gluten Free Bread cubes and stir until all pieces are evenly coated with the mixture.
7. Pour Organic Vegetable Broth over and toss until well combined.
8. Bake for 40 minutes at 350°, checking halfway through. If dry, add more Vegetable Broth, as needed.



8 oz.
Miyoko's Creamery
Organic Vegan Butter

4⁹⁹

save at least \$2.00 each with your VIC card



12 oz.
Nakano Organic
Seasoned Rice Vinegar

4⁴⁹

save big with your VIC card



8.45 oz.
La Tourangelle
Organic Balsamic Vinaigrette

3⁹⁹

save at least \$2.00 each with your VIC card



1.7 oz.
Taylor & Colledge
Organic Vanilla Bean Paste

9⁹⁹

save at least \$2.00 each with your VIC card



7.4 oz.
Native Forest Organic
Sweetened Condensed Coconut Milk

3⁹⁹

save big with your VIC card



10.7 oz.
Native Forest
Organic Mandarins

2/\$6

save at least 98¢ on 2 with your VIC card



14 oz.
Native Forest
Organic Hearts of Palm

5⁹⁹

save big with your VIC card



2 lb.
4 Sisters
Organic White Rice

6²⁹

save big with your VIC card



32 oz.
Kitchen Basics
Organic Vegetable Stock

3⁹⁹

save at least \$1.30 each with your VIC card



1 ltr.
AgaLima Organic
Bloody Mary Mix

7⁹⁹

save at least \$3.00 each with your VIC card



4 oz.
Hippeas
Organic Chickpea Puffs

2/\$5

save at least \$2.98 on 2 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 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.



25.4 oz.
Kitu Vanilla Super Creamer

KETO

3.99

save at least \$2.00 each with your VIC card

FREE FROM



12 oz.
Mike's Hot Honey

8.99

save at least \$1.00 each with your VIC card



10 oz.
Enjoy Life Semi-Sweet Chocolate Baking Morsels

FREE FROM

5.99

save at least \$1.00 each with your VIC card

WHOLE GRAIN



9.5 oz.
Bookbinder's Whole Grain Mustard

2.79

save big with your VIC card



7 oz.
Ian's Gluten Free Panko Breadcrumbs

GLUTEN FREE

3.99

save at least \$1.00 each with your VIC card

GOOD PROTEIN



0.53 oz.
Lono Life Bone Broths

5.49

save at least \$1.50 each with your VIC card



7.5 oz.
TaDah! Lemon Garlic Falafel Street Wraps

PLANT BASED

2/\$7

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



5 oz.
Terra Vegetable Chips

PLANT BASED

2/\$6

save at least \$2.58 on 2 with your VIC card

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