

organics



Harris Teeter® MONTHLY SPECIALS*

PRICED LOW

on the organic items you use most!



organics
PRICED
LOW

3 ct.

Simple Truth Organic
Romaine Hearts

2.99

each



organics
PRICED
LOW

Simple Truth Organic
Red, Green or Black
Seedless Grapes

2.99

per lb.



organics
PRICED
LOW

14 oz.

Simple Truth Organic
Tofu

2/\$4

• Firm
• Extra Firm



organics
PRICED
LOW

- Sweet Green Citrus
- Citrus Cayenne
- Berry
- Coco Pina Sunset
- Roseberry Mist

11 oz.

Simple Truth Organic
Cold Pressed Juices

2/\$6



organics
PRICED
LOW

1 lb. bag

Simple Truth Organic
Baby Carrots

1.29

each



organics
PRICED
LOW

- Strawberry
- Raspberry/Lemon
- Raspberry/Hibiscus
- Gringerberry

15.2 oz.

Simple Truth Organic
Kombucha

2/\$5



organics
PRICED
LOW

8 oz.

Simple Truth Organic
Baby Bella

2/\$5

Prices in this ad good Wednesday, October 6, through Tuesday, November 2, 2021.

*Supplies are limited



organics
PRICED
LOW

Farmers Market
Organic Green Cabbage

.99

per lb.



organics
PRICED
LOW

Pint Farmers Market Organic
Grape Tomatoes

2/\$6



organics
PRICED
LOW

Farmers Market Organic
Hot House Cucumbers

2/\$4



organics
PRICED
LOW

Farmers Market
Organic Red Cabbage

1.29

per lb.



organics
PRICED
LOW

5 lb. bag Farmers Market
Organic Gala Apples

4.99

each



organics
PRICED
LOW

2 lb. bag Farmers Market
Organic Bartlett Pears

3.99

each



organics
PRICED
LOW

Farmers Market
Organic Lady Alice Apples

2.79

per lb.



organics
PRICED
LOW

Simple Truth Organic
Celery Hearts

2/\$6



organic



TOGETHER IN
EDUCATION

8 oz.

Simple Truth Organic
Parmesan Cheese

4.49

save at least 50¢ each with your VIC card



organic



TOGETHER IN
EDUCATION

16 oz.

Simple Truth Organic
Splish Water

5/\$4

save at least \$1.95 on 5 with your VIC card



organic



TOGETHER IN
EDUCATION

15.5 oz.

Simple Truth Organic
Soup

2.69

save at least 30¢ each with your VIC card



organic



TOGETHER IN
EDUCATION

8 oz.

Simple Truth Organic
Trail Mix

3.49

save at least 50¢ each with your VIC card



organic



TOGETHER IN
EDUCATION

16 oz.

Simple Truth Organic
Baking Mixes

2.99

save at least \$1.00 each with your VIC card

*Supplies are limited



organic



TOGETHER IN
EDUCATION

7.4 oz.

Simple Truth Organic
Waffles

2.69

save at least 30¢ each with your VIC card



organic



TOGETHER IN
EDUCATION

7.8 oz.

Simple Truth Organic
Fruit and Grain Bars

2/\$5

save at least 58¢ on 2 with your VIC card



organic



TOGETHER IN
EDUCATION

26 oz.

Simple Truth Organic
Cleaners

3.59

save at least 40¢ each with your VIC card

healthy made simple

CHICKEN PAD THAI



SAUCE INGREDIENTS:

- 4 tbsp Ocean's Halo Organic Soy-Free Fish Sauce
- 3 tbsp Ocean's Halo Organic Soy-Free Teriyaki Sauce
- 4 tbsp brown sugar
- 2 tsp Thai red chili sauce
- 1 ½ tbsp peanut butter
- ¼ cup fresh lime juice
- 1 ½ tsp concentrated tomato paste (optional for color)

STIR FRY INGREDIENTS:

- 1 8 oz. package of Lotus Foods Traditional Pad Thai Rice Noodles
- 2 tbsp cooking oil (vegetable or avocado oil for healthier version)
- 6 oz Smart Organic Boneless Chicken Breast, sliced thin (sub protein or remove for vegetarian)
- 2 cloves garlic minced
- 1 ½ tsp Ginger People Organic Ginger Juice
- 1 shallot, diced
- 1/3 cup grated carrots
- 1 red or green bell pepper, thinly sliced
- 1 beaten large egg
- 1 lime wedge
- Salt, black pepper, and more Ocean's Halo Organic Soy-Free Fish Sauce to taste

DIRECTIONS:

1. Prepare the rice noodles according to package instructions.

SAUCE:

1. While the noodles are cooking, whisk together the sauce ingredients in a medium bowl.

STIR FRY:

1. Heat the oil in a large wok or non-stick skillet over high heat. Add the chicken and cook until browned and mostly cooked through (about 3-4 minutes). Stir in the garlic, ginger juice, and shallots and cook for 30 seconds, until fragrant. Add the carrots and bell pepper and cook for 1-2 minutes, until tender crisp. Push all the ingredients over to one side of the pan. Pour the beaten egg and scramble directly in the skillet.
2. Add noodles and pour the sauce over top. Toss with tongs to evenly coat noodles. Remove from heat.
3. Squeeze in juice from the lime wedge and adjust seasoning by adding some salt, black pepper, fish sauce, tomato paste, and chili sauce.
4. Serve hot on a large platter.



Per Lb.
Smart Organic
Boneless Chicken Breast

8⁹⁹

save at least \$4.00 per lb. with your VIC card



12 pk.
Michelob Organic Pure Gold
or Organic Variety Pack

15⁹⁹

each



18 oz.
Roar Organic Electrolyte
Infusion Beverage

2/\$4

save big on 2 with your VIC card



3.5 oz.
Serenity Kids
Baby Food

2/\$6

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



20.2 oz.
Giving
3 Pack Juices

4/\$5

save at least \$6.96 on 4 with your VIC card



11 oz.
Chameleon
Cold-Brew Lattes

2/\$6

save at least 98¢ on 2 with your VIC card



12 oz.
Guru Organic
Energy Drink

2/\$5

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



5.5 oz.
RW Garcia
Organic Crackers

3⁹⁹

save at least \$1.50 with your VIC card



5 oz.
Ginger People
Organic Ginger Juice

4⁹⁹

save at least \$1.00 each with your VIC card



10 oz.
Ocean's Halo Organic
Soy-Free Fish Sauce

5²⁹

save big with your VIC card



12 oz.
Ocean's Halo Organic
Teriyaki Soy-Free Sauce

5⁹⁹

save at least \$1.00 each with your VIC card



8 oz.
Lotus Foods Organic Traditional
Pad Thai Rice Noodles

2/\$6

save at least \$3.98 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.

*Supplies are limited



8 oz.
Kite Hill Almond Milk
Cream Cheese

PLANT BASED

6⁹⁹

save at least \$1.00 each
with your VIC card



28.6 oz.
Origin 846 Unfiltered
Extra Virgin Olive Oil

KETO

9⁹⁹

save at least \$3.00 each
with your VIC card



12 oz.
Chosen Foods
Mayo

KETO

8⁹⁹

save at least \$1.00 each
with your VIC card



12.9 oz.
Simple Mills
Brownie Mixes

PLANT BASED

6⁹⁹

save at least \$2.00 each
with your VIC card



14 oz.
Caulipower
Chicken Tenders

GOOD PROTEIN

5⁹⁹

save at least \$5.00 each
with your VIC card



6 oz.
Capello's Grain Free
Pizza Crust

PALEO

6⁹⁹

save at least \$1.00 each
with your VIC card



16.9 oz.
Kettle & Fire
Bone Broth

KETO

5⁴⁹

save at least \$3.00 each
with your VIC card



8 oz.
SuperSeedz
Pumpkin Seeds

GOOD PROTEIN

3⁹⁹

save at least \$2.00 each
with your VIC card