

organics



Harris Teeter®
MONTHLY SPECIALS*

PRICED LOW

on the organic items you use most!



organics
PRICED
LOW

2 lb. bag
Simple Truth Organic
Gala Apples

3.99

each



organics
PRICED
LOW

18 oz.
Simple Truth Organic
Blueberries

5.99

each



organics
PRICED
LOW

6 oz. Farmers Market
Organic
Red Raspberries

3.99

each



organics
PRICED
LOW

1 lb. Clam Shell
Farmers Market
Organic
Strawberries

3.99

each



organics
PRICED
LOW

Farmers Market
Organic
Valencia Oranges

.99

each



organics
PRICED
LOW

Simple Truth Organic
Broccoli

2/\$6



organics
PRICED
LOW

3.5 oz.
Harris Teeter Organic
Sliced Shitake Mushrooms

3.99

each

Prices in this ad good Wednesday, July 14, through Tuesday, August 10, 2021.

*Supplies are limited



organics
PRICED
LOW

Farmers Market
Organic Yellow
Peaches or Nectarines

2.99
per lb.



organics
PRICED
LOW

12 oz.
Organic Suja

2/\$5

- Noon Greens
- Mighty Dozen
- Uber Greens
- Green Delight
- Sweet Beets



organics
PRICED
LOW

Farmers Market
Organic Celery

1.99
each



organics
PRICED
LOW

Farmers Market
Organic Tomatoes

2.79
per lb.



organics
PRICED
LOW

Farmers Market Organic
Green Bell Pepper

1.49
each



organics
PRICED
LOW

Farmers Market Organic
Sweet Potatoes

1.29
per lb.



organics
PRICED
LOW

Farmers Market
Organic Cilantro

1.49
each



organics
PRICED
LOW

14 oz. Mild or Medium
Simple Truth Organic
Salsa

2/\$6



healthy made simple



16 oz.
Simple Truth Organic
Sour Cream

2.49

save at least 50¢ each with your VIC card



2.5 oz.
Simple Truth Organic
Beef Jerky

3.99

save at least \$2.00 each with your VIC card



Simple Truth Organic
Elderberry Drops

2/\$5

save big on 2 with your VIC card



8 pk.
Simple Truth Organic
Seaweed Snacks

5/\$5

save at least \$1.45 on 5 with your VIC card



16 oz.
Simple Truth Organic
Cassava Flour

4.99

save at least \$1.00 each with your VIC card
*Supplies are limited



20 ct.
Simple Truth Organic
Box Tea

2/\$5

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



64 oz.
Simple Truth Organic
Apple Juice

2.49

save at least 50¢ each with your VIC card



26 oz.
Simple Truth Organic
Glass Cleaner

3.59

save at least 40¢ each with your VIC card

TACO SALAD



INGREDIENTS:

1 lb Perdue Harvestland Organic Ground Chicken
1 packet Simply Organic Veg Chili Mix
3 cloves garlic, minced
½ onion, diced
2 tbsp. 4th & Heart Original Ghee
1 Package Tasty Bite Brown Rice
1 can Jack's Organic Black Beans (rinsed and drained)
3 heads Romaine Lettuce

Toppings:

La Pref Organic Salsa, Black Olives
Corn or Tortilla Strips

DIRECTIONS:

1. Heat ghee in skillet over medium-high heat. Once glistening, add chicken and seasoning packet. After a few minutes, add onion and mix well, continuing to stir until cooked, about 7 minutes.
2. Prepare rice in the microwave per package instructions.
3. Add garlic, rice, and beans to the meat mixture and stir until well-combined.
4. Serve over romaine lettuce, adding toppings of your choice, including salsa as "dressing".



32 oz.

Bragg's Organic
Extra Virgin Olive Oil

16.99

save at least \$3.00 each with your VIC card



16.9 oz.

Spectrum Organic
Balsamic Vinegar

7.99

save at least \$2.00 each with your VIC card



25 oz.

Organico Bello Organic
Pasta Sauce

5.49

save at least \$2.50 each with your VIC card



1 oz.

Simply Organic
Seasoning Mixes

4/\$5

save big on 4 with your VIC card



16 oz.

Perdue Harvestland Organic
Ground Chicken

5.99

save big with your VIC card



3.53 oz.

Highground Organic
Instant Coffee

8.99

save at least \$3.00 each with your VIC card



12 pk.

Michelob Organic Pure Gold
or Organic Variety Pack

15.99

each



16.9 oz.

Italian Volcano Organic
Lemon or Lime Juice

5.99

save at least \$1.00 each with your VIC card



8.8 oz.

Tasty Bite
Organic Rice

2/\$5

save big on 2 with your VIC card



16 oz. Medium

La Preferida
Organic Salsa

3.99

save at least \$1.00 each with your VIC card



24 oz.

Food For Life Organic
Sprouted Grain Ezekiel Bread

5.99

save at least \$1.00 each with your VIC card



5 oz.

Barnana Organic
Plantain Chips

2/\$7

save big 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. Original
Purely Elizabeth
Granola

GLUTEN FREE

5.99

save at least \$2.00 each
with your VIC card



16 oz.
Sunbutter
Natural Sunflower Butter

FREE FROM

5.99

save at least \$2.00 each
with your VIC card



9.5 oz.
Kevin's Original BBQ
or Teriyaki Sauce

PALEO

5.49

save at least \$1.00 each
with your VIC card



9 oz.
4th & Heart
Ghee Butter

KETO

11.99

save at least \$3.00 each
with your VIC card



8.36 oz.
Daiya Dairy Free
Dressing

GLUTEN FREE

4.49

save at least \$1.50 each
with your VIC card



5.5 oz.
Siete Grain Free
Taco Shells

GLUTEN FREE

5.49

save at least \$1.50 each
with your VIC card



17 - 18 oz.
True Made Ketchup
or BBQ Sauce

KETO

2/\$7

save big on 2
with your VIC card



16.9 oz.
Kettle & Fire
Bone Broth

FREE FROM

6.99

save at least \$1.50 each
with your VIC card