

organics

Harris Teeter®
MONTHLY SPECIALS*

PRICED LOW

on the organic items you use most!

- Raspberry Lemon
- Raspberry Hibiscus
- Gingerberry
- Strawberry



organics
PRICED
LOW

15.2 oz.

Simple Truth Organic
Kombucha

2/\$5

organics
PRICED
LOW



Farmers Market
Organic
Fuji Apples

1.99
per lb.



organics
PRICED
LOW

- Baby Spinach
- Baby Spring Mix
- Baby Arugula

5 oz.

Simple Truth Organic
Salads

2/\$6

organics
PRICED
LOW



Farmers Market
Organic
Sweet Potatoes

1.29
per lb.

organics
PRICED
LOW



Farmers Market
Organic Slicing
Tomatoes

2.79
per lb.

organics
PRICED
LOW



6 oz. pkg.
Farmers Market
Organic Blueberries

2/\$6

organics
PRICED
LOW



1 lb. pkg.
Farmers Market
Organic Strawberries

3.99
each

Prices in this ad good Wednesday, May 19, 2021 through Tuesday, June 15, 2021.

*Supplies are limited



organics
PRICED
LOW

Farmers Market
Organic Red
Bell Peppers

2.49
each



organics
PRICED
LOW

12 oz. Bag Farmers Market
Cal-Organic Organic
Petite Carrots

2/\$4



organics
PRICED
LOW

Farmers Market
Organic
Limes

5/\$3



organics
PRICED
LOW

Farmers Market
Organic
Red Cherries

5.99
per lb.



organics
PRICED
LOW

Farmers Market
Organic
Lemons

5/\$4



organics
PRICED
LOW

2 lb. Bag
Simple Truth Organic
Fuji or Gala Apples

3.99
each



organics
PRICED
LOW

Farmers Market
Organic Seedless
Navel Oranges

.99
each



organics
PRICED
LOW

3.5 oz. Harris Teeter Organics
Sliced Shiitake
Mushrooms

3.99
each

healthy made simple



6 oz.
Simple Truth Organic Sliced
Cheese or 6 oz. Cheese Bars

2/\$6

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



10 oz.
Simple Truth Organic
Frozen Fruit

2.99

save at least 40¢ each with your VIC card



9 oz.
Simple Truth Organic
Tortilla Chips

2/\$4

save at least 98¢ on 2 with your VIC card



4 pk.
Simple Truth Organic
Shells & Cheese

4.99

save at least 50¢ each with your VIC card



16 - 24 oz.
Simple Truth Organic
Pickles

2/\$5

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

*Supplies are limited



15 oz.
Simple Truth Organic
Cage Free Egg Mayonnaise

3.49

save at least 50¢ each with your VIC card



5 oz.
Simple Truth Organic
Dried Cherries

4.49

save at least 50¢ each with your VIC card



48 ct.
Simple Truth Organic
K-Cup Coffee

18.99

save at least \$4.00 each with your VIC card

CLASSIC DEVEILED EGGS



INGREDIENTS:

- 6 Large Eggs
- 3 TBSP Chosen Organic Classic Mayo
- 3 TBSP Simple Truth Organic Pickles, finely diced
- 1 TSP Mustard (Use Dijon for a tangy flavor)
- 1 TSP Bragg's Apple Cider Vinegar
- Salt, Pepper & Paprika, to taste

Spice it up!
Try adding jalapeño slices to the top of each egg for an extra kick.

DIRECTIONS:

1. Using method of choice, hard boil eggs and allow to cool.
2. Once cool, slice each egg in half. Remove yolks and add them to mixing bowl. Arrange empty Egg White halves on a Serving Tray or dish.
3. Mash Egg Yolks using a fork. Add Mayonnaise, Diced Pickles, Mustard, and vinegar. Season with Salt and Pepper, to taste. Mix thoroughly.
4. Carefully spoon the yolk mixture into the prepared Egg Whites. Sprinkle with Paprika & Pepper & serve chilled.



16 oz. pkg.
Organic Grass Fed
Ground Beef

5⁹⁹

save at least \$1.00 each with your VIC card



12 pk.
Michelob Organic Pure Gold
or Organic Variety Pack

15⁹⁹
each



3.5 oz.
Serenity Kids Organic
Bone Broth Pouches

2/\$7

save big on 2 with your VIC card



10 oz.
Hemp Yeah! Organic
Granola

5⁹⁹

save at least \$1.00 each with your VIC card



2.5 oz.
Evolved Organic Dairy Free
Chocolate Bars

2/\$6

save big on 2 with your VIC card



24 oz.
Organicville Organic
Gluten Free Ketchup

3⁹⁹

save at least \$1.50 each with your VIC card



12 oz.
Chosen Foods Organic
Classic Mayo

6⁹⁹

save at least \$2.00 each with your VIC card



8.8 oz.
Tasty Bite Organic
Rice

2/\$4

save big on 2 with your VIC card



25 oz.
Organico Bello Organic
Pasta Sauce

5⁹⁹

save at least \$2.00 each with your VIC card



12 oz.
Bionaturae Organic
Gluten Free Spaghetti

2/\$7

save big on 2 with your VIC card



9 oz.
Woodstock Farms Organic
Tamari Pumpkin Seeds

6⁹⁹

save at least \$2.00 each with your VIC card



2.8 oz.
Ava Organics Organic Crispy
Coconut or Cinnamon Rollers

3⁹⁹

save at least \$1.00 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 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.



11 oz.
Chameleon Organic Cold Brew Coffee

SUGAR FREE

2/\$6
save big on 2 with your VIC card



32 oz.
Living Harvest Tempt Unsweetened Vanilla Hempmilk

PLANT BASED

2/\$6
save big on 2 with your VIC card



24 oz.
Bob's Red Mill Gluten Free Pancake Mix

GLUTEN FREE

4.99
save at least \$1.50 each with your VIC card



18 oz.
G Hughes Sugar Free BBQ Sauces or Mustard

SUGAR FREE

3.99
save at least \$1.70 each with your VIC card



8 oz.
Manitoba Harvest Shelled Hemp Seeds

GOOD PROTEIN

7.49
save at least \$1.50 each with your VIC card



12 oz.
Chosen Foods Keto Mayo

KETO

6.99
save at least \$3.00 each with your VIC card



12 oz.
Nature's Earthly Choice Organic Premium Quinoa

HEART HEALTHY

5.99
save at least \$1.50 each with your VIC card



7.5 oz.
TaDah! Falafel Street Wraps

PLANT BASED

2/\$7
save big on 2 with your VIC card

*Supplies are limited