ORGANICA Harris Teeter MONTHLY SPECIALS* **DRICEDLOW** on the organic items you use most!



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

*Supplies are limited



CLASSIC DEVILED 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 throroughly.
- 4. Carefully spoon the yolk mixture into the prepared Egg Whites. Sprinkle with Paprika & Pepper & serve chilled.

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16 oz. pkg. **Organic Grass Fed Ground Beef**



WIC save at least \$1.00 each with your VIC card



Serenity Kids Organic **Bone Broth Pouches**



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12 oz. **Chosen Foods Organic** Classic Mayo

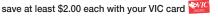


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9 oz. Woodstock Farms Organic Tamari Pumpkin Seeds







ULTRA

ULTE

12 pk.

Michelob Organic Pure Gold

or Organic Variety Pack

10 oz.

Hemp Yeah! Organic

Granola

each

8.8 oz. Tasty Bite Organic Rice

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2.8 oz. Ava Organics Organic Crispy **Coconut or Cinnamon Rollers**



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Shopping Made Easier



The items you want now have new attribute icons displayed on the tag



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.



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.



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.



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 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.



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.



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 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.





Includes all products that make either a Non GMO claim or contains a Non GMO certification on it's label.

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