

organics



Harris Teeter®
MONTHLY SPECIALS*

PRICED LOW

on the organic items you use most!



organics
PRICED
LOW

Farmers Market Organic
Sweet Potatoes

1.49

per lb.



organics
PRICED
LOW

Farmers Market
Organic Celery

1.79

each



organics
PRICED
LOW

8 oz.

Simple Truth Organic
Cranberries

2/\$5



organics
PRICED
LOW

1 lb. bag

Simple Truth Organic
Carrots

.99

each



organics
PRICED
LOW

Farmers Market Organic
Collard Greens

1.79

each



organics
PRICED
LOW

3 lb. bag

Farmers Market Organic
Russet Potato

3.49

each



organics
PRICED
LOW

Farmers Market Organic
Italian or Curly Parsley

2/\$3

Prices in this ad good Wednesday, November 3, through Tuesday, November 30, 2021. *Supplies are limited



organics
PRICED
LOW

Farmers Market Organic
Yellow Squash or Zucchini

2.29

per lb.



organics
PRICED
LOW

Simple Truth Organic
Celery Hearts

2/\$6



organics
PRICED
LOW

2 lb. bag
Simple Truth Organic
Granny Smith or Gala Apples

3.99

each



organics
PRICED
LOW

Farmers Market
Organic Green Asparagus

4.79

per lb.



organics
PRICED
LOW



5 oz. Simple Truth Organic Baby
Spinach, Spring Mix or Arugula

2/\$6



organics
PRICED
LOW



Simple Truth Organic Red, Green
or Black Seedless Grapes

3.49

per lb.



organics
PRICED
LOW

12 oz.
Organic Suja
Juices

2/\$6



organics
PRICED
LOW

6 oz.
Farmers Market Organic
Blueberries or Red Raspberries

3.99

each

healthy made simple



organic



16 oz.
Simple Truth Organic
Butter

4.99

save big with your VIC card



organic



8 oz.
Simple Truth Organic
Snack Crackers

2/\$5

save at least 98¢ on 2 with your VIC card



organic



14 oz.
Simple Truth Organic
Cranberry Sauce

1.99

save big with your VIC card



organic



25 oz.
Simple Truth Organic
Pasta Sauce

2/\$5

save at least 98¢ on 2 with your VIC card



organic



5 lb.
Simple Truth Organic
Unbleached Flour

4.99

save at least 70¢ each with your VIC card



*Supplies are limited



organic



10 oz.
Simple Truth Organic
Blueberries

2.99

save at least 40¢ each with your VIC card



organic



10 oz.
Simple Truth Organic
Probiotic Instant Oatmeal

3.49

save at least 40¢ each with your VIC card



organic



6 Big Rolls
Simple Truth
Select a Size Paper Towels

7.99

save at least \$1.00 each with your VIC card



GNOCCHI WITH PUMPKIN THYME SAUCE



INGREDIENTS:

- 2 packages of Bella Terra Organic Gnocchi
- 4 cloves Garlic minced
- 1 Shallot minced
- 1 Tablespoon Terra Delyssa Organic Extra Virgin Olive Oil
- 2/3 cup White Wine
- 2 Tablespoons Tomato Paste
- 1 1/2 cups Kitchen Basics Organic Vegetable Stock
- 1 cup Canned Pumpkin
- 1/4 cup Milk any type
- 1 Tablespoon Fresh Thyme Leaves
- 1/4 teaspoon Simply Organic Cinnamon
- Nutmeg pinch
- Simply Organic Black Pepper to taste
- 2 Tablespoons Parmesan Cheese for garnishing

DIRECTIONS:

1. Mince the shallot and garlic cloves.
2. Heat the oil in a large skillet over medium heat. Add the shallot and cook for 2 minutes or until tender.
3. Add the garlic and white wine and cook for 5 minutes or until most of the liquid has absorbed.
4. Add the vegetable stock and whisk in the tomato paste.
5. Whisk in the pumpkin, then add the milk, thyme, cinnamon and nutmeg. Bring to a boil, then lower heat, cover, and simmer for 10 minutes.
6. While the sauce is simmering, bring a large pot of water to a boil and cook the gnocchi according to package directions.
7. Drain the gnocchi and stir them into the pumpkin sauce.
8. Sprinkle with black pepper, and garnish with parmesan cheese and additional fresh thyme if desired.



16 oz.
DK Natural 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



17.6 oz.
Bella Terra
Organic Gnocchi

4⁴⁹

save at least 50¢ each with your VIC card



2.45 oz.
Simply Organic
Ground Cinnamon

5⁴⁹

save at least \$1.00 each with your VIC card



34 oz.
Terra Delyssa
Organic Extra Virgin Olive Oil

13⁴⁹

save at least \$1.50 each with your VIC card



32 oz.
Kitchen Basics
Organic Stocks

3⁹⁹

save at least \$1.30 each with your VIC card



4 oz.
Simply Organic
Ground Black Pepper

5⁴⁹

save at least \$1.50 each with your VIC card



10 oz.
Hilary's Organic
Veggie Burgers

4⁹⁹

save at least \$1.00 with your VIC card



20 ct. bag
Pukka Organic
Herbal Teas

4⁹⁹

save at least \$2.00 each with your VIC card



1.7 oz.
Taylor & Colledge
Organic Vanilla Bean

9⁹⁹

save at least \$2.00 each with your VIC card



2 lb.
Queen Elephant Organic
Jasmine White Rice

5⁹⁹

save at least \$1.50 each with your VIC card



16.9 oz.
Italian Volcano Organic
Lemon & Lime Juice

4⁹⁹

save at least \$2.00 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.

*Supplies are limited



32 oz.
Living Harvest
HempMilk

KETO

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

2/\$6



10 oz.
A Dozen Cousins
Beans

FREE FROM

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

2/\$6



16.5 oz.
Crofter's
Organic Spreads

HEART HEALTHY

save at least \$2.00 each
with your VIC card

4.99



16 oz.
Cucina Antica
La Pizza Cooking Sauce

KETO

save at least \$2.50 each
with your VIC card

4.49



6 oz.
Cooper Street
Granola Cookie Bakes

GOOD PROTEIN

save at least \$1.00 each
with your VIC card

4.99



8.1 oz.
Clabber Girl
Baking Powder

GLUTEN FREE

save at least 30¢ each
with your VIC card

2.69



8 oz.
Tony Chachere's
Dirty Rice Dinner

PLANT BASED

save at least 98¢ on 2
with your VIC card

2/\$5



7 oz.
Right Rice

GOOD PROTEIN

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

2/\$6