Organica Harris Teeter MONTHLY SPECIALS* PRICED LOW

on the organic items you use most!



Farmers Market Organic Sweet Potatoes

1.49

per lb.



Farmers Market Organic Celery

1.79

each



8 oz.
Simple Truth Organic
Cranberries

2/\$5



1 lb. bag
Simple Truth Organic
Carrots

.99



Farmers Market Organic Collard Greens

1.79



3 lb. bag
Farmers Market Organic
Russet Potato

3.49



Farmers Market Organic Italian or Curly Parsley

2/\$3

Farmers Market Organic Yellow Squash or Zucchini



Simple Truth Organic **Celery Hearts**



Simple Truth Organic **Granny Smith or Gala Apples**



Farmers Market Organic Green Asparagus

per lb.



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



Simple Truth Organic Red, Green or Black Seedless Grapes

per lb.



12 oz. Organic Suja Juices



6 oz.

Farmers Market Organic Blueberries or Red Raspberries

each



16 oz. Simple Truth Organic **Butter**

save big with your VIC card



8 oz. Simple Truth Organic **Snack Crackers**

save at least 98¢ on 2 with your VIC card



14 oz. Simple Truth Organic **Cranberry Sauce**

save big with your VIC card



25 oz.

Simple Truth Organic Pasta Sauce

save at least 98¢ on 2 with your VIC card





Simple Truth Organic **Unbleached Flour**

save at least 70¢ each with your VIC card 💯 save at least 40¢ each with your VIC card *Supplies are limited



Simple Truth Organic Blueberries

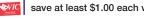


Simple Truth Organic **Probiotic Instant Oatmeal**





save at least 40¢ each with your VIC card save at least \$1.00 each with your VIC card



GNOCCHI WITH PUMPKIN THYME SAUCE



INGREDIENTS:

- 2 packages of Bella Terra Organic Gnocchi
- cloves Garlic minced
- **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

- 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.
- 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



16 oz. **DK Natural Organic Grass Fed Ground Beef**

save at least \$1.00 each with your VIC card



12 pk. Michelob Organic Pure Gold or Organic Variety Pack

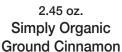
each



17.6 oz. Bella Terra Organic Gnocchi

save at least 50¢ each with your VIC card





save at least \$1.00 each with your VIC card



Terra Delyssa Organic Extra Virgin Olive Oil

save at least \$1.50 each with your VIC card





ORGANIC

organic

Kitchen Basics Organic Stocks

save at least \$1.30 each with your VIC card



4 oz.

Simply Organic **Ground Black Pepper**

save at least \$1.50 each with your VIC card



10 oz.

Hilary's Organic **Veggie Burgers**

save at least \$1.00 with your VIC card





20 ct. bag Pukka Organic

Herbal Teas







1.7 oz.

Taylor & Colledge Organic Vanilla Bean

save at least \$2.00 each with your VIC card



2 lb. Queen Elephant Organic Jasmine White Rice

save at least \$1.50 each with your VIC card

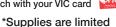




16.9 oz.

Italian Volcano Organic Lemon & Lime Juice

save at least \$2.00 each with your VIC card



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,



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 making a claim related to being free of



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.



Includes any food or beverage product that has a published symbol, logo, certification or marketing claim relating to or claiming to be gluten free.



Includes all products that qualify for the American Heart Association Heart Healthy requirements or have the AHA certification.



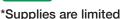
Includes all products that are making a claim of being No Salt Added/Unsalted/Without Added Salt.



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



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





32 oz. Living Harvest HempMilk







Cooper Street Granola Cookie Bakes



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





10 oz. A Dozen Cousins Beans



save at least \$1.98 on 2 with your VIC card 50/10





8.1 oz. Clabber Girl **Baking Powder**



save at least 30¢ each with your VIC card





16.5 oz. Crofter's **Organic Spreads**



save at least \$2.00 each with your VIC card





8 oz. Tony Chachere's **Dirty Rice Dinner**



save at least 98¢ on 2 with your VIC card



16 oz. Cucina Antica La Pizza Cooking Sauce



save at least \$2.50 each with your VIC card WIC





Right Rice

