## PRICED LOW

on the organic items you use most!



Simple Truth Organic Celery Hearts

2/\$5



8 oz.
Simple Truth Organic
Baby Bella
Mushrooms

2/\$5



3 oz.
Simple Truth Organic
Basil

3.99

each



Farmers Market
Organic Green Onions

.99 each



Farmers Market Organic Roma Tomatoes

1.99 per lb.



Harvest Sensations
Organic Kale Salad

4.49



Farmers Market Organic Pink Lady Apples

**2.99** per lb.

**Farmers Market Organic Hot House Bunch Tomatoes** 



organics PRICED

Suja Organic

**Probiotic Juice** 



**Farmers Market Organic Hot House Cucumbers** 



**Simple Truth Organic Salads** 



**Farmers Market Organic Green Asparagus** 

per lb.



2 lb. bag **Organic Cuties** 



2 lb. bag **Simple Truth Organic Granny Smith Apples** 

each



**Farmers Market Organic Slicing Tomatoes** 

per lb.





18 ct. **Simple Truth Organic Eggs** 

save at least 60¢ each with your VIC card







10 oz. Simple Truth Keto Pancake or Waffle Mix

2.5 oz.

**Simple Truth** 

**Tuna Pouch** 



Simple Truth Organic **Panko Breadcrumbs** 

save at least 50¢ each with your VIC card save at least 40¢ each with your VIC card





10 oz. **Simple Truth Organic** Relish

save big with your VIC card







16 oz. **Simple Truth** 



**Simple Truth** 

**Surface Wipes** 



**Simple Truth Organic Round Snack Crackers** 

\*Supplies are limited

save at least 50¢ each with your VIC card save at least \$1.86 on 3 with your VIC card





# **SLOW COOKER CHILI CON CARNE**

### **INGREDIENTS:**

- 1 package Simply Organic Spicy Chili Seasoning Mix 1.0 oz.
- 1 teaspoon olive oil
- 1 small onion, diced
- 1 red pepper, diced
- 2 garlic cloves, minced
- 1/2 jalapeno pepper, finely chopped
- 3 teaspoons tomato paste
- 2 cups beef or vegetable broth
- 1 (14 ounce) can Organic Bello **Organic Tomatoes**

### **INSTRUCTIONS:**

- 1. In a large pan heat, olive oil over medium heat. Add onion, peppers and garlic. Sauté for about 4 minutes. Add beef cubes and cook until browned, about 3 minutes.
- 2. Transfer mixture to a slow cooker and add tomato paste, broth, diced tomatoes and contents of 2 Pounds HT Reserve Angus Stew Meat

  1/2 ialaneno penper finely chapped

  3. Cook in slow cooker on high for 4 to 5 hours or
  - on low for 7 to 8 hours.

  - 4. Serve with your favorite chili toppings.



Per lb. **Smart Chicken Organic Drumsticks** 

save at least \$2.00 per lb. with your VIC card



12 pk. Michelob Organic Pure Gold or **Organic Variety Pack** 

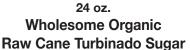
each





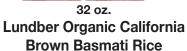
organic

organic



save at least \$1.00 each with your VIC card





save at least \$1.50 each with your VIC card

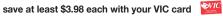


organic



Assorted. **Organico Bello** 

**Organic Tomatoes** 





**Big Tree Farms Organic** Coco Amino Sauce

save at least \$1.50 each with your VIC card



12 oz.

**Tru Roots Organic Quinoa** 

save at least \$1.00 each with your VIC card





4 oz. **GO Raw** 

Salad Topper

save at least \$1.00 each with your VIC card





1 oz.

**Simply Organic** Chili Mixes



San-J **Organic Tamari** 

save at least 80¢ each with your VIC card



10 oz.



**Assorted** Watkin's Organic **Seasonings or Rubs** 

save at least 70¢ each with your VIC card





18 oz.

**Roar Organic Drinks** 

save at least \$3.06 on 3 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.



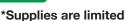
Includes all products that are making a claim of being No Salt Added/Unsalted/Without Added Salt.



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





4 oz. hilo Life **Tortilla Chips** 



save at least \$1.00 each with your VIC card



12 oz. **Chosen Foods** Mayo



save at least \$2.00 each with your VIC card



14.1 oz. d'arbo Wild **Lingonberry Sauce** 



save at least \$2.50 each with your VIC card



14 oz. Shaka Teas



save at least 58¢ on 2 with your VIC card



**Walden Farms Coffee Creamers** 



save at least 70¢ each with your VIC card 😿



7.1 oz. Gulten Free Midel Pie Crust



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



**Assorted** Simple Mills **Baking Mixes** 



save at least \$2.00 each with your VIC card WIC





**Alessi Porcini Mushroom Farro** 



