

organics

Harris Teeter  
MONTHLY SPECIALS\*

# PRICED LOW

on the organic items you use most!



organics  
PRICED  
LOW

Farmers Market  
Organic Yellow Peaches  
or Nectarines

**2.99**

per lb.



organics  
PRICED  
LOW

6 oz. Farmers Market  
Organic  
Blueberries

**2/\$6**



organics  
PRICED  
LOW

Farmers Market  
Organic Red or Green  
Seedless Grapes

**3.49**

per lb.



organics  
PRICED  
LOW

Farmers Market  
Organic  
Red Cherries

**4.99**

per lb.



organics  
PRICED  
LOW

Farmers Market  
Organic  
Kale

**1.49**

each



organics  
PRICED  
LOW

1 lb. bag  
Simple Truth Organic  
Carrots

**2/\$3**



organics  
PRICED  
LOW

Farmers Market  
Organic  
Cucumbers

**.99**

each

Prices in this ad good Wednesday, June 16, through Tuesday, July 13, 2021.

\*Supplies are limited





organics  
**PRICED LOW**

2 lb. Farmers Market  
Organic  
Pitted Dates

**9.99**  
each



organics  
**PRICED LOW**

Farmers Market  
Organic  
Lemons

**5/\$4**



organics  
**PRICED LOW**

12 oz.  
Organic Sambazon  
Energy Drink

**3/\$5**



organics  
**PRICED LOW**

Farmers Market  
Organic  
Navel Oranges

**.99**  
each



organics  
**PRICED LOW**

Farmers Market  
Organic  
Iceberg Lettuce

**2.49**  
each



organics  
**PRICED LOW**

14 oz. Firm or Extra Firm  
Simple Truth Organic  
Tofu

**2/\$4**



organics  
**PRICED LOW**

Simple Truth Organic  
Romaine Hearts

**2.99**  
each



organics  
**PRICED LOW**

14 oz.  
Lenny Boy  
Kombuchas

**2/\$5**

healthy made simple



7 oz.  
Simple Truth Organic  
Cream Cheese Spread

**2/\$5**

save at least 98¢ on 2 with your VIC card



10.6 oz.  
Simple Truth Organic  
Frozen Pizza

**5.99**

save at least \$1.00 each with your VIC card



8 oz.  
Simple Truth Organic  
Animal Crackers

**2/\$5**

save big on 2 with your VIC card



33.8 oz.  
Simple Truth Organic  
Coconut Water

**2.99**

save at least 40¢ each with your VIC card



12 oz.  
Simple Truth Organic  
Marinades

**2.69**

save at least 30¢ each with your VIC card

\*Supplies are limited



12 - 15 oz.  
Simple Truth Organic  
Cereal

**2.79**

save at least 80¢ each with your VIC card



16 oz.  
Simple Truth Organic  
Peanut Butter

**3.99**

save at least 50¢ each with your VIC card



15 oz.  
Simple Truth Organic  
Canned Vegetables

**3/\$4**

save big on 3 with your VIC card

# TURKEY BURGERS



## INGREDIENTS:

- 1 lb. Plainville Farms Organic Ground Turkey
- 1 large Egg, beaten
- 3 cloves Garlic, minced
- 2 Tbsp. Worcestershire Sauce
- Salt & Pepper
- 2 Tbsp. Olive Oil, or Butter

## Toppings:

- Organicville Organic Gluten-Free Ketchup
- Chosen Classic Organic Mayo
- Lettuce
- Tomatoes

## DIRECTIONS:

1. In a large bowl, mix together Ground Turkey, Egg, Garlic and Worcestershire Sauce. Use a light hand and do not overwork the meat or it will become tough.
2. Form the mixture into 4 even patties and season generously with salt and pepper.
3. Heat Olive Oil or Butter in skillet over medium heat; once shining, add the patties and cook until golden brown and cooked through, about 5 minutes per side.
4. Serve it up your way on a bun, with the desired toppings.



16 oz.

Plainville Farms Organic Ground Turkey

**5<sup>99</sup>**

save big with your VIC card



12 pk.

Michelob Organic Pure Gold or Organic Variety Pack

**15<sup>99</sup>**

each



24 oz.

Organicville Organic Gluten Free Ketchup

**3<sup>99</sup>**

save at least \$1.50 each with your VIC card



12 oz.

Chosen Classic Organic Mayo

**7<sup>99</sup>**

save at least \$1.00 each with your VIC card



12 oz.

Nakano Organic Seasoned or Natural Rice Vinegar

**2/\$7**

save big on 2 with your VIC card



3.5 oz.

Mediterranean Organic Wild Capers

**2/\$5**

save big on 2 with your VIC card



1.5 lb.

Wholesome Organic Raw Cane Turbinado Sugar

**4<sup>99</sup>**

save at least \$1.00 each with your VIC card



10 oz.

Tasty Bite Organic Madras Lentils

**2/\$6**

save big on 2 with your VIC card



2 lb.

4 Sisters Organic White or Brown Rice

**5<sup>49</sup>**

save at least \$1.50 each with your VIC card



7.3 oz.

Hilary's Organic Spicy Veggie Meatless Sausage

**2/\$7**

save big on 2 with your VIC card



16 oz.

Steaz Iced Green Tea

**2/\$3**

save big on 2 with your VIC card



4 oz.

Hippeas Organic Chickpea Snacks

**2/\$5**

save big on 2 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](http://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



8 oz.  
Kite Hill  
Cream Cheese

**6.99**

save at least \$1.00 each with your VIC card

**PLANT BASED**



32 oz.  
Blue Diamond  
Almond Breeze

**2/\$5**

save big on 2 with your VIC card

**GLUTEN FREE**



10.6 oz.  
Swerve Sweets  
Cake Mix

**6.99**

save at least \$2.00 each with your VIC card

**KETO**



8 oz.  
Banza  
Chickpea Pasta

**3.99**

save at least \$1.00 each with your VIC card

**GOOD PROTEIN**



5 ct. 1.3 oz.  
Bobo's  
Oat Bites

**3.99**

save at least \$1.00 each with your VIC card

**WHOLE GRAIN**



25.36 oz.  
THAI Kitchen  
Coconut Milk

**4.99**

save at least \$1.50 each with your VIC card

**PALEO**



12 oz.  
Topo Chico  
Mineral Water

**4/\$5**

save big on 4 with your VIC card

**SUGAR FREE**



7 oz.  
Sesmark Thins  
or Rice Crackers

**2/\$6**

save big on 2 with your VIC card

**FREE FROM**