Organica Harris Teeter MONTHLY SPECIALS* PRICED LOW

on the organic items you use most!



Farmers Market
Organic Yellow Peaches
or Nectarines

2.99

6 oz. Farmers Market
Organic
Blueberries

2/\$6

Farmers Market
Organic Red or Green
Seedless Grapes

3.49

per lb.



Farmers Market
Organic
Red Cherries

4.99 per lb.



Farmers Market
Organic
Kale

1.49



1 lb. bag
Simple Truth Organic
Carrots

2/\$3



Farmers Market
Organic
Cucumbers

.99

each

2 lb. Farmers Market Organic **Pitted Dates**

each



Farmers Market Organic Lemons



12 oz. **Organic Sambazon Energy Drink**



Farmers Market Organic **Navel Oranges**

each



Farmers Market Organic Iceberg Lettuce

each



14 oz. Firm or Extra Firm Simple Truth Organic Tofu



Simple Truth Organic **Romaine Hearts**

each





14 oz. **Lenny Boy** Kombuchas







7 oz. Simple Truth Organic Cream Cheese Spread

save at least 98¢ on 2 with your VIC card



10.6 oz. Simple Truth Organic Frozen Pizza

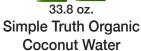
save at least \$1.00 each with your VIC card



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

save big on 2 with your VIC card





save at least 40¢ each with your VIC card





Simple Truth Organic Marinades

save at least 30¢ each with your VIC card *Supplies are limited







12 - 15 oz. Simple Truth Organic

Cereal

save at least 80¢ each with your VIC card



16 oz. Simple Truth Organic **Peanut Butter**





15 oz.

Simple Truth Organic **Canned Vegetables**

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**

save big with your VIC card



12 pk. Michelob Organic Pure Gold or Organic Variety Pack

each



Organicville Organic Gluten Free Ketchup

save at least \$1.50 each with your VIC card



12 oz. **Chosen Classic** Organic Mayo

save at least \$1.00 each with your VIC card



Nakano Organic Seasoned or **Natural Rice Vinegar**

save big on 2 with your VIC card



Mediterranean Organic Wild Capers

save big on 2 with your VIC card





1.5 lb. Wholesome Organic Raw Cane Turbinado Sugar

save at least \$1.00 each with your VIC card





10 oz. **Tasty Bite Organic**

Madras Lentils

save big on 2 with your VIC card







2 lb.

4 Sisters Organic White or Brown Rice

save at least \$1.50 each with your VIC card



7.3 oz.

Hilary's Organic Spicy Veggie Meatless Sausage

save big on 2 with your VIC card





16 oz. Steaz **Iced Green Tea**

save big on 2 with your VIC card





4 oz.

Hippeas Organic Chickpea Snacks

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



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 EDA 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.



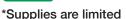
Includes all products that are making a claim of being No Salt Added/Unsalted/Without Added Salt.



Includes all products that have no added sugar ingredients and no added sugar in the Nutri Facts Panel or have a no added



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





8 oz. Kite Hill Cream Cheese



save at least \$1.00 each with your VIC card



32 oz. **Blue Diamond** Almond Breeze



save big on 2





10.6 oz. **Swerve Sweets** Cake Mix



save at least \$2.00 each with your VIC card





8 oz. Banza Chickpea Pasta



save at least \$1.00 each with your VIC card





5 ct. 1.3 oz. Bobo's Oat Bites



save at least \$1.00 each with your VIC card



25.36 oz. **THAI Kitchen** Coconut Milk



save at least \$1.50 each with your VIC card



Topo Chico







Sesmark Thins



with your VIC card