

organics



Harris Teeter®
MONTHLY SPECIALS*

PRICED LOW

on the organic items you use most!



organics
PRICED
LOW

Farmers Market
Organic Yellow
or Zucchini Squash

1.99

per lb.



organics
PRICED
LOW

Pint Size Farmers Market
Organic Grape
Cherry Tomatoes

2/\$5



organics
PRICED
LOW

Farmers Market
Organic
Green Cabbage

.99

per lb.



organics
PRICED
LOW

- Granny Smith
- Fuji
- Gala
- Pink Lady
- Jazz

2 lb. Bag
Simple Truth Organic
Bagged Apples

3.99

each



organics
PRICED
LOW

- Good Ol' Ginger
- Lavenderade
- Wake Up Call
- Strawberry Limeade

14 oz.
Lenny Boy
Organic Kombucha

2/\$5



organics
PRICED
LOW

6 oz. pkg.
Farmers Market
Organic Red Raspberries

3.49

each



organics
PRICED
LOW

14 oz.
Simple Truth Organic
Firm or Extra Firm Tofu

2/\$4

Prices in this ad good Wednesday, February 24, 2021, through Tuesday, March 23, 2021.

*Supplies are limited

Ginger Lemon
Pink Lady Apple
Pomegranate
Cayenne Cleanse
Blood Orange
Bubbly Rosé
Passion Fruit
Tangerine



organics
PRICED LOW

16 oz.
Health • Ade
Organic Kombucha

2/\$6



organics
PRICED LOW

6 oz. pkg.
Farmers Market
Organic Blueberries

3.99
each



organics
PRICED LOW

Farmers Market
Organic
Lemons

5/\$4



organics
PRICED LOW

Farmers Market
Organic
Sweet Potatoes

1.29
per lb.



organics
PRICED LOW

Farmers Market
Organic
Red Onions

1.79
per lb.



organics
PRICED LOW

8 oz. pkg.
Simple Truth Organic
Baby Bella Mushrooms

2/\$5



organics
PRICED LOW

Farmers Market
Organic
Red Bell Peppers

2.29
each



organics
PRICED LOW

Farmers Market
Organic
Leeks

2.99
per lb.

healthy made simple
simple truth organic



6 oz.
Simple Truth Organic
Shredded Cheese

2/\$6

save at least 98¢ on 2 with your VIC card



8 oz.
Simple Truth Organic
Snack Crackers

2/\$4

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



32 oz.
Simple Truth Organic
Broth

1.79

save big with your VIC card



16 oz.
Simple Truth Organic
Dry Beans or Lentils

2/\$5

save big on 2 with your VIC card



33.8 oz.
Simple Truth Organic
Electrolyte Solution Beverage

3.49

save at least 50¢ each with your VIC card
*Supplies are limited



12.14.8 oz.
Simple Truth Organic
Instant Oatmeal

2.99

save at least 70¢ each with your VIC card



14 oz.
Simple Truth Organic
Coconut Oil

4.79

save at least 70¢ each with your VIC card



26 oz.
Simple Truth Organic
Eucalyptus Mint Glass Cleaner

3.59

save big with your VIC card

STEEL CUT OATS WITH ADDED PROTEIN



INGREDIENTS:

- 8 cups Water
- 2 cups Bob's Red Mill Organic Steel Cut Oats
- 3 Tbsp. Once Again Crunchy (or Smooth) Peanut Butter
- 1 tsp. Wholesome Organic Turbinado Sugar
- 1 tsp. Simple Truth Organic Virgin Coconut Oil

FOR GARNISH:

- 1 Tbsp. Enjoy Life Gluten Free Semisweet Chocolate Chips
- Cinnamon, to taste
- Fresh Fruit, sliced

Garnish with Chocolate Chips, Fresh Fruit or Cinnamon!

DIRECTIONS:

1. Add water to a large saucepan and bring to a boil. Add Steel Cut Oats and stir until thickened.
2. Reduce heat to low and simmer for 30 minutes, stirring occasionally, until oatmeal has absorbed most of the liquid or reached desired consistency.
3. Remove from heat and add Peanut Butter, Turbinado Sugar and Virgin Coconut Oil while hot. Stir to combine.
4. Garnish as desired with Chocolate Chips, Cinnamon and/or Fresh Fruit!



per lb.
SMART Organic Boneless
Chicken Breast

8⁹⁹

save at least \$3.00 per lb. with your VIC card



24 oz.
Bob's Red Mill Organic
Steel Cut Oats

3⁹⁹

save at least \$1.00 each with your VIC card



3.53 oz.
Highground Organic
Fairtrade Instant Coffee

9⁹⁹

save at least \$2.00 each with your VIC card



16 oz.
Once Again Organic
Crunchy Peanut Butter

6⁹⁹

save at least \$2.50 each with your VIC card



2.5 oz.
PrimalChocolate Dairy Free
Cashew Milk Chocolate Bar

2/\$7

save big on 2 with your VIC card



16 oz.
Bragg Organic Apple Cider
Vinegar Probiotic Refreshers

2/\$6

save big on 2 with your VIC card



5.6 oz.
Gaea Organic
Pitted Kalamata Olives

3⁹⁹

save at least \$3.00 each with your VIC card



1.5 lb. Bag
Wholesome Organic
Raw Cane Turbinado Sugar

4⁴⁹

save at least \$1.50 each with your VIC card



.17 oz.
Gimme Organic
Roasted Seaweed Snacks

4/\$5

save big on 4 with your VIC card



10 oz.
Kikkoman Organic
Soy Sauce

2/\$7

save big on 2 with your VIC card



2 lb. Bag
4Sisters Organic
Long Grain White Rice

5⁴⁹

save at least \$1.50 each with your VIC card



59 oz.
Honest Organic
Honey Green Tea

buy one
get one
free

item rings at half price 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.



25.4 oz.
KITU Protein + MCT Oil
Vanilla Super Creamer

2/\$7

KETO

save big on 2
with your VIC card



14 oz.
Caulipower
Chicken Tenders

buy one
get one
free

GLUTEN FREE

Item ships at half price
with your VIC card



10.9 - 11.3 oz.
Caulipower
Pizza

buy one
get one
free

GLUTEN FREE

Item ships at half price
with your VIC card



6.5 oz. can
Bar Harbor
Chopped Sea Clams

4.49

GOOD PROTEIN

save at least 80¢ each
with your VIC card



12 oz.
Bee Harmony Regional Raw
Southeast Wild Flower Honey

7.99

FREE FROM

save at least \$4.00 each
with your VIC card



10 oz.
Enjoy Life Gluten Free
Semi-Sweet Chocolate Chips

5.99

GLUTEN FREE

save at least \$1.00 each
with your VIC card



20 oz.
Bob's Red Mill
Grain Free Cassava Flour

7.99

PALEO

save at least \$2.00 each
with your VIC card



12 ct.
Siete Grain Free
Taco Shells

5.99

PALEO

save at least \$1.00 each
with your VIC card



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