

organics



Harris Teeter®
MONTHLY SPECIALS*

PRICED LOW

on the organic items you use most!



organics
PRICED
LOW

3 ct.

Simple Truth Organic
Romaine Hearts

2.99

each



organics
PRICED
LOW

1 lb. bag

Simple Truth Organic
Baby Carrots

2/\$3



organics
PRICED
LOW

Simple Truth Organic
Bunch Broccoli

2/\$6



organics
PRICED
LOW

8 oz.

Simple Truth Organic
Baby Bella Mushrooms

2/\$5



organics
PRICED
LOW

Simple Truth Organic
Celery Hearts

2/\$6



organics
PRICED
LOW

2 lb. bag

Simple Truth Organic
Gala Apples

3.99

each



organics
PRICED
LOW

5 oz.

Simple Truth Organic
Salads

2/\$6

• Baby Spinach
• Spring Mix
• Arugula

Prices in this ad good Wednesday, December 1, through Tuesday, December 28, 2021. *Supplies are limited



organics
PRICED LOW

Farmers Market
Organic Green Onions

.99
each



organics
PRICED LOW

Farmers Market Organic
Yellow Squash or Zucchini

2.29
per lb.



organics
PRICED LOW

Farmers Market Organic
Collard Greens

1.79
each



organics
PRICED LOW

Farmers Market
Organic Fuji Apples

1.99
per lb.



organics
PRICED LOW

2 lb.
Farmers Market Organic
Whole Medjool Dates

9.99
each



organics
PRICED LOW

14 oz.
Lenny Boy
Kombucha

2/\$5



organics
PRICED LOW

6 oz.
Farmers Market Organic
Blueberries

3.99
each



organics
PRICED LOW

Farmers Market Organic
Lemons

5/\$4

healthy made simple



organic
TOGETHER IN EDUCATION

16 oz.
Simple Truth Organic
Spreadable Butter

2/\$5

save at least \$1.58 on 2 with your VIC card



organic
TOGETHER IN EDUCATION

8 oz.
Simple Truth Organic
Animal Crackers

2/\$5

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



organic
TOGETHER IN EDUCATION

32 oz.
Simple Truth Organic
Stock

2/\$5

save big on 2 with your VIC card



organic
TOGETHER IN EDUCATION

8.5 oz.
Simple Truth Organic
Avocado Oil

7.99

save big with your VIC card



organic
TOGETHER IN EDUCATION

8 oz.
Simple Truth Organic
Dutched Cocoa Powder

3.49

save at least 50¢ each with your VIC card

*Supplies are limited



organic
TOGETHER IN EDUCATION

12 oz.
Simple Truth Organic
Cinnamon French Toast Sticks

4.49

save big with your VIC card



organic
TOGETHER IN EDUCATION

5 oz.
Simple Truth Organic
Dried Cherries

3.99

save at least \$1.00 each with your VIC card



organic
TOGETHER IN EDUCATION

26 oz.
Simple Truth Organic
Glass Cleaner

3.59

save at least 40¢ each with your VIC card

COFFEE PANNA COTTA



INGREDIENTS:

- 1/4 Cup Cold Water
- 2 tsp (1 pack) Unflavored Gelatin
- 1 1/4 Cup Heavy Cream
- 3/4 Cup Whole Milk
- 1/4 Cup Granulated Sugar
- 2 TBSP Highground Instant Coffee
- Pinch of Salt
- 2 Tsp Taylor & Colledge Organic Vanilla Bean Paste
- Chocolate Caramel Sauce or Salted Caramel Sauce
- 2 TBSP Semi-Sweet Chocolate Chips (for chocolate curls)

INSTRUCTIONS:

1. Prepare 4 individual ramekins by spraying them with nonstick spray. Set aside.
2. In a small bowl, add the gelatin and then pour the cold water over it. Let sit for 10 minutes allowing the gelatin to bloom.

3. Meanwhile, in a medium stockpot, combine the heavy cream, milk, sugar, and Highground Instant Coffee. Cook over medium low, whisking to dissolve the sugar and coffee grounds.
4. Once the sugar has dissolved and bubbles start to form around the edges of the pan, remove from heat. Whisk in the bloomed gelatin.
5. Stir in the salt and Taylor & Colledge Organic Vanilla Bean Paste.
6. Pour the coffee panna cotta into the prepared ramekins, cover with plastic wrap, and refrigerate for at least 4 hours, up to overnight.
7. When ready to serve, dip each ramekin into hot water for 5 seconds to release the panna cotta. Invert the ramekin onto a small plate.
8. Drizzle with chocolate caramel sauce and chocolate curls. Serve Immediately.

* For the Chocolate Curls – Melt 2 TBSP chocolate chips and spread chocolate onto a piece of parchment paper. Place into freezer for 5 minutes. Then run a butter knife or offset spatula along the length of the chocolate to create curls.



3.53 oz.

Highground Organic
Instant Coffee

8⁹⁹

save at least \$3.00 each with your VIC



12 oz.

GURU Organic
Energy Drink

2/\$5

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



5 oz.

Lesser Evil
Organic Popcorn

2/\$6

save at least \$2.98 on 2 with your VIC



16 ct. bag

Traditional Medicinals
Organic Tea

4⁹⁹

save at least \$1.00 with your VIC card



17 oz.

Monari Federzoni Organic
Balsamic Vinegar

6⁴⁹

save at least \$1.00 each with your VIC



12 oz.

Bionaturae Organic
Gluten Free Spaghetti

2/\$7

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



3 oz.

Simply Organic
Onion Powder

4⁹⁹

save at least \$1.00 each with your VIC



1 oz.

Simply Organic
Mixes

4/\$5

save big on 4 with your VIC card



*Supplies are limited



12 pk.
Michelob
Organic Pure Gold or
Organic Variety Pack

15⁹⁹
each



1.7 oz.
Taylor & Colledge
Organic Vanilla Bean

9⁹⁹

save at least \$2.00 each with your VIC card



8 oz.
Miyoko's Creamery Organic
Vegan Butter

4⁹⁹

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

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.

*Supplies are limited



6.5 oz.
Bar Harbor
Canned Seafood

3.99

save at least \$1.30 each
with your VIC card

KETO



5 oz.
Tony Chachere's Creole
No Salt Seasoning Blend

4.79

save at least 70¢ each
with your VIC card

LOW SODIUM



3.5 oz.
Skinny Dipped
Chocolate Almonds

3.99

save at least \$1.50
with your VIC card

GOOD PROTEIN



9 - 10 oz.
Enjoy Life
Chocolate Chips

5.99

save at least \$1.00 each
with your VIC card

GLUTEN FREE



9.5 oz.
Bookbinder's
Whole Grain Mustard

2/\$5

save big
with your VIC card

PLANT BASED



11.25 oz.
Nature's Charm
Canned Milk

3.99

save at least 50¢ each
with your VIC card

LACTOSE FREE



25 oz.
Paesana All Natural
Pasta Sauce

4.99

save at least \$3.00 each
with your VIC card

NO SUGAR ADDED



14 oz.
Reese
Chopped Artichoke Hearts

buy one
get one
free

item ships at half price
with your VIC card

PLANT BASED