

organics



Harris Teeter®  
MONTHLY SPECIALS\*

PRICED LOW

on the organic items you use most!



organics  
PRICED  
LOW

15.2 oz.

Simple Truth Organic  
Kombucha

2.79

each

- Strawberry Lemonade
- Raspberry Lemon
- Raspberry Hibiscus
- Gingerberry



organics  
PRICED  
LOW

Pint Size

Farmers Market  
Organic Grape Tomatoes

2/\$5



organics  
PRICED  
LOW

Simple Truth Organic  
Black, Red or Green  
Seedless Grapes

2.99

per lb.



organics  
PRICED  
LOW

Farmers Market  
Bunch  
Red Beets

2/\$5



organics  
PRICED  
LOW

Farmers Market  
Organic  
Bananas

.69

per lb.



organics  
PRICED  
LOW

6 oz. pkg.  
Farmers Market  
Organic Red Raspberries

3.49

each



organics  
PRICED  
LOW

Farmers Market  
Organic Red or Green  
Cabbage

1.29

per lb.

Prices in this ad good Wednesday, October 7, through Tuesday, November 3, 2020.

\*Supplies are limited



organics  
PRICED  
LOW

Farmers Market  
Organic  
Lemons

5/\$4



organics  
PRICED  
LOW

Simple Truth Organic  
Baby Bella  
Mushrooms

2/\$5



organics  
PRICED  
LOW

Simple Truth Organic  
Bunch  
Broccoli

2/\$5



organics  
PRICED  
LOW

Farmers Market  
Organic Red  
Roma Tomatoes

1.99  
per lb.



organics  
PRICED  
LOW

Farmers Market  
Organic  
Leeks

2.99  
per lb.



organics  
PRICED  
LOW

Farmers Market  
Organic  
Valencia Oranges

.99  
each



organics  
PRICED  
LOW

2 lb. Bag  
Farmers Market  
Organic Bartlett Pears

3.99  
each



organics  
PRICED  
LOW

2 lb. Bag  
Simple Truth Organic  
Honey Crisp Apples

6.49  
each

healthy made simple



64 oz.

Harris Teeter Organics  
Soy Milk

2/\$5



16 oz.

Simple Truth Organic  
Ice Cream Pints

2/\$6



15.5 oz.

Simple Truth Organic  
Microwavable Soups

2/\$5



16 oz.

Simple Truth Organic  
Black Beans or Lentils

2/\$5



save at least 98¢ on 2 with your VIC card

save at least 98¢ on 2 with your VIC card

save at least 98¢ on 2 with your VIC card

save at least 98¢ on 2 with your VIC card



7 oz.

Simple Truth Organic  
Thin & Crispy Cookies

3.49



16 oz.

Simple Truth Organic  
Peanut Butter

3.99



6 ct.

Simple Truth Organic  
Fruit & Grain Bars

2/\$4



14 oz.

Simple Truth Organic  
Virgin Coconut Oil

5.49



save at least 50¢ each with your VIC card

save at least 50¢ each with your VIC card

save at least 98¢ on 2 with your VIC card

save at least 80¢ each with your VIC card

\*Supplies are limited



CHIA PUDDING BREAKFAST PARFAIT



INGREDIENTS:

- ½ cup Harris Teeter Organics Soy Milk
- 2 Tbsp. Nutiva Naturals Organic Chia Seeds
- 1 Tbsp. Maple Guild Organic Bourbon Maple Syrup
- 1/8 cup Hemp Yeah! Organic Honey & Oats Granola

Fresh Fruit or Crushed Brooklyn Born Chocolate Organic Almond Butter Cups, for garnish

DIRECTIONS:

1. To make Chia Pudding, combine Soy Milk, Chia Seeds and Bourbon Maple Syrup until well mixed.
2. Cover and place mixture in refrigerator overnight to thicken.
3. In the morning, layer parfait into a glass or jar by alternating Chia Pudding and Granola.
4. Top with Fresh Fruit or a handful of Crushed Almond Butter Cups, to taste.



16 oz.  
Plainville Farms Organic Ground Turkey  
or 16 oz. Organic Turkey Burgers

5<sup>99</sup>

save at least \$1.00 each with your VIC card



13 oz.  
Melt Organic  
Buttery Spread

3<sup>99</sup>

save at least \$1.00 each with your VIC card



3.5 oz.  
Serenity Kids  
Organic Baby Food

2/\$4

save big on 2 with your VIC card



10 oz.  
Hemp Yeah! Organic  
Honey & Oats Granola

4<sup>99</sup>

save at least \$2.00 each with your VIC card



12.7 oz.  
Maple Guild Organic  
Bourbon Maple Syrup

13<sup>99</sup>

save at least \$2.00 each with your VIC card



1.42 oz.  
Numi Organic  
Turmeric Three Root Tea

5<sup>99</sup>

save at least \$2.00 each with your VIC card



1.2 oz.  
Brooklyn Born Chocolate  
Organic Almond Butter Cups

2/\$4

save big on 2 with your VIC card



4 oz.  
Go Raw Organic  
Sprouted Seed Salad Toppers

4<sup>99</sup>

save at least \$1.00 each with your VIC card



6 ct. 0.17 oz. Trays  
Gimme Organic  
Seaweed Snacks

4<sup>99</sup>

save at least \$2.00 each with your VIC card



10.75 oz.  
Ocean's Halo Organic  
Ramen Noodle Bowl

4<sup>99</sup>

save at least \$1.00 each with your VIC card



10 oz.  
Ocean's Halo Organic  
Pho Noodle Bowl

4<sup>99</sup>

save at least \$1.00 each with your VIC card



32 oz.  
Eden Organic  
Sauerkraut

5<sup>99</sup>

save at least \$1.00 each 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.



8 oz.  
Kite Hill  
Cream Cheese

**6.99**

save at least \$1.00 each with your VIC card

**PLANT BASED**



1.76 oz.  
Think Thin  
Protein & Fiber Oatmeal

**2/\$4**

save big on 2 with your VIC card

**WHOLE GRAIN**



12 oz.  
Walden Farms  
Bleu Cheese Dressing

**3.99**

save big with your VIC card

**SUGAR FREE**



16 oz.  
Salsa God  
Salsa

**3.99**

save at least \$1.50 each with your VIC card

**FREE FROM**



24 oz.  
Terlatto Kitchen  
Vodka Sauce

**5.99**

save at least \$4.00 each with your VIC card

**NO SUGAR ADDED**



16.9 oz.  
Kettle & Fire Bone Broth or  
Butternut Squash Soup

**6.49**

save at least \$2.00 each with your VIC card

**GOOD PROTEIN**



8 ct.  
Caulipower  
Cauliflower Tortillas

**5.99**

save at least \$2.00 each with your VIC card

**GLUTEN FREE**



32 oz.  
Bravado Spice Co.  
Margarita Mix

**11.99**

save at least \$2.00 each with your VIC card

**LOW SODIUM**

\*Supplies are limited