## PRICED LOW

on the organic items you use most!



- Lavenderade
- Wake Up Call





14 oz.

Lenny Boy
Organic Kombuchas

2/\$5



5 oz.

Simple Truth Organic Salad

2/\$6



1 lb. bag
Simple Truth Organic
Carrots

.79



Farmers Market
Organic
Fuji Apples

1.99 per lb.



6 oz. pkg.
Farmers Market
Organic Blueberries

3.49



Farmers Market
Organic
Cucumbers

.99



Farmers Market
Organic Bunch
Red Beets

2/\$5

2 oz. Organic Suja Shots



organicgirl Salad Dressings



2 lb. Bag Simple Truth Organic Gala or Pink Lady Apples



**Farmers Market** Organic Red **Roma Tomatoes** 

per lb.



PRICED LOW

2 lb. Bag **Farmers Market Organic Bartlett Pears** 

each



**Farmers Market** Organic Lemons



3.5 oz. **Harris Teeter Organics** Sliced Shiitake Mushrooms



**Farmers Market Organic Seedless Navel Oranges** 

each







18 ct.

Simple Truth Organic

**Grade A Eggs** 





10 oz. Simple Truth Organic Frozen Fruit

save at least \$1.10 each with your VIC card save at least 40¢ each with your VIC card







.17 oz. Simple Truth Organic Seaweed Snacks

save big on 5 with your VIC card



8.8 oz. Simple Truth Organic 90 Second Rice

save at least 98¢ on 2 with your VIC card





12 - 15 oz. Simple Truth Organic Cereal

save at least 60¢ each with your VIC card \*Supplies are limited



4 - 4.5 oz. Simple Truth Organic **Popcorn** 

save at least 98¢ on 2 with your VIC card



2.5 oz. Simple Truth Organic Beef Jerky

save at least \$2.00 each with your VIC card

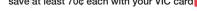




5 lb. bag Simple Truth Organic **Unbleached All-Purpose Flour** 

save at least 70¢ each with your VIC card





# **SWEET & SPICY QUINOA SALAD**

- 1 cup Tru Roots Gluten Free Organic Quinoa
- ½ cup Sweet Onion, diced
- 1 TBSP Melt Organic Butter Spread
- 2 cups Simple Truth Organic Chicken Broth (or substitute Vegetable Broth for Vegetarian Option)
- 1 Jalapeño (seeds removed), minced
- 1/4 cup Cilantro (stems removed), roughly chopped

## FOR DRESSING:

- 1 TBSP Extra Virgin Olive Oil
- 1 TBSP Apple Cider Vinegar
- 1 TSP Honey or Monkfruit · Lime, Quartered

## **DIRECTIONS:**

- 1. Add Butter Spread and Sweet Onion to medium saucepan over medium high heat. Stir occasionally, about 5 minutes until onions are translucent.
- 2. Add Garlic and stir until fragrant, about 30 seconds. Add
- Quinoa and lightly toast, about 1 minute, stirring frequently.
- 3. Pour in Chicken or Vegetable Broth and cover. Cook according to Quinoa package instructions until most of liquid
- Pineapple Chunks, Jalapeno, Cilantro and mix well.
- 5. In a separate bowl, prepare dressing by combining Extra Virgin Olive Oil, Apple Cider Vinegar and Honey. Season to taste with Salt and Pepper.
- 6. Directly before serving, toss Quinoa with dressing and fresh

Note: Prepare the Quinoa in advance so it has time to chill prior to making!



per lb. **Smart Chicken** Organic Whole Chicken

save at least \$1.00 per lb. with your VIC card



12 pk. 12 oz. Michelob Ultra Pure Gold **Organic Light Lager or Pack** 

each

save big with your VIC card



13 oz. Melt Organic

Plant Based Butter Spread

save big on 2 with your VIC card



3.5 oz.

Barnana Organic **Chewy Banana Bites** 

save at least \$3.00 each with your VIC card





18 oz.

Roar Organic **Electrolyte Infusions** 

save at least \$1.38 on 2 with your VIC card



4 oz. Go Raw Organic Salad Toppers

save at least \$1.00 each with your VIC card



7.4 oz.

Let's Do Organic Sweetened **Condensed Coconut Milk** 

save at least 50¢ each with your VIC card WIC

2 ct.

Hilary's Organic

World's Best Veggie Burgers



San-J Gluten Free **Organic Tamari Soy Sauce** 

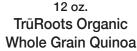
save at least \$1.00 each with your VIC card





14 oz. **Native Forest Organic Pineapple Chunks** 





save at least \$1.00 each with your VIC card



organic



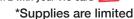
save big on 2 with your VIC card



5 oz.

Lesser Evil Organic Grain Free Paleo Puffs

save big on 2 with your VIC card



save at least 50¢ each with your VIC card WIC

## 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





9 - 12.9 oz. Simple Mills Almond Flour Baking Mixes



save at least \$2.50 each with your VIC card



5 oz. Bob's Red Mill **Nutritional Yeast** 



save at least \$1.00 each with your VIC card



8 oz. Manitoba Harvest **Hemp Heart Seeds** 



save at least \$2.00 each with your VIC card



12 oz. **Chosen Foods** Classic Keto Mayo



save at least \$2.00 each with your VIC card WIC



5.5 oz. Banza Chickpea Pasta Mac & Cheese



save at least \$1.00 each with your VIC card



4 ct. Lono Life **Bone Broth** 



save at least \$1.00 each with your VIC card WIC



7.5 oz. TaDah! Falafe Street Wrap

save big on 2 with your VIC card WIC



4.25 oz. Simple Mills **Almond Flour Crackers** 



save at least \$1.50 each with your VIC card

Includes all products that make either a Non GMO claim or contains a Non GMO certification