

organics



Harris Teeter®
MONTHLY SPECIALS*

PRICED LOW

on the organic items you use most!

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



organics
PRICED
LOW

14 oz.
Lenny Boy
Organic Kombuchas

2/\$5



organics
PRICED
LOW

- Baby Spinach
- Baby Spring Mix
- Baby Arugula

5 oz.
Simple Truth Organic
Salad

2/\$6



organics
PRICED
LOW

1 lb. bag
Simple Truth Organic
Carrots

.79
each



organics
PRICED
LOW

Farmers Market
Organic
Fuji Apples

1.99
per lb.



organics
PRICED
LOW

6 oz. pkg.
Farmers Market
Organic Blueberries

3.49
each



organics
PRICED
LOW

Farmers Market
Organic
Cucumbers

.99
each



organics
PRICED
LOW

Farmers Market
Organic Bunch
Red Beets

2/\$5

Prices in this ad good Wednesday, March 24, 2021, through Tuesday, April 20, 2021.

*Supplies are limited

Rebound
Focus
Immunity Wellness
Digestion Wellness
Energy



2 oz.
Organic
Suja Shots

2/\$5

organics
PRICED
LOW

Avocado Cilantro
White Cheddar
Lemon Agave



8 oz.
organicgirl
Salad Dressings

3.99

each

organics
PRICED
LOW



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

3.99

each

organics
PRICED
LOW



Farmers Market
Organic Red
Roma Tomatoes

1.79

per lb.

organics
PRICED
LOW



2 lb. Bag
Farmers Market
Organic Bartlett Pears

3.99

each

organics
PRICED
LOW



Farmers Market
Organic
Lemons

5/\$4

organics
PRICED
LOW



3.5 oz.
Harris Teeter Organics
Sliced Shiitake Mushrooms

3.99

each

organics
PRICED
LOW



Farmers Market
Organic Seedless
Navel Oranges

.99

each

organics
PRICED
LOW

healthy made simple

simple truth
organic



18 ct.
Simple Truth Organic
Grade A Eggs

5.49

save at least \$1.10 each with your VIC card

organic



10 oz.
Simple Truth Organic
Frozen Fruit

2.99

save at least 40¢ each with your VIC card

organic



.17 oz.
Simple Truth Organic
Seaweed Snacks

5/\$5

save big on 5 with your VIC card

organic



8.8 oz.
Simple Truth Organic
90 Second Rice

2/\$4

save at least 98¢ on 2 with your VIC card

organic



12 - 15 oz.
Simple Truth Organic
Cereal

2.99

save at least 60¢ each with your VIC card

*Supplies are limited

organic



4 - 4.5 oz.
Simple Truth Organic
Popcorn

2/\$5

save at least 98¢ on 2 with your VIC card

organic



2.5 oz.
Simple Truth Organic
Beef Jerky

3.99

save at least \$2.00 each with your VIC card

organic



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

4.99

save at least 70¢ each with your VIC card

organic



SWEET & SPICY QUINOA SALAD



INGREDIENTS:

- 1 cup Tru Roots Gluten Free Organic Quinoa
- ½ cup Sweet Onion, diced
- 2 cloves Garlic, minced
- 1 TBSP Melt Organic Butter Spread
- 2 cups Simple Truth Organic Chicken Broth (or substitute Vegetable Broth for Vegetarian Option)
- 1 cup Native Forest Organic Pineapple Chunks, diced
- 1 Jalapeño (seeds removed), minced
- ¼ 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 is absorbed.
4. Chill prepared quinoa in Refrigerator. Once chilled, add 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 Lime Juice, to taste.

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



organic

per lb.
Smart Chicken
Organic Whole Chicken

2⁹⁹

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



organic

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

15⁹⁹
each

save big with your VIC card



organic

13 oz.
Melt Organic
Plant Based Butter Spread

2/\$6

save big on 2 with your VIC card



organic

3.5 oz.
Barnana Organic
Chewy Banana Bites

2⁹⁹

save at least \$3.00 each with your VIC card



organic

18 oz.
Roar Organic
Electrolyte Infusions

2/\$4

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



organic

4 oz.
Go Raw Organic
Salad Toppers

4⁹⁹

save at least \$1.00 each with your VIC card



organic

7.4 oz.
Let's Do Organic Sweetened
Condensed Coconut Milk

3⁹⁹

save at least 50¢ each with your VIC card



organic

10 oz.
San-J Gluten Free
Organic Tamari Soy Sauce

4⁹⁹

save at least \$1.00 each with your VIC card



organic

14 oz.
Native Forest Organic
Pineapple Chunks

4⁴⁹

save at least 50¢ each with your VIC card



organic

12 oz.
TruRoots Organic
Whole Grain Quinoa

4⁹⁹

save at least \$1.00 each with your VIC card



organic

2 ct.
Hilary's Organic
World's Best Veggie Burgers

2/\$5

save big on 2 with your VIC card



organic

5 oz.
Lesser Evil Organic
Grain Free Paleo Puffs

2/\$6

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

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.



9 - 12.9 oz.
Simple Mills
Almond Flour Baking Mixes

6.49

save at least \$2.50 each
with your VIC card

GLUTEN FREE



5 oz.
Bob's Red Mill
Nutritional Yeast

5.99

save at least \$1.00 each
with your VIC card

HEART HEALTHY



8 oz.
Manitoba Harvest
Hemp Heart Seeds

6.99

save at least \$2.00 each
with your VIC card

HEART HEALTHY



12 oz.
Chosen Foods
Classic Keto Mayo

7.99

save at least \$2.00 each
with your VIC card

KETO



5.5 oz.
Banza Chickpea Pasta
Mac & Cheese

3.99

save at least \$1.00 each
with your VIC card

GOOD PROTEIN



4 ct.
Lono Life
Bone Broth

5.99

save at least \$1.00 each
with your VIC card

GOOD PROTEIN



7.5 oz.
TaDah! Falafel
Street Wrap

2/\$7

save big on 2
with your VIC card

PLANT BASED



4.25 oz.
Simple Mills
Almond Flour Crackers

4.49

save at least \$1.50 each
with your VIC card

FREE FROM

*Supplies are limited