

organics

Harris Teeter®
MONTHLY SPECIALS*

PRICED LOW

on the organic items you use most!

- Cranberry
- Trilogy
- Multigreens
- Gingerade
- Strawberry
- Gingerberry



organics
PRICED
LOW

16 oz.
GT's Organic
Kombuchas

2/\$6



organics
PRICED
LOW

14 oz. Mild or Medium
Simple Truth Organic
Salsa

2/\$7



organics
PRICED
LOW

14 oz.
Simple Truth Organic
Extra Firm or Firm Tofu

2/\$4



organics
PRICED
LOW

6 oz. pkg.
Farmers Market
Organic Blueberries

3.49
each



organics
PRICED
LOW

0.5 oz.
Simple Truth Organic Dill,
Chives or Italian Parsley

2/\$4



organics
PRICED
LOW

Farmers Market
Organic Limes

5/\$3



organics
PRICED
LOW

1 lb. Bag
Simple Truth Organic
Baby Carrots

2/\$3

Prices in this ad good Wednesday, April 21, 2021, through Tuesday, May 18, 2021.

*Supplies are limited



organics
PRICED
LOW

Farmers Market
Organic Zucchini
or Yellow Squash

1.99
per lb.



organics
PRICED
LOW

2 lb. Bag
Simple Truth Organic
Pink Lady Apples

3.99
each



organics
PRICED
LOW

Farmers Market
Organic
Cucumber

.99
each



organics
PRICED
LOW

Farmers Market
Organic
Mangoes

3/\$5



organics
PRICED
LOW

Farmers Market
Organic
Iceberg Lettuce

2.49
each



organics
PRICED
LOW

Farmers Market
Organic
Yellow Onions

.99
per lb.



organics
PRICED
LOW

8 oz.
Simple Truth Organic
Baby Bella Mushrooms

2/\$5



organics
PRICED
LOW

Farmers Market
Organic
Red Onions

1.79
per lb.

healthy made simple



32 oz.
Simple Truth Organic
Yogurt

2/\$6

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



16 oz.
Simple Truth
Meatless Crumbles

4.49

save at least 50¢ each with your VIC card



8 pk.
Simple Truth Organic
Seltzer

3.99

save at least 50¢ each with your VIC card



15 oz.
Simple Truth Organic
Canned Beans

.89

save big with your VIC card



5 oz.
Simple Truth
Chipotle Pepper Hot Sauce

2/\$3

save at least 58¢ on 2 with your VIC card

*Supplies are limited



16 oz.
Simple Truth Organic
Peanut Butter

3.99

save at least 50¢ each with your VIC card



64 oz.
Simple Truth Organic
Cranberry Cocktail

3.59

save at least 40¢ each with your VIC card



8 oz.
Simple Truth Organic
Raisin Cannister

4.89

save at least 69¢ each with your VIC card

PLANT-BASED TACOS



INGREDIENTS:

- 2 Tbsp. Avocado Oil
- 6 oz. Simple Truth Organic Meatless Crumbles
- ½ Yellow or Sweet Onion, diced
- 2 Cloves Garlic, minced
- ½ packet Siete Taco Seasoning, Mild
- 1 can Jack's Quality Organic Low Sodium Black Beans
- 3 Siete Grain-Free Hard Taco Shells

FOR GARNISH:

- Romaine Lettuce
- Cilantro
- Diced Tomatoes
- Cholula Hot Sauce

DIRECTIONS:

1. Preheat the oven to 400.
2. In a medium skillet, heat Avocado Oil over medium heat. Add onion and cook until translucent, about 5 minutes. Add garlic and cook until fragrant, about 1 minute.
3. Add in Meatless Crumbles and Taco Seasoning and cook according to package instructions. Add in Black Beans and cook until warmed throughout.
4. While mixture warms, separate and place taco shells on a baking sheet and heat for 2-3 minutes, or until warmed.
5. Spoon finished mixture into warm shells and top with your favorite garnishes!



organic

each
Plainville Farms
Organic Ground Turkey

5⁹⁹

save at least \$1.00 each with your VIC card



organic

12 pk.
Michelob Organic Pure Gold
or Organic Variety Pack

15⁹⁹
each



organic

11 oz.
Chameleon Organic
Cold Brew Coffee

2/\$5

save big on 2 with your VIC card



organic

10 oz.
Brianna's Organic
Salad Dressing

4⁴⁹

save at least \$1.50 each with your VIC card



organic

4 oz.
San Francisco Salt Co.
Organic Sea Salts

2/\$7

save big on 2 with your VIC card



organic

.17 oz.
Gimme Organic
Roasted Seaweed Snacks

10/\$10

save big on 10 with your VIC card



organic

13.4 oz.
Jack's Quality Organic
Low Sodium Beans

2/\$3

save big on 2 with your VIC card



organic

5.5 oz.
Garden of Eatin'
Organic Taco Shells

3⁷⁹

save at least 70¢ each with your VIC card



organic

8 oz.
Explore Cuisine
Organic Pasta

3⁹⁹

save big with your VIC card



organic

12 oz.
TruRoots
Organic Quinoa

4⁹⁹

save at least \$1.00 each with your VIC card



organic

16 oz.
Steaz Organic
Tea

2/\$3

save big on 2 with your VIC card



organic

2.2 oz.
Kate's Real Food
Organic Grizzly Bar

3/\$5

save big on 3 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.



11 oz.
Slate Lactose Free
Chocolate Milk

FREE FROM

buy one
get one
free



18 oz.
G Hughes
Sugar Free BBQ Sauce

SUGAR FREE

3.99

save at least \$1.70 each
with your VIC card



17.6 oz.
Wowbutter Creamy
Peanut Free Spread

GOOD PROTEIN

4.99

save at least \$1.30 each
with your VIC card



5 oz.
Cholula
Hot Sauce

KETO

2/\$6

save big on 2
with your VIC card



12 ct.
Siete Grain Free
Taco Shells

PALEO

5.49

save at least \$1.50 each
with your VIC card



1.31 oz.
Siete Mild or Spicy
Taco Seasoning

FREE FROM

2.29

save at least 70¢ each
with your VIC card



14 oz.
Caulipower
Chicken Tenders

GOOD PROTEIN

8.99

save at least \$2.00 each
with your VIC card



32 oz.
On-Time All Natural
Cocktail Mixers

NON GMO

5.99

save at least \$1.00 each
with your VIC card

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