# PRICED LOW

on the organic items you use most!



16 oz. GT's Organic Kombuchas

2/\$6



14 oz. Mild or Medium Simple Truth Organic Salsa

2/\$7



14 oz.

Simple Truth Organic Extra Firm or Firm Tofu

**2/\$4** 



6 oz. pkg.
Farmers Market
Organic Blueberries

3.49



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

2/\$4



Farmers Market Organic Limes

5/\$3



1 lb. Bag
Simple Truth Organic
Baby Carrots

2/\$3

**Farmers Market** Organic Zucchini or Yellow Squash

per lb.



organics PRICED

2 lb. Bag Simple Truth Organic **Pink Lady Apples** 

each



**Farmers Market** Organic Cucumber

each



**Farmers Market** Organic Mangos



**Farmers Market Organic Iceberg Lettuce** 

each



**Farmers Market** Organic **Yellow Onions** 

per lb.



Simple Truth Organic Baby Bella Mushrooms



**Farmers Market Organic Red Onions** 

per lb.



Simple Truth Organic

Yogurt

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



16 oz. Simple Truth Meatless Crumbles



8 pk. Simple Truth Organic Seltzer

save at least 50¢ each with your VIC card save at least 50¢ each with your VIC card





15 oz. Simple Truth Organic **Canned Beans** 

save big with your VIC card







8 oz.

Simple Truth Organic Raisin Cannister



5 oz. Simple Truth **Chipotle Pepper Hot Sauce** 

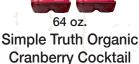
save at least 58¢ on 2 with your VIC card \*Supplies are limited



16 oz. Simple Truth Organic **Peanut Butter** 

save at least 50¢ each with your VIC card





save at least 40¢ each with your VIC card save at least 69¢ each with your VIC card



## **PLANT-BASED TACOS**



- INGREDIENTS: 2 Tbsp. Avocado Oil 6 oz. Simple Truth Organic Meatless Crumbles
- 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 Tomates
- 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!



each Plainville Farms **Organic Ground Turkey** 

save at least \$1.00 each with your VIC card





12 pk. Michelob Organic Pure Gold or Organic Variety Pack

each



11 oz. Chameleon Organic **Cold Brew Coffee** 

save big on 2 with your VIC card



Brianna's Organic

save at least \$1.50 each with your VIC card





San Francisco Salt Co. Organic Sea Salts

save big on 2 with your VIC card





.17 oz.

Gimme Organic **Roasted Seaweed Snacks** 

save big on 10 with your VIC card





13.4 oz. Jack's Quality Organic **Low Sodium Beans** 

save big on 2 with your VIC card



5.5 oz. Garden of Eatin' Organic Taco Shells

save at least 70¢ each with your VIC card

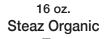


2.2 oz.

Kate's Real Food Organic Grizzly Bar

save big on 3 with your VIC card





save big on 2 with your VIC card



**Explore Cuisine Organic Pasta** 

save big with your VIC card







12 oz. **TruRoots** Organic Quinoa

save at least \$1.00 each with your VIC card



# 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



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



11 oz. Slate Lactose Free Chocolate Milk











save at least \$1.70 each with your VIC card 2007







save at least \$1.30 each with your VIC card



5 oz. Cholula **Hot Sauce** 



save big on 2 with your VIC card



12 ct. Siete Grain Free Taco Shells



save at least \$1.50 each with your VIC card



1.31 oz. Siete Mild or Spicy Taco Seasoning



save at least 70¢ each with your VIC card WIC



14 oz. Caulipower **Chicken Tenders** 



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



32 oz. **On-Time All Natural Cocktail Mixers** 



