

organics



Harris Teeter® MONTHLY SPECIALS*

PRICED LOW

on the organic items you use most!



organics
PRICED
LOW

- Baby Spinach
- Spring Mix
- Arugula

5 oz.

Harris Teeter
Organics Salads

2/\$6

organics
PRICED
LOW



12 oz.

Organic Suja Juices
or 2 oz. Wellness Shots

- Vibrant
- Celery
- Master Cleanse
- Noon Greens
- Watermelon
- Mighty Dozen
- Uber Greens
- Sweet Beets

2/\$5



organics
PRICED
LOW

14 oz.

Simple Truth Organic
Mild or Medium Salsa

2/\$6



organics
PRICED
LOW

3 ct.

Simple Truth
Organic Garlic

2/\$4



organics
PRICED
LOW

14 oz.

Simple Truth Organic
Firm or Extra Firm Tofu

2/\$4

organics
PRICED
LOW



4.5 - 5.5 oz.

Ready Pac Elevate
Organic Salad Bowls

3.99

each

organics
PRICED
LOW



Farmer's Market
Organic
Bunch Kale

1.49

each

Prices in this ad good Wednesday, December 30, 2020, through Tuesday, January 26, 2021.

*Supplies are limited



organics
PRICED
LOW

Farmer's Market
Organic Bunch
Red Beets

2/\$5



organics
PRICED
LOW

Farmer's Market
Organic
Celery

1.99
each



organics
PRICED
LOW

Farmer's Market
Organic
Cucumbers

1.29
each



organics
PRICED
LOW

Farmer's Market
Organic Zucchini
or Yellow Squash

1.99
per lb.



organics
PRICED
LOW

Farmer's Market
Organic Seedless
Navel Oranges

.89
each



organics
PRICED
LOW

2 lb. Bag Simple Truth
Organic Fuji, Gala
or Granny Smith Apples

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



organic



6 oz.

Simple Truth Organic Cheese
Bars or 5 oz. Snack Sticks

2/\$7

save big on 2 with your VIC card



organic



10 oz.

Simple Truth Organic
Frozen Fruit

2.99

save at least 40¢ each with your VIC card



organic



4 pk.

Simple Truth Organic
Deluxe Shells & Cheese

4.99

save at least 60¢ each with your VIC card



organic



4 - 4.5 oz.

Simple Truth Organic
Popcorn

2/\$5

save at least 98¢ on 2 with your VIC card



organic



8 oz.

Simple Truth Organic
Round Snack Crackers

2/\$5

save at least \$2.98 on 2 with your VIC card



organic



20 ct.

Simple Truth Organic
Herbal Tea

2/\$5

save at least \$1.96 on 2 with your VIC card



organic



64 oz.

Simple Truth Organic
Fruit Juice or Punches

2/\$5

save at least 98¢ on 2 with your VIC card



organic



17 oz.

Simple Truth Organic
Extra Virgin Olive Oil

4.99

save at least 60¢ each with your VIC card



healthy made simple

*Supplies are limited

GREEK FARRO SALAD



INGREDIENTS:

- 1 Tbsp. Nutiva Organic Virgin Coconut Oil
- 2 cloves Garlic, minced
- 2 cups Earthly Choice Organic Farro
- ½ cup Gaea Organic Pitted Kalamata Olives
- 1 Cucumber, seeded and diced
- ½ cup Feta Cheese, crumbled
- ½ cup Simple Truth Organic Extra Virgin Olive Oil
- ½ cup Simple Truth Organic Red Wine Vinegar
- ¼ cup Fresh Herbs (Oregano or Italian Parsley) or Green Onions, chopped

DIRECTIONS:

1. In a medium saucepan over medium heat, melt Virgin Coconut Oil. Add Garlic and stir for 30 seconds, until fragrant.
2. Add Farro and toast slightly for 1 - 2 minutes. Finish cooking according to package instructions and set aside.
3. In a large mixing bowl, add Extra Virgin Olive Oil, Red Wine Vinegar and half of the Fresh Herbs. Mix well to combine.
4. Add Kalamata Olives, Cucumber and Feta and toss to combine. Adjust Oil and Vinegar to taste and garnish with remaining herbs.

The perfect side dish for a healthy new year!



16 oz.
Plainville Farms
Organic Ground Turkey

5⁹⁹

save at least \$1.00 each with your VIC card



12 oz.
Purely Elizabeth
Organic Granola

5⁹⁹

save at least \$2.00 each with your VIC card



15 oz.
Nutiva Organic
Coconut Manna

9⁹⁹

save at least \$3.00 each with your VIC card



2.5 oz.
Pickle Juice
Organic Beverage Shot

2/\$3

save big on 2 with your VIC card



5.6 oz.
Gaea Organic Pitted
Kalamata Olives

4⁹⁹

save at least \$1.00 each with your VIC card



3.5 oz.
Mediterranean
Organic Wild Capers

3⁹⁹

save at least 70¢ each with your VIC card



1.7 oz.
Gimme Seaweed
Organic Seaweed Snacks

4/\$5

save big on 4 with your VIC card



14 oz.
Earthly Choice
Organic Farro

4⁹⁹

save at least \$1.50 each with your VIC card



2 lb. Bag
4 Sisters
Organic White Rice

6²⁹

save at least 70¢ each with your VIC card



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

2⁹⁹

save at least \$1.00 each with your VIC card



5 oz.
Lesser Evil
Organic Paleo Puffs

3⁹⁹

save at least 70¢ each with your VIC card



12 oz.
Nutiva Organic
Virgin Coconut Oil

4⁹⁹

save at least \$1.80 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 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.



48 oz.
Ripple
Dairy-Free Milk

3.99

save at least \$2.00 each
with your VIC card

PLANT BASED



10 oz.
Barney Butter
Bare Almond Butter

7.99

save at least \$4.00 each
with your VIC card

GOOD PROTEIN



18 oz.
G Hughes
Sugar Free BBQ Sauce

3.99

save at least \$1.70 each
with your VIC card

SUGAR FREE



12 oz.
Chosen Foods
Keto Mayo

8.49

save at least \$1.50 each
with your VIC card

KETO



10.75 oz.
Ocean's Halo
Ramen Noodle Bowl

5.29

save at least 70¢ each
with your VIC card

FREE FROM



8 ct.
Caulipower
Cauliflower Tortillas

6.99

save at least \$1.00 each
with your VIC card

GLUTEN FREE



12 oz.
Cappello's Grain Free
Uncured Pepperoni Pizza

7.99

save at least \$3.50 each
with your VIC card

GLUTEN FREE



9.7 oz.
Wasa
Multi Grain Crispbread

2/\$7

save big on 2
with your VIC card

HEART HEALTHY

*Supplies are limited