

organics

Harris Teeter
MONTHLY SPECIALS*

PRICED LOW

on the organic items you use most!



organics
PRICED
LOW

16 oz.
Health-Ade
Kombucha

2/\$6

- Ginger Lemon
- Pink Lady
- Pomegranate
- Cayenne Cleanse
- Blood Orange
- Bubbly Rosé
- Maca Berry



organics
PRICED
LOW

Simple Truth
Organic
Bunched Broccoli

2/\$5



organics
PRICED
LOW

Simple Truth
Organic Black, Green
or Red Seedless Grapes

2.99
per lb.



organics
PRICED
LOW

Farmers Market
Organic Red
Roma Tomatoes

1.99
per lb.



organics
PRICED
LOW

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

3.99
each



organics
PRICED
LOW

8 oz. pkg. Simple Truth
Organic
Baby Bella Mushrooms

2/\$5



organics
PRICED
LOW

1 lb. Bag Simple Truth
Organic
Baby Carrots

2/\$3





organics
PRICED LOW

Farmers Market
Organic Bunch
Red Beets

2/\$5



organics
PRICED LOW

Farmers Market
Organic
Lemons

5/\$4



organics
PRICED LOW

12 oz. Bag
Farmers Market
Organic Green Beans

2/\$7



organics
PRICED LOW

Farmers Market
Organic Seedless
Valencia Oranges

.99

each



organics
PRICED LOW

Farmers Market
Organic
Bananas

per
lb.

.69



organics
PRICED LOW

2 lb. Bag
Farmers Market
Organic Bartlett Pears

3.99

each

Cherry
Coconut
Banana
Apricots
Pretzels
Almonds
Cashews



organics
PRICED LOW

4 oz.
Next Organics Dark Chocolate
Covered Fruit and Nuts

3.99

each



organics
PRICED LOW

Farmers Market
Organic
Celery

1.99

each



organics
PRICED LOW

Perdue Harvest Land
Organic Boneless &
Skinless Chicken Thighs

per
lb.

4.99

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

healthy made simple



52 oz.

Simple Truth Organic
Orange Juice

3.99

save at least \$1.00 each with your VIC card



16 oz.

Simple Truth Organic
Ice Cream Pints

2/\$6

save big on 2 with your VIC card



15.5 oz.

Simple Truth Organic
Microwavable Soups

2/\$5

save at least 98¢ on 2 with your VIC card



18 - 21 oz.

Simple Truth Organic
Microwave Popcorn

2.99

save at least \$1.00 each with your VIC card



6.6 - 8 oz.

Simple Truth Organic
Assorted Crackers

2/\$5

save at least 98¢ on 2 with your VIC card



7.8 oz.

Simple Truth Organic
Fruit & Grain Bars

2/\$4

save at least 98¢ on 2 with your VIC card



11 oz.

Simple Truth Organic
Ground Coffee

6.99

save at least \$2.00 each with your VIC card



16 oz.

Simple Truth Organic
Coconut Sugar

2/\$7

save at least 98¢ on 2 with your VIC card



*Supplies are limited

LINGUINE WITH PORCINI MUSHROOMS AND LENTIL SAUCE WITH KALAMATA OLIVES



INGREDIENTS:

- 1 lb. Private Selection Italian Linguine
- ½ cup Arrowhead Organic Dry Red Lentils
- ¼ cup Filippo Berio Extra Light Olive Oil
- 1 medium Sweet Onion, diced
- ½ oz. Fungus Among Us Organic Dried Porcini Mushrooms
- Crushed Red Pepper Flakes, to taste
- 3 cloves Garlic, minced
- 2 Tbsp. Amore Tomato Basil Paste
- 1 tsp. Sea Salt
- 1 - 25.5 oz. Jar Dave's Organic Red Heirloom Pasta Sauce
- ¼ tsp. Pyure Organic All Purpose Stevia Blend
- ¼ cup. Gaea Organic Pitted Kalamata Olives, thinly sliced
- Fresh Basil, for garnish

DIRECTIONS:

1. In a bowl, soak Dried Porcini Mushrooms in hot water until soft (about 30 minutes). Strain the mushrooms, then roughly chop and set aside.
2. Prepare the pasta al dente, according to package instructions. Reserve 1 cup of the pasta water.
3. Prepare Lentils per package instructions and set aside.
4. In a large skillet, heat Olive Oil over medium-high heat. Add diced Onion and sauté for 5 minutes, or until translucent and aromatic.
5. Add Porcini Mushrooms, minced Garlic and Crushed Red Pepper and cook for 1 additional minute. Do not overcook as the garlic can burn.
6. Add Tomato Basil Paste, Pasta Sauce and Lentils and stir to combine. Reduce heat, cover and let simmer for 15 minutes. Use reserved pasta water to thin, if desired.
7. After 15 minutes, add Stevia to cut acidity and simmer with lid off for 5 more minutes.
8. At the end of cooking time, toss prepared pasta, sauce, and Kalamata Olives. Garnish with Fresh Basil and serve.



3.5 oz.

Petitpot Organic Coconut
French Rice Pudding

2/\$5

save big on 2 with your VIC card



3.53 oz.

Highground
Organic Instant Coffee

8.99

save at least \$3.00 each with your VIC card



24 oz.

Bob's Red Mill
Organic Steel Cut Oats

3.99

save at least \$1.00 each with your VIC card



32 oz.

R.W. Knudsen Organic
Carrot Ginger Turmeric Juice

6.99

save at least \$1.00 each with your VIC card



5.6 oz.

Gaea Organic
Pitted Kalamata Olives

4.49

save at least \$1.50 each with your VIC card



16 oz.

Pyure Organic
All-Purpose Stevia Blend

8.99

save at least \$2.00 each with your VIC card



16 oz.

Arrowhead Mills
Organic Dry Red Lentils

5.49

save at least \$1.30 each with your VIC card



15 oz.

Farmer's Market
Organic Sweet Potato Puree

2.69

save big with your VIC card



6.4 oz.

Hilary's Organic
World's Best Veggie Burgers

2/\$5

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



1 ltr.

Tres Agaves
Organic Margarita Mix

11.69

save at least \$1.30 each with your VIC card



1 oz.

Fungus Among Us Organic
Dried Porcini Mushrooms

7.99

save at least \$1.00 each with your VIC card



25.5 oz.

Dave's Gourmet Organic
Red Heirloom Pasta Sauce

8.49

save at least \$2.00 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.



16 oz.
Good Karma
Plant-Based Sour Cream

PLANT BASED

3.99

save at least \$1.00 each with your VIC card



16.9 oz.
Silly Cow Farms
Marshmallow Swirl Hot Chocolate

FREE FROM

7.49

save at least \$1.00 each with your VIC card



16 oz.
Bob's Red Mill
Organic Coconut Flour

PALEO

5.99

save at least \$1.00 each with your VIC card



2.5 oz.
Pickle Juice Shot

FREE FROM

1.69

save at least 30¢ each with your VIC card



9 oz.
4th & Heart
Grass-Fed Ghee Butter

KETO

12.99

save at least \$2.00 each with your VIC card



0.35 oz.
Annie Chun's
Sesame Seaweed Snacks

PLANT BASED

1.79

save at least 20¢ each with your VIC card



6 oz.
Saffron Road
Chipotle Crunchy Chickpeas

GOOD PROTEIN

2/\$7

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



12 fl. oz.
Wave Soda

NO SUGAR ADDED

10/\$10

save big on 10 with your VIC card

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