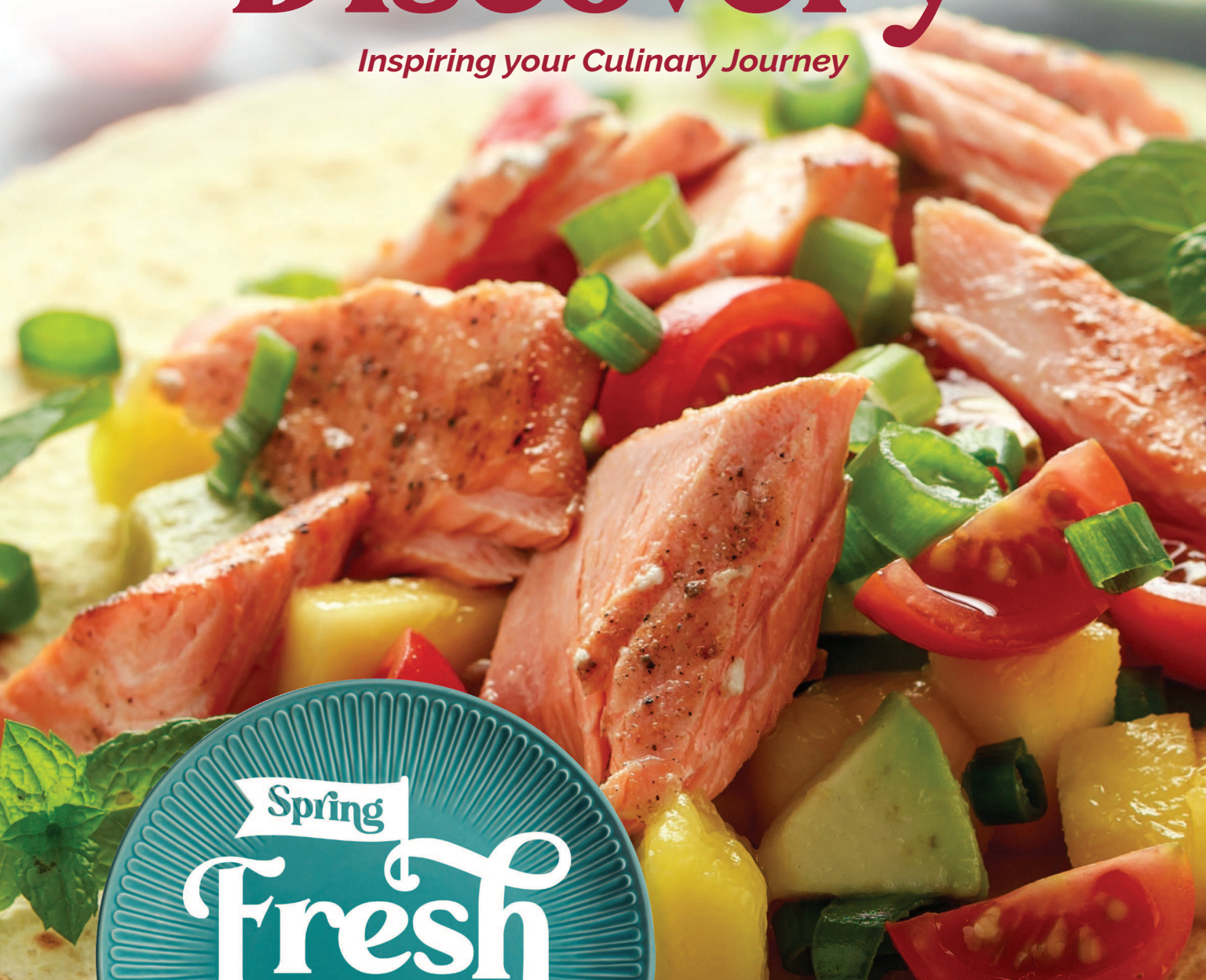


 Harris Teeter

Discovery

Inspiring your Culinary Journey



Spring
**Fresh
tival**
at Harris Teeter

What's Inside:

- Organic Produce Savings
- More Way to Save
- Kids Activity Page
- Spring Recipes

Discover What's Happening

This time of year is filled with so many fun activities and events from Cinco de Mayo, Mother's Day and showers to end of school parties and graduations. And, of course, the start of the summer season! At Harris Teeter you will find everything you need to create the perfect celebration for family and friends.

Graduation and other Celebrations

Our Fresh Foods department helps make entertaining easy. You can Order Ahead online our Fresh Entertaining Trays and choose from a selection of cakes, cupcakes and message cookies.



Some party must-haves!



Dessert Board snack idea

We have all of your gift wrap needs too!

Mother's Day

Visit our Floral department for a special surprise for Mom this year. Beautiful bouquets, arrangements and balloons. Don't forget to pick up a card and wrapping paper!



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everywhere

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POWERED BY

FTD FLORIST



Cinco de Mayo

Cedar Plank Salmon Tacos

with Kiwi Avocado Salsa Verde

Serves: 4

Prep: 15 minutes

Cook: 15 minutes

- 1/2 pound kiwis, peeled
- 1 ripe avocado, peeled and pitted
- 1 clove garlic, smashed
- 1/2 onion, roughly chopped
- 1 jalapeno, stem and seeds removed
- 2 tbsp. fresh lime juice
- 1/4 cup cilantro
- 1 1/4 tsp. salt, divided
- 1 large cedar plank, soaked in water for at least 2 hours
- 1 pound salmon fillets, skin removed
- 1/2 tsp. ground black pepper
- 8 corn tortillas, warmed
- 3/4 cup coleslaw mix

Step 1

Heat grill to medium-high heat.

Step 2

In a blender, combine kiwis, avocado, garlic, onion, jalapeno, lime juice, cilantro and 1/4 teaspoon salt. Blend until smooth and set it aside.

Step 3

Season the salmon with the remaining 1 teaspoon salt and pepper. Arrange the salmon in a single layer on the soaked cedar plank.

Step 4

Place the plank on the grill and close the lid. Cook 10-15 minutes or until salmon flakes easily and the internal temperature reaches 145°F.

Step 5

Flake salmon and serve in tortillas topped with your favorite coleslaw and the kiwi salsa.

Step 6

Refrigerate leftovers.

Celebration of Flavors

**World
Flavors
Festival**
Mexican
inspired



Elotes (Mexican Corn) serves 6

Prep: 15 minutes | Cook: 10 minutes | Total: 25 minutes

6 oz. butter, room temperature	1 bunch cilantro
1/4 cup mayonnaise	4 ears of shucked corn
1/4 cup Mexican crema	Salt and pepper, to taste
1 garlic clove	1 tbsp. olive oil
1 cup queso fresco, divided	1 lime, cut into wedges
1 tbsp. chili powder	

Step 1

In a blender, combine butter, mayonnaise, crema, garlic, 1/3 cup of the queso fresco, and chili powder. Process until smooth and set aside.

Step 2

Crumble the remaining queso fresco and reserve.

Step 3

Brush corn with olive oil and season with salt and pepper.

Step 4

Heat grill or grill pan over medium high heat. Grill corn, rotating occasionally until charred in spots, about 8 minutes.

Step 5

Cut corn off of the cob into a large bowl. Pour the mayonnaise mixture over top and stir to combine. Garnish with cilantro and reserved queso fresco and serve as a side or topped with grilled shrimp!



Scan
for more
Mexican
inspired
recipes.



Fresh Inspiration! Try some of our favorite items.

Taco Night

Marinated in natural citrus, seasoned with garlic and paprika and then slowly cooked for hours to maximize flavor and tenderness.



Deliciously Easy

Made with premium ingredients like real steak and real cheese, wrapped in a fresh-baked tortilla wrap.



Discover Fresh and Organic

Prices good April 24 - May 21, 2024.



Farmers Market
Organic
Asparagus

organic
PRICED
LOW

4.99

per lb.



Farmers Market
Organic
Hass Avocados

organic
PRICED
LOW

2.99

each



1 lb. pkg
Simple Truth Organic
Roma Tomatoes

organic
PRICED
LOW

2.99

each



2 ct.
Simple Truth Organic
Peppers

organic
PRICED
LOW

3.99

each



1 lb.

Simple Truth Organic
Mini Cucumbers

organic
PRICED
LOW

3.99

each



- Baby Spinach
- Spring Mix
- Arugula

5 oz.

Simple Truth Organic
Salad Blends

organic
PRICED
LOW

4.49

each



6 oz.

Simple Truth Organic
Portabella Caps

organic
PRICED
LOW

2 for \$7



Farmers Market
Organic
Green Peppers

organic
PRICED
LOW

2 for \$4



organic
PRICED
LOW

Farmers Market
Organic
Envy or
Honeycrisp
Apples

2.49

per lb.



Farmers Market
Organic Hot House
Bunch Tomatoes

organic
PRICED
LOW

2.79

per lb.



Farmers Market
Organic Hot House
Cucumbers

organic
PRICED
LOW

2 for \$5



2 lb. bag

Simple Truth Organic
Yellow Onions

organic
PRICED
LOW

3.99

each



3 lb. bag

Simple Truth Organic
Red, Gold, Russet or Sweet
Potatoes

organic
PRICED
LOW

4.99

each



59 oz.

Evolution Fresh
Tangerine Juice

organic
PRICED
LOW

9.49



2 oz.

SUJA Organic
Wellness Shot

2 for \$5

organic
PRICED
LOW



per lb.

Smart Organic
Whole Chicken

3.49

VIC
Savings

save big per lb. with your VIC card



21.6 oz.

Simple Truth
Protein Powder

22.99

VIC
Savings

save at least \$7.00 each with your VIC card



16 oz.

Simple Truth Organic
Peanut Butter

4.69

VIC
Savings

save at least 80¢ each with your VIC card



24 oz.

Simple Truth Organic
Steel Cut Oats

3.99

VIC
Savings

save at least 50¢ each with your VIC card



16 oz.

Simple Truth Organic
Liquid Coconut Oil

10.99

VIC
Savings

save at least 30¢ each with your VIC card



12 pk. Variety Pack

Simple Truth Organic
Pouch Applesauce

10.99

VIC
Savings

save at least \$1.00 each with your VIC card



8 oz.

Simple Truth Organic
Trail Mix

4.99

VIC
Savings

save at least \$1.00 each with your VIC card

Shopping Mindfully

The choices you feel good about right here... organic, natural, free from, responsibly sourced and more.



2.5 oz.
Simple Truth Organic
Beef Jerky
4.99 VIC

save at least \$1.00 each with your VIC card



5 oz.
Simple Truth Organic
Sweetened Dried
Cranberries
2.99 VIC

save at least 50¢ each with your VIC card



25.4 fl. oz.
Bionature
Organic Nectar
4.49 VIC

save at least \$1.50 each with your VIC card



16.5 oz.
Crofters
Organic Spreads
4.99 VIC

save at least \$2.50 each with your VIC card



12 oz.
Four Sigmatic
Organic Coffee
11.99 VIC

save at least \$5.00 each with your VIC card



12 oz.
International Harvest
Organic Dried Mango
11.99 VIC

save at least \$2.00 each with your VIC card



5 oz.
Lesser Evil
Organic Space Balls
3.99 VIC

save at least 50¢ each with your VIC card



8 oz.
Lundberg
Organic Rice
2 for \$7 VIC

save at least \$1.98 on 2 with your VIC card



14 oz.
Ocean's Halo Organic
Seaweed Snacks
4 for \$5 VIC

save big on 4 with your VIC card



8.4 oz.
Ocean's Halo
Organic
Noodles
3.99 VIC

save at least \$1.00 each with your VIC card



32 oz.
Ocean's Halo
Organic Broth
4.49 VIC

save at least \$1.50 each with your VIC card



6 ct. 85 oz.
MadeGood Organic
Granola Bars
2 for \$7 VIC

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



4.68 oz.
MadeGood Organic
Crispy Squares
2 for \$7 VIC

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

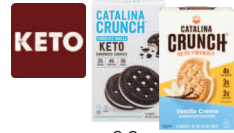
Shopping Made Easier

The items you want have attribute icons displayed on the tag



16 oz.
Base Culture
KETO Bread
7.99 VIC

save at least \$3.50 each with your VIC card



6.8 oz.
Catalina Crunch
Cookies
6.49 VIC

save at least \$1.50 each with your VIC card



9 oz.
Catalina Crunch
Cereal
6.99 VIC

save at least \$2.00 each with your VIC card



9 oz.
Jack & Annie's
Chicken Tenders
4.99 VIC

save at least \$2.00 each with your VIC card

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MIL DEL. GF WF GINGER SNAPS
\$2.99
PRICE GOOD THRU 06/27/23
SAVINGS **\$1.98** WITH YOUR VIC CARD



8.1 oz.
Jack & Annie's
Breakfast Sausage
4.99 VIC

save at least \$2.00 each with your VIC card



12 oz.
Mike's
Hot Honey
8.99 VIC

save at least \$3.00 each with your VIC card



5 oz.
Siete
Tortilla Chips
4.99 VIC

save at least \$1.00 each with your VIC card



5.5 oz.
Siete
Kettle Chips
3.99 VIC

save at least \$1.00 each with your VIC card

Ask the Pharmacist

Are there specific vitamins or supplements that can support an active lifestyle?

- Antioxidants can promote recovery and minimize soreness and inflammation
 - Vitamin C: involved in protein metabolism to aid in healing; also beneficial in boosting immune system
 - CoQ10: can improve heart health and blood sugar regulation; also beneficial in reducing muscle fatigue
- Calcium and vitamin D can help build and maintain healthy bones, teeth, and muscles
 - Can help maintain muscle mass and reduce risk of injury
- B vitamins (B-12, B-6, niacin) can affect how well a person can exercise as they are essential for releasing energy in the body
 - Aids in metabolism of carbohydrates, fats, and proteins
- Iron can affect performance but can be supplemented through our diet (meat, poultry, fish, eggs, plants)
 - If additional supplementation is needed, discuss with your doctor
- Talk to your pharmacist at Harris Teeter if you have questions about any of the products listed above. They can provide valuable information on side effects and drug administration for each medication.

Harris Teeter
health and wellness



SAVE \$1.00 PER GALLON **on Fuel with Harris Teeter Pharmacy***

Transfer prescriptions today and earn 1000 Fuel Points for each prescription filled



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Your health and wellness

THE ULTIMATE APPLE EXPERIENCE

- Beautifully balanced sweetness
- Uplifting fresh aroma
- Delightfully satisfying crunch
- Slices naturally stay white longer

envy™



Great Taste

Better-for-you formula made with the highest quality ingredients so you can get a great boost out of every sip.



Bravo Avocado

Perfectly ripe. Perfectly portioned. Perfectly delicious. Single-serve goodness that's ready to go wherever and whenever.



Great Taste

Delicious, crave-worthy flavors you love with the satisfying protein punch you need to support your goals.



Replenish

Two great protein sources that help you restore your body after a tough workout.



Nourishing

A hydration-boosting body wash for dry and dehydrated skin that deeply nourishes and renews skin for 24 hours.



Dual Action

Combining two well-known pain medicines together for fast, effective relief.



Discover Inspiration

Brunch Boards for Mom!

Make Mother's Day special this year with a deliciously crafted homemade brunch board. It's a fun and tasty way to celebrate mom. Be sure to use varied tastes and textures to make your board exciting.

Create your own or check out harristeeter.com for some of our favorite Board ideas...



Biscuit Brunch Board



French Toast Brunch Board



Fruit and Dessert Board

NEW **PURE DELICIOUSNESS**
SIMPLY
Made with Real Veggies
 light-textured and popping with flavor

NEW
Real Premium
 5 oz. Ice Cream Sandwich

NEW
KIND ZERO
 Added Sugar Bars have **whole ingredients** you can see and pronounce like almonds and peanuts.

NEW
triscuit thin crisps
 Baked to perfection using 100% whole grain wheat.
Great for Mom's Brunch Board!

NEW
Authentic Italian Style Stromboli
 in a variety of flavors, great for on the go and easy weeknights!

NEW
 Who says a dairy-free treat can't be delicious?
Discover one spoonful at a time

NEW
100% Delicious, 100% Dairy-Free

NEW
Olay Indulgent Moisture Body Wash infused with Vitamin B3 complex

NEW
 Do Your Dog's Digestion a Solid, Real protein, plus seaweed to help support digestion!



Harris Teeter
YOUR NEIGHBORHOOD MARKET

Discover Fun!

KIDS GET A
FREE
COOKIE
IN THE BAKERY



Find the words and write them



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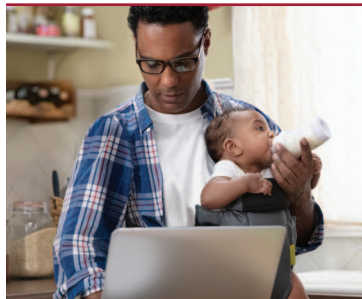
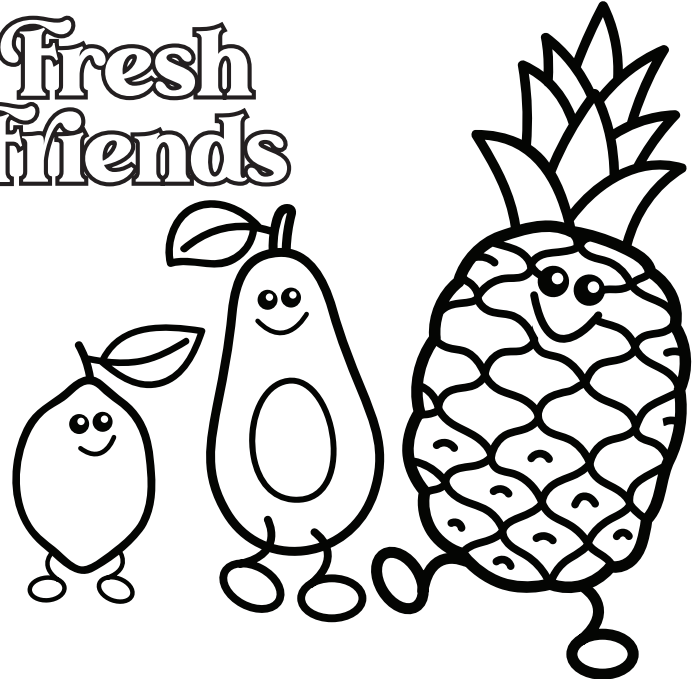
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Fresh Festival favorites to color

Fresh Friends



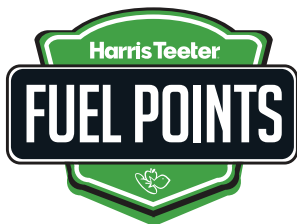
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HT Plus

Try it FREE for 30 days

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SAVE UP TO \$1.00 PER GALLON*

3 WAYS TO EARN:



1
POINT

\$1 spent equals 1 point with participating items



2X
POINTS

\$25 in gift cards equals 50 points



50
POINTS

1 prescription equals 50 points. Non-federally funded prescriptions

scan to learn more



*Terms & conditions apply.