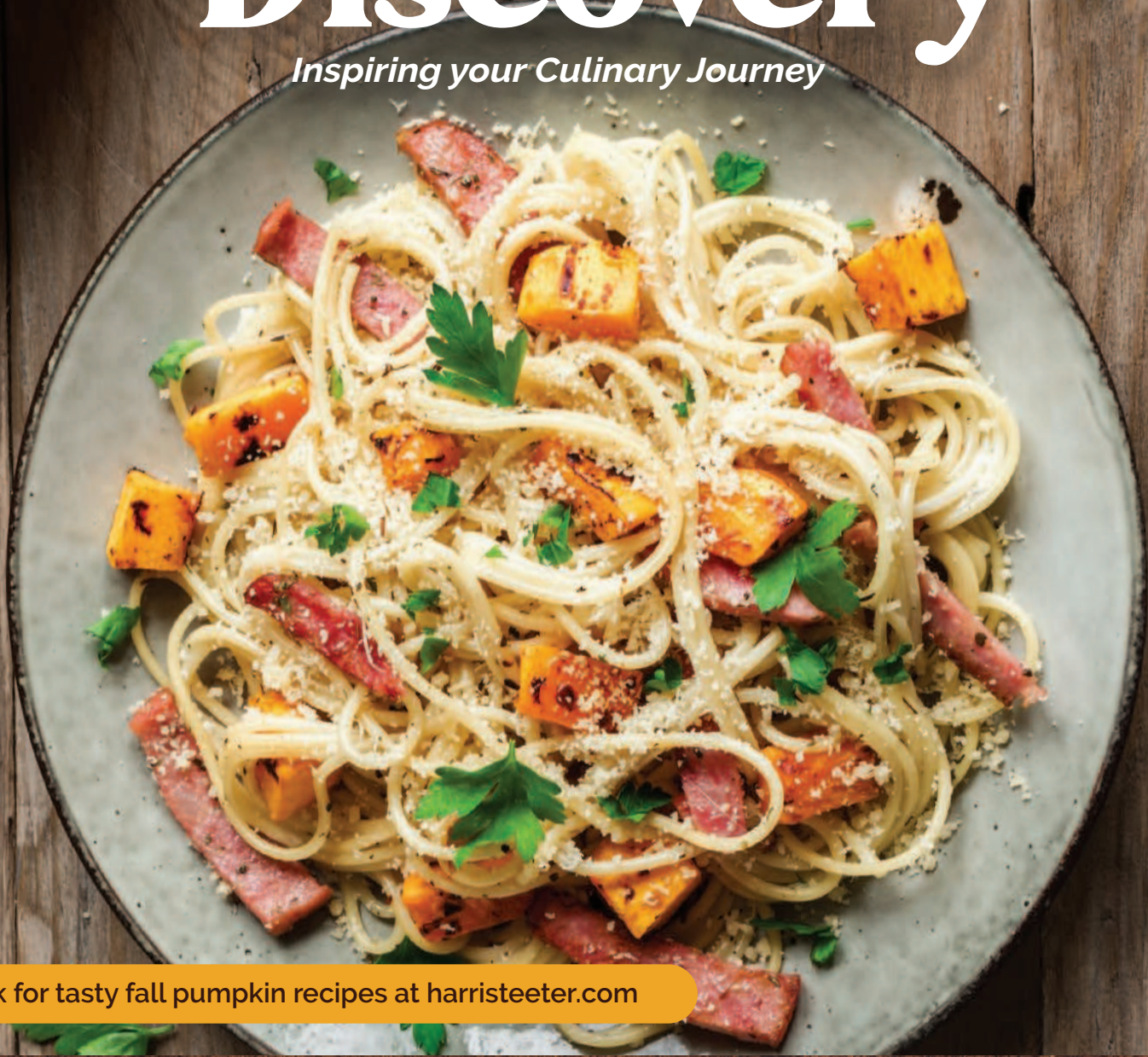


 Harris Teeter

# Discovery

*Inspiring your Culinary Journey*



Look for tasty fall pumpkin recipes at [harristeeter.com](https://harristeeter.com)

## Pumpkin and Apple FESTIVAL 2024

Come on in for  
free samples and curated  
dishes all September long!



### What's Inside:

- Organic Produce Savings
- More Ways to Save
- Pumpkin Spice Pancakes Recipe
- Kids' Activity Page



# Discover What's Happening



**Cool mornings,  
cool brews & creamy  
delights.**



## Pumpkin Spice Pancakes with Cream Cheese Syrup

4 ounces cream cheese, softened  
1/4 cup maple syrup  
2-4 Tbsp. milk  
1 1/4 cups all-purpose flour  
2 tablespoons sugar  
2 teaspoons baking powder  
1 teaspoon pumpkin pie spice  
1/4 teaspoon fine salt  
1 cup milk  
1/2 cup pumpkin puree  
1 large egg  
2 tablespoons melted butter  
1 teaspoon vanilla  
Additional butter for cooking

### Directions:

Beat together cream cheese and maple syrup. Slowly add milk until desired thickness; set aside.

In a bowl whisk together flour, sugar, baking powder, pumpkin pie spice and salt. In another bowl whisk together milk, pumpkin, egg, butter and vanilla. Add wet ingredients to dry and mix until just blended.

Heat a griddle or non-stick skillet over medium heat; add enough butter to coat pan. Use 1/4 cup of batter for each pancake; cook until one side is golden and bubbles form and start popping. Flip and cook until second side is golden.

## Everything Pumpkin!

From sweet to savory, pumpkin spice is the spirit of the season - and pumpkin lovers, rest assured that you will find the tastiest of treats in our stores!



### IT'S A PUMPKIN PARTY

Iced Pumpkin Cream Chai  
Pumpkin Spice Latte  
Pumpkin Cream Cold Brew  
at participating stores



**October 1<sup>st</sup> is National Pumpkin Spice Day!**

# Celebration of Flavors



## World Flavors Festival Hispanic inspired

### Lomo con Chimichurri

Elevate your dinner game with this mouthwatering Lomo con Chimichurri recipe! Simply sear succulent tenderloin, then top it off with a vibrant chimichurri sauce bursting with fresh herbs, garlic, and a tangy twist! Uncomplicated and oh-so-delicious, it's the perfect dish to add to your meal plan.

#### Ingredients for the pork:

4 center cut pork tenderloins, 8-10 oz. each  
1 dash salt and fresh ground black pepper, to taste  
1 tbsp. olive oil

#### Ingredients for the chimichurri:

1/4 cup flat leaf parsley, coarsely chopped  
3 tbsp. red wine vinegar  
4 cloves garlic, minced  
2 tbsp. fresh oregano leaves  
2 tsp. red pepper flakes  
1/2 cup extra virgin olive oil  
1 dash salt and fresh ground black pepper, to taste

1. Combine all chimichurri ingredients in a food processor until well combined but not smooth. You're looking for some texture to the sauce, but for all of the ingredients to be the same size. Set aside.
2. Season the tenderloins liberally with salt and pepper, then drizzle with olive oil.
3. Grill the pork on a preheated grill for 3-7 minutes per side or until desired doneness. Be sure to get a nice crust on the meat for best flavor and texture.
4. Remove from heat, place on rack and tent with foil for 10 minutes.
5. Serve steaks with chimichurri on side, some good bread, roasted vegetables and a glass of Malbec wine.

Scan for more Hispanic inspired recipes.



### Enjoy

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



### Bring the Country In

Country fresh taste perfect for spreading, topping, and cooking. Country Crock starts with farm grown ingredients churned in Kansas.



### Deliciously Easy

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



### Tasty Lunches

Perfect for lunch, dinner, or a snack, Knorr Rice & Pasta Cups help make mealtime easier and healthier.



### Heritage-inspired

Delicious foods with thoughtfully selected ingredients that you will feel good about eating. Share with family and friends.



# Discover Fresh and Organic

Prices good September 11 - October 8, 2024.



- Baby Spinach
- Spring Mix
- Arugula

5 oz.  
Simple Truth Organic Salad Blends

**3.99**  
each



Select Varieties .5 oz.  
Simple Truth Organic Herbs

**2 for \$4**



2 lb. bag  
Simple Truth Organic Red and Yellow Onions

**3.99**  
each



3 lb. bag  
Simple Truth Organic Red, Gold, Russet or Sweet Potatoes

**4.99**  
each



8 oz.  
Simple Truth Organic Baby Bella Mushrooms

**2 for \$7**



2 ct.  
Simple Truth Organic Peppers

**3.99**  
each



1 lb.  
Simple Truth Organic Mini Cucumber

**3.99**  
each



1 lb.  
Simple Truth Organic Roma Tomatoes

**2.99**  
each



Farmers Market Hot House Cucumbers

**2 for \$5**



2 lb. bag Simple Truth Organic Gala or Granny Smith Apples

**4.99**  
each



Farmers Market Organic Hass Avocados

**2.99**  
each



8 oz. Farmers Market Organic Mini Sweet Peppers

**2 for \$6**



Farmers Market Organic Hot House Bunch Tomatoes

**2.79**  
per lb.



Smart Whole Chicken

**2.99**

per lb. • save at least 1.00 per lb. with your VIC card



12 oz.  
Organic Lenny Boy Kombucha

**2 for \$4**



2 oz.  
SUJA Organic Wellness Shots

**2 for \$5**



32 oz.  
Simple Truth Organic Broccoli Florets

**7.79**

save at least 70¢ each with your VIC card



15 oz.  
Simple Truth Organic Mayonnaise

**3.99**

save at least 70¢ each with your VIC card



5 oz. canned  
Simple Truth Organic Chicken Breast

**2.99**

save at least 20¢ each with your VIC card



25.5 oz. Expressed  
Simple Truth Organic Canola Oil

**4.49**

save at least 90¢ each with your VIC card



14.5 oz.  
Simple Truth Organic Diced Tomatoes

**2 for \$4**

save BIG with your VIC card



3.5 oz.  
Simple Truth Organic Rice & Grain or Rice Crackers

**2 for \$6**

save at least 98¢ on 2 with your VIC card

# Shopping Mindfully

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



12 oz.  
Simple Truth Organic Sunbutter Sandwich Cookies  
**3.99** VIC SAVINGS

save at least 50c each with your VIC card



8 oz.  
Simple Truth Organic Syrup  
**4.99** VIC SAVINGS

save at least 50c each with your VIC card



21.6 oz.  
Simple Truth Plant Based Protein Powder  
**22.99** VIC SAVINGS

save at least \$4.50 each with your VIC card



14 oz.  
Pitaya Plus Organic Smoothie Packs  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card VIC SAVINGS



3 oz.  
Brad's Organic Veggie Chips  
**5.49** VIC SAVINGS

save at least \$1.50 each with your VIC card



.35 oz.  
Gimme Organic Seaweed Snacks  
**2 for \$4** VIC SAVINGS

save at least 98c on 2 with your VIC card



4 oz.  
La Preferida Organic Mild Green Chiles  
**2 for \$3** VIC SAVINGS

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



2 oz.  
Brad's Organic Crunchy Kale  
**4.49** VIC SAVINGS

save at least \$1.50 each with your VIC card



12 oz.  
Purely Elizabeth Organic Granola  
**6.49** VIC SAVINGS

save at least \$2.50 each with your VIC card



9.12 oz.  
Purely Elizabeth Organic Oatmeal  
**4.49** VIC SAVINGS

save at least \$1.50 each with your VIC card



1 oz.  
Riega Organic Taco Seasoning  
**2 for \$3** VIC SAVINGS

save big on 2 with your VIC card

4.29  
**\$2.99**  
SAVINGS  
**\$1.98**

## Shopping Made Easier

The items you want have attribute icons displayed on the tag



5.5 oz. Siete Taco Shells  
or 15 oz. Enchilada Sauce  
**5.99** VIC SAVINGS

save at least \$1.00 each with your VIC card



16 oz. Siete Canned Beans  
**2 for \$5** VIC SAVINGS

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



8.5 oz. Siete Botana Sauce  
**4.99** VIC SAVINGS

save at least \$2.00 each with your VIC card



5 oz. Siete Tortilla Chips  
**4.99** VIC SAVINGS

save at least \$1.00 each with your VIC card



Fall in Love with Seafood

It's so easy to Fall in Love with Seafood, it's delicious, nutritious and Harris Teeter has so many options. Our seafood is responsibly sourced and so easy to prepare.

Scan here for great seafood deals and recipes

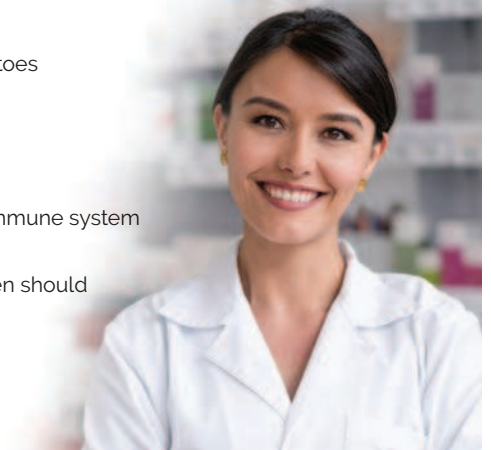


# Ask the Pharmacist

## The best ways to keep your immune system strong are simple:

- Stay up to date on your recommended vaccinations
  - Speak with the pharmacist to discuss which vaccines you are eligible for
- Maintain a healthy and well-balanced diet
  - Evidence supports maintaining an adequate intake of micronutrients including: zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C and E
  - Vitamin B can be found in chicken, salmon, tuna, bananas, green vegetables, and potatoes
  - Vitamin C can be found in citrus fruits, including oranges, and strawberries
  - Vitamin E can be found in almonds, sunflower seeds, peanut butter, and spinach
  - Zinc can be found in oysters, red meat, poultry, beans, and dairy products
- Exercise regularly
  - Exercising 60 minutes a day for approximately 3-5 days/week can help to build your immune system
- Stay hydrated
  - It's recommended that men drink approximately one gallon of water per day and women should consume a little under  $\frac{3}{4}$  of a gallon per day
- Maintain adequate sleep
  - Sleep cannot be "made up later." It must be maintained consistently to have benefit
- Utilize tools to help avoid or relieve stress/stressors

HarrisTeeter  
**health and wellness**



get your **FLU VACCINE** and  
**SAVE \$5.00**  
ON YOUR GROCERIES

Offer good through October 31, 2024.

**SAVE \$15.00** ON YOUR GROCERIES  
when you get a flu vaccine and **any** other vaccine in the same visit

COVID AND RSV VACCINES ARE ALSO AVAILABLE



HarrisTeeter  
**Pharmacy**

plus...  
**50**  
fuel points



SCAN TO SCHEDULE  
AN APPOINTMENT

**CARE** meets **CONVENIENCE**

Restrictions apply. Ask pharmacist for details.

Balance Your  Health & Wellness with Essentials, Allergy Relief, Protein & Power Foods

## Relief

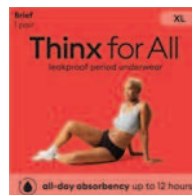
A trusted over the counter antihistamine with cetirizine. Works fast\* and stays strong day after day.

\*Starts working at hour 1.



## Protection

Washable, reusable period underwear that absorbs while staying comfortable and discreetly thin.



## Effective

Relieve symptoms such as sneezing, itchy eyes, watery eyes, runny nose, itchy nose, and itchy throat. Take at night for 24 hours of continuous allergy relief that won't fade into the next day. Use as directed.



## Delicious, ethical eggs

Our pasture-raised eggs are laid by hens that are free to roam on 108 sq. ft. of pasture each, with plenty of fresh air and sunshine. We bet you can taste the difference!



## High Protein Bar

Our Protein Meal Bars are packed with protein and fiber to keep you satisfied when you don't have time to stop for a meal!



## For overall wellness

Fall in Love  
with Seafood

Harris Teeter seafood is delicious and full of nutrients that play an important role in heart, immune and mental health. Plus it's easy to prepare.

# Discover Inspiration



**HARRIS TEETER IS GAMEDAY READY!**



**Order Ahead - party trays, desserts and more**

Scan the QR code to start your order or visit [harristeeter.com](http://harristeeter.com) or use the Harris Teeter App.

Please allow 24 hours lead time for ordering.



**BE SURE TO CHECK OUT WHAT'S**

**NEW**

Jimmy Dean now offers a Chicken Biscuit



**NEW**



**BESTIES FOREVER**

(A LIMITED TIME)  
TASTE IT WHILE IT  
LASTS

**NEW**



Convenient, tasty  
breakfast solution  
packed with  
10g of protein and  
100% whole grains.

**NEW**



Thick, creamy and  
protein-rich drinkable  
yogurt - only  
5 ingredients. 10 billion  
probiotics per serving.

**NEW**



Goodbye spoons,  
hello Mayfield ice cream  
bars! Packed with  
irresistible flavors, full  
of goodies and only  
100 calories each.

**NEW**



**Gatorade Equipment**  
Now available  
at Harris Teeter.

**NEW**



Say hola to the #1 coffee  
in Colombia and enjoy  
the original bold  
Latin American flavor  
of Sello Rojo.

**NEW**



From your favorite  
beverage to your new  
snack time staple,  
AriZona is giving you  
Fruit Snacks!

**NEW**



SOLO® Bold Hold™  
Paper Plates and Bowls  
have MAX strength and  
hold up to the messiest  
of meals.

**NEW**



Delight your cat!  
Protein-rich cat food  
features the taste of real  
meat or seafood as the  
#1 ingredient.

**NEW**



**Luvs Platinum  
Protection Diapers**

- Improved Leak Protection\*
- Our Softest Ever
- Superior Skin Protection\*

\*vs. Base Luvs



**Harris Teeter**  
YOUR NEIGHBORHOOD MARKET

# Discover Fun!

## National Kids Take Over the Kitchen Day September 13th

### Try making together!

#### Peanut Butter Pumpkin Bites

- 1/4 cup pumpkin puree
- 1/4 cup honey
- 1/2 cup peanut butter, slightly melted
- 1/2 cup gluten-free oats
- 1 tbsp. chia seeds
- 2 tsp. pumpkin pie spice

- In a medium bowl, combine pumpkin, honey, peanut butter, oats, chia seeds and pumpkin pie spice.
- Roll into 1"-1.5" balls. Refrigerate until firm.
- Serve and refrigerate leftovers.

Find more kid-friendly recipes at [harristeeter.com](http://harristeeter.com)



KIDS GET A  
**FREE  
COOKIE**  
IN THE BAKERY

## and don't miss National Cookie Month

We have so many yummy choices in our bakery!



When you visit our stores... round up  
your total to the nearest dollar.

Harris Teeter  
**ROUND UP**

give change,  
create change

**SUPPORT  
Backpack  
Boosters**

**100% OF FUNDS  
COLLECTED**  
DURING THE  
CAMPAIGN WILL  
BENEFIT  
BACKPACK  
BOOSTERS.



## Time for Trick or Treats!

Stock up early on your favorites!



— ways to —  
**SAVE**  
my Harris Teeter

Download the  App  
to shop and save easier!

With the Harris Teeter App you can:  
Shop Online | Load Coupons | Track Fuel Points  
View Weekly Specials | Refill Prescriptions



**SAVE UP TO \$1.00  
PER GALLON\***

Earn points every time you shop using your VIC card.

\*Terms & conditions apply.

visit [harristeeter.com](http://harristeeter.com)  
to find out more  
about these programs



Join for personalized  
e-mails, unique savings and  
access to digital coupons.

**SAVE \$100's**  
every month when you join

**Get FREE Delivery  
and 2X Fuel Points**

**HT Plus** Try it **FREE**  
for 30 days