

WED	THU	FRI	SAT	SUN	MON	TUE
25	26	27	28	29	30	1

Harris Teeter

YOUR NEIGHBORHOOD MARKET

Weekly Specials*



Value Pack
VIC SAVINGS



3 lb. Bag
Farmers Market
Mandarins

BUY 1 GET 1
FREE

each item rings at half price with your VIC card **VIC SAVINGS**

Boneless Ribeye Steak or Roast

9.99 per lb.

save at least \$9.00 per lb. with your VIC card **VIC SAVINGS**

Prime Ground Beef

4.99 per lb.

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



2 lb. Bag
Wild Caught
16 - 20 ct.
Argentine Shrimp
or Farm Raised
16 - 20 ct. Shell On
White Shrimp

BUY 1 GET 2
FREE

save big on 3 with your VIC card **VIC SAVINGS**

Farmers Market
Hot House Cucumbers
or 8 oz.

White Mushrooms
or **Orange, Yellow**
or **Red Bell Peppers**

BUY 1 GET 1
FREE

each item rings at half price with your VIC card **VIC SAVINGS**



per lb.
Smithfield
Pork Baby Back Ribs or
Boneless Pork Tenderloin

BUY 1 GET 1
FREE

each item rings at half price with your VIC card **VIC SAVINGS**



8 pc.
Fresh Foods Market
Double-Dipped Fried
or **Baked Chicken**

6.99 each

save big with your VIC card **VIC SAVINGS**



Farmers Market
Broccoli Crowns

1.49 per lb.

save big per lb. with your VIC card **VIC SAVINGS**



4 pk. Tray
Farmers Market
Sweet Corn
or 1 lb. bag
Brussels Sprouts

2.99 each

save big with your VIC card **VIC SAVINGS**



Use your VIC card for more big savings!



12 pk. 12 oz. Cans
Pepsi Products

BUY 2 GET 2
FREE

when you buy 4 or regular price each

MUST PURCHASE 2 TO GET 2 FREE



10.5 oz.
Campbell's Condensed Soup

BUY 2 GET 2
FREE

save big on 4 with your VIC card **VIC SAVINGS**



5 - 8 oz.
Lay's or
7 - 8 oz. **Lay's Kettle Chips**

BUY 1 GET 1
FREE

each item rings at half price with your VIC card **VIC SAVINGS**



8 oz.
Kraft Shredded Cheese

BUY 1 GET 1
FREE

each item rings at half price with your VIC card **VIC SAVINGS**



11 oz.
HT Traders Bag Coffee
or 10 ct. **Green Mountain** or
Lavazza Classico K-Cup Coffee

BUY 1 GET 1
FREE

each item rings at half price with your VIC card **VIC SAVINGS**



48 oz.
Breyers Ice Cream
or 16 oz.
Talenti Gelato

BUY 1 GET 1
FREE

each item rings at half price with your VIC card **VIC SAVINGS**



5.75 - 13.7 oz.
Cheez-It, Snap'd
or **Puff'd**

BUY 1 GET 1
FREE

each item rings at half price with your VIC card **VIC SAVINGS**



16 oz.
Daily's Bacon

BUY 1 GET 1
FREE

each item rings at half price with your VIC card **VIC SAVINGS**



18 oz.
General Mills Cereal

BUY 1 GET 1
FREE

each item rings at half price with your VIC card **VIC SAVINGS**



5 ct.
Entenmann's Little Bites
or 16 - 22 oz.
Nature's Own Perfectly Crafted Bread

BUY 1 GET 1
FREE

each item rings at half price with your VIC card **VIC SAVINGS**



16 oz.
Ken's Salad Dressing or
18 oz. **Sweet Baby Ray's Barbecue Sauce**
or 16 oz. **Marinades**

BUY 1 GET 1
FREE

each item rings at half price with your VIC card **VIC SAVINGS**



16 oz.
Mueller's Spaghetti or Penne Rigate
4/\$5
save big on 4 with your VIC card **VIC SAVINGS**

24 oz.
Classico Pasta Sauce

BUY 1 GET 1
FREE

each item rings at half price with your VIC card **VIC SAVINGS**

Friday, Sept. 27

4X **FRIDAYS**



on all qualifying items

download the digital coupon available to clip September 25 - 27 ONLY



SAVE UP TO \$1.00 PER GALLON*

Offer valid Friday, September 27, 2024, with VIC card and digital coupon ONLY. Excludes alcohol, fuel purchases, gift certificates, lottery, mail-order services, money orders, postage stamps, product deposit (if applicable), promotional tickets, tax, tobacco, Harris Teeter Gift Cards and all other gift cards, and ALL FINANCIAL VARIABLE LOAD CARDS (American Express®, MasterCard®, & Visa®) and Pharmacy purchases. *Terms and conditions apply.

* Supplies are limited

Prices good through October 1, 2024

WED	THU	FRI	SAT	SUN	MON	TUE
25	26	27	28	29	30	1

- ways to -
SAVE
 my  Harris Teeter



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

SAVE \$100's
 every month
 when you join



scan to join for FREE



Earn points every time you shop using your VIC card.

SAVE UP TO \$1.00 PER GALLON*

*Terms & conditions apply.




scan to learn more



6 pk. 16.9 oz.
 or 8 pk. 12 oz. Btls.

Coca-Cola Products

BUY 2 GET 2 FREE
 save big on 4 with your VIC card 

8 oz.
Harris Teeter Natural Sliced Cheese



BUY 1 GET 1 FREE
 each item rings at half price with your VIC card 

eVIC e-VIC members only

weekly limit **4**

6 Double or 4 Triple Roll
Bounty Paper Towels




or 9 Mega or 6 Mega XL Roll
Charmin Bath Tissue



11.97

save at least \$12.08 over our already low VIC price when you buy 4 **14.99** non e-vic member price

All items must be purchased in a single transaction with your VIC card.  BGA6 BGA6 BGA6 BGA6

Seafood Sale



4 oz.
Blue Circle
**Norwegian
Smoked Salmon**

4.99 each

save at least \$2.00 each with your VIC card



6 oz.
Fishermans Market
Shrimp Bowl

\$5 each

save big with your VIC card



Farm Raised
Coho Salmon Fillets

8.99 per lb.

save big per lb. with your VIC card



Wild Caught
Cod Fillets

9.99 per lb.

save at least \$2.00 per lb. with your VIC card



16 oz.
**Signature
Special Crab Meat**

11.99 each

save at least \$3.00 each with your VIC card



Wild Caught
Peeled & Deveined
**16 - 20 ct.
Argentine Shrimp**

12.99 per lb.

save big per lb. with your VIC card



Senior Discount Thursdays

Seniors 60 and older get a

5% DISCOUNT

Please notify your cashier if you qualify

from our meat department



Boneless Ribeye Steak or Roast

12.99 per lb.
save at least \$7.00 per lb. with your VIC card



12-14 oz.
Hillshire Smoked Sausage or Kielbasa

BUY 1 GET 1 FREE
each item rings at half price with your VIC card

from our seafood department

Fresh Seafood from Your Local and Regional Neighbors



Fresh Wild Caught
Skin-on Flounder Fillets

11.99 per lb.
save at least \$2.00 per lb. with your VIC card

Niman Ranch Antibiotic Free
Bone-In Pork Chops
5.99 per lb.
save at least \$1.00 per lb. with your VIC card

SMART
Chicken Leg Quarters
1.69 per lb.
save at least 30¢ per lb. with your VIC card

9.87 - 16 oz. Maracangelo
Marinated Chicken Skewers
6.99 each
save at least \$2.00 each with your VIC card

16 oz. Hickory Nut
Ground Beef
7.99 each
save at least \$2.00 each with your VIC card

1.25 lb. Diced Chicken Breast or Chicken Breast Strips
Perdue Fresh Cuts
5.99 each
save at least \$2.00 each with your VIC card

16 oz. Butterball Farm to Family
Ground Turkey
4.99 each
save at least \$1.00 each with your VIC card

12 oz. Aidells
Chicken Sausage
4.99 each
save big with your VIC card

17.5 - 23 oz. Mission
Tortillas
2 \$7 for 7
save big on 2 with your VIC card

22 oz. Family Size Smithfield
Bacon
6.99 each
save at least \$4.00 each with your VIC card

12 oz. Links or Patties Harris Teeter
Breakfast Sausage
2 \$7 for 7
save big on 2 with your VIC card

16 oz. Oscar Mayer
Lunchmeat or 28 oz. Sub Kit
BUY 1 GET 1 FREE
each item rings at half price with your VIC card

12 oz. Nathan's
Franks
BUY 1 GET 1 FREE
each item rings at half price with your VIC card

16 oz. SMART Organic
Chicken Nuggets
7.99 each
save at least \$3.00 each with your VIC card

16 oz. Carando
Meatballs
3.99 each
save at least \$3.00 each with your VIC card

21 - 30 ct. Fresh Wild Caught
East Coast Shrimp
10.99 per lb.
save at least \$6.00 per lb. with your VIC card

2 lb. bag Fresh Wild Caught
Maine Blue Mussels
4.99 each
save at least \$1.00 each with your VIC card

8 oz. Fishermans Market
Cocktail Sauce
2.99 each
save at least \$1.00 each with your VIC card

Wild Caught
Alaska Sockeye Salmon Fillets
14.99 per lb.
save at least \$2.00 per lb. with your VIC card

Crab Stuffed
Salmon Fillets
14.99 per lb.
save at least \$2.00 per lb. with your VIC card

3 oz. Hatch Chile
Crab Cakes
2 \$6 for 6
save at least \$2.00 on 2 with your VIC card

6 oz. Chesapeake
Oyster Salsa
3.99 each
save at least \$1.00 each with your VIC card

Cooked
Lobster Claws
12.99 per lb.
save at least \$3.00 per lb. with your VIC card

from our grocery department

8.8 - 13.5 oz. Kellogg's Kids Cereal
BUY 1 GET 1 FREE
each item rings at half price with your VIC card

4 pk. Harris Teeter Fruit Bowls
2 \$4 for 4
save at least \$1.98 on 2 with your VIC card

5 - 5.6 oz. Nutri Grain Power-fulls or Pop-Tart Poppers
2 \$6 for 6
save big on 2 with your VIC card

12 oz. Harris Teeter Honey Bear
2.99
save big with your VIC card

12 ct. Kellogg's Pop-Tarts
2 \$7 for 7
save big on 2 with your VIC card

7 oz. Magic Spoon Cereal or 4 pk. Bars
7.99
save big with your VIC card

1 - 1.25 oz. McCormick Taco Seasoning
5 \$4 for 5
save big on 5 with your VIC card

20 oz. Thomas' Bagels or English Muffins
2 \$7 for 7
save big on 2 with your VIC card

6.5 - 7.75 oz. Suddenly Salad
2 \$5 for 5
save big on 2 with your VIC card

16 oz. Herdez Casera Salsa or Salsa Verde
2 \$7 for 7
save big on 2 with your VIC card

24 oz. HT Traders Peanut Butter Filled Pretzels or 20 oz. Harris Teeter Munchie Mix
5.99
save big with your VIC card

4 pk. Bumble Bee Solid White Albacore Tuna
7.99
save big with your VIC card

8.8 oz. BelVita Breakfast Cookies
2 \$6 for 6
save at least \$3.98 on 2 with your VIC card

8 pk. Hershey's Snack Size Chocolate
2 \$4 for 4
save big on 2 with your VIC card

5.1 oz. Lindt Truffles
4.99
save big with your VIC card

24 oz. Pepperidge Farm Farmhouse Bread or 16 oz. Rye & Pumpernickel
3.99
save at least \$1.00 each with your VIC card

6 pk. 20 oz. BodyArmor Sports Drinks
5.99
save at least \$2.90 each with your VIC card

16.2 - 18 oz. Blue Dog Bakery Dog Treats
2 \$8 for 8
save at least \$2.98 on 2 with your VIC card

84 oz. Liquid Tide Laundry Detergent
12.99
save at least \$2.00 each with your VIC card

52 oz. Ajax Liquid Dish Soap
3.99
save at least \$2.00 each with your VIC card

6 Mega Roll Harris Teeter Ultra Soft or Strong Bath Tissue
4.99
save big with your VIC card

3 pk. Select Dude Wipes
9.99
save big with your VIC card

90 oz. Lysol Laundry Sanitizer
12.99
save at least \$2.00 each with your VIC card

4 lb. Blue Buffalo Wilderness Cat Food
20.99
save at least \$3.00 each with your VIC card

beverages

1 Ltr.
Schweppes Mixers

.99

save big with your VIC card



VIC SAVINGS

16 oz.
Sparkling Ice +Caffeine Energy Drink

4 \$5
for

save at least \$1.36 on 4 with your VIC card



VIC SAVINGS

59 oz.
Gold Peak Tea

3 \$10
for

save big on 3 with your VIC card



VIC SAVINGS

32 oz.
ReaLemon Lemon Juice

2.99

save at least 40¢ each with your VIC card



VIC SAVINGS

6 pk.
Hint Flavored Water

2 \$7
for

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



VIC SAVINGS

6 pk. 12 oz.
Gatorade Sports Drink

2 \$8
for

save at least \$4.98 on 2 with your VIC card



VIC SAVINGS

4 pk.
IBC Soda

4.49

save at least \$1.50 each with your VIC card



VIC SAVINGS

6 pk.
S.Pellegrino Sparkling Water

4.99

save at least \$3.00 each with your VIC card



VIC SAVINGS

8 pk.
Spindrift Sparkling Water

5.49

save big with your VIC card



VIC SAVINGS

6 pk. 700 ml.
Smartwater

8.99

save big with your VIC card



VIC SAVINGS

snacks

6 pk.
Orville Redenbacher's Popcorn

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



7.4 - 12 oz.
Late July Tortillas

2 \$7
for

save big on 2 with your VIC card



VIC SAVINGS

3.52 oz.
Quaker Rice Chips

2 \$4
for

save at least \$2.38 on 2 with your VIC card



VIC SAVINGS

15 oz.
Chex Snack Mix

2 \$7
for

save at least \$3.98 on 2 with your VIC card



VIC SAVINGS

6.25 - 7.75 oz.
Smartfood or Baked

2 \$7
for

save big on 2 with your VIC card



VIC SAVINGS

16 - 20.2 oz.
Family Size Oreo or Chips Ahoy!

2 \$7
for

save big on 2 with your VIC card



VIC SAVINGS

7 - 16 oz.
Snyder's Seasoned Pieces & Twists

2 \$8
for

save big on 2 with your VIC card



VIC SAVINGS

4 oz.
Wilde Protein Chips

5.99

save at least \$1.00 each with your VIC card



VIC SAVINGS

24.3 - 27.3 oz.
Pepperidge Farm Goldfish

7.99

save big with your VIC card



VIC SAVINGS

20 oz.
Sara Lee Honeywheat Bread

2 \$6
for

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



VIC SAVINGS

health & beauty

3.3 - 4 oz. or 16.9 oz. Rinse
Sensodyne, Parodontax or Pronamel Toothpaste or Rinses

6.99

save at least \$1.00 each with your VIC card



VIC SAVINGS

4 oz.
Robitussin Cough Formulas

7.99

save at least \$2.00 each with your VIC card



VIC SAVINGS

5.10 oz.
Old Spice Dry Spray Deodorant

6.99

save at least \$1.00 each with your VIC card



VIC SAVINGS

21.4 - 23.6 oz.
Pantene Shampoo or Conditioner

6.99

save at least \$2.00 each with your VIC card



VIC SAVINGS

home essentials

While Supplies Last. Not Available in All Stores.

Select
Swiffer Wet, Dry or Duster Refills

10.99

save at least \$2.00 each with your VIC card



VIC SAVINGS

Select
Handi Foil Aluminum Pans

30% off

save big with your VIC card



dairy and frozen

7.8 oz. Round & Thin or 14.1 oz. Family Style
Jus•Rol Pizza Dough

2 \$6
for

save big on 2 with your VIC card



VIC SAVINGS

5.3 oz.
Fage Greek Yogurt

4 \$5
for

save big on 4 with your VIC card



VIC SAVINGS

16 oz.
Daisy Dips

2 \$5
for

save big on 2 with your VIC card



VIC SAVINGS

16.3 oz.
HT Traders Ooey Gooey Cinnamon Rolls

2 \$7
for

save big on 2 with your VIC card



VIC SAVINGS

6.32 oz.
Frigo Snack Cheese

3 \$10
for

save big on 3 with your VIC card



VIC SAVINGS

12 oz.
Harris Teeter Soft Cream Cheese

2 \$6
for

save big on 2 with your VIC card



VIC SAVINGS

12 oz.
Kraft Velveeta Slices

2 \$6
for

save big on 2 with your VIC card



VIC SAVINGS

64 oz.
Oatly! Oatmilk

4.99

save big with your VIC card



VIC SAVINGS

25.4 oz.
Nutpods Creamer

3.99

save big with your VIC card



VIC SAVINGS

10.8 oz.
Birds Eye Steamfresh Vegetables

4 \$5
for

save big on 4 with your VIC card



VIC SAVINGS

12 oz.
Simple Truth Organic Vegetables

2 \$5
for

save big on 2 with your VIC card



VIC SAVINGS

12.7 oz.
Pillsbury Waffles

2 \$6
for

save big on 2 with your VIC card



VIC SAVINGS

11 oz.
Michael Angelo's Entrees

2 \$6
for

save big on 2 with your VIC card



VIC SAVINGS

14.7 oz.
Outshine Fruit Bars

2 \$8
for

save big on 2 with your VIC card



VIC SAVINGS

14 oz.
Häagen-Dazs Ice Cream

2 \$8
for

save big on 2 with your VIC card



VIC SAVINGS

14 oz.
Bagel Bites Pizza Snacks

4.49

save big with your VIC card



VIC SAVINGS

22 oz.
Bertolli's or P.F. Chang's Entrees

5.99

save big with your VIC card



VIC SAVINGS

48 oz.
Select Varieties
Harris Teeter Frozen Fruit

8.49

save big with your VIC card



VIC SAVINGS

GAME ON savings

eVIC e-VIC members only weekly limit **4**

7 - 16 oz. **Utz Family Size Potato Chips, Kettle Chips or Pretzels**

2.47

save at least \$4.12 over our already low VIC price when you buy 4

All items must be purchased in a single transaction with your VIC card.

15.5 - 24.7 oz. **DiGiorno or CPK Pizza**

2 \$10 for

When you buy 2 or Regular Price each

YOU MUST BUY 2 TO RECEIVE THIS PRICE.

16 - 22 oz. **Nature's Own Perfectly Crafted Buns**

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

6 pk. **Pure Leaf Tea**

BUY 2 GET 1 FREE

save big on 3 with your VIC card

1 Ltr. **Harris Teeter Mixers or Seltzers**

5 \$5 for

save big on 5 with your VIC card

28 oz. **Powerade Sports Drink**

5 \$5 for

save at least \$5.45 on 5 with your VIC card

14.5 oz. **Hunt's or 10 oz. Rotel Tomatoes**

4 \$5 for

save big on 4 with your VIC card

8 oz. **Daisy Sour Cream**

2 \$3 for

save big on 2 with your VIC card

28 oz. **Bush's Baked Beans**

2 \$5 for

save big on 2 with your VIC card

14 oz. **Heinz Flavored Ketchups or 20 oz. Heinz Mustard or Ketchup**

2 \$5 for

save big on 2 with your VIC card

18 oz. **Harris Teeter Grilling Sausage**

2 \$8 for

save big on 2 with your VIC card

3.5 - 13.7 oz. **Nabisco Snack Crackers, Ritz or Toasted Chips**

2 \$7 for

save big on 2 with your VIC card

6 pk. 253 ml. Btls. or 6 pk. 7.5 oz. **Coca-Cola Mini Cans**

2 \$8 for

save at least \$3.98 on 2 with your VIC card

2.5 - 3.5 oz. **McCormick Grill Mates Seasoning**

2 \$5 for

save big on 2 with your VIC card

30 oz. **Hellmann's Mayonnaise**

5.49

save big with your VIC card

10 - 12 oz. **Tostitos or 15.5 oz. Tostitos or Lay's Dips**

2 \$8 for

save big on 2 with your VIC card

9 - 12 ct. **Harris Teeter Frozen Appetizers**

4.99

save at least \$1.00 each with your VIC card

12 pk. 12 oz. Cans **Canada Dry or 7-UP**

3 \$15 for

save big on 3 with your VIC card

46 oz. **Tropicana Orange Juice**

2 \$6 for

save big on 2 with your VIC card

40 ct. 9 oz. **Harris Teeter Everyday or Ultra 10" Paper Plates**

5.49

save at least \$1.20 each with your VIC card

15 pk. Aluminum Btls. **Bud Family, Miller Family or Coors Family or 18 pk. Yuengling**

16.99

Drink Responsibly - Must be 21 to Purchase

Best. Fall. Ever! at Harris Teeter

Fall faves, from soup to snacks

Campbell's

eVIC e-VIC members only weekly limit **6**

10.75 oz. **Campbell's Tomato Soup** or 14.5 oz. **Swanson Broth**

.87

save at least 78¢ over our already low VIC price when you buy 6

non e-vic member price **10/\$10**

All items must be purchased in a single transaction with your VIC card.

eVIC e-VIC members only weekly limit **6**

32 oz. **Swanson Broth or Stock**

1.77

save at least \$4.38 over our already low VIC price when you buy 6

non e-vic member price **2/\$5**

All items must be purchased in a single transaction with your VIC card.

eVIC e-VIC members only weekly limit **6**

14 - 24 oz. **Prego Pasta Sauce** or 16 oz. **Pace Salsa**

1.77

save at least \$4.38 over our already low VIC price when you buy 6

non e-vic member price **2/\$5**

All items must be purchased in a single transaction with your VIC card.

7.5 - 8 oz. **Cape Cod Large Bag Chips**

2 \$8 for

save at least 79¢ on 2 with your VIC card

7 - 7.5 oz. **Cape Cod Waves Chips**

2 \$8 for

save at least 79¢ on 2 with your VIC card

20 ct. **Cape Cod Multipack**

9.99

save at least \$3.00 each with your VIC card

12 - 16 oz. **Snyder's Family Size Pretzels**

2 \$8 for

save at least 79¢ on 2 with your VIC card

14 oz. **Kettle or Air Fried Party Size Chips**

4.99

save at least \$1.70 each with your VIC card

10 - 12 oz. **Snyder's Specialty or Rounds Pretzels**

2 \$7 for

save at least \$1.29 on 2 with your VIC card

20 ct. **Snyder's Multipack**

9.99

save at least \$3.00 each with your VIC card

18.6 oz. **Campbell's Chunky Soup**

2 \$4 for

save at least 50¢ on 2 with your VIC card

32 oz. **Pacific Organic Soup**

2 \$6 for

save at least \$1.29 on 2 with your VIC card

64 oz. **V8 Splash**

2 \$5 for

save at least 49¢ on 2 with your VIC card

4X FUEL POINTS ON 100s OF GIFT CARDS TODAY!

WITH DIGITAL COUPON FROM OUR E-VIC EMAIL, APP OR WEBSITE.

redeem at **Harris Teeter**

VALID EVERY DAY 9/18-10/1

Partners: eBay, Domino's, ULTA Beauty, Lowe's, Fanatics, GIFT CARD

*Restrictions apply, see Associate for details. Subject to availability. See gift cards for details, terms, and conditions. Excludes Amazon Gift Cards. All trademarks are property of their respective owners. The Visa® Gift Card is issued by Pathward®, N.A., Member FDIC, pursuant to a license from Visa U.S.A. Inc. Cards may be used only at merchants in the U.S. everywhere Visa debit cards are accepted. No cash access. See Cardholder Agreement for details.

*Supplies are limited

— ways to —
SAVE
 my  Harris Teeter

every aisle. every day.

**PRICED
 LOW**

on essentials



Look for **BOGOS** throughout the store!



every aisle. every day.
PRICED LOW
 on items you use the most

16 oz. Chub Honeyuckle
85% Lean Ground Turkey

2.99
 each

every aisle. every day.
PRICED LOW
 on items you use the most

Harris Teeter
Assorted Pork Chops

2.99
 per lb.



every aisle. every day.
PRICED LOW
 on items you use the most

5 oz.
Farmers Market Spring Mix

1.99
 each

every aisle. every day.
PRICED LOW
 on items you use the most

Farmers Market Mangos

.99
 each



every aisle. every day.
PRICED LOW
 on items you use the most

32 oz.
Highland Crest Half & Half

2.99
 each

every aisle. every day.
PRICED LOW
 on items you use the most

16 oz.
Harris Teeter Whipped Topping

1.99
 each

every aisle. every day.
PRICED LOW
 on items you use the most

8.1 oz.
Harris Teeter Baking Powder

1.99
 each



every aisle. every day.
PRICED LOW
 on items you use the most

200 ct. 12 Cup
Harris Teeter Coffee Filters

1.49
 each

every aisle. every day.
PRICED LOW
 on items you use the most

40 pk. 16.9 oz.
Harris Teeter Purified Water

5.39
 each

every aisle. every day.
PRICED LOW
 on items you use the most

76 - 80 ct.
Harris Teeter Trash Bags

10.49
 each

Prices valid September 25 through October 1, 2024.

PO1 PO1 PO1 PO1

save more
with the
Harris Teeter
brand

5 oz.
**Simple Truth
Organic
Salad Mixes**
3.99



save big
with your VIC card

7 - 7.1 oz.
**Harris Teeter
Protein
Granola Bars**
2.29



save big
with your VIC card

64 oz.
**Harris Teeter
Almondmilk**
or 12 ct. **Cage Free
White Eggs**



2 \$5
for

save big on 2
with your VIC card

16 oz.
**Harris Teeter
Roll Sausage**
2 \$7
for



save big on 2
with your VIC card

20 oz.
**Harris Teeter
Canned
Pineapple**
3 \$5
for



save big on 3
with your VIC card

12 oz.
**Harris Teeter
Flavored Mustard**
4 \$5
for



save big on 4
with your VIC card

12 - 16 ct.
**Harris Teeter
Ice Cream
Sandwiches**
2 \$6
for



save big on 2
with your VIC card

10.3 oz.
**Harris Teeter
Mixed Nuts,
7 - 9 oz. Almonds
or 8 oz. Cashews**
2.99



save big
with your VIC card

5.75 - 6 oz.
**Harris Teeter
Ripe
Black Olives**
1.99



save big
with your VIC card

Long term VIC

savings that stick around

12 pk. 12 oz. Cans
**Harris Teeter
Mixers or
Seltzers**
2 \$6
for



save at least \$1.58 on 2
with your VIC card

17.9 oz.
**Private Selection
Frozen Pizza**
6.99



save big
with your VIC card

7 - 8 oz.
**Harris Teeter
Kettle Chips**
2 \$5
for



save big on 2
with your VIC card

6 ct.
**Harris Teeter
Hard-Cooked
Peeled Eggs**
2 \$6
for



save at least 98¢ on 2
with your VIC card

15 oz.
**Simple Truth
Organic
Cage Free Mayo**
3.99



save big
with your VIC card

14.5 oz.
**Simple Truth
Organic
Cut Green Beans**
1.79



save big
with your VIC card

14 - 18 ct.
**Harris Teeter
Triple Action
Dish Pacs**
4.39



save big
with your VIC card

10 ct.
**Harris Teeter
Allergy Relief
Loratadine**
7.99



save big
with your VIC card

3 ct.
**Harris Teeter
4 Blade Refills**
4.99



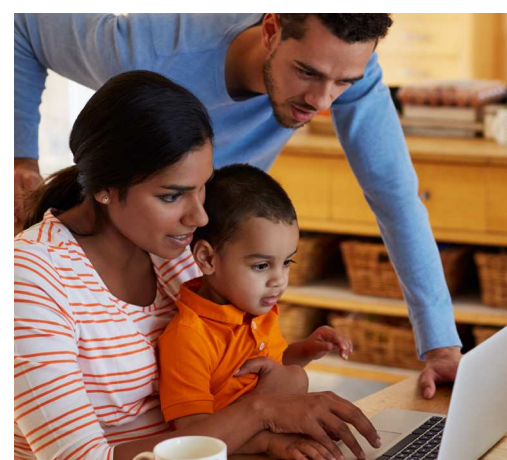
save big
with your VIC card

SAVE \$100s
every month when you join



- Access to hundreds of digital coupons
- Wednesday and Friday emails with personalized offers & savings
- Exclusive e-VIC items of the week
- Weekly prizes
- Entry into e-VIC only sweepstakes

Scan to join or
visit harristeeter.com



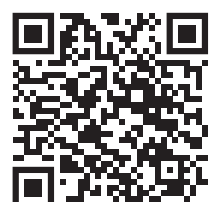
A GREAT WAY TO SAVE!

eVIC COUPONS
EXCLUSIVE SAVINGS

Click online. Clip these offers. **Save BIG!**

Download savings directly to your VIC card. e-VIC digital coupons automatically redeem when you scan your card at checkout.

download
these
digital
coupons



20 oz.
**Dove
Body Wash**
save



\$3.00
each

When You Buy
ONE (1)

9/22/2024 - 10/5/2024

3 - 28 oz.
TRESemmé
save



\$5.00
on 2

When You Buy
ONE (1)

9/22/2024 - 10/5/2024

18 Rolls
**Scott
Bath Tissue**
save



\$2.00
each

When You Buy
ONE (1)

9/22/2024 - 10/5/2024



Harvest Big Savings on Baking!

16 oz.
Land O Lakes European Style Butter

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

15.25 oz.
Duncan Hines Cake Mix

4 \$5 for **5**

save big on 4 with your VIC card

16 oz.
Duncan Hines Frosting

2 \$3 for **3**

save big on 2 with your VIC card

12 oz.
Harris Teeter Evaporated Milk

3 \$5 for **5**

save big on 3 with your VIC card

15 oz.
Harris Teeter Canned Pumpkin

3 \$5 for **5**

save big on 3 with your VIC card

5 lb.
Harris Teeter All Purpose or Self-Rising Flour

2.29

save big with your VIC card

6.5 oz.
Reddi Wip Whipped Topping

2 \$6 for **6**

save big on 2 with your VIC card

8 oz. Brick
Philadelphia Cream Cheese

2 \$6 for **6**

save big on 2 with your VIC card

16 oz.
Harris Teeter Heavy Whipping Cream

2 \$6 for **6**

save at least 98c on 2 with your VIC card

12 ct.
Simple Truth Organic Large Brown Eggs

3.99

save at least \$1.00 each with your VIC card

8 oz.
Harris Teeter Baking Nuts

5.39

save big with your VIC card

50 sq. ft. Heavy Duty or Non-Stick or 75 sq. ft.
Harris Teeter Aluminum Foil

2 \$7 for **7**

save at least 98c on 2 with your VIC card

30 sq. ft. Harris Teeter Parchment Paper **2/\$5** save 98c on 2 with your VIC card



Find All Your Fall Faves

8.5 - 11 oz.
Hot Pockets

4 \$9 for **9**

when you buy 4 or Regular Price each

YOU MUST BUY 4 TO RECEIVE THIS PRICE.

6 - 12 oz.
Stouffer's or Lean Cuisine

3 \$9 for **9**

when you buy 3 or Regular Price each

YOU MUST BUY 3 TO RECEIVE THIS PRICE.

13.7 oz.
Starbucks Frappuccino

BUY 2 GET 1 FREE

save big on 3 with your VIC card

1 oz.
Harris Teeter Au Jus Gravy Mix

2/\$1

save big on 2 with your VIC card

.91 - 2.65 oz.
Select Varieties Harris Teeter Spices

1.99

save big with your VIC card

15 oz.
Harris Teeter Bread Crumbs

2 \$3 for **3**

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

8.8 oz.
Simple Truth Organic 90 Second Rice or 32 oz.
Chicken Stock

2 \$5 for **5**

save at least 98c on 2 with your VIC card

6 - 7 oz.
HT Traders Shredded Cheese

2 \$6 for **6**

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

24 oz.
Farmers Market Cut Butternut Squash or Sweet Potatoes

4.99

save big with your VIC card

10 oz.
Kikkoman Soy or Teriyaki Sauce

2.69

save big with your VIC card

28 oz.
San Merican Tomatoes

3.99

save big with your VIC card

8 oz.
Philadelphia Cream Cheese

2 \$8 for **8**

save big on 2 with your VIC card

32 oz.
Imagine Organic Soup

4.79

save big with your VIC card

16 oz.
Harris Teeter Meatballs

4.99

save big with your VIC card

24 oz.
Lucini Pasta Sauce

5.99

save big with your VIC card

12 oz.
Stumptown Coffee Roasters

12.99

save big with your VIC card

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

Offer good through 10/31/24

Harris Teeter Pharmacy

plus... 50 fuel points

SCAN TO SCHEDULE AN APPOINTMENT

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)

CARE meets CONVENIENCE

Restrictions apply. Ask pharmacist for details.

Live Naturally

16 oz. Simple Truth Organic Pasta or 14.5 - 15 oz. Diced Tomatoes



3 \$5 for

save big on 3 with your VIC card

64 oz. Simple Truth Organic Milk



2 \$7 for

save big on 2 with your VIC card

6 ct. btl. Simple Truth Organic 100% Apple Juice



2 \$8 for

save big on 2 with your VIC card

25 oz. Simple Truth Organic Pasta Sauce



3.49

save big with your VIC card

8 oz. Simple Truth Turkey Bacon



3.99

save big with your VIC card

8 oz. KIND Zero Granola



4.99

save big with your VIC card

13 - 16.75 oz. Dave's Killer Bread Bagels or English Muffins



4.99

save at least \$1.00 each with your VIC card

5.8 - 12.6 oz. Select Varieties Private Selection Grinders



5.99

save big with your VIC card



Find all your Fall Faves



Farmers Market Snap Dragon or Sweetango Apples

2.49 per lb.

save big per lb. with your VIC card



Farmers Market Tote Apple Bags

1.99 per lb.

save big per lb. with your VIC card



64 oz. Farmers Market Fresh Apple Cider

4.99 each

save big with your VIC card



13.5 oz. Marzetti Caramel Dip

2 \$7 for

save big on 2 with your VIC card



Farmers Market Heirloom Pumpkins & Gourds

6.99 each

save big with your VIC card



3 ct. Farmers Market Caramel Apples

3.99 each

save big with your VIC card



Farmers Market Pie Pumpkins

2 \$5 for

save big on 2 with your VIC card



Taste Triple Chocolate & Apple Cookie Overload

Farmers Market Gourmet Caramel Apples

6.99 each

save big with your VIC card



Farmers Market White Pumpkins

5.99 each

save big with your VIC card



4 ct. Taste Caramel Apple Pops with Wild Fall Sprinkles

5.99 each

save big with your VIC card



Farmers Market Extra Large Hass Avocados

1.99 each

save big with your VIC card



Farmers Market Large Golden Pineapples

2 \$7 for

save big on 2 with your VIC card



Select Varieties Fresh Express Chopped Salad kits

2 \$7 for

save big on 2 with your VIC card



1.7 oz. So Good So You Shots

2 \$5 for

save big on 2 with your VIC card



5" Pot Orchid Plants

19.99 each

save at least \$2.00 each with your VIC card



8 oz. Fresh Express Flat Leaf Spinach

2 \$6 for

save big on 2 with your VIC card



Farmers Market Green Asparagus

3.99 per lb.

save big per lb. with your VIC card



Farmers Market Navel Oranges

5 \$4 for

save big on 5 with your VIC card



Farmers Market Beefsteak Tomatoes

1.99 per lb.

save big per lb. with your VIC card



Beautiful Hope Bouquet

9.99 each

save at least \$3.00 each with your VIC card

every aisle. every day.

PRICED LOW

on items you use the most

<p>3 lb. Bag Farmers Market Yellow Onions or Russet Potatoes</p> <p>1.99 each</p>	<p>3 lb. Bag Farmers Market Sweet Potatoes</p> <p>2.49 each</p>	<p>1.5 lb. Pkg. Farmers Market Poppers Cocktail Cucumbers or Ombré on the Vine Tomatoes</p> <p>6.99 each</p>	<p>2 lb. Pkg. Farmers Market Campari Tomatoes</p> <p>5.99 each</p>
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big savings from our fresh foods market

Fresh Foods Market Cake Slices

2 for \$6

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

6 oz. Assorted Varieties Athenos Feta Crumbles

4.99 each

save big with your VIC card

Fresh Foods Market Artisan Half Loaves

2 for \$5

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

Fresh Foods Market Whole Subs

6.99 each

save big with your VIC card

4 ct. Fresh Foods Market Gourmet Cookies

4.99 each

save at least \$2.00 each with your VIC card

Boar's Head Ovingold Turkey Breast

9.99 per lb.

save big per lb. with your VIC card

Prices In This Ad Effective September 25 - October 1, 2024 In The Following Stores Only:

•DUNKIRK •OLNEY •LAUREL •ELLCOTT CITY •COLUMBIA •FULTON •CLARKSBURG •BOWIE •GERMANTOWN •GAIHERSBURG •BETHESDA •POTOMAC •BALTIMORE •SEVERNA PARK •CALIFORNIA •SELBYVILLE •MILLSBORO •WATERFOWL VILLAGE, EASTON •CANTON CROSSING, 3779 BOSTON STREET, BALTIMORE •MCHENRY ROW, 1801 WHETSTONE WAY, BALTIMORE

None sold to dealers, we reserve the right to limit quantities. Beer, wine, specialty & natural items not available in all stores. Save at least savings may vary by store.

* Supplies are limited

S-BP S-BP S-BP S-BP



Harris Teeter
pickup & delivery

*It's
Easy!*

Short on time?

Harris Teeter Pickup saves you time. Let us shop for you and get the same great savings and quality you love on essentials and more!

- Just place your order online
- Choose your pickup time
- We'll bring your groceries to you

NO FEE With Orders Over **\$35**

Download
the  App
to make saving easier!



SPEND \$125
GET \$10 OFF*

Sept 25 - Oct 1, 2024

Use this coupon to get \$10 off
your purchase of \$125 or more
with Harris Teeter Pickup.

CLIP COUPON



Tastier fall mornings

eVIC e-VIC members only weekly limit **10**

5.3 oz.
Too Good, Oikos Pro or Triple Zero Single Serve Yogurt

.87

save at least \$1.30 over our already low VIC price when you buy 10 non e-vic member price **10/\$10**

All items must be purchased in a single transaction with your VIC card.

eVIC e-VIC members only weekly limit **4**

32 oz.
International Delight Creamer

2.97

save at least \$2.12 over our already low VIC price when you buy 4 non e-vic member price **2/\$7**

All items must be purchased in a single transaction with your VIC card.

eVIC e-VIC members only weekly limit **4**

48 oz.
STÖK Cold Brew Coffee

4.47

save at least \$2.08 over our already low VIC price when you buy 4 non e-vic member price **4.99**

All items must be purchased in a single transaction with your VIC card.

4 pk.
Oikos Triple Zero or Dannon Light +Fit Greek Yogurt

3.99

save big with your VIC card **VIC SAVINGS**

5.3 oz.
Silk or So Delicious Single Serve Yogurt

4 \$5

save big on 4 with your VIC card **VIC SAVINGS**

4 pk.
Danimals Yogurt Pouches

3.99

save big with your VIC card **VIC SAVINGS**

14 oz.
International Delight Cold Foam Creamer

4.49

save big with your VIC card **VIC SAVINGS**

32 oz.
Dunkin' Extra Creamer

3.99

save big with your VIC card **VIC SAVINGS**

64 oz.
Silk Almondmilk

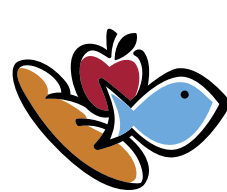
2 \$6

save big on 2 with your VIC card **VIC SAVINGS**

64 oz.
Silk Soy Milk or So Delicious Coconut Milk

2 \$7

save big on 2 with your VIC card **VIC SAVINGS**



Harris Teeter WEEKLY SPECIALS* YOUR NEIGHBORHOOD MARKET

PRICES VALID THROUGH 10.01.24
* Supplies are limited

Harris Teeter health and wellness

Elevate your well-being



Select Varieties and Sizes
AVEENO® Skin Care Products
20% off



Select Varieties and Sizes
LUBRIDERM® Products
20% off



Select Varieties and Sizes
CLEAN & CLEAR® Products
20% off



Aveeno. THOUGHTFULLY FORMULATED FOR SKIN LIKE YOURS



Neutrogena

DERMATOLOGIST RECOMMENDED BRAND

BOOST YOUR SKIN'S VITALS™

HYDRO BOOST™
HYDRATING FLUOROURACIL
HYDRO BOOST

DERM-TESTED ESSENTIALS FOR LASTING HYDRATION

DERMATOLOGIST TESTED | HYDRATING ACID | GENTLE ON SKIN

USE PRODUCTS ONLY AS DIRECTED. © JJCI 2024



Select Varieties and Sizes
NEUTROGENA® Skin Care Products
20% off



Use products only as directed
72 ct. **LISTERINE**®
Cool Mint Pockets
Breath Strips
5.59 ea.



Use products only as directed
1 liter **LISTERINE**®
Original Oral Care or
FreshBurst Antiseptic Mouthwash
6.99 ea.



Use products only as directed
1 liter Select **LISTERINE**®
Total Care Anticavity Mouthwash Fresh Mint
or Cool Mint Antiseptic Mouthwash
8.89 ea.

5X MORE EFFECTIVE THAN FLOSS AT REDUCING PLAQUE ABOVE THE GUMLINE*

LISTERINE COOL MINT ANTICAVITY

KILLS 99.9% OF BACTERIA THAT CAUSE TOOTHPLAQUE AND GINGIVITIS

FOR A FRESH, CLEANER MOUTH WITH AN ANTICAVITY BENEFIT

COMPLETE YOUR ROUTINE

FORMULA PROVEN TO REDUCE PLAQUE EFFECTIVE ABOVE THE GUMLINE IN JUST 30 SECONDS. *BASED ON 12 WEEK STUDY OF 100 SUBJECTS. BLENDED WITH 100% NATURAL FLAVORING. BLENDED WITH 100% NATURAL FLAVORING. BLENDED WITH 100% NATURAL FLAVORING.



Use products only as directed
NEUTROGENA®
Hydro Boost Shampoo or
NEUTROGENA®
Clarify & Shine Shampoo
11.49 ea.



Use products only as directed
AVEENO®
Apple Cider & Vinegar
Blend Shampoo or
AVEENO®
Rose Water & Chamomile
Blend Conditioner
8.99 ea.



Use products only as directed
Mau!®
Curl Quench Conditioner or
Mau!®
Lightweight Hydration Shampoo
8.99 ea.

ZYRTEC

Works fast* and lasts 24 hours

Cetirizine HCl tablets
10 mg / antihistamine

*Starts working at hour 1.
Use products only as directed. © JJCI 2024



Use products only as directed
24 ct. **ZYRTEC**® Chewables
30 ct. **ZYRTEC**® 10mg Liquid Gels
25 ct. **ZYRTEC**® Allergy Liquid Gels
19.99 ea.



Use products only as directed
60 ct. **ZYRTEC**®
Tablets
32.99 ea.



Use products only as directed
24 ct. **TYLENOL**®
Cold + Head Congestion Severe,
Sinus Severe Day or Cold + Flu Severe
7.49 ea.



Use products only as directed
20 ct. **SUDAFED PE**®
Head + Congestion Pain
or 24 ct. **SUDAFED PE**®
Sinus Pressure and Pain
7.99 ea.



Use products only as directed
4 oz. **CHILDREN'S ZYRTEC**® Liquid
13.99 ea.



Use products only as directed
8 oz. Liquid or 24 ct. Chewables
CHILDREN'S ZYRTEC®
19.99 ea.



Use products only as directed
4 oz. **CHILDREN'S BENADRYL**®
7.99 ea.



Use products only as directed
24 ct. Tablets **BENADRYL**®
Ultratabs®
6.99 ea.



Use products only as directed
24 ct. Tablets **BENADRYL**®
Liqui-Gels® or **BENADRYL**®
Allergy Plus Congestion®
7.99 ea.



Use products only as directed
24 ct. **BENADRYL**®
Extra Strength
8.99 ea.

Benadryl

From indoor sneezes to outdoor itches, there's a **BENADRYL**® for you.

Do not use more than one antihistamine product at the same time. Use products only as directed. © JJCI 2024



Use products only as directed
30 ct. **PEPCID**®
AC Tablets
11.99 ea.



Use products only as directed
60 ct. **LACTAID**®
Caplets or Chewable
18.99 ea.



Use products only as directed
24 ct. **IMODIUM**®
A-D Caplets
12.99 ea.



Use products only as directed
24 ct. **IMODIUM**®
A-D Softgels or **IMODIUM**®
Multi-Symptom Caplets
14.99 ea.



Use products only as directed
AVEENO®
Baby Wipes
BUY 2 GET 1 FREE



Use products only as directed
12 oz. **AVEENO**®
Baby Wash + Shampoo
9.99 ea.



Use products only as directed
18 oz. **AVEENO**®
Baby Lotion or
18 oz. **AVEENO**®
Baby Wash Shampoo
10.99 ea.



Use products only as directed
28 ct. **TENA**®
Sensitive Care Extra Coverage Overnight Pads,
33 ct. **TENA**® Sensitive Care Regular Pads
or 14 ct. **TENA**® Sensitive Care Overnight Underwear
BUY 2 GET 1 FREE

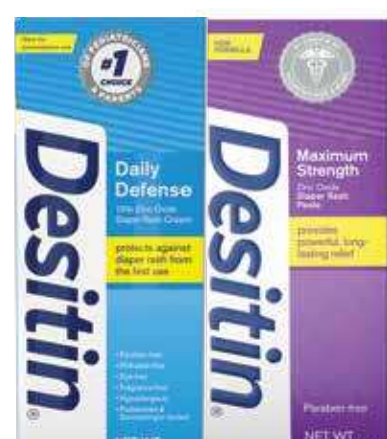
HEALS LIKE A DREAM

Immediately forms a barrier to promote healing and soothe diaper rash discomfort

Desitin

Comfort, restored.

Use products only as directed. © JJCI 2024



Use products only as directed
4 oz. **DESITIN**®
Daily Defense Diaper Rash Cream
or **DESITIN**®
Maximum Strength Original Paste
7.99 ea.

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Level up your pet care routine

IAMS



2.64 oz.
IAMS
 Perfect Portions
 Wet Cat Food

1.39

save at least 30¢ each with your VIC card **VIC SAVINGS**



3.5 lb.
IAMS
 Proactive Health
 Dry Dog Food

2 \$10

when you buy 2
 • or Regular Price
 each **VIC SAVINGS**

YOU MUST BUY 2 TO RECEIVE THIS PRICE.



2.7 lb.
Cesar
 Dry Dog Food

7.99

save at least \$1.00 each with your VIC card **VIC SAVINGS**



3.5 oz.
Cesar
 Select Dog Food

3 \$4
 for

save at least 77¢ on 3 with your VIC card **VIC SAVINGS**



6 ct.
Cesar
 Wholesome Bowls

16.99

save at least \$1.00 each with your VIC card **VIC SAVINGS**



12 oz.
Greenies
 Dental Dog Treats

17.99

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



13.2 oz.
Pedigree
 Wet Dog Food

2 \$3
 for

when you buy 2
 • or Regular Price
 each **VIC SAVINGS**
 YOU MUST BUY 2 TO RECEIVE THIS PRICE.



3 oz.
Temptations
 Cat Treats

2 \$5
 for

when you buy 2
 • or Regular Price
 each **VIC SAVINGS**
 YOU MUST BUY 2 TO RECEIVE THIS PRICE.



12 ct.
Sheba
 Perfect Portions
 Wet Cat Food

13.99

save at least \$3.00 each with your VIC card **VIC SAVINGS**



12 - 13 lb.
Nutro
 Natural Choice
 Dry Dog Food

37.99

save at least \$5.00 each with your VIC card **VIC SAVINGS**