

**Porterhouse or T-Bone Steaks**

**Value Pack**

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

**Harris Teeter**  
YOUR NEIGHBORHOOD MARKET

**Weekly Specials\***

**Best. Fall. Ever!**  
at Harris Teeter

Farmers Market **Seedless Green Grapes**



**9.99** per lb.

**1.99** per lb.

save big per lb. with your VIC card

per lb. Simple Truth Organic Red, Green or Black Grapes **2.99** save big per lb. with your VIC card

per lb. Harris Teeter **93% Lean Ground Beef** or 20.8 oz. pkg. **93% Lean Ground Turkey**

**4.99**

save big with your VIC card

Farm Raised **Coho Salmon Fillets** or Wild Caught **Snow Crab Clusters**

**6.99** per lb.

save big per lb. with your VIC card

Farmers Market **Fuji Apples**

**.99** per lb.

every aisle. **PRICED LOW** every day.

per lb. Harris Teeter Small Pack **Boneless Chicken Breast**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

Boar's Head **Maple Glazed Honey Coat Turkey Breast**

**9.99** per lb.

save at least \$5.00 per lb. with your VIC card

1 lb. **Campari Tomatoes** or Extra Large **Avocados**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

Select Varieties **Fresh Express Salads**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

**VIC Use your VIC card for more big savings!**

12 pk. 12 oz. Cans **Coca-Cola Products**

**BUY 2 GET 2 FREE**

save big on 4 with your VIC card

14.5 - 15.25 oz. **Harris Teeter Canned Corn, Peas or Green Beans**

**BUY 2 GET 2 FREE**

save big on 4 with your VIC card

6 - 8 oz. **Harris Teeter Shredded Cheese**

**BUY 2 GET 2 FREE**

save big on 4 with your VIC card

20 oz. **Thomas' Bagels or English Muffins** or **Entenmann's Cakes**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

7 - 8 oz. **Cape Cod Large Bag or Waves Chips**

**BUY 2 GET 2 FREE**

when you buy 4 or Regular Price each

**MUST PURCHASE 2 TO GET 2 FREE.**

12 Mega Roll **Cottonelle Bath Tissue** or 6 Roll **Viva Paper Towels**

**9.99**

save big with your VIC card

12 pk. **Bud Family, Miller Family, Coors Family or Yuengling**

**10.99** each

Drink Responsibly - Must be 21 to Purchase

750 ml. **La Marca, La Crema, Kim Crawford or Korbel**

**14.99** each

Drink Responsibly - Must be 21 to Purchase

**eVIC e-VIC Members Only Sale Offers valid Thursday, September 19 - Sunday, September 22, 2024**

Not an e-VIC Member? Register for e-VIC at www.harristeeter.com. VIC card/Alt ID and email address required. e-VIC status effective the first Wednesday after enrollment. Some restrictions apply.

8.9 - 11.5 oz. **General Mills Cereal**

**2.47**

save at least \$2.12 over our already low VIC price when you buy 4

non e-vic member price **2/\$6**

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

12 oz Bag or 10 ct. K-Cups **Dunkin' Coffee**

**5.97**

save at least \$4.08 over our already low VIC price when you buy 4

non e-vic member price **6.99**

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

5.6 - 6 oz. **Yoplait Yogurt**

**.47**

save at least \$2.60 over our already low VIC price when you buy 20

non e-vic member price **10/\$6**

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

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

**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.

**NEW**

**READY MADE MEALS AND SIDES**

Delicious meals & sides curated for you, to make dinner easier.

**HT Traders**  
DISCOVER • INSPIRE • ENJOY™

Prices good through September 24, 2024

WED <b>18</b>	THU <b>19</b>	FRI <b>20</b>	SAT <b>21</b>	SUN <b>22</b>	MON <b>23</b>	TUE <b>24</b>
------------------	------------------	------------------	------------------	------------------	------------------	------------------



\*Pkg. may vary by location.

6 pk. 16.9 oz. Btls.

**Pepsi Products**

**BUY 2 GET 3 FREE**

limit 10

must buy 2 items to get 3 free with your VIC card

VIC SAVINGS

7 - 8.5 oz.

**Cheetos**

or 9.25 - 10 oz. **Fritos**



**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

VIC SAVINGS

46 oz.

**Turkey Hill**

**Ice Cream**

or 16 oz.

**Ben & Jerry's**

**Ice Cream**



**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

VIC SAVINGS

3.5 - 15.25 oz.

**Nabisco Oreo,**

**Chips Ahoy!,**

**Snack Crackers,**

**Ritz** or

**Toasted Chips**



**2 for \$7**

save big on 2 with your VIC card

VIC SAVINGS

52 oz.

**Fairlife**

**Whole Milk**



**2 for \$9**

save big on 2 with your VIC card

VIC SAVINGS

24 oz. **Ragu** Pasta Sauce

**3/\$5**

save big on 3 with your VIC card

VIC SAVINGS



16 oz.

**Barilla Penne or Spaghetti**



**2 for \$3**

save big on 2 with your VIC card

VIC SAVINGS

750 ml.

**Cupcake,**

**Seaglass**

or **19 Crimes**



**9.99** each

Drink Responsibly - Must be 21 to Purchase

every day

**DOUBLE** manufacturers' **COUPONS**

VIC SAVINGS

up to 99¢

see customer service for details

FGA FGA FGA FGA

# Seafood Sale



12 oz. Bag  
Fishermans Market  
**31 - 40 ct.**  
**Cooked**  
**Tail-On Shrimp**

**BUY 1 GET 1**

**FREE**

each item rings at half price with your VIC card



8 oz.  
**Pier 33**  
**Mussel Meat**

**BUY 1 GET 1**

**FREE**

each item rings at half price with your VIC card



Wild Caught  
**31 - 40 ct.**  
**Key West**  
**Pink Shrimp**

**9.99** per lb.

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



**41 - 50 ct.**  
**Tail-On**  
**Cooked Shrimp**

**9.99** per lb.

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



Wild Caught  
**Patagonian**  
**Bay Scallops**

**10.99** per lb.

save at least \$4.00 per lb. with your VIC card



Wild Caught  
**Alaska Sockeye**  
**Salmon Fillet**

**14.99** per lb.

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



**Senior Discount Thursdays**

Seniors 60 and older get a

**5% DISCOUNT**

Please notify your cashier if you qualify

BGA BGA BGA BGA

# NEW

## Introducing HT Traders

DISCOVER • INSPIRE • ENJOY™

### READY MADE MEALS AND SIDES

Delicious meals & sides curated for you, to make dinner easier.

exclusively at

# Harris Teeter

\*Available in the Deli



20 -25 oz.

**HT Traders  
Family Entrees**



# \$4 off

Homestyle Meatloaf  
Chicken Alfredo  
Enchiladas  
Sunday Pot Roast



12 - 14 oz.

**HT Traders  
Individual Entrees**



# \$2 off

Fajita Chicken with yellow rice, Chicken Alfredo, Italian Sausage Pasta, Meatloaf with Redskin Potatoes, Spaghetti & Meatballs, Chicken Parmesan with Rotini or Sunday Pot Roast



24 oz.

**HT Traders  
Family Sides**



# \$3 off



12 oz.

**HT Traders  
Sides**

# \$1 off

Redskin Mashed Potatoes,  
Mac & Cheese or  
Mac & Cheese with Lobster



Harris Teeter  
**Pharmacy**

get your  
**FLU  
VACCINE**  
and  
**SAVE  
\$5.00**

ON YOUR  
GROCERIES

**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)

Offer good  
through 10/31/24

plus...

**50**

fuel  
points



**CARE** *meets*  
**CONVENIENCE**



SCAN TO SCHEDULE  
AN APPOINTMENT

Restrictions apply.  
Ask pharmacist for details.

# from our meat department

# from our seafood department

Fresh Seafood from Your Local and Regional Neighbors

18.4 - 22 oz.  
**Hatfield Marinated Pork Tenderloin**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card



USDA Choice  
**Porterhouse or T-Bone Steaks**



12 - 16 oz.  
**Hormel Bacon**



Fresh Farm Raised  
**Catfish Fillets**

**11.99** per lb.

save at least \$6.00 per lb. with your VIC card

**2 for \$12**

save big on 2 with your VIC card

**7.99** per lb.

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

Niman Ranch  
**Boneless Pork Loin Roast**  
**5.99** per lb.  
save at least \$1.00 per lb. with your VIC card

SMART Antibiotic Free  
**Chicken Breasts or Tenderloins**  
**5.99** per lb.  
save big per lb. with your VIC card

16 oz. Verde 93% Lean  
**Organic Ground Beef**  
**8.99** each  
save at least \$1.00 each with your VIC card

8 oz.  
**Beyond Burger**  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card

1.5 lb. Perdue  
**Perfect Portions**  
**7.99** each  
save at least \$3.00 each with your VIC card

Harris Teeter  
**Prime Rib or NY Strip Beef Hamburger Patties**  
**8.99** per lb.  
save at least \$1.00 per lb. with your VIC card

8 - 9 oz. Hillshire Farm  
**Lunchmeat**  
**2 for \$9**  
save big on 2 with your VIC card

22 - 26 oz. Perdue  
**Chicken**  
**8.99** each  
save at least \$3.00 each with your VIC card

16 oz. Harris Teeter  
**Ground Sausage**  
**2 for \$7**  
save big on 2 with your VIC card

16 oz. Mama Lucia  
**Meatballs**  
**4.99** each  
save at least \$2.50 each with your VIC card

3.1 - 4.4 oz. Oscar Mayer  
**Lunchables**  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card

14 - 16 oz. Oscar Mayer  
**Franks**  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card

12 oz. Harris Teeter  
**Bacon**  
**2 for \$8**  
save big on 2 with your VIC card

9 - 10 oz. Amy Lu Chicken  
**Sausage or Meatballs**  
**2 for \$9**  
save big on 2 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

Fresh Whole Dressed  
**Rainbow Trout**  
**4.99** per lb.  
save at least \$2.00 per lb. with your VIC card

16 oz.  
**Boudreaux's Breaded Oysters**  
**6.99** each  
save at least \$1.00 each with your VIC card

5 oz.  
**Cedar Bay Salmon Plank**  
**4.99** each  
save at least \$2.00 each with your VIC card

50 ct. Fresh Farm Raised  
**Littleneck Virginia Clams**  
**15.99** each  
save at least \$2.00 each with your VIC card

3 oz. Charleston Style  
**Crab Cakes**  
**2 for \$7**  
save at least \$2.00 on 2 with your VIC card

35.13 oz.  
**Taste Choice Seafood Boil**  
**9.99** each  
save at least \$2.00 each with your VIC card

Wild Caught 16 - 20 ct. Peeled & Deveined  
**Argentine Shrimp**  
**12.99** per lb.  
save big per lb. with your VIC card

# from our grocery department

18 oz.  
**Quaker Quick Oats**  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card

8 ct.  
**Kellogg's Pop-tarts**  
**2 for \$5**  
save big on 2 with your VIC card

8.4 - 12.1 oz.  
**Quaker Instant Oatmeal**  
**2 for \$6**  
save big on 2 with your VIC card

9.7 - 16.1 oz.  
**Kellogg's Cereals**  
**3 for \$10**  
save big on 3 with your VIC card

20.5 - 22.3 oz. Family Size  
**Cap'n Crunch or Life Cereal**  
**2 for \$10**  
save big on 2 with your VIC card

24 oz.  
**Pepperidge Farm Farmhouse Bread**  
**3.99**  
save at least \$1.00 each with your VIC card

16 oz.  
**Pompeian Olive Oil**  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card

9 - 17 oz.  
**Premium Crackers**  
**2 for \$5**  
save at least \$4.58 on 2 with your VIC card

7.5 - 10 oz.  
**Hormel Compleats**  
**2 for \$5**  
save big on 2 with your VIC card

9.4 - 14 oz.  
**Kraft or Velveeta Mac & Cheese Dinners**  
**2 for \$6**  
save big on 2 with your VIC card

24 oz.  
**HT Traders Pasta Sauce**  
**2 for \$7**  
save big on 2 with your VIC card

12 oz.  
**Spam**  
**3.69**  
save big with your VIC card

4.2 - 5.7 oz. Knorr Rice or Pasta Side Dishes or 15 oz. Manwich Sloppy Joe Sauce  
**4 for \$5**  
save big on 4 with your VIC card

14 - 15 oz.  
**Pepperidge Farm Sandwich Rolls**  
**2 for \$7**  
save at least \$1.58 on 2 with your VIC card

1 ct.  
**Hershey's King Size**  
**3 for \$5**  
save big on 3 with your VIC card

3.2 oz.  
**Chocolove Candy Bars**  
**2 for \$6**  
save big on 2 with your VIC card

12 oz. Bag  
**Charleston Coffee Roasters**  
**7.99**  
save big with your VIC card

22.6 - 25.9 oz.  
**Folgers Coffee**  
**8.99**  
save big with your VIC card

45.5 - 50 oz. Liquid  
**Arm & Hammer Laundry Detergent**  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card

22 ct.  
**Glad Kitchen Trash Bags**  
**4.99**  
save at least \$1.00 each with your VIC card

28 - 37 ct.  
**Finish Dish Tabs**  
**2 for \$20**  
save big on 2 with your VIC card

5 ct.  
**Airwick Scented Oil Refills**  
**11.99**  
save big with your VIC card

8 lb. Bag  
**Purina ONE Dog Food**  
**16.99**  
save big with your VIC card

24 ct.  
**Fancy Feast Canned Cat Food**  
**19.99**  
save big with your VIC card

# beverages

18.5 oz.  
**Gold Peak Tea**



**2 \$4**  
for

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

64 oz., 6 pk. 8 oz.  
or 8 pk. 6.75 oz.  
**Mott's Apple Juice**



**2 \$5**  
for

save big on 2 with your VIC card

10 - 12 qt.  
**Crystal Light Drink Mix**



**2 \$6**  
for

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

6 pk. .5 Ltr.  
**Canada Dry or 7-Up**



**2 \$7**  
for

save big on 2 with your VIC card

6 pk.  
**Izze Sparkling Juice Beverage**



**2 \$10**  
for

save big on 2 with your VIC card

6 pk. 500 ml.  
**Fiji Multipack**



**4.99**

save at least \$3.30 each with your VIC card

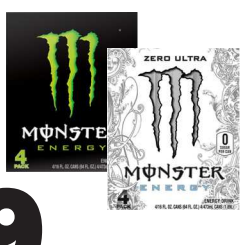
12 pk.  
**Waterloo Sparkling Water**



**5.49**

save at least \$1.20 each with your VIC card

4 pk.  
**Monster Energy**



**7.99**

save big with your VIC card

6 pk. .5 Ltr.  
**Vitamin Water or Smart Water**



**7.49**

save big with your VIC card

18 pk. 12 oz.  
**Gatorade Sports Drinks**



**9.99**

save at least \$3.50 with your VIC card

# snacks

5 - 12 oz.  
**On the Border or Boulder Canyon**



**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

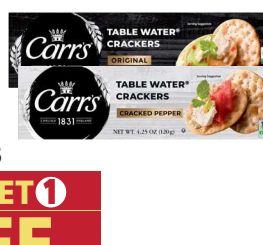
6.8 oz.  
**Nonni's Biscotti**



**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

4.25 oz.  
**Carr's Crackers**



**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

5.2 oz.  
**Pringles**



**2 \$4**  
for

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

16 oz.  
**Planters Peanuts**



**2 \$5**  
for

save at least \$3.58 on 2 with your VIC card

6 oz.  
**Blue Diamond Almonds**



**2 \$6**  
for

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

6.53 oz.  
**Quaker Rice Cakes**



**2 \$7**  
for

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

6.5 - 16 oz. **Kettle Large Bag, Air-Fried, Snyder's Seasoned Pieces, Twisted, Late July or Cravings Tortillas**



**2 \$7**  
for

save big on 2 with your VIC card

16 oz.  
**Dot's Pretzels**



**5.99**

save big with your VIC card

9 ct. **Goldfish** or 10 ct. **Snyder's Pretzel Multipacks**



**5.99**

save big with your VIC card

# health & beauty

42 ct.  
**Nexium 24HR Acid Reducer**



**24.99**

save at least \$5.00 each with your VIC card

5 oz.  
**Dr. Squatch Bar Soap**



**5.99**

save at least \$1.00 each with your VIC card

2.12 oz.  
**ONE Bars**



**2 \$4**  
for

save at least \$1.78 on 2 with your VIC card

168 - 192 ct.  
**Huggies Baby Wipes**



**6.29**

save at least \$1.20 each with your VIC card

# home essentials

While Supplies Last. Not Available in All Stores.

4 ct. AA/AAA  
**Duracell Coppertop**



**20% off**

save big with your VIC card

20 lb.  
**Pit Boss BBQ Hardwood Pellets**



**10.99**

save big with your VIC card

# dairy and frozen

16.5 oz.  
**Nestle Cookie Dough**



**3.99**

save big with your VIC card

32 oz.  
**Fage Total Yogurt**



**5.99**

save big with your VIC card

6 oz.  
**Daisy Cottage Cheese with Fruit**



**4 \$5**  
for

save big on 4 with your VIC card

3 oz.  
**Just Crack an Egg or Oscar Mayer Scramblers**



**3 \$6**  
for

save big on 3 with your VIC card

15.5 oz.  
**Jell-O Pudding**



**2 \$5**  
for

save big on 2 with your VIC card

52 oz.  
**Florida's Natural Orange Juice**



**3 \$10**  
for

save big on 3 with your VIC card

10 - 12 oz.  
**Harris Teeter String Cheese**



**2 \$6**  
for

save big on 2 with your VIC card

12 ct.  
**Eggland's Best Organic Large Eggs**



**3.99**

save big with your VIC card

10 - 18 oz.  
**Pictsweet Vegetables**



**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

22 oz.  
**Tyson Chicken Strips**



**7.99**

save big with your VIC card

9.15 - 15 oz.  
**Healthy Choice Simply or Marie Callender's Entrees**



**2 \$6**  
for

save big on 2 with your VIC card

48 oz.  
**Harris Teeter Premium or Parlor Creations Seasonal Ice Cream**



**2 \$7**  
for

save big on 2 with your VIC card

6 - 15.5 oz.  
**Stouffer's or Life Cuisine**



**2 \$7**  
for

save big on 2 with your VIC card

6 ct.  
**Outshine Fruit Bars**



**2 \$8**  
for

save big on 2 with your VIC card

21 oz.  
**Birds Eye Voila!**



**2 \$8**  
for

save big on 2 with your VIC card

10.6 - 19.1 oz.  
**Simple Truth Organic, Private Selection or HT Traders Pizza**



**5.49**

save big with your VIC card

8 ct.  
**Drumstick**



**5.99**

save big with your VIC card

4 ct.  
**Jimmy Dean Breakfast Sandwiches**



**5.99**

save big with your VIC card



# GAME ON savings

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

10 pk. 7.5 oz. **Pepsi Mini Cans**

**2.77**

save at least \$12.92 over our already low VIC price when you buy 4

non e-vic member price **2/\$12**

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

4 pk. **Celsius Energy Drinks**

**BUY 2 GET 3 FREE** limit **10**

must buy 2 items to get 3 free with your VIC card

25.12 oz. **Freschetta Pizza**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

17.5 - 18 oz. **Kraft Barbecue Sauce** or 16 oz. **Salad Dressing**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

16 oz. **Chi-Chi's Salsa**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

1 - 1.25 oz. **McCormick Taco Seasoning**

**5 for \$4**

save big on 5 with your VIC card

14.5 oz. **Del Monte Canned Tomatoes**

**4 for \$5**

save big on 4 with your VIC card

15.5 - 16 oz. **Bush's Variety Beans**

**4 for \$5**

save big on 4 with your VIC card

1.25 Ltr. **Coca-Cola Products**

**3 for \$5**

save big on 3 with your VIC card

6.5 - 8 oz. **Harris Teeter Potato Chips**

**2 for \$4**

save big on 2 with your VIC card

8 oz. **Sargento Sliced Cheese**

**2 for \$6**

save big on 2 with your VIC card

7 - 8 oz. **PopCorners, Miss Vickie's** or 9.25 oz. **Doritos**

**2 for \$8**

save big on 2 with your VIC card

24 pk. .5 Ltr. **Harris Teeter Purified Water**

**2 for \$7**

save big on 2 with your VIC card

16 oz. **Harris Teeter Chunk Cheese** or 7 oz. **HT Traders Cracker Cuts**

**3.99**

save big with your VIC card

22 - 30 oz. **Kraft Mayonnaise** or 19 - 30 oz. **Miracle Whip**

**4.99**

save big with your VIC card

12 oz. **Private Selection Hot Dogs** or 16 oz. **Harris Teeter Meatballs**

**2 for \$10**

save big on 2 with your VIC card

8 pk. 20 oz. **Powerade Sports Drinks**

**2 for \$11**

save at least \$5.98 on 2 with your VIC card

12 pk. **Corona, Heineken, Stella Artois or Modelo**

**14.99 ea.**

Drink Responsibly - Must be 21 to Purchase

50 ct. **Harris Teeter Occasions Cups**

**3.99** save \$2.00 each with your VIC card

24 - 54 ct. **Harris Teeter Everyday Plates, Bowls or Cups**

**2 for \$6**

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

**Best. Fall. Ever!** at Harris Teeter

**A better way to do coffee**

La Colombe Coffee Roasters: Draft Latte, Cold Brew, Creamer

Chobani: Greek Yogurt, Creamer

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

52 oz. **Chobani Oatmilk**

**2.47**

save at least \$10.30 over our already low VIC price when you buy 10

non e-vic member price **2/\$7**

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

11 oz. **La Colombe Cold Brew**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

9 oz. **La Colombe Cold Brew Multipack**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

4.5 - 6.7 oz. **Chobani Greek Yogurt Cups**

**10 for \$10**

save big on 10 with your VIC card

5.3 oz. **Chobani Greek Yogurt Multipack**

**2 for \$8**

save big on 2 with your VIC card

**LOW PRICE**

7 oz. **Chobani Drinks Multipack**

**5.99**

save big with your VIC card

24 - 42 oz. **Chobani Creamer** or **La Colombe Cold Brew**

**2 for \$8**

save big 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: eBay, Domino's, ULTA Beauty, Lowe's, Fanatics, GIFT CARD REDEMPTION, DEBIT VISA

VALID EVERY DAY 9/18-10/1

\*Restrictions apply. See Associate for details. Subject to availability. 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.





**HT**  
**Traders**<sup>TM</sup>  
DISCOVER • INSPIRE • ENJOY

# READY MADE MEALS AND SIDES

Delicious meals & sides  
curated for you,  
to make dinner easier.

[LEARN MORE](#)

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

every aisle. every day.

**PRICED  
 LOW**

on essentials



Look for **BOGOS** throughout the store!

**Value Pack**  
 VIC



**Value Pack**  
 VIC



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

Heritage Farm  
**Chicken  
 Thighs**

**1.79**  
 per lb.

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

Farmers Market  
**Bunch  
 Hot House  
 Tomatoes**

**1.49**  
 per lb.

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

6 ct. Tray  
 Farmers Market  
**Mini Seedless  
 Cucumbers**

**2 \$5**  
 for



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

Gallon  
 Harris Teeter  
**Orange Juice**

**7.49** each



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

19.2 oz.  
 Tennessee Pride  
**Breakfast Biscuits**

**6.29** each



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

12 ct.  
 Harris Teeter  
**Mandarin Fruit Cups**

**7.99** each



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

80 ct. 9 oz.  
 Smart Way  
**Translucent Cups**

**3.79** each



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

14.4 oz.  
 Smart Way  
**Graham Crackers**

**1.99** each



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

16 oz.  
 Smart Way  
**Peanut Butter**

**1.89** each

Prices valid September 18 through September 24, 2024.

PO1 PO1 PO1 PO1

Look for Hundreds of BOGOS throughout the store!

# wine & beer

\*not available at all stores

Drink Responsibly - Must be 21 to Purchase

# harris teeter fine wines club

EVERYDAY! 10% OFF HALF case wine  
SEE STORE FOR DETAILS

Join our fine wines club and get discounts, learn about recipe pairings and find out about events at our stores.



750 ml. **Bread & Butter** Chardonnay  
or 6 pk. **Loverboy** Sparkling Hard Tea  
or 8 pk. **Crooks**

**14.99** each



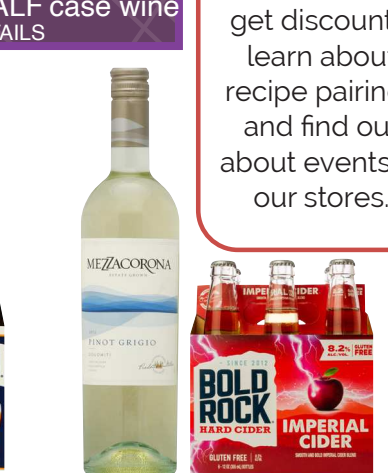
750 ml. **Bar Dog** Pinot Noir  
or 6 pk. **Victory**

**11.99** each



750 ml. **Casillero Del Diablo** Cabernet  
or 6 pk. **Blue Moon**

**8.99** each



750 ml. **MezzaCorona** Pinot Grigio  
or 6 pk. **Bold Rock Imperial**

**11.99** each



1.5 ltr. **Frontera** Cabernet/Merlot  
or 750 ml. **Line 39** Cabernet

**8.99** each



750 ml. **Nobilo** Sauvignon Blanc  
or **Bonterra** Cabernet

**11.99** each



750 ml. **Ferrari-Carano** Fume Blanc or **Z Alexander Brown** Cabernet

**13.99** each



750 ml. **Louis Martini** Sonoma Cabernet  
or **Evolution** Pinot Noir

**18.99** each



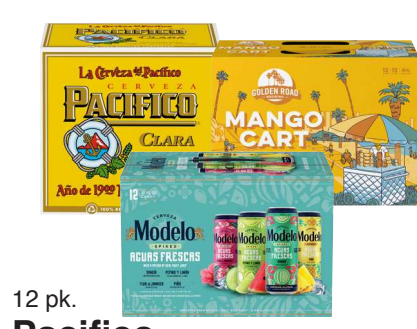
12 pk. **Simply Spiked**, **Lone River** or **Guinness**

**16.99** each



15 pk. **Founders** or 12 pk. **Goose Island** or 12 pk. Aluminum btl. **Michelob Ultra**

**17.99** each



12 pk. **Pacifico**, **Mango Cart** or **Modelo Aguas Frescas**

**16.99** each



6 pk. **Athletic**, **Shiner** or **White Claw**

**9.99** each



66 - 160 ct. **Harris Teeter Facial Tissues**

**5 \$5** for

save big on 5 with your VIC card

VIC SAVINGS

1 lb. **Farmers Market Whole Carrots**

**.99**

save big with your VIC card

VIC SAVINGS

12 oz. **Harris Teeter Evaporated Milk** or 15 oz. **Bread Crumbs**

**2 \$3** for

save big on 2 with your VIC card

VIC SAVINGS

5.3 oz. **Harris Teeter Greek Yogurt**

**10 \$7** for

save big on 10 with your VIC card

VIC SAVINGS

10 - 12.5 oz. **Harris Teeter Canned White Chicken**

**2 \$6** for

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

VIC SAVINGS

20.5 - 22.9 oz. **Harris Teeter Thin Crust Pizza** or 23.8 oz. **Pizza Snacks**

**2 \$8** for

save big on 2 with your VIC card

VIC SAVINGS

64 oz. **Harris Teeter 100% Cranberry Juice**

**2 \$7** for

save at least 98¢ on 2 with your VIC card

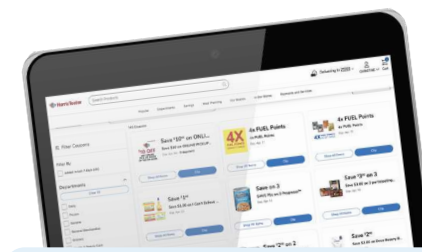
VIC SAVINGS

30 oz. **Harris Teeter Popcorn Kernels**

**2 \$4** for

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

VIC SAVINGS



**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

6 ct. **LäraBar**

save **\$1.00** each

When You Buy ONE (1)

9/1/2024 - 9/30/2024

32 oz. **Crest Mouthwash**

save **\$3.00** each

When You Buy ONE (1)

9/1/2024 - 9/28/2024

12 ct. **ZzzQuil Sleep Aid**

save **\$1.00** each

When You Buy ONE (1)

9/1/2024 - 9/28/2024

# Celebrate Hispanic Heritage



12.31 - 12.97 oz.  
**Tapatio Marinades**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

2 - 4 lb.  
**El Sembrador Yuca or Plantain**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

12.5 oz.  
**Jarritos Sodas**

**4 for \$5**

save big on 4 with your VIC card

8.8 oz.  
**Harris Teeter 90 Second Rice**  
or 16 oz. **Dry Pinto Beans**

**2 for \$3**

save big on 2 with your VIC card

4 oz.  
**Hatch Diced Green Chiles**

**1.79**

save big with your VIC card

1 oz.  
**La Preferida Seasonings**

**2 for \$4**

save big on 2 with your VIC card

4.9 oz.  
**Ortega Taco Shells**

**2 for \$4**

save big on 2 with your VIC card

16 oz.  
**Siete Refried Beans**  
or 1.31 oz.  
**Taco Seasoning**

**2 for \$5**

save big on 2 with your VIC card

5.5 oz.  
**Siete Kettle Chips**

**2 for \$8**

save big on 2 with your VIC card

11 - 13 oz.  
**Farmers Market Mexican Style Street Corn or Tajin Pineapple Pico de Gallo**

**4.49**

save big with your VIC card

32 oz.  
**El Monterey Burritos**

**4.99**

save big with your VIC card

15 oz.  
**Siete Green or Red Enchilada Sauce**

**5.99**

save big with your VIC card

**Best. Fall. Ever!**  
at Harris Teeter

**Fall flavors, breakfast & beyond**

**Stonyfield ORGANIC** **siggis**

**eVIC e-VIC members only**

5.3 oz.  
**Siggis Skyr Yogurt**

**.97**

save at least \$2.24 over our already low VIC price when you buy 8

non e-vic member price **8/\$10**

weekly limit **8**

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

5.3 oz.  
**Siggis Plant-Based Coconut Blend**

**3 for \$5**

save at least 32¢ on 3 with your VIC card

4.5 oz.  
**Siggis Single Serve Pouches**

**4 for \$5**

save at least 54¢ on 4 with your VIC card

8 oz.  
**Siggis Drinks**

**3 for \$5**

save at least 33¢ on 3 with your VIC card

24 oz.  
**Siggis Skyr Yogurt**

**2 for \$10**

save at least \$1.79 on 2 with your VIC card

4 pk.  
**Siggis Cups**

**2 for \$10**

save at least \$1.49 on 2 with your VIC card

4 pk.  
**Siggis Pouches**

**2 for \$10**

save at least \$1.49 on 2 with your VIC card

24 oz.  
**Siggis Plant-Based Coconut Blend**

**6.49**

save at least 90¢ each with your VIC card

30 - 32 oz.  
**Stonyfield Organic Greek Yogurt**

**6.99**

save at least \$1.00 each with your VIC card

24 oz.  
**Stonyfield Grassfed Greek Yogurt**

**7.99**

save at least 50¢ each with your VIC card

4 pk.  
**Stonyfield Smoothies**

**4.99**

save at least \$1.00 each with your VIC card

32 oz.  
**Stonyfield Tubs**  
or 6 pk. **Cups**

**2 for \$9**

save at least 49¢ on 2 with your VIC card

8 pk.  
**Stonyfield Tubes**

**2 for \$8**

save at least 99¢ on 2 with your VIC card

16 oz.  
**Stonyfield Yo Baby Tubs**

**2 for \$5**

save at least 49¢ on 2 with your VIC card

12 pk.  
**Stonyfield Smoothies**  
or 16 pk. **Tubes**

**6.49**

save at least 50¢ each with your VIC card

**Friday, Sept. 20**

**4X FRIDAYS**

**Harris Teeter FUEL POINTS**

on all qualifying items

download the digital coupon available to clip September 18 - 20 ONLY

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

redeem at Harris Teeter Fuel, Amoco

Offer valid Friday, September 20, 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

# Live Naturally

# BIG Savings on Produce

8 oz. Farmers Market **Whole Cremini or Sliced Baby Bella Mushrooms**

1 lb. Bag Farmers Market **Baby Cut Carrots**

Farmers Market **Hot House Cucumbers**

Farmers Market **Orange, Yellow or Red Bell Peppers**

**Your Choice!**

**3 for \$5**

save big on 3 with your VIC card

1 lb. Bag **Simple Truth Organic Baby Carrots**

**2 for \$4**

save big on 2 with your VIC card

8 oz. Farmers Market **Shredded Iceberg Lettuce**

**2 for \$5**

save big on 2 with your VIC card

15.2 oz. **Naked Juice**

**BUY 2 GET 2 FREE**

save big on 4 with your VIC card

2 - 2.5 oz. Select Varieties **McCormick Gourmet Spices**

**25% off**

save big with your VIC card

15 oz. **Simple Truth Organic Pumpkin**

**2 for \$5**

save at least 98c on 2 with your VIC card

2 Big Roll **Simple Truth Paper Towels**

**2.79**

save big with your VIC card

4 Double Roll **Simple Truth Bath Tissue**

**2 for \$5**

save big on 2 with your VIC card

64 oz. **Simple Truth Organic Milk**

**3.99**

save big with your VIC card

12 ct. **Eggland's Best Organic Pasture Raised Eggs**

**5.49**

save big with your VIC card

3 lb. bag Farmers Market **Honeycrisp** or 2 lb. bag **Cosmic Crisp Apples**

**4.99** each

save big with your VIC card

Farmers Market **Tree Ripe Peaches**

**2.99** per lb.

save big per lb. with your VIC card

Farmers Market **Jumbo Cantaloupes**

**3.99** each

save big with your VIC card

Farmers Market **Bartlett, Bosc, Red, Comice or Seckel Pears**

**2.49** per lb.

save big per lb. with your VIC card

Farmers Market **Bean Dip**

**5.99** per lb.

save big per lb. with your VIC card

Farmers Market **Navel Oranges**

**4.99** each

save big with your VIC card

Farmers Market **Green Asparagus**

**3.99** per lb.

save big per lb. with your VIC card

3 lb. Bag Farmers Market **floral**

not available in all stores

In Organza Wrap **10 Stem Rose Bouquet**

**6.99** each

save at least \$6.00 each with your VIC card

6 inch **Chrysanthemum**

**9.99** each

save at least \$2.00 each with your VIC card

every aisle. every day.

**PRICED LOW**

on items you use the most

4 ct. Tray Farmers Market **Sweet Corn** **2.99** each

5 oz. Farmers Market **Spring Mix** **1.99** each

3 lb. Bag Farmers Market **Yellow Onions** **1.99** each

3 lb. Bag Farmers Market **Russet Potatoes** **1.99** each

## big savings from our fresh foods market

12 ct. Fresh Foods Market **Fresh Baked Cookies**

**2 for \$8**

save at least \$4.98 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 **Half Cakes**

**9.99** each

save at least \$3.00 each with your VIC card

Fresh Foods Market **Whole Subs**

**6.99** each

save big with your VIC card

Select **Stonefire Flatbreads or Naan**

**2 for \$6**

save big on 2 with your VIC card

Fresh Foods Market **Rotisserie Chicken**

**6.99** each

save big with your VIC card

- ways to -  
**SAVE**

my  Harris Teeter



 **HT Plus**

Look for quality and value *right here!*



You know that shopping at Harris Teeter with your VIC card saves you money. Did you also know that there are many more **Ways To Save at Harris Teeter**? There are three **EASY** ways you can find great savings on quality products that we have in our stores and save more on fuel.



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

**SAVE  
\$100's**

every month  
when you **join**

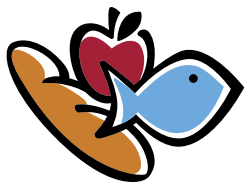
JOIN eVIC today to receive:

- Personalized Offers every Wednesday and Friday
- Exclusive Item of the Week Savings
- Access to Hundreds of Digital Coupons
- Current Sweepstakes

  
plus... EXCLUSIVE SAVINGS

Download savings  
directly to your VIC card.

**JOIN FREE TODAY**



**Harris Teeter**  
YOUR NEIGHBORHOOD MARKET

**WEEKLY SPECIALS\***

PRICES VALID THROUGH 9.24.24

\* Supplies are limited



6 oz.  
Daisy  
Cottage Cheese with Fruit

8 oz.  
Daisy  
Sour Cream

14 - 16 oz.  
Daisy  
Sour Cream  
or 16 oz.  
Cottage Cheese

**4 \$5**  
for

**2 \$3**  
for

**2 \$5**  
for

save at least 54¢ on 4 with your VIC card



save at least 49¢ on 2 with your VIC card



save at least 49¢ on 2 with your VIC card



16 oz.  
Daisy  
Sour Cream Dips

24 oz.  
Daisy  
Sour Cream  
or Cottage Cheese

48 oz.  
Daisy  
Sour Cream

**2 \$6**  
for

**3.99**

**6.29**

save at least 49¢ on 2 with your VIC card



save at least 20¢ each with your VIC card



save at least 70¢ each with your VIC card



**SHOPPER MARKETING**



Prep for fall and shop smarter with your VIC Card.



-ways to-  
**SAVE**  
my Harris Teeter



34 oz.  
**Tide Liquid Laundry Detergent**

**5.49**

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



12 - 16 ct.  
**Tide PODS Laundry Detergent**

**5.49**

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



46 oz.  
**Gain Liquid Laundry Detergent**

**5.49**

save at least \$2.20 each with your VIC card **VIC SAVINGS**



1.75 oz.  
**Febreze Plug Dual Refill**

**9.99**

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



23.6 oz.  
**Febreze Fabric Refresher**

**5.49**

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



14.6 - 18 oz.  
**Dawn Liquid Dish Soap**

**2.99**

save at least 50¢ each with your VIC card **VIC SAVINGS**



11 - 18 ct.  
**Cascade Action Pacs**

**5.49**

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



24 oz. / 48 ct.  
**Vick's DayQuil / NyQuil Severe Combo Packs**

**21.99**

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



1 ct.  
**Gillette ProGlide or Venus Razors**

**15.99**

save at least \$4.00 each with your VIC card **VIC SAVINGS**



10.9 - 12.5 oz.  
**Head & Shoulders Shampoo, Conditioner or 2-in-1**

**5.99**

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



6.6 oz.  
**Crest 3D White Advanced Toothpaste Value Packs**

**9.99**

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



6 oz.  
**Olay Complete or Active Hydrating Facial Moisturizer**

**11.99**

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



18 oz.  
**Old Spice Hair & Body Wash**

**5.99**

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

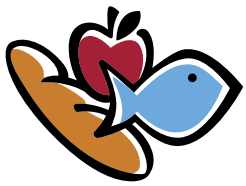


52 - 88 ct.  
**Luvs Big Pack Diapers**

**23.49**

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





**Harris Teeter**  
YOUR NEIGHBORHOOD MARKET

**WEEKLY SPECIALS\***

PRICES VALID THROUGH 9.24.24

\* Supplies are limited



**Dip into game day!**



12 oz.  
**Frank's RedHot Sauce**

**2 \$8**  
for

save at least 99¢ each with your VIC card



8 oz.  
**Cabot Chunk Cheese**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card



10 oz.  
**Bumble Bee Premium Chicken Breast**

**2 \$7**  
for

save at least 99¢ on 2 with your VIC card



13 oz.  
**Litehouse Blue Cheese or Ranch Dressing**

**3.99**

save big with your VIC card



9 oz.  
**Simple Truth Organic Tortilla Chips**

**2 \$4**  
for

save at least 79¢ on 2 with your VIC card



8 oz.  
**Dandy Celery Sticks**

**2 \$7**  
for

save big on 2 with your VIC card



16 oz.  
**Grimmway Fresh Carrot Chips**

**2 \$4**  
for

save big on 2 with your VIC card

