

WED	THU	FRI	SAT	SUN	MON	TUE
9	10	11	12	13	14	15

Harris Teeter

YOUR NEIGHBORHOOD MARKET

Weekly Specials*



Whole Beef Tenderloin



3 lb. Bag Farmers Market Mandarins or Minneola Tangelos or 1 lb bag Lemons

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

13.99 per lb.
save at least \$8.00 per lb. with your VIC card



80% Lean Ground Chuck

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



2 lb. Bag Fishermans Market Farm Raised 21 - 30 ct. EZ Peel White Shrimp

BUY 1 GET 2 FREE
save big on 3 with your VIC card

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



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



Boar's Head Cracked Pepper Mill Turkey Breast

9.99 per lb.
save big per lb. with your VIC card



4 ct. Tray Farmers Market Sweet Corn or 5 lb. Bag Yukon Gold Potatoes

2.99 each
save big with your VIC card



Farmers Market Large Carving Pumpkins

2 \$12
for
save big on 2 with your VIC card

20% Off Case Wine Sale

Offers valid Thursday, October 10 - Sunday, October 13, 2024

All Wines · Mix or Match · Any Combination of 12 - 750 ml. or 6 - 1.5 ltr. bottles



12 pk. 12 oz. Cans Coca-Cola Products

BUY 2 GET 3 FREE
limit 10
must buy 2 items to get 3 free with your VIC card



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

BUY 2 GET 3 FREE
limit 10
must buy 2 items to get 3 free with your VIC card



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

BUY 2 GET 3 FREE
limit 10
must buy 2 items to get 3 free with your VIC card



8 oz. Kraft Shredded Cheese

BUY 2 GET 3 FREE
limit 10
must buy 2 items to get 3 free with your VIC card



10.5 oz. Peet's Bag Coffee 7.99 save big with your VIC card
10 ct. Peet's K-Cup Coffee

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



48 oz. Turkey Hill Ice Cream or 16 oz. Ben & Jerry's or Halo Top

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



5.2 - 5.5 oz. Pringles or 5.75 - 12.4 oz. Cheez-It, Snap'd or Puff'd

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



8 pk. Nature's Own Butter Buns or Butterbread

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



3.2 - 4.3 oz. Oscar Mayer Lunchables or 7.5 - 9 oz. Lunchmeat

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



14 - 15 oz. Ball Park Franks

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



12 pk. Sam Adams, Sierra Nevada, Blue Moon, New Belgium or Kona

15.99 each
Drink Responsibly - Must be 21 to Purchase



750 ml. Josh Cellars, Kendall-Jackson, or Tribute

11.99 -20% 9.59 each
Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, OCTOBER 10 - 13, 2024.
Drink Responsibly - Must be 21 to Purchase

Friday, October 11

redeem at

4X FUEL POINTS

FRIDAYS

on all qualifying items

SAVE UP TO \$1.00 PER GALLON*

Offer valid Friday, October 11, 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 1-10D 1-10D 1-10D 1-10D

Prices good through October 15, 2024

WED	THU	FRI	SAT	SUN	MON	TUE
9	10	11	12	13	14	15

Beverage & Snacks Sale



limit 10

6 pk. 16.9 oz.
Pepsi Products

*Pkg. may vary by location

BUY 2 GET 3 FREE

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



3.5 - 15.25 oz.
Nabisco Ritz, Toasted Chips or Snack Crackers.



BUY 2 GET 2 FREE

when you buy 4
• or Regular Price each



YOU MUST BUY 2 TO GET 2 FREE

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



15.99 each

Drink Responsibly - Must be 21 to Purchase



6 - 12 oz.
Stouffer's or Lean Cuisine

3 for \$9

save big on 3 with your VIC card



14.54 - 29.04 oz.
Red Baron or Freschetta Pizza

4.99 each

save big with your VIC card



eVIC e-VIC members only

weekly limit 4

8.4 - 12.1 oz.
Quaker Instant Oatmeal



2.27

save at least \$2.92 over our already low VIC price when you buy 4

2/\$6

non e-vic member price



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

eVIC e-VIC members only

weekly limit 4

6 Double Plus Rolls
Bounty Paper Towels
or 12 Mega Roll
Charmin Bath Tissue



14.97

save at least \$8.08 over our already low VIC price when you buy 4

16.99

non e-vic member price



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

BGA1 BGA1 BGA1 BGA1

National **SEAFOOD** Month



12 oz. Bag
Fishermans Market
41 - 50 ct.
**Cooked
Tail-Off Shrimp**

BUY 1 GET 1

FREE

each item rings at half price with your VIC card



Farm Raised
Coho Salmon
Frozen Whole Sides

7.99 per lb.

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



Wild Caught
Patagonian Bay Scallops

9.99 per lb.

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



Wild Caught
Snapper Fillets

10.99 per lb.

save at least \$3.00 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



HARRIS TEETER RESERVE
ANGUS BEEF

Whole
Beef Tenderloin

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

VIC SAVINGS



HARRIS TEETER RESERVE
ANGUS BEEF

Cubed Steak
Or Stew Meat

4.99 per lb.
save big per lb. with your VIC card

VIC SAVINGS

Value
Pack



Perdue
Boneless
Chicken Breast

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

VIC SAVINGS



16 oz.
Niman
Ground Pork

2 \$10
for
save big on 2 with your VIC card

VIC SAVINGS



16 oz.
Farm to Family
Butterball
Ground Turkey

4.99 each
save at least \$1.00 each with your VIC card

VIC SAVINGS



96% Lean
Ground Beef

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

VIC SAVINGS



12 - 16 oz.
Hormel
Black Label Bacon

5.99 each
save at least \$3.00 each with your VIC card

VIC SAVINGS



9 oz., 15 oz. or 21 oz.
Steak-umm
Sliced Steaks

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



14 - 16 oz.
Prime Fresh
Lunchmeat

BUY 1 GET 1 FREE

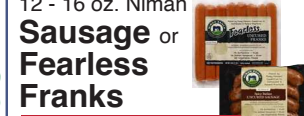
each item rings at half price with your VIC card



11 oz.
Al Fresco
Chicken Sausage

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



12 - 16 oz. Niman
Sausage or
Fearless Franks

BUY 1 GET 1 FREE

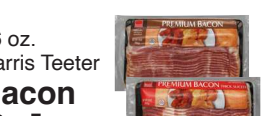
each item rings at half price with your VIC card



22 - 29 oz.
Perdue
Simply Smart

8.99 each
save at least \$3.00 each with your VIC card

VIC SAVINGS



16 oz.
Harris Teeter
Bacon

2 \$9
for
save big on 2 with your VIC card

VIC SAVINGS



20 - 24 oz.
Bob Evans
Sides

2 \$8
for
save big on 2 with your VIC card

VIC SAVINGS



12 oz. Mission
Carb Balance
Tortillas

4.99 each
save at least \$1.50 each with your VIC card

VIC SAVINGS

Fresh Seafood from Your Local and Regional Neighbors



21 - 30 ct. Fresh Wild Caught
East Coast Shrimp

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

VIC SAVINGS



Crab Florentine Stuffed
Salmon
Fillets

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

VIC SAVINGS



3 oz.
Charleston Style
Crab Cakes

2 for \$7
save at least \$3.00 on 2 with your VIC card

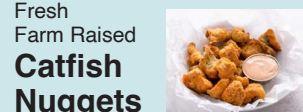
VIC SAVINGS



2 lb. bag Fresh Wild Caught
Maine Blue
Mussels

4.99 each
save at least \$1.00 each with your VIC card

VIC SAVINGS



Farm Raised
Catfish
Nuggets

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

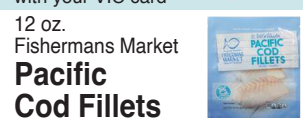
VIC SAVINGS



12 oz.
Fishermans Market
Sockeye
Salmon Fillets

12.99 each
save at least \$2.00 each with your VIC card

VIC SAVINGS



12 oz.
Fishermans Market
Pacific
Cod Fillets

11.99 each
save at least \$3.00 each with your VIC card

VIC SAVINGS



Wild Caught
Cod Fillets

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

VIC SAVINGS



Wild Caught 20 - 40 ct.
Peeled & Deveined
Argentine
Shrimp

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

VIC SAVINGS



Wild Caught
Jumbo
Snow Crab Clusters

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

VIC SAVINGS

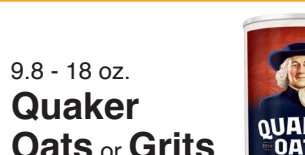


Wild Caught
Alaska Sockeye
Salmon Fillets

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

VIC SAVINGS

from our grocery department



9.8 - 18 oz.
Quaker
Oats or Grits

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



6.5 - 7.1 oz.
Nature Valley
Protein or Crispy
Wafer Bars

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



1.5 - 2.1 oz. Cups
Quaker Oatmeal,
Pearl Milling or
Cap'n Crunch

4 \$5
for

save big on 4 with your VIC card



15 - 16.3 oz. Skippy
Peanut Butter
or 20 oz. Squeeze
Welch's Jelly

2 \$5
for

save big on 2 with your VIC card



1 ct.
Hershey's
Singles

5 \$5
for

save big on 5 with your VIC card



20.5 - 22.3 oz.
Quaker Life
or Cap'n Crunch

2 \$10
for

save big on 2 with your VIC card



17 - 24 oz.
Pepperidge Farm
Farmhouse
Rolls or 24 oz. Bread

3.99

save at least \$1.00 each with your VIC card



7 - 8 oz.
Zatarain's
One Pot Rice

2 \$4
for

save big on 2 with your VIC card



8.9 - 13 oz.
General Mills
Lucky Charms,
Reese's Puffs
or Cheerios

2 \$6
for

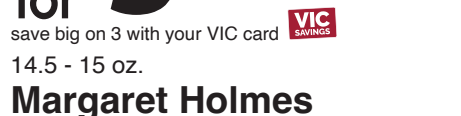
save big on 2 with your VIC card



28 oz.
Tuttorosso
Tomatoes

3 \$5
for

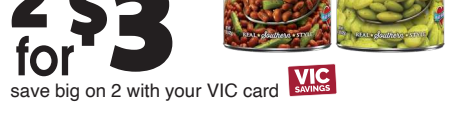
save big on 3 with your VIC card



14.5 - 15 oz.
Margaret Holmes
Specialty
Vegetables

2 \$3
for

save big on 2 with your VIC card



4 ct. Cups
Idahoan
Mashed
Potatoes

4.49

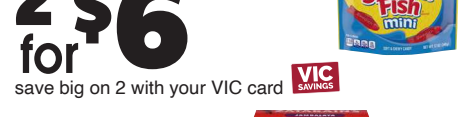
save big with your VIC card



12 oz.
Bumble Bee
Solid White
Albacore Tuna

4.69

save big with your VIC card



16.9 oz.
Harris Teeter
Light, Extra Virgin
or Classic Olive Oil

6.99

save big with your VIC card



12.1 - 14 oz.
Barilla
Al Bronzo
Pasta

2 \$4
for

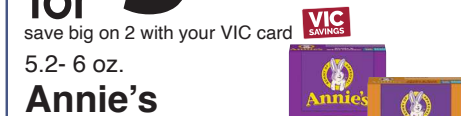
save big on 2 with your VIC card



5.5 - 7.6 oz.
Hamburger
Helper

2 \$3
for

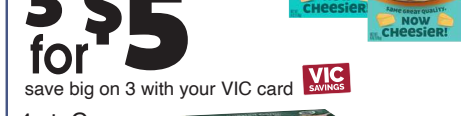
save big on 2 with your VIC card



5.2 - 6 oz.
Annie's
Mac & Cheese
Dinners

3 \$5
for

save big on 3 with your VIC card



38 - 48 ct. Finish
Ultimate
or Quantum
Dish Tabs

14.99

save big with your VIC card



138 - 140 oz. Liquid
Arm & Hammer
Laundry
Detergent

11.99

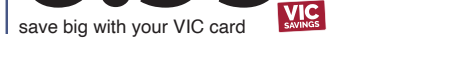
save big with your VIC card



24 Mega Roll
Angel Soft
Bath Tissue

16.99

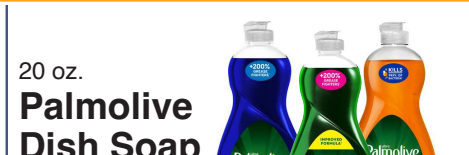
save big with your VIC card



5 lb.
Supreme Source
Super-Premium
Dog Food

9.99

save big with your VIC card



20 oz.
Palmolive
Dish Soap

2 \$5
for

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



6 Double Roll
Sparkle
Paper Towels

6.99

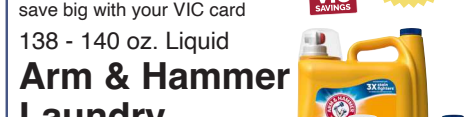
save big with your VIC card



38 - 48 ct. Finish
Ultimate
or Quantum
Dish Tabs

14.99

save big with your VIC card



138 - 140 oz. Liquid
Arm & Hammer
Laundry
Detergent

11.99

save big with your VIC card



24 Mega Roll
Angel Soft
Bath Tissue

16.99

save big with your VIC card



5 lb.
Supreme Source
Super-Premium
Dog Food

9.99

save big with your VIC card

beverages

17 oz. **Sparkling ICE Water**
or 28 oz.
Powerade Sports Drink

5 \$5
for

save at least \$1.95 on 5 with your VIC card

6 pk. 16.9 oz.
Snapple Iced Tea

5.99
for

save big with your VIC card

1.25 ltr.
Coca-Cola Products

3 \$5
for

save at least 99¢ on 3 with your VIC card

16 oz.
Monster Energy Drink

2 \$4
for

when you buy 2 or Regular Price each

YOU MUST BUY 2 TO RECEIVE THIS PRICE.

500 ml.
VitaCoco Coconut Water

2 \$5
for

save at least \$1.38 on 2 with your VIC card

59 oz.
Gold Peak Tea

3 \$8
for

save at least \$3.96 on 3 with your VIC card

6 pk. .5 ltr.
Canada Dry or 7-UP

2 \$7
for

save big on 2 with your VIC card

24 pk. .5 ltr.
Harris Teeter Purified Drinking Water

2 \$7
for

save at least 49¢ on 2 with your VIC card

33.8 oz.
Diamond Creek Alkaline Water

2 \$3
for

save at least 98¢ on 2 with your VIC card

12 pk. 12 oz.
Waterloo Sparkling Water

5.49
for

save at least 70¢ each with your VIC card

snacks

9.5 - 13 oz.
Nabisco Chips Ahoy!

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

4.25 - 13.8 oz.
Town House, Toasteds or Carr's

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

7 - 8.75 oz.
Chex Mix, Gardettos or Bugles

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

3 ct.
Orville Redenbacher's Popcorn

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

16 oz.
Planters Peanuts

2 \$5
for

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

6.25 - 10 oz.
Pepperidge Farm Family Size Goldfish or Crisps

2 \$7
for

save at least \$2.58 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

15.5 oz.
Tostitos or Lay's Dips

2 \$8
for

save at least \$2.18 on 2 with your VIC card

2.2 oz.
Tillamook Beef Jerky

3.99
for

save at least \$2.80 each with your VIC card

16 oz.
Blue Diamond Almonds

5.99
for

save at least \$4.00 each with your VIC card

health & beauty

25 - 30 ct.
Hall's Cough Drops

2 \$4.50
for

save at least 88¢ on 2 with your VIC card

Select 160 - 200 ct.
Advil Pain Relievers

17.99
for

save at least \$3.00 each with your VIC card

1.75 oz.
Aquaphor Ointment

5.99
for

save at least \$1.50 each with your VIC card

4 pk.
OWYN Protein Shakes

6.99
for

save at least \$3.00 each with your VIC card

8 ct. AA/AAA
Energizer Max Batteries

40% off

save big with your VIC card

Pumpkin Carving Kits

8.99
for

save big with your VIC card

dairy and frozen

4 pk.
Clio Greek Yogurt Bars

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

9 - 12 oz.
Harris Teeter Snack Cheese

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

8 oz.
Breakstone's Sour Cream

5 \$5
for

save big on 5 with your VIC card

8 oz. Brick
Harris Teeter Cream Cheese

3 \$5
for

save at least \$1.86 on 3 with your VIC card

10.7 - 12 oz.
Kraft Singles

2 \$6
for

save big on 2 with your VIC card

8 oz. Soft
Philadelphia Cream Cheese

2 \$7
for

save big on 2 with your VIC card

48 oz.
Califia Farms Almondmilk

2 \$7
for

save big on 2 with your VIC card

12 ct.
Simple Truth Organic Large Brown Eggs

3.99
for

save at least \$1.00 each with your VIC card

4 pk.
Chobani Flip, Zero Sugar, Less Sugar or Greek Yogurt

2 \$8
for

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

12.84 - 16 oz.
Mrs. T's Pierogies

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

20 - 28 oz.
Pictsweet Vegetables

BUY 2 GET 3 FREE

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

4 ct.
Enlightened Bars or 8 oz. Fruit Riot Sour Grapes

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

10 - 10.8 oz.
Birds Eye Steamfresh Vegetables

4 \$5
for

save big on 4 with your VIC card

9 - 14 oz.
Healthy Choice Powerbowls or Max Powerbowls

2 \$7
for

save big on 2 with your VIC card

14 oz.
Häagen-Dazs Ice Cream

2 \$7
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

6.3 - 11.4 oz.
Gorton's Fish

2 \$8
for

save big on 2 with your VIC card

24 oz.
Just Bare Chicken

8.99
for

save big with your VIC card

* Supplies are limited

GAME ON savings

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

5.25 - 8.5 oz.
Simply
or 9.25 - 10 oz. **Fritos**

3.47

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

non e-vic member price **2/\$9**

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

6.5 - 10.1 oz.
Kettle, Air-Fried, Late July or Craving Tortillas

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

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

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

12.76 - 21.71 oz.
Bellatoria Pizza

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

18 oz.
Harris Teeter Grilling Sausage

2 \$8 for

save big on 2 with your VIC card

15 oz.
Luck's Beans

5 \$5 for

save big on 5 with your VIC card

12 pk. 12 oz.
Harris Teeter Soda

3.99

save at least \$2.00 each with your VIC card

6 oz.
HT Traders Popcorn

2 \$5 for

save big on 2 with your VIC card

12 oz.
Harris Teeter Flavored Mustard

4 \$5 for

save big on 4 with your VIC card

30 oz.
Duke's Mayonnaise

4.49

save big with your VIC card

18 oz.
Stubb's Bar-B-Q Sauce

4.49

save big with your VIC card

16 - 24 oz.
Vlasic Pickles or 16 oz. Wishbone Salad Dressing

2 \$5 for

save big on 2 with your VIC card

52 oz.
Simply Orange Juice

2 \$7 for

save big on 2 with your VIC card

16 oz.
HT Traders Salsa

3.99

save at least \$1.00 each with your VIC card

25 - 32 oz.
Tyson Fun Nuggets or 10 pk. SuperPretzel

5.99

save big with your VIC card

40 - 50 ct. 10 inch
Harris Teeter Everyday or Ultra Plates

5.49

save at least \$1.20 each with your VIC card

40 ct. 9 oz.
Harris Teeter Occasions Clear Plastic Cups

3.99

save at least \$1.00 each with your VIC card

Harris Teeter **GAME ON savings** **Harris Teeter, The Official Grocery Store of Carolina Panthers**

2 Ltr.
Coca-Cola Products

BUY 2 GET 1 FREE

save big on 3 with your VIC card

1.25 oz.
McCormick Chili Seasoning Mix

4 \$5 for

save at least 74¢ on 4 with your VIC card

4.6 - 7.4 oz.
Old El Paso Taco Shells

2 \$4 for

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

Buy 1 Gatorade Bottle, Get **50% off** Enhancer Powders with your VIC card

28 oz.
Saucy Spoon Baked Beans

2 \$4 for

save at least 99¢ on 2 with your VIC card

6 pk. 12 oz.
Fanta or Minute Maid

2 \$8 for

save at least 99¢ on 2 with your VIC card

16 oz.
Blue Diamond Almonds

5.99

save at least \$4.00 each with your VIC card

30 oz.
Gatorade GX Squeeze Bottles

19.99

save big with your VIC card

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

Offer good through 10/31/24

plus... earn **50** fuel points

Harris Teeter Pharmacy

SCAN TO SCHEDULE AN APPOINTMENT

CARE meets CONVENIENCE

Restrictions apply. Ask pharmacist for details.

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)

* Supplies are limited

Long term Savings



Keeping prices LOWER, LONGER, on 1,000s of items you buy every day.

ways to SAVE my Harris Teeter

Gallon
Turkey Hill
Lemonade
or Sweet Tea
2 \$6
for

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



750 ml. or 1 Ltr.
S. Pellegrino
Sparkling Water
1.99

save at least 80¢ each with your VIC card



Select
Private Selection
Pre-Sliced
Meats & Cheeses
2 \$10
for

save at least \$1.99 on 2 with your VIC card



18.4 - 20.08 oz.
Little Debbie
Big Pack Snacks
2 \$9
for

save at least 98¢ on 2 with your VIC card



per lb.
Perdue
Oven Stuffer
Whole Roaster
1.49

save at least 50¢ per lb. with your VIC card



22 oz.
McCain
Smiles Potatoes
3.99

save at least 70¢ each with your VIC card



6 pk.
Mott's
Applesauce Cups
2 \$5
for

save at least \$2.58 on 2 with your VIC card



7 - 8 oz.
Green Giant
Boxed Vegetables
2 \$3
for

save big on 2 with your VIC card



9.3 oz.
Harris Teeter
Hard-Cooked
Peeled Eggs
2 \$6
for

save at least 98¢ on 2 with your VIC card



7.4 oz.
Simple Truth
Organic
Homestyle Waffles
2 \$7
for

save big on 2 with your VIC card



8 oz.
Harris Teeter
Potato Chips
2 \$5
for

save big on 2 with your VIC card



10.3 oz.
Harris Teeter
Mixed Nuts
3.99

save at least \$1.00 each with your VIC card



6 pk.
Harris Teeter
Microwave Popcorn
2 \$5
for

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



3.7 - 4.12 oz.
Maxwell House
K-Cup Coffee
5.99

save at least \$5.00 each with your VIC card



14.4 oz.
Harris Teeter
Graham Crackers
2 \$6
for

save big on 2 with your VIC card



18 oz.
Harris Teeter
Granola Cereal
2.29

save big with your VIC card



1 - 2 oz.
Pioneer
Gravy
5 \$5
for

save big on 5 with your VIC card



Bakery Fresh
Glazed Apple Fritter
5.49

save at least 50¢ each with your VIC card



19 oz.
Sara Lee
Strawberry Cheesecake
5.99

save at least \$1.50 each with your VIC card



60 - 160 ct.
Harris Teeter
Facial Tissue
5 \$5
for

save big on 5 with your VIC card



80 ct.
Harris Teeter
9" Heavy Duty
Coated Paper Plates
or 500 ct. Everyday Napkins
4.99

save at least 50¢ each with your VIC card



28 - 48 ct.
Ziploc
Double Zip
Gallon Freezer
or Quart Storage Bags
6.99

save at least \$1.00 each with your VIC card



Fresh Foods Market
Cold or Hot
 Rack of Ribs
9.99

save at least \$3.00 each with your VIC card



3.5 oz.
HT Traders
Chocolate Bar
2.99

save at least 50¢ each with your VIC card



3 ct.
Farmers Market
Romaine Hearts
3.99

save big with your VIC card



32 oz.
Mahatma
White Rice
2.49

save at least \$1.00 each with your VIC card



15 oz.
Private Selection
Croissant Loaf
6.99

save at least \$3.00 each with your VIC card



Prices valid October 9 through October 15, 2024.

ways to - SAVE my Harris Teeter

wine & beer *not available at all stores

harris teeter
fine wines club

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

Drink Responsibly - Must be 21 to Purchase

20% Off Case Wine Sale

Offers valid Thursday, Oct. 10 - Sunday, Oct. 13, 2024

All Wines · Mix or Match · Any Combination of 12 - 750 ml. or 6 - 1.5 ltr. bottles

750 ml.
André Extra Dry
or 1.5 ltr.
Frontera
Cabernet / Merlot



8.99
-20%

7.19 each

Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, OCTOBER 10 - 13, 2024.

750 ml.
Chateau Soverain
Cabernet
or **Cook's**
Mango Mimosa



9.99
-20%

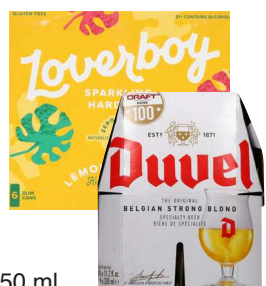
7.99 each

Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, OCTOBER 10 - 13, 2024.



750 ml.
Raw Bar Vinho Verde
or 6 pk.
Corona or **Modelo**

9.99 each



750 ml.
Pine Ridge
Chenin Blanc or
4 pk. **Duvel** or
6 pk. **Loverboy Sparkling**

14.99 each

750 ml.
Hess Select Cabernet,
La Crema
Monterey Chardonnay
or **Kim Crawford**
Sauvignon Blanc



14.99
-20%

11.99 each

Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, OCTOBER 10 - 13, 2024.

750 ml.
Meiomi
Pinot Noir
or **Juggernaut**
Cabernet



18.99
-20%

15.19 each

Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, OCTOBER 10 - 13, 2024.



1.5 ltr.
CK Mondavi
Cabernet
or 6 pk. **Victory**

11.99 each



3 ltr.
Black Box or **Bota Box**
or 12 pk. **Lone River**

17.99 each



12 pk.
Stone, **White Claw**
or **Twisted Tea**

15.99 each



12 pk.
Athletic
or 15 pk. **Oskar Blues**
or **Southern Tier**

16.99 each



6 pk.
Lagunitas, **Shiner**
or **Stella Artois**

9.99 each



12 pk.
Mango Cart,
Happy Thursday
or **Cayman Jack**

16.99 each

Long term Savings



Keeping prices
LOWER, LONGER,
on 1,000s of items
you buy every day.

16 oz. Pkg.
Harris Teeter
Boneless Pork Chops

\$5 each



16 oz. Pkg. **organic**
SMART Chicken
Boneless Drumsticks

\$5 each



Farmers Market
Bunch
Hot House Tomatoes

1.49 per lb.



Farmers Market
Fuji Apples

.99 per lb.



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



Farmers Market
Mangos

.99 each



6 ct. Tray
Farmers Market
Mini Seedless
Cucumbers

2 \$5
for



5 oz. Pkg.
Farmers Market
Spring Mix

1.99 each



10 oz. Tub
Farmers Market
Walnut Meats
or Pecan Pieces

4.99 each



Fall into classic comfort food

Campbell's

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

10.5 oz. Campbell's Condensed Soup

.97

save at least \$5.30 over our already low VIC price when you buy 10 VIC

non e-vic member price **2/\$3**

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

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

10.75 oz. Campbell's Chicken Noodle Soup or 14.5 oz. Swanson Broth

.87

save at least \$1.30 over our already low VIC price when you buy 10 VIC

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

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

eVIC e-VIC members only **weekly limit 8**

18.6 oz. Campbell's Chunky Soup

1.77

save at least \$5.84 over our already low VIC price when you buy 8 VIC

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**

32 oz. Swanson Broth

1.77

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

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 4**

24 oz. Prego Pasta Sauce

1.77

save at least \$4.92 over our already low VIC price when you buy 4 VIC

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

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

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

16 oz. Pace Salsa

1.77

save at least \$6.92 over our already low VIC price when you buy 4 VIC

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

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

16 oz. Campbell's Homestyle Soup

2 for \$4

save at least 79¢ on 2 with your VIC card

16 oz. Pace Queso

3.49

save at least \$1.00 each with your VIC card

15.5 oz. Late July Salsa

3.99

save at least \$1.00 each with your VIC card

32 oz. Pacific Organic Broth

2 for \$6

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

32 oz. Pacific Organic Soup

3.99

save at least \$1.50 each with your VIC card

16 oz. Pacific Organic Soup

2 for \$6

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

46 oz. V8 Red or Blends

2 for \$7

save at least \$1.19 on 2 with your VIC card

64 oz. V8 Splash

2 for \$4

save at least 99¢ on 2 with your VIC card

6 pk. / 8 pk. V8 Multipacks

4.99

save at least \$1.80 each with your VIC card

15.5 oz. SpaghettiOs

5 for \$5

save at least 25¢ on 5 with your VIC card



Tasty brands for fall

16 oz. Talenti Pints

3 for \$10

save big 3 with your VIC card

48 oz. Breyers Ice Cream

4.99

save at least \$2.00 each with your VIC card

6 ct. Klondike Bars

2 for \$7

save big 2 with your VIC card

18 ct. Popsicle

3.99

save at least \$2.50 each with your VIC card

11.5 oz. Hellmann's Mayonnaise

3.99

save big with your VIC card

12 oz. Sir Kensington's Avocado Oil Mayonnaise

\$2.00 off

save at least \$2.00 each with your VIC card

2.6 oz. Dove Deodorant

7.99

save big with your VIC card

28 oz. TRESemmé Shampoo or Conditioner

5.99

save at least \$2.40 each with your VIC card

Select TRESemmé Styling

4.99

save at least \$3.70 each with your VIC card

3.8 oz. Dove or Degree Dry Sprays

6.99

save at least \$5.00 each with your VIC card

20 oz. Dove Body Wash

6.99

save at least \$2.80 each with your VIC card

6 ct. Dove Bar Soap

7.99

save at least \$3.80 each with your VIC card

13.5 oz. Nexxus Shampoo or Conditioner

12.99

save big with your VIC card

NEW

READY MADE MEALS AND SIDES

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

* Supplies are limited

Live Naturally

2 lb bag
Simple Truth
Organic Gala Apples
or **Bartlett Pears**
4.99
save big with your VIC card

5 - 2.68 oz.
Select Varieties
Simple Truth
Organic Spices
25% off
save big with your VIC card

12 oz.
Simple Truth
Organic Frozen Vegetables
2 for \$5
save at least 29¢ on 2 with your VIC card

25 oz.
Simple Truth
Organic Pasta Sauce
2 for \$7
save at least \$1.58 on 2 with your VIC card

32 oz.
Tazo Tea Concentrate
2 for \$9
save big on 2 with your VIC card

32 oz.
Imagine Organic Soup
4.79
save big with your VIC card

20.5 oz.
Dave's Killer Bread Thin-Sliced
4.99
save at least \$1.00 each with your VIC card

BIG Savings on Produce



1 lb. Bag Farmers Market
Whole Carrots
or **Iceberg Head Lettuce**
.99
each

Farmers Market
Green Cabbage
or **Bulk Russet Potatoes**
.79
per lb.

Farmers Market
Gala Apples
2.49 per lb.
save big per lb. with your VIC card

Select
Fresh Express Salads
3.99 each
save big with your VIC card

Farmers Market
Bartlett or Red Pears
2.29 per lb.
save big per lb. with your VIC card

1 Gallon Mayer Brothers
Honey Crisp Apple Cider
6.99 each
save big with your VIC card

floral
not available in all stores
LA & Asiatic
Lily Bunches
7.99 each
save at least \$2.01 each with your VIC card

16 oz. Pkg.
French Green Beans
2 for \$7
save big on 2 with your VIC card

15.2 oz.
Naked Juice Smoothies
BUY 2 GET 2 FREE
save big on 4 with your VIC card

3 lb. Bag
Farmers Market
Sweet Onions
4.49 each
save big with your VIC card

Farmers Market
Sweet Tango Apples
or **SnapDragon Apples**
1.99 per lb.
save big per lb. with your VIC card

Boss's Day Bouquet
12.99 each
save at least \$3.00 each with your VIC card

big savings from our fresh foods market

4 ct.
Fresh Foods Market
Muffins
2 for \$8
save at least \$4.98 on 2 with your VIC card

Imported Aged
Parmigiano Reggiano Cheese
16.99 per lb.
save big per lb. 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

Fresh Foods Market
Bulk Donuts
2 for \$1
save at least \$1.98 on 2 with your VIC card

8 pc.
Fresh Foods Market
Double-Dipped Fried or Baked Chicken
6.99 each
Hot Or Cold
save big with your VIC card

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

17.5 oz.
Harris Teeter Chocolate Chip Cookie Mix
2.59 each

7 oz.
Banquet Pot Pies
.99 each

15 oz.
Harris Teeter Sloppy Joe Sauce
.99 each

13.3 oz.
Harris Teeter Instant Mashed Potatoes
2.39 each



Harris Teeter Pharmacy

FLU, COVID, & RSV VACCINES AVAILABLE NOW



SAVE \$1 PER GALLON
on Fuel with Harris Teeter Pharmacy*

Transfer prescriptions today.

Earn 1000 Fuel Points for each prescription filled

*There is no limit on the number of pharmacy transfer rewards that a VIC household can earn. Offer valid from 10/9/2024 through 10/15/2024. Due to government regulations, this offer is not available for supplies or services paid for in whole or in part by any government program, including Medicaid and Medicare. Offer not eligible for prescriptions transferred from or previously filled at another Harris Teeter Pharmacy. Some restrictions apply. See pharmacist for details. Fuel Points term and conditions apply. Visit harristeeter.com for complete details.

NEW to try!



**20g protein,
0g added sugar-**
everything you
need and nothing
you don't.



Take your menu
to the next level
with these new
McCormick Spices!

SHOP NOW



Save on hearty lunches & snacks



16 oz.
Planters Peanuts
2 \$5
 for

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



15 - 16.3 oz.
Skippy Peanut Butter
2.69

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



15.7 oz.
Herdez Salsa
2 \$7
 for

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



12 oz.
SPAM
3.69

save at least 70¢ each with your VIC card **VIC SAVINGS**



5 - 6 oz.
Hormel Pepperoni
4.49

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



8 oz.
Hormel Natural Choice Lunchmeat
4.99

save at least \$1.50 each with your VIC card **VIC SAVINGS**



15 oz.
Hormel No Beans Chili
2 \$5
 for

save at least 89¢ on 2 with your VIC card **VIC SAVINGS**



20 oz.
Hormel Sides
3.99

save at least \$1.50 each with your VIC card **VIC SAVINGS**



15 oz.
Hormel Beef Entrees
9.49

save at least \$1.50 each with your VIC card **VIC SAVINGS**



16 oz.
Justin's Almond Butter
9.99

save at least \$2.40 each with your VIC card **VIC SAVINGS**



15 oz.
Hormel Chili with Beans
2 \$4
 for

save at least 69¢ on 2 with your VIC card **VIC SAVINGS**



5.5 oz.
Skippy Girl Scout P.B. Bites
2 \$6
 for

save at least 99¢ on 2 with your VIC card **VIC SAVINGS**



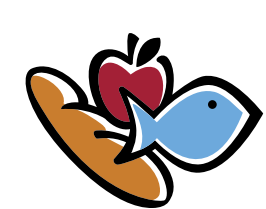
15.25 oz.
Planters Deluxe Mixed Nuts
 or 18.25 oz. **Deluxe Cashews**
10.99

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



5 oz.
Planters Nut Duos
4.49

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



Wake up
to flavor
STÖK *Silk*



5.3 oz.
Oikos Triple Zero Greek Yogurt

4.5 oz.
Oikos
or **Too Good Remix**

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

4 \$5
for

4 \$5
for

3.99

save at least 54¢ on 4 with your VIC card

save at least 42¢ on 4 with your VIC card

save at least \$1.70 each with your VIC card



4 pk.
Activia Yogurt
or 6 pk.
Danimals Smoothies

32 oz.
Silk
Almond Creamer

14 oz.
International Delight
Cold Foam Creamer

2 \$6
for

4.49

4.49

save at least 99¢ on 2 with your VIC card

save at least \$1.30 each with your VIC card

save at least \$1.00 each with your VIC card



64 oz.
International Delight Creamer

32 oz.
Silk
Oat Creamer

48 oz.
STÖK
Seasonal Cold Brew Coffee

32 oz.
Land O Lakes
Half & Half

6.99

4.49

4.99

3.69

save at least \$2.00 each with your VIC card

save at least \$1.00 each with your VIC card

save at least \$1.50 each with your VIC card

save big with your VIC card





15.1 oz.
Quaker Instant Oatmeal

2 \$6
 for

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



1.3 - 2.11 oz.
Quaker Instant Oatmeal, Pearl Milling Company or Crunchy Cups

4 \$5
 for

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



36 oz.
Pearl Milling Company Syrup

2 \$10
 for

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



18 oz.
Quaker Old Fashioned Oats

BUY 1 GET 1 FREE

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



12 oz.
Quaker Instant Grits

BUY 1 GET 1 FREE

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



22.1 oz.
Cap'n Crunch Family Size Cereal

2 \$10
 for

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



22.1 oz.
Life Family Size Cereal

2 \$10
 for

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



24.1 oz.
Quaker Simply Granola

2 \$9
 for

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



6.52 oz.
Quaker Rice Cakes

2 \$7
 for

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



3.52 oz.
Quaker Rice Crisps

2 \$5
 for

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



4 - 7 oz.
Rice-A-Roni or Pasta Roni

3 \$5
 for

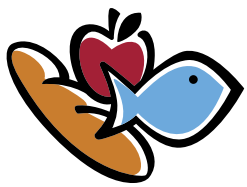
save big on 3 with your VIC card **VIC SAVINGS**



5.7 oz.
Cheetos Mac'n Cheese

4 \$5
 for

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



Harris Teeter
YOUR NEIGHBORHOOD MARKET

WEEKLY SPECIALS*

PRICES VALID THROUGH 10.15.24
* Supplies are limited



Sip, sip... hooray!



*Pkg. may vary by location

6 pk. 16 oz. Btls.
Pepsi Products

BUY 2 GET 3 FREE

limit 10

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



12 oz. or 16 oz.
Celsius or Celsius Essentials

BUY 2 GET 3 FREE

limit 10

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



4 pk. 9.5 oz.
Starbucks Frappuccino

6.49

save at least \$2.49 each with your VIC card



6 pk. 16.9 oz.
Propel Fitness Water

BUY 2 GET 1 FREE

save big on 3 with your VIC card



8 pk. 12 oz.
Bubly Sparkling Water

BUY 2 GET 1 FREE

save big on 3 with your VIC card



16.9 oz.
Gatorade Fit Energy Drink

BUY 2 GET 1 FREE

save big on 3 with your VIC card



12 pk. 16.9 oz.
Lipton Iced Tea

6.49

save big with your VIC card



SHOPPER MARKETING



Best. Fall. Ever!
at Harris Teeter



per lb.
**Farmers Market
Acorn, Butternut
or Spaghetti Squash**

1.49

save big per lb with your VIC card



**Farmers Market
Pie Pumpkins**

**2 \$5
for**

save big on 2 with your VIC card



**Farmers Market
Ornamental
Pumpkins or Gourds**

**5 \$4
for**

save big on 5 with your VIC card



13.5 oz.
**Marzetti
Caramel Apple Dip**

**2 \$7
for**

save big on 2 with your VIC card



per lb.
**Farmers Market
Fuji, Cortland,
Rome or McIntosh
Tote Apple Bags**

1.99

save big per lb with your VIC card



3 ct.
**Farmers Market
Caramel Apples**

3.99

save big with your VIC card



2 oz.
**That's Tasty
Mulling Spices
or Cinnamon Sticks**

**2 \$7
for**

save big on 2 with your VIC card



64 oz.
**Farmers Market
Fresh Apple Cider
or Mayer Bros.
Cinnamon Spice
or Caramel Apple Cider**

4.99

save big with your VIC card



1 lb. Bag
**Farmers Market
In-Shell Nuts**

4.99

save big with your VIC card

