

 Harris Teeter

Discovery

Inspiring your Culinary Journey



What's Inside:

- Organic Produce Savings
- Holiday Entertaining
- Holiday Recipes
- Kids' Activity Page

Discover What's Happening

Holiday entertaining made delicious!

Order ahead to make this holiday season a bit easier and a lot more tasty



Party Platters



Holiday Dinners



Bakery Favorites

Taste
 ❄️ **More**
 ❄️ **Joy** ❄️

View our Full Selection of Dinners,
 Platters and Desserts Online and
 Order Ahead Scan the QR code

Please allow 24 hours lead time for ordering.



Holiday Go-To from Breakfast to Dessert

Philadelphia Cream Cheese is a bagel-favorite when you are running out the door and easy to use in baking your favorite holiday desserts. It's the perfect choice for adding to your favorite cheesecake recipe or using as an ingredient in frosting!



Discover Inspiration



Holiday Hosting

Look in our Fresh Foods Department for the perfect selection of cheese to add to your charcuterie. We have delicious choices like Gruyere and Parmigiano Reggiano. Our selection of bubbly wines will pair well with your creation while adding some sparkle to your get-together!



try this holiday recipe!

blueberry & rosemary smash mocktail

scan the QR code for recipe



BE SURE TO CHECK OUT WHAT'S NEW



HUGGIES® Skin Essentials™ diapers give you everything you want for your child's skin and nothing you don't. They're dermatologist approved and designed to help keep skin clean and healthy.



Our USDA certified organic eggs are laid by girls who enjoy at least 108 square feet of pasture each.



Good for any meal occasion – breakfast, lunch or dinner!



Delicious Dole® Tropical Gold® Pineapple, Perfect for Holiday Entertaining!

HARRIS TEETER EXCLUSIVE



LIMITED EDITION REFRESH TRADITION WITH VANILLA FROST



Cameron's Coffee beans are precision air roasted for always smooth, never bitter coffee at home.



Water-Activated Daily Facial Cleanser | 3X Better Clean | Cleans, Tones, Refreshes



Feed the fun with new TAST!EZ Frozen Appetizers, try a box today!



Zero Sugar and Great Taste



Pick Tree Top. Farmer grown. Farmer owned.

Discover Fresh and Organic

Prices good December 4 - December 31, 2024.



8 - 10 oz. Organic Vegetable Medleys and Vegetable Slaw

3.99
each



.5 oz.

Simple Truth Organic Rosemary, Thyme, Sage, Mint or Basil

2 for \$4

holiday recipe see pg. 3



8 oz.

Simple Truth Organic Baby Bella Mushrooms

2 for \$7



12 oz.

Organic Green Beans

3.99
each



Organic Gala Apples

2.99
per lb.



5 oz.

Simple Truth Organic Baby Spinach Spring Mix or Arugula

3.99
each



3 lb. bag

Simple Truth Organic Red, Gold, Russet or Sweet Potatoes

4.99
each



2 ct.

Simple Truth Organic Bell Peppers

3.99
each



1 lb.

Simple Truth Organic Mini Cucumbers

3.99
each



24 oz.

Simple Truth Organic Red or Yukon Gold Creamer Potatoes

3.99
each



10 oz.

Organic Shredded Carrots

2.99
each



12 oz.

Organic Kale Salad

4.99
each



2 oz.

Organic Suja Shots

2 for \$6



2 lb. bag

Simple Truth Organic Bartlett Pears or Pink Lady Apples

4.99
each



32 oz.

Simple Truth Organic Broccoli Florets

7.79 VIC SAVINGS

save at least 70c each with your VIC card



64 oz.

Simple Truth Organic Juices

3.29 VIC SAVINGS

save at least 70c each with your VIC card



12 oz.

Simple Truth Organic Marinades

2 for \$7 VIC SAVINGS

save at least 98c on 2 with your VIC card



16 - 24 oz. Simple Truth Organic

Light Brown or Powdered Sugar

3.99 VIC SAVINGS

save at least 80c each with your VIC card



32 oz.

Simple Truth Organic Vegan Chicken Broth

2 for \$5 VIC SAVINGS

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



25.5 oz.

Simple Truth Organic Expressed Canola Oil

4.49 VIC SAVINGS

save at least 90c each with your VIC card

2.12 oz. Simple Truth Organic Mushroom Coffee

8.99 VIC SAVINGS

save at least \$1.00 each with your VIC card



16 oz.

Simple Truth Almond Meal/Flour

6.99 VIC SAVINGS

save at least 70c each with your VIC card



12 oz. Simple Truth Sunflower Butter Sandwich Cookies

3.99 VIC SAVINGS

save at least 50c each with your VIC card

Shopping Mindfully

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



3.5 oz. Simple Truth Rice & Almond Thin Crackers
2.99

save at least 50c each with your VIC card



16 oz. Koch Organic Ground Turkey
7.99

save at least \$1.00 each with your VIC card



1 liter Agalima Margarita or Bloody Mary Mix
9.99

save at least \$2.50 each with your VIC card



22 oz. Arrowhead Mills Organic Pancake & Waffle Mix
4.99

save at least \$2.00 each with your VIC card



3 pk. 4 oz. Cerebelly Organic Puree Pouches
9.99

save at least \$2.00 each with your VIC card



4 oz. Cerebelly Organic Puree Pouches
2.99

save at least 50c each with your VIC card



4.2 oz. Cerebelly Organic Smart Bars
4.99

save at least \$1.00 each with your VIC card



4 oz. Rodelle Organic Bourbon Vanilla Extract
11.99

save at least \$3.00 each with your VIC card



.35 oz. Gimme Organic Seafood Snacks
2 for \$4

save at least 98c on 2 with your VIC card



5 pk. .14 oz. Gimme Organic Seafood Snacks
2 for \$7

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



6.5 oz. Mary's Gone Crackers Organic Crackers
4.99

save at least \$1.50 each with your VIC card



5.5 oz. Mary's Gone Crackers Organic Super Seed Crackers
2 for \$9

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

Shopping Made Easier

The items you want have attribute icons displayed on the tag

4.29

\$2.99

 .062 PER OZ

 PRICE GOOD THRU 06/27/23

SAVINGS \$1.98

7.4 oz. Konscious Sushi Rolls
7.99

save at least \$2.00 each with your VIC card



4.5 oz. Siete Cookies
2 for \$9

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



10.05 oz. Patak's Veggie Meals
BUY 1 GET 1 FREE

each item rings at half price with your VIC card



12 oz. Patak's Chutney
4.99

save at least \$1.50 each with your VIC card



Ask the Pharmacist

Are there any environmental factors or lifestyle habits that individuals should address to minimize their risk of developing coughs and colds?

The following lifestyle habits can strengthen your immune system:

- Washing your hands
- Exercising
- Maintaining a balanced diet
- Staying hydrated
- Getting enough sleep
- Avoiding tobacco products (including secondhand smoke exposure)
- Managing stress and decreasing exposure to stressful situations

In addition to lifestyle modifications, vitamin supplements (vitamin C, zinc, and elderberry) can enhance the immune system and may decrease the risk of developing a cough/cold.



Talk to your pharmacist at Harris Teeter if you have questions about how you can protect yourself during this cough and cold season.

Harris Teeter
health and wellness



SHOP NOW
for **FSA and HSA** products



VIEW LIST OF ELIGIBLE ITEMS

Please check with your plan administrator to verify that FSA/HSA eligible items are reimbursable.

Harris Teeter
Pharmacy



CARE *meets* **CONVENIENCE**

Take care of your  **Health & Wellness** with these favorites



zero sugar*

- 25g of protein derived from milk to help rebuild muscles after exercise
- Good source of Calcium, Fiber, and Vitamins A & D

*Not a low calorie food

hypoallergenic

Be ready for holiday guests with the #1 preferred ultra tissue that's designed for watery eyes & runny noses.



controls cough

Controls cough, thins and loosens mucus for 12 hours. The extended-release bi-layer tablets last for 12 hours.



powerful

Long-lasting relief from cough symptoms for up to 8 hours with easy-to-take chewable tablets.



hydration

Lightweight, oil-free moisturizer with three essential ceramides that locks in moisture for 24 hours of hydration while helping restore the skin's natural barrier.



ultra soft

- Removes up to 99% of makeup
- lifts away dirt, oil and sunscreen



stain fighter

Remove everyday surface stains for a brighter smile. Removes 95% of daily surface stains for a brighter smile.*



*after 2 weeks of twice daily use

Holiday Traditions



**World
Flavors
Festival**
American
inspired

Roasted Herb Crusted Bone-In Rib Prime

Ingredients:

6-7 lbs Beef Bone-In Rib Roast
3 tbsp. kosher salt
1 tbsp. cracked black pepper
3 tbsp. fresh thyme, chopped
1 1/2 tbsp. fresh rosemary, chopped
4 tbsp. olive oil

Horseradish Sauce:

4 tbsp. prepared horseradish
3/4 cup sour cream
3/4 cup mayonnaise
1 tbsp. lemon juice
1/2 tbsp. fresh ground black pepper

Directions:

1. Preheat oven to 450° F.
2. Mix salt, pepper, thyme, rosemary, and olive oil together to make a paste. Rub the paste evenly on the roast.
3. Place the meat fat side up/bones down in a roasting or baking pan. Let the roast sit at room temperature for 45 minutes, then put the meat in the oven.
4. For medium-rare doneness of 130° F internal temperature, remove the roast when it reaches 120° F. When done, remove from the oven and place the meat on a cutting board or platter and let rest for 10 minutes. Roast will take approximately 1 hour and 30 minutes, or 12 minutes per lb.
5. Stir together all ingredients for the Horseradish Sauce.
6. To serve, slice the meat across the grain.
7. Slicing with the grain will result in tougher slices. Serve with Horseradish Sauce on the side.



Holiday Dinners

Whether you are celebrating this year with a large family gathering or more intimate dinner, we have everything you need to make your meals special. Our butchers are in store and ready to help.



Nutritious Snack

Sunkist®, easy-to-peel, easy-to-love - it's hard to believe they're so small and cute. If you're in the mood for a mighty little snack, look no further. Great stocking stuffer!



Simply Delicious

A pasta classic, our Alfredo Pasta Sides' delectable sauce brings the creamy flavor of Parmesan and Romano cheeses to your favorite holiday dishes.



Made Easy

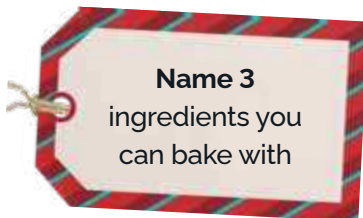
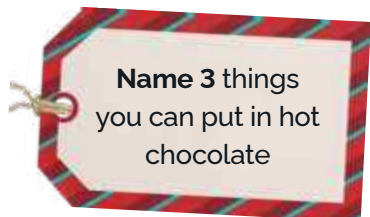
Jus-Rol Crescents are deliciously airy, soft, and fluffy! They contain no artificial flavors or colors and are ready to unroll, shape and bake.





Discover Fun!

Play the **5** second game Try to answer each in 5 seconds.



give change, create change

Harris Teeter

ROUND UP

Round up your total to the nearest dollar.

100% OF YOUR DONATION WILL BENEFIT YOUR LOCAL FOOD BANK.

HARRIS TEETER HARVEST FEAST

Stock up on Christmas Candy, Cards and Gift Wrap!



visit harristeeter.com to find out more about these programs

Download the App to shop and save easier!

Use the Harris Teeter App to:

- Shop Online | Clip Digital Coupons | Track Fuel Points
- View Weekly Specials | Refill Prescriptions



SAVE UP TO \$1.00 PER GALLON*

Earn points every time you shop using your VIC card.

*Terms & conditions apply.



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

SAVE \$100's every month when you join

Join **HT Plus** and get ready for an easier way to SAVE

2X on all eligible orders.

FREE delivery*

Exclusive access to over **\$100** in savings

*Restrictions apply. Visit harristeeter.com for details.