

**Value Pack**  
VIC SAVINGS

**Boneless Ribeye Steak or Roast**

**9.99** per lb.

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

Pint Farmers Market  
**Blueberries**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

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

**4.99** per lb.

save big with your VIC card

It's the **SAVINGS Bowl!**  
at Harris Teeter.

Farm Raised  
21 - 30 ct.  
**EZ Peel White Shrimp**  
or Wild Caught  
**Snow Crab Clusters**

**6.99** per lb.

save big per lb. with your VIC card

10 oz.  
**NatureSweet Cherubs**  
or **Glory Tomatoes**  
or Select Varieties  
**Fresh Express Salads**

**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

Fresh Foods Market  
**Pre-Sliced Meats & Cheeses**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

Farmers Market  
**Lemons** or **Navel Oranges**

**2 \$1** for

save big on 2 with your VIC card

Farmers Market  
**Jumbo Cantaloupes**

**2.99** each

save big with your VIC card

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

12 pk. 12 oz. Cans  
**Pepsi Products**

**BUY 2 GET 2 FREE**

save big on 4 with your VIC card

9 - 17 oz. Premium Saltines  
**2/\$6**

18 - 19 oz.  
**Progresso Traditional Soup**

**BUY 2 GET 3 FREE** limit 10

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

9.25 - 10 oz.  
**Fritos**,  
9.25 - 10.75 oz.  
**Doritos**  
or 5.25 - 8.5 oz.  
**Simply**

**BUY 2 GET 2 FREE**

when you buy 4 or regular price each

MUST PURCHASE 4 TO GET 2 FREE

3.5 - 13.7 oz.  
**Nabisco Snack Crackers**

**BUY 2 GET 2 FREE**

when you buy 4 or regular price each

MUST PURCHASE 4 TO GET 2 FREE

48 oz. **Breyers Ice Cream**  
or 16 oz. **Talenti Gelato** or **Private Selection Pints** or **Sorbet**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

5.3 oz.  
**Chobani Less Sugar, Creations** or **Greek Yogurt**

**10 \$10** for

save big on 10 with your VIC card

10.5 oz. Bag or 10 ct. K-Cups  
**Peet's Coffee**

**6.99**

save big with your VIC card

750 ml.  
**Apothic, Chateau Ste. Michelle** or **Robert Mondavi Private Selection**

**9.99** each

Drink Responsibly - Must be 21 to Purchase

**eVIC** e-VIC Members Only Sale offers valid Thursday, January 9 - Sunday, January 12, 2025

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.

eVIC e-VIC members only weekly limit 4

52 oz. **Fairlife Milk**

**3.97**

save at least \$2.12 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.

eVIC e-VIC members only weekly limit 4

6 - 12 oz. Select Varieties  
**Harris Teeter Non-Steam or Steamable Vegetables**

**.97**

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

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 4

2 ltr. **Pepsi Products**

**.97**

save at least \$6.12 over our already low VIC price when you buy 4

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

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

**12.97**

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

non e-vic member price **13.99**

Drink Responsibly - Must be 21 to Purchase

**Friday, Jan. 10th**

**4X FUEL POINTS** on all qualifying items

download the digital coupon available to clip January 8 - 10, 2025 ONLY

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

redeem at Harris Teeter Fuel

Offer valid Friday, January 10, 2025, 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.



Prices good through January 14, 2025

WED	THU	FRI	SAT	SUN	MON	TUE
8	9	10	11	12	13	14



24 oz.  
**Prego Pasta Sauce**  
**2/\$5**  
save big on 2 with your VIC card



**VIC SAVINGS**

16 oz.  
**Private Selection Pasta**

**BUY 2 GET 2**

**FREE**

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



12 pk.  
**Propel** or  
**Gatorade**  
or 4 pk. **Celsius**  
**Sparkling Water**

**BUY 2 GET 3**

**FREE**

limit

**10**

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

16 oz. **Ken's**  
**Salad Dressing**  
or 14 - 18 oz. **Sweet**  
**Baby Ray's BBQ,**  
**Marinades**  
or **Dipping Sauce**



**BUY 1 GET 1**

**FREE**

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



8 oz.  
**Harris Teeter**  
**Chunk Cheese**

**BUY 1 GET 1**

**FREE**

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



12 pk.  
**White Claw,**  
**Happy Dad,**  
**Simply Spiked**  
or **Truly Seltzers**

**14.99** each

Drink Responsibly - Must be 21 to Purchase

**eVIC** e-VIC members only

weekly limit

**4**

6 Mega Roll  
**Quilted**  
**Northern**  
**Bath Tissue**



**5.97**

save at least \$8.08 over our already low VIC price when you buy 4 **7.99** non e-vic member price

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

**every day** **DOUBLE**  
**manufacturers'**  
**COUPONS**

**VIC SAVINGS**

up to **99¢**

see customer service for details

BGA1 BGA1 BGA1 BGA1

Live Naturally

simple truth

FREE FROM UNWANTED INGREDIENTS

32 oz.  
Simple Truth  
or Simple Truth  
**Organic**  
**Plant Based Milk**

organic



**2 for \$4**

save at least 58¢ on 2 with your VIC card

VIC SAVINGS

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

organic



**2 for \$4**

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

VIC SAVINGS

33.9 oz.  
Simple Truth  
**Organic**  
**Coconut Water**

organic



**2 for \$5**

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

VIC SAVINGS

18.5 oz.  
Simple Truth  
**Organic**  
**Tomato Basil Soup**

organic



**2 for \$5**

save big on 2 with your VIC card

VIC SAVINGS

2 ct.  
Simple Truth  
**Organic**  
**Bell Peppers**  
or 16 oz.  
**Mini Cucumbers**

organic



**3.99** each

save big with your VIC card

VIC SAVINGS

8.5 oz.  
Simple Truth  
**Organic**  
**Avocado Oil**

organic



**6.99**

save big with your VIC card

VIC SAVINGS

100 oz.  
Simple Truth  
**Organic**  
**Laundry Detergent**

organic



80 ct.  
**Simple Truth Dryer Sheets**  
**4.69**

save 80¢ each with your VIC card

VIC SAVINGS

**8.99**

save at least \$2.00 each with your VIC card

VIC SAVINGS

**Senior Discount Thursdays**

Seniors 60 and older get a

**5% DISCOUNT**

Please notify your cashier if you qualify



**Harris Teeter**

Get

**\$20 OFF**

an annual **HT Plus**  
membership\*

**CLIP COUPON >**

Clip coupon and enroll by January 28, 2025.

\*Terms and conditions apply.

**Members enjoy FREE Delivery,  
2X Fuel Points, Streaming Service  
and more savings!**

Celebrate  
**Bowl Season!**  
at Harris Teeter.





# from our meat department



HARRIS TEETER RESERVE  
**ANGUS BEEF**

**Boneless Ribeye Steak or Roast**

**12.99** per lb.

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



Harris Teeter  
**Assorted Pork Chops**

**2.99** per lb.

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



12 oz.  
**Beyond Beef**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card



16 oz.  
**Ground Pork**

**2 \$10**

save big on 2 with your VIC card



16 oz.  
**Organic Ground Beef**

**8.99** each

save at least \$2.00 each with your VIC card



10 oz. PRE  
**Petite Sirloin Steak**

**8.99** each

save at least \$5.00 each with your VIC card



Perdue  
**Boneless Chicken Breast**

**3.99** per lb.

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



12 - 16 oz.  
**Smithfield Bacon**

**5.99** each

save at least \$3.00 each with your VIC card



24 oz. Wright  
**Bacon**

**9.99** each

save at least \$3.00 each with your VIC card



22 oz. Land O'Frost  
**Lunchmeat**

**6.99** each

save at least \$3.00 each with your VIC card



22 - 26 oz. Perdue  
**Chicken**

**8.99** each

save at least \$4.00 each with your VIC card



16 oz. SMART Organic  
**Nuggets**

**7.99** each

save at least \$3.00 each with your VIC card



9 - 10 oz. Amylu  
**Chicken Sausage or Meatballs**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card



12 - 14 oz. Kayem  
**Sausage or Hot Dogs**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card



7 - 8 oz. Prime Fresh  
**Lunchmeat**

**BUY 2 GET 3 FREE**

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



28 - 32 oz. Bob Evans  
**Family Size Sides**

**5.49** each

save at least \$1.50 each with your VIC card

# from our seafood department

**Fresh Seafood from Your Local and Regional Neighbors**



3 oz.  
**Charleston Style Crab Cakes**

**2 for \$7**

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

21 - 30 ct. Wild Caught  
**East Coast Shrimp**

**12.99** per lb.

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

5 oz. Farm Raised  
**Steakhouse Salmon Portions**

**\$6** each

save at least \$1.00 each with your VIC card

3 oz. Honey Smoked  
**Salmon Stackers**

**3.99** each

save at least \$1.00 each with your VIC card

Farm Raised  
**Coho Salmon Fillets**

**8.99** per lb.

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

Farm Raised  
**Striped Bass Fillets**

**12.99** per lb.

save at least \$3.00 per lb. with your VIC card

Wild Caught  
**Perch Fillets**

**7.99** per lb.

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

16 ct. Fresh Farm Raised  
**Littleneck Clams**

**4.99** each

save at least \$2.00 each with your VIC card

3 oz. DeBilt  
**Smoked Salmon**

**3.99** each

save at least \$3.00 each with your VIC card

Wild Caught  
**Swordfish Steaks**

**10.99** per lb.

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

15 oz. Jimmy's or Old Bay  
**Crab Soup**

**7.99** each

save at least \$2.00 each with your VIC card

# from our grocery department

12 oz. Bag or 12 ct. K-Cups  
**Community Coffee**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

11 oz. Nature's Path  
**Granola** or  
10 - 13.3 oz. Cereal or  
**Envirokids Cereal**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

2.2 oz.  
**Oats Overnight**

**2 \$4**

save big on 2 with your VIC card

12 - 16 oz.  
**Jif Peanut Butter**

**2 \$5**

save big on 2 with your VIC card

17.3 - 19 oz.  
**Smucker's Jams, Jellies or Preserves**

**2 \$6**

save big on 2 with your VIC card

6 - 24 oz. Kodiak Flapjack  
or Baking  
**Mixes** or 6.2 - 13.2 oz.  
**Bars or Oatmeal**

**4.99**

save big with your VIC card

14 - 16 oz.  
**Entenmann's Baker's Delights or Little Bites**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

1 ct.  
**Theater Box Candy**

**4 \$5**

save big on 4 with your VIC card

5.1 oz.  
**Lindt Truffles**

**4.99**

save big with your VIC card

13.5 - 14 oz. Heinz Flavored  
**Ketchup** or 20 oz. Ketchup  
or Mustard

**2 \$5**

save big on 2 with your VIC card

30 oz.  
**Duke's Mayonnaise**

**4.49**

save big with your VIC card

16.9 oz.  
**Botticelli Extra Virgin Olive Oil**

**9.99**

save big with your VIC card

3.32 oz.  
**Nissin Top Ramen or Spicy Bowls**

**5 \$5**

save big on 5 with your VIC card

15 oz. Can  
**Luck's Beans**

**5 \$5**

save big on 5 with your VIC card

8.8 oz.  
**Harris Teeter 90 Second Rice**

**2 \$3**

save big on 2 with your VIC card

16 oz.  
**Barilla Al Bronzo Pasta**

**2 \$4**

save big on 2 with your VIC card

7.5 - 10 oz.  
**Hormel Compleats Dinners**

**2 \$5**

save big on 2 with your VIC card

12 oz.  
**Bumble Bee Albacore Tuna**

**4.69**

save big with your VIC card

6 Mega Roll  
**Harris Teeter Ultra Bath Tissue**

**5.99**

save big with your VIC card

6 Dbl. Roll  
**Brawny Paper Towels**

**11.99**

save at least \$1.60 each with your VIC card

100 oz. Liquid or 42 ct. Discs  
**Persil Laundry Detergent**

**13.99**

save at least \$2.00 each with your VIC card

21 - 27 ct. Finish  
**Powerball or Quantum Dish Tabs**

**7.49**

save at least \$3.50 each with your VIC card

80 ct.  
**Glad Tall Kitchen Trash Bags**

**15.99**

save at least \$7.50 each with your VIC card

15 oz.  
**Milk-Bone Mini's Dog Biscuits**

**3.99**

save at least 80¢ each with your VIC card



# beverages

64 oz.  
**Ocean Spray Juice**  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card



64 oz.  
**Pure Leaf Tea**  
**BUY 2 GET 1 FREE**  
save big on 3 with your VIC card



1 Ltr.  
**Schweppes Mixers**  
**.99**  
save at least \$1.40 each with your VIC card



17 oz.  
**Sparkling ICE**  
**5 \$5**  
for  
save at least \$1.95 on 5 with your VIC card



18.5 oz.  
**Gold Peak Tea**  
**2 \$4**  
for  
save at least \$1.98 on 2 with your VIC card



11 - 15 oz.  
**Starbucks Double Shot or Triple Shot**  
**2 \$5**  
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



6 pk. 12 oz.  
**Zevia Soda**  
**4.99**  
save at least \$2.30 each with your VIC card



6 pk.  
**SanPellegrino Sparkling Water**  
**2 \$10**  
for  
save at least \$3.98 on 2 with your VIC card



12 pk. 12 oz. Cans  
**Canada Dry**  
**3 \$15**  
for  
save big on 3 with your VIC card



# snacks

3.3 oz.  
**Calbee Harvest Snaps**  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card



4.5 oz.  
**Milton's Gluten Free Crackers**  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card



10.6 - 16.2 oz.  
**Little Debbie Snacks**  
**2 \$5**  
for  
save big on 2 with your VIC card



4.6 oz.  
**Lesser Evil Popcorn**  
**2 \$7**  
for  
save big on 2 with your VIC card



5 - 8 oz.  
**Lay's Chips**  
**2 \$7**  
for  
save big on 2 with your VIC card



6.5- 16 oz.  
**Cape Cod, Kettle, Late July Chips or Snyder's Pieces Pretzels**  
**2 \$7**  
for  
save big on 2 with your VIC card



5 - 7.5 oz.  
**Tate's Cookies**  
**4.99**  
save at least \$1.30 each with your VIC card



2 oz.  
**Good2Grow Snackers**  
**4.99**  
save at least \$1.00 each with your VIC card



5.25 - 5.9 oz.  
**Catalina Crunch Snack Mix or Cookies**  
**5.99**  
save big with your VIC card



12 pk.  
**Orville Redenbacher's Popcorn**  
**6.49**  
save at least \$1.50 each with your VIC card



# health & beauty

3.4 oz.  
**Sensodyne or Parodontax Toothpaste** or 16.9 oz. Rinses  
**6.99**  
save at least \$1.00 each with your VIC card



72 ct.  
**Advil Dual Action Pain Reliever**  
**10.99**  
save at least \$4.00 each with your VIC card



14 oz.  
**Dr. Squatch Body Wash**  
**9.99**  
save at least \$3.00 each with your VIC card



26 - 46 ct.  
**Always Pads or Tampax Tampons**  
**8.99**  
save at least \$2.00 each with your VIC card



Select Deep Storage, Cake Pan, Stuffing Pan  
**Handi-Foil Pans**  
**30% off**  
save big with your VIC card



**Good Cook Kitchen Gadgets**  
**20% off**  
save big with your VIC card



# dairy and frozen

16 oz.  
**Harris Teeter Heavy Whipping Cream**  
**2 \$6**  
for  
save at least 98¢ on 2 with your VIC card



6 ct.  
**Danimals Smoothies** or 4 ct. Activia  
**2 \$6**  
for  
save big on 2 with your VIC card



2.5 - 7.04 oz.  
**Perfect Bar or 4 pk. Clio**  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card



32 oz.  
**International Delight Creamer**  
**2 \$7**  
for  
save big on 2 with your VIC card



8 oz.  
**Tillamook Shredded Cheese**  
**2 \$7**  
for  
save big on 2 with your VIC card



52 oz.  
**Florida's Natural Orange Juice**  
**2 \$7**  
for  
save big on 2 with your VIC card



86 oz.  
**Planet Oat Oatmilk**  
**4.49**  
save big with your VIC card



6 ct.  
**Stonyfield Organic Smoothies** or YoKids  
**2 \$9**  
for  
save big on 2 with your VIC card



24 oz.  
**Siggi's Skyr Yogurt**  
**2 \$10**  
for  
save big on 2 with your VIC card



18 - 22.3 oz.  
**Yummy Nuggets**  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card



6 - 14 oz.  
**Birds Eye Steamfresh or Non-Steam Vegetables**  
**2 \$4**  
for  
save big on 2 with your VIC card



6.53 - 20 oz.  
**Stouffer's Entrees or Bowls**  
**2 \$7**  
for  
save big on 2 with your VIC card



14 - 22 oz.  
**McCain Potatoes**  
**2 \$7**  
for  
save big on 2 with your VIC card



14.76 - 22.95 oz.  
**Red Baron Pizza**  
**3.99**  
save big with your VIC card



22 - 32 oz.  
**Ore-Ida Potatoes**  
**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



18 - 42 oz.  
**Bertolli, P.F. Chang's or Voila! Entrees**  
**6.99**  
save big with your VIC card

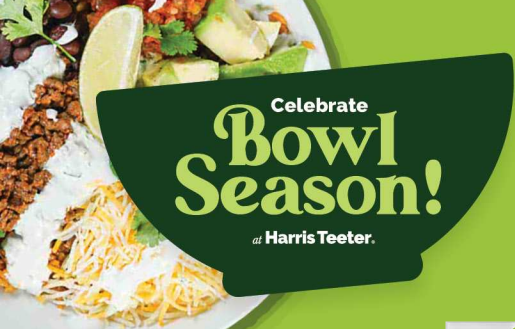


18.3 - 21.6 oz.  
**Rao's Brick Oven Pizza**  
**9.99**  
save big with your VIC card



\* Supplies are limited





# Taco night... in a bowl!



**Value Pack**

1 lb. 93% Lean Ground Beef

**6.99**

save big with your VIC card

8 oz. Harris Teeter Shredded Cheese

**3.19**

save big with your VIC card

16 oz. Harris Teeter Sour Cream

**2.49**

save big with your VIC card

15 oz. Simple Truth Organic Black Beans or Garbanzo Beans

**4 \$5** for

save big on 4 with your VIC card

8.8 oz. Harris Teeter Cilantro Lime or Spanish Style Rice

**3 \$5** for

save big on 3 with your VIC card

10.6 - 11.5 oz. Love Crunch Organic Granola

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

12 oz. Shamrock Farms Rockin' Protein Shakes

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

32 oz. Simple Truth Organic Broth

**3 \$5** for

save big on 3 with your VIC card

2.1 oz. Think! Protein Bars

**2 \$4** for

save at least 98¢ on 2 with your VIC card

18 - 20 ct. Bigelow Tea Bags

**2 \$6** for

save big on 2 with your VIC card

9.3 oz. Egg-Land's Best Hard-Cooked Peeled Eggs

**2 \$6** 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

2.9 oz. Simple Truth Lunch Kits

**2 \$5** for

save big on 2 with your VIC card

1 Ltr. Vita Coco Coconut Water

**2 \$8** for

when you buy 2 or regular price each

**MUST PURCHASE 2 WITH YOUR VIC CARD**

8.5 oz. Maldon Sea Salt Flakes

**5.99**

save big with your VIC card

6 pk. 16.9 oz. Pure Leaf Tea

**2 \$12** for

save big on 2 with your VIC card

16 oz. Nature Nate's Honey

**6.99**

save big with your VIC card

17.4 - 19 oz. Garden of Life Organic Protein+Greens

**15.99**

save at least \$3.00 each with your VIC card

7.9 - 12.6 oz. Select Kellogg's Kids Cereal

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

5 - 5.6 oz. Pop-Tart Crunchy Poppers or Nutri Grain Power-Fulls

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

5.5 oz. Pringles

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

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

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

9.5 oz. Town House or Toasteds Crackers

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

11.7 oz. Kellogg's Club Crackers

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

10.9 - 14.1 oz. Eggo Waffles or Pancakes

**2 \$6** for

save at least 49¢ on 2 with your VIC card

1.83 oz. RXBAR Protein Bars

**3 \$5** for

save at least \$1.12 on 3 with your VIC card

5.28 oz. Special K Pastry Crisps

**2 \$6** for

save at least 79¢ on 2 with your VIC card

9.5 oz. Special K Protein Bars

**5.99**

save at least \$2.99 each with your VIC card

16 - 18.9 oz. Morning Star Farms Value Pack

**6.99**

save at least \$2.00 each with your VIC card

## New Year, new eats

*Kellogg's*

11.7 oz. Kellogg's Club Crackers

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

11 oz. Bear Naked Granola or 16.3 oz. Kashi Cereal

**3.99**

save at least \$1.00 each with your VIC card

8 ct. Pop-Tarts, Nutri Grain Bars or Rice Krispies Treats

**2 \$5** for

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

10.9 - 14.1 oz. Eggo Waffles or Pancakes

**2 \$6** for

save at least 49¢ on 2 with your VIC card

16 - 18.9 oz. Morning Star Farms Value Pack

**6.99**

save at least \$2.00 each with your VIC card

1.83 oz. RXBAR Protein Bars

**3 \$5** for

save at least \$1.12 on 3 with your VIC card

5.28 oz. Special K Pastry Crisps

**2 \$6** for

save at least 79¢ on 2 with your VIC card

9.5 oz. Special K Protein Bars

**5.99**

save at least \$2.99 each with your VIC card

16 - 18.9 oz. Morning Star Farms Value Pack

**6.99**

save at least \$2.00 each with your VIC card

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**6.99**

save at least \$2.00 each with your VIC card

16 - 18.9 oz. Morning Star Farms Value Pack

**6.99**

save at least \$2.00 each with your VIC card



# Long term Savings



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

NEW Long term Savings VIC SAVINGS



5.7 oz.  
Breakstone's  
Cottage Doubles  
**10 \$10**  
for  
save big on 10  
with your VIC card

15.8 oz.  
SpaghettiOs  
**4 \$5**  
for  
save big on 4  
with your VIC card



2 lb.  
Harris Teeter  
All Purpose Flour  
**2 \$3**  
for  
save big on 2  
with your VIC card



8 oz.  
Skinnygirl  
Salad Dressing  
**2 \$5**  
for  
save big on 2  
with your VIC card



4 pk.  
Harris Teeter  
Fruit Cups  
**2 \$4**  
for  
save big on 2  
with your VIC card

15 oz.  
Harris Teeter  
Pretzel Minis  
**2 \$3**  
for  
save big on 2  
with your VIC card



5 oz. Jar  
Kraft  
Old English  
Cheese Spread  
**2 \$5**  
for  
save big on 2  
with your VIC card

24 oz.  
Harris Teeter  
Syrup  
**2 \$5**  
for  
save big on 2  
with your VIC card



10.4 oz.  
Harris Teeter  
Cereal Bars  
**2.29**  
save big  
with your VIC card



14.4 oz.  
Harris Teeter  
Graham Crackers  
**2 \$5**  
for  
save big on 2  
with your VIC card



16 oz.  
Chick-fil-A  
Sauces  
**2 \$7**  
for  
save big on 2  
with your VIC card

12 oz.  
HT Traders  
Teriyaki Sauce  
**2.99**  
save big  
with your VIC card



24 oz.  
HT Traders  
Soups  
**3.79**  
save big  
with your VIC card



10.2 - 16 oz.  
Harris Teeter  
Coffee Creamer  
**2 \$6**  
for  
save big on 2  
with your VIC card



8 oz.  
HT Traders  
Unsalted Butter  
**3.99**  
save big  
with your VIC card

12.40 oz.  
Harris Teeter  
Cheese Crackers  
**2 \$6**  
for  
save big on 2  
with your VIC card



6 pk. 10 oz.  
Harris Teeter  
Mixers  
**3.99**  
save big  
with your VIC card



12 pk. 12 oz.  
HT Traders  
Sparkling Water  
**2 \$7**  
for  
save big on 2  
with your VIC card



24 oz.  
Skinny Cow  
Ice Cream Sandwiches  
**4.99**  
save big  
with your VIC card

24 oz.  
Bibigo Mandu  
Pork & Vegetable  
Dumplings  
**6.99**  
save big  
with your VIC card



25.12 oz.  
Freschetta Pizza  
**6.99**  
save big  
with your VIC card



22 oz.  
McCain Smiles  
**3.99**  
save big  
with your VIC card



6 - 7.5 oz.  
Dawn Ultra  
Dish Detergent  
**4 \$5**  
for  
save at least \$2.96 on 4  
with your VIC card



38 - 45 ct.  
Harris Teeter  
Drawstring  
Trash Bags  
**5.99**  
save big  
with your VIC card



75 sq. ft.  
Harris Teeter  
Heavy Duty  
Aluminum Foil  
**7.79**  
save big  
with your VIC card



15 lb.  
Purina Dog Chow  
**16.49**  
save big  
with your VIC card



Prices valid January 8 through January 14, 2025.



# 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. **Ménége à Trois** Silk Red Blend or 6 pk. **New Belgium** or **Sierra Nevada**

**10.99** each



750 ml. **Trivento** Malbec or 6 pk. **Blue Moon**

**8.99** each



750 ml. **Line 39** Sauvignon Blanc or 6 pk. **Mike's Hard** or **Smirnoff**

**9.99** each



750 ml. **DAOU** Sauvignon Blanc or 12 pk. **Twisted Tea**

**15.99** each



750 ml. **Kim Crawford** Sauvignon Blanc or **Simi** Chardonnay

**14.99** each



750 ml. **19 Crimes** Uprising Red Blend or **Contempo** Cabernet

**9.99** each



750 ml. **Wish Big** Prosecco or Rosé

**12.99** each



1.5 ltr. **Frontera** Cabernet/Merlot or **Sutter Home** Pinot Grigio

**9.99** each



12 pk. **Wicked Weed** or 24 pk. **Michelob Ultra** or **Yuengling Flight**

**20.99** each



12 pk. **Angry Orchard** or 12 - 15 pk. **Bold Rock** or 15 pk. **Southern Tier**

**16.99** each



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

**10.99** each



6 pk. **Athletic**, **Bold Rock** or **Sierra Nevada Trail Pass**

**9.99** each

Long term Savings



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



16 oz. **Honeysuckle White** Ground Turkey

**2.99** each



**Value Pack**  
**6.99** per lb.



**Value Pack**  
**.99** per lb.



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

**2 \$7** for



2 ct. Tray **Farmers Market** Green Bell Peppers

**1.79** each



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

**1.99** each



**9.99** per lb.



32 oz. **Palmetto** Pimento Cheese  
**5.99** each



12 ct. Original or Butter **King's** Hawaiian Rolls  
**4.99** each



# Every-meal essentials

Kraft Heinz

23.1 - 29.3  
**Maxwell House Coffee**

9.99 ea. with VIC card  
-2.00 Digital Coupon  
**7.99** Final Price with Digital Coupon

Limit 1 per offer.

12 oz. Bag or 4.12 oz. K-Cups  
**Gevalia Coffee**

6.99 ea. with VIC card  
-1.00 Digital Coupon  
**5.99** Final Price with Digital Coupon

Limit 1 per offer.

3.5 - 14 oz.  
**Kraft Deluxe or Velveeta Shells & Cheese**

2 for \$6 ea. with VIC card  
-1.00 Digital Coupon  
**2 for \$5** Final Price with Digital Coupon

Limit 1 per offer.

1 oz.  
**Taco Bell Seasoning Mix or Taco Bell Sauce**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

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

4.99 ea. with VIC card  
-1.00 Digital Coupon  
**3.99** Final Price with Digital Coupon

Limit 1 per offer.

13.5 - 14 oz.  
**Heinz Flavored Ketchup or Mustard**

2 for \$5 ea. with VIC card  
-1.00 Digital Coupon  
**2 for \$4** Final Price with Digital Coupon

Limit 1 per offer.

8 oz. Brick  
**Philadelphia Cream Cheese or Kraft Singles**

2 for \$6 ea. with VIC card  
-1.00 Digital Coupon  
**2 for \$5** Final Price with Digital Coupon

Limit 1 per offer.

4.8 - 15 oz.  
**Taco Bell Shells, Kits or Salsa**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

7 oz. **Jet-Puffed Marshmallow Crème** or 10 oz. **Mini Marshmallows**

**2 for \$3**

save at least 69¢ on 2 with your VIC card

.3 - 3.9 oz.  
**Jell-O Gelatin or Pudding**

**3 for \$4**

save at least 46¢ on 3 with your VIC card

7.5 - 8 oz.  
**Philadelphia Soft Cream Cheese**

**2 for \$8**

save at least 99¢ on 2 with your VIC card

4 pk. **Jell-O Pudding or Gelatin**

**2 for \$5**

save big on 2 with your VIC card

1.62 oz.  
**MiO, Kool-Aid or Crystal Light Water Enhancers**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

32 oz.  
**Velveeta Loaf**

**6.99**

save at least \$2.00 each with your VIC card

9 - 10.5 oz.  
**Smart Ones**

**3 for \$6**

save at least 69¢ on 3 with your VIC card

8 - 11 oz.  
**TGI Fridays Appetizers**

**2 for \$8**

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

10 - 12 oz. **Devour Entrees** or 12 oz. **Kraft Frozen Mac & Cheese**

**2 for \$6**

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

**SPEND \$30** on Participating General Mills products in one transaction

**EARN A \$10 GIFT CARD\***

Only on **fetch**

**GAME DAY**

**FEED YOUR GAME DAY**

Offers Valid from 1/8/2025 - 1/14/2025 with VIC Card.

eVIC e-VIC members only  
4.5 - 5.1 oz. **Betty Crocker Fruit Snacks** or 4.59 - 8.94 oz. **Nature Valley Bars**

**1.97**

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

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  
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.

8 ct. **Yoplait Go-Gurt**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

18 - 18.9 oz.  
**General Mills Family Size Cereal**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

9 oz.  
**Old El Paso Mexican Squeeze Sauce**

**2 for \$6**

save big on 2 with your VIC card

13 - 17 oz.  
**Old El Paso Taco Bites or Stuffed Nachos**

**8.99**

save big with your VIC card

5.4 - 8.4 oz.  
**Old El Paso Premium Shells**

**2 for \$7**

save big on 2 with your VIC card

8 oz.  
**Chex Snack Mix** or 7 - 8 oz. **Gardetto's Snack Mix**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

7.6 - 7.4 oz.  
**Old El Paso Taco Shells, Rice Sides, Rice & Beans** or 18.5 oz. **Soup**

**2 for \$4**

save big on 2 with your VIC card

0.85 - 1 oz.  
**Old El Paso Seasoning Mix**

**5 for \$5**

save big on 5 with your VIC card

24.46 - 24.8 oz.  
**Totino's Pizza Rolls or Breakfast Bites**

**2 for \$10**

save big on 2 with your VIC card

9.8 - 10.9 oz.  
**Totino's Party Pizza**

**3 for \$5**

save big on 3 with your VIC card

11 - 13.9 oz.  
**Pillsbury Cinnamon Rolls, Crescents** or 16.3 oz. **Grands!**

**2 for \$6**

save big on 2 with your VIC card

6 ct.  
**Pillsbury Toaster Strudel**

**3 for \$8**

save big on 3 with your VIC card

16 oz.  
**Pillsbury Ready to Bake Cookies** or 5 lb. **Gold Medal Flour**

**2 for \$7**

save big on 2 with your VIC card

16.3 oz.  
**Betty Crocker Favorites Brownie Mix, Frosting** or 12 - 16 oz. **Delights Cake Mix**

**3 for \$5**

save big on 3 with your VIC card

8.9 - 13 oz. **General Mills Cereal**

**4 for \$12**

save big on 4 with your VIC card

\*Purchase \$30 of qualifying General Mills food products (after discounts, before taxes) in one transaction between 12/15/24 and 2/28/25 and scan receipt in Fetch app within 2 weeks of purchase to earn 13,000 Fetch points redeemable for a \$10 gift card. 18+, US residents only. While supplies last, can redeem offer once for a purchase made 12/15/24 - 2/8/25 and once for a purchase made 2/9/25 - 02/28/25 (2 redemptions max in promotional period). Use of Fetch is subject to its Terms of Use and Privacy Policy. Learn more at Fetch.com/GAMEDAY.

**Save Time and Money with Harris Teeter pickup & delivery**

**It's Easy!**

**Shop Online**

**Select Date & Time**

**Pick Up Curbside**

**No service fee on orders of \$35 or more!**

\* Supplies are limited

5-50 5-50 5-50



# Live Naturally

9 oz. Farmers Market **Butternut or Zucchini Spiral Noodles**  
**2 \$7** for  
 save big on 2 with your VIC card

4.5 oz. Simple Truth **Organic Croutons**  
**2 \$4** for  
 save big on 2 with your VIC card

15 oz. Harris Teeter **Natural Peanut Butter**  
**2.19**  
 save at least 30c each with your VIC card

6 oz. Annie's **Organic Mac & Cheese**  
**2 \$5** for  
 save big on 2 with your VIC card

8 oz. Simple Truth **Organic Hummus**  
**2.99**  
 save at least \$1.00 each with your VIC card

8.8 oz. Simple Truth **Organic Breakfast Cookies**  
**2 \$6** for  
 save big on 2 with your VIC card

1 oz. Simple Truth **Freeze-Dried Fruit**  
**3.59**  
 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

14 oz. Simple Truth **Organic Ghee**  
**8.99**  
 save big with your VIC card

# Sweetest Batch Berries

**Driscoll's**  
 Only the Finest Berries™

10 oz. **Driscoll's Sweetest Batch Blackberries**  
 14 oz. **Driscoll's Sweetest Batch Strawberries**  
 11 oz. **Driscoll's Sweetest Batch Blueberries**

**7.99** each  
 save big with your VIC card



## Save BIG on Bagged CITRUS

3 lb. bag **Cara Cara Navel Oranges**  
 2 lb. bag **Sumo Mandarin**  
 3 lb. bag **Navel Oranges**  
 3 lb. bag **Clementines**

**4.99** each  
 save big with your VIC card

Farmers Market **Sweet Onions**  
**1.69** per lb.  
 save big per lb. with your VIC card

Farmers Market **Green Cabbage**  
**.99** per lb.  
 save big per lb. with your VIC card

8 oz. Farmers Market **Whole or Sliced White Mushrooms**  
**2 \$4** for  
 save big on 2 with your VIC card

Farmers Market **Orange, Yellow or Red Bell Peppers**  
**1.79** each  
 save big with your VIC card

floral **Blueberry Pie Bouquet**  
**12.99** each  
 save at least \$3.00 each with your VIC card

Farmers Market **Red Cherries**  
**4.99** per lb.  
 save big per lb. with your VIC card

4.5 - 7.75 oz. **Ready Pac Salad Bowls**  
**BUY 1 GET 1 FREE**  
 each item rings at half price with your VIC card

1 lb. pkg. **Campari Tomatoes**  
**2 \$7** for  
 save big on 2 with your VIC card

Farmers Market **Snap Dragon or Sweetango Apples**  
**2.29** per lb.  
 save big per lb. with your VIC card

Bright & Colorful **Rose Plants**  
 6 inch **8.99** each  
 4 inch **5.99** each  
 save at least \$1.00 each with your VIC card

## big savings from our fresh foods market

4 ct. **Muffins**  
**BUY 1 GET 1 FREE**  
 each item rings at half price with your VIC card

6.5 oz. Assorted Varieties **Athenos Feta Crumbles**  
**BUY 1 GET 1 FREE**  
 each item rings at half price with your VIC card

Fresh Foods Market **Signature Cakes**  
**12.99** each  
 save big with your VIC card

Boar's Head **Lower Sodium Turkey Breast**  
**9.99** per lb.  
 save big per lb. with your VIC card

Stonefire **Naan Bread**  
**2 for \$6**  
 save big on 2 with your VIC card

Fresh Foods Market **Chicken Wings or Tenders**  
**5.99** each  
 save big with your VIC card





**HOT & HEARTY**  
**PROTEIN PACKED**

# POWER-PACKED MEALS



16 oz.  
**Kodiak Protein Oats Canister**  
 or 10.58 oz.  
**Maple Brown Sugar Instant Oatmeal Packets**  
**4.99**  
 save big with your VIC card



10.58 oz.  
**Kodiak Peak Instant Oatmeal**  
**4.99**  
 save big with your VIC card



6.17 oz.  
**Kodiak Chewy Granola Bars**  
 or 9.5 oz.  
**Crunchy Granola Bars**  
**4.99**  
 save big with your VIC card



14.5 oz.  
**Kodiak French Toast Sticks**  
**4.99**  
 save big with your VIC card



18 - 20 oz.  
**Kodiak Power Cakes Flapjack & Waffle Mix**  
**4.99**  
 save big with your VIC card



7.05 oz.  
**Kodiak Breakfast Bars**  
**4.99**  
 save big with your VIC card



14 oz.  
**Kodiak Muffin Mix**  
**4.99**  
 save big with your VIC card



2.12 - 2.36 oz.  
**Kodiak Power Cups**  
**2 \$4**  
 for  
 save big on 2 with your VIC card





**Harris Teeter**  
**health and wellness**

*Elevate your well-being*



**Powerful relief. Inside or out.**

**TYLENOL PRECISE**  
 Pain Relieving Cream  
 Uniquely designed rollerball

**TYLENOL PRECISE**  
 Rapid Release  
 Maximum strength\* for targeted relief

**TYLENOL PRECISE**  
 Rapid Release  
 Pain hits fast. Get relief fast.

\*Maximum strength ibuprofen without a prescription. Use products only as directed. © Kenvue Brands LLC 2024

Use products only as directed

4 oz. **TYLENOL®** Precise

**11.99** ea.

VIC save big with your VIC card

Use products only as directed

100 ct. **TYLENOL®** Rapid Release or **TYLENOL®** 8hr Arthritis Caplets

**13.99** ea.

VIC save big with your VIC card

Use products only as directed

100 ct. **TYLENOL®** PM Caplets

**14.99** ea.

VIC save big with your VIC card

Use products only as directed

100 ct. **SIMPLY SLEEP®** Nighttime Sleep Aid Caplets

**13.99** ea.

VIC save big with your VIC card

Use products only as directed

4 oz. **CHILDREN'S MOTRIN®** or **CHILDREN'S TYLENOL®**

**7.99** ea.

VIC save big with your VIC card

The pain targeting strength of **MOTRIN®** united with **TYLENOL®**

**Motrin** **TYLENOL**

the pain blocking power of **TYLENOL®**

\*Ibuprofen is the active ingredient in MOTRIN® and acetaminophen is the active ingredient in TYLENOL®. Use product only as directed. © Kenvue Brands LLC 2024

Use products only as directed

100 ct. **MOTRIN®** Dual Action with **TYLENOL®**

**12.99** ea.

VIC save big with your VIC card

Use products only as directed

100 ct. **MOTRIN®** IB Caplets

**10.99** ea.

VIC save big with your VIC card

Use products only as directed

80 ct. **MOTRIN®** Liquid Gels

**15.99** ea.

VIC save big with your VIC card

Use products only as directed

24 ct. **TYLENOL®** Cold + Head Congestion Severe, Sinus Severe Day or Cold + Flu Severe

**7.49** ea.

VIC save big with your VIC card

Use products only as directed

20 ct. **SUDAFED®** HEAD CONGESTION + SINUS or 24 ct. **SUDAFED PE®** HEAD CONGESTION + SINUS Pressure + Pain

**7.99** ea.

VIC save big with your VIC card

Use products only as directed

25 ct. **PEPCID®** AC Maximum Strength or **PEPCID®** Complete

**12.99** ea.

VIC save big with your VIC card

Use products only as directed

30 ct. **PEPCID®** AC Tablets

**11.99** ea.

VIC save big with your VIC card

Use products only as directed

20 ct. **PEPCID®** AC Maximum Strength Icy Cool Mint

**10.99** ea.

VIC save big with your VIC card

Use products only as directed

24 ct. **IMODIUM®** AD Softgels or Multi-Symptom Caplets

**14.99** ea.

VIC save big with your VIC card

Use products only as directed

20 ct. **BAND-AID®** Tough Strips or 30 ct. **BAND-AID®** Flexible Fabric

**3.79** ea.

VIC save big with your VIC card

Use products only as directed

**NEOSPORIN®** Pain Relief Cream, Ointment or **NEOSPORIN®** + Burn Relief Ointment

**7.99** ea.

VIC save big with your VIC card

Use products only as directed

Select Varieties **JOHNSON'S®** Baby Products

**5.69** ea.

VIC save big with your VIC card

Use products only as directed

20.3 oz. **JOHNSON'S®** Skin Nourish

**6.69** ea.

VIC save big with your VIC card

Proven essential skin care, suitable for the whole family

Use products only as directed. © Kenvue Brands LLC 2024

Use products only as directed

13.6 oz. **JOHNSON'S®** Bedtime Bath or Bedtime Lotion or 20.3 oz. **JOHNSON'S®** Baby Shampoo

**6.99** ea.

VIC save big with your VIC card

Use products only as directed

**AVEENO®** Baby Wipes

**BUY 2 GET 1 FREE**

See big on 3 with your VIC card. VIC

Use products only as directed

25 ct. **JOHNSON'S®** Hand & Face Wipes

**3.99** ea.

VIC save big with your VIC card

Use products only as directed

27 oz. **JOHNSON'S®** Baby HEAD-TO-TOE® Wash & Shampoo

**8.99** ea.

VIC save big with your VIC card

Use products only as directed

13.6 oz. **JOHNSON'S®** Kids Shiny & Soft Shampoo or Clean & Fresh Shampoo & Wash

**4.99** ea.

VIC save big with your VIC card

**HEALS LIKE A DREAM**

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

Comfort, restored.

Use products only as directed. © Kenvue Brands LLC 2024

Use products only as directed

4 oz. **DESITIN®** Daily Defense Diaper Rash Cream or **DESITIN®** Maximum Strength Original Paste

**7.99** ea.

VIC save big with your VIC card

Use products only as directed

12 oz. **AVEENO®** Kids 2-in-1 Shampoo & Conditioner

**6.99** ea.

VIC save big with your VIC card

Use products only as directed

18 oz. **AVEENO®** Kids Face & Body Wash

**8.99** ea.

VIC save big with your VIC card

**Make self-care a can-do!**

Help big kids grow their self-care routine and their independence

Use products only as directed. © Kenvue Brands LLC 2024

Specialized solutions designed for kids developing sensitive skin and hair

RECOMMENDED BY PEDIATRICIANS & DERMATOLOGISTS

**Aveeno KIDS**

Use products only as directed

3.45 oz. **TENA®** ProSkin Barrier Cream

**8.49** ea.

VIC save big with your VIC card

Use products only as directed

8.5 oz. **TENA®** ProSkin Cleansing Cream or 48 ct. **TENA®** ProSkin Ultra Adult Wipes

**4.99** ea.

VIC save big with your VIC card

Use products only as directed

20 ct. **TENA®** Intimates Moderate Pads

**BUY 2 GET 1 FREE**

See big on 3 with your VIC card. VIC

Use products only as directed

28 ct. **TENA®** Sensitive Care Extra Coverage Overnight Pads, or 33 ct. **TENA®** Sensitive Care Regular Pads or 14 ct. **TENA®** Sensitive Care Overnight Underwear

**BUY 2 GET 1 FREE**

See big on 3 with your VIC card. VIC

**HEALTHY HAIR IN 1 wash**

FROM THE #1 HAIR REPAIR BRAND

**OGX®** Regular Strength Shampoo or Conditioner

**7.99** ea.

VIC save big with your VIC card

Use products only as directed

13 oz. **OGX®** Regular Strength Shampoo or Conditioner

**7.99** ea.

VIC save big with your VIC card

Use products only as directed

Select Varieties and Sizes **AVEENO®** Skin Care Products

**20% off**

VIC save big with your VIC card

Use products only as directed

Select Varieties and Sizes **LUBRIDERM®** Products

**20% off**

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Select Varieties and Sizes **CLEAN & CLEAR®** Products

**20% off**

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Select Varieties **OGX®** Wash

**20% off**

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**Aveeno. THOUGHTFULLY FORMULATED FOR SKIN LIKE YOURS**

**Neutrogena**

**BOOST YOUR SKIN'S VITALS™**

**DERM-TESTED ESSENTIALS FOR LASTING HYDRATION**

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Use products only as directed

Select Varieties and Sizes **NEUTROGENA®** Skin Care Products

**20% off**

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72 ct. **LISTERINE®** Cool Mint Pocketpaks Breath Strips

**5.59** ea.

VIC save big with your VIC card

**5X MORE EFFECTIVE THAN FLOSS AT REDUCING PLAQUE**

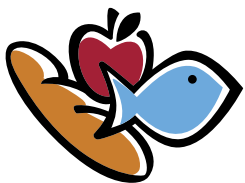
**LISTERINE COOL MINT**

**COMPLETE YOUR ROUTINE**

FORMULA IMPROVED TO REMOVE 5X MORE PLAQUE FROM THE GUM LINE WITH A CLEANSING ACTION. ABOUT 10X MORE EFFECTIVE THAN FLOSS AT REDUCING BACTERIAL PLAQUE. SEE LISTERINE.COM FOR MORE INFORMATION. © 2024 LISTERINE. ALL RIGHTS RESERVED.

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**Harris Teeter**  
YOUR NEIGHBORHOOD MARKET

**WEEKLY SPECIALS\***

PRICES VALID THROUGH 1.14.25

\* Supplies are limited



**Fresh year,  
fresh bowls**



5.3 oz.  
**Icelandic Provisions  
Thick & Creamy Skyr  
Lowfat Yogurt**

**4 for \$5**

save at least 64¢ on 4 with your VIC card



4.4 oz.  
**Icelandic Provisions  
Extra Creamy Skyr  
Whole Milk Yogurt**

**4 for \$5**

save at least 64¢ on 4 with your VIC card



**SHOPPER MARKETING**



Harris Teeter  
**health and wellness**



4 pk. 11 oz.  
**Atkins**  
 Ready to Drink  
 Chocolate Protein Shake

4 pk. 11 oz.  
**Atkins Strong**  
 Ready to Drink  
 Chocolate Protein Shake

5 pk.  
**Atkins**  
 Protein Meal Bars  
 •Baked Vanilla  
 •Chocolate Peanut Butter

**6.99**

**7.99**

**8.99**

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

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

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



8 ct.  
**Atkins KETO**  
 Peanut Butter Cups

5 pk.  
**Atkins**  
 Snack Bars  
 •Caramel Chocolate Nut Roll Bar  
 •Lemon Bar  
 •Chocolate Wafer

5 pk.  
**Atkins Endulge**  
 Caramel Nut Chew Bar

**9.99**

**6.99**

**6.59**

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

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

save at least \$1.40 each with your VIC card **VIC SAVINGS**



Single  
**Quest**  
 Protein Bars

Single  
**Quest**  
 Protein Chips

4 pk.  
**Quest**  
 Cheese Crackers

4 pk.  
**Quest**  
 Bake Shop Muffins

**2 \$5**  
 for

**2.69**

**7.99**

**9.99**

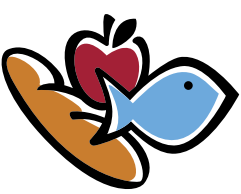
save at least 98¢ on 2 with your VIC card **VIC SAVINGS**

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

save at least \$1.20 each with your VIC card **VIC SAVINGS**

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





# Harris Teeter health and wellness



1.41 - 1.76 oz.  
**Nick's Swedish Style Nut Bars**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card



4 pk.  
**Orgain Organic Protein Shakes**

**8.99**

save at least \$2.00 each with your VIC card



4 pk.  
**Orgain Kids**  
**7.49**  
save big with your VIC card



Select 32 - 80 ct.  
**Irwin Naturals Supplements**

**20% off**

save big with your VIC card



10 oz. or 20 oz.  
**Vital Proteins Collagen Peptides**

**20% off**

save big with your VIC card



4 oz.  
**Simple Truth Organic Baby Food Pouches**

**10 for \$10**

save at least 29¢ each with your VIC card



1.6 - 1.7 oz.  
**LaraBar**

**10 for \$10**

save at least \$6.90 on 10 with your VIC card



12 oz. or .5 ltr.  
**NSuper Water or Seltzers**

**3 for \$5**

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



2.12 oz.  
**ONE Protein Bars**

**2 for \$4**

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



50 ct. Tablets or Caplets  
**Harris Teeter Naproxen Sodium**

**4.99**

save at least \$1.00 each with your VIC card



7.94 - 8.99 oz.  
**Simple Truth Protein Bars**

**5.49**

save at least 50¢ each with your VIC card



6 ct.  
**LaraBar**

**5.99**

save at least \$3.00 each with your VIC card



6 ct.  
**Trulabs Hydration Powders**

**7.99**

save at least \$2.00 each with your VIC card



4 pk.  
**Muscle Milk Protein Shakes**

**8.99**

save at least \$2.00 each with your VIC card



100 ct. Select  
**Centrum Ultra Vitamins**

**10.99**

save at least \$3.50 each with your VIC card



18 - 19.2 oz.  
**Garden of Life Protein Powders**

**19.99**

save at least \$4.50 each with your VIC card



16 oz.  
**Orgain Collagen Peptides**

**24.99**

save at least \$5.00 each with your VIC card