

WED	THU	FRI	SAT	SUN	MON	TUE
15	16	17	18	19	20	21



# Harris Teeter

YOUR NEIGHBORHOOD MARKET

Weekly Specials\*



Porterhouse  
or T-Bone Steaks

Farmers Market  
Red Cherries

**8.99** per lb.

Value Pack  
VIC SAVINGS

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

**3.99** per lb.

Value Pack  
VIC SAVINGS

save big per lb. with your VIC card



80% Lean  
Ground Chuck

Wild Caught  
Alaska Sockeye  
Salmon Fillets  
or 16 - 20 ct. Wild Caught  
Peeled & Deveined  
Argentine Shrimp

Farmers Market  
Broccoli Crowns

**3.99** per lb.

Value Pack  
VIC SAVINGS

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

**8.99** per lb.

Value Pack  
VIC SAVINGS

save big per lb. with your VIC card

**1.49** per lb.

Value Pack  
VIC SAVINGS

save big per lb. with your VIC card



Smithfield  
Boston Butt  
Whole Pork Roast

Fresh Foods Market  
Whole Subs

5 lb. bag Farmers Market  
Russet Potatoes

Farmers Market  
Cauliflower  
or 1 lb. Bag  
Brussels Sprouts

**1.29** per lb.

Value Pack  
VIC SAVINGS

save at least \$1.20 per lb. with your VIC card

**6.99** each

Value Pack  
VIC SAVINGS

save big with your VIC card

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

## 15% Off Half Case Wine Sale

Offers valid Thursday, January 16 - Sunday, January 19, 2025

All Wines • Mix or Match • Any Combination of 6 - 750 ml. or 3 - 1.5 ltr. bottles

12 pk. 12 oz. cans  
Coca-Cola Products

**BUY 2 GET 2 FREE**

save big on 4 with your VIC card

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

**BUY 2 GET 2 FREE**

save big on 4 with your VIC card

8 oz.  
Sargento  
Shredded  
Cheese

**BUY 2 GET 2 FREE**

when you buy 4  
- or  
regular  
price  
each

VIC SAVINGS

MUST PURCHASE 4 TO GET 2 FREE

Cape Cod or Kettle  
Chips, Snyder's  
Pieces Pretzels  
or 10 ct. Lance  
or  
Pepperidge Farm  
Buns or Rolls

**BUY 2 GET 2 FREE**

when you buy 4  
- or  
regular  
price  
each

VIC SAVINGS

MUST PURCHASE 4 TO GET 2 FREE

12 - 20.9 oz.  
Kellogg's  
Raisin Bran,  
Special K,  
Frosted  
Mini Wheats  
or Corn Flakes

**BUY 2 GET 3 FREE**

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

limit 10

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

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

15 - 21 oz.  
Mayfield  
Novelties or  
48 oz. Halo Top  
Ice Cream  
or 16 oz. Halo Top  
Ice Cream

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

10 - 12 oz.  
Tostitos

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

## eVIC e-VIC Members Only Sale

Offers valid Thursday, January 16 - Sunday, January 19, 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.

15.5 - 24.7 oz.  
DiGiorno  
or CPK Pizza

**4.97**

save at least **BIG** over our already low VIC price when you buy 4

non e-vic member price **5.49**

weekly limit 4

34 oz Liquid or 12 - 16 ct. PODS  
Tide  
Laundry Detergent

**4.97**

save at least **BIG** over our already low VIC price when you buy 4

non e-vic member price **5.49**

weekly limit 4

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

**14.97**

save at least \$4.08 over our already low price when you buy 2

non e-vic member price **15.99**

weekly limit 2

Drink Responsibly - Must be 21 to Purchase

750 ml.  
Kendall-Jackson,  
Josh Cellars  
or Wente

**10.97**

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

non e-vic member price **11.99**

weekly limit 4

Drink Responsibly - Must be 21 to Purchase

**Friday, Jan. 17th**

redeem at Harris Teeter Fuel

**4X FUEL POINTS**

**on all qualifying items**

download the digital coupon available to clip January 15 - 17, 2025 ONLY



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

\* Supplies are limited. Offer valid Friday, January 17, 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. 1-10B 1-10B 1-10B 1-10B

Prices good through January 21, 2025

WED	THU	FRI	SAT	SUN	MON	TUE
15	16	17	18	19	20	21

**15% Off Half Case Wine Sale**  
 Offers valid Thursday, January 16 through Sunday, January 19, 2025. All Wines · Mix or Match · Any Combination of 6 - 750 ml. or 3 - 1.5 ltr. bottles

*Drink Responsibly - Must be 21 to Purchase*

750 ml  
**Cupcake, Dark Horse**  
 or **Castle Rock**  
**8.99**  
**-15%**



**7.64** each

Final Price each when you buy any 6 - 750 ml. btl. or 3 - 1.5 ltr. btl. purchase during 4 DAY SALE, JAN. 16 - 19, 2025.

\*Pkg. may vary by location.



6 pk. 16.9 oz.  
**Pepsi Products**

**BUY 2 GET 3 FREE**

limit 10

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

20 oz.  
**Thomas' Bagels**  
 or **Nature's Own**  
**Perfectly Crafted Bread** or **Buns**



**BUY 1 GET 1 FREE**

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

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 **VIC SAVINGS**

8 oz.  
**Harris Teeter**  
**Natural Sliced Cheese**



**2 for \$4**

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

46 oz.  
**Tropicana**  
**Orange Juice**



**2 for \$6**

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

5.25 - 12.87 oz.  
**Stouffer's**  
 or **Lean Cuisine**  
**Single Serve**  
 or **Pizza**



**4 for \$12**

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

**every day DOUBLE manufacturers' COUPONS** **VIC SAVINGS** up to 99¢  
 see customer service for details

Live Naturally

Spend less with Harris Teeter's family of Brands

organic

Simple Truth Organic Broccoli or Celery Hearts



2 for \$7

save at least 29¢ on 2 with your VIC card

VIC SAVINGS

organic

9 oz. Simple Truth Organic Tortilla Chips



2 for \$4

save big on 2 with your VIC card

VIC SAVINGS

organic

12 oz. Simple Truth Organic Frozen Vegetables



2 for \$5

save big on 2 with your VIC card

VIC SAVINGS

organic

25 oz. Simple Truth Organic Marinara Pasta Sauce or 14.5 oz. Alfredo Sauce



2 for \$7

save big on 2 with your VIC card

VIC SAVINGS

organic

12 oz. Simple Truth Organic Marinades



2 for \$7

save big on 2 with your VIC card

VIC SAVINGS

organic

32 oz. Simple Truth Organic Bone Broth



3.99

save big with your VIC card

VIC SAVINGS

15 pk. 16.9 oz. Harris Teeter Spring Water



2 for \$6

save at least \$1.98 on 2 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®



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

# 4X FRIDAY



**It's easy!** Just download the digital coupon, and you'll earn **4X Fuel Points** on qualifying items on **Friday, January 17, 2025.**

**Download Digital Coupon**

### 3 WAYS TO EARN:

 **1**  
**POINT**

\$1 spent equals 1 point with participating items

 **2X**  
**POINTS**

\$25 in gift cards equals 50 points

 **50**  
**POINTS**

1 prescription equals 50 points. Non-federally funded prescriptions

\*Terms & Conditions apply. Visit [harristeeter.com/fuelpoints](http://harristeeter.com/fuelpoints) for details.

# from our meat department

# from our seafood department



HARRIS TEETER RESERVE  
ANGUS BEEF

**T-Bone or Porterhouse Steaks**

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

VIC SAVINGS



**Niman Pork Tenderloin**

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

VIC SAVINGS



USDA Choice Angus  
**Boneless Short Ribs**  
**9.99** per lb.  
save at least \$1.00 per lb. with your VIC card

VIC SAVINGS



16 oz. Villari Prime  
**Boneless Ribeye Chop**  
**2 \$10** for  
save big on 2 with your VIC card

VIC SAVINGS



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

VIC SAVINGS



16 oz. 93/7 Thomas Farms Grass Fed  
**Ground Beef**  
**7.99** each  
save at least \$1.00 each with your VIC card

VIC SAVINGS



12 - 14 oz.  
**Hillshire Polska Kielbasa or Beef Smoked Sausage**

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

VIC SAVINGS



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

VIC SAVINGS



9 - 12 oz. Jimmy Dean Bacon  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card

VIC SAVINGS



16 oz. Carando Meatballs  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card

VIC SAVINGS



10 oz. Gilbert's Chicken Sausage  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card

VIC SAVINGS



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

VIC SAVINGS



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

VIC SAVINGS



9 oz., 15 oz., 21 oz. Steak-umm Sliced Steaks  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card

VIC SAVINGS



14 - 16 oz. Prime Fresh Family Pack Lunchmeat  
**6.99** each  
save at least \$2.00 each with your VIC card

VIC SAVINGS

Fresh Seafood from Your Local and Regional Neighbors

Fresh Farm Raised  
**Steelhead Trout Fillets**



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



Fresh Wild Caught Cod Fillets  
**13.99** per lb.  
save at least \$2.00 per lb. with your VIC card



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



Wild Caught Whole Dressed Snapper  
**7.99** per lb.  
save at least \$1.00 per lb. with your VIC card



12.8 oz. Trident Hatch Chile Salmon Burger  
**3.99** each  
save at least \$5.00 each with your VIC card



Wild Caught Mahi Mahi Fillets  
**9.99** per lb.  
save at least \$2.00 per lb. with your VIC card



41 - 50 ct. Tail On Cooked Shrimp  
**9.99** per lb.  
save at least \$1.00 per lb. with your VIC card

VIC SAVINGS



5 oz. Citrus Herb Salmon Portions  
**\$6** each  
save at least \$1.00 each with your VIC card



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



24 oz. Clam Shack Clam Chowder or Lobster Bisque  
**7.99** each  
save at least \$2.00 each with your VIC card



Wild Caught Rock Crab Clusters  
**4.99** per lb.  
save at least \$2.00 per lb. with your VIC card



Wild Caught Flounder Fillets  
**9.99** per lb.  
save at least \$3.00 per lb. with your VIC card



Wild Caught 10 - 20 ct. Sea Scallops  
**16.99** per lb.  
save at least \$2.00 per lb. with your VIC card

VIC SAVINGS

# from our grocery department



5.25 - 6 oz. Annie's Mac & Cheese Dinners  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card

VIC SAVINGS



4.2 - 5.6 oz. Knorr Pasta or Rice Sides  
**4 \$5** for  
save big on 4 with your VIC card

VIC SAVINGS



12 - 16 oz. Barilla Blue Box Penne Rigate or Spaghetti  
**3 \$4** for  
save big on 3 with your VIC card

VIC SAVINGS



28 oz. Harris Teeter Diced Tomatoes  
**3 \$5** for  
save big on 3 with your VIC card

VIC SAVINGS



8.5 - 8.8 oz. Ben's Ready Rice  
**2 \$5** for  
save big on 2 with your VIC card

VIC SAVINGS



24 oz. HT Traders Soup  
**3.79**  
save at least 90¢ each with your VIC card

VIC SAVINGS



6.5 - 7.1 oz. Nature Valley Protein or Wafer Bars  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card

VIC SAVINGS



12 oz. Harris Teeter Honey Bear  
**2 \$5** for  
save big on 2 with your VIC card

VIC SAVINGS



12 oz. Good Good No Sugar Fruit or Chocolate Hazelnut Spreads  
**4.99**  
save big with your VIC card

VIC SAVINGS



12 oz. Bag or 10 ct. K-Cups Panera Coffee  
**4.99**  
save big with your VIC card

VIC SAVINGS



8 - 12 oz. Purely Elizabeth Granola  
**6.99**  
save big with your VIC card

VIC SAVINGS



12 oz. MaraNatha Almond Butter  
**8.99**  
save big with your VIC card

VIC SAVINGS



2.25 oz. Harris Teeter Ripe Olives or 5 oz. Croutons  
**4 \$5** for  
save big on 4 with your VIC card

VIC SAVINGS



12 oz. Harris Teeter Chili Sauce or 24 oz. Ketchup  
**2 \$3** for  
save big on 2 with your VIC card

VIC SAVINGS



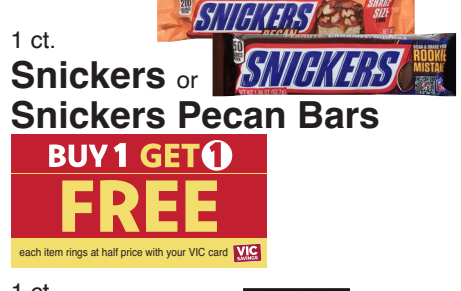
7 - 8 oz. Harris Teeter Kettle Chips  
**2 \$5** for  
save big on 2 with your VIC card

VIC SAVINGS



Pepperidge Farm Farmhouse Buns or Rolls  
**3.99**  
save big with your VIC card

VIC SAVINGS



1 ct. Snickers or Snickers Pecan Bars  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card

VIC SAVINGS



1 ct. Ghirardelli Chocolate Squares  
**2 \$6** for  
save big on 2 with your VIC card

VIC SAVINGS



36 oz. Liquid or 19 ct. Mighty Pacs All Free & Clear Laundry Detergent  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card

VIC SAVINGS



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

VIC SAVINGS



90 ct. Ziploc Sandwich Bags  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card

VIC SAVINGS



3 - 3.15 lb. Meow Mix Cat Food  
**5.49**  
save at least \$1.00 each with your VIC card

VIC SAVINGS



12 pk. 2.47 oz. Cans Reveal Multipack Wet Cat Food  
**13.99**  
save at least \$2.50 each with your VIC card

VIC SAVINGS



4.5 oz. Canine Carry-Outs Dog Treats  
**5 \$5** for  
save at least \$1.45 on 5 with your VIC card

VIC SAVINGS

\* Supplies are limited

# beverages

28 oz.  
**Gatorade**  
or 1 Ltr. **Propel**  
**BUY 1 GET 2 FREE**  
save big on 3 with your VIC card



1.62 oz.  
**STUR**  
**Water Enhancer**  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card



20 oz.  
**Vitaminwater**  
**BUY 2 GET 1 FREE**  
save big on 3 with your VIC card



10 pk. 7.5 oz.  
**Coca-Cola Mini Cans**  
**BUY 2 GET 1 FREE**  
save big on 3 with your VIC card



6 pk. 16 oz.  
**Snapple Iced Tea**  
**5.99**  
save big with your VIC card



4 pk. 9 oz.  
**La Colombe Draft Latte**  
**8.99**  
save big with your VIC card



64 oz.  
**Mott's Pure Apple Juice**  
**2 \$7**  
for  
save at least \$3.98 on 2 with your VIC card



6 pk. 16.9 oz.  
**Canada Dry or 7-UP**  
**2 \$7**  
for  
save at least \$6.99 on 2 with your VIC card



8 pk.  
**S.Pellegrino or Maison Perrier Sparkling Water**  
**2 \$11**  
for  
save at least \$5.98 on 2 with your VIC card



4 pk.  
**Monster Energy Drink**  
**6.99**  
save at least \$3.00 each with your VIC card



# snacks

7 - 16 oz.  
**Utz Family Size Chips or Pretzels**  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card



16 - 20.2 oz.  
**Family Size Chips Ahoy! or Oreo**  
**2 \$7**  
for  
save big on 2 with your VIC card



4.8 oz.  
**Angie's Boom Chicka Pop**  
**2 \$5**  
for  
save at least \$2.98 on 2 with your VIC card



16 oz.  
**Planters Dry Roasted Peanuts**  
**2 \$5**  
for  
save big on 2 with your VIC card



15.5 oz.  
**Tostitos Salsa**  
**2 \$6**  
for  
save big on 2 with your VIC card



7 oz.  
**PopCorners, 7.25 - 8.5 oz. Ruffles or 8 oz. Miss Vickie's**  
**2 \$7**  
for  
save big on 2 with your VIC card



15 oz.  
**Tostitos Queso or Lay's Dips**  
**2 \$7**  
for  
save big on 2 with your VIC card



5 - 7 oz.  
**Pepperidge Farm Milano Cookies**  
**2 \$8**  
for  
save at least \$1.98 on 2 with your VIC card



20 ct.  
**Cape Cod, Kettle or Snyder's Multipacks**  
**9.99**  
save at least \$3.00 each with your VIC card



# health & beauty

6 oz. Liquid  
**Mucinex Fast Max**  
**16.99**  
save at least \$2.00 each with your VIC card



Oral-B 40 meter Floss or 2 ct. Toothbrushes or Select 3.3 - 5.1 oz.  
**Crest 3D White Toothpaste**  
**4.99**  
save at least \$1.00 each with your VIC card



Select Varieties  
**Nature's Bounty Vitamins or Supplements**  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card



6 ct.  
**Dove Bar Soap**  
**6.99**  
save at least \$4.00 each with your VIC card



Select  
**Handi-Foil Aluminum Pans**  
**30% off**  
save big with your VIC card



Select  
**Kitchen Gadgets**  
**30% off**  
save big with your VIC card



# dairy and frozen

25.4 - 48 oz.  
**Califia Cold Brew, Creamer or Barista**  
**3.99**  
save big with your VIC card



5.3 oz.  
**Too Good Yogurt**  
**10 \$10**  
for  
save big on 10 with your VIC card



Gallon  
**Harris Teeter Sweet Tea**  
**2 \$4**  
for  
save big on 2 with your VIC card



16 oz.  
**Fage Sour Cream**  
**2 \$4**  
for  
save big on 2 with your VIC card



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



4.5 oz.  
**Sargento Balanced Breaks**  
**3 \$10**  
for  
save big on 3 with your VIC card



6 - 12 oz.  
**Sargento Snacks**  
**2 \$8**  
for  
save big on 2 with your VIC card



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



32 oz.  
**Harris Teeter Half & Half**  
**2.99**  
save big with your VIC card



14 - 24 oz.  
**Celentano Pasta**  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card



17.31 - 24 oz.  
**Bellatoria Pizza**  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card



24 - 32 oz.  
**Seal the Seasons Smoothie Kit**  
**BUY 1 GET 1 FREE**  
each item rings at half price with your VIC card



9.15 - 15 oz.  
**Healthy Choice Steamers or Marie Callender's**  
**2 \$6**  
for  
save big on 2 with your VIC card



8.8 oz.  
**Harris Teeter Crust-Offs Sandwiches**  
**2 \$7**  
for  
save big on 2 with your VIC card



12.5 oz.  
**Chef Bombay Entrees**  
**2 \$8**  
for  
save big on 2 with your VIC card



13.5 - 16.5 oz.  
**Newman's Own Pizza**  
**2 \$10**  
for  
save big on 2 with your VIC card



•Chocolate Lava  
•Pineapple Upside Down  
•Key Lime  
2 ct.  
**HT Traders Desserts**  
**4.99**  
save big with your VIC card



29 oz.  
**Tyson Fun Nuggets**  
**5.99**  
save big with your VIC card



\* Supplies are limited

# A Better Day Begins with Breakfast

**eVIC** e-VIC members only

8.4 - 12.1 oz.  
**Quaker Instant Oatmeal**

**1.97**

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

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

each item rings at half price with your VIC card

weekly limit 4

9.8 oz.  
**Quaker Instant Grits**,  
18 oz.  
**Quick Oats**  
or 14.5 oz.  
**Oatmeal Squares**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

4 oz.  
**Once Upon A Farm Organic Smoothies**,  
1.5 oz. **Puffs**  
or 5 pk. **Tractor Wheels**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

12 - 16.8 oz.  
**General Mills Cheerios**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

1.5 - 2.1 oz.  
**Quaker Cups**

**4 \$5 for \$5**

save big on 4 with your VIC card

4 pk.  
**Oikos Triple Zero Greek Yogurt**

**2 \$7 for \$7**

save big on 2 with your VIC card

35 oz.  
**HT Traders Fancy Mandarins**  
or 24 oz.  
**Pineapple Spears in Coconut Water**

**2 \$10 for \$10**

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

2 lb.  
**Pearl Milling Company Pancake Mix**  
or 24 oz. **Syrup**

**2 \$6 for \$6**

save big on 2 with your VIC card

16 oz.  
Select Varieties  
**Harris Teeter Frozen Fruit**  
or 16 oz. **French Toast Sticks**

**2 \$6 for \$6**

save big on 2 with your VIC card

13.7 oz.  
**Starbucks Frappuccino**

**2 \$9 for \$9**

save big on 2 with your VIC card

2 - 4 ct.  
**HT Traders or Harris Teeter Breakfast Sandwiches**

**5.49**

save big with your VIC card

12 oz.  
**Private Selection Sliced Bacon**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card



2 ltr.  
**Coca-Cola Products**

**BUY 2 GET 2 FREE**

save big on 4 with your VIC card

5 oz.  
**McIlhenny Tabasco Sauce**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

8 oz.  
**Cabot Chunk Cheese**

**BUY 2 GET 2 FREE**

save big on 4 with your VIC card

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

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

10 - 20.6 oz.  
**Nabisco Family Size Snack Crackers or Ritz Crackers**

**2 \$8 for \$8**

save big on 2 with your VIC card

14.1 oz.  
**Jus-Rol Family Style Pizza Dough**

**2 \$6 for \$6**

save big on 2 with your VIC card

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

**4.99**

save at least \$1.00 each with your VIC card

12 pk. 12 oz. **Harris Teeter Soda**  
**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

16 oz.  
**Kraft Salad Dressing**

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

7.4 - 16 oz.  
**Late July Tortilla Chips or Snyder's Family Size Pretzels**

**2 \$8 for \$8**

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

18 oz.  
**Harris Teeter Grilling Sausage**

**2 \$9 for \$9**

save big on 2 with your VIC card

15.5 oz.  
**Hanover Canned Beans**

**4 \$5 for \$5**

save big on 4 with your VIC card

30 oz.  
**Hellmann's Mayonnaise**

**5.49**

save big with your VIC card

96 ct. Combo  
**Harris Teeter Occasions Cutlery**

**5.79**

save 70c each with your VIC card

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

**5.49**

save at least \$1.20 each with your VIC card

26 oz.  
**Rosina Meatballs**

**6.99**

save big with your VIC card

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

**24.99**

save at least \$5.00 each with your VIC card

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

**15.99**

Drink Responsibly - Must be 21 to Purchase

**RSV VACCINES AVAILABLE NOW**

get ANY VACCINE and SAVE \$5.00 ON YOUR GROCERIES

**Harris Teeter Pharmacy**

CARE meets CONVENIENCE

\* Supplies are limited

# Long term Savings



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

NEW

Long term

VIC SAVINGS

Savings

15.6 oz. SpaghettiOs A to Z with Meatballs

**4 \$5** for

save big on 4 with your VIC card

15 oz. Harris Teeter Pretzel Mini Twists

**2 \$3** for

save big on 2 with your VIC card

15 oz. Harris Teeter Bread Crumbs

**1.79**

save big with your VIC card

9 oz. Simple Truth Organic Yellow Tortilla Chips

**2 \$4** for

save big on 2 with your VIC card

6 oz. HT Traders Popcorn

**2 \$5** for

save big on 2 with your VIC card

12 oz. Private Selection Gourmet Macaroni & Cheese

**2 \$5** for

save big on 2 with your VIC card

9.3 oz. Harris Teeter Hard-Cooked Peeled Eggs

**2 \$6** for

save big on 2 with your VIC card

28 oz. Harris Teeter Peanut Butter

**3.49**

save big with your VIC card

10 ct. Eggo Homestyle Waffles

**3.49**

save big with your VIC card

16 oz. Chick-fil-A Sauces

**2 \$7** for

save big on 2 with your VIC card

11.5 - 12 oz. Harris Teeter Baking Chips

**2 \$7** for

save big on 2 with your VIC card

14 oz. Pictsweet Air Fryer Sweet Potato Bites

**3.99**

save big with your VIC card

8.25 oz. Entenmann's Little Bites

**3.99** when you buy 2 or regular price each

MUST PURCHASE 2 WITH YOUR VIC CARD

16.5 oz. Simple Truth Organic Fruit Spread

**4.49**

save big with your VIC card

24 oz. Ken's Salad Dressing

**4.99**

save big with your VIC card

30 - 32 oz. HT Traders Rice Canister

**4.99**

save big with your VIC card

13 oz. Utz Party Size Chips

**4.99**

save big with your VIC card

20.66 oz. Red Baron 4 Cheese Pizza

**4.99**

save big with your VIC card

50 ct. Twinings Tea Bags

**6.99**

save big with your VIC card

20 oz. Bibigo Beef & Vegetable Mandu

**6.99**

save big with your VIC card

32 oz. Harris Teeter Chunk Cheese

**7.99**

save big with your VIC card

80 oz. Sweet Baby Ray's Barbecue Sauce

**7.99**

save big with your VIC card

100 ct. Harris Teeter Ibuprofen Tablets

**5.99**

save at least \$3.00 each with your VIC card

12 pk. Simple Truth Organic Chocolate Milk

**9.99**

save big with your VIC card

2.1 oz. Friskies Party Mix Cat Treats

**1.79**

save big with your VIC card

14 - 18 ct. Harris Teeter Triple Action Dishwasher Pacs

**4.39**

save big with your VIC card

24 oz. Liquid Harris Teeter Dish Detergent **1.99** save big with your VIC card

75 ct. Harris Teeter Disinfecting Wipes

**3.99**

save big with your VIC card

500 ct. Harris Teeter Everyday Napkins

**4.99**

save big with your VIC card

Prices valid January 15 through January 21, 2025.



# 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

## 15% Off Half Case Wine Sale

Offers valid Thursday, January 16- Sunday, January 19, 2025

All Wines · Mix or Match · Any Combination of 6 - 750 ml. or 3 - 1.5 ltr. bottles

750 ml.  
**Clos du Bois**  
Chardonnay,  
**Noble Vines**  
Cabernet or  
**14 Hands** Merlot

**10.99**  
-15%

**9.34** each

Final Price each when you buy any 6 - 750 ml. bottles case purchase during 4 DAY SALE, JAN. 16 - 19, 2025.

750 ml.  
**Matua**  
Sauvignon Blanc or  
**Mionetto**  
Prosecco

**13.99**  
-15%

**11.89** each

Final Price each when you buy any 6 - 750 ml. bottles case purchase during 4 DAY SALE, JAN. 16 - 19, 2025.



750 ml.  
**Roscato** Rosso  
or 6 pk. **Bell's**

**10.99** each



750 ml.  
**Tribute** Cabernet  
or 6 pk. **Wicked Weed**

**11.99** each

750 ml.  
**J Vineyards**  
Pinot Gris or  
**Elouan** Pinot Noir

**15.99**  
-15%

**13.59** each

Final Price each when you buy any 6 - 750 ml. bottles case purchase during 4 DAY SALE, JAN. 16 - 19, 2025.

750 ml.  
**DAOU**  
Cabernet or  
**Justin** Cabernet

**24.99**  
-15%

**21.24** each

Final Price each when you buy any 6 - 750 ml. bottles case purchase during 4 DAY SALE, JAN. 16 - 19, 2025.



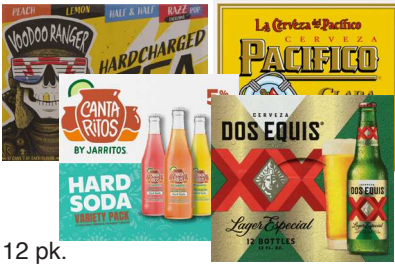
750 ml.  
**Cycles**  
**Gladiator** Chardonnay  
or 6 pk. **Corona** or **Modelo**

**9.99** each



750 ml.  
**Seaglass**  
Pinot Grigio  
or 6 pk. **Victory**

**11.99** each



12 pk.  
**Dos Equis, Pacifico,**  
**Cantaritos** or **Voodoo**  
**Ranger** Hard Chared Tea

**15.99** each



12 pk.  
**Mike's Hard,**  
**Stone** or **Peroni**

**16.99** each



12 pk.  
**Happy Thursday,**  
**Victory** or **Topo Chico**

**16.99** each



4 pk.  
**Legion Juicy Jay**

**12.99** each

**long term Savings**



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



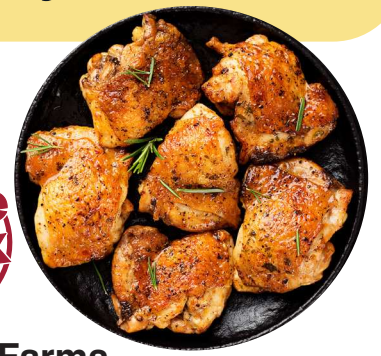
3 lbs.  
**Harris Teeter 85%**  
**Lean Ground Turkey**

**10.99** each



**Lean Stew Meat**

**5.99** per lb.



**Heritage Farms**  
**Chicken Thighs**

**1.79** per lb.



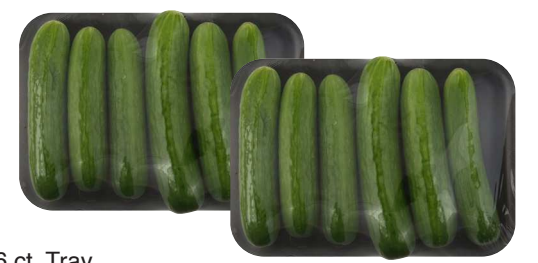
9 oz.  
**Farmers Market**  
**Flat Leaf Spinach**

**1.99** each



**Farmers Market**  
**Envy Apples**

**1.99** per lb.



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

**2 \$5**  
for



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

**9.99** per lb.



16 oz.  
**Fresh Foods Market**  
**Cole Slaw,**  
**Macaroni Salad**  
or **Potato Salad**

**4.99** each



16 oz.  
**Bakery Fresh**  
**Glazed Apple Fritters**

**5.49** each

**long term Savings**

**VIC SAVINGS**



\*Not a low calorie food. ©2025 Chobani, LLC.

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

52 oz. Chobani Oatmilk

**2.47**

save at least \$4.12 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.

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

7 oz. Chobani Greek Yogurt Smoothies

**.97**

save at least \$2.12 over our already low VIC price when you buy 4 VIC non e-vic member price **2/\$3**

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

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

**10 for \$10**

save at least 67¢ on 10 with your VIC card **VIC SAVINGS**

4.5 oz. Chobani Flip Greek Yogurt

**10 for \$10**

save at least 67¢ on 10 with your VIC card **VIC SAVINGS**

10 oz. Chobani High Protein Greek Yogurt Smoothies

**2 for \$4**

save at least 50¢ on 2 with your VIC card **VIC SAVINGS**

6.7 oz. Chobani High Protein Greek Yogurt

**10 for \$10**

save at least \$1.00 on 10 with your VIC card **VIC SAVINGS**

24 oz. Chobani Creamers

**2 for \$8**

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

42 oz. La Colombe Cold Brew Coffee

**2 for \$8**

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

32 oz. Chobani Multiserve Greek Yogurt

**2 for \$10**

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

# Smart Choices for a Healthy New You!

32 oz. Harris Teeter Regular or Low Sodium Broth

**2 for \$3**

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

64 oz. Harris Teeter Almondmilk

**2 for \$5**

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

2.3 oz. GoMacro Organic Protein Bars

**2 for \$5**

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

6 ct. Junkless Granola Bars

**3.49**

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

4.6 oz. Lesser Evil Popcorn

**2 for \$7**

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

16 oz. Farmers Market Fruit Medley

**4.99**

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

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

**4.99**

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

4 pk. Optimum Nutrition Protein Shakes

**6.99**

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

8 - 9 oz. Catalina Crunch

**6.99**

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

8 pk. 12 oz. Bodyarmor Super Drink

**6.99**

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

12 oz. Four Sigmatic Organic Coffee

**11.99**

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

1.93 lb. Muscle Milk Protein Powder

**23.99**

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

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

# Live Naturally

# BIG Savings on Produce

14.5 oz.  
**Muir Glen Organic Tomatoes**



**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

11.1 oz.  
**Kokada Coconut Spread**



**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

15 - 20 oz.  
**Simple Truth Organic Ketchup or Mustard**



**1.79**

save big with your VIC card

10 oz.  
**Farmers Market Premium or Hearts of Romaine**



**2.99**

save big with your VIC card

64 oz.  
**Simple Truth Organic Juices**



**3.29**

save at least 70c each with your VIC card

32 oz.  
**Imagine Organic Broth**



**2 for \$7**

save big on 2 with your VIC card

32 oz.  
**Lakewood Organic Pure Aloe**



**6.99**

save at least \$2.30 each with your VIC card

1 Ltr.  
**Vita Coco Farmers Organic Coconut Water**



**2 for \$10**

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

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



**2 for \$7**

save big on 2 with your VIC card

**Farmers Market Jumbo Cantaloupe**



**2.99 each**

save big with your VIC card

15.2 oz.  
**Bolthouse Smoothies**



**3 for \$10**

save big on 3 with your VIC card

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



**3 for \$5**

save big on 3 with your VIC card

12 oz. Farmers Market Ready Veggie  
**Green Beans**



**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

**Farmers Market Green Cabbage**



**.99 per lb.**

save big per lb. with your VIC card

**floral**  
 not available in all stores



Beautiful Colors!  
**Expressions in Floral Bouquet**

**9.99 each**

save at least \$3.00 each with your VIC card

Select Fresh Express  
**Chopped Salad Kits**



**3.99 each**

save big with your VIC card

**Farmers Market Tree Ripe Peach or Nectarines**



**2.99 per lb.**

save big per lb. with your VIC card

2 ct. bag  
**Farmers Market Avocado**



**1.99 each**

save big with your VIC card

24 oz. Farmers Market  
**Steamable Red, Gold or Sweet Potatoes**



**2.99 each**

save big with your VIC card

5 inch  
**Orchid Plants**



**17.99 each**

save at least \$4.00 each with your VIC card



3 lb. bag  
**Farmers Market Sweet Onions**



**3.99 each**

save big with your VIC card

**Farmers Market Honeydew Melon**



**3.99 each**

save big with your VIC card

**Farmers Market Large Lemons or Navel Oranges**



**2 for \$1**

save big with your VIC card

**Farmers Market Mangos**



**.99 each**

save big with your VIC card

## big savings from our fresh foods market

Fresh Foods Market  
**Cake Slices**



**2 for \$6**

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

6.5 oz.  
 Assorted Varieties  
**Athenos Feta Crumbles**



**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card

8 oz.  
 Fresh Foods Market  
**Half Loaves**



**2 for \$5**

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

Boar's Head  
**Ovengold Turkey Breast**



**9.99 per lb.**

save big per lb. with your VIC card

4 ct.  
 Fresh Foods Market  
**Gourmet Cookies**



**4.99 each**

save at least \$2.00 each with your VIC card

Fresh Foods Market  
**Chicken Wings or Tenders**



**5.99 each**

save big with your VIC card

Prices In This Ad Effective January 15 - 21, 2025 In The Following Stores Only:

• ASHEVILLE • HENDERSONVILLE • MOREHEAD CITY • GREENVILLE • NEW BERN • WILMINGTON  
 • RALEIGH • CLAYTON • FUQUAY VARINA • MORRISVILLE • APEX • DURHAM • HOLLY SPRINGS • GOLDSBORO  
 • ROCKY MOUNT • WAKE FOREST • WILSON • FAYETTEVILLE • ABERDEEN • SOUTHERN PINES  
 • BURLINGTON • GREENSBORO • ADAMS FARM • HIGH POINT • KERNERSVILLE • WINSTON SALEM • CLEMMONS  
 • BOONE • ALBEMARLE • GASTONIA • MOORESVILLE • SALISBURY • MECKLENBURG COUNTY • CONCORD  
 • SWEETWATER TOWN CENTER

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

\* Supplies are limited

A

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

Celebrate  
**Bowl  
Season!**

at Harris Teeter.



# Bowls & beyond





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

8.4 - 12.1 oz.  
**Quaker Instant Oatmeal**

**1.97**

save at least \$2.12 over our already low VIC price when you buy 4 **2/\$5** non e-vic member price

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

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

**4 \$5 for**

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

24 oz.  
**Pearl Milling Company Syrup**

**2 \$6 for**

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

2 lb.  
**Pearl Milling Company Pancake Mix**

**2 \$7 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**

14.5 oz.  
**Quaker Oatmeal Squares**

**BUY 1 GET 1 FREE**

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

22.3 oz.  
**Life Family Size Cereal**

**2 \$10 for**

save big on 2 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**

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**

6 oz.  
**Quaker Rice Crisps**

**BUY 1 GET 1 FREE**

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

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

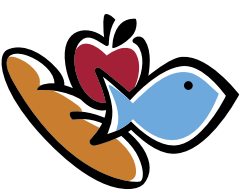
**3 \$5 for**

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

8.8 oz.  
**Rice-A-Roni or Pasta Roni Heat & Eat Bags**

**2.19**

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



# Bounty IS YOUR WINGMAN



**TACKLE THE TAILGATE**  
**GAMEDAY savings**



6 Double Roll  
**Bounty**  
Paper Towels

**12.99**

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



34 oz. Liquid or 12 - 16 ct. PODS  
**Tide**  
Laundry Detergent

**5.49**

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



46 oz. Liquid  
**Gain**  
Laundry Detergent

**5.49**

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



31 oz. Liquid or 13 ct. PODS  
**Tide Simply**  
Laundry Detergent

**3.49**

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



17 - 27 ct.  
**Cascade**  
ActionPacs  
Dishwasher Detergent

**7.99**

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



23.6 oz.  
**Febreze**  
Fabric Refresher

**5.49**

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



3 - 16 ct.  
**Swiffer**  
Wet or Dry Refills

**6.29**

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



8 - 9.6 oz.  
**Pantene**  
Nutrient  
Blends  
or 13.5 oz.  
**Head & Shoulders BARE** or  
**Herbal Essences Pure Plants**  
Shampoo or Conditioner

**9.99**

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



17 oz.  
**Olay**  
Premium Body Lotion

**9.99**

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



1.7 oz.  
**Olay Regenerist**  
Facial Moisturizer

**24.99**

save at least \$8.00 each with your VIC card **VIC SAVINGS**

**BUY 2, SAVE \$3 Instantly** **VIC SAVINGS** with your VIC card

**NATIVE**  
16.5 oz. **Body Lotion**,  
16.5 oz. **Shampoo**,  
18 oz. **Body Wash**  
2.65 oz. **Deodorant**,  
or 2.3 oz. **Whole Body**  
**Deodorant**



Valid through 1/28/25. All items must be purchased in the same transaction, with your VIC card. Participating NATIVE items only.



15 - 30.4 oz.  
**Metamucil**  
Fiber Supplement

**17.99**

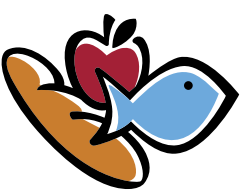
save at least \$4.00 each with your VIC card **VIC SAVINGS**



All Sizes / Varieties  
**Pampers**  
Diapers  
Super Packs

**28.99**

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



# Colgate

# BUY 4, SAVE \$4

\*On participating Softsoap®, Palmolive®, Colgate®, Speed Stick® or Murphy® products. All items must be purchased in the same transaction. Valid 1/1 - 1/28/25



5.1 oz.  
**Colgate Total Toothpaste**

# 4.99

save at least \$3.00 each with your VIC card



3.3 oz.  
**Colgate Total Whitening Toothpaste**

# 3.99

save at least \$1.50 each with your VIC card



3.2 oz.  
**Colgate Optic White Advanced Toothpaste**

# 5.99

save at least \$2.70 each with your VIC card



20 oz.  
**Palmolive Ultra Strength Dish Detergent**

# 2.79

save at least \$1.20 each with your VIC card



28 oz.  
**Ajax Ultra Triple Action Dish Detergent**

# 2 \$5

save at least \$1.09 on 2 with your VIC card



32 oz.  
**Murphy Wood Cleaner**

# 3.99

save at least \$1.80 each with your VIC card



56 oz.  
**Fabuloso Multi-Purpose Cleaner**

# 4.49

save at least \$2.00 each with your VIC card



8 ct.  
**Irish Spring Original Bar Soap**

# 5.99

save at least \$3.50 each with your VIC card



2.3 oz.  
**Lady Speed Stick**  
or 3 oz. **Speed Stick**

# 2 \$4

save big on 2 with your VIC card



20 oz.  
**Irish Spring Original Body Wash**

# 4.99

save at least \$2.20 each with your VIC card



20 oz.  
**Softsoap Body Wash**

# 4.99

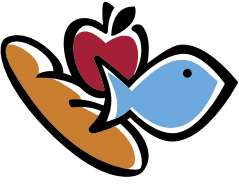
save at least \$2.60 each with your VIC card



7.5 oz.  
**Softsoap Liquid Hand Soap**

# 2 \$3

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



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

It's a New Year  
of savings



8 oz.  
**Simple Truth  
Organic Trail Mix**  
or 6.5 oz. **Simple Truth  
Sweet n' Salty Trail Mix**

**BUY 1 GET 1  
FREE**

each item rings at half price with your VIC card



18 oz.  
**Simple Truth  
Organic Rolled Oats**

**2.99**

save big with your VIC card



13.5 oz.  
**Simple Truth  
Organic  
Coconut Milk**

**2 \$4  
for \$4**

save at least 98¢ on 2 with your VIC card



10 oz.  
**Simple Truth  
Organic Relish**

**2 \$4  
for \$4**

save big with your VIC card



32 oz.  
**Simple Truth  
Organic  
Stock** or  
**Vegan Broth**

**2 \$5  
for \$5**

save big on 2 with your VIC card



6 oz.  
**Simple Truth  
Sweet Potato Chips**

**2 \$5  
for \$5**

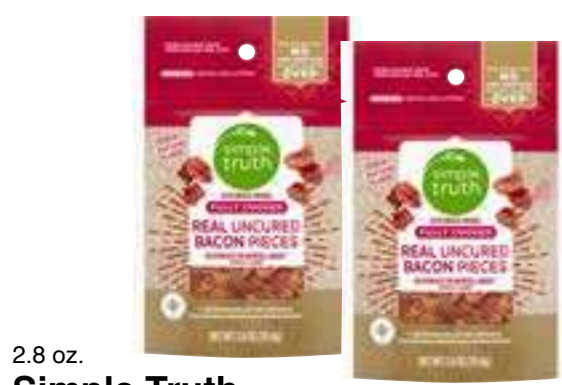
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12 oz.  
**Simple Truth  
Organic  
Marinades**

**2 \$7  
for \$7**

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2.8 oz.  
**Simple Truth  
Uncured Bacon Pieces**

**2.99**

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8 ct.  
**Simple Truth  
Juice Boxes**

**2 \$6  
for \$6**

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



4 oz.  
**Simple Truth  
Organic Fruit Strips**

**2 \$7  
for \$7**

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14.5 oz.  
**Simple Truth  
Organic  
Alfredo Sauce**  
or 24 oz. **Marinara  
Pasta Sauce**

**2 \$7  
for \$7**

save big on 2 with your VIC card



2 lb. Bag  
**Simple Truth  
Organic Gala, Pink Lady  
or Granny Smith Apples**

**4.99**

save at least \$1.00 each with your VIC card



30 oz.  
**Simple Truth  
Purple Popcorn Kernels**

**2 \$8  
for \$8**

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4 oz.  
**Simple Truth  
Organic  
Baking Bars**

**2 \$8  
for \$8**

save big on 2 with your VIC card



25.5 oz.  
**Simple Truth  
Organic Expeller  
Pressed Canola Oil**

**4.49**

save big with your VIC card



9 - 11 oz.  
**Simple Truth  
Organic Granola**

**4.69**

save big with your VIC card



16 oz.  
**Simple Truth  
Guacamole**

**6.49**

save big with your VIC card



30 - 54 ct.  
**Simple Truth  
Plates or Bowls**

**6.29**

save at least 70¢ each with your VIC card



45 ct.  
**Simple Truth  
Triple Power  
Dish Pacs**

**9.99**

save at least \$2.00 each with your VIC card



12 Double Roll  
**Simple Truth  
Bath Tissue**

**5.99**

save at least \$1.00 each with your VIC card

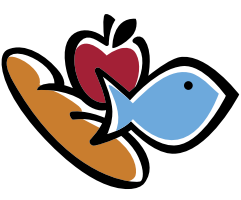


8 Big Roll  
**Simple Truth  
Paper Towels**

**8.29**

save at least \$1.20 each with your VIC card





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50 ct. 500 mg.  
**Harris Teeter  
Extra Strength  
Acetaminophen Caplets**

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**Nature Made  
Vitamins**

**BUY 1 GET 1  
FREE**

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**Amino Energy  
Energy Drinks**

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for**

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5 ct. or 8 ct. Minis  
**RXBAR**

**8.99**

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Select 90 - 150 ct.  
**Vitafusion  
Vitamin Gummies**

**30%  
off**

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6 ct.  
**Larabar**

**5.99**

save at least \$3.00 each with your VIC card



2.12 oz.  
**ONE  
Protein Bars**

**2 \$4  
for**

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



10 ct.  
**Nuun  
Sport Hydration**

**5.99**

save at least \$1.00 each with your VIC card



1.76 oz.  
**CIRC  
Protein Bites**

**2 \$4  
for**

save at least 78¢ on 2 with your VIC card



Select 65 - 100 ct.  
**One A Day Vitamins**

**11.99**

save at least \$3.00 each with your VIC card



1.34 oz.  
**Wilde  
Protein Chips**

**2 \$4  
for**

save at least 58¢ on 2 with your VIC card



4 pk.  
**Atkins  
Strong Shakes**

**7.99**

save at least \$2.00 each with your VIC card



1.52 lb.  
**Optimum Nutrition  
Whey Powders**

**23.99**

save at least \$6.00 each with your VIC card



20.4 - 21.7 oz.  
**vega Sport  
Protein Powder**

**31.99**

save at least \$8.00 each with your VIC card



80 - 100 ct.  
**Simple Truth Organic  
Cotton Balls or Rounds**

**2 \$3  
for**

save at least 99¢ on 2 with your VIC card



1 ct.  
**Harris Teeter  
Reusable Shopping Bags**

**1.29**

save at least 20¢ each with your VIC card

