

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**
save big on 2 with your VIC card

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**

14.97

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

non e-vic member price **15.99**

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

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



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**

15.99 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

BGA BGA BGA BGA

Live Naturally



FREE FROM UNWANTED INGREDIENTS

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



2 for \$4

save at least 58¢ on 2 with your VIC card



9 oz.
Simple Truth
Organic
Tortilla Chips



2 for \$4

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



33.9 oz.
Simple Truth
Organic
Coconut Water



2 for \$5

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



18.5 oz.
Simple Truth
Organic
Tomato Basil Soup



2 for \$5

save big on 2 with your VIC card



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



3.99 each

save big with your VIC card



8.5 oz.
Simple Truth
Organic
Avocado Oil



6.99

save big with your VIC card



100 oz.
Simple Truth
Organic
Laundry Detergent



80 ct.
Simple Truth Dryer Sheets

4.69

save 80¢ each with your VIC card



8.99

save at least \$2.00 each with your VIC card



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

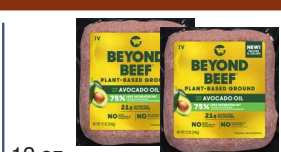
Boneless Ribeye Steak or Roast

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. Nimbar
Ground Pork

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



16 oz. Verde
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 Nuggets

8.99 each
save at least \$4.00 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

Wild Caught
Perch Fillets

7.99 per lb.
save at least \$1.00 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

16 ct. Fresh Farm Raised
Littleneck Clams

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

3 oz. Honey Smoked
Salmon Stackers

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

3 oz. DeBilt
Smoked Salmon

3.99 each
save at least \$3.00 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

Wild Caught
Swordfish Steaks

10.99 per lb.
save at least \$2.00 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

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



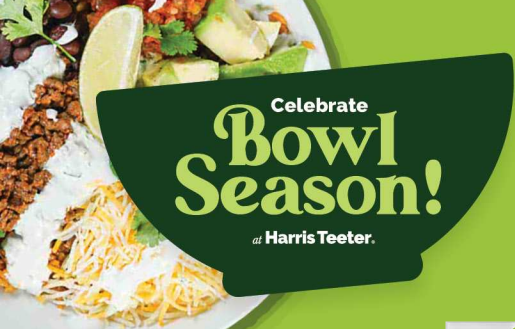
18 - 42 oz.
Bertolli, P.F. Chang's or Voila! Entrees
6.99
save big with your VIC card



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

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

12.3 oz. Eggo Fully Loaded Waffles

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

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

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

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

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



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**

9.99 each

harris teeter
fine wines club
EVERYDAY! 10% OFF HALF case wine
SEE STORE FOR DETAILS



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

9.99 each



750 ml. **DAOU** Sauvignon Blanc or 8 pk. **Nutri** or 12 pk. **Twisted Tea**

16.99 each

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



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

15.99 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



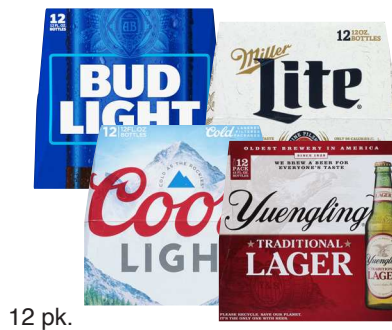
12 pk. **Wicked Weed** or 24 pk. **Michelob Ultra** or **Yuengling Flight**

22.99 each



8 pk. **Coastal Cocktails** Crush or 12 pk. **Angry Orchard** or 12 - 15 pk. **Bold Rock** or 15 pk. **Southern Tier**

17.99 each



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

11.99 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



Wild Caught Haddock Fillets
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 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 weekly limit 4

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

eVIC e-VIC members only weekly limit 20

6 oz. **Yoplait Yogurt**

.47

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

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 19.5 oz. **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

HARRIS TEETER FARMERS MARKET FRESHNESS VERIFIED

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
 not available in all stores

Sweet & Lovely! **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
 save at least \$3.00 each with your VIC card
 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

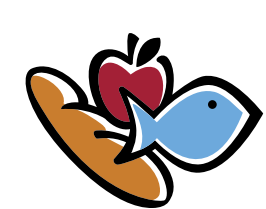
6.5 oz. Assorted Varieties **Athenos Feta Crumbles**
BUY 1 GET 1 FREE
 each item rings at half price with your VIC card

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



10.58 oz.
Kodiak Peak Instant Oatmeal



4.99

VIC SAVINGS

save big with your VIC card

4.99

VIC SAVINGS

save big with your VIC card

6.17 oz.
Kodiak Chewy Granola Bars
or 9.5 oz.
Crunchy Granola Bars



14.5 oz.
Kodiak French Toast Sticks



18 - 20 oz.
Kodiak Power Cakes Flapjack & Waffle Mix

4.99

VIC SAVINGS

save big with your VIC card

4.99

VIC SAVINGS

save big with your VIC card

4.99

VIC SAVINGS

save big with your VIC card

7.05 oz.
Kodiak Breakfast Bars



14 oz.
Kodiak Muffin Mix



4.99

VIC SAVINGS

save big with your VIC card

4.99

VIC SAVINGS

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



VIC SAVINGS

Harris Teeter
health and wellness

Elevate your well-being



Powerful relief. Inside or out.

TYLENOL PRECISE
 Rapid Release
 Maximum strength, for targeted relief

TYLENOL PRECISE
 Pain Relieving Cream
 Uniquely designed rollerball

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

Pain hits fast. Get relief fast.

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, ALLERGY, COLDS

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

BUY 2 GET 1 FREE

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

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

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**® Salon Size Shampoo or Conditioner

14.99 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

VIC save big with your VIC card

Use products only as directed

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

20% off

VIC save big with your VIC card

Use products only as directed

Select Varieties **OGX**® Wash

20% off

VIC save big with your VIC card

Use products only as directed. © Kenvue Brands LLC 2024

Aveeno® THOUGHTFULLY FORMULATED FOR SKIN LIKE YOURS

Neutrogena

BOOST YOUR SKIN'S VITALS™

DERM-TESTED ESSENTIALS FOR LASTING HYDRATION

USE PRODUCTS ONLY AS DIRECTED. © KENVUE BRANDS LLC 2024

Use products only as directed

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

20% off

VIC save big with your VIC card

Use products only as directed

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

5.59 ea.

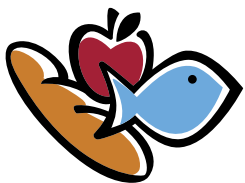
VIC save big with your VIC card

5X MORE EFFECTIVE THAN FLOSS AT REDUCING PLAQUE

LISTERINE® COOL MINT ANTICAVITY MOUTHWASH

COMPLETE YOUR ROUTINE

USE PRODUCTS ONLY AS DIRECTED. © KENVUE BRANDS LLC 2024



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



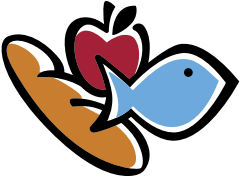
4.4 oz.
**Icelandic Provisions
Extra Creamy Skyr
Whole Milk Yogurt**

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

6.99

save at least \$2.00 each with your VIC card



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

7.99

save at least \$2.00 each with your VIC card



5 pk.
Atkins
Protein Meal Bars

- Baked Vanilla
- Chocolate Peanut Butter

8.99

save at least \$2.00 each with your VIC card



8 ct.
Atkins KETO
Peanut Butter Cups

9.99

save at least \$2.00 each with your VIC card



5 pk.
Atkins
Snack Bars

- Caramel Chocolate Nut Roll
- Lemon Bar
- Chocolate Wafer

6.99

save at least \$1.50 each with your VIC card



5 pk.
Atkins Endulge
Caramel Nut Chew Bar

6.59

save at least \$1.40 each with your VIC card



Single
Quest
Protein Bars

2 \$5

for

save at least 98¢ on 2 with your VIC card



Single
Quest
Protein Chips

2.69

save at least 30¢ each with your VIC card



4 pk.
Quest
Cheese Crackers

7.99

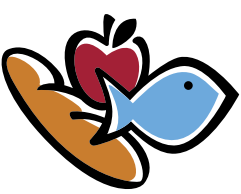
save at least \$1.20 each with your VIC card



4 pk.
Quest
Bake Shop Muffins

9.99

save at least \$2.00 each with your VIC card



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
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