

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

8.99



per lb.

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

Farmers Market
Red Cherries

3.99

per lb.

save big per lb. with your VIC card



80% Lean
Ground Chuck

3.99

per lb.

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

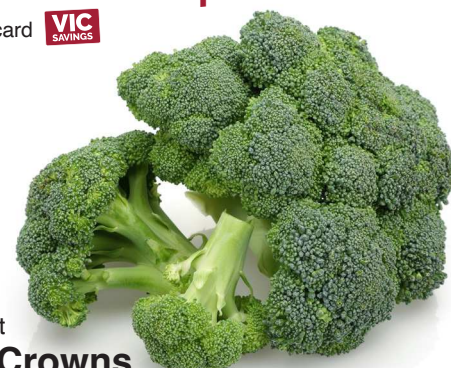


Wild Caught
Alaska Sockeye
Salmon Fillets
or 16 - 20 ct. Wild Caught
Peeled & Deveined
Argentine Shrimp

8.99

per lb.

save big per lb. with your VIC card



Farmers Market
Broccoli Crowns

1.49

per lb.

save big per lb. with your VIC card

limit
4
pkgs.



Smithfield
Boston Butt
Whole Pork Roast

1.29

per lb.

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



Fresh Foods Market
Whole Subs

6.99

each

save big with your VIC card



5 lb. bag Farmers Market
Russet Potatoes

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



Farmers Market
Cauliflower
or 1 lb. Bag
Brussels Sprouts

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



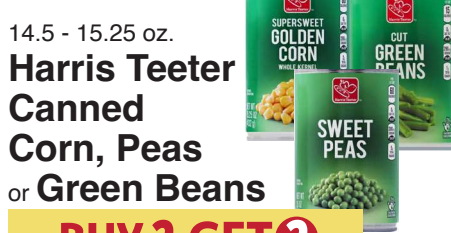
Use your VIC card for more big savings!



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**

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**

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.

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

15.5 - 24.7 oz.
DiGioro
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**

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

eVIC e-VIC members only **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**

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

Friday, Jan. 17th

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*

redeem at Harris Teeter Fuel

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.

* Supplies are limited

Prices good through January 21, 2025

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



*Pkg. may vary by location.

6 pk. 16.9 oz.

Pepsi Products

limit **10**

BUY 2 GET 3

FREE

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

BGA1 BGA1 BGA1 BGA1

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

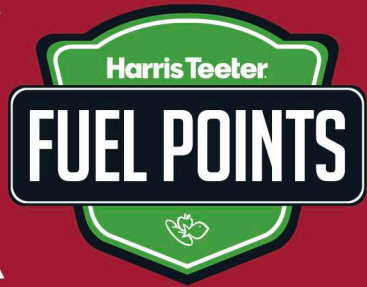


Harris Teeter®



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

from our meat 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



Niman Pork Tenderloin

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

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

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

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

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



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

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

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

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

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

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

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

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

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

from our seafood department

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

5 oz. Citrus Herb
Salmon Portions
\$6 each
save at least \$1.00 each 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

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

Wild Caught Whole
Dressed Snapper
7.99 per lb.
save at least \$1.00 per lb. 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

12.8 oz. Trident
Hatch Chile Salmon Burger
3.99 each
save at least \$5.00 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
Mahi Mahi Fillets
9.99 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

41 - 50 ct. Tail On
Cooked Shrimp
9.99 per lb.
save at least \$1.00 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

* 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



home essentials
While Supplies Last. Not Available in All Stores.

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 **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 e-VIC member price **2/\$5**

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

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. **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

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

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

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.

save more
with the
Harris Teeter
brand



12 oz.
**Harris Teeter
Dijon Mustard**
4 \$5
for
save at least \$2.96 on 4
with your VIC card

24 ct.
**Harris Teeter
Family Size
Tea Bags**
1.99
save at least 30¢ each
with your VIC card

13.5 oz.
**Harris Teeter
Whole Leaf
Spinach**
1.79
save at least 20¢ each
with your VIC card

8 oz.
**Harris Teeter
Original
Potato Chips**
2 \$4
for
save at least \$1.98 on 2
with your VIC card

13.69 oz.
**Harris Teeter
Snack Crackers**
2 \$6
for
save at least \$2.58 on 2
with your VIC card

16 oz.
**Harris Teeter
Thick &
Chunky Salsa**
2 \$4
for
save at least \$1.00 on 2
with your VIC card

12 pk. 12 oz.
**Harris Teeter
Seltzer**
2 \$8
for
save big on 2
with your VIC card

1.87 - 4.05 oz.
**Private Selection
Grinders**
3.99
save at least 50¢ each
with your VIC card

26.5 oz.
**Private Selection
Extra Fine
Himalayan
Pink Salt**
5.99
save at least \$1.00 each
with your VIC card



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

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

Value Pack
HARRIS TEETER RESERVE
ANGUS BEEF
Lean Stew Meat
5.99 per lb.

Value Pack
**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.

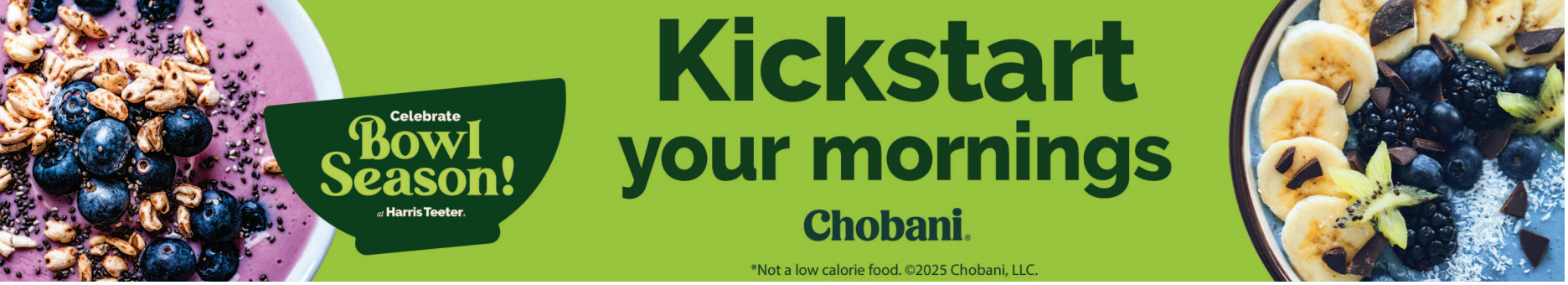
6 ct. Tray
**Farmers Market
Mini Seedless Cucumbers**
2 \$5
for

**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

NEW Long term Savings



Kickstart your mornings Chobani.

*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:

•DUNKIRK •OLNEY •LAUREL •ELLICOTT CITY •COLUMBIA •FULTON •CLARKSBURG •BOWIE •GERMANTOWN •GAIHERSBURG •BETHESDA •POTOMAC •BALTIMORE •SEVERNA PARK •CALIFORNIA •SELBYVILLE •MILLSBORO •WATERFOWL VILLAGE, EASTON •CANTON CROSSING, 3779 BOSTON STREET, BALTIMORE •MCHENRY ROW, 1801 WHETSTONE WAY, BALTIMORE

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

M

Celebrate
**Bowl
Season!**

at Harris Teeter.



Bowls & beyond





Create your own bowl



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

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

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**

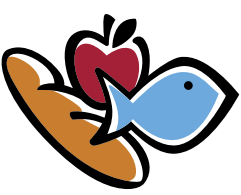


8.8 oz.
Rice-A-Roni or Pasta Roni Heat & Eat Bags

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

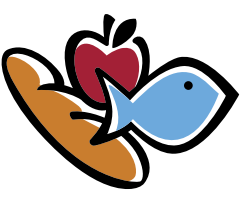
save at least \$4.00 each with your VIC card **VIC SAVINGS**



All Sizes / Varieties
Pampers
Diapers
Super Packs

28.99

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



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

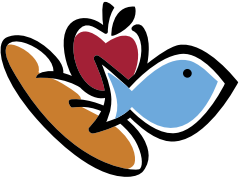
save at least \$2.60 each with your VIC card



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

save at least 98¢ on 2 with your VIC card

10 oz. **Simple Truth Organic Relish**

2 \$4
for

save big with your VIC card

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

2 \$5
for

save big on 2 with your VIC card

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

2 \$5
for

save big on 2 with your VIC card

12 oz. **Simple Truth Organic Marinades**

2 \$7
for

save big on 2 with your VIC card

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

2.99

save big with your VIC card

8 ct. **Simple Truth Juice Boxes**

2 \$6
for

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

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

2 \$7
for

save big on 2 with your VIC card

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

2 \$7
for

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

save big on 2 with your VIC card

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

2 \$8
for

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**

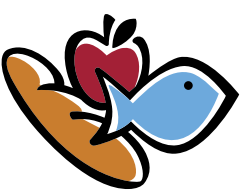
5.99

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



Harris Teeter
YOUR NEIGHBORHOOD MARKET

WEEKLY SPECIALS*

PRICES VALID THROUGH 1.21.25

* Supplies are limited

Harris Teeter
health and wellness



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

4.99

save at least \$1.00 each with your VIC card



Select Varieties
**Nature Made
Vitamins**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



12 oz.
**Amino Energy
Energy Drinks**

**2 \$4
for**

save at least 98¢ on 2 with your VIC card



5 ct. or 8 ct. Minis
RXBAR

8.99

save at least \$2.00 each with your VIC card



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

**30%
off**

save big with your VIC card



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