

Value Pack
VIC SAVINGS

Boneless Ribeye Steak or Roast

9.99 per lb.

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

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

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

Pint Farmers Market **Blueberries**

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

4.99 per lb.

save big with your VIC card

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

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

9 - 17 OZ. **Premium Saltines**

2 \$6 for

save big on 2 with your VIC card

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.

Friday, Jan. 10th

redeem at

4X FRIDAYS **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*

* Supplies are limited. 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. 1-10C 1-10C 1-10C 1-10C

Prices good through January 14, 2025

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



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**

24 oz
Prego
Pasta Sauce



2 for \$5

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

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 **VIC SAVINGS**

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

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

VIC SAVINGS

up to **99¢**

see customer service for details

BGA2BGA2 BGA2 BGA2

Live Naturally

simple truth

FREE FROM UNWANTED INGREDIENTS

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

organic



2 for \$4

save at least 58¢ on 2 with your VIC card

VIC SAVINGS

9 oz.
Simple Truth
Organic
Tortilla Chips

organic



2 for \$4

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

VIC SAVINGS

33.9 oz.
Simple Truth
Organic
Coconut Water

organic



2 for \$5

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

VIC SAVINGS

18.5 oz.
Simple Truth
Organic
Tomato Basil Soup

organic



2 for \$5

save big on 2 with your VIC card

VIC SAVINGS

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

organic



3.99 each

save big with your VIC card

VIC SAVINGS

8.5 oz.
Simple Truth
Organic
Avocado Oil

organic



6.99

save big with your VIC card

VIC SAVINGS

100 oz.
Simple Truth
Organic
Laundry Detergent

organic



80 ct.
Simple Truth Dryer Sheets
4.69

save 80¢ each with your VIC card

VIC SAVINGS

8.99

save at least \$2.00 each with your VIC card

VIC SAVINGS

Senior Discount Thursdays

Seniors 60 and older get a

5% DISCOUNT

Please notify your cashier if you qualify



Harris Teeter

Get

\$20 OFF

an annual **HT Plus**
membership*

CLIP COUPON >

Clip coupon and enroll by January 28, 2025.

*Terms and conditions apply.

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

Celebrate
Bowl Season!
at Harris Teeter.



from our meat department



HARRIS TEETER RESERVE
ANGUS BEEF

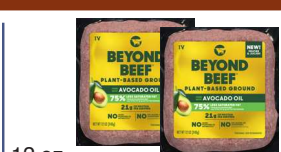
Boneless Ribeye Steak or Roast

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



Harris Teeter
Assorted Pork Chops

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



12 oz.
Beyond Beef

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



16 oz. Nimn
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



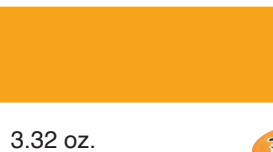
12 - 14 oz. Kayem
Sausage or Hot Dogs

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

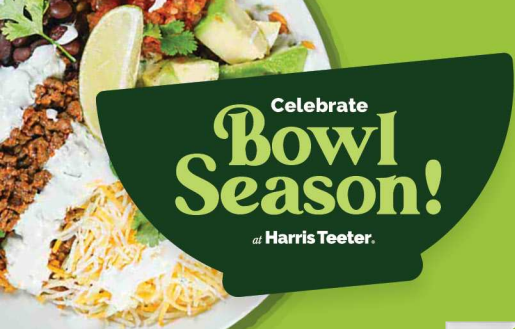
22 - 32 oz.
Ore-Ida Potatoes
2 \$8
for
save big on 2 with your VIC card

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

28 oz. Muir Glen Organic Tomatoes

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

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

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

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



11.7 oz. Kellogg's Club Crackers

BUY 1 GET 1 FREE

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6.99

save at least \$2.00 each with your VIC card

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2 \$5 for

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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

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.

save more with the Harris Teeter brand



12 ct.
**Private Selection
K-Cup Coffee**

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

15 oz.
**Simple Truth
Organic
Black Beans**

4 \$5
for
save big on 4
with your VIC card



24 oz.
**Harris Teeter
Ketchup**

2 \$3
for
save big on 2
with your VIC card



12 oz.
**Harris Teeter
Chili Sauce**

3 \$5
for
save big on 3
with your VIC card



8 oz.
**HT Traders
Panko
Bread Crumbs**

2 \$3
for
save big on 2
with your VIC card



12.7 oz.
**Harris Teeter
Red or White
Wine Vinegar**

2.29
save big
with your VIC card



16 - 24 oz.
**Simple Truth
Organic
Pickles**

2 \$7
for
save big on 2
with your VIC card



24 pk. 16.9 oz.
**Harris Teeter
Spring Water**

2 \$8
for
save at least \$1.98 on 2
with your VIC card



24 oz.
**HT Traders
Peanut Butter
Filled Pretzels**

5.99
save big
with your VIC card



**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

long term Savings

NEW

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

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

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

32 oz.
Velveeta Loaf

6.99

save at least \$2.00 each with your VIC card

9 - 10.5 oz.
Smart Ones

3 for \$6

save at least 69¢ on 3 with your VIC card

8 - 11 oz.
TGI Fridays Appetizers

2 for \$8

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

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

2 for \$6

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

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

EARN A \$10 GIFT CARD*

Only on **fetch**

GAME DAY

FEED YOUR GAME DAY

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

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

1.97

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

eVIC e-VIC members only
6 oz. **Yoplait Yogurt**

.47

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

8 ct. **Yoplait Go-Gurt**

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

18 - 18.9 oz.
General Mills Family Size Cereal

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

9 oz.
Old El Paso Mexican Squeeze Sauce

2 for \$6

save big on 2 with your VIC card

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

8.99

save big with your VIC card

5.4 - 8.4 oz.
Old El Paso Premium Shells

2 for \$7

save big on 2 with your VIC card

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

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

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

2 for \$4

save big on 2 with your VIC card

0.85 - 1 oz.
Old El Paso Seasoning Mix

5 for \$5

save big on 5 with your VIC card

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

2 for \$10

save big on 2 with your VIC card

9.8 - 10.9 oz.
Totino's Party Pizza

3 for \$5

save big on 3 with your VIC card

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

2 for \$6

save big on 2 with your VIC card

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

2 for \$7

save big on 2 with your VIC card

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

3 for \$5

save big on 3 with your VIC card

8.9 - 13 oz.
General Mills Cereal

4 for \$12

save big on 4 with your VIC card

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

Save Time and Money with Harris Teeter pickup & delivery

It's Easy!

Shop Online

Select Date & Time

Pick Up Curbside

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

*Supplies are limited

5-50 5-50 5-50

Live Naturally

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

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

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

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

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

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

1 oz. Simple Truth **Freeze-Dried Fruit**
3.59
 save big with your VIC card

20.5 oz. Dave's **Killer Bread Thin-Sliced**
4.99
 save at least \$1.00 each with your VIC card

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

Sweetest Batch Berries

Driscoll's
 Only the Finest Berries™

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

7.99 each
 save big with your VIC card

Save BIG on Bagged CITRUS

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

4.99 each
 save big with your VIC card

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

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

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

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

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

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

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

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

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

Bright & Colorful **Rose Plants**
8.99 each
 save at least \$3.00 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

Prices In This Ad Effective January 8 - 14, 2025 In The Following Stores Only:
 *Supplies are limited

•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.



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

save big with your VIC card

4.99

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

save big with your VIC card

4.99

save big with your VIC card

4.99

save big with your VIC card

7.05 oz.
Kodiak Breakfast Bars



14 oz.
Kodiak Muffin Mix



2.12 - 2.36 oz.
Kodiak Power Cups



4.99

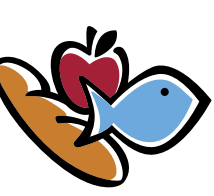
save big with your VIC card

4.99

save big with your VIC card

2 \$4
 for

save big on 2 with your VIC card



Harris Teeter WEEKLY SPECIALS*

YOUR NEIGHBORHOOD MARKET

PRICES VALID THROUGH 1.14.25

*Supplies are limited

health and wellness

Elevate your well-being



Powerful relief. Inside or out.

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

Pain hits fast. Get relief fast.

Maximum strength, for targeted relief

TYLENOL PRECISE 4 oz. TYLENOL* Precise 11.99 ea.

Motrin DUAL ACTION with TYLENOL. The pain targeting strength of MOTRIN united with the pain blocking power of TYLENOL. 12.99 ea.

TYLENOL RAPIID RELEASE 100 ct. TYLENOL* Rapiid Release or TYLENOL* 8hr Arthritis Caplets 13.99 ea.

TYLENOL PM 100 ct. TYLENOL* PM Caplets 14.99 ea.

Simply Sleep 100 ct. SIMPLY SLEEP* Nighttime Sleep Aid Caplets 13.99 ea.

TYLENOL COLD + HEAD SEVERE 24 ct. TYLENOL* Cold + Head Congestion Severe, Sinus Severe Day or Cold + Flu Severe 7.49 ea.

SUDAFED PE 20 ct. SUDAFED PE* Head Congestion + Pain or 24 ct. SUDAFED PE* Sinus Pressure + Pain 7.99 ea.

PEPCID AC 25 ct. PEPCID* AC Maximum Strength or PEPCID* Complete 12.99 ea.

PEPCID AC 30 ct. PEPCID* AC Tablets 11.99 ea.

PEPCID AC 20 ct. PEPCID* AC Maximum Strength Icy Cool Mint 10.99 ea.

IMODIUM AD 24 ct. IMODIUM* AD Softgels or Multi-Symptom Caplets 14.99 ea.

BAND-AID TOUGH STRIPS 20 ct. BAND-AID* Tough Strips or 30 ct. BAND-AID* Flexible Fabric 3.79 ea.

NEOSPORIN 0.5 oz. NEOSPORIN* + Pain Relief Cream, Ointment or NEOSPORIN* + Burn Relief Ointment 7.99 ea.

JOHNSON'S Baby Products 5.69 ea.

JOHNSON'S Skin Nourish 20.3 oz. JOHNSON'S* Skin Nourish 6.69 ea.

JOHNSON'S Baby Head-to-Toe Wash & Shampoo 27 oz. JOHNSON'S* Baby HEAD-TO-TOE Wash & Shampoo 8.99 ea.

JOHNSON'S Kids Shiny & Soft Shampoo or Clean & Fresh Shampoo & Wash 13.6 oz. JOHNSON'S* Kids Shiny & Soft Shampoo or Clean & Fresh Shampoo & Wash 4.99 ea.

AVEENO Baby Wipes BUY 2 GET 1 FREE

JOHNSON'S Hand & Face Wipes 25 ct. JOHNSON'S* Hand & Face Wipes 3.99 ea.

JOHNSON'S Kids Face & Body Wash 18 oz. AVEENO* Kids Face & Body Wash 8.99 ea.

JOHNSON'S Kids Shiny & Soft Shampoo or Clean & Fresh Shampoo & Wash 13.6 oz. JOHNSON'S* Kids Shiny & Soft Shampoo or Clean & Fresh Shampoo & Wash 4.99 ea.

HEALS LIKE A DREAM. Immediately forms a barrier to promote healing and soothe diaper rash discomfort. Comfort, restored. 4 oz. DESITIN* Daily Defense Diaper Rash Cream or DESITIN* Maximum Strength Original Paste 7.99 ea.

DESITIN 4 oz. DESITIN* Daily Defense Diaper Rash Cream or DESITIN* Maximum Strength Original Paste 7.99 ea.

AVEENO Kids 2-in-1 Shampoo & Conditioner 12 oz. AVEENO* Kids 2-in-1 Shampoo & Conditioner 6.99 ea.

AVEENO Kids Face & Body Wash 18 oz. AVEENO* Kids Face & Body Wash 8.99 ea.

Make self-care a can-do! Help big kids grow their self-care routine and their independence. Specialized solutions designed for kids developing sensitive skin and hair. AVEENO KIDS

TENA ProSkin Barrier Cream 3.45 oz. TENA* ProSkin Barrier Cream 8.49 ea.

TENA ProSkin Cleansing Cream or 48 ct. TENA* ProSkin Ultra Adult Wipes 8.5 oz. TENA* ProSkin Cleansing Cream or 48 ct. TENA* ProSkin Ultra Adult Wipes 4.99 ea.

TENA Intimates Moderate Pads 20 ct. TENA* Intimates Moderate Pads BUY 2 GET 1 FREE

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

HEALTHY HAIR IN 1 wash. FROM THE #1 HAIR REPAIR BRAND. OXG Thick & Full biotin & collagen Shampoo. NOW WITH 2X MORE LIPID PROTECTION. LIPI PRO SHIELD. 13 oz. OXG* Regular Strength Shampoo or Conditioner 7.99 ea.

OXG Thick & Full biotin & collagen Shampoo or Conditioner 13 oz. OXG* Regular Strength Shampoo or Conditioner 7.99 ea.

OXG Salon Size Shampoo or Conditioner 13.6 oz. OXG* Salon Size Shampoo or Conditioner 14.99 ea.

20% off AVEENO Skin Care Products

20% off LUBRIDERM Products

20% off CLEAN & CLEAR Products

20% off OXG Wash

Aveeno. THOUGHTFULLY FORMULATED FOR SKIN LIKE YOURS. Use products only as directed. © Kenvue Brands LLC 2024

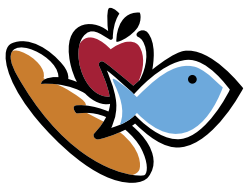
Neutrogena BOOST YOUR SKIN'S VITALS™. DERM-TESTED ESSENTIALS FOR LASTING HYDRATION. USE PRODUCTS ONLY AS DIRECTED. © KENVUE BRANDS LLC 2024

Neutrogena Skin Care Products 20% off

LISTERINE Cool Mint, Original, FreshBurst, Total Care, Cool Mint Mouthwash. 72 ct. LISTERINE* Cool Mint Pocketpaks Breath Strips 5.59 ea. 1 liter LISTERINE* Original Oral Care or FreshBurst Antiseptic Mouthwash 6.99 ea. 1 liter Select LISTERINE* Total Care Anticavity Mouthwash Fresh Mint or Cool Mint Antiseptic Mouthwash 8.99 ea.

LISTERINE COOL MINT. 5X MORE EFFECTIVE THAN FLUCCAT AT REDUCING PLAQUE. COMPLETE YOUR ROUTINE. LISTERINE BRANDS LLC 2024

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Harris Teeter
YOUR NEIGHBORHOOD MARKET

WEEKLY SPECIALS*

PRICES VALID THROUGH 1.14.25

* Supplies are limited



**Fresh year,
fresh bowls**



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

4 for \$5

save at least 64¢ on 4 with your VIC card



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

4 for \$5

save at least 64¢ on 4 with your VIC card



SHOPPER MARKETING

Harris Teeter
health and wellness



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

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

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

6.99

7.99

8.99

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

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

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



8 ct.
Atkins KETO
 Peanut Butter Cups

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

5 pk.
Atkins Endulge
 Caramel Nut Chew Bar

9.99

6.99

6.59

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

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

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



Single
Quest
 Protein Bars

Single
Quest
 Protein Chips

4 pk.
Quest
 Cheese Crackers

4 pk.
Quest
 Bake Shop Muffins

2 \$5
 for

2.69

7.99

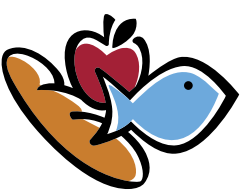
9.99

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

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

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

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



Harris Teeter health and wellness



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

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



4 pk.
Orgain Organic
Protein Shakes

8.99

save at least \$2.00 each with your VIC card



4 pk
Orgain Kids
7.49
save big with your VIC card



Select 32 - 80 ct.
Irwin Naturals
Supplements

20% off

save big with your VIC card



10 oz. or 20 oz.
Vital Proteins
Collagen Peptides

20% off

save big with your VIC card



4 oz.
Simple Truth Organic
Baby Food Pouches

10 for \$10

save at least 29¢ each with your VIC card



1.6 - 1.7 oz.
LaraBar

10 for \$10

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



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

3 for \$5

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



2.12 oz.
ONE
Protein Bars

2 for \$4

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



50 ct. Tablets or Caplets
Harris Teeter
Naproxen Sodium

4.99

save at least \$1.00 each with your VIC card



7.94 - 8.99 oz.
Simple Truth
Protein Bars

5.49

save at least 50¢ each with your VIC card



6 ct.
LaraBar

5.99

save at least \$3.00 each with your VIC card



6 ct.
Trulabs
Hydration Powders

7.99

save at least \$2.00 each with your VIC card



4 pk.
Muscle Milk
Protein Shakes

8.99

save at least \$2.00 each with your VIC card



100 ct. Select
Centrum
Ultra Vitamins

10.99

save at least \$3.50 each with your VIC card



18 - 19.2 oz.
Garden of Life
Protein Powders

19.99

save at least \$4.50 each with your VIC card



16 oz.
Orgain
Collagen Peptides

24.99

save at least \$5.00 each with your VIC card