

January 1 - January 28, 2025



Harris Teeter

# Discovery

*Inspiring your Culinary Journey*



Celebrate  
**Bowl Season!**

at Harris Teeter.

## What's Inside:

- Fresh Bowl ideas
- Delicious Recipes
- Organic Savings
- Kids' Activity Page

# Discover What's Happening



**Packed with flavor!**



scan for **Spicy Shrimp Protein Bowl Recipe**



scan for **Ground Beef Taco Bowl with Lime Crema Recipe**



## Chobani 20g Protein Cherry Berry Smoothie

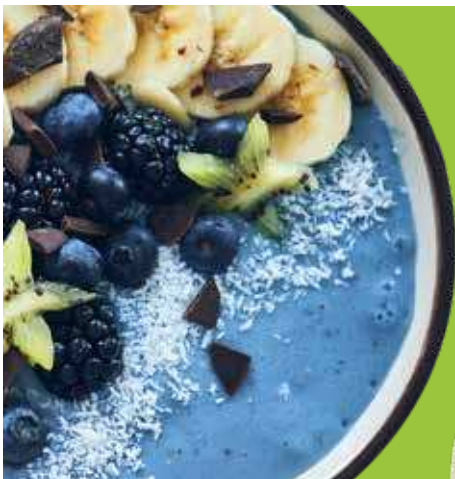
Fun fruit forward smoothie packed with protein!

**Ingredients:**

- 1 - 6.7oz Chobani® 20g Protein Greek Yogurt Cherry Berry
- 1/4 cup frozen cherries
- 1 frozen banana
- 2 tbsp chopped pistachios
- 2 tbsp chopped dark chocolate bar or mini chocolate chips

**Instructions:**

In a blender, combine yogurt, cherries, and banana and blend until smooth. Add pistachio and chocolate, reserving a handful. Mix well; then, serve immediately and garnish with remaining pistachios and chocolate.



## Fresh Starts begin here



# Discover Inspiration



**GAMEDAY**  
*savings*



## Get ready with wing and party platters!

Order at the deli counter in our stores, visit [harristeeter.com](http://harristeeter.com), use the Harris Teeter App or scan the QR code to start your order. Please allow 24 hours lead time for ordering.



BE SURE TO  
CHECK OUT WHAT'S

**NEW**

**NEW  
LARGER  
SIZE**

Same price,  
more value!

Hot & Fresh  
**Rotisserie  
Chicken**



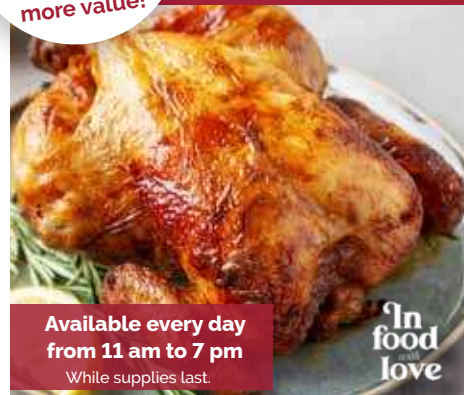
Extra Creamy  
Strawberries & Cream  
Skyr



Experience the excitement of Revi® Fruits and Ocean Spray Juice with bold new flavors and attributes designed to meet all your beverage needs.



Crunchy, Donut, Glazed  
Do-nut miss NEW Glazed  
Donut Holes Cereal.



Available every day  
from 11 am to 7 pm  
While supplies last.

In  
food  
love



Make restaurant-style  
Biryani in 30 mins.

Kit includes all ingredients,  
including Royal Basmati Rice.



We use only clean, simple  
ingredients for our  
restaurant-quality dumplings,  
including Duroc heritage pork.



From breakfast bowls  
to after-dinner treats,  
Dole® Pineapple is a  
favorite for every moment!

🍷  
Bowl  
Season!



Get the same cold & flu relief  
you expect from DayQuil &  
NyQuil now in a great-tasting,  
Elderberry Flavor

# Discover Fresh and Organic

Prices good January 1 - January 28, 2025.



14 oz.  
Simple Truth Organic  
Silken, Extra Firm  
or Firm Tofu  
**2 for \$6**



3 count  
Simple Truth Organic  
Garlic  
**2 for \$5**



1 lb.  
Simple Truth Organic  
Roma Tomatoes  
**2.99**  
each



3 oz. pkg.  
Simple Truth Organic  
Basil  
**4.99**  
each



8 oz.  
Simple Truth Organic  
Baby Bella Mushrooms  
**2 for \$7**



8 oz. Farmers Market  
Organic Mini  
Sweet Peppers  
**2 for \$6**



22 oz.  
Organic Sweet Drinking  
Coconut  
**4.49**  
each



1 lb. bag  
Simple Truth Organic  
Baby Carrots  
**2 for \$4**



16 oz.  
Simple Truth Organic  
Baby Spinach,  
50/50 Blend or  
Spring Mix  
**7.49**  
each



5 oz.  
Simple Truth Organic Sliced  
Shitake Mushrooms  
**4.99**  
each



2 lb. bag Simple Truth Organic  
Gala, Granny Smith or  
Pink Lady Apples  
**4.99**  
each



7.3 - 9.25 oz. Taylor Farms Organic  
Honey Citrus or Kale Caesar  
Chopped Kit  
**4.29**  
each



12 oz. Organic  
Lenny Boy  
Kombucha  
**2 for \$5**



2 oz.  
Vive Organic  
Wellness Shots  
**2 for \$6**



8 oz.  
Simple Truth  
Organic  
Chickpea  
Pasta  
**2 for \$5**

save at least .58 on 2 with your VIC card



20 ct.  
Simple Truth Organic  
Tea Bags  
**2 for \$6**

save at least .78 on 2 with your VIC card



8.5 oz.  
Simple Truth Organic  
Avocado Oil  
**6.99**

save at least \$2.00 each with your VIC card



12 oz.  
Simple Truth Organic  
Salad Dressing  
**2 for \$7**

save at least .58 on 2 with your VIC card



12.8 oz. - 4 pk.  
Simple Truth Organic  
Apple Sauce Pouches  
**3.79**

save at least .50 each with your VIC card



4.5 - 5 oz. Simple Truth  
Freeze-Dried Strawberries  
in Chocolate  
**5.49**

save at least .50 each with your VIC card



2.5 oz.  
Simple Truth Organic  
Beef Jerky  
**4.99**

save at least \$1.00 each with your VIC card



.21 oz. Simple Truth Organic  
Freeze-Dried  
Smoothie Melts  
**5 for \$5**

save at least .30 on 5 with your VIC card

# Shopping Mindfully

The choices you feel good about right here... organic, natural, free from, responsibly sourced and more.



60 ct. Simple Truth Apple Cider Vinegar Gummies

60 ct. Simple Truth Kids' Elderberry Gummies

## 25% OFF

save BIG with your VIC card



per lb.  
Smart Organic Chicken Drumsticks

**3.99**

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

Harris Teeter  
**health and wellness**

**good-for-you favorites!**

**nutritious snack**

Incredibly sweet, seedless, and easy-to-peel, Sumo Citrus®



**supergreens!**

All powerful dark leafy superfood baby greens packed with minerals, vitamins, phytochemicals and protective compounds.



12 oz.

Four Sigmatic Organic Coffee

**11.99**

save at least \$5.00 each with your VIC card



6 pk. .17 oz.

Gimme Organic Seaweed Snacks

**2 for \$10**

save at least \$2.00 each with your VIC card



32 oz.

Jovial Organic Einkorn Flour

**7.99**

save at least \$2.00 each with your VIC card



11.05 oz.

Kokada Organic Spreads

**BUY 1 GET 1 FREE**

each item rings at half price with your VIC card



6 pk. .85 oz.

Made Good Organic Granola Bars

**2 for \$8**

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



28 oz.

Malk Organic Almond Milk

**4.99**

save at least \$2.00 each with your VIC card



8 - 12 oz.

Miyoko's Organic Vegan Butter

**4.99**

save at least \$2.00 each with your VIC card



23 oz.

Nutiva Organic Coconut Oil

**12.99**

save at least \$4.00 each with your VIC card



9.12 oz.

Purely Elizabeth Organic Oatmeal

**4.99**

save at least \$1.00 each with your VIC card



13.66 oz.

Thai Kitchen Organic Coconut Milk

**2 for \$9**

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

## Shopping Made Easier

The items you want have attribute icons displayed on the tag

**4.29**  
11 DEL GF WF GINGER SNAPS  
**\$2.99**  
0.62 PER OZ  
PRICE GOOD THRU 06/27/23  
SAVINGS **\$1.98**



12 oz.

Good Good Spreads

**4.99**

save at least \$2.00 each with your VIC card



14 oz.

Power Up Trail Mixes

**6.99**

save at least \$1.00 each with your VIC card



4 ct.

Noka Superfood Smoothies

**7.99**

save at least \$2.00 each with your VIC card



11 oz.

Purely Elizabeth Superfood Cereal

**4.99**

save at least \$2.00 each with your VIC card

# Ask the Pharmacist

**Can you provide information on the importance of preventative care measures (regular checkups, health screening, etc.)?**



Maintaining a regular relationship with healthcare providers is essential to improving health outcomes in the following ways:

- Health screenings (blood pressure, cholesterol, etc.) can be a great way to monitor for early signs of chronic illness
- Warning signs of severe illness can be detected early, such as heart disease and diabetes
- Lifestyle modifications can be made early to prevent disease progression
- Regular checkups with a healthcare provider are essential for management of chronic conditions to ensure symptoms are not worsening
- Ensuring that your medications are reviewed, monitored, and adjusted on a regular basis
- Vaccinations play a key role in preventing disease, decreasing the severity of disease progression, and decreasing hospitalization risk
- When health concerns are acted upon quickly, the response to treatment is improved

**If you don't receive regular checkups, the NEW YEAR is a great time to establish care with a local health care provider and prioritize your health.**

Harris Teeter Pharmacy

**CARE meets CONVENIENCE**

Seasonal vaccines available. when you need them.

Scan QR code to schedule your appointment

Take care of your Health & Wellness with these favorites

**no sugar added\***

- Now you can enjoy juicy, refreshing Mandarin oranges on the go.
- And there's no sugar added<sup>^</sup> because they're packed in water naturally sweetened with Stevia Extract.



<sup>^</sup>Not a low calorie food

**stain fighter**

Eliminates stains and fights against cavities, plaque and gingivitis while preventing new stains and tartar buildup.



**fast relief**

These extra strength rapid release gel caps, feature laser-drilled holes to release medicine quickly and relieve minor aches and pains.



**nourishing**

This fruit-flavored multivitamin gummy is packed with essential vitamins and minerals to nourish your body and respond to its needs.



**irresistible snacking**

Grab a Heart Healthy Snack.



**delicious & nutritious**

Delicious, creamy milk chocolate flavor offers an optimal low-sugar mix of protein and essential vitamins and minerals.



**ultra-filtered**

- 50% more protein
- 50% less sugar
- Lactose Free
- NO artificial growth hormones\*\*



\*\*no significant difference has been shown between milk from cows treated and not treated with rBST growth hormones

**rich & fruity**

- Made with imported Balsamic de Modena vinegar
- 50 calories, 2 grams of sugar per serving
- No preservatives, high fructose corn syrup, artificial colors or artificial flavors



**multi-purpose**

Fruity oil is ideal for enjoying with salads, pasta, vegetables and fish, a very useful "all-rounder" in the kitchen.



# Celebration of Flavors!

## Tzatziki Dip

Bring a taste of the Mediterranean to your table with this refreshing Tzatziki Dip! Perfectly paired with pita chips or fresh veggies, it's light, creamy, and packed with fresh herbs and zesty lemon.

### Ingredients:

- 1/2 medium English cucumber, peeled and seeds removed
- 1 cup FAGE Total Greek Yogurt
- 1 clove garlic, minced
- 2 tbsp. fresh lemon juice
- 1 tbsp. fresh mint, chopped
- 1 tbsp. fresh dill, chopped
- Salt and pepper, to taste

### Directions:

1. Place a cheesecloth over a medium bowl and grate the cucumber over the cheesecloth. Squeeze the liquid out of the grated cucumber.
2. In a medium bowl, mix the squeezed cucumber, yogurt, garlic, lemon juice, mint, dill, salt, and pepper.
3. Chill for 15-30 minutes to allow the yogurt to firm up and the flavors to combine.
4. Remove from the refrigerator and drizzle with olive oil. Serve with toasted pita chips and fresh veggies for dipping.

**Serve with: an extra-virgin olive oil drizzle**



**World  
Flavors  
Festival**  
Mediterranean-  
inspired

## Rich & Creamy

Defiantly rich and creamy, but surprisingly fat-free, this is a nonfat Greek yogurt that doesn't compromise on taste or texture. Only milk and live active cultures go into our plain yogurt.



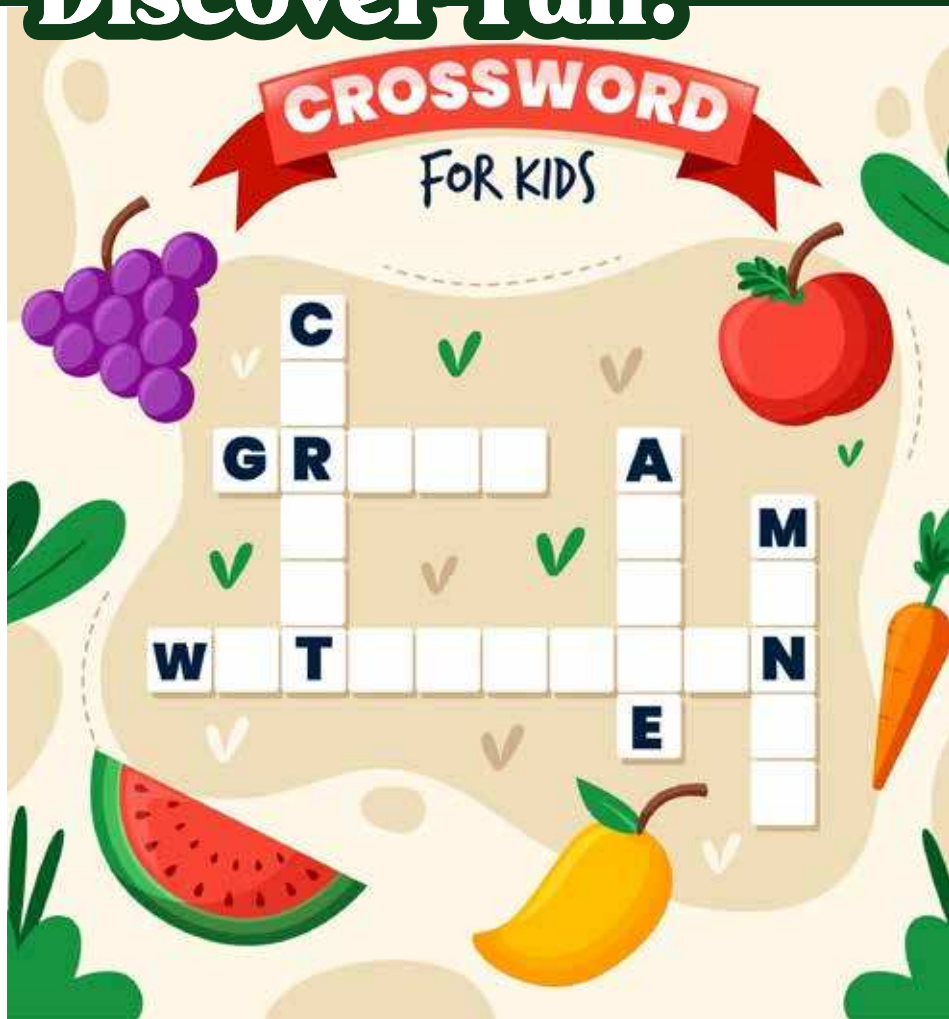

## It's a New Year of savings



Shop our hundreds of organic and natural products.




# Discover Fun!

**KIDS GET A FREE COOKIE IN THE BAKERY**

Round up your total to the nearest dollar.




**ROUND UP**

give change, create change

**SUPPORT BACKPACK BOOSTERS**

**100% OF FUNDS BENEFIT YOUR LOCAL FOOD BANK**

AND  Classroom Central  
TURNING RECYCLES INTO POSSIBILITIES

Crossword answers:  
Carrot, Grape, Apple, Mango, Watermelon



**Download the App**  
to shop and save easier!



Use the Harris Teeter App to:

- Shop Online | Clip Digital Coupons | Track Fuel Points
- View Weekly Specials | Refill Prescriptions

visit [harristeeter.com](http://harristeeter.com) to find out more about these programs



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

Earn points every time you shop using your VIC card.

\*Terms & conditions apply.



Register for personalized e-mails, unique savings and access to digital coupons.

**SAVE \$100's** every month when you join

Join **HT Plus** and get ready for an easier way to SAVE

**2X**  on all eligible orders.

**FREE** delivery\*

Exclusive access to over **\$100** in savings

\*Restrictions apply. Visit [harristeeter.com](http://harristeeter.com) for details.