

Discovery

Inspiring your Culinary Journey



**Savor the
holidays** 

What's Inside:

- Holiday recipes
- Organic Savings
- Gifting Ideas
- Kids' Activity Page

Simple ways to serve up more joy



Slow Cooker Sweet & Spicy Party Meatballs

INGREDIENTS:

- 2 pounds frozen homestyle meatballs
- 12 oz. Simple Truth Organic Sweet Chili Sauce
- 1 1/2 cups Private Selection Morello Cherry preserves
- 4 tbsp. chili crisp

Optional garnish: fresh parsley or scallions

DIRECTIONS:

1. Add meatballs to the bowl of a slow cooker. Stir in the chili sauce, preserves, and chili crisp. Toss to evenly distribute ingredients.
2. Cook on low for 6-8 hours. Stir again before serving and garnish as desired.

Cheerful bites to please your guests

Holiday Cheese Ball Tree



Single-Serve Charcuterie Cups



Unwrap recipes worth sharing



Scan here to find delicious ideas for gifting & gathering.

Treat your table to the taste of Philadelphia cream cheese. Perfect for adding rich to every dish.



Discover Inspiration

BE SURE TO
CHECK OUT WHAT'S
NEW

Harris Teeter Exclusive
Limited Edition
Refresh Tradition with Vanilla Frost



Get your flavor fix with a mix and
5g of Protein Per Serving



No Antibiotics Ever/No Added Hormones
Uncured No Nitrites/Nitrates Bacon



Fresh Baked Taste That Feels Like Home.
Perfect for those Sweet Moments
during the Holidays!



Three words will always define your
experience: Quality, Flavor, Heritage



Crispy. Bite-Sized. Indulgent.
Made from only the good stuff



Smooth, sweet taste from
premium African beans



From roast to drizzle, Chefs Life
has your holiday covered



Pantene Extreme Damage Care Shampoo &
Conditioner: Nourish, Recover & Strengthen
Stressed, Damaged Hair In 1 Use



Delicious, sustainable dog treats that
make pets, people, and the planet happy!



PERDUE® Air Fryer Ready®
Restaurant style, premium
chicken bites & fillets

Discover Fresh and Organic

Prices good December 3- December 30, 2025



16 oz.
Verde Organic
Stew Meat

8.99

each • with VIC card
Save 4.00 each with VIC card



16 oz.
Smart Organic
Ground Chicken

7.99

each • with VIC card
Save 1.00 each with VIC card



3 lb. bag Simple Truth Organic
Red, Gold, Russet or
Sweet Potatoes

4.99

each



2 lb.
Simple Truth Organic Gala or
Granny Smith Apples

4.99

each



3 oz..
Simple Truth Organic
Basil

4.49

each



2 lb.
Simple Truth Organic
Red or Yellow Onions

3.99

each



4 lb.
Simple Truth Organic
Oranges

7.99

each



.5 oz. Simple Truth Organic
Rosemary, Sage, Thyme, Mint or
Roasting or Poultry Blend

2 for \$4



12 oz..
Simple Truth Organic
Green Beans

3.99

each



12 oz.
Lenny Boy Organic
Kombucha

2 for \$5



Organic Hot House
Cucumbers

2 for \$5



Organic
Honeycrisp Apples

3.99

per lb.



2 oz.
Organic Suja
Wellness Shot

2 for \$6



3 count
Simple Truth Organic
Garlic

2 for \$5



Organic
Envy Apples

2.99

per lb.



16 oz.. Simple Truth Organic
Spinach, 50/50 Blend
or Spring Mix

7.49

each



1 lb.
Organic
Ginger Root

4.99

each

Ask the Pharmacist

What are the best over-the-counter medications for treating a cough versus a cold?



For a Cough:

Dry Cough (non-productive)

- Dextromethorphan (DM)
-Robitussin DM, Delsym, Nyquil Cough
- Halls Honey and Lemon cough drops

Wet/ Productive Cough (phlegmy)

- Guaifenesin
-Mucinex, Robitussin Chest Congestion

Counseling Points: Be sure to take medication with a full glass of water and continue to drink plenty of fluids throughout the day. Fluids allow guaifenesin products to work effectively.

For a Cold:

treatment varies depending on symptoms

Nasal Congestion

- Pseudoephedrine (Sudafed) - Side Effects: Insomnia, jitteriness, increased heart rate, increased blood pressure
- Phenylephrine - Side Effects: Insomnia, jitteriness, increased heart rate, increased blood pressure
- Oxymetazoline nasal spray - Side Effects and Warnings: Local irritation, dryness, do not use for more than 3 consecutive days

Running Nose, Sneezing

- Diphenhydramine (Benadryl) - Side Effects and Warnings: May cause drowsiness, avoid if older than 65
- Chlorpheniramine - Side Effects and Warnings: May cause drowsiness, avoid if older than 65
- Cetirizine (Zyrtec)
- Loratadine (Claritin)

FOOD & OTC BENEFIT CARDS ACCEPTED

Shop eligible groceries and over-the-counter medications using your benefits card.

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nations
benefits
OTC
network

SEASONAL VACCINES AVAILABLE

No appointment needed.

CARE meets CONVENIENCE

LEARN MORE

Harris Teeter Pharmacy

Take Care of Your  Health & Wellness with Our Favorite Brands



Fights the root cause of oral health problems, like gingivitis and cavities.



Packaged in a convenient tube for on the go cold sore treatment.



Removes up to 99% of makeup. Lifts away dirt, oil and sunscreen.



VICKS DayQuil & NyQuil Severe Powerful Cold and Flu Symptom Relief

**long
term
Savings**



Discover More

Keeping prices lower,
longer, on 1,000s of
items you buy every day.



14.4 oz. Harris Teeter
Honey
Graham Crackers

2 for \$5



24 oz. HT Traders
Peanut Butter Filled
Pretzels

5.49

each



5 oz. Harris Teeter
Grated
Parmesan Cheese

2 for \$6



8 oz. Harris Teeter
Crescent
Dinner Rolls

2 for \$4



128 oz. Harris Teeter
Sweet Tea

2 for \$6



12 oz. Harris Teeter
Baby Bud Broccoli
Florets

2 for \$4

each



28 oz. Harris Teeter
Crushed Tomatoes

1.79

each



12 ct. Harris Teeter
Colombian
Coffee K-Cups

4.99

each



20 oz. Harris Teeter
Honey Wheat
Bread

2 for \$5



18.2-19.2 oz.
Private Selection
Thin Crust Pizza

6.99

each



32 oz. Harris Teeter
Cut
Green Beans

2.79

each



12 oz. Harris Teeter
Brussels Sprouts
or Soup Mix

2 for \$4



32 oz. Harris Teeter
Baby Lima Beans,
Chopped Spinach
or Petite Peas

1.79

each

Discover Inspiration



Order Ahead for easy holiday gatherings

Choose from Traditional Turkey, Spiral Ham and Prime Rib Dinners. We also have a wide variety of party trays and desserts!



Holiday Meals available through December 21, 2025. Visit harristeeter.com or scan the QR code

custom holiday arrangements
DELIVERED
everywhere

POWERED BY FTD  FLORIST

6 inch Poinsettias
just **\$6.99**

each • with VIC card
Save .99 each
with VIC

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Gift an HT Plus Membership!

They'll love these great benefits - unlimited free delivery*, 2x Fuel Points**, streaming entertainment† and more.



*\$35 order minimum. Restrictions apply. Subject to availability. Delivery time not guaranteed.

**\$1 in spending = 1 Fuel Point + 1 bonus Fuel Point on qualifying purchases made in-store, curbside pickup and delivery. Gift cards, adult beverage, tobacco products, pharmacy prescriptions, HT Plus Service, Harris Teeter Ship, Vitacost, homechef.com, murrayscheese.com, Fuel purchases, or receipt message survey invitation are excluded from HT Plus Fuel Points benefits.

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Gift Cards for everyone



New Year's Celebration!

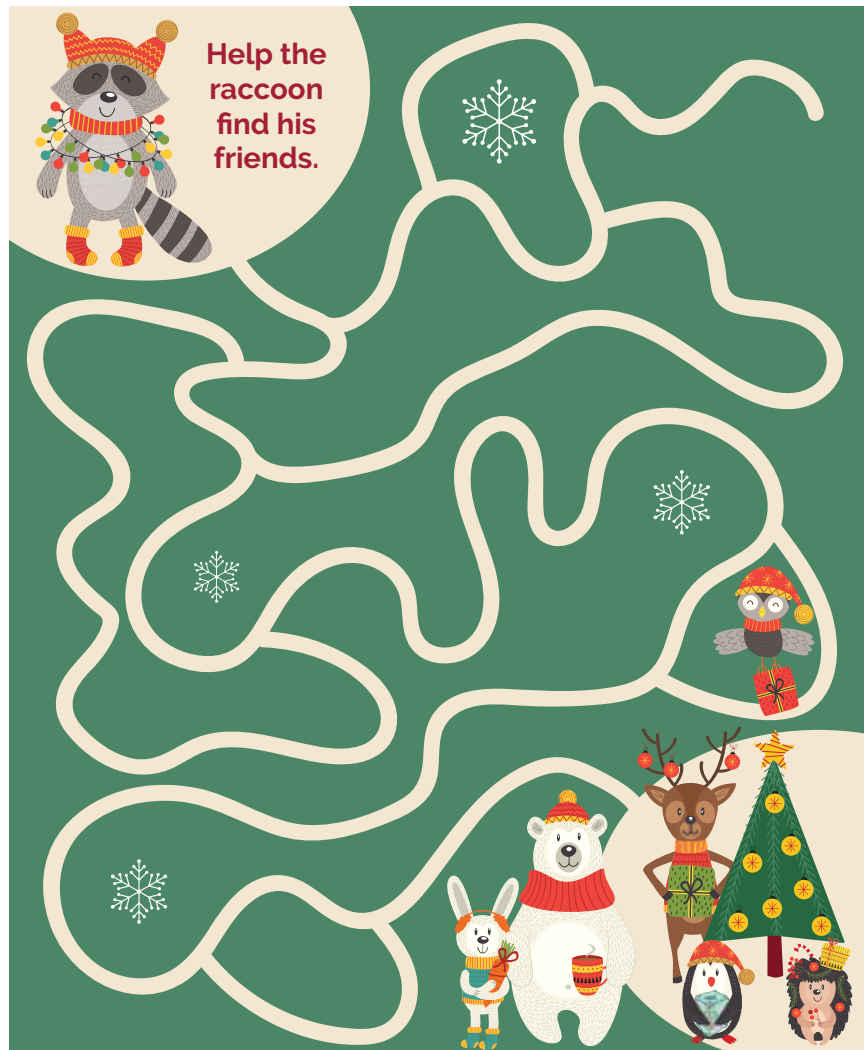
Ring in the New Year with Harris Teeter. Shop sparkling wines and mixers along with party trays, amazing desserts, balloons and more!





Harris Teeter
YOUR NEIGHBORHOOD MARKET

Discover Fun!



Round up your total to the nearest dollar.

**SUPPORT YOUR LOCAL
FOOD BANK THROUGH**



**100% OF ROUND UP DONATIONS
SUPPORT YOUR LOCAL FOOD BANK**



give change, create change

2X



**ON GIFT CARDS
EVERY DAY**



Right now is the perfect time to buy gifts for your family and friends with gift cards from Harris Teeter. Because when you do, you get **2X** the fuel points!

Buy \$200 in gift cards and get 400 in fuel points, that's \$0.40 off per gallon!



redeem at



*Terms and conditions apply.