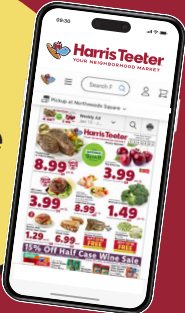


YOUR WEEKLY AD
IS GOING DIGITAL!

January 28 your circular will still be
available online and in store.



Scan Here
to view the
weekly ad
online!



Download the app
to shop & save
even more!

- View circular & eVIC Item of the Week offers
- Download 100's of digital coupons
- Track Fuel Points

Also available on Harristeeter.com

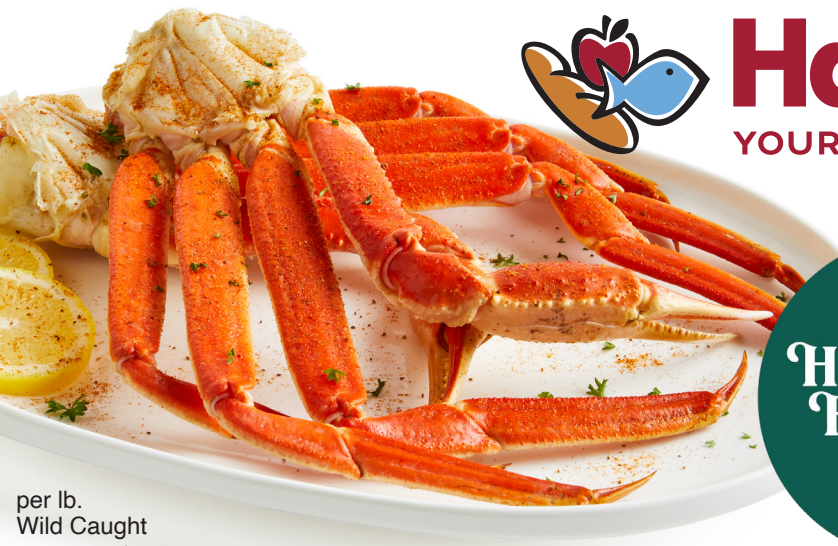


Harris Teeter
YOUR NEIGHBORHOOD MARKET

Prices Good Through
January 13, 2026

WED	THU	FRI	SAT	SUN	MON	TUE
7	8	9	10	11	12	13

Weekly Specials*



per lb.
Wild Caught
Tuna Steaks
or Wild Caught
Snow Crab Clusters

9.99

save big per lb. with your VIC card



per lb.
**80% Lean
Ground Chuck**

4.99

save big per lb. with your VIC card



Harris Teeter
**Boneless
Chicken Breast**

2.49

per lb.

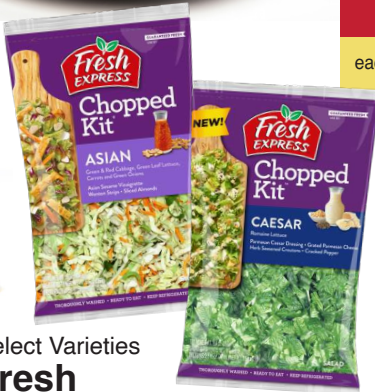
save per lb. with your VIC card



1 lb.
Farmers Market
Strawberries

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



Select Varieties
**Fresh
Express Salads**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



Farmers Market
Broccoli Crowns

1.99

save big per lb. with your VIC card



1 lb. bag
Farmers Market
Baby Carrots

.99

each

save big with your VIC card



Hot or
Cold

Fresh Foods Market
Rotisserie Chicken

6.99

each

save big with your VIC card



9.6 - 16.1 oz.
**Kellogg's
Cereal**

**BUY 2 GET 3
FREE**

limit
10

when you buy 5 with your VIC card or regular price each



18 - 19 oz.
**Progresso
Traditional
or Classic Soups**

**BUY 2 GET 2
FREE**

when you buy 4 with your VIC card or regular price each



9.25 - 10.75 oz.
Doritos,
9.25 - 10 oz.
Fritos
or 6 - 7 oz.
Sun Chips

**BUY 2 GET 2
FREE**

when you buy 4 with your VIC card or regular price each



12 pk. 12 oz.
Pepsi Products

**BUY 2 GET 2
FREE**

when you buy 4 with your VIC card or regular price each



48 oz. **Breyers
Ice Cream**
or 16 oz.
Talenti Gelato
or Private Selection
Ice Cream
or Sorbet Pints

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



7 - 16 oz.
**Utz Family
Size Chips,
Kettle Chips
or Pretzels**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



20 oz.
**Sara Lee
Bread**
or 5 ct.
**Entenmann's
Little Bites**
or Mini Snack Cakes

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



8 oz.
**Tillamook
Shredded
or Sliced
Cheese**

**2 \$7
for**

save big on 2
with your VIC card



8 oz.
**Cabot
Chunk Cheese**
**BUY 1 GET 1
FREE**
each item rings at half price with your VIC card



Use your VIC card for more big savings!

eVIC Members Only Sale Offers valid Thursday, January 8 - Sunday, January 11, 2026.

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 members only

weekly
limit
4

5.9 - 6.6 oz.
Goldfish Crackers

1.97

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

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

* Supplies are limited

non e-vic
member price
2/\$5



eVIC members only

weekly
limit
4

6 Mega Roll
Cottonelle Bath Tissue

5.97

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

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

non e-vic
member price
6.99



Prices good through January 13, 2026

WED	THU	FRI	SAT	SUN	MON	TUE
7	8	9	10	11	12	13

Start the New Year with

Big Savings

8 pk. 20 oz.

Gatorade

Sports Drink

or 6 pk. 16.9 oz.

Propel

Fitness Water



BUY 1 GET 1

FREE

each item rings at half price with your VIC card

VIC SAVINGS



11 - 22 oz.

Red Baron Pizza

3 for \$10

when you buy 3
• or regular
price each

MUST PURCHASE 3

VIC SAVINGS



10 - 20.2 oz.

Family Size

**Nabisco Oreo, Chips Ahoy!,
Nutter Butter, Wheat Thins,
Triscuit, Ritz or Toasted Chips**

3.99

each

limit
2

save big with your VIC card

VIC SAVINGS



10 ct.

Peet's

K-Cup Coffee



10.5 oz. Bag

Peet's Coffee

8.99

save big with
your VIC card

VIC SAVINGS

7.99

each

save big with your VIC card

VIC SAVINGS

eVIC members only

weekly
limit
16

4.5 - 6.7 oz.

Chobani Flip,

Zero Sugar

or High Protein

Greek Yogurt



.97

save at least \$4.48 over our already
low VIC price when you buy 16

8/\$10 non e-vic
member price

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

VIC SAVINGS

eVIC members only

weekly
limit
4

12 oz.

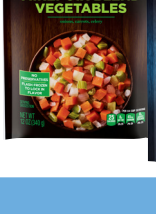
Select Varieties

Harris Teeter

Non-Steam

or Steamable

Vegetables



.97

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

2/\$3 non e-vic
member price

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

VIC SAVINGS

VIC SAVINGS



**Happier,
Healthier**
with Harris Teeter

Serve up a
fresh catch

SHOP SEAFOOD >

Happier, Healthier

with Harris Teeter

Live Naturally with Simple Truth

9 oz.
**Simple Truth
Organic
Tortilla Chips**



2 for \$4

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

**VIC
SAVINGS**

6 oz.
**Simple Truth
Protein
Mac & Cheese**



2 for \$4

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

**VIC
SAVINGS**

10 oz.
Select Varieties
**Simple Truth
Organic
Frozen Fruit**



2 for \$6

save big on 2 with your VIC card

**VIC
SAVINGS**

12 - 12.2 oz.
**Simple Truth
Organic
Toasted Oats
Cereal**
or 7.8 oz.
Fruit & Grain Bars



2 for \$6

save big on 2 with your VIC card

**VIC
SAVINGS**

24 oz.
**Simple Truth
Protein Soup**



2 for \$7

save at least \$2.18 on 2 with your VIC card

**VIC
SAVINGS**

25.5 oz.
**Simple Truth
Organic Canola
or Vegetable Oil**



4.49

each

save big with your VIC card

**VIC
SAVINGS**

24 oz.
**Simple Truth
Chicken
Bites or Strips**



9.99

each

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

BGB BGB BGB BGB

from our meat department

18.4 - 22 oz.
Hatfield
Marinated
Pork Loin
or Tenderloin



BUY 1 GET 1
FREE

each item rings at half price with your VIC card



Boneless
New York Strip Steak

12.99 per lb.

save at least \$5.00 per lb. with your VIC card



USDA
Choice
New York
Strip Steaks

14.99 per lb.

save at least \$4.00 per lb. with your VIC card



Filet Mignon

11.99 each

save at least \$4.00 each with your VIC card



Ground Pork or Sausage

2 \$10 for

save big on 2 with your VIC card

16 oz.
Snake
River Farms
Wagyu
Ground Beef

8.99 each

save at least \$2.00 each with your VIC card



Bacon or Chicken Minis

2 \$12 for

save big on 2 with your VIC card



Assorted Pork Chops

3.99 per lb.

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

2.27 - 4.4 oz.

Oscar Mayer Lunchables

BUY 2 GET 2
FREE

when you buy 4 with your VIC card or regular price each

7 - 8 oz.
Prime Fresh
Lunchmeat

BUY 2 GET 3
FREE

when you buy 5 with your VIC card or regular price each

7 oz.
Wellshire
Antibiotic Free
Lunchmeat

4.99

save at least \$1.00 each with your VIC card

9 - 21 oz.
Steak-umm
Sliced Steaks

BUY 1 GET 1
FREE

each item rings at half price with your VIC card

10 - 12 oz.
Nathan's
Beef Franks

BUY 1 GET 1
FREE

each item rings at half price with your VIC card

28 - 32 oz.
Bob Evans
Family Size
Sides

2 \$10 for

save at least \$3.98 on 2 with your VIC card

12 - 16 oz.
Smithfield
Bacon

BUY 1 GET 1
FREE

each item rings at half price with your VIC card

11 oz.
Al Fresco
Chicken Sausage

BUY 1 GET 1
FREE

each item rings at half price with your VIC card

8 - 12 oz.
Aidells
Sausage

2 \$10 for

save big on 2 with your VIC card

12 oz. Mission
Carb Balance Tortillas
or 12 ct.
Egg-Land's Best
Cage Free Eggs

4.49 each

save big with your VIC card

from our seafood department

8 - 9.6 oz.

Scott & Jon's
Seafood Bowls

BUY 1 GET 1
FREE

each item rings at half price with your VIC card

16 oz.
Pier 33
Mussels

BUY 1 GET 1
FREE

each item rings at half price with your VIC card

16 ct. Fresh
Farm Raised
Littleneck Clams

5.99 each

save big with your VIC card

Wild Caught
Cobia Fillets

9.99 per lb.

save big per lb. with your VIC card

Wild Caught
Snapper Fillets

12.99 per lb.

save big per lb. with your VIC card

Wild Caught
Swordfish Steaks

12.99 per lb.

save big per lb. with your VIC card

Citrus Herb
Marinated
Salmon Portions

\$6 each

save big with your VIC card

Wild Caught
Flounder Fillets

11.99 per lb.

save big per lb. with your VIC card

Wild Caught
Alaska Sockeye
Salmon Fillets

15.99 per lb.

save big per lb. with your VIC card

21 - 30 ct. Fresh
Wild Caught
Peeled & Deveined
White Shrimp

13.99 per lb.

save big per lb. with your VIC card

from our grocery department

16 oz.
Kraft Salad Dressing
or 17.5 - 18 oz.
BBQ Sauce

BUY 1 GET 1
FREE

each item rings at half price with your VIC card

Select Varieties
Simple Truth
Organic Spices

25% off

save big with your VIC card

5.3 - 6 oz.
HT Traders
Olives

2 \$6 for

save big on 2 with your VIC card

30 oz.
Duke's
Mayonnaise

3.99

save big with your VIC card

14.5 oz.
Hunt's
or 10 oz. **Rotel**
Tomatoes

3 \$4 for

save big on 3 with your VIC card

28 oz.
Harris Teeter
Tomato Sauce or
12 - 16 oz. **Lasagna**

3 \$5 for

save at least 96¢ on 3 with your VIC card

12 pk. 12 oz.
Harris Teeter
Soda

BUY 1 GET 1
FREE

each item rings at half price with your VIC card

16.9 oz.
Simple Truth
Organic Coconut Water

2 \$3 for

save big on 2 with your VIC card

12 oz.
Private Selection
Mac & Cheese

2 \$5 for

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

24 oz.
HT Traders
Peanut Butter Filled Pretzels

5.49

save at least \$1.50 each with your VIC card

Select
Theater
Box Candy

4 \$5 for

save big on 4 with your VIC card

3.17 - 4.8 oz.
Ghirardelli
Chocolate Bars

4.49

save big with your VIC card

7.4 - 8.94 oz.
Nature Valley
Granola Bars

BUY 1 GET 1
FREE

each item rings at half price with your VIC card

12 ct.
Private Selection or
Simple Truth Organic
K-Cup Coffee

BUY 1 GET 1
FREE

each item rings at half price with your VIC card

1.4 - 1.79 oz.
Quaker
Oatmeal Cups

4 \$5 for

save big on 4 with your VIC card

8 ct.
Kellogg's
Pop-Tarts

2 \$5 for

save big on 2 with your VIC card

16 oz.
Nature Nate's
Honey

7.49

save big with your VIC card

6 Triple Roll
Bounty
Paper Towels

17.99

save at least \$7.00 each with your VIC card

84 oz. Liquid or 32 - 42 ct. Discs
Persil
Laundry Detergent

13.99

save at least \$2.00 each with your VIC card

50 ct.
Ziploc
Sandwich
or **Snack Bags**

2.99

save at least \$1.30 each with your VIC card

28 oz.
Method
All Purpose Cleaners

4.49

save at least 80¢ each with your VIC card

15 oz.
Milk-Bone
Dog Treats

2 \$7 for

save at least \$2.58 on 2 with your VIC card

5 lb.
Supreme Source
Dog Food

9.99

save at least \$3.00 each with your VIC card

* Supplies are limited

beverages

8 pk. 12 oz.

Coca-Cola Products

BUY 2 GET 2 FREE

when you buy 4 with your VIC card or regular price each



64 oz.

Tree Top Apple Juice

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



64 oz.

Ocean Spray 100% Juice

2 \$7 for

save big on 2 with your VIC card



1 Ltr.

Vita Coco Coconut Water

2 \$9 for

when you buy 2 or regular price each

MUST PURCHASE 2



6 pk. 12 oz.

Zevia Soda

4.99

save at least \$2.30 each with your VIC card



64 oz.

Mott's Clamato Juice

4.99

save at least \$2.30 each with your VIC card



24 pk. 16.9 oz.

Dasani Water

2 \$10 for

save big on 2 with your VIC card



6 pk.

San Pellegrino Sparkling Water

2 \$11 for

save big on 2 with your VIC card



6 pk. .5 Ltr.

Powerade Power Water

6.99

save at least \$1.30 each with your VIC card



4 pk.

Hiyo Social Tonic

11.99

save at least \$2.00 each with your VIC card



snacks

7 - 8 oz.

Chex Mix, Gardetto's or Bugles

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



4.4 oz.

Skinny Pop Popcorn

3.99

save at least \$1.50 each with your VIC card



5 - 8 oz.

Lay's Chips or Baked Lay's

2 \$7 for

save big on 2 with your VIC card



6.53 oz.

Quaker Rice Cakes

2 \$7 for

save big on 2 with your VIC card



15.5 oz.

Tostitos Queso or Lay's Dips

2 \$7 for

save big on 2 with your VIC card



7.4 - 10.1 oz.

Late July Classic or Cravings Tortillas

2 \$8 for

save big on 2 with your VIC card



5 - 7 oz. Milano or Sweet & Simple

Pepperidge Farm Cookies

2 \$10 for

save big on 2 with your VIC card



16 oz.

Dot's Pretzels

5.99

save big with your VIC card



14 oz.

Second Nature Trail Mix

6.99

save big with your VIC card



20 ct.

Cape Cod, Kettle or Snyder's Multipack

9.99

save big with your VIC card



health & beauty

32 - 116 ct.

Tums Antacids

1.50 off

save big with your VIC card



80 ct.

Advil Liqui-Gels

3.00 off

save big with your VIC card



65 - 100 ct.

One-A-Day Vitamins

3.00 off

save big with your VIC card



20 ct.

Neutrogena Cleansing Wipes

1.50 off

save big with your VIC card



1.5 Lt. or 5 - 32 ct.

Swiffer Refills

10.99

save at least \$2.00 each with your VIC card



22 oz.

Resolve Carpet Cleaners

4.99

save big with your VIC card



dairy and frozen

6.02 - 7.04 oz.

Clio Greek Yogurt Bars

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



16 oz.

Fage Sour Cream

2 \$4 for

save big on 2 with your VIC card



5 oz.

Oui by Yoplait Yogurt

4 \$5 for

save big on 4 with your VIC card



4 ct.

Activia or YoCrunch Yogurt

2 \$6 for

save big on 2 with your VIC card



32 oz.

International Delight Creamer

2 \$7 for

save big on 2 with your VIC card



4 pk.

Chobani Yogurt

2 \$8 for

save big on 2 with your VIC card



64 oz.

Lactaid Milk

2 \$7 for

save big on 2 with your VIC card



24 oz.

Greek Gods Yogurt

3.99

save big with your VIC card



6 ct.

Stonyfield Organic YoKids Yogurt

2 \$9 for

save big on 2 with your VIC card



8 - 10 oz.

FarmRich Appetizers

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



12.7 oz.

Birds Eye Frozen Vegetables

2 \$4 for

save big on 2 with your VIC card



14 - 26 oz.

McCain Fries

2 \$7 for

save big on 2 with your VIC card



6 - 18 oz.

Stouffer's, Vital Pursuit or Hot Pockets

2 \$8 for

save big on 2 with your VIC card



14 oz.

Yasso Novelties

2 \$10 for

save big on 2 with your VIC card



10.6 - 18.2 oz.

Simple Truth Organic or Private Selection Pizza

5.49

save big with your VIC card



22 - 42 oz.

Bertolli, P.F. Chang's or Voila! Entrees

5.99

save big with your VIC card



12 - 19 oz.

Tyson Chicken Breakfast Sandwiches

7.99

save big with your VIC card



19 oz.

Rao's Brick Oven Pizza

9.99

save big with your VIC card



* Supplies are limited

3-30 3-30 3-30 3-30



Harris Teeter

pickup & delivery



Schedule a Pickup order today.

- 1 Shop Online** from anywhere. Pickup is free on orders of \$35 or more.*
- 2 Select Date & Time** that fits your schedule. We'll shop for you and reach out if substitutions are needed to complete your order.
- 3 Pick Up Curbside** at the scheduled time slot and we'll bring your groceries out to you.

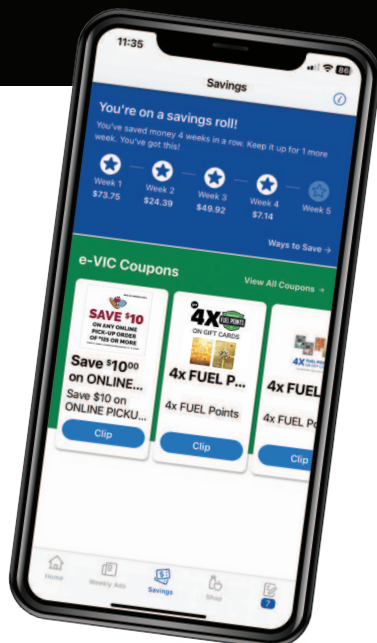
[START MY CART >](#)

ALL WEEK LONG!

Spend \$125 with Pickup
GET \$10 OFF*

Valid January 7 - 13, 2026

[Download Coupon](#)



***Some restrictions apply. See store for details.
Must clip e-VIC digital coupon and place
a pickup order to redeem.**

Refresh routines with trusted choices



4.5 oz.
Simple Truth Organic Croutons

2/\$4

save big on 2 with your VIC card



6 ct.
Simple Truth Organic Waffles

2/\$5

save at least \$2.98 on 2 with your VIC card



3 oz.
Simple Truth Organic Mini Rice Cakes

2/\$4

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



32 oz.
Simple Truth Organic Chicken Stock

2/\$5

save big on 2 with your VIC card



18.5 oz.
Simple Truth Organic Chicken Noodle Soup

2/\$5

save big on 2 with your VIC card



8 pk. 12 oz.
Simple Truth Seltzer Water

2/\$6

save at least 98¢ on 2 with your VIC card



2.8 oz.
Simple Truth Uncured Bacon Pieces

2/\$6

save big on 2 with your VIC card



12 oz.
Simple Truth Organic Salad Dressing

2/\$7

save big on 2 with your VIC card



32 oz.
Simple Truth Organic Red or Yellow Onions

3.99

save at least \$1.00 each with your VIC card



9 - 11 oz.
Simple Truth Granola

4.99

save at least 50¢ each with your VIC card



16 oz.
Simple Truth Organic Tahini

4.99

save at least \$2.00 each with your VIC card



5 ct.
Simple Truth Protein Bars

50¢ off

save big with your VIC card



16 oz.
Simple Truth Traditional Guacamole

6.49

save at least 50¢ each with your VIC card



16.9 oz.
Simple Truth Organic Filtered or Unfiltered Extra Virgin Olive Oil

7.99

save big with your VIC card



12.6 oz.
Simple Truth Plant Based Protein Powder

4⁵⁰ off

save big with your VIC card



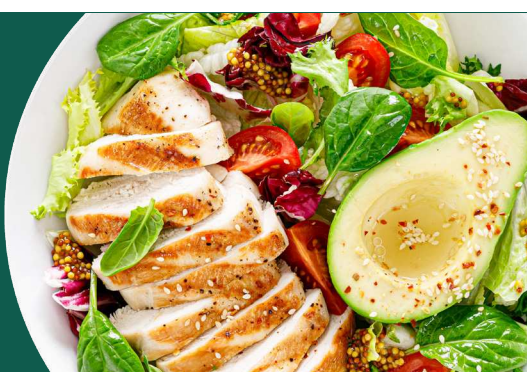
45 ct.
Simple Truth Laundry Pacs or Dish Pacs

8.99

save big with your VIC card



Healthy Eating Starts here



eVIC members only

weekly limit **16**

5.3 oz.
Siggi's Skyr Yogurt

.97

save at least \$4.48 over our already low VIC price when you buy 16

8/\$10

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

non e-vic member price

8/\$10



8.8 - 14.5 oz.
Barilla Gluten Free or Protein+ Pasta

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



52 oz.
Florida's Natural Orange Juice

2/\$7

save big on 2 with your VIC card



12 oz.
Frigo String Cheese or Combo Packs

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



2.5 - 10 oz.
Perfect Protein Bars

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



21.5 oz.
Yummy Omega 3 Chicken

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



25.4 oz.
Nutpods Creamer

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



12 oz.
Shamrock Farms Rockin' Protein Milk

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



16 oz.
Farmers Market Watermelon or Pineapple Chunks

4.99

save big with your VIC card



24 pk. 16.9 oz.
Deer Park Water

2/\$9

save big on 2 with your VIC card



20.5 oz.
Dave's Killer Bread Thin-Sliced Bread

5.49

save big with your VIC card



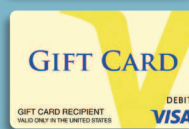
24 oz.
Siggi's Multi-Serve Skyr Yogurt

2/\$10

save big on 2 with your VIC card



4X Harris Teeter **FUEL POINTS**
ON GIFT CARDS WITH DIGITAL COUPON*



Offer Valid
1/7 - 1/20/26
redeem at
Harris Teeter Fuel bp AMOCO



SCAN HERE TO DOWNLOAD DIGITAL COUPON.

* Supplies are limited

Subject to availability. See gift cards for details, terms & conditions. The Visa Gift Card is issued by Pathward®, N.A. Member FDIC, pursuant to a license from Visa U.S.A. Inc. Cards may be used only at merchants in the U.S. everywhere Visa debit cards are accepted. No cash access. See Cardholder Agreement for details. The Mastercard Gift Card is issued by Mastercard International Incorporated. Mastercard and the circles design are registered trademarks of Mastercard International Incorporated. No cash access.

Look Inside for More GREAT SAVINGS!

save more
with the
Harris Teeter
brand



16 oz.
Simple Truth
No Sugar Added
Frozen Dessert

3.99

save big
with your VIC card



12.4 oz.
Harris Teeter
Cheese Crackers

2 \$6
for

save at least 98¢ on 2
with your VIC card



18 oz.
Harris Teeter
Squeeze Mayo

3.49

save at least 50¢ each
with your VIC card



64 oz.
Simple Truth
Organic
100% Apple Juice

3.49

save at least 70¢ each
with your VIC card



7 - 10 oz.
Harris Teeter
Gummi Candy

2.59

save at least 40¢ each
with your VIC card



6.3 - 8.9 oz.
Harris Teeter
Chewy
Granola Bars

2 \$4
for

save big on 2
with your VIC card



3 oz.
Private Selection
Butter with Garlic

2.99

save at least 50¢ each
with your VIC card



6 pk.
Harris Teeter
Applesauce Cups

2 \$5
for

save at least 98¢ on 2
with your VIC card



16 oz.
Harris Teeter
Pecan Halves

11.99

save at least \$3.00 each
with your VIC card



121 oz.
Harris Teeter
Disinfecting Bleach

5.49

save at least \$1.00 each
with your VIC card



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

Family Pack
Natural Antibiotic Free
SMART Chicken Breast

4.99 per lb.



Mock Tender Steak

6.99 per lb.



Harris Teeter Fresh
Whole Chicken

1.49 per lb.



2 ct. Tray
Farmers Market
Green Bell Peppers

1.79 each



4 ct. Tray
Farmers Market
Sweet Corn

2 for \$7



6 ct. Tray
Farmers Market
Mini Seedless Cucumbers

2 for \$5



Farm Raised
Coho Salmon Fillets

8.99 per lb.



1 ct.
Caramel Popcorn

5.99 each



12 ct.
Bakery Fresh
Glazed Donuts

6.99 each





7.4 - 8.9 oz.
Nature Valley Crunchy or **Protein Bars**
or 4.8 - 5.1 oz.
Betty Crocker Fruit Snacks

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

5 lb.
Gold Medal All Purpose or Unbleached Flour

2/\$6
save big on 2 with your VIC card

11.9 - 17.9 oz.
Betty Crocker Cookie Mix
or 13.9 - 16.9 oz.
Muffin Mix

2/\$5
save at least \$1.99 on 2 with your VIC card

8.9 - 12 oz.
General Mills Mid-Size Cereals

2/\$6
save at least \$1.99 on 2 with your VIC card

12 - 16 oz.
Betty Crocker Delights Cake Mix or Frosting

3/\$5
save at least \$1.52 on 3 with your VIC card

16.3 oz.
Betty Crocker Favorites Brownie Mix

3/\$5
save at least \$1.52 on 3 with your VIC card

4.6 - 7.4 oz.
Old El Paso Flour Tortillas or Taco Shells

2/\$4
save at least \$1.29 on 2 with your VIC card

9.4 - 13.2 oz.
Old El Paso Premium Kits or Shells
or 28 oz.
Muir Glen Tomatoes
or 5.5 oz. Tube **Tomato Paste**

2/\$6
save at least \$2.99 on 2 with your VIC card

12 ct.
Pillsbury Cookie Dough

2/\$7
save at least \$1.99 on 2 with your VIC card

8 - 16.3 oz.
Pillsbury Grands! Biscuits, Crescents, Cinnamon Rolls
or **Grands! Crescents**

2/\$5
save at least \$1.49 on 2 with your VIC card

24.8 oz.
Totino's Party Pizza

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

50 ct.
Totino's Pizza Rolls

2/\$9
save at least \$4.19 on 2 with your VIC card

Kitchen staples, delicious results

Kraft Heinz

23.1 - 29.3 oz.
Maxwell House Coffee

16.99 ea. with VIC card
-2.00 Digital Coupon
14.99 Final Price with Digital Coupon
Limit 1 per offer.

10 - 12 oz. Bag or 10 ct. Pods
Gevalia Coffee

8.99 ea. with VIC card
-2.00 Digital Coupon
6.99 Final Price with Digital Coupon
Limit 1 per offer.

19 - 30 oz.
Kraft Miracle Whip

4.99 ea. with VIC card
-1.00 Digital Coupon
3.99 Final Price with Digital Coupon
Limit 1 per offer.

8 oz. Brick
Philadelphia Cream Cheese

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

1 oz.
Taco Bell Seasoning Mix
or 7.56 - 12 oz. **Sauces**

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

3.5 - 14 oz.
Kraft or Velveeta Shells Dinners

2/\$6
save at least \$1.29 on 2 with your VIC card

2.52 oz.
Oscar Mayer Fully Cooked Bacon

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

6 - 12 oz.
Kraft Gluten Free Mac & Cheese or Deluxe Dinners or Velveeta Shells & Cheese

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

1.62 oz.
Mio or Crystal Light Water Enhancers
or 10 - 12 qt. **Powdered Water Enhancers**

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

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

13.5 - 14 oz.
Heinz Flavored Ketchup
or 20 oz.
Ketchup

2/\$6
save at least \$1.29 on 2 with your VIC card

0.3 - 3.9 oz.
Jell-O Pudding or Gelatin

3/\$4
save at least 46¢ on 3 with your VIC card

8 - 10 oz.
Jet-Puffed Marshmallows
or 7 oz.
Marshmallow Creme

2/\$3
save at least 49¢ on 2 with your VIC card

10.7 - 12 oz.
Kraft American Singles

2/\$6
save at least \$1.99 on 2 with your VIC card

32 oz.
Velveeta Cheese Loaf

6.99
save at least \$3.00 each with your VIC card

9 oz.
Smart Ones Entrees

5/\$10
save at least 99¢ on 5 with your VIC card

7.5 - 8 oz.
Philadelphia Soft Cream Cheese

2/\$8
save at least 99¢ on 2 with your VIC card

12 - 17.4 oz.
TGI Fridays Appetizers

5.99
save at least \$1.30 each with your VIC card

7 oz.
Bagel Bites Pizza Snack!

2.49
save at least 70¢ each with your VIC card

20 - 32 oz.
Claussen Pickles

3.99
save at least \$2.00 each with your VIC card

Harris Teeter

Spend \$125 with Pickup
GET \$10 OFF*
Valid January 7 - 13, 2026. With Coupon.
*Some restrictions apply. See store for details.

It's Easy!

Shop Online

Select Date & Time

Pick Up Curbside

3-30 3-30 3-30 3-30 // 5-50 5-50 5-50 5-50

Live Naturally



17 oz.
Farmers Market
Fruit Medley
4.99

save at least 50¢ each with your VIC card



20 oz.
Farmers Market
Cored Golden Pineapple
5.99

save at least \$1.00 each with your VIC card



16 oz.
Simple Truth
Organic Pasta
3 for \$5

save big on 3 with your VIC card



3.17 oz.
Simple Truth
Organic Chocolate Bars
2 for \$7

save big on 2 with your VIC card



32 oz.
Simple Truth
Organic 100% Juice
4.99

save at least \$1.00 each with your VIC card



7.51 oz. Simple Truth Organic
Mini Cheese Sandwich Crackers
2 for \$7

save at least \$1.50 on 2 with your VIC card



12 ct.
Simple Truth Organic
Baked Energy Bars
or 24 oz.
HT Traders
Raw Honey
6.99

save at least \$1.00 each with your VIC card



14 oz.
Simple Truth
Organic Ghee
9.99

save big with your VIC card



Save BIG on Bagged
Citrus

Great Source of Vitamin C



3 lb. Bag
Farmers Market
Mandarins
or 2 lb. Bag Farmers Market
Raspberry Orange
4.99 each

save big with your VIC card

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

5.99 each

save big with your VIC card

Wonderful Pistachios

High in Protein

5.5 - 6 oz.
Wonderful Pistachios Kernels
5.99 ea.

8 oz.
Wonderful In Shell Pistachios
3.99 ea.

14 - 16 oz.
In Shell Pistachios
8.99 ea.



Farmers Market
Green Cabbage
.99 per lb.

save big per lb. with your VIC card



Farmers Market
Sweet Onions
1.69 per lb.

save big per lb. with your VIC card



Farmers Market
Orange, Yellow or Red Bell Peppers or Hot House Cucumbers
3 for \$5

save big on 3 with your VIC card



12 oz.
Sunset
Flavor Bombs
BUY 1 GET 1 FREE

each item rings at half price with your VIC card



floral
not available in all stores
Golden Blooms Bouquet
12.99 each

save \$1.00 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.
Bonduelle Bistro
Salad Bowls
BUY 1 GET 1 FREE

each item rings at half price with your VIC card



2 oz.
Vive Organic Health Shots
BUY 2 GET 1 FREE

when you buy 3 with your VIC card or regular price each



Farmers Market
Fuji or Pink Lady Apples
2.49 per lb.

save big per lb. with your VIC card



6 inch
10.99 each

save \$5.00 each with your VIC card



4 inch
5.99 each

save \$5.00 each with your VIC card

big savings from our fresh foods market



4 ct.
Bakery Fresh
Muffins
\$5 each

save at least \$1.49 each with your VIC card



Boar's Head
Maple Glazed Honey Coat Ham
13.99 per lb.

save big per lb. with your VIC card



HT Traders
Tear & Share or Foccacia
4.99-5.99 each

save at least \$1.00 each with your VIC card



each
Private Selection Pre-Sliced Meats & Cheeses
BUY 1 GET 1 FREE

each item rings at half price with your VIC card



Assorted Varieties
Athenos Feta Crumbles
BUY 1 GET 1 FREE

each item rings at half price with your VIC card



Fresh Foods Market
Signature Cake for 2
8.99 each

save at least \$1.00 each with your VIC card

Prices In This Ad Effective January 7 - 13, 2026
In The Following Stores Only:

•DUNKIRK •OLNEY •LAUREL •ELLCOTT CITY •COLUMBIA •FULTON •CLARKSBURG •BOWIE
•GERMANTOWN •GAITHERSBURG •BETHESDA •POTOMAC •BALTIMORE •SEVERNA PARK •CALIFORNIA
•CANTON CROSSING, 3779 BOSTON STREET, BALTIMORE
•McHENRY ROW

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



Harris Teeter
YOUR NEIGHBORHOOD MARKET

WEEKLY SPECIALS*

PRICES VALID THROUGH 1.13.26
* Supplies are limited



health and wellness Essentials



1.76 oz.
Nick's Protein Bars

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



1.5 lb.
Optimum Protein Powders

3.00 off
save big with your VIC card



4.8 - 5.3 oz.
Bloom Superfoods

3.00 off
save big with your VIC card



1.94 oz.
Barebells Protein Bars

2/\$5

save at least 98¢ on 2 with your VIC card



8 - 10 ct.
Waterboy Hydration

3.00 off
save big with your VIC card



12 oz.
Trip Calming Drinks

2/\$5

save big on 2 with your VIC card



12 oz.
Fit-Aid RX & Energy Drinks

2/\$5

save big on 2 with your VIC card



14 - 15 oz.
Spectrum Flaxseed

2.00 off
save big with your VIC card



Select
Calm Gummies or Powders

4.00 off
save big with your VIC card



Select
Simple Truth Vitamins

20% off
save big with your VIC card



10 ct.
Liquid I.V. Hydration Multiplier

3.00 off
save big with your VIC card



12 oz.
Gym Weed Energy Drinks

2/\$5
save big on 2 with your VIC card



1.98 oz.
Aloha Protein Bars

BUY 2 GET 1 FREE
when you buy 3 with your VIC card or regular price each



2.1 oz.
Think! Protein Bars

2/\$4
save at least \$1.20 on 2 with your VIC card



Harris Teeter
YOUR NEIGHBORHOOD MARKET

WEEKLY SPECIALS*

PRICES VALID THROUGH 1.13.25
* Supplies are limited



15.1 oz.
**Quaker
Instant Oatmeal**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card **VIC SAVINGS**



18 oz.
**Quaker
Old Fashioned
or Quick 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 oz.
Cap'n Crunch Cereal

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card **VIC SAVINGS**



13 oz.
Life Cereal

**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**



12.6 oz.
**Quaker
Premium
Instant Oatmeal**

2/\$8

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



16 oz.
**Quaker Protein
Old Fashioned Rolled Oats**

2/\$8

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



24 oz.
**Pearl Milling
Company Syrup**

2/\$6

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



2 lb.
**Pearl Milling
Company Pancake Mix**

2/\$6

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



24.1 oz.
**Quaker
Simply Granola**

2/\$9

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



6.52 oz.
**Quaker
Rice Cakes**

2/\$7

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



6 oz.
**Quaker
Rice Crisps**

2/\$8

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



4 - 7 oz.
Rice-A-Roni

4/\$5

save big on 4 with your VIC card **VIC SAVINGS**