

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!



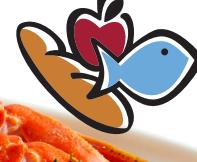
Download the app to shop & save even more!

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*



1 lb.
Farmers Market
Strawberries

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



VIC SAVINGS

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



11 - 22 oz.

Red Baron Pizza

3 for \$10
MUST PURCHASE 3

when you buy 3
• or regular
price each



10 - 20.2 oz.

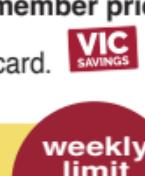
Family Size
Nabisco Oreo, Chips Ahoy!,
Nutter Butter, Wheat Thins,
Triscuit, Ritz or Toasted Chips

3.99

each

save big with your VIC card

limit
2



10 ct.

Peet's
K-Cup Coffee

10 ct.

Harris Teeter

Non-Steam

or Steamable

Vegetables

12 oz.

Select Varieties

Harris Teeter

Non-Steam

or Steamable

Vegetables

12 oz.

MIREPOIX BLEND

VEGETABLES

MAJOR DICKASON'S

**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



6 oz.

**Simple Truth
Protein
Mac & Cheese**



2 for \$4

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



10 oz.

**Select Varieties
Simple Truth
Organic
Frozen Fruit**



2 for \$6

save big on 2 with your VIC card



12 - 12.2 oz.

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



2 for \$7

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



24 oz.

**Simple Truth
Protein Soup**

2 for \$7

save at least \$2.00 each with your VIC card

25.5 oz.

**Simple Truth
Organic Canola
or Vegetable Oil**

4.49 each

save big with your VIC card

24 oz.

**Simple Truth
Chicken
Bites or Strips**

9.99 each

save at least \$2.00 each with your VIC card

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

VIC SAVINGS



Boneless
New York Strip Steak

12.99

**Value
Pack**

**VIC
SAVINGS**

per lb.

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



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

**VIC
SAVINGS**

16 oz.

Niman Ranch

Ground

Pork or

Sausage

2 \$10

for

save big on 2 with your VIC card

**VIC
SAVINGS**

16 oz.

Snake River Farms

Wagyu

Ground Beef

8.99

each

save at least \$2.00 each with your VIC card

**VIC
SAVINGS**

9 oz.

Bacon or

Fajita

Chicken Minis

2 \$12

for

save big on 2 with your VIC card

**VIC
SAVINGS**

10 - 12 oz.

Nathan's

Beef Franks

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

10 - 12 oz.

Aidells

Sausage

2 \$10

for

save big on 2 with your VIC card

**VIC
SAVINGS**

12 oz.

Steak-Umm

Sliced

Steaks

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

12 oz.

Smithfield

Bacon

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

12 - 16 oz.

Smithfield

Bacon

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

11 oz.

Al Fresco

Chicken

Sausage

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

11 oz.

Smithfield

Maple

Bacon

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

11 oz.

Smithfield

Maple

Bacon

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

11 oz.

Smithfield

Maple

Bacon

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

11 oz.

Smithfield

Maple

Bacon

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

11 oz.

Smithfield

Maple

Bacon

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

11 oz.

Smithfield

Maple

Bacon

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

11 oz.

Smithfield

Maple

Bacon

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

11 oz.

Smithfield

Maple

Bacon

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

11 oz.

Smithfield

Maple

Bacon

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

11 oz.

Smithfield

Maple

Bacon

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

11 oz.

Smithfield

Maple

Bacon

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

11 oz.

Smithfield

Maple

Bacon

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each item rings at half price with your VIC card

**VIC
SAVINGS**

11 oz.

Smithfield

Maple

Bacon

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

11 oz.

Smithfield

Maple

Bacon

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

11 oz.

Smithfield

Maple

Bacon

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**VIC
SAVINGS**

11 oz.

Smithfield

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

VIC SAVINGS

64 oz.
Tree Top
Apple Juice

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

VIC SAVINGS

64 oz.
Ocean Spray
100% Juice

**2 \$7
for**

save big on 2 with your VIC card

VIC SAVINGS

1 ltr.
Vita Coco
Coconut Water

**2 \$9
for**

when you buy 2
or regular price each

MUST PURCHASE 2

VIC SAVINGS

6 pk. 12 oz.
Zevia Soda

4.99

save at least \$2.30 each with your VIC card

VIC SAVINGS

health & beauty

32 - 116 ct.
Tums
Antacids
150 off

save big with your VIC card

VIC SAVINGS

80 ct.
Advil
Liqui-Gels
300 off

save big with your VIC card

VIC SAVINGS

65 - 100 ct.
One-A-Day
Vitamins
300 off

save big with your VIC card

VIC SAVINGS

20 ct.
Neutrogena
Cleansing
Wipes
150 off

save big with your VIC card

VIC SAVINGS

1.5 Lt. or 5 - 32 ct.
Swiffer Refills
10.99

save at least \$2.00 each with your VIC card

VIC SAVINGS

22 oz.
Resolve
Carpet
Cleaners
4.99

save big with your VIC card

VIC SAVINGS

* Supplies are limited

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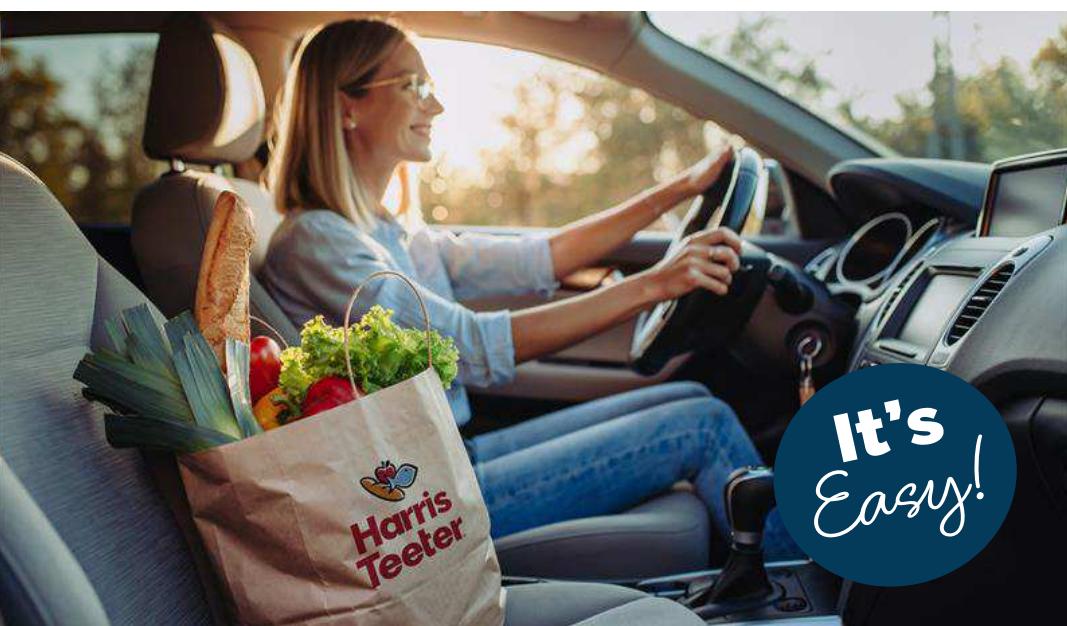
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Harris Teeter
pickup & delivery



It's
Easy!

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 >](#)

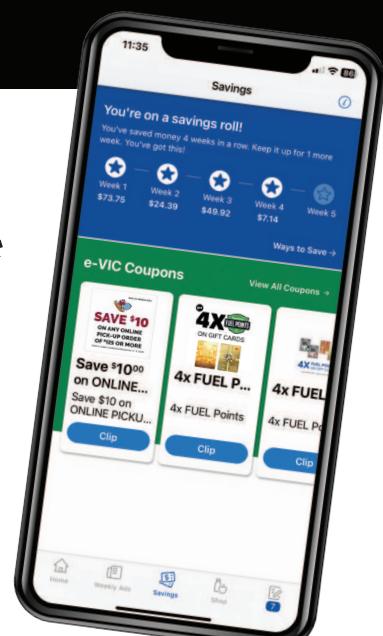
ALL WEEK LONG!

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



VIC SAVINGS

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



VIC SAVINGS

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



VIC SAVINGS

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

4.50 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

VIC SAVINGS



52 oz.
Florida's Natural
Orange Juice

2/\$7

save big on 2
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

25.4 oz.

Nutpods

Creamer

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



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

VIC SAVINGS

12 oz.
Barilla Protein+
Pasta

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

VIC SAVINGS

</

long term Savings



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

NEW

long term
Savings

VIC
SAVINGS



15 oz.
Harris Teeter
Small Sweet Peas

2 \$3

for
save big on 2
with your VIC card



3.54 oz.
King Oscar
Kipper Snacks

2 \$4

for
save big on 2
with your VIC card



11 oz.
Harris Teeter
Chicken or
Burger Sauce

2.29

save big
with your VIC card



6.2 - 7.4 oz.
Harris Teeter
Sweet & Salty
Almond Granola Bars

2.29

save big
with your VIC card



32 oz.
Mahatma
White Rice

2.49

save big
with your VIC card



8 ct.
Welch's
Fruit 'n
Yogurt Snacks

2 \$5

for
save big on 2
with your VIC card



7 oz.
Simple Truth
Shirataki Noodles

3.49

save big
with your VIC card



8 - 9 oz.
Harris Teeter
Frozen
Breaded or Sauced Shrimp

4.99

save big
with your VIC card



12 ct.
Twinings
Tea Bags

8.29

save big
with your VIC card



50 oz.
Dapple
Fragrance Free
Laundry Detergent

**BUY 1 GET 1
FREE**

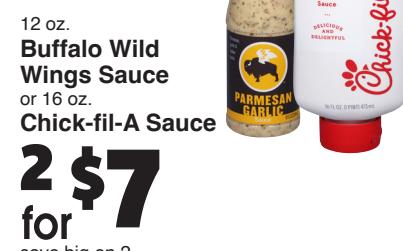
each item rings at half price with your VIC card



5.5 oz.
Saffron Road
Butter Chicken Wrap

2.99

save big
with your VIC card



12 oz.
Buffalo Wild
Wings Sauce
or 16 oz.
Chick-fil-A Sauce

2 \$7

for
save big on 2
with your VIC card



save big
with your VIC card



24 ct.
Harris Teeter
Waffles

4.49

save big
with your VIC card



18 oz.
Harris Teeter
Classic Trail Mix

5.99

save big
with your VIC card



save big
with your VIC card



22.6 oz.
Harris Teeter
Coffee

11.99

save big
with your VIC card



save big
with your VIC card



16.9 oz.
Private Selection
Olive &
Avocado Oil Blend

6.99

save big
with your VIC card



48 - 172 ct.
Puffs
Facial Tissues

2.29

save big
with your VIC card



11.36 oz.
Red Lobster
Cheddar Bay Biscuit Mix

2 \$6

for
save big on 2
with your VIC card



save big
with your VIC card



4.49

save big
with your VIC card



save big
with your VIC card



Plus Lot
Facial Tissues

3.99

save big
with your VIC card



Ultra Soft
Facial Tissues

4.99

save big
with your VIC card



save big
with your VIC card



save big
with your VIC card



3.49

save big
with your VIC card



save big
with your VIC card



28.99

save big
with your VIC card



save big
with your VIC card



28.99

save big
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save big
with your VIC card



28.99

save big
with your VIC card



save big
with your VIC card

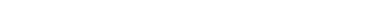


28.99

save big
with your VIC card



save big
with your VIC card



save big
with your VIC card

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 for \$6

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 for \$4

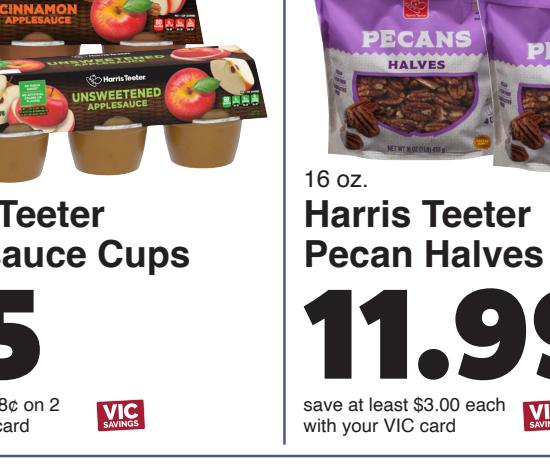
save big on 2
with your VIC card



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 for \$5

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



**long
term
Savings**



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.



2 ct. Tray
Farmers Market
Green Bell Peppers

1.79 each



Mock Tender Steak

6.99 per lb.



Harris Teeter Fresh
Whole Chicken

1.49 per lb.



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

'Huddle up for winning favorites'



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



12 ct.
Pillsbury
Cookie Dough

2/\$7

save at least \$1.99 on 2
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

2/\$6

save at least \$2.99 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

KraftHeinz



23.1 - 29.3 oz.
Maxwell
House Coffee



16.99
-2.00
14.99

ea. with VIC card
Digital Coupon
Final Price with Digital Coupon

Limit 1 per offer.

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



8.99
-2.00
6.99

ea. with VIC card
Digital Coupon
Final Price with Digital Coupon

19 - 30 oz.
Kraft
Miracle Whip

4.99
-1.00
3.99

ea. with VIC card
Digital Coupon
Final Price with Digital Coupon



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

**VIC
SAVINGS**

Limit 1 per offer.

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

**VIC
SAVINGS**

Limit 1 per offer.

Heinz
Flavored
Ketchup
or 20 oz.
Ketchup

2/\$6

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

**VIC
SAVINGS**

Limit 1 per offer.

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**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

**VIC
SAVINGS**

Limit 1 per offer.

3.5 - 14 oz.
Heinz
Flavored
Ketchup
or 20 oz.
Ketchup

2/\$6

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

**VIC
SAVINGS**

Limit 1 per offer.

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**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

**VIC
SAVINGS**

Limit 1 per offer.

3.5 - 14 oz.
Heinz
Flavored
Ketchup
or 20 oz.
Ketchup

2/\$6

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

**VIC
SAVINGS**

Limit 1 per offer.

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**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

**VIC
SAVINGS**

Limit 1 per offer.

3.5 - 14 oz.
Heinz
Flavored
Ketchup
or 20 oz.
Ketchup

2/\$6

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

**VIC
SAVINGS**

Limit 1 per offer.

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**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

**VIC
SAVINGS**

Limit 1 per offer.

3.5 - 14 oz.
Heinz
Flavored
Ketchup
or 20 oz.
Ketchup

2/\$6

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

**VIC
SAVINGS**

Limit 1 per offer.

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

**BUY 1 GET 1
FREE**

each item

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



25 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

HARRIS
TEETER
**FARMERS
MARKET**
FRESHNESS VERIFIED

Save BIG on Bagged
Citrus



3 lb. Bag
Farmers Market
Mandarins

or 2 lb. Bag Farmers Market
Raspberry Orange

4.99 each
save big with your VIC card



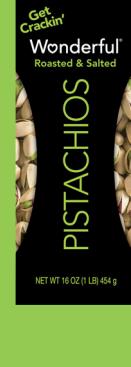
3 lb. bag
Cara Cara
Navel Oranges
2 lb. bag
Sumo Mandarin
3 lb. bag
Navel Oranges

5.99 each
save big with your VIC card

VIC
SAVINGS

14 - 16 oz.
In Shell
Pistachios

8.99 ea.
save big
with your VIC card



Wonderful Pistachios

High in
Protein

5.5 - 6 oz.
Wonderful
Pistachios
Kernels

5.99 ea.
save big
with your VIC card



8 oz.
Wonderful
In Shell
Pistachios

3.99 ea.
save big
with your VIC card



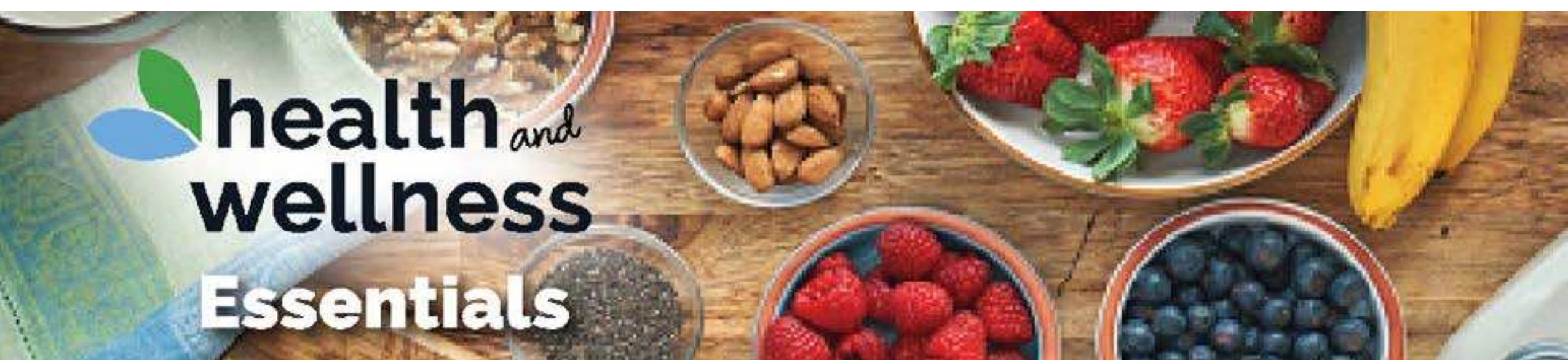
save big
with your VIC card

VIC
SAVINGS

16 oz.
Simple Truth
Organic Pasta
3 for \$5
save big on 3 with your VIC card

VIC
SAVINGS

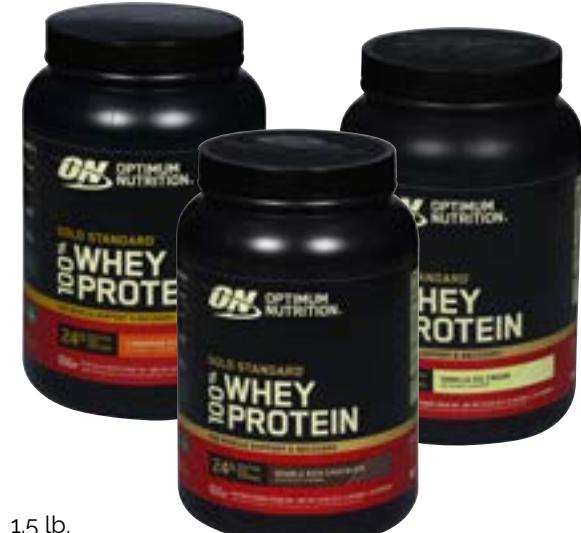
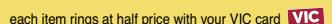
organic



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



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.
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**



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





Wholesome comfort in every bite



15.1 oz.
Quaker
Instant Oatmeal

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card 

18 oz.
Quaker
Old Fashioned
or Quick Oats

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card 



12 oz.
Quaker
Instant Grits

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card 



14 oz.
Cap'n Crunch Cereal

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card 

13 oz.
Life Cereal

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card 



14.5 oz.
Quaker
Oatmeal Squares

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card 



12.6 oz.
Quaker
Premium
Instant Oatmeal

2/\$8

save big on 2 with your VIC card 



16 oz.
Quaker Protein
Old Fashioned Rolled Oats

2/\$8

save big on 2 with your VIC card 



24 oz.
Pearl Milling
Company Syrup

2/\$6

save big on 2 with your VIC card 



2 lb.
Pearl Milling
Company Pancake Mix

2/\$6

save big on 2 with your VIC card 



24.1 oz.
Quaker
Simply Granola

2/\$9

VIC
SAVINGS



6.52 oz.
Quaker
Rice Cakes

2/\$7

save big on 2 with your VIC card 



6 oz.
Quaker
Rice Crisps

2/\$8

save big on 2 with your VIC card 



4 - 7 oz.
Rice-A-Roni

4/\$5

save big on 4 with your VIC card 