



Harris Teeter

Discovery

Inspiring your Culinary Journey

**Happier,
Healthier**
with Harris Teeter

**Shop Hearty and
Healthier Flavors
for Gameday
this year!**



◀ **Delicious recipes for a
Happy Valentine's Day**

Check out what's NEW!

**Kid's
Activity on
the back**

January 28 - February 24, 2026



Share the love, one feel-good recipe at a time

Simple to make, sure to please



**HIGH
PROTEIN**

**Dark Chocolate
Greek Yogurt Dip**



**Zero
proof**

Cherry Blossom Spritz



**GLUTEN
FREE**

Dark Chocolate Pistachio Tart

Find the perfect recipe for your perfect night.
Scan here:



Score big with your crowd

Wholesome bites. Big flavor. Total win!



VEGETARIAN

Avocado Hummus



**Lean
protein**

Buffalo Turkey Meatball



ORGANIC

Ground Beef Taco Skillet

Pack your playbook with winning recipes.
Scan here:



Discover Inspiration

Check out what's
NEW



Real cold brew
meets real cream.
Craft your joy.



Big Flavor.
Real Ingredients. The
Ultimate Cheese Pull.



5g of Protein
Per Serving



Jus Rol -
Amazing made Easy



Your Favorite Tart, Now
Packed with Power



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



The Iconic Cheddar Bay
Biscuit®, Now Bite-sized

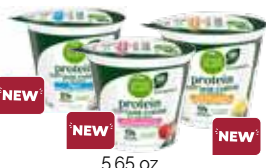


Nutrient Enhanced
beverage for kids,
zero sugar



Head & Shoulders
Clinical Strength Dry
Scalp & Itch Relief
Shampoo, Maximum
Dandruff Protection

check out what's **NEW** from Simple Truth



Simple Truth Protein
Small Curd
Cottage Cheese

1.79
each



Simple Truth Protein
Mini Filled Pancakes

5.99
each



Simple Truth Protein
Granola Bars

2 for \$7



Simple Truth Protein
Crisp Crackers

5.49
each



Simple Truth Protein
Peanut Butter

4.49
each

Discover Fresh and Organic

Prices good January 28, - February 24, 2026



12 oz. bag
Villa Organic
Atlantic Salmon

15.99

each



2 lb. bag Organic
Mandarin
Oranges

5.99

each



Simple Truth Organic
Broccoli

2 for \$7



Organic
Envy Apples

2.99

per lb.



Organic
Granny Smith Apples

2.49

per lb.



3.9 oz.
Gutzy Organic
Prebiotic Snack

3 for \$5



24 oz.
Tasteful Selections
Steam & Savor Potatoes

2 for \$6



12 oz.
Organic
Medjool Dates

7.99

each



2 lb. bag
Organic
Pears

4.99

each



12 oz.
Suja Organic
Juices

2 for \$7



4 ct.
Suja Organic
Immunity Shots

9.99

each



Organic
Hot House Bunch
Tomatoes

2.79

per lb.



Organic
Hot House
Cucumbers

2 for \$5



.5 oz.
Simple Truth Organic
Sage, Mint or Cilantro

2 for \$4



2 oz.
Vive Organic
Wellness Shots

2 for \$6



3 count
Simple Truth Organic
Garlic

2 for \$5



3 oz.
Simple Truth Organic
Basil

4.49

each

Ask the Pharmacist

"How can I tell if I should use a decongestant, an antihistamine, or both when I have cold symptoms?"

Deciding whether to use a decongestant, an antihistamine, or both depends on the type of cold symptoms you're experiencing.

Decongestants contain active ingredients like pseudoephedrine and phenylephrine which are best if you're dealing with nasal congestion or sinus pressure, as they work by shrinking swollen blood vessels in the nasal passages.

Antihistamines help when your main symptoms are sneezing, a runny nose, itchy eyes, or watery discharge, since they block the body's histamine response. If you have both congestion and runny nose symptoms, a combination of medication can be helpful.

* Be mindful of side effects: decongestants may raise blood pressure or cause restlessness, while some antihistamines can cause drowsiness.

**Happier,
Healthier**
with Harris Teeter



the
INCREDIBLE EGG | **EGG
NUTRITION
CENTER**



take a crack at a new recipe

Higher Score, Healthier Choice

- Items scored from 1-100
- Aim for OptUP™ score of 600



GREEN
Load up on
these foods.



**LIGHT
GREEN**
A great choice.



YELLOW
These foods fall
somewhere in
the middle.



RED
Enjoy these
foods mindfully
and in smaller
portions.

**Coming
Soon!**

**Look for these icons and more throughout our
stores to help you eat, live and feel your best.**

ORGANIC

**GLUTEN
FREE**

**HIGH
PROTEIN**

**NO
ADDED
SUGAR**

**NO
ARTIFICIAL
INGREDIENTS**

Start the year 'Happier, Healthier' with Our Favorite Brands



Kills 99.9% of odor
causing bacteria.



Puffs Facial Tissues
Gentle on skin
Stronger when wet*

*vs. leading branded mid-tier tissue



Fluffy. Chocolatey.
Packed with protein.



Healthy food and real
flavor start at the farm.

Celebration of Flavors

**World
Flavors**
Asian
inspired

Chinese New Year Noodles



Ingredients:

7 oz. fresh or dried Lo Mein noodles
3 Tbsp. low sodium soy sauce, divided
12 oz. chicken, thinly sliced
3 Tbsp. stir fry oil, or any cooking oil with a high smoke point such as peanut or canola, divided
4 oz. shiitake mushrooms, thinly sliced
½ onion, thinly sliced
1 clove, peeled and grated
1 tsp. sesame oil
1 oz. ginger, peeled and minced, fresh pepper to taste
1 scallion, thinly sliced on the diagonal

Directions:

1. Bring a large pot of water to a boil. Cook the noodles according to package directions for a stir-fry recipe. Drain and rinse with cold water. Set aside.
2. Toss chicken with 1 Tbsp. of the soy sauce. Add 1 Tbsp. of the oil to a large skillet or wok over high heat. Add the chicken mixture. Cook for 5 minutes or until cooked through. Transfer to a plate.
3. Add another tablespoon of oil to the skillet. Add the mushrooms and onions. Stir fry for about 2 minutes, or until just tender. Add the remaining tablespoon of oil, the ginger, and the garlic. Cook for 30 seconds or until just fragrant.
4. Return the chicken to the skillet, along with the noodles. Toss well with the remaining 2 tablespoons of soy sauce, the sesame oil, and a few grinds of black pepper.
5. Cook until heated through. Serve hot, garnished with sesame seeds and scallions.



If you're in the mood
for a mighty little
snack, look no further.

**SUNKIST CALI™
MANDARINS**



Restaurant-quality
taste you can
count on, without
the extra work.

celebrate your Valentine!

We offer custom arrangements
available at your local store or
DELIVERED everywhere
harristeeterflorist.com

POWERED BY



Chocolate Dipped Strawberries

Made in store and the sweetest ending
to a perfect evening



750 ml
La Marca
Sparkling Wine
14.99
each



Order Ahead for special treats for your special someone,
school parties and get-togethers

We are Gameday Ready

We have everything you need to cheer on your
team. Whether you are the home team prepping
all the snacks and getting ready for game-time or the
guest scoring big with the winning dessert.



score big with some new fan favorites



Cook & serve in 4 minutes or less!



Harris Teeter
YOUR NEIGHBORHOOD MARKET

Discover fun!

Color in your favorite team's helmet



Fill in the
blank vowels
to complete
the football
words:

T__CHD__WN
H__LM__T
P__DS
THR__W
C__TCH
T__CKL__
R__N
__RD
G__LP__ST
H__DDL__
P__SS
F__LD
T__M
C__CH
WH__STL__
D__F__NS__
CH__R
W__N
F__NS



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



HT Plus an *EASIER* way to save

Visit harristeeter.com/htplus to explore benefits and join today!

2X



Earn 2 Fuel Points for every
\$1 spent on eligible groceries
and general merchandise.*

unlimited
FREE
delivery

Get unlimited FREE delivery**
on orders of \$35 or more.



Get Disney+, Hulu, or ESPN+
(All With Ads) on us with your
Annual HT Plus membership.¹

Exclusive access to over

\$100 in
savings

Access to members-only
exclusive savings offers
and perks. ***

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

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

¹ Eligible subs only. Restrictions Apply. See retailer site for details.

*** HT Plus members get access to \$100 in Exclusive Savings over a 12-month period