



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



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



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



5.65 oz.
Simple Truth Protein
Small Curd
Cottage Cheese

1.79
each



12 oz.
Simple Truth Protein
Mini Filled Pancakes

5.99
each



5 oz.
Simple Truth Protein
Granola Bars

2 for \$7



4.25 oz.
Simple Truth Protein
Crisp Crackers

5.49
each



16 oz.
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

80+

GREEN
Load up on these foods.

50-79

LIGHT GREEN
A great choice.

20-49

YELLOW
These foods fall somewhere in the middle.

1-19

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.

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MANDARINS**



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 with some new
 fan favorites



Cook & serve in 4 minutes or less!



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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

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

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