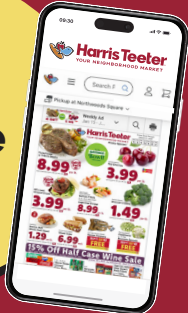


YOUR WEEKLY AD IS GOING DIGITAL!

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



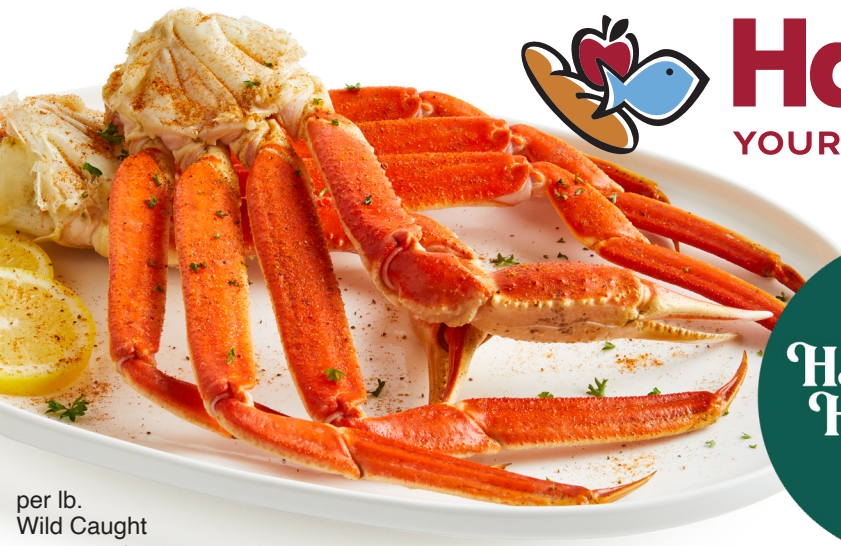
Harris Teeter

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

VIC SAVINGS

Value Pack

per lb.
80% Lean Ground Chuck

4.99

save big per lb. with your VIC card

VIC SAVINGS

Value Pack

Harris Teeter
Boneless Chicken Breast

2.49

per lb.

save per lb. with your VIC card

VIC SAVINGS



1 lb.
Farmers Market
Strawberries

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

VIC SAVINGS



Select Varieties
Fresh Express Salads

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

VIC SAVINGS



Farmers Market
Broccoli Crowns

1.99

save big per lb. with your VIC card

VIC SAVINGS



1 lb. bag
Farmers Market
Baby Carrots

.99

each

save big with your VIC card

VIC SAVINGS

Hot or Cold

Fresh Foods Market
Rotisserie Chicken

6.99

each

save big with your VIC card

VIC SAVINGS



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

VIC SAVINGS

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

VIC SAVINGS



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

BUY 2 GET 2 FREE

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

VIC SAVINGS



12 pk. 12 oz.
Pepsi Products

BUY 2 GET 2 FREE

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

VIC SAVINGS

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

VIC SAVINGS



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

VIC SAVINGS



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

VIC SAVINGS



8 oz.
Tillamook Shredded or Sliced Cheese

2 \$7 for

save big on 2 with your VIC card

VIC SAVINGS



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

20% Off Case Wine Sale

Offers valid Thursday, January 8 - Sunday, January 11, 2026

All Wines • Mix or Match • Any Combination of 12 - 750 ml. or 6 - 1.5 ltr. bottles

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

4 DAYS ONLY! JAN. 8 through JAN. 11, 2026

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

VIC SAVINGS

non e-VIC member price
2/\$5

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

* Supplies are limited

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

VIC SAVINGS

non e-VIC member price
6.99

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



eVIC members only

weekly limit 4

12 pk.
Corona, Heineken, Stella Artois
or Modelo

13.97

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

VIC SAVINGS

non e-VIC member price
14.99

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



Drink Responsibly - Must be 21 to Purchase

750 ml.
Josh Cellars, Kendall-Jackson
or Wente

11.99 -20%

9.59

each

Drink Responsibly - Must be 21 to Purchase



Final Price each when you buy any 12 - 750 ml. btl. or 6 - 1.5 ltr. btl. purchase during 4 DAY SALE. JANUARY 8 - 11, 2026.

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

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

save big with your VIC card

limit 2

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



12 pk.
White Claw, Happy Dad, Truly or Topo Chico Hard Seltzer

15.99

each

Drink Responsibly - Must be 21 to Purchase

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

VIC SAVINGS

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

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

VIC SAVINGS

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



**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 **VIC SAVINGS**

**Boneless
New York Strip Steak**



12.99 per lb.

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

USDA
Choice
**New York
Strip Steaks**



14.99 per lb.

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

6 oz.
Verde
Organic
Grass Fed
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**

Value Pack
Assorted
Pork Chops



3.99 per lb.

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

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 **VIC SAVINGS**

7 - 8 oz.
**Prime Fresh
Lunchmeat**



**BUY 2 GET 3
FREE**

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

7 oz.
Wellshire
Antibiotic Free
Lunchmeat



4.99

save at least \$1.00 each with your VIC card **VIC SAVINGS**

9 - 21 oz.
Steak-umm
**Sliced
Steaks**



**BUY 1 GET 1
FREE**

each item rings at half price 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**

28 - 32 oz.
Bob Evans
Family Size
Sides



2 \$10 for

save at least \$3.98 on 2 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**

8 - 12 oz.
Aidells
Sausage



2 \$10 for

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

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 **VIC SAVINGS**

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 **VIC SAVINGS**

16 oz.
**Pier 33
Mussels**



**BUY 1 GET 1
FREE**

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

16 ct. Fresh
Farm Raised
**Littleneck
Clams**



5.99 each

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

Wild Caught
**Cobia
Fillets**



9.99 per lb.

save big per lb. with your VIC card **VIC SAVINGS**

Wild Caught
**Snapper
Fillets**



12.99 per lb.

save big per lb. with your VIC card **VIC SAVINGS**

Wild Caught
**Swordfish
Steaks**



12.99 per lb.

save big per lb. with your VIC card **VIC SAVINGS**

Citrus Herb
Marinated
**Salmon
Portions**



\$6 each

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

Wild Caught
**Flounder
Fillets**



11.99 per lb.

save big per lb. with your VIC card **VIC SAVINGS**

Wild Caught
Alaska Sockeye
**Salmon
Fillets**



15.99 per lb.

save big per lb. with your VIC card **VIC SAVINGS**

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



13.99 per lb.

save big per lb. with your VIC card **VIC SAVINGS**

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 **VIC SAVINGS**

Select Varieties
**Simple Truth
Organic Spices**



25% off

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

5.3 - 6 oz.
**HT Traders
Olives**



2 \$6 for

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

30 oz.
**Duke's
Mayonnaise**



3.99

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

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



3 \$4 for

save big on 3 with your VIC card **VIC SAVINGS**

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



3 \$5 for

save at least 96¢ on 3 with your VIC card **VIC SAVINGS**

12 pk. 12 oz.
**Harris
Teeter
Soda**



**BUY 1 GET 1
FREE**

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

16.9 oz.
**Simple Truth
Organic
Coconut Water**



2 \$3 for

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

12 oz.
**Private
Selection
Mac & Cheese**



2 \$5 for

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

24 oz.
**HT Traders
Peanut Butter
Filled Pretzels**



5.49

save at least \$1.50 each with your VIC card **VIC SAVINGS**

Select
**Theater
Box Candy**



4 \$5 for

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

3.17 - 4.8 oz.
**Ghirardelli
Chocolate Bars**



4.49

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

7.4 - 8.94 oz.
**Nature Valley
Granola Bars**



**BUY 1 GET 1
FREE**

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

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 **VIC SAVINGS**

1.4 - 1.79 oz.
**Quaker
Oatmeal Cups**



4 \$5 for

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

8 ct.
**Kellogg's
Pop-Tarts**



2 \$5 for

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

16 oz.
**Nature Nate's
Honey**



7.49

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

6 Triple Roll
**Bounty
Paper Towels**



17.99

save at least \$7.00 each with your VIC card **VIC SAVINGS**

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



13.99

save at least \$2.00 each with your VIC card **VIC SAVINGS**

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



2.99

save at least \$1.30 each with your VIC card **VIC SAVINGS**

28 oz.
**Method
All Purpose
Cleaners**



4.49

save at least 80¢ each with your VIC card **VIC SAVINGS**

15 oz.
**Milk-Bone
Dog Treats**



2 \$7 for

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

5 lb.
**Supreme Source
Dog Food**



9.99

save at least \$3.00 each with your VIC card **VIC SAVINGS**

* 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.

Full Size or Mini 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



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.

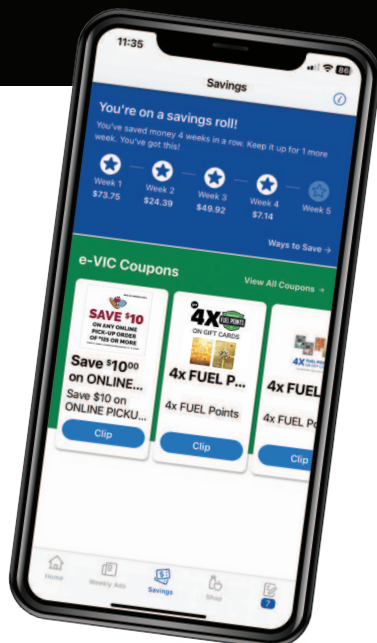
[START MY CART >](#)

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



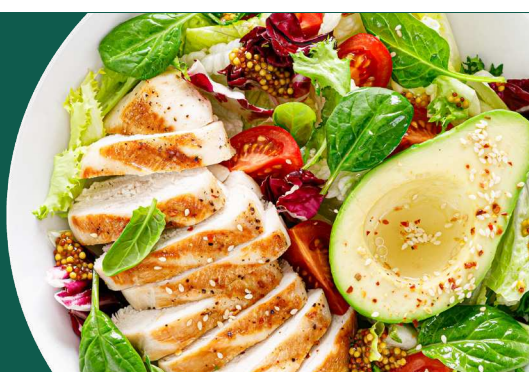
45 ct.
**Simple Truth
Laundry Pacs
or Dish Pacs**

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

non e-vic
member price
8/\$10

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



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



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



12 oz.
**Frigo
String Cheese
or Combo Packs**

**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



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.**

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.

* Supplies are limited

long term Savings



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

NEW long term 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

12.4 oz.
Harris Teeter
Cinnamon Rolls

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

28 oz.
Private Selection
San Marzano Tomatoes

2.49

save big with your VIC card

2.2 oz.
Overnight Oats

2 \$5 for

save big on 2 with your VIC card

8 ct.
Welch's
Fruit 'n Yogurt Snacks

2 \$5 for

save big on 2 with your VIC card

5.5 oz.
Saffron Road
Butter Chicken Wrap

2.99

save big with your VIC card

8 oz.
Simple Truth
Organic Snack Crackers

2 \$6 for

save big on 2 with your VIC card

Gallon
Turkey Hill
Sweet Tea

2 \$6 for

save big on 2 with your VIC card

7 oz.
Simple Truth
Shirataki Noodles

3.49

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

24 ct.
Harris Teeter
Waffles

4.49

save big with your VIC card

11.36 oz.
Red Lobster
Cheddar Bay Biscuit Mix

4.49

save big with your VIC card

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

4.99

save big with your VIC card

18 oz.
Harris Teeter
Classic Trail Mix

5.99

save big with your VIC card

16.9 oz.
Private Selection
Olive & Avocado Oil Blend

6.99

save big with your VIC card

7 oz.
HT Traders
Cracker Cuts

3.99

save big with your VIC card

12 ct.
Twinings
Tea Bags

8.29

save big with your VIC card

22.6 oz.
Harris Teeter
Coffee

11.99

save big with your VIC card

48 - 172 ct.
Puffs
Facial Tissues

2.29

save big with your VIC card

16 ct.
Harris Teeter
Dry Dusting Cloths

4.99

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

1.06 oz.
Fancy Feast
Purely Tender Cat Treats

3.49

save big with your VIC card

3 oz.
Purina Zuke's
Mini Naturals Dog Treats

3.49

save big with your VIC card

44 lb.
Purina Dog Chow

28.99

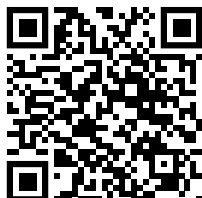
save big with your VIC card

All Week January 7 - 13

4X on all qualifying items



download the digital coupon available to clip January 7 - 13, 2026 ONLY



SAVE UP TO \$1.00 PER GALLON*

Offer valid January 7 - 13, 2026, with VIC card and digital coupon ONLY. Excludes alcohol, fuel purchases, gift certificates, lottery, mail-order services, money orders, postage stamps, product deposit (if applicable), promotional tickets, tax, tobacco, Harris Teeter Gift Cards and all other gift cards, and ALL FINANCIAL VARIABLE LOAD CARDS (American Express®, MasterCard®, & Visa®) and Pharmacy purchases. *Terms and conditions apply.

P01 P01 P01 P01

Look Inside for More GREAT SAVINGS!

wine & beer

*not available at all stores

fine wines club

Join our fine wines club and get discounts, learn about recipe pairings and find out about events at our stores.

Drink Responsibly - Must be 21 to Purchase



20% Off Case Wine Sale

Offers valid Thursday, Jan. 8- Sunday, Jan. 11, 2026

All Wines • Mix or Match • Any Combination of 12 - 750 ml. or 6 - 1.5 ltr. bottles

HOT DEAL!

750 ml.
Oyster Bay
Sauvignon Blanc

13.99
-20%



11.19 each

Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, JANUARY 8 - 11, 2026.

HOT DEAL!

750 ml.
Four Graces
Pinot Gris

14.99
-20%



11.99 each

Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, JANUARY 8 - 11, 2026.



6 pk.
New Belgium, Sierra Nevada
or **Wicked Weed Pernicious**

10.99 each



8 pk.
Guinness
or 12 pk. **Michelob Ultra**

14.99 each

750 ml.
Noble Vines
Chardonnay,
Fre Chardonnay
or **Cook's** Brut

9.99
-20%



7.99 each

Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, JANUARY 8 - 11, 2026.

750 ml. **Murphy**
Goode Cabernet,
Nobilo Sauvignon
Blanc or **Castello**
del Poggio
Prosecco

10.99
-20%



8.79 each

Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, JANUARY 8 - 11, 2026.



12 pk.
Bud Family, Miller Family, Coors
Family or **Yuengling**

10.99 each



12 pk.
Twisted Tea, Dos Equis
or **Pacifico**

15.99 each

750 ml.
Ecco Domani
Pinot Grigio
or **Matua**
Sauvignon Blanc

11.99
-20%



9.59 each

Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, JANUARY 8 - 11, 2026.

750 ml.
Decoy
Cabernet Sauvignon
or **Meiomi**
Pinot Noir

19.99
-20%



15.99 each

Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, JANUARY 8 - 11, 2026.



12 pk. or 15 pk.
Bold Rock, Smirnoff
or **Best Day Variety**

17.99 each



12 pk. or 15 pk.
Founder's, Goose Island
or **Bell's**

17.99 each

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.



Mock Tender Steak

6.99 per lb.



Harris Teeter Fresh
Whole Chicken

1.49 per lb.



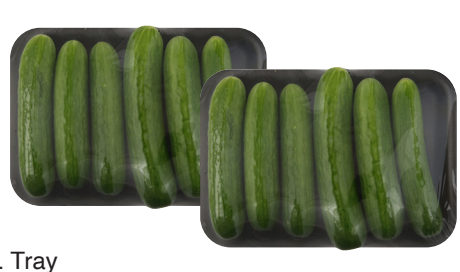
2 ct. Tray
Farmers Market
Green Bell Peppers

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

A



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**