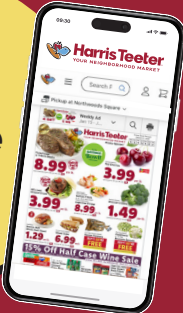


YOUR WEEKLY AD IS GOING DIGITAL!

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,
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

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



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



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.



12 pk.
Corona, Heineken, Stella Artois or Modelo

14.97

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

VIC SAVINGS

non e-VIC member price

15.99

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

1-10 1-10 1-10 1-10

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

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



17.99

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.

BGA3 BGA3 BGA3 BGA3



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



6 oz.
Verde
Organic
Grass Fed
Filet Mignon

11.99 each

save at least \$4.00 each with your VIC card



16 oz.
Niman Ranch
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



9 oz.
Bacon or
Fajita
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
Fillet

9.99 per lb.

save big per lb. with your VIC card

Wild Caught
Snapper
Fillet

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
Fillet

11.99 per lb.

save big per lb. with your VIC card

Wild Caught
Alaska Sockeye
Salmon
Fillet

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



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.

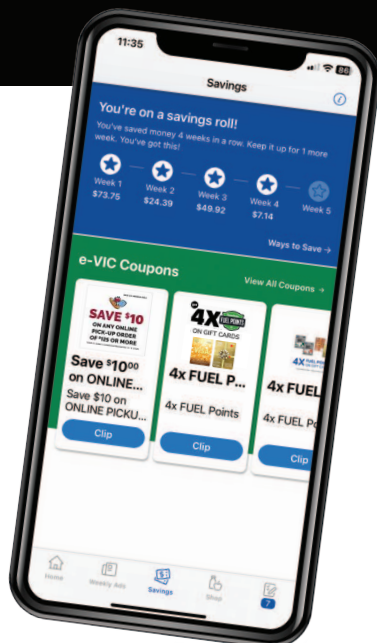
[START MY CART >](#)

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



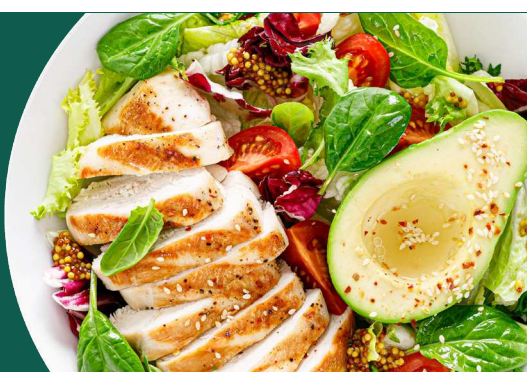
45 ct.
**Simple Truth
Laundry Pacs
or Dish Pacs**

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

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



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

redeem at Harris Teeter Fuel

4X on all qualifying items

Harris Teeter FUEL POINTS



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.

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, 2-26.

HOT DEAL!

750 ml.
Four Graces
Pinot Gris

18.99

-20%

15.19

each



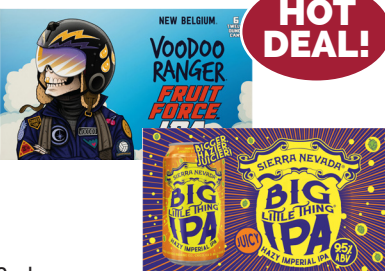
Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, JANUARY 8 - 11, 2-26.

HOT DEAL!

6 pk.
New Belgium
or **Sierra Nevada**

10.99

each



HOT DEAL!

8 pk.
Nutrl or **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, 2-26.

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

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, 2-26.

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

12.99

each



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

16.99

each



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

12.99

-20%

10.39

each



Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, JANUARY 8 - 11, 2-26.

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, 2-26.

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

19.99

each



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

19.99

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.

Value Pack





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.

Value Pack





1 ct.
Caramel Popcorn

5.99

each



12 ct.
**Bakery Fresh
Glazed Donuts**

6.99

each

PO2F PO2F PO2F PO2F



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

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

5 lb.
Gold Medal All Purpose or Unbleached Flour

2/\$6
save big 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

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

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

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

24.8 oz.
Totino's Party Pizza

BUY 1 GET 1 FREE
each item rings at half price 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

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

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



Spend \$125 with Pickup

GET \$10 OFF*

Valid January 7 - 13, 2026. With Coupon.
*Some restrictions apply. See store for details.



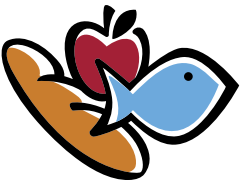
It's Easy!



* Supplies are limited

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

* Supplies are limited



Harris Teeter
YOUR NEIGHBORHOOD MARKET

WEEKLY SPECIALS*

PRICES VALID THROUGH 1.13.26
* Supplies are limited

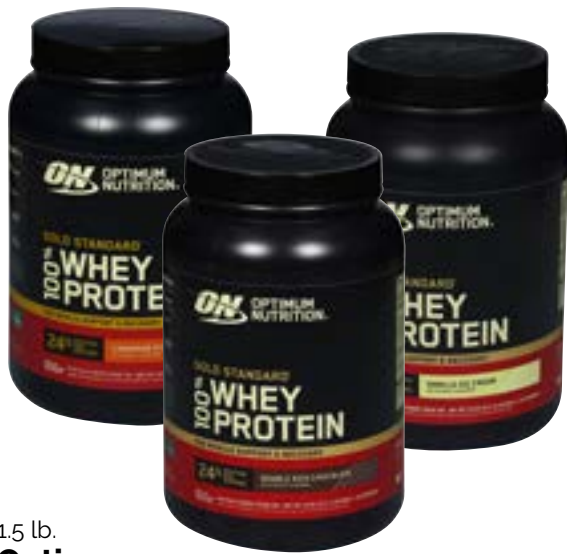


health and wellness Essentials



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

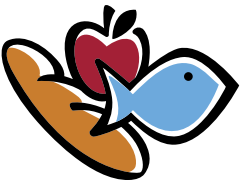
BUY 2 GET 1 FREE
when you buy 3 with your VIC card or regular price each



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**