

WED	THU	FRI	SAT	SUN	MON	TUE
4	5	6	7	8	9	10

Harris Teeter

YOUR NEIGHBORHOOD MARKET

Weekly Specials*

Spring's
Fresh
Picks



per lb.
**Boneless
New York Strip Steak**

Value Pack
VIC

12.99

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



Fresh Farm Raised
Salmon Fillets
or Wild Caught
Snow Crab Clusters

9.99 per lb.

save big per lb. with your VIC card

1 lb. Clam
Farmers Market Strawberries

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



per lb.
Small Pack
**Harris Teeter
Chicken Breast**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



5 oz.
**Fresh Express
Salads**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



16 oz.
**Pre
Grass-Fed
Ground Beef**

5.99 each

save at least \$5.00 each with your VIC card



Fresh
Foods Market
Whole Subs

6.99 each

save big with your VIC card



10 oz.
**Nature
Sweet Cherubs**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



3 lb. Bag
Farmers Market
Mandarin Oranges

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

20% Off Case Wine Sale

Offers valid Thursday, March 5 - Sunday, March 8, 2026

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



6 pk. .5 ltr.
**Coca-Cola
Products**

**BUY 2 GET 3
FREE**

limit 10

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



9.25 - 10.75 oz.
Doritos,
7.25 - 8.5 oz.
Ruffles,
7 - 8.5 oz.
Cheetos
or **Lay's Dips**
or **Tostitos Queso**

**BUY 2 GET 2
FREE**

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



8 oz.
**Kraft
Shredded Cheese**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



46 oz.
Turkey Hill
or 14 oz.
**Häagen-Dazs
Ice Cream**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



18 - 19 oz.
**Progresso
Traditional
or Classic Soups**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



16 oz. **Ken's
Salad Dressing**
or 14 - 18 oz. **Sweet
Baby Ray's
BBQ, Marinades
or Dipping Sauces**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



20 oz.
**Nature's Own
Honey Wheat**
or **Sara Lee
Artesano Bread**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



12 - 16 oz.
**Hormel
Sliced Bacon**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



5.3 oz.
**Chobani
Creations,
Less Sugar
or Greek Yogurt**

10 for \$10

save big on 10 with your VIC card



10 ct.
**Peet's
K-Cup Coffee**

7.99

save big with your VIC card

10.5 oz. Bag
Peet's Coffee
8.99
save big with your VIC card



12 pk.
**Corona, Heineken,
Stella Artois or Modelo**

14.99 each

Drink Responsibly - Must be 21 to Purchase



750 ml.
**Meiomi,
Decoy, Banshee
or Josh Reserve**

**17.99
-20%**

14.39 each

Drink Responsibly - Must be 21 to Purchase

**Friday,
Mar. 6th**

**4X
FRIDAYS**



on all
qualifying
items

download the digital coupon
available to clip March 4 - 6, 2026 ONLY



**SAVE
UP TO \$1.00
PER GALLON***

*Supplies are limited. Offer valid Friday, March 6, 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.

Prices good through March 10, 2026

WED	THU	FRI	SAT	SUN	MON	TUE
4	5	6	7	8	9	10

Save Big



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**

9 - 12 oz.
**On The Border
Tortilla Chips
or Salsa**



BUY 1 GET 1

FREE

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

7.5 - 12.4 oz.
**Cheez-It,
Snap'd, Puff'd
or Crunch**



BUY 1 GET 1

FREE

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

15 pk.
Aluminum Btls.
**Bud Family,
Miller Family
or Coors Family
or 18 pk. Yuengling**



16.99

each

Drink Responsibly - Must be 21 to Purchase

eVIC members only

weekly limit **4**

8.9 - 12 oz.
**General Mills
Cereal**



1.97

save at least \$4.12 over our already low VIC price when you buy 4 **2/\$6** non e-vic member price

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

eVIC members only

weekly limit **8**

5.5 - 7.25 oz.
**Kraft
Mac & Cheese
Dinners**



.97

save at least \$2.24 over our already low VIC price when you buy 8 **4/\$5** non e-vic member price

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

eVIC members only

weekly limit **4**

20.66 oz.
**Red Baron
Pizza**



2.97

save at least \$8.08 over our already low VIC price when you buy 4 **4.99** non e-vic member price

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

VIC SAVINGS

Bakery

Specials

for the week



9 inch

**Fresh Foods Market
Decorated Message Cookie**

8.99

each

save at least \$1.00 each with your VIC card



1 ct.

**Tiramisu
or Chocolate
Mousse Cups**

4.99

each

save at least 30¢ each with your VIC card



10 inch

**Fresh Foods Market
Large Fresh Fruit Tart**

15.99

each

save at least \$7.00 each with your VIC card



6 ct.

**Fresh Foods Market
Decorated Cupcakes**

5.99

each

save at least 50¢ each with your VIC card



48 - 54 oz. All Varieties

HT Traders Cakes

19.99

each

save at least \$3.00 each with your VIC card



Senior Discount Thursdays

Seniors 60 and older get a

5% DISCOUNT

Please notify your cashier if you qualify



Harris Teeter
pickup & delivery



SAVE \$10*

off your first two Pickup & Delivery orders of \$100 more.

CLIP COUPON >



* Valid only for new or first orders placed on harristeeter.com or Harris Teeter app. Exclusions apply.

Same great savings in-store and online.

No markups or surprises!
Plus, earn Fuel Points on every eligible
item with your VIC card.



Plus, Save with **WEEKLY OFFERS**

Exclusive savings on items you'll love –
available on Pickup and Delivery orders only.

from our meat department



Boneless New York Strip Steak

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



7 - 8 oz.
Prime Fresh Lunchmeat

BUY 1 GET 1 FREE
each item rings at half price with your VIC card

from our seafood department



Fresh Wild Caught
Swordfish Steaks

12.99 per lb.
save big per lb. with your VIC card



2 lb. bag
Fresh Wild Caught
Maine Mahogany Clams

7.99 each
save big with your VIC card



Corned Beef Brisket

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



16 oz. Perdue
Ground Chicken

4.99 each
save at least \$1.00 each with your VIC card



Niman Ranch Antibiotic Free
Bone-In Pork Chops

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



1.5 lb. Villari Prime
Pork Belly

8.99 each
save at least \$1.00 each with your VIC card



Panko Breaded and Seasoned
SMART Chicken Cutlets

4.99 per lb.
save at least \$1.00 per lb. 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



11 - 14 oz. Kayem or Al Fresco
Sausage & Franks

BUY 1 GET 1 FREE
each item rings at half price with your VIC card



12 - 24 oz. Bob Evans
Sides & Singles

2 \$9 for
save at least \$2.98 on 2 with your VIC card



9 - 12 oz. Jimmy Dean
Bacon

BUY 1 GET 1 FREE
each item rings at half price with your VIC card



7 - 9 oz. Hillshire Farm
Thin Sliced Lunchmeat

2 \$9 for
save at least \$4.98 on 2 with your VIC card



18 - 28 oz. Cooked Perfect
Meatballs

BUY 1 GET 1 FREE
each item rings at half price with your VIC card



22 - 26 oz. Perdue Chicken
Strips or Chunks

8.99 each
save at least \$4.00 each with your VIC card



7 oz. Antibiotic Free Wellshire
Lunchmeat

BUY 1 GET 1 FREE
each item rings at half price with your VIC card



14 oz. Wright
Stack Bacon

8.99 each
save at least \$4.00 each with your VIC card



30 - 40 ct. Farm Raised
Sea Scallops

19.99 per lb.
save big per lb. with your VIC card



21 - 30 ct. Fresh Wild Caught
White Shrimp

11.99 per lb.
save big per lb. with your VIC card



Farm Raised
Catfish Fillets

4.99 per lb.
save big per lb. with your VIC card



51 - 60 ct. Farm Raised
EZ Peel White Shrimp

5.99 per lb.
save big per lb. with your VIC card



Wild Caught
Snapper Fillets

12.99 per lb.
save big per lb. with your VIC card



Wild Caught Alaska Sockeye
Salmon Fillets

15.99 per lb.
save big per lb. with your VIC card



14 oz. Flakes or Legs
Imitation Crab

3.99 each
save big with your VIC card



12 oz. Bourbon or Blackened
Patagonia Salmon Portions

9.99 each
save big with your VIC card

from our grocery department



6.5 - 7.45 oz.
Nature Valley Protein Bars

BUY 1 GET 1 FREE
each item rings at half price with your VIC card



8 ct.
Quaker Chewy Bars

BUY 1 GET 1 FREE
each item rings at half price with your VIC card



2.1 - 2.2 oz.
Overnight Oats

BUY 1 GET 1 FREE
each item rings at half price with your VIC card



.71 - 1.25 oz.
McCormick Grill Mates Marinade Mix

BUY 1 GET 1 FREE
each item rings at half price with your VIC card



22.3 oz.
Quaker Family Size Life Cereal

BUY 1 GET 1 FREE
each item rings at half price with your VIC card



73 - 84 oz.
Tide Laundry Detergent

2 \$20 for
save big on 2 with your VIC card



16 oz. Harris Teeter
Peanut Butter
or 10.4 oz. **Fruit & Grain Bars**

2 \$4 for
save big on 2 with your VIC card



4.5 - 7 oz.
Annie's Fruit Snacks

2 \$6 for
save big on 2 with your VIC card



16 oz.
Pompeian Olive Oil

BUY 1 GET 1 FREE
each item rings at half price with your VIC card



8 Mega Roll
Angel Soft Bath Tissue or
3 Triple Roll
Sparkle Paper Towels

6.99
save at least \$3.00 each with your VIC card



15.25 oz. **Duncan Hines Cake Mix**
or 16 oz. **Frosting**
or 18 - 18.3 oz. **Brownie Mix**

2 \$3 for
save big on 2 with your VIC card



20 oz.
Harris Teeter Baking Mix

2.59
save big with your VIC card



11 oz.
Cascadian Farm Granola

2 \$8 for
save big on 2 with your VIC card



70 oz. or 43 oz.
Dawn Dish Detergent

9.99
save at least \$2.00 each with your VIC card



20 oz.
Harris Teeter Chunk Pineapple

3 \$5 for
save at least 96¢ on 3 with your VIC card



5 oz.
Harris Teeter Croutons

4 \$5 for
save big on 4 with your VIC card



12.25 oz. Harris Teeter
Marinades
or 5.75 - 6 oz. **Black Olives**

2 \$4 for
save big on 2 with your VIC card



32 oz.
Lysol All Purpose Cleaner

3.99
save at least \$1.20 each with your VIC card



24 oz.
HT Traders Peanut Butter Filled Pretzels

5.49
save big with your VIC card



7.2 - 10.8 oz.
Hershey's Share Bags

6.29
save big with your VIC card



30 - 32 oz.
HT Traders Rice Canister

4.99
save at least \$2.00 each with your VIC card



5 oz.
Newman's Own Dog Jerky Treats

5.49
save at least \$1.30 each with your VIC card



40 ct.
Trident Vibes Gum

3.99
save big with your VIC card



11.5 - 12 lb.
Rachael Ray Nutrish Dry Dog Food

26.99
save big with your VIC card

* Supplies are limited

beverages

16 oz.
BodyArmor Sports Drink
5 \$5
for
save big on 5 with your VIC card



33.8 oz.
Harris Teeter Mixers or Seltzers
5 \$5
for
save big on 5 with your VIC card



12 oz.
Zoa Zero Sugar Energy Drink
2 \$4
for
save big on 2 with your VIC card



11 oz.
Clearly Canadian
2 \$5
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. 16.9 oz.
Pure Leaf Tea
2 \$12
for
when you buy 2 or regular price each
MUST PURCHASE 2



6 - 8 pk.
San Pellegrino or Maison Perrier
2 \$12
for
save big on 2 with your VIC card



8 pk. 20 oz.
Powerade Sports Drink
BUY 2 GET 1 FREE
when you buy 3 with your VIC card or regular price each



4 pk.
Yerba Mate Multipack Tea
8.99
save big with your VIC card



4 pk. 12 oz.
Monster Energy Drink
9.99
save big with your VIC card



snacks

3 ct.
Orville Redenbacher's Popcorn
BUY 1 GET 1 FREE
each item rings at half price with your VIC card



4.5 - 8.4 oz.
Milton's Crackers
BUY 1 GET 1 FREE
each item rings at half price with your VIC card



5.2 - 5.5 oz.
Pringles Potato Crisps
2 \$4
for
save at least \$1.98 on 2 with your VIC card



4.8 - 7 oz.
Angie's Boom Chicka Pop
2 \$5
for
save at least \$2.96 on 2 with your VIC card



5.25 - 8.5 oz.
Simply or 7 oz. PopCorners
2 \$6
for
when you buy 2 or regular price each
MUST PURCHASE 2



13.5 oz.
Family Size Chex Mix Snack Mix
2 \$7
for
save at least \$3.98 on 2 with your VIC card



5 oz.
Planters Duos or Flavored Cashews
2 \$9
for
save at least \$2.98 on 2 with your VIC card



5 - 14.75 oz.
Party Size Cape Cod, or Late July
2 \$9
for
save big on 2 with your VIC card



12 - 14 oz.
Second Nature Trail Mix
4.99
save at least \$3.20 each with your VIC card



6.6 oz.
Pepperidge Farm Goldfish
2 \$6
for
save big on 2 with your VIC card



health & beauty

60 - 116 ct.
Tums Antacid
150 off
save big with your VIC card



120 - 144 ct.
Metered Spray Flonase Allergy Relief
5 00 off
save big with your VIC card



3.5 - 4.8 oz.
Colgate Toothpaste
1 00 off
save big with your VIC card



18 oz.
Method Body Wash or 13.5 - 14 oz. Shampoo or Conditioner
2 00 off
save big with your VIC card



home essentials

22 oz.
Resolve Carpet Cleaner
5.99
save big with your VIC card



Sunglasses BUY 1, GET 1 50% off
save big with your VIC card



dairy and frozen

6.5 oz.
Reddi Wip Topping
2 \$6
for
save big on 2 with your VIC card



9 - 12 oz.
Harris Teeter Snack Cheese
2 \$6
for
save big on 2 with your VIC card



4.5 oz.
Sargento Balanced Breaks
3 \$10
for
save big on 3 with your VIC card



4 pk. 12 oz.
Shamrock Rockin' Protein
8.99
save big with your VIC card



64 oz.
Oatly! Oatmilk
4.99
save big with your VIC card



1 lb.
Challenge Butter
4.49
save big with your VIC card



64 oz.
Silk Almond Milk
2 \$7
for
save big on 2 with your VIC card



32 oz.
Silk Almond Coffee Creamer
2 \$9
for
save big on 2 with your VIC card



32 oz.
Cabot Greek Yogurt
4.99
save big with your VIC card



3 ct. or 6 ct.
Häagen-Dazs Bars or Minis
BUY 1 GET 1 FREE
each item rings at half price with your VIC card



8 pk.
Blue Bunny Novelties
BUY 1 GET 1 FREE
each item rings at half price with your VIC card



10.8 oz.
Birds Eye Vegetables
5 \$5
for
save big on 5 with your VIC card



9.15 - 15 oz.
Marie Callender's Entrees or Pot Pies or Healthy Choice Simply Steamers
2 \$6
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 - 16 oz.
HT Traders Vegetable Blends or 16 oz. Pasta
2 \$9
for
save big on 2 with your VIC card



12 - 29 oz.
DiGiorno or CPK Pizza
2 \$11
for
when you buy 2 or regular price each
MUST PURCHASE 2



29 oz.
Tyson Chicken
5.99
save big with your VIC card



13.6 oz.
Jimmy Dean Breakfast Sandwiches
6.49
save big with your VIC card



* Supplies are limited

3-30 3-30 3-30

Spring into your day with Breakfast Favorites

eVIC members only weekly limit **4**

8 - 16.3 oz.
**Pillsbury
Grands! Biscuits,
Crescents or Cinnamon Rolls**

1.97

save at least \$2.12 over our already low VIC price when you buy 4

non e-vic member price **2/\$5**

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

64 oz.
**Mott's
Apple Juice**
or 6 pk.
Applesauce Cups

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

12 ct.
**Private Selection
K-Cup Coffee**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

5.3 oz.
**Fage
Greek Yogurt**

3/\$4

save big on 3 with your VIC card

2 lb.
**Harris Teeter
Granulated Sugar**

1.99

save big with your VIC card

16 oz. Select Varieties
Harris Teeter Fruit,
16 oz. **French Toast Sticks** or
8.8 oz. **Crust-Offs Sandwiches**

2/\$6

save big on 2 with your VIC card

28 - 32 oz.
**Harris Teeter
Pancake Mix**
or 24 oz. **Syrups**

2/\$5

save big on 2 with your VIC card

12 ct.
**Egg-Land's Best
Cage Free Large Eggs**

3.99

save big with your VIC card

46 oz.
**Simply
Orange Juice**

2/\$8

save big on 2 with your VIC card

32 oz.
**Natural Bliss
Coffee Creamer**

2/\$8 when you buy 2 or regular price each

MUST PURCHASE 2

16 oz.
**Simple Truth
Protein Biscuits**
or 12 oz. **Private Selection
Proof & Bake Croissants**

5.49

save big with your VIC card

15 - 17 oz.
**Private Selection
Croissant Loaf**

7.99

save at least \$2.00 each with your VIC card

Make any night Taco Night

1.25 oz.
**Harris Teeter
Reduced Sodium
Taco Seasoning**

2/\$1

save at least 18¢ on 2 with your VIC card

4 oz.
**Old El Paso
Chopped
Mild Green Chiles**

5/\$5

save big on 5 with your VIC card

4.3 - 7.2 oz.
Rice-A-Roni

4/\$5

save big on 4 with your VIC card

12 oz.
**Harris Teeter
Jalapeno Slices**

1.79

save at least 20¢ each with your VIC card

8 oz.
**Farmers Market
Shredded Iceberg
Lettuce**

2/\$5

save big on 2 with your VIC card

16 oz. Harris Teeter Salsa **2/\$7** save big on 2 with your VIC card

16 oz.
**Fage
Sour Cream**

2/\$4

save big on 2 with your VIC card

9.25 - 10 oz.
**Harris Teeter
Tortilla Chips**
or 15.5 oz.
Thick & Chunky Salsa

2/\$5

save big on 2 with your VIC card

15.3 oz.
**Herdez
Creмосa**

3.79

save big with your VIC card

15.5 oz.
**Late July
Salsa**

3.99

save big with your VIC card

6 - 10.1 oz.
**Late July
Classic Tortillas,
Cravings Tortillas
or Kettle Air Fried
or Avocado Oil Chips**

2/\$8

save big on 2 with your VIC card

8 oz.
**Tillamook
Shredded or
Sliced Cheese**

2/\$7

save big on 2 with your VIC card

each
**HT Traders
Burritos**

4.99

save big with your VIC card

4X Harris Teeter **FUEL POINTS**

ON ONE4ALL GIFT CARDS WITH DIGITAL COUPON OFFER VALID 2/25 - 3/10/26

100s OF WAYS TO REDEEM: Amazon, Best Buy, Home Depot, Target, Walmart, etc.

FUN & FABULOUS: Nordstrom, Victoria's Secret, Sephora, Bloomingdale's

HAPPY MOMENTS: Sephora, Macy's, Bed Bath & Beyond, Ulta

LET'S EAT: Panera, etc.

SCAN TO DOWNLOAD

Long term Savings



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



1.41 - 1.67 oz.
Pioneer Gravy Mix
5 \$5
for
save big on 5 with your VIC card



14.5 oz.
Margaret Holmes Tomatoes and Okra
2 \$3
for
save at least 98¢ on 2 with your VIC card



12.31 oz.
Tapatio Marinade Carne Asada
3.99
save at least \$1.00 each with your VIC card



2.6 oz.
Harris Teeter Chunk Light Tuna
.99
save at least 20¢ each with your VIC card

20 ct.
HT Traders Tea Bags
2 \$5
for
save at least 78¢ on 2 with your VIC card



1.62 oz.
Harris Teeter Liquid Water Enhancer
2.79
save at least 50¢ each with your VIC card



3 oz.
Private Selection Garlic Butter
2.99
save at least 50¢ each with your VIC card

12 oz.
HT Traders Teriyaki Sauce
2.99
save at least 30¢ each with your VIC card



6 pk.
Harris Teeter Microwave Popcorn
2 \$6
for
save at least 98¢ on 2 with your VIC card



12.7 oz.
Private Selection Coffee Syrup
3.49
save at least 50¢ each with your VIC card



12 oz.
Grain Berry Bran Flakes
5.99
save at least \$1.00 each with your VIC card

8 oz.
Pam Cooking Spray
2 \$8
for
save big on 2 with your VIC card



9 oz.
Harris Teeter Roasted & Salted Almonds
4.99
save at least \$1.00 each with your VIC card



8.45 oz.
Private Selection Balsamic Vinegar of Modena
4.99
save at least \$1.00 each with your VIC card



8 oz.
Jack Link's Beef Jerky Bites
12.19
save at least \$2.00 each with your VIC card

48 oz.
Private Selection Double Vanilla Ice Cream
5.99
save at least \$1.00 each with your VIC card



8.5 oz.
Colavita Premium Select Extra Virgin Olive Oil
6.99
save big with your VIC card



2 ct.
Harris Teeter Deep Dish Pie Crusts
2 \$6
for
save at least \$2.98 on 2 with your VIC card



10 ct.
Private Selection Espresso Capsules
6.99
save at least \$1.40 each with your VIC card

10 ct.
Second Nature Dark Chocolate or Wholesome Medley
9.89
save at least \$1.10 each with your VIC card



4 ct.
Marie Callender's Chicken Pot Pies
10.99
save at least \$4.00 each with your VIC card



16 oz.
Harris Teeter Pecan Halves
11.99
save at least \$3.00 each with your VIC card



20 oz.
Friskies Party Mix Original Cat Treats
8.49
save at least \$1.50 each with your VIC card

23 oz.
Windex Original
3.99
save at least 70¢ each with your VIC card



Select Counts
Harris Teeter Paper Plates, Bowls or Cups
3.49
save at least 50¢ each with your VIC card



6 Triple Roll Bounty Paper Towels or 12 Mega XL Charmin Bath Tissue
19.99
save at least \$5.00 each with your VIC card

NEW Long term Savings



Look Inside for More GREAT SAVINGS!

wine & beer *not available at all stores

harris teeter
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, March 5- Sunday, March 8, 2026

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

HOT DEAL!

750 ml.
3 Finger Jack Cabernet
14.99
-20%



11.99 each

Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, MARCH 5 - 8, 2026.

HOT DEAL!

750 ml.
Juggernaut Cabernet Sauvignon
17.99
-20%



14.39 each

Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, MARCH 5 - 8, 2026.

HOT DEAL!



6 pk.
Bold Rock
(Includes Imperial)

9.99 each



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

10.99 each

750 ml.
Castello del Poggio Prosecco, Cook's Brut or Ménage à Trois Red Blend



9.99
-20%

7.99 each

Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, MARCH 5 - 8, 2026.

750 ml.
La Vieille Ferme Rosé or Chateau Souverain Cabernet



10.99
-20%

8.79 each

Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, MARCH 5 - 8, 2026.



12 pk.
Athletic, White Claw, Mike's Hard
or **Cayman Jack**

16.99 each



12 pk.
Dos Equis, Peroni
or **Red Stripe**

15.99 each

750 ml.
Franciscan Cabernet or Chloe Pinot Grigio



11.99
-20%

9.59 each

Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, MARCH 5 - 8, 2026.

750 ml.
Wish Big Prosecco, William Hill CC Chardonnay or Ecco Domani Red Blend



12.99
-20%

10.39 each

Final Price each when you buy any 12 - 750 ml. bottles case purchase during 4 DAY SALE, MARCH 5 - 8, 2026.



24 pk.
Natural Light, Miller High Life
or **Pabst Blue Ribbon**

16.99 each



12 pk. or 15 pk.
Founders
or **Goose Island**

17.99 each

Long term Savings



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



Harris Teeter Whole Chicken

1.49 per lb.



Prime Ground Beef

5.99 per lb.



USDA Choice Cubed Steaks

6.99 per lb.



2 ct. Tray
Farmers Market Green Bell Peppers

1.79 each



Pint
Farmers Market Grape Tomatoes

1.99 each



3 lb. Bag
Farmers Market Fuji Apples

3.99 each



16 oz. Bag
Wild Caught
31 - 40 ct. American Shrimp

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



1 ct.
Caramel Popcorn

5.99 each



16 oz.
Bakery Fresh Glazed Apple Fritters

5.49 each

Turn everyday meals into family favorites

Kraft Heinz

WED	THU	FRI	SAT	SUN	MON	TUE
4	5	6	7	8	9	10

Save Big

23.1 - 29.3 oz. Maxwell House Coffee

14.99
-2.00
12.99

ea. with VIC card
Digital Coupon
Final Price with Digital Coupon
Limit 1 per offer.

19 - 30 oz. Kraft Miracle Whip
or 22 - 30 oz. Mayonnaise

4.99
-2.00
2.99

ea. with VIC card
Digital Coupon
Final Price with Digital Coupon
Limit 1 per offer.

0.7 - 1.5 oz. Crystal Light On the Go Powdered Beverages

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

20 oz. Heinz Ketchup or 14 oz. No Salt Added Ketchup

2/\$6

save at least 79¢ on 2 with your VIC card

12 pk. 12 oz. Pepsi Products

BUY 2 GET 2 FREE

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

4 ct. Velveeta or Kraft Cups, 4 pk. Shapes or 2 ct. Big Cups Mac & Cheese

4.99

save at least \$1.50 each with your VIC card

12 - 14 oz. Cracker Barrel Mac & Cheese or Kraft or Velveeta Gluten Free Mac & Cheese

3.99

save at least \$1.00 each with your VIC card

44 oz. Classico Pasta Sauce or 22 oz. Alfredo Sauce

4.99

save at least \$1.00 each with your VIC card

12.5 - 22.6 oz. Taco Bell Craving Kits

6.99

save at least \$2.00 each with your VIC card

9 - 12 oz. On The Border Tortilla Chips or Salsa

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

3.24 oz. Mio Liquid Water Enhancers

5.99

save at least \$2.00 each with your VIC card

12 oz. Capri Sun Singles

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

8 oz. Philadelphia Brick Cream Cheese

2/\$6

save at least \$1.39 on 2 with your VIC card

7.5 - 8 oz. Philadelphia Soft Cream Cheese

2/\$8

save at least 99¢ on 2 with your VIC card

7.5 - 12.4 oz. Cheez-It, Snap'd, Puff'd or Crunch

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

32 oz. Velveeta Loaf

7.99

save at least \$2.00 each with your VIC card

13.97 - 14 oz. Bagel Bites or 8 - 11 oz. TGI Fridays Frozen Appetizers

2/\$8

save big on 2 with your VIC card

10 oz. Devour Frozen Entrees

2/\$6

save at least \$1.19 on 2 with your VIC card

9 oz. Smart Ones Frozen Entrees

5/\$10

save at least 99¢ on 5 with your VIC card

15 pk. Aluminum Btls. Bud Family, Miller Family or Coors Family or 18 pk. Yuengling

18.99 each

Drink Responsibly - Must be 21 to Purchase

Fish and Meat Alternatives for Lent

11 - 15.25 oz. Harris Teeter Sliced Carrots or Sliced Potatoes or 10.5 - 10.75 oz. Cream Soups

5/\$5

save big on 5 with your VIC card

16 oz. Barilla Blue Box Pasta

BUY 2 GET 1 FREE

when you buy 3 with your VIC card or regular price each

10 - 11 oz. House Autry Breadcrumbs

2/\$4

save big on 2 with your VIC card

15 oz. Bumble Bee Red or White Clam Sauce

2/\$5

save big on 2 with your VIC card

8 - 9 oz. Harris Teeter Breaded or Sauced Shrimp

2/\$7

save big on 2 with your VIC card

4 oz. Bumble Bee Tiny Shrimp

3.99

save big with your VIC card

7 - 8 oz. SeaPak Shrimp or Clam Strips

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

22 - 32 oz. Ore-Ida Frozen Potatoes

2/\$8

save big on 2 with your VIC card

eVIC members only

8.9 - 12 oz. General Mills Cereal

1.97

save at least \$4.12 over our already low VIC price when you buy 4

2/\$6 non-e-vic member price

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

eVIC members only

5.5 - 7.25 oz. Kraft Mac & Cheese Dinners

.97

save at least \$2.24 over our already low VIC price when you buy 8

4/\$5 non-e-vic member price

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

eVIC members only

20.66 oz. Red Baron Pizza

2.97

save at least \$6.08 over our already low VIC price when you buy 4

4.99 non-e-vic member price

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

SAVE UP TO \$20

SAVE \$10*

Harris Teeter pickup & delivery

on your first two Pickup & Delivery orders of \$100 or more.

*New or first-time orders placed on harristeeter.com. Coupon required; some restrictions apply. See website for details.

Live Naturally



16 oz. Farmers Market Cantaloupe or Honeydew Chunks

4.99

save at least 50¢ each with your VIC card

VIC SAVINGS

12 oz. Select Varieties Harris Teeter Non-Steam or Steamable Vegetables



3 \$5 for

save big on 3 with your VIC card

VIC SAVINGS

14.5 - 15 oz. Simple Truth Organic Petite Diced Tomatoes or 14.5 oz. Green Beans



3 \$5 for

save big on 3 with your VIC card

VIC SAVINGS

6 oz. Simple Truth Organic Shredded Cheese



2 \$6 for

save big on 2 with your VIC card

VIC SAVINGS

.5 - 2.68 oz. Select Varieties Simple Truth Organic Spices



25% off

save big with your VIC card

VIC SAVINGS

32 oz. Simple Truth Organic 100% Juice



2 \$8 for

save at least \$3.98 on 2 with your VIC card

VIC SAVINGS

11 oz. Simple Truth Organic Bag Coffee or 2.12 oz. Mushroom Coffee



7.99

save big with your VIC card

VIC SAVINGS

4 Double Roll Simple Truth Bath Tissue



2 \$5 for

save big on 2 with your VIC card

VIC SAVINGS

85 ct. Simple Truth Facial Tissues **3/\$4** save big on 3 with your VIC card

GRAPES Grapes are high in antioxidants



2 lb. Clam Seedless Autumn Crisp or Bi-Color Grapes

6.99 each

save big with your VIC card

VIC SAVINGS

Farmers Market Seedless Green, Red or Black Grapes

2.99 per lb.

save big per lb. with your VIC card

VIC SAVINGS

Eat Your Greens

Green Vegetables: High in Vitamins (A, C and K), antioxidants and high in fiber



Farmers Market Green Asparagus

2.99 per lb.

save big per lb. with your VIC card

1 lb. Bag Farmers Market Brussels Sprouts

3.99 each

save big with your VIC card

VIC SAVINGS



Farmers Market Broccoli Crowns

1.99 per lb.

save big per lb. with your VIC card

VIC SAVINGS



3 lb. bag Farmers Market Granny Smith Apples

4.99 each

save big with your VIC card

VIC SAVINGS



Farmers Market Personal Melons

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



Farmers Market Yellow, Orange or Red Bell Peppers

3 for \$5

save big on 3 with your VIC card

VIC SAVINGS



Farmers Market Hot House Tomatoes

1.49 per lb.

save big per lb. with your VIC card

VIC SAVINGS



24 oz. Red, Golden or Medley Petite Potatoes

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



16 oz. Health Ade Kombucha

2 for \$5

save big on 2 with your VIC card

VIC SAVINGS



8 oz. Farmers Market Sliced Baby Bella or Cremini Mushrooms

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



Farmers Market Sweet Potatoes

1.29 per lb.

save big per lb. with your VIC card

VIC SAVINGS



3 ct. Farmers Market Romaine Hearts

3.99 each

save big with your VIC card

VIC SAVINGS

floral not available in all stores

International Women's Day is March 8th



Sophisticated Bouquet

9.99 each

save at least \$3.00 each with your VIC card

VIC SAVINGS



Assorted Colors 15 Stem Tulips

14.99 each

save at least \$1.00 each with your VIC card

VIC SAVINGS



4" Assorted Allusia Cyclamen with decorative container

12.99 each

save at least \$2.00 each with your VIC card

VIC SAVINGS



big savings from our fresh foods market

Fresh Foods Market Half Cakes



9.99 each

save at least \$3.00 each with your VIC card

VIC SAVINGS

Boar's Head Maple Glazed Honey Coat Turkey Breast



13.99 per lb.

save big per lb. with your VIC card

VIC SAVINGS

8 oz. Fresh Foods Market Half Loaves



2.99 each

save at least \$1.00 each with your VIC card

VIC SAVINGS

5 oz. Assorted Varieties Stella Parmesan Cups



BUY 1 GET 1 FREE

each item rings at half price with your VIC card

VIC SAVINGS

Fresh Foods Market Bulk Donuts



2 for \$2

save at least 98¢ on 2 with your VIC card

VIC SAVINGS

8 oz. Assorted Varieties Simple Truth Organic Hummus



2.99 each

save big with your VIC card

VIC SAVINGS

Prices In This Ad Effective March 4 - 10, 2026 In The Following Stores Only:

•CHARLESTON •BEAUFORT •SUMMERVILLE •JOHNS ISLAND •MT. PLEASANT •ISLE OF PALM •FLORENCE •FOLLY •JAMES ISLAND •HILTON HEAD •GREENVILLE •GREER

None sold to dealers, we reserve the right to limit quantities. Beer, wine, specialty & natural items not available in all stores. Save at least savings may vary by store.

G



6 oz.
Farmers Market Baby Spinach
2/\$5
 save big on 2 with your VIC card



2 ct.
HT Traders Cake & Pie Desserts
2/\$9
 save big on 2 with your VIC card



2 ct.
HT Traders Apple Blossoms
2/\$7
 save big on 2 with your VIC card



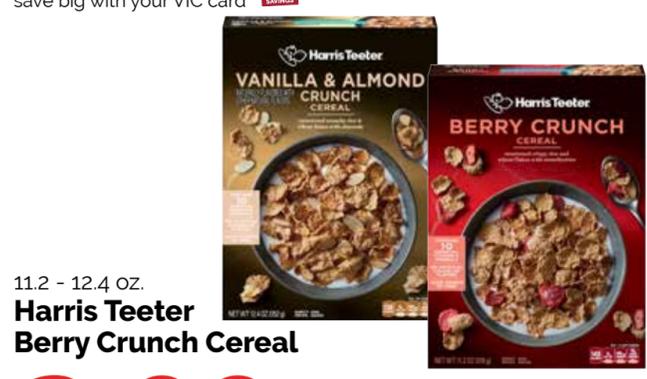
12 pk. 12 oz.
HT Traders Sparkling Water
3.99
 save big with your VIC card



28 - 38 oz.
HT Traders Pasta Meals
10.99
 save big with your VIC card



16 - 22 oz.
Simple Truth Organic Granola
7.99
 save at least \$1.00 each with your VIC card



11.2 - 12.4 oz.
Harris Teeter Berry Crunch Cereal
2.99
 save big with your VIC card



20 oz.
Harris Teeter Old Fashioned White Bread
2/\$4
 save at least 78¢ 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



16 oz.
Harris Teeter Dry Roasted Peanuts
2/\$5
 save at least 98¢ on 2 with your VIC card



8 ct.
Harris Teeter Hamburger or Hot Dog Buns
2/\$4
 save at least 78¢ on 2 with your VIC card



7 - 10 oz.
Harris Teeter Gummy Candy
2.59
 save big with your VIC card



5 - 35 ct.
Harris Teeter Trash Bags
2/\$7
 save big on 2 with your VIC card



6 Mega Roll
Harris Teeter Ultra Soft or Strong Bath Tissue
6.49
 save at least \$1.40 each with your VIC card

2 Triple Roll
Harris Teeter Ultra Paper Towels
5.29
 save \$1.40 each with your VIC card



52 - 78 ct.
Harris Teeter Triple Action Dish Pacs
13.99
 save at least \$3.00 each with your VIC card

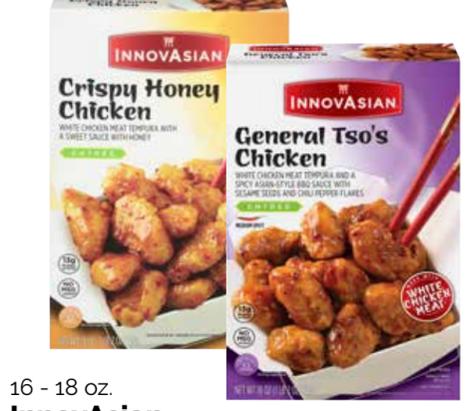
75 oz.
Harris Teeter Auto Dish Gel
5.99
 save \$1.30 each with your VIC card



1 ct.
Harris Teeter Reusable Bags
1.29
 save at least 20¢ each with your VIC card



10 - 11 oz.
Michael Angelo's Single Serve Entrees
3/\$10
 save at least 1.66 on 3 with your VIC card



16 - 18 oz.
InnovAsian Entrees
BUY 1 GET 1 FREE
 each item rings at half price with your VIC card



24 - 27 oz.
Rao's Family Size Entrees
9.99
 save at least \$3.20 each with your VIC card



14 - 26 oz.
McCain Fries, Tater Tots or Onion Rings
2/\$7
 save at least 1.19 on 2 with your VIC card



6 - 7.5 oz.
My Mochi Ice Cream
3.99
 save at least \$1.50 each with your VIC card



22 - 24 oz.
Against the Grain Pizza
11.49
 save at least \$3.30 each with your VIC card



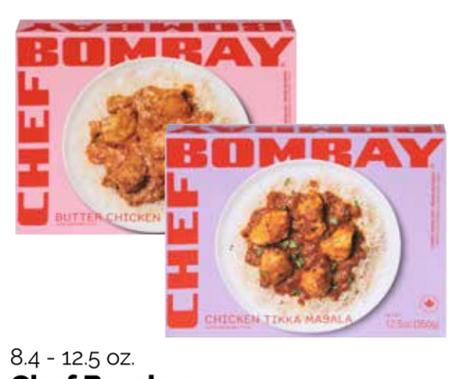
12 oz.
Against the Grain Gluten Free Pizza Shell
6.99
 save at least \$1.00 each with your VIC card



13 - 16.5 oz.
Newman's Own Premium Pizza
6.99
 save at least \$1.50 each with your VIC card



24 oz.
Just Bare Chicken Breast Bites
8.99
 save at least \$4.00 each with your VIC card



8.4 - 12.5 oz.
Chef Bombay Entrees or Samosa
2/\$8
 save at least \$2.99 on 2 with your VIC card



17 - 22 oz.
Simek's Meatballs or Italian Entrees
6.99
 save at least \$3.00 each with your VIC card



10 - 21 oz.
Morning Star Farms
6.99
 save at least \$1.20 each with your VIC card



8 pk.
El Monterey Breakfast Burritos
9.99
 save at least 70¢ each with your VIC card



6 ct.
Snickers or Twix Ice Cream Bars
2/\$9
 save at least \$1.49 on 2 with your VIC card



10.7 oz.
Totino's Party Pizza
BUY 1 GET 1 FREE
 each item rings at half price with your VIC card



9 oz.
Deep Indian Entrees
5.49
 save at least \$2.00 each with your VIC card



12.1 oz.
Quaker Instant Oatmeal
BUY 1 GET 1 FREE
 each item rings at half price 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



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



14.5 oz.
Quaker Oatmeal Squares
BUY 1 GET 1 FREE
 each item rings at half price with your VIC card



22.3 oz.
Family Size Life Cereal
BUY 1 GET 1 FREE
 each item rings at half price with your VIC card



22.1 oz.
Family Size Cap'n Crunch Cereal
BUY 1 GET 1 FREE
 each item rings at half price with your VIC card



24.1 oz.
Quaker Simply Granola
2/\$9
 save big on 2 with your VIC card



8 - 10 ct.
Quaker Chewy Bars
BUY 1 GET 1 FREE
 each item rings at half price with your VIC card



5 ct.
Quaker Protein Granola Bars
2/\$7
 save big on 2 with your VIC card



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