

WED	THU	FRI	SAT	SUN	MON	TUE
18	19	20	21	22	23	24



Harris Teeter

YOUR NEIGHBORHOOD MARKET

Weekly Specials*

Spring's
**Freshest
Picks**



1 lb. Pkg.
Farmers Market Strawberries

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

Farmers Market
Organic
Strawberries
**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

per lb.
Boneless New York Strip Steak

11.99

save at least \$6.00 per lb. with your VIC card



Wild Caught
Peeled & Deveined
16 - 25 ct.
Argentine Shrimp
or Wild Caught
**Alaska Sockeye
Salmon Fillets**

3 lb. Bag
Farmers Market
**Cara Cara
Navel Oranges**



per lb.
Harris Teeter
**80% Lean
Ground Chuck**

4.99

save at least \$1.50 per lb. with your VIC card

10.99

per lb.

save big per lb. with your VIC card

2.99

each

save big with your VIC card



limit
4
pkgs.

Smithfield
**Whole
Pork Shoulder Roast**

1.29

per lb.

save at least \$1.20 per lb. with your VIC card



Private Selection
**Pre-Sliced
Meats & Cheeses**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



Select
**Fresh
Express
Chopped
Salad Kits**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



Farmers Market
**Jumbo
Cantaloupes**

2 \$5
for

save big on 2 with your VIC card

VIC Use your VIC card for more big savings!

6 - 8 oz.
**Harris Teeter
Shredded Cheese**

**BUY 2 GET 3
FREE**

limit
10

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

12 pk. 12 oz.
Pepsi Products

**BUY 2 GET 2
FREE**

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

Select
**Progresso
Traditional, Classic
or Pit Master Soups**

**BUY 2 GET 2
FREE**

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

24 oz.
**Classico
Pasta Sauce**
or 15 oz. **Alfredo Sauce**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

48 oz.
**Blue Bunny,
16 oz. Halo Top
or Drumstick
Cones or Minis
Ice Cream**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

8 pk. 12 oz.
**Bubby
Sparkling Water**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

6 ct.
Thomas' English Muffins
or 5 ct. **Little Bites or Minis**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

12 - 16 oz.
**Oscar Mayer
Sliced Bacon**

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card

eVIC members only weekly limit **16**

5.3 oz.
**Oikos
Triple Zero
Greek 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.

12 oz. Bag
or 10 ct. K-Cups
**Starbucks
Coffee**

7.99

each

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.
**Avissi,
La Marca,
Banshee Brut
or Domaine Alante**

14.99

each

Drink Responsibly - Must be 21 to Purchase

**Friday,
Mar. 20th**

redeem at

**4X
FRIDAYS**

FUEL POINTS

on all
qualifying
items



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

*Supplies are limited. Offer valid Friday, March 20, 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 24, 2026

WED	THU	FRI	SAT	SUN	MON	TUE
18	19	20	21	22	23	24

Celebrate Spring

12 pk. 16.9 oz. **Propel Fitness Water**
 or 12 pk. 12 oz. **Gatorade Sports Drink**
 or 4 pk. 12 oz. **Celsius Sparkling Energy**



limit **10**

BUY 2 GET 3

FREE

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



6 pk. 16.9 oz. **Coca-Cola Products**

BUY 2 GET 2

FREE

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

6 - 15 oz. **Harris Teeter Petite Diced Tomatoes or Paste**



BUY 2 GET 2

FREE

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

750 ml. **Seaglass Pinot Grigio, Hess Select Chardonnay or Murphy Goode Cabernet**



10.99 each

Drink Responsibly - Must be 21 to Purchase



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

2 for \$22

Drink Responsibly - Must be 21 to Purchase

eVIC members only

weekly limit **4**

10 - 12 oz. **Tostitos**
 9.25 - 10 oz. **Fritos**
 or 8 - 11 oz. **Cantina Tostitos**



2.97

save at least \$4.12 over our already low VIC price when you buy 4 **2/\$8** 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



6 ct.

**Fresh Foods Market
Spring Decorated Cupcakes**

5.99 each

save at least 50¢ each with your VIC card



10 ct.

**Fresh Foods Market
Spring Frosted Cookies**

5.49 each

save at least \$1.00 each with your VIC card



12 ct.

**Fresh Foods Market
Spring Mini Cupcakes**

4.99 each

save at least 50¢ each with your VIC card



1 ct.

**Fresh Foods Market
Strawberries & Cream Cake**

22.99 each

save at least \$2.00 each with your VIC card



6 ct.

**Fresh Foods Market
Hot Cross Buns**

6.99 each

save at least \$1.00 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.

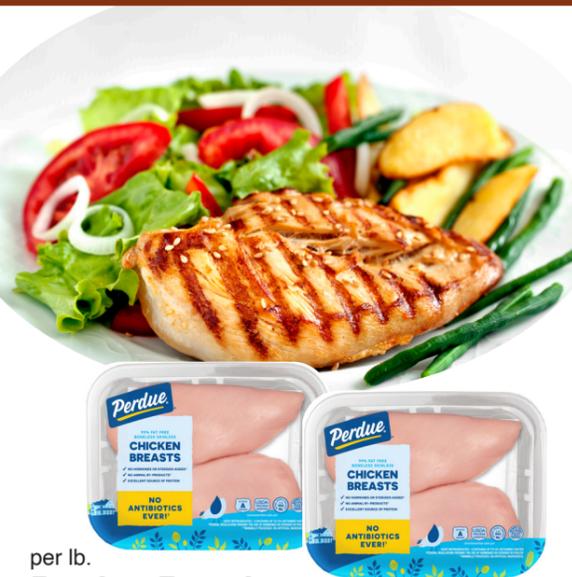
No markups or surprises!
Plus, earn Fuel Points on every eligible
item with your VIC card.



Plus, Save with **WEEKLY OFFERS**

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

from our meat department



per lb.
Perdue Boneless Chicken Breast

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

Boneless **New York Strip Steaks**
14.99 per lb.

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

21.2 oz. Schweid & Sons **Brisket** or **Blend Burger**
10.99 each

save at least \$1.00 each with your VIC card

10 oz. PRE **Ribeye Steak**
12.99 each

save at least \$5.00 each with your VIC card

Farmer Focus **Chicken Wings**
4.99 per lb.

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

Niman Ranch **Pork Tenderloin**
10.99 per lb.

save at least \$2.00 per lb. with your VIC card

16 oz. Thomas Farms Grass Fed **93% Lean Ground Beef**
7.99 each

save at least \$1.00 each with your VIC card

Smithfield **Baby Back Pork Ribs**
4.99 per lb.

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

Harris Teeter **Split Chicken Breast**
2.99 per lb.

save at least 50¢ per lb. with your VIC card



24 oz.
Wright Stack Pack 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 big on 2 with your VIC card

23 - 32 oz. Bob Evans Family Size **Sides**
2 \$10 for

save big on 2 with your VIC card

22 - 24 oz. Perdue Air Fryer **Wings** or **Bites**
9.99 each

save at least \$4.00 each with your VIC card

16 oz. Family Size Oscar Mayer **Lunchmeat** or 28 oz. **Sub Kit**
6.99 each

save at least \$4.00 each with your VIC card

16 oz. Daily's **Bacon**
BUY 1 GET 1 FREE

each item rings at half price with your VIC card

14 - 15 oz. Ball Park **Franks**
BUY 1 GET 1 FREE

each item rings at half price with your VIC card

13 - 14 oz. Eckrich **Smoked Sausage**
BUY 1 GET 1 FREE

each item rings at half price with your VIC card

9 - 10 oz. Cacique **Chorizo** or **Queso Fresco**
BUY 1 GET 1 FREE

each item rings at half price with your VIC card

from our seafood department

Fresh Wild Caught **Tuna 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

Boneless **New York Strip Steaks**
14.99 per lb.

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

21.2 oz. Schweid & Sons **Brisket** or **Blend Burger**
10.99 each

save at least \$1.00 each with your VIC card

10 oz. PRE **Ribeye Steak**
12.99 each

save at least \$5.00 each with your VIC card

Farmer Focus **Chicken Wings**
4.99 per lb.

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

Niman Ranch **Pork Tenderloin**
10.99 per lb.

save at least \$2.00 per lb. with your VIC card

16 oz. Thomas Farms Grass Fed **93% Lean Ground Beef**
7.99 each

save at least \$1.00 each with your VIC card

Smithfield **Baby Back Pork Ribs**
4.99 per lb.

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

Harris Teeter **Split Chicken Breast**
2.99 per lb.

save at least 50¢ per lb. with your VIC card

7 - 9 oz. Hillshire Farm Thin Sliced **Lunchmeat**
2 \$9 for

save big on 2 with your VIC card

23 - 32 oz. Bob Evans Family Size **Sides**
2 \$10 for

save big on 2 with your VIC card

22 - 24 oz. Perdue Air Fryer **Wings** or **Bites**
9.99 each

save at least \$4.00 each with your VIC card

16 oz. Family Size Oscar Mayer **Lunchmeat** or 28 oz. **Sub Kit**
6.99 each

save at least \$4.00 each with your VIC card

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BUY 1 GET 1 FREE

each item rings at half price with your VIC card

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BUY 1 GET 1 FREE

each item rings at half price with your VIC card

9 - 10 oz. Cacique **Chorizo** or **Queso Fresco**
BUY 1 GET 1 FREE

each item rings at half price with your VIC card

Wild Caught **Perch Fillets**
7.99 per lb.

save big per lb. with your VIC card

Wild Caught **Rock Crab Clusters**
5.99 per lb.

save big per lb. with your VIC card

31 - 40 ct. Wild Caught Peeled & Deveined **East Coast White Shrimp**
9.99 per lb.

save big per lb. with your VIC card

Wild Caught **Swordfish Steaks**
10.99 per lb.

save big per lb. with your VIC card

30 - 40 ct. Farm Raised **Scallops**
19.99 per lb.

save big per lb. with your VIC card

Wild Caught **Cobia Fillets**
8.99 per lb.

save big per lb. with your VIC card

Wild Caught **Patagonian Bay Scallops**
\$10 per lb.

save big per lb. with your VIC card

16 oz. Pier 33 **Mussels**
BUY 1 GET 1 FREE

each item rings at half price with your VIC card

from our grocery department

5 - 8 ct. **Quaker Chewy Bars**
BUY 1 GET 1 FREE

each item rings at half price with your VIC card

10 - 12 oz. **Eight O'Clock Coffee**
BUY 1 GET 1 FREE

each item rings at half price with your VIC card

8.4 - 12.1 oz. **Quaker Instant Oatmeal**
2 \$4 for

save big on 2 with your VIC card

12 - 14.5 oz. **Harris Teeter Honey Oat Cluster Cereal** or 6.3 - 8.9 oz. **Granola Bars**
2 \$5 for

save big on 2 with your VIC card

12.3 - 18 oz. **Kashi Cereal**
4.99

save big with your VIC card

17.6 oz. **Welch's Fruit Snacks**
5.99

save big with your VIC card

.48 - 2.3 oz. Select Varieties **Private Selection Spices**
25% off

save big with your VIC card

6 oz. **Harris Teeter Graham Cracker Pie Crust** or 12 oz. **Evaporated Milk**
2 \$3 for

save big on 2 with your VIC card

16.3 oz. **Betty Crocker Brownies**, 13.25 oz. **Delights Cake Mix** or 12 - 16 oz. **Frosting**
3 \$5 for

save big on 3 with your VIC card

11.5 oz. **Harris Teeter Squeeze Mayo** or 10 oz. **Relish**
2 \$4 for

save big on 2 with your VIC card

32 oz. **Light Brown, Dark Brown** or **Powdered Sugar**
2 \$5 for

save big on 2 with your VIC card

25.5 oz. **Harris Teeter Extra Virgin Olive Oil**
8.49

save big with your VIC card

24 oz. **Private Selection Tomato Passata** or 28 oz. **San Marzano Style Tomatoes**
2 \$4 for

save big on 2 with your VIC card

16 oz. **Simple Truth Organic Quinoa**
3.69

save at least \$1.00 each with your VIC card

20 oz. **Nature's Own Butterbread**
2.99

save big with your VIC card

27 oz. **Dave's Killer Bread Organic Wide Pan Bread**
6.49

save big with your VIC card

1.2 oz. **Trident Single Packs**
3 \$3 for

save big on 3 with your VIC card

3.5 - 8.07 oz. **Sour Patch Kids Candy**
2 \$5 for

save big on 2 with your VIC card

12 Mega or 8 Mega XL **Charmin Bath Tissue** or 6 Double Plus **Bounty Paper Towels**
14.99

save big with your VIC card

40 ct. **Hefty Trash Bags**
8.79

save big with your VIC card

32 oz. **Clorox** or **409 All Purpose Cleaner**
3.99

save at least 20¢ each with your VIC card

23.6 oz. **Febreze Fabric Care Spray**
5.99

save at least \$1.00 each with your VIC card

2.6 - 2.65 oz. **Sheba Perfect Portions Cat Food**
5 \$6 for

save at least \$3.95 on 5 with your VIC card

14 - 16 oz. **Full Moon Dog Treats**
9.99

save at least \$5.00 each with your VIC card

* Supplies are limited

beverages

12 pk. 16.9 oz.
Lipton Iced Tea

BUY 2 GET 3 FREE

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

12 pk. 12 oz.
Harris Teeter Colas

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

33.8 oz. Harris Teeter Mixers or Seltzers **5/\$5**

save big on 5 with your VIC card

17 oz.
Sparkling ICE Sparkling Water

4 \$5 for

save big on 4 with your VIC card

2 ltr.
Coca-Cola Products

4 \$9 for

save big on 4 with your VIC card

16 oz.
Ghost Energy Drink

2 \$5 for

save big on 2 with your VIC card

64 oz.
Clamato Juice

4.99

save at least \$2.30 each with your VIC card

6 pk. 500 ml.
FIJI Water

4.99

save at least \$3.30 each with your VIC card

10 pk. 7.5 oz.
Canada Dry or 7-UP Mini Cans

3 \$15 for

save big on 3 with your VIC card

6 pk. 12 oz.
Clearly Canadian Sparkling Water

2 \$12 for

save big on 2 with your VIC card

6 pk. 12 oz.
Alani Nu Energy Drink

9.99

MUST PURCHASE 2

when you buy 2 or regular price each

snacks

15 oz.
Orville Redenbacher's Popcorn

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

6.8 oz.
Pringles Party Stacks

2 \$5 for

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

6 oz.
Blue Diamond Almonds

3 \$10 for

save at least \$5.57 on 3 with your VIC card

6.53 oz.
Quaker Rice Cakes

2 \$7 for

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

5 - 7 oz.
Sensible Portions Veggie Straws or Terra Chips

2 \$7 for

save big on 2 with your VIC card

5 - 7 oz.
Pepperidge Farm Milano Cookies

2 \$10 for

save at least \$2.78 on 2 with your VIC card

8.5 oz.
Calbee Harvest Snaps

5.79

save at least 70¢ each with your VIC card

9 ct.
Pepperidge Farm Goldfish Multipack

5.99

save at least \$1.80 each with your VIC card

16 oz.
Dot's Homestyle Pretzels

5.99

save at least \$1.50 each with your VIC card

15 ct. or 18 ct.
Frito-Lay Multipacks

2 \$16 for

MUST PURCHASE 2

when you buy 2 or regular price each

health & beauty

3.4 - 4 oz.
Sensodyne or Parodontax Toothpaste or 16.9 oz. Rinses

1.00 off

save big with your VIC card

.2 - .44 oz.
Flonase

4.00 off

save big with your VIC card

Select Always or Tampax Feminine Products

BUY 2 GET 1 FREE

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

7 oz. or 2 pk.
Edge Shave Gel

1.00 off

save big with your VIC card

home essentials

2 pk.
Scotch-Brite Dishwand Refills

3.49

save big with your VIC card

Select OXO Kitchen Gadgets

20% off

save big with your VIC card

dairy and frozen

5.3 oz.
Silk Dairy-Free Yogurt

4 \$5 for

save big on 4 with your VIC card

5.3 oz.
Fage Greek Yogurt

3 \$4 for

save big on 3 with your VIC card

32 oz.
Coffeemate Coffee Creamer or 15 oz. Cold Foam

2 \$6 for

MUST PURCHASE 2

when you buy 2 or regular price each

13 oz.
Harris Teeter Whipped Topping

2 \$7 for

save big on 2 with your VIC card

14 - 16 oz.
Harris Teeter Chunk Cheese

3.99

save at least \$2.00 each with your VIC card

4 pk.
Chobani Greek Yogurt

2 \$8 for

save big on 2 with your VIC card

28 oz.
Starbucks Coffee Creamer

2 \$9 for

save big on 2 with your VIC card

48 oz.
Organic Valley Protein Plus Milk

2 \$9 for

save big on 2 with your VIC card

4 pk. 5.3 oz.
Siggi's Skyr Yogurt

2 \$10 for

save big on 2 with your VIC card

16 oz.
Nick's Ice Cream

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

8 oz.
Green Giant Vegetables

5 \$5 for

save big on 5 with your VIC card

6 - 12 oz.
Birds Eye Steamfresh Vegetables

2 \$5 for

save big on 2 with your VIC card

12 oz.
Harris Teeter Cheese Curds or Fried Pickles

2/\$8

save big on 2 with your VIC card

9 - 12 ct.
Harris Teeter Appetizers

2 \$10 for

save big on 2 with your VIC card

9 - 21 oz.
Fruit Riot

5.99

save big with your VIC card

10 ct.
Trolli Pops

3.99

save big with your VIC card

24 oz.
Pilgrim's Popcorn Chicken

5.99

save big with your VIC card

4 pk.
Red's Burritos

6.99

save big with your VIC card

* Supplies are limited

Flavor-Forward

Harris Teeter SLAM DUNK SAVINGS



eVIC members only weekly limit **4**

6 - 8 oz.
Harris Teeter Natural Sliced Cheese

1.77

save at least \$2.92 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.

mini mini mini

10 pk. 7.5 oz.
Coca-Cola Mini Cans

BUY 2 GET 1 FREE

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

eVIC members only weekly limit **4**

10 oz.
Princess or Paw Patrol String Cheese

4.77

save at least 88¢ over our already low VIC price when you buy 4

non e-vic member price **4.99**

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

16 oz.
Harris Teeter Sour Cream

1.69

save big with your VIC card

15 - 20 oz.
Simple Truth Organic Ketchup or 12 oz. Mustard

1.79

save big with your VIC card

44 - 6 oz.
Private Selection Classic Crackers

2/\$4

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

15 oz. **Wishbone Salad Dressing** or 16 - 24 oz. **Vlasic Pickles**

2/\$5

save big on 2 with your VIC card

8 ct.
Ball Park Buns

2/\$6

save big on 2 with your VIC card

8 oz.
Miss Vickie's Kettle Chips

2/\$7

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

12 oz.
Private Selection Beef Hot Dogs

2/\$10

save big on 2 with your VIC card

Select
Private Selection Brioche Buns

3.99

save at least 50¢ each with your VIC card

17 - 29 oz.
Freschetta Pizza

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

12 oz.
Farmers Market Hand Smashed Guacamole

5.99

save at least \$1.00 each with your VIC card

40 - 50 ct.
Harris Teeter 10" Everyday or Ultra Plates

5.49

save big with your VIC card

25 ct. **Harris Teeter Occasions Cups**
2.79
save 70¢ each with your VIC card

18 lb.
Cowboy Lump Charcoal

22.99

save big with your VIC card

Stock up your freezer and save Frozen Foods Month

6 pk. or 12 pk.
Outshine Bars or Variety Pack

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

10.8 oz.
Birds Eye Vegetable Blends

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

6 - 24.5 oz.
Gorton's Fish Sticks or Shrimp

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

10 - 13 oz.
Healthy Choice Cafe Steamers or Marie Callender's Bowls

2/\$4

save big on 2 with your VIC card

9 - 20 oz.
Stouffer's or Vital Pursuit Single Serve Entrees or 4 ct. Hot Pockets

2/\$8

save big on 2 with your VIC card

8.8 oz.
Harris Teeter Crust-Offs Sandwiches

2/\$6

save big on 2 with your VIC card

6 ct.
Baby Ruth or Butterfinger Ice Cream Bars

3.99

save big with your VIC card

12.75 oz.
Chipwich Ice Cream Sandwiches

3.99

save big with your VIC card

28 oz.
Nathan's Fries or Onion Rings

3.99

save big with your VIC card

14 - 16 oz.
HT Traders Frozen Pasta or Vegetable Blends

2/\$8

save big on 2 with your VIC card

15 - 25 oz.
California Pizza Kitchen or DiGiorno Pizza

2/\$11

when you buy 2 or regular price each

MUST PURCHASE 2

9 - 15 oz.
Kodiak Waffles or French Toast Sticks

5.29

save big with your VIC card

SAVE UP TO \$20

SAVE \$10*

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.

Harris Teeter pickup & delivery

*Supplies are limited

Long term Savings



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

NEW Long term Savings



28 oz. Saucy Spoon Baked Beans

BUY 1 GET 1 FREE

each item rings at half price with your VIC card



1.61 - 2.75 oz. Pioneer Gravy Mix

5 \$5 for

save big on 5 with your VIC card

2.75 oz. Pioneer Gluten Free Country Gravy Mix

2/\$3

save at least 89¢ on 2 with your VIC card



2 lb. Harris Teeter All Purpose Flour

1.49

save at least 30¢ each with your VIC card



128 oz. Harris Teeter Vegetable or Canola Oil

8.99

save big with your VIC card

3 ct. Harris Teeter Theater Style Extra Butter Microwave Popcorn

2 \$3 for

save big on 2 with your VIC card



11 oz. Green Giant White Shoepeg Corn

2 \$3 for

save at least 99¢ on 2 with your VIC card



16 oz. Simple Truth Protein Cottage Cheese

3.49

save at least 50¢ each with your VIC card

12 oz. Harris Teeter Banana Pepper Rings

2 \$4 for

save big on 2 with your VIC card



10 oz. Harris Teeter Espresso Brick

3.99

save at least 50¢ each with your VIC card



40 ct. Monk Fruit in the Raw

2.89

save at least 60¢ each with your VIC card



50 ct. Stevia in the Raw

3.39

save at least \$1.00 each with your VIC card



24 oz. Organic White Sugar in the Raw

4.29

save at least \$1.00 each with your VIC card



6 oz. Harris Teeter Cooking Spray

2.69

save big with your VIC card



24 oz. Anne's Old Fashioned Flat Dumplings

4.49

save at least \$1.80 each with your VIC card



17.9 oz. Private Selection Thin Crust Pizza

6.99

save at least \$1.00 each with your VIC card



12 ct. Harris Teeter Crunchy Taco Shells

2 \$3 for

save at least 38¢ on 2 with your VIC card



20 oz. HT Traders Virginia Peanuts

7.99

save at least \$2.00 each with your VIC card



30 ct. Reynolds Kitchens Pop-Up Parchment Sheets

3.49

save at least 50¢ each with your VIC card



200 ct. Vanity Fair Everyday Napkins

5.49

save at least \$1.50 each with your VIC card



4 ct. Cubes Puffs Ultra Soft Facial Tissue

5.99

save big with your VIC card



22 oz. Tide Laundry Stain Remover

3.99

save at least \$1.00 each with your VIC card



33.8 oz. Downy Wrinkle Release Spray

7.49

save at least \$1.50 each with your VIC card



5 lb. Supreme Source Salmon Dog Food

9.99

save at least \$3.00 each with your VIC card



25 oz. Milk-Bone Soft & Chewy Dog Treats

12.99

save at least \$3.50 each with your VIC card



20 lb. Harris Teeter Wild Bird Food

12.99

save at least \$1.50 each with your VIC card

Look Inside for More GREAT SAVINGS!

wine & beer

*not available at all stores

Drink Responsibly - Must be 21 to Purchase

harris teeter fine wines club

EVERY DAY! 10% OFF HALF case wine
SEE STORE FOR DETAILS

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

HOT DEAL!



750 ml.
Joel Gott
Cabernet

14.99 each

HOT DEAL!



750 ml.
Duckhorn
Sauvignon Blanc

28.99 each



HOT DEAL!

12 pk.
Pabst Blue Ribbon

8.99 each



HOT DEAL!

12 pk.
Blue Moon

14.99 each



750 ml.
14 Hands Cabernet,
André Extra Dry
or **Cook's** Brut

9.99 each



750 ml.
Coppola Sauvignon Blanc
or **Acrobat** Pinot Gris

11.99 each



750 ml.
Kim Crawford Sauvignon
Blanc or **Freixenet** Brut

13.99 each



750 ml.
Erath Pinot Noir
or **Simi** Chardonnay

16.99 each



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

10.99 each



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

15.99 each



12 pk. or 15 pk.
Topo Chico,
Bold Rock
or **Southern Tier**

17.99 each



6 pk. Select Varieties
Dogfish Head,
Mike's Hard
or **White Claw**

9.99 each



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

Sold in
Service
Meat Case

Hand Trimmed
Natural Antibiotic Free
SMART
Chicken Breast

4.99 per lb.

Smithfield
Whole Boneless
Pork Tenderloin

3.99 per lb.

ANGUS BEEF

Ranch Steak

7.99 per lb.

Farmers Market
Pink Lady Apples

1.99 per lb.

3 ct.
Farmers Market
Rainbow Bell Peppers

3.99 each

Pint
Farmers Market
Grape Tomatoes

1.99 each

4 oz.
Latitude 45
Smoked Nova Salmon

4.99 each

8 oz.
Toscana
Mozzarella Ball

5.99 each

12 ct.
King's
Hawaiian Rolls

4.99 each

Flavor-packed family favorites

Kraft Heinz

<p>19 - 30 oz. Kraft Miracle Whip or 22 - 30 oz. Mayonnaise</p> <p>ea. with VIC card</p> <p>4.99</p> <p>-2.00 Digital Coupon</p> <p>2.99 Final Price with Digital Coupon</p> <p>Limit 1 per offer.</p>	<p>9.4 - 14 oz. Kraft Deluxe or Velveeta Shells Dinner</p> <p>BUY 1 GET 1 FREE</p> <p>each item rings at half price with your VIC card</p>	<p>20 oz. Heinz Ketchup or Mustard or 13.5 - 14 oz. Flavored Ketchup</p> <p>BUY 1 GET 1 FREE</p> <p>each item rings at half price with your VIC card</p>	<p>12 oz. Kraft Tartar Sauce, Aioli, Chili Sauce or Cocktail Sauce</p> <p>BUY 1 GET 1 FREE</p> <p>each item rings at half price with your VIC card</p>	<p>6 - 11.12 oz. Jell-O Pudding or Gelatin or No-Bake Desserts or 7 - 10 oz. Jet-Puffed Marshmallows</p> <p>BUY 1 GET 1 FREE</p> <p>each item rings at half price with your VIC card</p>	<p>10 pk. 6 oz. Capri Sun Juice Pouches</p> <p>BUY 1 GET 1 FREE</p> <p>each item rings at half price with your VIC card</p>	<p>162 oz. Mio & Crystal Light Liquid or 12 qt. Crystal Light Powdered Water Enhancers</p> <p>BUY 1 GET 1 FREE</p> <p>each item rings at half price with your VIC card</p>	<p>10 - 12 oz. Bag or 10 ct. Pods Gevalia Coffee</p> <p>BUY 1 GET 1 FREE</p> <p>each item rings at half price with your VIC card</p>	<p>10 oz. Heinz 57 or A.1. Steak Sauce</p> <p>BUY 1 GET 1 FREE</p> <p>each item rings at half price with your VIC card</p>	
<p>4.5 - 5 oz. Shake 'n Bake Coatings</p> <p>BUY 1 GET 1 FREE</p> <p>each item rings at half price with your VIC card</p>	<p>6 oz. Stove Top Stuffing or 12 oz. Heinz Gravy</p> <p>BUY 1 GET 1 FREE</p> <p>each item rings at half price with your VIC card</p>	<p>2.52 oz. Oscar Mayer Fully Cooked Bacon</p> <p>BUY 1 GET 1 FREE</p> <p>each item rings at half price with your VIC card</p>	<p>10.3 oz. Maxwell House Ground Coffee, 7.1 - 8.7 oz. Instant Coffee or International Coffee or 10 ct. Coffee Pods</p> <p>BUY 1 GET 1 FREE</p> <p>each item rings at half price with your VIC card</p>	<p>8 oz. Brick or 7.5 - 8 oz. Soft Philadelphia Cream Cheese</p> <p>2/\$7</p> <p>save at least 89¢ on 2 with your VIC card</p>	<p>16 Kraft Singles</p> <p>2/\$6</p> <p>save at least \$1.99 on 2 with your VIC card</p>	<p>7 oz. Bagel Bites</p> <p>2/\$4</p> <p>save at least \$1.19 on 2 with your VIC card</p>	<p>8 oz. Cool Whip Frozen Topping</p> <p>2/\$5</p> <p>save at least 49¢ on 2 with your VIC card</p>	<p>13.5 - 17.4 oz. TGI Fridays Frozen Appetizers</p> <p>5.99</p> <p>save at least \$1.30 each with your VIC card</p>	<p>8.8 - 10.7 oz. Lunchables Fun Pack!</p> <p>2/\$6</p> <p>save at least 99¢ on 2 with your VIC card</p>

Buy 2, Save \$10 INSTANTLY

when you purchase 2 participating P&G household items, with VIC Card*



*Valid 3/18/26 - 3/24/26. Limit 1 offer per transaction. All items must be purchased in the same transaction, with VIC Card. Participating items only. \$10 instant savings is applied to non-P&G basket items.

Buy 2 Save \$10 Instantly*



73-84 oz. Tide Liquid, 113 oz. Gain Liquid, 65 oz. Dreft Liquid, 25-42 ct Tide & Dreft Pods & Gain Flings Laundry Detergent 93/140 oz. Downy Liquid Fabric Enhancer

48 oz. Tide & Downy Rinse 18.2-19.4 oz. Downy & Dreft In-Wash Scent Beads 26-43 ct. Cascade ActionPacs Tub

8 Triple Roll/6 Mega Roll Bounty Paper Towels 12 Mega XL Roll Charmin Bath Tissue Super Pack Pampers Swaddlers & Baby Dry Diapers

4X Harris Teeter FUEL POINTS

ON DINING GIFT CARDS WITH DIGITAL COUPON

OFFER VALID 3/18 - 3/24/26



SCAN TO DOWNLOAD

redeem at Harris Teeter Fuel

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Live Naturally



BIG Savings on Produce

8 oz. Simple Truth Organic Animal Crackers

2 \$5 for

save big on 2 with your VIC card

12 oz. Simple Truth Organic Frozen Vegetables

2 \$5 for

save at least 98c on 2 with your VIC card

8.8 oz. Simple Truth Organic 90 Second Rice or 32 oz. Chicken Stock

2 \$5 for

save big on 2 with your VIC card

10 oz. Simple Truth Organic Frozen Fruit or 10 ct. Waffles

2 \$6 for

save big on 2 with your VIC card

8 pk. 12 oz. Simple Truth Organic Seltzer Water

2 \$6 for

save at least 98c on 2 with your VIC card

5 oz. Simple Truth Organic Parmesan Cheese Cup

2 \$6 for

save big on 2 with your VIC card

12 oz. Simple Truth Organic Honey or 24 oz. Steel Cut Oats

3.99

save big with your VIC card

100 oz. Liquid Simple Truth Organic Laundry Detergent

8.99

save at least \$2.00 each with your VIC card



Rich in Vitamins A, C, E and K



More Vitamin C than an Orange

Farmers Market Asparagus

2.99 per lb.

save big per lb. with your VIC card

Farmers Market Orange, Yellow or Red Bell Peppers or 8 oz. Whole or Sliced White Mushrooms

3 \$5 for

save big on 3 with your VIC card

Great Source of Vitamin D

Farmers Market Evercrisp or Fuji Apples

1.99 per lb.

save big per lb. with your VIC card

Farmers Market Bosc, Red or Bartlett Pears

2.79 per lb.

save big per lb. with your VIC card

6 oz. Farmers Market Blackberries or Raspberries

3.49 each

save big with your VIC card

Farmers Market Tree Ripe Peaches, Nectarines or Red or Black Plums

2.99 per lb.

save big per lb. with your VIC card

floral not available in all stores

Spring Colors Alstroemeria Bunches

\$5 each

save \$1.00 each with your VIC card

16 oz. Farmers Market Kiwi Mighties

2 for \$7

save big on 2 with your VIC card

5 lb. Bag Farmers Market Russet Potatoes

4.99 each

save big with your VIC card

Pint Sunset Wild Wonders, Angel Sweet or One Sweet Tomatoes

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

1 lb. Bag Farmers Market Brussels Sprouts

3.99 each

save big with your VIC card

Yellow Pom Bunch

\$5 each

save \$1.00 each with your VIC card

Assorted Colors and Recipes Fresh Start Bouquet

10.99 each

save \$2.00 each with your VIC card

every aisle. every day.

PRICED LOW

on items you use the most

5 lb. Bag Farmers Market Red Potatoes

3.99 each

8 oz. Fresh Express Leaf Spinach

1.99 each

3 lb. Bag Farmers Market Yellow Onions

1.99 each

16 oz. Glory Kale, Collards or Turnip Greens

2.99 each

big savings from our fresh foods market

Fresh Foods Market Cake Slices

2 for \$7

save at least 98c on 2 with your VIC card

Boar's Head Sweet Slice Ham

10.99 per lb.

save big per lb. with your VIC card

Fresh Foods Market Pane di Casa or Harvest Loaf

4.99 each

save at least \$2.00 each with your VIC card

5 oz. Assorted Varieties Stella Parmesan Cups

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

4 ct. Fresh Foods Market Muffins

\$5 each

save at least \$1.49 each with your VIC card

14 oz. Assorted Varieties Roberts Chicken Salad

8.99 each

save big with your VIC card

Prices In This Ad Effective March 18 - 24, 2026 In The Following Stores Only:

•FORT MILL •INDIAN LAND •ROCK HILL

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.



check out

OUR FRESH PICKS



12 oz.
Harris Teeter Plain English Muffins

2/\$5

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



1 ltr.
Simple Truth Organic Margarita Mix

6.99

save at least 30¢ each with your VIC card



10.5 oz.
Private Selection Cocktail Cherries

10.99

save at least \$2.00 each with your VIC card



30 - 32 oz.
HT Traders Jasmine Rice Canisters

4.99

save at least \$2.00 each with your VIC card



10.2 - 16 oz.
Harris Teeter Sugar Free Non-Dairy Creamer

2.99

save at least \$1.00 each with your VIC card



4 pk.
Private Selection Wisconsin Mac & Cheese

4.49

save at least \$2.00 each with your VIC card



12 oz.
Harris Teeter Wild Caught Solid White Albacore Tuna

2.99

save at least \$1.00 each with your VIC card



12 oz.
Simple Truth Protein Infused Water

2/\$7

save at least 98¢ on 2 with your VIC card



5 ct.
Simple Truth Protein Energy Bars

5.19

save at least 80¢ each with your VIC card



8 oz.
Private Selection New Zealand Butter

2/\$7

save big on 2 with your VIC card



8 ct.
Harris Teeter Sundae Cones

2/\$9

save big on 2 with your VIC card



9 oz.
HT Traders Fresh Filled Pasta

5.99

save big with your VIC card



16 oz.
HT Traders Fresh Pasta Sauce

6.99

save big with your VIC card



32 oz.
Simple Truth Organic Smoothie Blends

7.99

save big with your VIC card



12 pk.
Harris Teeter Fruit & Veggie Applesauce Pouches

6.99

save at least 90¢ each with your VIC card



7 oz.
Simple Truth Protein Cereal

6.99

save at least \$2.00 each with your VIC card



3 oz.
HT Traders Rubs or Spice Blends

3.99

save big with your VIC card



3 - 4 ct.
Harris Teeter Extra Strength Cleaning Erasers

3.99

save at least \$1.30 each with your VIC card



4 Double Roll
Harris Teeter Rugged & Reliable Paper Towels

6.49

save at least \$2.00 each with your VIC card



60 - 160 ct.
Harris Teeter Facial Tissues

4/\$5

save at least \$1.36 on 4 with your VIC card