

WED	THU	FRI	SAT	SUN	MON	TUE
8	9	10	11	12	13	14

Harris Teeter

YOUR NEIGHBORHOOD MARKET
Weekly Specials*

Value Pack
VIC SAVINGS

per lb.
New York Strip Steaks

11.99

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

Spring's
Freshest Picks



6 oz. Farmers Market
Raspberries or Blackberries

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

Value Pack
VIC SAVINGS

per lb.
93% Lean Ground Beef

6.99

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



16 oz. Farm Raised
31 - 40 ct. Tail On
Cooked Shrimp
or 16 oz. Wild Caught
41 - 50 ct. Tail Off
Peeled & Deveined
Raw Shrimp

BUY 2 GET 3 FREE
when you buy 5 with your VIC card or regular price each



Farmers Market
Red Seedless Grapes

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

limit
4
pkgs.

Smithfield Boston Butt

.99 per lb.

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

Hot or Cold

Fresh
Foods Market
Whole Subs

6.99 each
save big with your VIC card

6 ct.
Mini Seedless Cucumbers
or 10 oz.
NatureSweet Glory Tomatoes

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



Use your VIC card for more big savings!

12 oz. **Celsius Sparkling**,
28 oz. **Gatorade Sports Drink**,
1 - 1.25 ltr. **Pepsi**
or 1 ltr. **Propel Fitness Water**

BUY 2 GET 3 FREE
when you buy 5 with your VIC card or regular price each

15 - 15.5 oz.
Harris Teeter Black Beans

BUY 2 GET 2 FREE
when you buy 4 with your VIC card or regular price each



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

48 oz.
Mayfield Ice Cream
or 16 oz.
Private Selection Ice Cream or Sorbet

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

11 oz.
HT Traders Bag Coffee
or 10 ct. **Green Mountain K-Cup Coffee**

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

2.52 oz.
Oscar Mayer Fully Cooked
or 12 - 16 oz. **Sliced Bacon**

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

8 oz.
Tillamook Shredded Cheese

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

750 ml.
Hess Select Cabernet,
La Crema or
Kim Crawford

14.99 each
Drink Responsibly - Must be 21 to Purchase

eVIC Members Only Sale offers valid Thursday, APRIL 9 - Sunday, APRIL 12, 2026

Not an e-VIC Member? Register for e-VIC at www.harristeeter.com. VIC card/Alt ID and email address required. e-VIC status effective the first Wednesday after enrollment. Some restrictions apply.

eVIC members only weekly limit **16**
5.3 - 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
All items must be purchased in a single transaction with your VIC card.

eVIC members only weekly limit **6**
6 - 12 oz.
Lean Cuisine or Stouffer's Entrees

2.47
save at least \$3.18 over our already low VIC price when you buy 6
All items must be purchased in a single transaction with your VIC card.

eVIC members only weekly limit **4**
9.25 - 10.75 oz.
Doritos
8 oz. **Miss Vickie's** or 7 oz. **PopCorners**

2.97
save at least \$4.12 over our already low VIC price when you buy 4
All items must be purchased in a single transaction with your VIC card.

eVIC members only weekly limit **4**
12 pk.
White Claw, Truly, Happy Dad or Topo Chico Hard Seltzers

14.97
save at least \$4.08 over our already low price when you buy 4
All items must be purchased in a single transaction with your VIC card.

ALL MONTH LONG **SAVE 4X** **FRIDAY - SUNDAY** **FUEL POINTS** **Redeem at**

Offer valid weekends through April, 2026. Restrictions apply. Click here or see store for details.

* Supplies are limited

Prices good through April 14, 2026

WED	THU	FRI	SAT	SUN	MON	TUE
8	9	10	11	12	13	14

Celebrate Spring



8 pk. 12 oz.
Bubly Sparkling Water

BUY 1 GET 1 FREE

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



10 ct.
Lance Crackers

2 for \$6

when you buy 2 or regular price each

MUST PURCHASE 2

VIC SAVINGS

46 oz.
Tropicana Orange Juice



2 for \$7

save big on 2 with your VIC card

VIC SAVINGS

6.5 oz.
Kettle Chips
or 10 - 16 oz. **Snyder's Family Size, Specialty or Seasoned Pretzels**



2 for \$8

save big on 2 with your VIC card

VIC SAVINGS

750 ml.
Barefoot, Woodbridge or Yellow Tail



2 for \$12

Drink Responsibly - Must be 21 to Purchase

750 ml.
Noble Vines, Robert Mondavi Private Selection or Chateau Ste. Michelle



9.99

each

Drink Responsibly - Must be 21 to Purchase

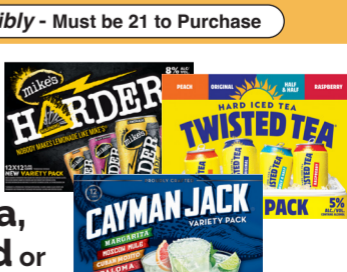
12 pk.
Bud Family, Miller Family, Coors Family or Yuengling



2 for \$22

Drink Responsibly - Must be 21 to Purchase

12 pk.
Twisted Tea, Mike's Hard or Cayman Jack



16.99

each

Drink Responsibly - Must be 21 to Purchase

Bakery

Specials

for the week



25.96 oz.

**Private Selection
Strawberry Bar Cake**

14.49

each

save at least 50¢ each with your VIC card



6 ct.

**Fresh Foods Market
Strawberry Cupcakes**

5.99

each

save at least 50¢ each with your VIC card



**Fresh Foods Market
Sliced Strawberry
Cream Cake**

5.99

each

save at least 50¢ each with your VIC card



1 ct.

**Bakery Fresh
Angel Food Cake**

4.99

each

save at least 50¢ each with your VIC card



**Fresh
Foods Market
8 inch Fresh Fruit Tart**

11.99

each

save at least \$1.00 each with your VIC card



Senior Discount Thursdays

Seniors 60 and older get a

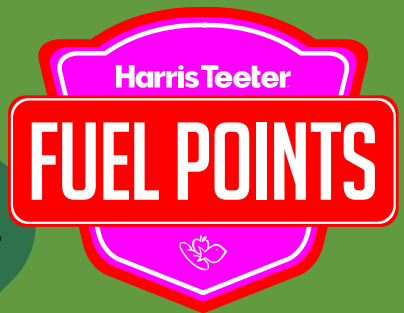
5% DISCOUNT

Please notify your cashier if you qualify

ALL MONTH LONG

SAVE UP TO \$1.00 PER GALLON

4X



FRIDAY - SUNDAY

[Download Coupon](#)

Redeem at



This offer is valid in the month of April 2026 only, with VIC card and digital coupon ONLY. Visit harristeeter.com for complete details. 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.

from our meat department

from our seafood department



per lb.
SMART
Family Pack
Boneless
Chicken Breast
5.49 VIC SAVINGS
save at least 50¢ per lb.
with your VIC card

SMART
Antibiotic Free
**Chicken Breasts
or Tenderloins**

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



16 oz.
Butterball
Farm to Family
Ground Turkey
5.49 each
save at least \$1.00 each
with your VIC card VIC SAVINGS



**85% Lean
Ground Beef**
6.49 per lb.
save big per lb.
with your VIC card VIC SAVINGS



Niman Ranch
Antibiotic Free
**Bone-In
Pork Chops**
5.99 per lb.
save at least \$1.00 per lb.
with your VIC card VIC SAVINGS



16 oz.
Villari Prime
**Pork Chops
or Pork Ribeye**
2 \$10
for
save big on 2
with your VIC card VIC SAVINGS



16 oz.
Perdue
**Ground
Chicken**
2 \$9
for
save big on 2
with your VIC card VIC SAVINGS



USDA Choice
**Boneless
Beef Brisket**
10.99 per lb.
save at least \$1.00 per lb.
with your VIC card VIC SAVINGS



7 - 9 oz.
**Hillshire Farm
Deli Shaved Lunchmeat**

7 - 9 oz.
**Hillshire Farm
Deli Shaved Lunchmeat**

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



14 - 16 oz.
Oscar Mayer
Franks
**BUY 1 GET 1
FREE**
each item rings at half price with your VIC card VIC SAVINGS



2.27 - 4.4 oz.
Lunchables
**BUY 2 GET 2
FREE**
when you buy 4 with your VIC card or regular price each VIC SAVINGS



22 - 24 oz.
Smithfield
Family Size or
Stack Pack Bacon
7.99 each
save at least \$5.00 each
with your VIC card VIC SAVINGS



16 - 17 oz.
Kevin's
**Chicken
Entrees**
8.99 each
save at least \$2.00 each
with your VIC card VIC SAVINGS



8 - 12 oz.
Butterball
**Turkey Patties,
Links or Bacon**
2 \$7
for
save big on 2
with your VIC card VIC SAVINGS



24 oz.
Wright Stack
Bacon
7.99 each
save at least \$5.00 each
with your VIC card VIC SAVINGS



19 oz.
Johnsonville
**Sausage
Links**
2 \$10
for
save at least \$5.98 on 2
with your VIC card VIC SAVINGS



17 - 20 oz.
Reser's
**Potatoes
or Sides**
2 \$8
for
save at least \$3.98 on 2
with your VIC card VIC SAVINGS

21 - 30 ct.
Fresh Wild Caught
White Shrimp

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

30 - 40 ct
Farm Raised
Scallops

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



2 lb. bag Fresh
Wild Caught
**Maine
Mahogany Clams**
7.99 each
save big
with your VIC card VIC SAVINGS



Wild Caught
**Patagonian
Bay Scallops**
8.99 per lb.
save big per lb.
with your VIC card VIC SAVINGS



Farm Raised
**Catfish
Fillets**
5.99 per lb.
save big per lb.
with your VIC card VIC SAVINGS



Wild Caught
Alaska Sockeye
**Salmon
Fillets**
15.99 per lb.
save big per lb.
with your VIC card VIC SAVINGS



5 oz.
Mediterranean
Salmon Portions
\$6 each
save big
with your VIC card VIC SAVINGS



51 - 60 ct.
Farm Raised
**EZ Peel
White Shrimp**
4.99 per lb.
save big per lb.
with your VIC card VIC SAVINGS



Wild Caught
Whole
**Dressed
Snapper**
8.99 per lb.
save big per lb.
with your VIC card VIC SAVINGS



8 oz. Luke's
**Lobster
Meals**
7.99 each
save big
with your VIC card VIC SAVINGS

from our grocery department



24 oz.
**Arnold
Wide Pan
Bread**
**BUY 1 GET 1
FREE**
each item rings at half price with your VIC card VIC SAVINGS



20.5 oz.
**Dave's
Killer Bread
Thin-Sliced**
5.49
save big with your VIC card VIC SAVINGS



3.1 - 3.2 oz.
**Chocolove
Bars**
2 \$7
for
save at least \$1.98 on 2 with your VIC card VIC SAVINGS



2.1 oz.
**HU
Chocolate Bars**
4.49
save at least \$1.00 each with your VIC card VIC SAVINGS



6 ct.
**Harris Teeter
Applesauce
or 4 ct. Fruit Cups**
2 \$5
for
save big on 2 with your VIC card VIC SAVINGS



12 oz.
**Charleston
Coffee Roasters**
8.99
save big with your VIC card VIC SAVINGS



12 - 20.9 oz.
Select Varieties
**Kellogg's
Large Size
Cereal**
**BUY 1 GET 1
FREE**
each item rings at half price with your VIC card VIC SAVINGS



8 ct.
**Kellogg's
Pop-Tarts**
2 \$5
for
save big on 2 with your VIC card VIC SAVINGS



18 - 18.7 oz.
**Harris Teeter
Raisin Bran or
12 oz. Honeybear**
2 \$6
for
save big on 2 with your VIC card VIC SAVINGS



28 - 32 oz.
**Hungry
Jack
Mixes**
2 \$6
for
save big on 2 with your VIC card VIC SAVINGS



6 ct.
**Junkless
Granola Bars**
3.79
save big with your VIC card VIC SAVINGS



10 - 13.25 oz.
Select Varieties
**Nature's Path
Organic Cereal**
3.99
save big with your VIC card VIC SAVINGS



32 oz.
**Pompeian
Olive Oil**
**BUY 1 GET 1
FREE**
each item rings at half price with your VIC card VIC SAVINGS



2 - 10.1 oz.
Select Varieties
Family Size
**Harris Teeter
Spices**
25% off
save big with your VIC card VIC SAVINGS



5 oz.
**Harris Teeter
Croutons**
4 \$5
for
save big on 4 with your VIC card VIC SAVINGS



15 oz.
**Wishbone
Salad Dressing
or 16 - 24 oz.
Vlasic Pickles**
2 \$5
for
save big on 2 with your VIC card VIC SAVINGS



14.5 oz.
**Hunt's or
10 oz. Rotel
Tomatoes**
4 \$5
for
save big on 4 with your VIC card VIC SAVINGS



18.6 - 18.8 oz.
**Campbell's
Chunky Soup**
2 \$5
for
save big on 2 with your VIC card VIC SAVINGS



128 - 150 oz.
**Purex
Laundry
Detergent**
9.99
save at least \$2.00 each with your VIC card VIC SAVINGS



105 ct.
**Bounce
Fabric
Softener Sheets**
4.99
save at least \$2.00 each with your VIC card VIC SAVINGS



18 oz.
**Dawn
Dish Detergent**
2.99
save at least 80¢ each with your VIC card VIC SAVINGS



23.6 oz.
**Febreze Fabric
Refresher Spray**
5.49
save at least \$1.50 each with your VIC card VIC SAVINGS



5 lb.
Select Varieties
**Blue Buffalo
Dry Cat Food**
20.99
save big with your VIC card VIC SAVINGS



14 - 16 oz.
**Full Moon
Dog Treats**
**BUY 1 GET 1
FREE**
each item rings at half price with your VIC card VIC SAVINGS

beverages

12 pk. 12 oz.
Pepsi Products
 or 8 pk. 12 oz.
Pepsi Prebiotic

BUY 2 GET 2 FREE

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

13.7 oz.
Starbucks Frappuccino

BUY 2 GET 2 FREE

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

16 oz.
Lipton Fusions

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

33.8 oz.
Harris Teeter Purified Drinking Water

1.19

save big with your VIC card

2 ltr.
Coca-Cola Products

4 \$10 for

save big on 4 with your VIC card

59 oz.
Gold Peak Tea

2 \$7 for

save big on 2 with your VIC card

6 pk. 16 oz.
Hint Flavored Water

6.99

save big with your VIC card

8 pk. 12 oz.
Topo Chico Sabores

8.49

save big with your VIC card

4 pk. 12 oz.
Red Bull Energy Drinks

9.99

save big with your VIC card

12 pk. 12 oz.
Alani Nu or Celsius

19.99

save big with your VIC card

snacks

5.9 - 6.6 oz.
Pepperidge Farm Goldfish

2 \$6 for

save at least \$1.38 on 2 with your VIC card

5.12 oz.
Frito-Lay Mini Canisters

2 \$6 for

save at least \$1.38 on 2 with your VIC card

8.8 - 15.25 oz.
Nabisco Oreo

2 \$7 for

save big on 2 with your VIC card

6.8 oz.
Nonni's Biscotti

2 \$7 for

save at least \$3.38 on 2 with your VIC card

7 - 10.1 oz.
 Select Varieties
Cape Cod, Waves or Late July Tortillas

2 \$8 for

save big on 2 with your VIC card

9.25 - 10 oz.
Fritos

2 \$8 for

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

5 - 7 oz. Milano or Sweet & Simple
Pepperidge Farm Cookies

2 \$9 for

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

11.25 - 14.75 oz.
Party Size Late July or Kettle Chips

4.99

save big with your VIC card

8.5 oz.
Calbee Harvest Snaps

5.79

save at least 70¢ each with your VIC card

8 oz.
Planters Cashew Halves & Pieces

5.99

save at least \$3.00 each with your VIC card

health & beauty

24 - 40 ct.
Claritin Allergy

3.00 off

save big with your VIC card

2.1 oz.
Think! Protein Bars

BUY 2 GET 1 FREE

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

3 pk.
Dial Bar Soap

1.50 off

save big with your VIC card

12 pk.
Premier Protein Shakes

28.99

save big with your VIC card

dairy and frozen

5.3 oz.
Fage Greek Yogurt

4 \$5 for

save big on 4 with your VIC card

16 oz.
Fage Sour Cream

2 \$4 for

save big on 2 with your VIC card

64 oz.
Almond Breeze Almondmilk

2 \$6 for

save big on 2 with your VIC card

4 pk.
Dannon Light + Fit Yogurt
 or 4 pk.
Animals Yogurt Pouches

3.99

save big with your VIC card

28 oz.
Starbucks Coffee Creamer

2 \$8 for

when you buy 2 or regular price each

MUST PURCHASE 2

16.5 oz.
Nestle Ready to Bake Cookies

2 \$8 for

save big on 2 with your VIC card

12 ct.
Nellie's Free Range Extra Large Eggs

4.99

save big with your VIC card

18.6 oz.
Stonyfield Organic Yogurt

2 \$10 for

save big on 2 with your VIC card

12 ct.
Pete & Gerry's Pasture Raised Eggs

4.99

save big with your VIC card

6 ct.
Fat Boy Novelties

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

17.31 oz.
Bellatoria Pizza

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

21.5 oz.
Yummy Chicken

BUY 1 GET 1 FREE

each item rings at half price with your VIC card

9 - 14 oz.
Healthy Choice Power Bowls or Entrees

2 \$7 for

save big on 2 with your VIC card

10.75 - 21 oz.
Birds Eye Voila! or Purple Carrot Entrees

2 \$8 for

save big on 2 with your VIC card

48 oz.
Tillamook Ice Cream

4.99

save big with your VIC card

16 oz.
Jeni's Ice Cream

2 \$12 for

save big on 2 with your VIC card

11.8 - 15.5 oz.
California Pizza Kitchen Pizza

6.99

save big with your VIC card

38 oz.
Stouffer's Entrees or Hot Pockets

8.99

save big with your VIC card

* Supplies are limited

Fresh Picks for a picnic lunch



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



28 oz.
**Harris Teeter
Baked Beans**
2/\$4
save at least 78¢ on 2
with your VIC card



52 - 59 oz.
**Harris Teeter
Lemonade**
2/\$5
save big on 2
with your VIC card



10 oz.
**Farmers Market
Italian Salad**
2.99
save at least 50¢ each
with your VIC card

8 oz.
**Simple Truth
Organic Hummus**
2.99
save big
with your VIC card



16 oz.
**Daisy
French Onion Dip**
2/\$6
save big on 2
with your VIC card



6 - 7.5 oz.
**Cracker Barrel
Snacking Cheese**
2/\$6
save big on 2
with your VIC card



12 pk. 12 oz.
**Harris Teeter
Mixers or Seltzers**
4.29
save big
with your VIC card



**Private Selection
Brioche Hamburger
or Hot Dog Buns**
3.99
save at least 50¢ each
with your VIC card



8 ct.
**Sara Lee
Artesano Buns**
3.99
save big
with your VIC card



10 - 20.6 oz.
**Nabisco
Family Size
Snack Crackers,
Ritz or Toasted Chips**
2/\$8
save big on 2
with your VIC card



7.3 - 7.5 oz.
Maille Mustard
4.49
save big
with your VIC card



10 ct.
**Cape Cod or
Snyder's Pretzels
Multipacks**
5.99
save big
with your VIC card



4 pk.
Olipop Soda
8.49
save big
with your VIC card



40 - 50 ct.
**Harris Teeter
10" Everyday
or Ultra Plates**
5.49
save at least \$1.20 each
with your VIC card

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



1 ct.
**Harris Teeter
Reusable Bags**
1.29
save big
with your VIC card



24 pk.
**Natural Light, Miller High Life
or Pabst Blue Ribbon**
16.99 each
Drink Responsibly - Must be 21 to Purchase

Emerging Brands



15.2 oz.
Lemon Perfect
2/\$4
save big on 2
with your VIC card



12 oz.
Cali Water
2/\$4
save big on 2
with your VIC card



12 oz.
Recess
2/\$5
save big on 2
with your VIC card



4 oz.
Mary's Gone Crackers
3.99
save at least \$1.00 each
with your VIC card



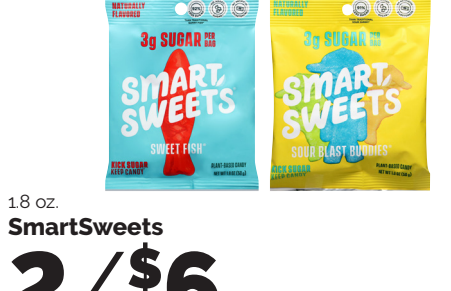
4.8 - 5.3 oz.
**Elan
Nut Mix**
2/\$9
save big on 2
with your VIC card



14 oz.
**Yasso
Frozen Greek Yogurt**
4.99
save big
with your VIC card



5 - 7 oz.
**Quinn
Filled Pretzels**
4.99
save at least \$1.00 each
with your VIC card



1.8 oz.
SmartSweets
2/\$6
save big on 2
with your VIC card



7 ct.
**Water Boy
Hydration**
2.00 off
save big
with your VIC card



8.8 oz.
Drizzlicious Multipack
10.99
save at least \$3.00 each
with your VIC card



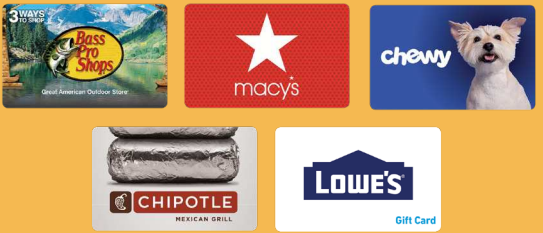
9.2 oz.
Chomps Jerky
17.99
save at least \$2.00 each
with your VIC card



12 - 15 lb.
**Cat's Pride
Cat Litter**
9.99
save at least 60¢ each
with your VIC card



**ON GIFT CARDS
WITH DIGITAL COUPON**
OFFER VALID 4/8 - 4/21/26



SCAN TO
DOWNLOAD

redeem at
Harris Teeter
bp
AMCO

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 Pathward®. N.A. Member FDIC, pursuant to a license by Mastercard International Incorporated. Mastercard and the circles design are registered trademarks of Mastercard International Incorporated. No cash access.

* Supplies are limited



Keep spring routines fresh

*Kimberly-Clark

18 - 32 ct
Huggies Little Snugglers or Little Movers

3.00 off

save big with your VIC card

30 - 32 ct
Kotex Tampons

1.50 off

save big with your VIC card

9 - 23 ct
Goodnites or Pull-Ups Training Pants

2.00 off

save big with your VIC card

66 - 104 ct
Huggies Snug & Dry Box Diapers

5.00 off

save big with your VIC card

168 ct
Cottonelle Flushable Wipes

6.99

save at least \$2.00 each with your VIC card

14 - 50 ct
Poise Liners

2/\$12

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

56 ct
Huggies Baby Wipes

50¢ off

save big with your VIC card

6 Triple Roll
Viva Paper Towels

15.99

save at least \$3.00 each with your VIC card

12 Double Roll
Scott Comfort Plus Bath Tissue

4.99

save at least \$2.30 each with your VIC card

55 - 70 ct
Kleenex Facial Tissues

3/\$5

save at least 62¢ on 3 with your VIC card

12 ct
Scott 1000 Bath Tissue

9.99

save at least \$3.70 each with your VIC card

60 ct
Kleenex Hand Towels

2.99

save at least \$2.00 each with your VIC card

eVIC members only weekly limit 4

12 - 38 ct
Kotex Pads or Liners

3.97

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

non-e-vic member price **4.99**

eVIC members only weekly limit 4

6 Mega Roll
Cottonelle Bath Tissue

5.97

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

non-e-vic member price **6.99**

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



Canned Goods simply heat and eat

14.5 - 15.25 oz
Harris Teeter Sliced Peaches

3/\$5

save big on 3 with your VIC card

28 oz
Private Selection San Marzano Style Tomatoes

2/\$4

save at least \$1.58 on 2 with your VIC card

40.5 oz
Hanover Kidney or Black Beans

2.99

save big with your VIC card

13.5 oz
Popeye Spinach

3/\$5

save big on 3 with your VIC card

14.5 - 15 oz
Margaret Holmes Specialty Vegetables

3/\$5

save big on 3 with your VIC card

14.5 oz
Glory Fried Apples

2/\$4

save big on 2 with your VIC card

5 oz
Bumble Bee Solid White Albacore Tuna

2/\$4

save big on 2 with your VIC card

16 oz
Bush's Baked Beans

2/\$4

save big on 2 with your VIC card

14.5 - 15.25 oz
Green Giant Canned Vegetables

2/\$3

save big on 2 with your VIC card

5 oz
Wild Planet No Salt Albacore Tuna

2/\$8

save big on 2 with your VIC card

12 oz
Spam

2/\$7

save big on 2 with your VIC card

Higher Score, Healthier Choice

• Items scored from 1-100 • Aim for OptUP™ score of 600

80+

GREEN
Lead up on these foods.

50-79

LIGHT GREEN
A great choice.

20-49

YELLOW
These foods fall somewhere in the middle.

1-19

RED
Enjoy these foods mindfully and in smaller portions.

Happier, Healthier
with Harris Teeter

Some restrictions apply. See pharmacist for details.

Learn More

* Supplies are limited

5-50 5-50 5-50 5-50

Long term Savings



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

NEW

Long term

VIC SAVINGS

Savings

1 oz. Harris Teeter Ranch Salad Dressing Mix or Dip Mix

.99

save at least 50¢ each with your VIC card

12 oz. Harris Teeter Sweet or Dill Salad Cubes

2 \$3 for

save at least 98¢ on 2 with your VIC card

8 oz. Harris Teeter Crescent Dinner Rolls

2 \$4 for

save at least 78¢ on 2 with your VIC card

8 ct. Welch's Fruit 'n Yogurt Snacks

2 \$5 for

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

15 oz. Dole Mandarin Oranges

2 \$5 for

save at least 98¢ on 2 with your VIC card

12 oz. Jet-Puffed Marshmallows

2 \$4 for

save big on 2 with your VIC card

22 oz. Pagoda Chicken Egg Rolls

3 \$10 for

save big on 3 with your VIC card

24 oz. Daisy Sour Cream

3.69

save at least 80¢ each with your VIC card

21 - 22 oz. Lucky Leaf Pie Filling

3.99

save big with your VIC card

16 oz. HT Traders Pizza Sauce

3.69

save at least 30¢ each with your VIC card

2 - 3 oz. HT Traders Rubs or Seasoning Blends

3.99

save at least 50¢ each with your VIC card

32 oz. Private Selection Chai Spice Black Tea Latte

3.99

save at least \$1.00 each with your VIC card

12 - 14.4 oz. Nabisco Honey Maid Graham Crackers

2 \$8 for

save big on 2 with your VIC card

52 oz. Harris Teeter Orange Juice

4.49

save at least 50¢ each with your VIC card

11 oz. Nabisco Nilla Wafers

2 \$9 for

save big on 2 with your VIC card

12 pk. 12 oz. Harris Teeter Cola

4.99

save at least \$2.00 each with your VIC card

2.12 oz. Simple Truth Freeze Dried Variety

5.99

save big with your VIC card

8.5 oz. Colavita Extra Virgin Olive Oil

6.99

save at least \$1.50 each with your VIC card

13.8 oz. Private Selection Classic Collection Crackers

6.99

save at least 30¢ each with your VIC card

19.5 oz. Harris Teeter Munchie Mix

6.99

save at least \$1.00 each with your VIC card

7 oz. Simple Truth Protein Grain Free Cereal

6.99

save at least \$2.00 each with your VIC card

80 ct. Harris Teeter Tall Kitchen Flap Trash Bags

7.69

save at least 70¢ each with your VIC card

154 ct. Dixie 9 inch Everyday Plates

7.99

save big with your VIC card

8 lb. Harris Teeter Hardwood Briquets

7.99

save at least \$1.00 each with your VIC card

24 ct. Mega Roll Cottonelle Bath Tissue

19.99

save at least \$4.00 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.
J Vineyards
Multi-Appellation Pinot Noir

21.99 each

HOT DEAL!



750 ml.
Sonoma-Cutrer
Chardonnay

25.99 each



6 pk.
Sierra Nevada, New Belgium or Wicked Weed

10.99 each

HOT DEAL!



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

14.99 each

HOT DEAL!



750 ml.
Castello del Poggio or **Line 39** Cabernet

9.99 each



750 ml.
Franciscan Cabernet or **Starborough** Sauvignon Blanc

11.99 each



750 ml.
Imagery Pinot Noir or **Acrobat** Pinot Gris

12.99 each



750 ml.
Justin Cabernet or **Daou** Cabernet

25.99 each



6 pk.
Corona, Heineken, Stella Artois or Modelo

9.99 each



12 pk. or 24 pk.
Lone River or Athletic or **Busch Light**

17.99 each



12 pk.
Lagunitas, Kona or Red Stripe

15.99 each



12 pk.
NoDa

17.99 each

SUPPORT YOUR LOCAL BREWERY



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



Value Pack
Chicken Leg Quarters

1.79 per lb.



Value Pack
Assorted Bone-In Pork Chops

3.99 per lb.



Value Pack
Chuck Tender Steak

6.99 per lb.



Farmers Market Large Lemons or Navel Oranges

4 for \$2



Farmers Market Jumbo Cantaloupes

2 for \$5



Farmers Market Pink Lady Apples

1.99 per lb.



2 lb. Bag Wild Caught 16 - 20 ct. **Argentine Shrimp**

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



8 oz. **Locatelli Grated Pecorino Romano Cheese**

10.99 each



17.6 oz. Tuscan, Multigrain & Sourdough **Backerhaus Sliced Loaves**

4.59 each

Live Naturally

7.51 oz. Simple Truth Organic Mini Cheese Crackers **3.99**
save \$1.00 each with your VIC card

17 oz. Simple Truth Organic Roasted Seaweed Snacks **5 \$5**
save at least \$1.45 on 5 with your VIC card

16 oz. Simple Truth Organic Pasta **2 \$3**
save at least 98c on 2 with your VIC card

16 oz. Simple Truth Organic Peanut Butter or 16.5 oz. Spreads **4.49**
save big with your VIC card

32 oz. Simple Truth Organic 100% Juice **4.99**
save at least \$1.00 each with your VIC card

12 ct. Egglands Best Organic Pasture Raised Eggs **6.99**
save big with your VIC card

32 oz. Lakewood Organic Pure Aloe, Lemon or Lime Juice **6.99**
save big with your VIC card

25.5 oz. Simple Truth Organic Express Canola or Vegetable Oil **4.49**
save big with your VIC card

5 ct. Simple Truth Paper Lawn & Leaf Bags **2/\$6**
save \$2.38 on 2 with your VIC card

20 ct. Simple Truth Triple Power Dish Pacs **3.99**
save at least \$1.50 each with your VIC card

Springtime Produce

Great Savings on Fresh Fruit and Vegetables

Tomatoes - Excellent Source of Vitamin C & K Improved Heart Health

Farmers Market **Red Roma or Beefsteak Tomatoes** **1.79** per lb.
save big per lb. with your VIC card

Cucumbers - Support Hydration and Promotes Gut Health

Farmers Market **Cucumbers or Green Bell Peppers** **BUY 1 GET 1 FREE**
each item rings at half price with your VIC card

Bell Peppers - Support Immune System Health

Farmers Market **Gala Apples** **1.99** per lb.
save big per lb. with your VIC card

1 lb. Bag Farmers Market **Whole Carrots** **.99** each
save big with your VIC card

Farmers Market **Broccoli Crowns** **1.99** per lb.
save big per lb. with your VIC card

Farmers Market **Sunset Flavor Bombs Tomatoes** **3.99** each
save big with your VIC card

Farmers Market **Yellow or Zucchini Squash** **1.79** per lb.
save big per lb. with your VIC card

12 oz. **Lenny Boy Kombucha** **BUY 1 GET 1 FREE**
each item rings at half price with your VIC card

1 lb. Farmers Market **Strawberries** **3 for \$10**
save big on 3 with your VIC card

8 oz. Farmers Market **Whole or Sliced White Mushrooms** **3 for \$5**
save big on 3 with your VIC card

floral not available in all stores
National Siblings Day is April 10th

Kinship Bouquet **12.99** each
save big

Assorted Colors **Asiatic Lily Bunches** **9.99** each
save at least \$1.01 each with your VIC card

Passover Favorites

Fresh Savings for your Holiday Celebrations

Farmers Market **Bunched Italian or Curly Parsley** **2 for \$3**
save big on 2 with your VIC card

Farmers Market **Red Bunched Beets** **3.99** each
save big with your VIC card

Farmers Market **Bulk Parsnips** **2.99** per lb.
save big per lb. with your VIC card

8" Pot **8" Pot Hanging Basket Fern Plants** **16.99** each
save at least \$3.00 each with your VIC card

Farmers Market **Horseradish Root** **5.99** per lb.
save big per lb. with your VIC card

Farmers Market **Envy Apples** **2.99** per lb.
save big per lb. with your VIC card

Farmers Market **Endive or Escarole** **1.99** each
save big with your VIC card

big savings from our fresh foods market

4 ct. Fresh Foods Market **Muffins** **\$5** each
save at least \$1.49 each with your VIC card

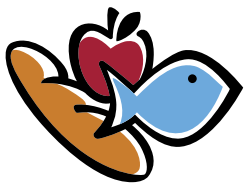
Boar's Head **Maple Glazed Honey Coat Turkey Breast** **13.99** per lb.
save big per lb. with your VIC card

Fresh Foods Market **Artisan Half Loaves** **2 for \$6**
save at least \$1.98 on 2 with your VIC card

8 oz. **Galbani Fresh or Sliced Mozzarella Ball** **BUY 1 GET 1 FREE**
each item rings at half price with your VIC card

48 - 54 oz. **HT Traders Cakes** **19.99** each
save at least \$3.00 each with your VIC card

3 oz. Assorted Varieties **Citterio Rollino** **3.99** each
save big with your VIC card



Harris Teeter
YOUR NEIGHBORHOOD MARKET

WEEKLY SPECIALS*

PRICES VALID THROUGH 4.14.26

* Supplies are limited



Harris Teeter

Harris Teeter, An Official Grocery Store of Charlotte FC



27 oz.
**General Mills
Cinnamon
Toast Crunch**
or 26.1 oz.
**Lucky Charms
Giant Size Cereal**

6.99

save at least \$2.00 each with your VIC card



2 ltr.
Coca-Cola Products

4/\$10

save at least \$1.99 on 4 with your VIC card



12 oz.
**ZOA
Zero Sugar
Energy Drink**

4/\$7

save at least 74¢ on 4 with your VIC card



30 oz.
**All Free & Clear
Liquid Laundry Detergent**

2/\$10

save big on 2 with your VIC card

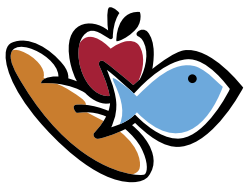


84 oz.
**Persil Original
Liquid Laundry Detergent**

13.99

save big with your VIC card





Simple prep, big taste



14.5 oz.
**Margaret Holmes
Vegetables**

3/\$5

save big on 3 with your VIC card



13.5 oz.
Popeye Spinach

3/\$5

save big on 3 with your VIC card



15 oz.
**Margaret Holmes
Blackeye Peas**

3/\$5

save big on 3 with your VIC card



14 oz.
**Margaret Holmes
Collard Greens**

3/\$5

save big on 3 with your VIC card



15 oz.
**Le Sueur
Early Peas**

2/\$4

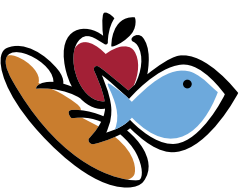
save big on 2 with your VIC card



14.5 oz.
**Glory
Fried Apples**

2/\$4

save big on 2 with your VIC card



Harris Teeter
YOUR NEIGHBORHOOD MARKET

WEEKLY SPECIALS*

PRICES VALID THROUGH 4.14.26

* Supplies are limited



Bring on the spring-cleaning sparkle



22 oz.
CLR
Calcium, Lime,
Rust Remover

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



32 oz.
CLR
Mold & Mildew
Foaming Stain Remover

**BUY 1 GET 1
FREE**

each item rings at half price with your VIC card



28 oz.
Method
All Purpose Cleaner

3.99

save at least \$1.20 each with your VIC card



10 - 12 oz.
Method
Liquid Hand Soap

2/\$7

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



33 oz.
Mrs. Meyer's
Hand Soap Refill

**1.20
off**

save big with your VIC card



28 oz.
Method
Daily Shower Spray

3.99

save at least \$1.00 each with your VIC card



21 - 32 ct.
Finish Ultimate,
Power or Quantum Dish Tabs

8.99

save at least \$3.00 each with your VIC card



80 ct.
Lysol
Disinfecting Wipes

4.99

save at least \$1.70 each with your VIC card



24 oz.
Lysol
Toilet Bowl Cleaner

2.69

save at least 60¢ each with your VIC card



32 oz.
Lysol
All Purpose Cleaner

3.99

save at least \$1.00 each with your VIC card



19 oz.
Lysol
Disinfectant Spray

7.29

save at least \$2.20 each with your VIC card



6 Triple Roll
Brawny Paper Towels

17.99

save at least \$3.00 each with your VIC card



Fresh new looks & flavors you love



64 oz.
Harris Teeter
 100% Juice

3.99

save at least 30¢ each with your VIC card



32 oz.
Harris Teeter
 Mixed Nuts or Cashews

12.99

save at least \$2.00 each with your VIC card



6 ct.
Simple Truth
 Protein Egg Bites
 or 32 oz.
Simple Truth Organic
 Smoothie Blends

7.49

save big with your VIC card



48 ct.
Harris Teeter
 Everyday Cutlery

2/\$4

save at least \$1.38 on 2 with your VIC card



3 - 4 ct.
Harris Teeter
 Extra Strength
 Cleaning Erasers

4.49

save at least 80¢ each with your VIC card



6 Double Roll
Harris Teeter
 Paper Towels

6.49

save at least \$2.00 each with your VIC card



6 Double Roll
Harris Teeter
 Ultra Paper Towels

9.99

save at least \$3.20 each with your VIC card



12 Mega Roll
Harris Teeter
 Ultra Soft or
 Strong Bath Tissue

9.99

save at least \$3.50 each with your VIC card



5 oz.
Simple Truth Protein
 Greek Yogurt Granola Bars

2/\$6

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



4.25 oz.
Simple Truth
 Protein Crisp Crackers

2/\$8

save big on 2 with your VIC card



16 oz.
Harris Teeter
 Farro Rice

5.39

save at least 60¢ each with your VIC card



8 oz.
Private Selection
 New Zealand Butter

2/\$7

save big on 2 with your VIC card



2.5 oz.
Harris Teeter
 Pink Salmon
 Skinless Boneless Pouch

2/\$3

save at least 38¢ on 2 with your VIC card



10 oz.
Harris Teeter
 Diced Tomatoes
 with Habanero

.99

save big with your VIC card



5 oz.
Harris Teeter
 Premium White
 Chicken Salad

2/\$3

save at least 78¢ on 2 with your VIC card



12 oz.
Harris Teeter
 Solid White
 Albacore Tuna

2.99

save at least \$1.00 each with your VIC card