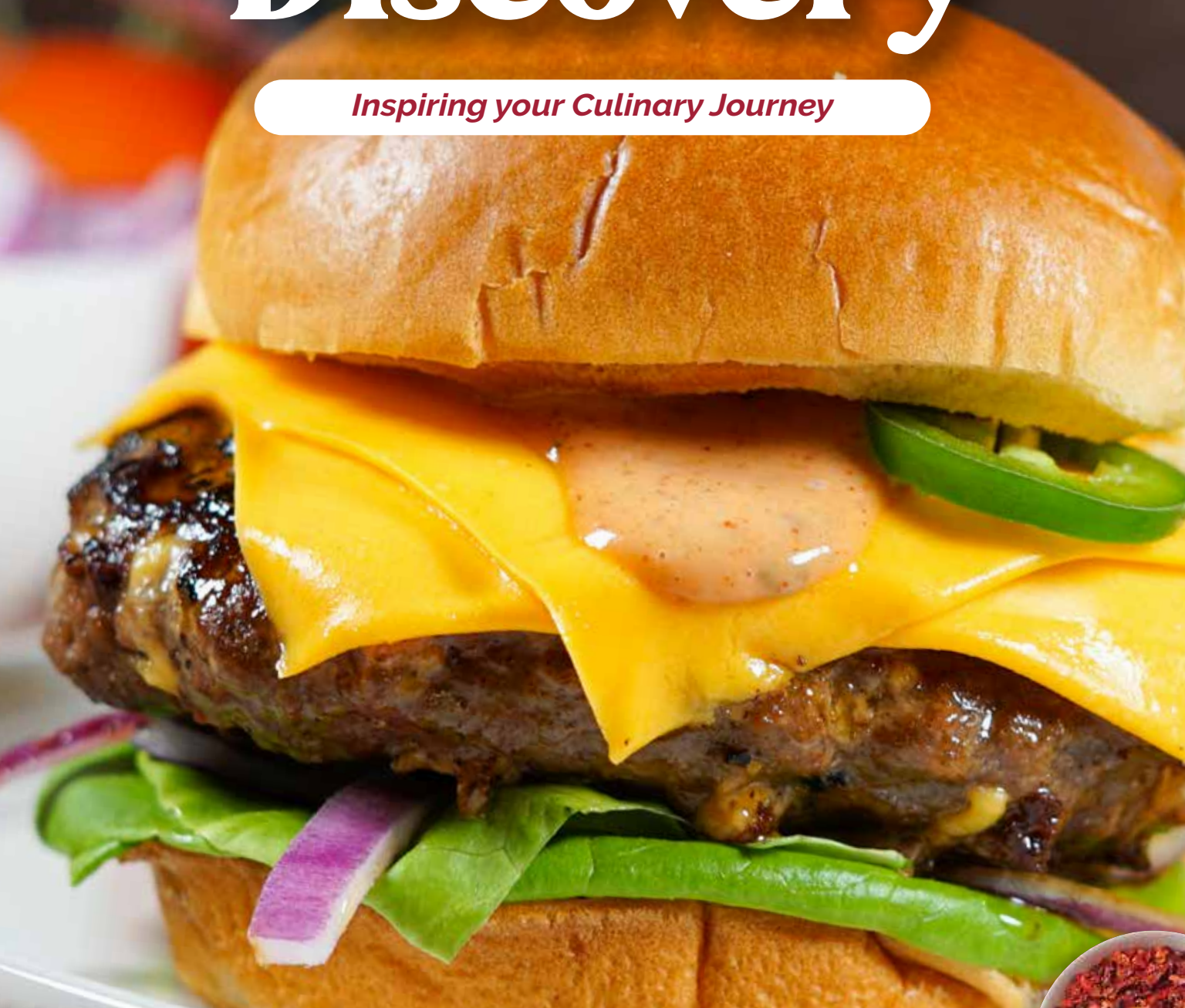




Harris Teeter

# Discovery

*Inspiring your Culinary Journey*



**Get Ready  
for  
Summer**

- Grilling and Fiery Recipes inside!
- Check out some new products
- Long Term Savings on everyday items
- Celebrate Mom!

April 22 - May 19, 2026

# Spark up Your Summer

# Light up every backyard gathering



## Your Grill-ready Checklist

- Burgers
- Hot dogs
- Brats
- Chicken
- Pork ribs
- Buns
- Corn on the cob
- Bamboo skewers
- Grill-ready veggies
- Chips and dips
- Side salads
- Beverages



Find your next signature dish! Scan here.



## Discover a world of fiery flavors

MAKE IT  
**Firecracker**  
ADD FIERY  
FLAVOR!



Firecracker General Tso's Chicken



Firecracker Mocktail



Scan here to ignite bold flavor with Firecracker-infused recipes.

# Discover Inspiration

Check out what's **NEW**

Late July® Chips Now Made With Avocado Oil



50 Grams of protein in one serving



Add creamy pint-sized perfection to your cart!



High in Protein, Good Source of Omega-3



Organic, Simple ingredients, great taste!



Real Fruit Juice with Electrolytes



Granola With Protein & Fiber (Without All the Sugar!)



It's so easy... ready in just 7 minutes! No mess. No Stress. Just effortless mealtime wins - no prep needed.



New take on OEP Taco Sauces with Better Taste, Texture & Packaging!



Fluoride Free Toothpaste: Whitens, Cleans, Freshens



Protection designed for you!

# Discover Fresh and Organic

Prices good April 22, - May 19, 2026



10 oz.  
Verde Organic  
Ribeye Steak

**13.99**  
each



2 lb. bag  
Envy  
Apples

**4.99**  
each



Organic  
Fuji or Pink Lady  
Apples

**2.99**  
per lb.



2 lb. bag  
Organic  
Green Pears

**4.99**  
each



2 lb. bag  
Simple Truth Organic  
Vidalia Onions

**3.99**  
each



Simple Truth Organic  
Broccoli

**2 for \$7**



2 oz.  
Suja Organic  
Wellness Shots

**2 for \$5**



3 oz.  
Simple Truth Organic  
Basil

**4.99**  
each



Organic Hot House  
Bunch Tomatoes

**2.79**  
per lb.



Organic Hot House  
Cucumbers

**2 for \$5**



.5 oz. Simple Truth Organic  
Mint, Cilantro  
or Rosemary

**2 for \$4**



2 ct.  
Simple Truth Organic  
Peppers

**3.99**  
each



16 oz.  
Tote Organic  
Roma Tomatoes

**3.49**  
each



4 lb. bag  
Simple Truth Organic  
Oranges

**7.99**  
each



8 oz.  
Simple Truth Organic  
White Mushrooms

**2 for \$7**



Organic Girl  
Big Butter Lettuce

**2.99**  
each



7 oz. Simple Truth Organic  
Sesame Ginger or Teriyaki  
Baked Tofu

**4.29**  
each



18 oz.  
Simple Truth Organic  
Blueberries

**8.99**  
each

# Advice from Our Dietitians

**“When choosing grab-and-go snacks, what should I look for on the label to make sure they’re truly healthy and not just “free-from” or organic in name only?”**

A healthy snack should provide nourishment and sustained energy, not just marketing appeal. Start by checking the Nutrition Facts label. Look for snacks with a short ingredient list made mostly of recognizable, whole-food ingredients.

Prioritize products that contain a balance of protein, fiber, and healthy fats, as these help with satiety and blood sugar control. Pay close attention to added sugar. Aim for snacks with little to no added sugar, or at least less than 7 grams per serving, depending on portion size. Check the ingredient list for hidden sugars such as cane syrup, rice syrup, or fruit juice concentrates.

Sodium is another key factor. Consider options with lower sodium, especially in savory snacks. Finally, look for meaningful nutrient content such as fiber (at least 3 grams), protein (5 grams or more), and unsaturated fats rather than highly refined carbohydrates.



## Better choices made easy

Look for these icons in store to help you eat, live and feel your best.



LEARN MORE



Feel **Happier, Healthier** with some of our favorite brands!



KANZEN MEAL - nutrient-dense comfort foods.



Fresh & Healthy Snack



8g Fiber, including  
6g Prebiotics.  
0g Added Sugar.



Fast-acting, 24-hour allergy relief medicine.



Olay Complete Facial Moisturizer  
Science-Backed. Skin-Approved.

**Happier,  
Healthier**  
with Harris Teeter

Through regenerative farming practices, **Rainier Fruit** nurtures the land with natural processes while producing fruit of exceptional quality.



Driven by nature and her powerful partners.

# Celebration of Flavors

**World  
Flavors**  
Mexican  
inspired



## Skillet Huevos Rancheros

### Ingredients:

3 Tbsp. olive oil, divided  
1 onion, diced  
3 roma tomatoes, diced  
1 jalapeno, diced  
1 tsp. chili powder  
1 can pinto beans, undrained

¼ cup water  
Salt and pepper, to taste  
4 large eggs  
4 soft taco tortillas  
Serve with: cotija cheese, avocado, cilantro, jalapeno slices, and lime wedges

### Directions:

1. Add 1 Tbsp. oil to a large skillet. Heat over medium high heat, then fry each tortilla until golden on each side. Add another tablespoon of oil as needed.
2. If all of the oil has been absorbed while frying the tortillas, add the remaining tablespoon of olive oil. Warm over medium-high heat, then add the onion, diced tomatoes, jalapeno, chili powder, and salt and pepper to taste.
3. Cook, stirring often, until the veggies are softened, about 8-10 minutes. Add the pinto beans and water and stir to combine. Cook for another 8-10 minutes until the sauce is thick and veggies are tender.
4. Use the back of the spoon to make four wells and crack an egg into each. Reduce the heat to medium low and cover. Cook for 8-12 minutes or until the whites are set and yolks are still runny.
5. Serve the beans and eggs on top of the fried tortillas and garnish as desired.



Discover a new way to sparkling water with Topo Chico Sabores or Grab a taste of celebración.

### El Monterey Classic Burritos & Chimichangas



Delicious out of the air fryer, oven or microwave so it's easy to fit bold Mexican flavor into your busy life.



Mexican is Herdez



Farmed in the USA  
High Quality



Keeping prices lower, longer, on 1,000s of items you buy every day.



16 oz.  
Private Selection Raw  
Wildflower Honey

**5.99** each



15 oz.  
Harris Teeter Peaches or  
Lite Fruit Cocktail

3 for **\$5**



12 ct.  
Harris Teeter House Blend  
Decaf Coffee K-Cups

2 for **\$9**



74 oz.  
Harris Teeter Sweet & Salty  
Almond Granola Bars

2 for **\$5**



30 - 50 ct.  
Harris Teeter  
Sandwich Bags

2 for **\$4**



11 - 13 oz.  
Harris Teeter  
Cereals

2 for **\$5**



12.5 oz.  
HT Traders Grade A  
Amber Maple Syrup

**5.49** each



15.1 oz.  
Harris Teeter  
Instant Oatmeal

2 for **\$4**



16 oz.  
Harris Teeter No Stir Creamy  
Almond Butter

**7.49** each



10.2 oz.  
Harris Teeter Strawberry  
Toaster Pastry

**1.79** each

# Discover Inspiration



## Treats for Mom

Sunday, May 10

Celebrate Mom this year with chocolate dipped strawberries, breakfast in bed with mimosas or a big bouquet of her favorite flowers... all found at your local Harris Teeter!



We're looking forward to summer and all the tasty treats that it brings with it. Whether you are firing up the grill for the first time, celebrating someone special or just soaking up the sun we have what you need to make it delicious!

## Celebrate Cinco de Mayo

Tuesday, May 5





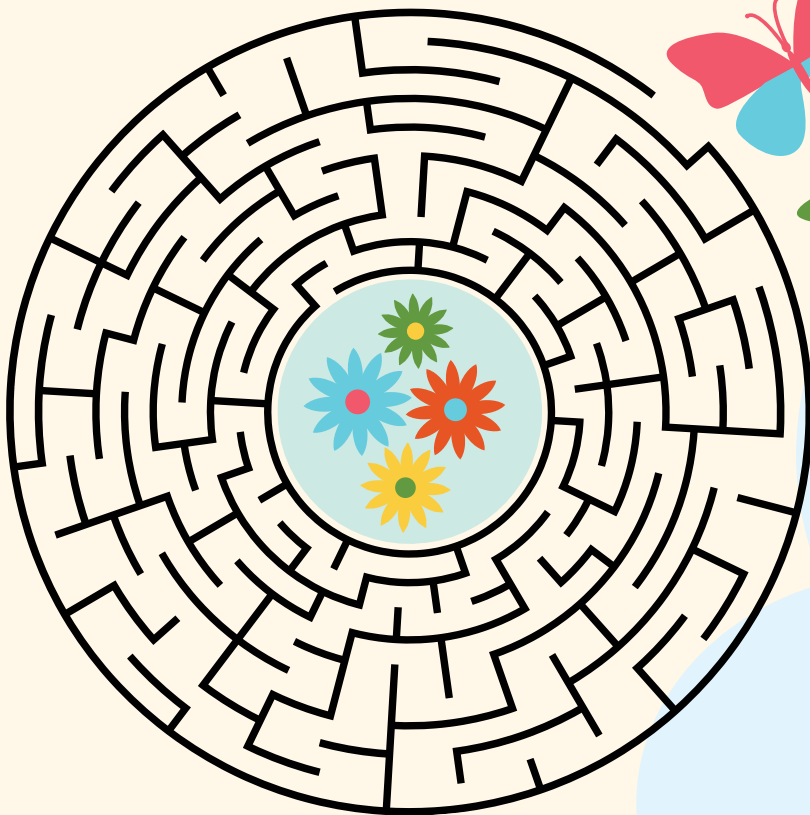
**Harris Teeter**  
YOUR NEIGHBORHOOD MARKET

**Discover fun!**

**KIDS GET A  
FREE  
COOKIE  
IN THE  
BAKERY**



Help the butterflies find the flowers!



Find all the month of May words

EARTH  
BUTTERFLY  
FLOWER  
PLANT

BASEBALL  
BIKE  
GARDEN  
KITE

F	Y	W	K	E	A	R	T	H	S	S
B	N	J	H	J	N	I	K	O	P	S
C	T	W	U	Y	C	B	I	E	R	I
B	U	T	T	E	R	F	L	Y	F	V
A	T	E	Y	O	K	L	E	S	O	P
S	A	B	U	I	E	O	X	C	B	L
E	Q	I	J	N	L	W	S	E	O	A
B	F	K	M	Y	O	E	I	A	N	N
A	F	E	Y	G	A	R	D	E	N	T
L	I	D	Z	I	A	F	L	E	D	G
L	T	L	E	P	U	K	I	T	E	H

**HT Plus** an **EASIER** way to save

Visit [harristeeter.com/htplus](http://harristeeter.com/htplus) to explore benefits and join today!

**2X** 

Earn 2 Fuel Points for every \$1 spent on eligible groceries and general merchandise.\*

unlimited  
**FREE**  
delivery

Get unlimited FREE delivery\*\* on orders of \$35 or more.



Get Disney+, Hulu, or ESPN+ (All with Ads) on us with your Annual HT Plus membership.<sup>1</sup>

Exclusive access to over

**\$100** in  
savings

Access to members-only exclusive savings offers and perks. \*\*\*

\* \$1 in spending - 1 Fuel Point + 1 bonus Fuel Point on qualifying purchases made in-store, curbside pickup, and delivery. Gift cards, adult beverages, tobacco products, pharmacy prescriptions, Ship, Vitacost, homechef.com, murrayscheese.com, Fuel purchases, are excluded from HT Plus Fuel Points benefits.

\*\* \$35 order minimum. Restrictions apply. Subject to availability. Delivery time not guaranteed.

\*\*\* Eligible subs only. Restrictions Apply. See retailer site for details.

\*\*\*\* HT Plus members get access to \$100 in Exclusive Savings over a 12-month period