

Harris Teeter

WEEKLY SPECIALS™

Prices good through January 24, 2023

18	19	20	21	22	23	24

Fruits & Chile

VALUE PACK

Harris Teeter Boneless Chicken Breast
Save big per lb. with your VIC card

PER POUND 1.79

Farmers Market Red Cherries
Save big per lb. with your VIC card

PER POUND 2.99

Smithfield All Natural Pork Baby Back Ribs

PER POUND

buy one get one free

Farm Raised 16 - 20 oz. Peeled & Deveined White Shrimp or Wild Caught Alaska Sockeye Salmon Fillets
Save big per lb. with your VIC card

PER POUND 8.99

9.1 - 12.3 oz. Assorted Fresh Express Chopped Salad Kits

buy one get one free

Fresh Foods Market Rotisserie Chicken
Save big with your VIC card

ERCH 6.99

Farmers Market Pint Blueberries or 6 oz. Blackberries

2 \$5 FOR

Farmers Market Bunch Tomatoes on the Vine

PRICED LOW

PER POUND 1.49

4 DAYS ONLY

15% OFF HALF CASE

JANUARY 19 THROUGH JANUARY 22, 2023
6 - 750 ml bottles or 3 - 1.5 liter bottles
ALL WINES • MIX OR MATCH • ANY COMBINATION

12 pk. 12 oz. cans or 8 pk. 12 oz. btls. Pepsi Products

buy two get two free

4.75 - 8 oz. Lay's or Lay's Wavy

buy one get one free

6 - 8 oz. Kraft Shredded Cheese

buy one get one free

20 oz. Thomas' Bagels or Sara Lee Artesano Bread

buy one get one free

15 - 15.5 oz. Harris Teeter Canned Beans or 6 - 15 oz. Canned Tomatoes

buy two get two free

64 oz. Simple Truth Organic Milk or 52 oz. Tropicana Orange Juice or 42 oz. Tazo Tea

2/\$7

Save big on 2 with your VIC card

12 oz. Bag or 10 ct. K-Cups Dunkin' Coffee

8.99

ERCH

12 pks. Corona, Heineken, Stella or Amstel

14.99

ERCH

3.0 Liter Black Box, Bota Box, Barefoot or Woodbridge

17.99

ERCH

Enjoy a Flurry of Fuel Points on Gift Cards

4X FUEL POINTS ON GIFT CARDS

with digital coupon from our e-VIC e-mail, app or website. Offer valid 1/11/23 - 1/24/23. Subject to availability. Restrictions apply, see store for details.

FUEL POINTS

DICK'S

N

VISA

150

Olive Garden

Supplies are limited

Weekly Ad This Week Store Hours

Barrett Williams, ChatGPT



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Saving Savvy Kelly Hancock,2011-09-06 Everybody wants to save money but sometimes it s just too difficult and overwhelming Kelly Hancock popular blogger and media personality has done the hard work for those who want to save big Her saving secrets will help readers cut their spending half even before they clip the first coupon Kelly was a successful business professional who abruptly changed her mind to stay home after the birth of her first child But it didn t make financial sense on paper So Kelly figured out a way to cut family s overall spending substantially and their grocery budget by 80% They not only discovered how to make ends meet they were able to give more generously to others She reassures readers that God will faithfully provide for those who seek to honor

Chain Stores ,1934 **Advertising Your Small Business** ,1984 *Chain Stores* United States. Federal Trade Commission,1934 **Chain Store Inquiry: Merchandising and sales policies of chain stores** United States. Federal Trade Commission,1932 Chain Store Inquiry: Merchandising and sales policies of chain stores ,1934 *Save Money on Every Trip to the Grocery Store Plus Savings Advice for Every Day* ,

Five-star Living on a Two-star Budget Margaret Feinberg,Natalie Nichols Gillespie,2006-01-01 Readers will find ways to obtain five star travel entertainment dining and educational experiences while staying within a two star budget They ll discover three basic rules for saving money on flights eating out big ticket items and family activities

Billboard ,1982-12-18 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends *The Underwriters' Weekly Circular, Banking and General Stock Register* ,1868

Computerworld ,1978-12-25 For more than 40 years Computerworld has been the leading source of technology news and information for IT influencers worldwide Computerworld s award winning Web site Computerworld com twice monthly publication focused conference series and custom research form the hub of the world s largest global IT media network

How To Make a Living Teaching Guitar (and Other Musical Instruments) Guy Lee,2004-12 **RUC's Retail Store Guide Book** Roxana Chikezie,2014-08-06 RUC s Retail Store Guide Book has everything you need for a smooth shopping experience from groceries to clothing to high end luxury items Fifty of the nation s top retailers are listed for your convenience Included under each store are Store Hours Merchandise Services Offered Gift Cards Store Cards Store Credit Cards Email Mobile Sign Ups for Exclusive Deals Mobile Apps Social Media Links to Stay Connected Contact Information for Each Company Key Tips for Your Shopping Experience Helpful Websites to Save You Money and Keep You Informed So take the guesswork out of shopping and avoid the common stressors from price comparison to out of stock items to returns by using this handy guide With RUC s Retail Store Guide Book you can arm yourself with all the information you need to save money save time and turn shopping into a more pleasant experience Happy shopping

Catalog of Copyright Entries Library of Congress. Copyright Office,1978 Chain Store

Inquiry: Prices, margins and special discounts and allowance of chain and independent distributors ,1933 *The Whole Family Goes Low-Carb* Barrett Williams, ChatGPT, 2025-03-07 Unlock a Sustainable Healthy Lifestyle for Your Entire Family with *The Whole Family Goes Low Carb* Are you ready to transform your family's diet without sacrificing taste or fun *The Whole Family Goes Low Carb* is your ultimate guide to embracing a low carb lifestyle that everyone in the family can enjoy from toddlers to teens and even the pickiest eaters Begin your journey with an in depth introduction to the benefits of a low carb diet for family health Discover the science behind low carb living and debunk common myths empowering you to make informed decisions about your family's nutrition Set your family up for success with practical tips on getting everyone on board stocking a low carb pantry and making smart choices at the grocery store With simple wholesome recipes transform your kitchen into a hub of healthy living Whether it's a busy weekday morning or a relaxed weekend brunch enjoy our quick and easy breakfast ideas that energize every member of the family Lunch options for school and work redefine packed meals while dinner becomes a celebration of flavor with one pot wonders and low carb twists on family favorites Snack time and special occasions become low carb triumphs with healthy alternatives to processed snacks and creative ideas for birthdays holidays and potlucks Involve the kids in the kitchen with simple recipes and teach them valuable lessons about nutrition in a fun and engaging way Learn how to cater to different ages and needs manage picky eaters and whip up low carb desserts that satisfy sweet cravings without the sugar rush Plus discover budget friendly tips meal planning strategies and ways to reduce waste Stay motivated and track your progress with tips on incorporating fitness celebrating milestones and building a supportive community With *The Whole Family Goes Low Carb* a healthier happier lifestyle is within reach for your whole family Start your journey today Small Marketers Aids ,1978 **Couponing for the Rest of Us** Kasey Knight Trenum, 2013-05-01 Not everyone is an extreme couponer Most of us just want to save some money not let clipping coupons and scouring the internet for deals take over our lives For all the savvy shoppers out there Kasey Knight Trenum has written *Couponing for the Rest of Us* She knows that money is tight food prices are going up gas prices are closing in on unbearable and people have better things to do than spend every spare minute if they have any obsessing over costs and coupons She also knows coupons just happen to be a tool that can save a family hundreds of dollars every month and ultimately improve a family's finances and its future *Couponing for the Rest of Us* shows readers where to find coupons for what your family eats how to make the internet do the work for you how to find sale cycles and store match ups and what those terms mean how to reinvent your shopping strategy and toss your lists how to make grocery shopping less stressful even fun how to turn money saved into money shared and much more If readers want to save money and time this book is a gold mine Occupational Outlook Handbook ,1980 Bulletin of the United States Bureau of Labor Statistics ,1980

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