

Harris Teeter 9/22 -9/28 {MoolaSavingMom.com}

Item	Coupon	Price	Coupon	Doubled	Final Price	% Saved
2X Fuel Points on These Items						
Beggin' Strips Dog Treats, 6 oz (\$3.49)		\$1.74			\$1.74	50%
Bella Dog Food, 3 oz (4)	\$1.50/4 Printable	\$3.00	\$1.50	\$1.50	\$1.50	50%
Beneful Dog Food, 14 lb		\$15.99			\$15.99	0%
Beneful Dog Food, 3.5 lb		\$5.49			\$5.49	0%
Beneful Simple Goodness, 24 oz		\$7.99			\$7.99	0%
Busy Bones Jerky Treats, 6.52 oz		\$8.99			\$8.99	0%
Fancy Feast Cat Food, 7 lb		\$14.99			\$14.99	0%
Friskies Cat Food, 16 lb		\$12.99			\$12.99	0%
Friskies Cat Food, 3.5 lb		\$4.29			\$4.29	0%
Friskies Party Mix Cat Treats, 6 oz		\$3.00			\$3.00	0%
Friskies Warm'd & Serv'd Pouch, 3.5 oz		\$0.80			\$0.80	0%
Kit & Kaboodle Cat Food, 22 lb		\$14.99			\$14.99	0%
Prime Bones, 11.2 oz		\$8.99			\$8.99	0%
Purina Beneful Dog Food, 28 lb		\$29.99			\$29.99	0%
Purina Cat Chow, 3.5 lb		\$5.50			\$5.50	0%
Purina Dog Chow, 20 lb	\$2.00/1 Printable	\$12.99	\$2.00	\$2.00	\$10.99	15%
Purina Dog Chow, 46 lb	\$2.00/1 Printable	\$22.99	\$2.00	\$2.00	\$20.99	9%
Tidy Cats Conventional Cat Litter, 20 lb		\$4.99			\$4.99	0%
EVIC						
Angel Soft Bath Tissue, 12 rolls, or Sparkle Paper Towels, 6 roll (Limit 4)		\$4.97			\$4.97	0%
Chobani Greek Yogurt, Zero Sugar, or Flips, 5.3 oz (Limit 10) (3)	SS 08/29	\$2.61	\$1.75	\$1.75	\$0.86	67%
HT Corn or Green Beans, 14.5 - 15.25 oz (Limit 10)		\$0.37			\$0.37	0%
HT Sugar, 4 lb, or Flour, 5 lb (Limit 4)		\$0.97			\$0.97	0%
Lean Cuisine or Stouffer's Entrees, 7.5 - 10.87 oz (Limit 8)		\$1.97			\$1.97	0%
Quaker Chewy Bars (Limit 4)		\$1.47			\$1.47	0%
Quaker Instant Oatmeal, 8 - 10 ct (Limit 4)		\$1.77			\$1.77	0%
Sargento Natural Sliced Cheese, 6 - 8 oz (Limit 4) (2)	SS 08/29	\$5.54	\$1.00	\$1.00	\$4.54	18%
Tide Laundry Detergent, 92 oz (Limit 2)		\$9.97			\$9.97	0%
Buy 2 Get 2 FREE						
Coca-Cola Products, 2 L (4)		\$10.76	\$5.38	\$5.38	\$5.38	50%
Coca-Cola Products, 6 pk (4)		\$23.96	\$11.98	\$11.98	\$11.98	50%
Move Free Supplements (\$29.99)	SS 09/19	\$14.99	\$5.00	\$5.00	\$9.99	67%
MegaRed Supplements (\$32.99)	SS 09/19	\$16.49	\$5.00	\$5.00	\$11.49	65%
Perdue Short Cuts, 9 oz (\$4.99) (3)	\$1.50/3 Printable	\$7.47	\$1.50	\$1.50	\$5.97	60%
Ben & Jerry's Ice Cream, 16 oz (\$4.99) (2)	Save 08/22	\$4.99	\$1.00	\$1.00	\$3.99	60%
American Flatbread Pizza (\$7.99)		\$3.99			\$3.99	50%
Angie's Boom Chicka Pop (\$3.99)		\$1.99			\$1.99	50%
Bagel Bites (\$2.99)		\$1.49			\$1.49	50%
Beggin' Strips Dog Treats, 6 oz (\$3.49)		\$1.74			\$1.74	50%
Blue Bunny Load'd Sundaes, 8.5 oz (\$3.29)		\$1.64			\$1.64	50%
Blue Bunny Sandwiches (\$5.49)		\$2.07			\$2.07	50%
Breyers Ice Cream, 48 oz (\$6.39)		\$3.19			\$3.19	50%
Carr's Crackers, (\$4.49)		\$2.24			\$2.24	50%
Cheez-It or Cheez-It Snap'd, 9 - 12.4 oz (\$4.99)		\$2.49			\$2.49	50%
Classico Pasta Sauce, 24 oz (\$3.29)		\$1.64			\$1.64	50%
Entenmann's Mini Cakes (\$4.99)		\$2.49			\$2.49	50%
Fresh Foods Market Cake Slices, ea (\$2.99)		\$1.49			\$1.49	50%
HT All Natural Boneless Center Cut Pork loin Chops Value Pack, per lb (\$5.99)		\$2.99			\$2.99	50%
HT Chips (\$2.69)		\$1.34			\$1.34	50%
HT Garlic Bread, 16 oz (\$1.99)		\$0.99			\$0.99	50%
HT Rising Crust Pizza (\$5.69)		\$2.84			\$2.84	50%
HT Shredded Cheese, 6 - 8 oz (\$3.39)		\$1.69			\$1.69	50%
HT Traders Coffee, 12 oz (\$7.99)		\$3.99			\$3.99	50%
HT Waffles, 10 ct (\$2.29)		\$1.14			\$1.14	50%

HT Whipped Topping, 8 oz (\$1.49)		\$0.74			\$0.74	50%
Hostess Donettes (\$2.99)		\$1.49			\$1.49	50%
Kraft Salad Dressing, 16 oz (\$2.79)		\$1.39			\$1.39	50%
Land O Lakes European Butter, 16 oz (\$6.49)		\$3.24			\$3.24	50%
Log Cabin Syrup, 24 oz (\$3.79)		\$1.89			\$1.89	50%
Pilgrim's Boneless Chicken Breast, per lb (\$7.99)		\$3.99			\$3.99	50%
Post Fruity Pebbles Cereal, (\$3.59)		\$1.79			\$1.79	50%
Post Honey Bunches of Oats Cereal (\$4.59)		\$2.29			\$2.29	50%
Private Selection K-Cups, 12 ct (\$6.99)		\$3.49			\$3.49	50%
Quaker Instant Grits (\$2.39)		\$1.19			\$1.19	50%
Quaker Oats, 18 oz (\$3.99)		\$1.99			\$1.99	50%
Ritz Crackers Family Size (\$5.79)		\$2.89			\$2.89	50%
Ritz Toasted Chips Family Size (\$5.39)		\$2.69			\$2.69	50%
Steak-Umm Steaks, 9 oz (\$5.99)		\$2.99			\$2.99	50%
Strawberries, 1 lb (\$4.99)		\$2.49			\$2.49	50%
TGI Fridays Appetizers (\$5.99)		\$2.99			\$2.99	50%
Trident Chewing Gum, 1 ct (\$1.49)		\$0.74			\$0.74	50%
Triscuit or Wheat Thins Family Size (\$5.39)		\$2.69			\$2.69	50%
Utz Kettle CHips (\$3.99)		\$1.99			\$1.99	50%
Utz Potato Chips (\$4.29)		\$2.14			\$2.14	50%
Voortman Cookies (\$3.49)		\$1.74			\$1.74	50%
Eggland's Best Grade A Large Eggs, 12 ct	SS 09/12	\$2.00	\$0.50	\$1.00	\$1.00	50%
Eggland's Best Cage Free Brown Eggs, 12 ct	SS 09/12	\$3.00	\$0.50	\$1.00	\$2.00	33%
Finish Powerball, 28 - 35 ct (2)	SS 08/29	\$13.98	\$4.00	\$4.00	\$9.98	29%
General Mills Cheerios, Honey Nut Cheerios, Multi-Grain Cheerios, or Cinnamon Toast Crunch Cereal (2)	SS 08/15	\$6.67	\$1.00	\$1.00	\$5.67	15%
Perdue Simply Smart Chicken Nuggets (2)	\$1.50/2 Printable	\$15.98	\$1.50	\$1.50	\$14.48	9%
Ball Park Beef Franks, 15 oz		\$3.99			\$3.99	0%
Deviled Crab		\$2.99			\$2.99	0%
HT Bacon, 12 oz		\$3.99			\$3.99	0%
HT Breakfast Sausage Links or Patties, 12 oz		\$3.50			\$3.50	0%
HT Rancher 93% Lean Ground Beef, per lb (Limit 4 pkgs)		\$3.99			\$3.99	0%
HT Rancher Boneless Ribeye Steak or Roast Value Pack, per lb		\$8.99			\$8.99	0%
Hillshire Farm Family Size Lunch Meat, 16 oz		\$5.99			\$5.99	0%
Hormel Entrees		\$6.99			\$6.99	0%
Hormel Pepperoni		\$2.99			\$2.99	0%
Littleneck Clams, 2 lb		\$6.99			\$6.99	0%
Oscar Mayer Lunchmeat, 7 - 9 oz		\$3.33			\$3.33	0%
SMART Organic Chicken Tenderloins, per lb		\$10.99			\$10.99	0%
Salmon Steak, per lb		\$7.99			\$7.99	0%
Shrimp & Corn Empanadas		\$5.99			\$5.99	0%
Snow Crab Clusters, per lb		\$15.99			\$15.99	0%
Swordfish Steaks, per lb		\$9.99			\$9.99	0%
Tilapia Fillets, per lb		\$4.99			\$4.99	0%
Tuna Steaks, per lb		\$9.99			\$9.99	0%
Avocados, 4 ct		\$4.99			\$4.99	0%
Bartlett Pears, per lb		\$1.99			\$1.99	0%
Broccoli, ea		\$2.50			\$2.50	0%
Bunch Tomatoes on the Vine, per lb		\$0.99			\$0.99	0%
Cucumbers, ea		\$0.50			\$0.50	0%
Fresh Express Salads, select		\$3.00			\$3.00	0%
Gala Apples, per lb		\$1.49			\$1.49	0%
Iceberg Lettuce, ea		\$0.99			\$0.99	0%
Kiwi, ea		\$0.25			\$0.25	0%
Nalve Oranges, 3 lb		\$4.49			\$4.49	0%
Pumpkins, ea		\$6.00			\$6.00	0%
Ready Veggie Green Beans, 12 oz		\$2.00			\$2.00	0%
Red, Orange, or Yellow Bell Pepper, ea		\$1.67			\$1.67	0%
Whole White Mushrooms, 8 oz		\$2.49			\$2.49	0%
Fres Foods Market Artisan Half Loaves, ea		\$2.00			\$2.00	0%
Fresh Foods Market Rotisserie Chicken Salad, per lb		\$6.99			\$6.99	0%
Fresh Foods Market Rotisserie Chicken, ea		\$4.99			\$4.99	0%
Stonefire Naan Bread		\$2.50			\$2.50	0%

Breakstone's Cottage Doubles		\$1.00		\$1.00	0%
Breakstone's Sour Cream, 16 oz		\$1.67		\$1.67	0%
Chobani Drinkable Yogurt		\$1.00		\$1.00	0%
Cracker Barrel Cubes		\$1.00		\$1.00	0%
Dannon Yogurt or Danimals Pouches, 4 pk		\$3.50		\$3.50	0%
Fage Greek Singles		\$1.00		\$1.00	0%
Gold Peak Tea, 52 oz		\$2.50		\$2.50	0%
Good Mood Milk, 64 oz		\$3.00		\$3.00	0%
HT Chunk Cheese, 16 oz		\$3.99		\$3.99	0%
HT Traders Cracker Cuts Cheese, 10 oz		\$3.99		\$3.99	0%
Heinz Ketchup or Mustard		\$1.67		\$1.67	0%
Horizon Growing Years Milk, 64 oz		\$4.99		\$4.99	0%
Nellie's Free Range Butter, 8 oz		\$2.99		\$2.99	0%
Nellie's Free Range Extra Large Eggs, 12 ct		\$2.99		\$2.99	0%
Nestle Cookies, 14 - 16.5 oz		\$2.50		\$2.50	0%
Pete and Gerry's Organic Large Eggs, 18 ct		\$6.99		\$6.99	0%
Reddi Whip Topping, 6.5 oz		\$2.50		\$2.50	0%
Siggi's Yogurt, 5.3 oz		\$1.25		\$1.25	0%
Simple Truth Organic Large Brown Eggs, 12 ct		\$3.99		\$3.99	0%
Tazo Tea, 42 oz		\$3.50		\$3.50	0%
Tropicana Orange Juice, 52 oz		\$3.50		\$3.50	0%
Two Good Yogurt, 5.3 oz		\$1.25		\$1.25	0%
Barber Chicken, 5 - 10 oz		\$3.99		\$3.99	0%
Ben & Jerry's Cups		\$1.00		\$1.00	0%
Birds Eye Chicken Voila!		\$3.33		\$3.33	0%
Birds Eye Steamfresh Vegetables		\$1.00		\$1.00	0%
Delimex Taquitos		\$4.50		\$4.50	0%
Franks Wings		\$8.99		\$8.99	0%
HT Breakfast Sandwiches, 4 ct		\$3.99		\$3.99	0%
HT Deluxe Ice Cream Sandwiches		\$2.00		\$2.00	0%
HT Ice Pops, 8 ct		\$1.00		\$1.00	0%
Klondike Cones		\$4.50		\$4.50	0%
Kodiak Waffles		\$4.79		\$4.79	0%
Private Selection Ice Cream, pt		\$2.00		\$2.00	0%
Red Paron Pizza		\$3.33		\$3.33	0%
Aunt Jemima Cups		\$1.25		\$1.25	0%
Bang Energy, 16 oz		\$2.50		\$2.50	0%
Canada Dry or 7Up, 12 pk		\$4.00		\$4.00	0%
Cheetos Mac & Cheese Box or Cup		\$1.00		\$1.00	0%
Duncan Hines Cake Mix, 15.25 oz		\$1.67		\$1.67	0%
Duncan Hines Frosting, 16 oz		\$1.50		\$1.50	0%
Frank's Redhot Sauce		\$2.50		\$2.50	0%
Frito-Lay Party Size Snacks, 12 - 17 oz		\$3.50		\$3.50	0%
Gold Peak Tea, 18.5 oz		\$1.25		\$1.25	0%
HT Applesauce Cups, 6 ct		\$1.00		\$1.00	0%
HT Croutons, 5 oz		\$0.79		\$0.79	0%
HT Dried Cranberries		\$2.00		\$2.00	0%
HT Flavored Mustard, 12 oz		\$1.00		\$1.00	0%
HT Grape Juice or Blends, 64 oz		\$2.50		\$2.50	0%
HT Microwave Popcorn		\$1.00		\$1.00	0%
HT Pasta, select		\$0.79		\$0.79	0%
HT Pretzels		\$1.00		\$1.00	0%
HT Purified Water, 24 pk		\$2.50		\$2.50	0%
Kettle Brand Potato Chips		\$3.50		\$3.50	0%
Kodiak Cakes or Bear Bites		\$3.99		\$3.99	0%
Kodiak Granola Bars		\$3.99		\$3.99	0%
Kodiak Pancake Mix		\$3.99		\$3.99	0%
Lance Home Pack Crackers, 8 ct		\$3.00		\$3.00	0%
Late July Restaurant Style or Organic Tortilla Chips		\$3.50		\$3.50	0%
Mars Singles		\$1.00		\$1.00	0%
McCormick Grill Mates Marinade Mix		\$1.00		\$1.00	0%
Nabisco Oreos		\$2.50		\$2.50	0%

Pearl Milling Company Mix or Syrup		\$2.50			\$2.50	0%
Pepsi Products, 12 pk		\$3.66			\$3.66	0%
Peter Pan Peanut Butter, 16.3 oz		\$2.00			\$2.00	0%
Planters Nuts		\$2.50			\$2.50	0%
Pompeian Oil Spray, 5 oz		\$3.50			\$3.50	0%
Propel Water, 12 pk		\$7.49			\$7.49	0%
Quaker Oatmeal Squares or Life Cereal, 14.5 - 18 oz		\$3.00			\$3.00	0%
Quaker Oatmeal, Crunch, or Life Cups		\$1.25			\$1.25	0%
Quaker Real Medleys Cup		\$1.50			\$1.50	0%
Rice a Roni Heat & Eat Pouches		\$1.99			\$1.99	0%
Simple Truth Organic Microwaveable Soup		\$2.29			\$2.29	0%
Smartwater, 750 ml		\$1.25			\$1.25	0%
Snyder's Seasoned Pretzels		\$3.00			\$3.00	0%
Starbucks K-Cups, 32 ct		\$19.99			\$19.99	0%
Tate's Bake Shop Cookies		\$3.99			\$3.99	0%
Vitaminwater, 20 oz		\$1.25			\$1.25	0%
Wrigley's Chewing Gum		\$1.00			\$1.00	0%
Dial Body Wash		\$3.50			\$3.50	0%
Gillette or Venus Disposable Razors		\$6.99			\$6.99	0%
Nexium 24HR, 42 ct		\$23.99			\$23.99	0%
All Laundry Detergenet, 141 oz		\$9.99			\$9.99	0%
Chinet Plates, select		\$5.99			\$5.99	0%
Cottonelle Bath Tissue, 12 mega rolls		\$12.99			\$12.99	0%
Dawn Dish Soap, 7 oz		\$1.00			\$1.00	0%
HT Napkins		\$1.00			\$1.00	0%
HT Paper Towels, 1 pk		\$1.00			\$1.00	0%
HT Sandwich or Snack Bags		\$1.00			\$1.00	0%
Seventh Generation Dish Liquid, 25 oz		\$2.50			\$2.50	0%
Seventh Generation Liquid Detergent, 100 oz		\$9.99			\$9.99	0%
Swiffer Heavy Duty Dry or Wet Cloths		\$7.49			\$7.49	0%