

622959\_BERRY Back Panel

3.0" Side Panel

5.0" Face Panel

3.0" Side Panel

2.5" Back Panel

17.0" Web

7-AUG-12 20:18:08

SEAL AREA - KEEP FREE OF PRINTING

TEAR HERE

70 CALORIES 0g SAT FAT 0% DV 0mg SODIUM 0% DV 15g SUGARS PER 1 CUP

HARRIS TEETER Organics

Antioxidant Berry Blend

As much as we love each variety of our organic fruit, we thought that the only thing better would be to offer a blend of fruits that are high in antioxidants. Plump blueberries, juicy strawberries, delicate red raspberries, tart dark cherries and pomegranate arils team up to bring you an antioxidant powerhouse to boost your immune system. As with all of our organic items, these fruits are protected from chemicals, relying instead on warm sunshine, clean, rich soil and gentle breezes to become ripe and sweet.

Do yourself a favor, try this fruit in your favorite dessert, fruit salad or our Fantastic Fruit Smoothie recipe.

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HARRIS TEETER Organics

Antioxidant Berry Blend

FANTASTIC FRUIT SMOOTHIE

Smoothies are delicious and easy to make. Try our favorite recipe.

2 cups Harris Teeter Organics (HTO) Antioxidant Berry Blend, frozen  
1 cup chilled HTO Soymilk  
1/3 cup Harris Teeter Low Fat Vanilla Yogurt

Simply put all ingredients in a blender and blend until the mixture is slushy. If your smoothie gets too thick, just add a little more soymilk.  
Makes 3-4

KEEP FROZEN UNTIL READY TO SERVE. For best flavor and texture, serve mangoes while still slightly frozen. Thaw desired amount at room temperature for approximately 30 minutes, or thaw in microwave on DEFROST cycle (30% power) for 1 minute. Do not refreeze after contents have been thawed.

HARRIS TEETER Organics

Antioxidant Berry Blend

Organic Dark Cherries, Organic Blueberries, Organic Pomegranate, Organic Red Raspberries & Organic Strawberries

USDA ORGANIC

NET WT 10 OZ (283 g) KEEP FROZEN

HARRIS TEETER Organics

Antioxidant Berry Blend

yourplusguarantee.

If you are not 100% satisfied with this product, simply return it with your VIC card for a full refund. Plus we will replace it with a like item of your choice. For full details: 1-800-432-6111 or harristeeter.com.

together in education

Support your local schools. Together in Education program details available at any Harris Teeter or harristeeter.com.

by the gusset fold

Nutrition Facts

Serving Size 1 cup (100g)  
Servings Per Container about 2

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Cholesterol 0mg 0%  
Sodium 0mg 0%  
Total Carbohydrate 16g 5%  
Dietary Fiber 4g 16%  
Sugars 15g  
Protein 1g

Vitamin A 0% • Vitamin C 40%  
Calcium 0% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g  
Sat Fat Less than 20g 25g  
Cholesterol Less than 300mg 300mg  
Sodium Less than 2,400mg 2,400mg  
Total Carbohydrate 300g 375g  
Dietary Fiber 25g 30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE ORGANIC DARK TART CHERRIES, WHOLE ORGANIC BLUEBERRIES, WHOLE POMEGRANATE ARILS, ORGANIC RED RASPBERRIES, ORGANIC STRAWBERRIES.

PROUDLY DISTRIBUTED BY:  
HARRIS TEETER®  
MATTHEWS, NC 28105

CERTIFIED ORGANIC BY OREGON TILTH

SEAL AREA - KEEP FREE OF PRINTING

Zipper location 1.5" from top of cutoff

.5" TOP SEAL

.375" TOP SEAL

8.0" Cutoff

.375" BOTTOM SEAL

Dkt:622959\_HT\_FrozFruit\_LE\_ConsolidatedPkg Cust:Daymon Desc: Printer:  
 Size: 8 V 17 H Date: 20:16:37 7-AUG-12 Sales: Account CSR: Dan Smith  
 Inks: Y 90 120 C 1-M 45 120 C 2-C 75 120 C 3-5825 15 85 C 4-2612 15 85 C 5-K 15 120 C 6-Black Line 15 120 C 7-DieLine 0 120 C 8  
 Distortion: V 100.0 H 100.0 Compension: -none- -none-  
 Ticket: pdf DWD Flatten Strategy: Source Profile:crom\_offs Proofer Profile:crom\_offs Black mapping Config: bctrans1.ppd Oper: hannah@backstage

90 / 120	45 / 120	75 / 120	15 / 85	15 / 85	15 / 120	15 / 120	0 / 120
Yellow	Magenta	Cyan	5825	2612	Black	Black Line	DieLine
1	2	3	4	5	6	7	8

 PREPRESS SERVICES 700 Fairfield Avenue Stamford, CT 06902-7526 203.352.7695	<b>JOB #:</b> 12-195-1665	<b>SIGN-OFF RESPONSIBILITY</b>	<b>APPROVED</b>	<b>OK W/CHANGE(S)</b>	<b>NEW PROOF REQ'D</b>	<b>DATE</b>	<b>SIGNATURE/COMMENTS</b>
	<b>DATE:</b> Aug 7/2012	<b>DESIGN</b> LOGOS OVERALL LAYOUT COLOR/COLOR BREAK					
	<b>FILE NAME:</b> ht 10oz antiox berry.ai	<b>RETAILER</b> UPC # OVERALL LAYOUT COLOR/COLOR BREAK					
	<b>DIE:</b> 17" x 8"	<b>MANUFACTURER</b> INGREDIENT COPY FDA/USDA REG. NUTRITION INFO CLAIMS NET CONTENT					
<b>1</b>	<b>PRINTER:</b> Consolidated Pkg.						