

**HOTSALE!**  
MVP  
**8.99**  
LB  
USDA CHOICE  
Ask For Your Preferred Thickness  
**BONELESS NEW YORK STRIP STEAK**  
W/O MVP Card \$13.99 LB

**YOU SAVE \$5.00 LB**

Here for fall gatherings and savings

**HOTSALE!**  
MVP  
**25% OFF**  
All Natural - All Varieties  
**NATURE'S PROMISE MEAT & SEAFOOD**  
W/O MVP Card Regular Retail

**HOTSALE!**  
MVP  
**2.99**  
LB  
Pork  
**BABY BACK RIBS**  
W/O MVP Card \$4.99 LB

**HOTSALE!**  
MVP  
**3.49**  
EA  
7-9 Oz. Pkg. Select Varieties  
**OSCAR MAYER DELI FRESH LUNCH MEAT**  
W/O MVP Card \$4.99 EA

**HOTSALE!**  
MVP  
**69¢**  
EA  
**HASS AVOCADOS**  
W/O MVP Card \$1.19 EA

**MVP DIGITAL COUPON**  
load on app • web • in-store kiosk

**HOT SALE! 2/\$6**  
W/O MVP Card \$4.29 EA  
MVP Coupon -1.00 OFF

6-4.13 Oz. Select Varieties  
**FRESH EXPRESS SALAD KITS**  
W/O MVP Card \$4.29 EA

**HOTSALE!**  
MVP  
**2/\$5**  
6-4.13 Oz. Select Varieties  
**FRESH EXPRESS SALAD KITS**  
W/O MVP Card \$4.29 EA

**HOTSALE!**  
MVP  
**1.59**  
LB  
Bulk  
**HONEYCRISP APPLES**  
W/O MVP Card \$1.79 LB

**HOTSALE!**  
MVP  
**99¢**  
LB  
HOT HOUSE TOMATOES  
W/O MVP Card \$1.99 LB

6-10.75 Oz. Select Varieties  
**DORITOS TORTILLA CHIPS**  
LIMIT 4 FREE

**HOTSALE!**  
MVP  
**BOGO FREE**  
W/O MVP Card \$6.29 EA  
Single Item Half Price

**HOTSALE!**  
MVP  
**BOGO FREE**  
48 Oz. Select Varieties  
**BREYERS ICE CREAM**  
W/O MVP Card Regular Retail

11-20.5 Oz. Select Varieties  
**THOMAS' ENGLISH MUFFINS OR ENTENMANN'S SOFTEE DONUTS**  
W/O MVP Card Regular Retail

**HOTSALE!**  
MVP  
**16.99**  
EA  
12 Pack 12 Oz. Bottles or Cans Select Varieties  
**SAMUEL ADAMS, SIERRA NEVADA OR NEW BELGIUM PALE ALE**  
W/O MVP Card \$16.99 EA

5-9 Oz. Select Varieties  
**SARGENTO NATURAL SLICES OR SNACK STICKS**  
W/O MVP Card \$4.29 EA

**HOTSALE!**  
MVP  
**2/\$6**  
9-4.14 Oz. Select Varieties  
**KRAFT DELUXE OR VELVEETA SHELLS & CHEESE**  
W/O MVP Card \$3.69 EA

32 Oz. Select Varieties  
**NESTLE COFFEE MATE CREAMER**  
W/O MVP Card \$4.29 EA

**HOTSALE!**  
MVP  
**2/\$7**  
10-12 Ct. K-Cups Select Varieties  
**GREEN MOUNTAIN OR DONUT SHOP COFFEE**  
W/O MVP Card \$9.79 EA

13 Oz. - 4 Pack Select Varieties  
**SNACK PACK PUDDING OR GELS**  
W/O MVP Card \$1.58 EA

**HOTSALE!**  
MVP  
**4/\$5**  
W/O MVP Card \$1.58 EA

**HOTSALE!**  
MVP  
**3.49**  
EA  
9-31-19.5 Oz. Select Varieties  
**NABISCO FAMILY SIZE CHIPS AHOY! COOKIES**  
W/O MVP Card \$5.29 EA

**MVP DIGITAL COUPONS**  
load on app • web • in-store kiosk

**HOT SALE! 2/\$6**  
MVP Coupon -2.00 OFF

12-7-16.1 Oz. Select Varieties  
**KELLOGG'S FROSTED MINI WHEATS OR RAISIN BRAN CEREAL**  
W/O MVP Card \$4.29 EA

**HOT SALE! 2/\$4**  
MVP Coupon -2.00 OFF

18-31 Ct. Pods or 6.3 Oz. Liquid  
**TIDE**  
31 Ct. Flings or 89 Oz. Liquid  
Select Varieties  
W/O MVP Card \$4.29 EA

**HOT SALE! 9.99**  
EA  
MVP Coupon -2.00 OFF

6 Oz. Select Varieties  
**OLD BAY SEASONING**  
W/O MVP Card \$4.99 EA

**MVP PRICED LOW EVERY DAY**  
ON ITEMS YOU BUY MOST OFTEN

**&**

**MVP HOTSALE!**  
OUR BEST WEEKLY MVP DEALS

**Seafood boil season is here!**

31-40 Ct. 16 Oz. Bag - Frozen  
**FOOD LION RAW SHRIMP PEEL AND DEVEINED TAIL-OFF**  
W/O MVP Card \$8.99 EA

**HOTSALE!**  
MVP  
**5.99**  
EA

**HOTSALE!**  
MVP  
**2/\$6**  
W/O MVP Card \$5.29 EA

12-14 Oz. Pkg. Select Varieties  
**HILLSHIRE FARM SMOKED SAUSAGE**

**HOTSALE!**  
MVP  
**2/\$6**  
W/O MVP Card \$5.49 EA

12 Ct. Pkg.  
**FOOD LION MINI SWEET CORN**

**HOTSALE!**  
MVP  
**2.99**  
EA  
5 Lb. Bag  
**FOOD LION RED POTATOES**  
W/O MVP Card \$5.99 EA

**HOTSALE!**  
MVP  
**2.99**  
EA  
2 Lb. Bag  
**LEMONS**  
W/O MVP Card \$3.99 EA

**HOTSALE!**  
MVP  
**4.49**  
EA  
6 Oz.  
**OLD BAY SEASONING**  
W/O MVP Card \$4.99 EA



# Deals to help fill the *dinner table*

Always guaranteed 100% fresh or we'll double your money back.

**HOTSALE!**  
MVP  
**4.99**  
LB  
Ground Fresh Daily  
**80% LEAN FRESH GROUND CHUCK**  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**5.49**  
LB  
FRESH GROUND CHUCK PATTIES  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**2.49**  
LB  
Assorted, Bone-In PORK CHOPS  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**2.99**  
EA  
16 Oz. Pkg. SPRINGER MOUNTAIN FARMS ALL NATURAL CHICKEN BURGERS  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**8.99**  
EA  
44 Oz. Pkg. - Frozen TYSON CORNISH HENS  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**2.99**  
LB  
Bone-In, Fully Cooked FOOD LION HICKORY SMOKED HAM STEAK  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**6.99**  
EA  
16 Oz. Pkg. Select Varieties JACK DANIEL'S PULLED PORK OR CHICKEN  
W/O MVP Card Regular Retail



# Priced low for cooking slow



**HOTSALE!**  
MVP  
**5.99**  
LB  
BEEF SHOULDER OR SIRLOIN TIP ROAST  
W/O MVP Card Regular Retail U.S.D.A. CHOICE



**HOTSALE!**  
MVP  
**3.49**  
LB  
Whole Fresh PORK TENDERLOIN  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**5.99**  
EA  
20-26 Oz. Pkg. - Frozen ROSINA MEATBALLS  
W/O MVP Card Regular Retail



ALWAYS AFFORDABLY PRICED • QUALITY • FRESH • GUARANTEED

**HOTSALE!**  
MVP  
**3.49**  
EA  
12 Oz. Pkg. - Select Varieties GWALTNEY BACON  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**3.49**  
EA  
12 Oz. Pkg. - Select Varieties JOHNSONVILLE BREAKFAST SAUSAGE PATTIES OR LINKS  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**3.79**  
EA  
15-16 Oz. Pkg. - Select Varieties OSCAR MAYER BEEF FRANKS  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**9.99**  
EA  
6 Ct. - 32 Oz. Pkg. - Frozen BUTTERBALL TURKEY BURGERS  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**6.99**  
EA  
16-28.05 Oz. - Select Varieties TYSON FROZEN CHICKEN OR ANY'TIZERS WINGS  
W/O MVP Card Regular Retail



## SUSTAINABLE SEAFOOD

**HOTSALE!**  
MVP  
**7.99**  
EA  
10 Oz. Pkg. Select Varieties MARINATED SALMON  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**9.99**  
EA  
12 Oz. Pkg. NATURE'S PROMISE ALASKA SOCKEYE SALMON BONELESS FILLETS  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**14.99**  
EA  
20-30 Ct. Bag Frozen FOOD LION SEA SCALLOPS  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**5.49**  
EA  
51-60 Ct. 12 Oz. Bag - Frozen NATURE'S PROMISE RAW SHRIMP  
W/O MVP Card Regular Retail





# DELicious BOGOs of the week!



**HOTSALE!**  
**BOGO FREE**  
7 Oz. Select Varieties  
**TILLAMOOK CHEDDARS**  
W/O MVP Card \$7.99 EA  
Single Item Half Price



**HOTSALE!**  
**BOGO FREE**  
4 Cl.  
**LARGE CROISSANTS**  
W/O MVP Card \$3.99 EA  
Single Item Half Price



**HOTSALE!**  
**BOGO FREE**  
12 Cl.  
**HOMESTYLE GLAZED DONUTS**  
W/O MVP Card \$5.49 EA  
Single Item Half Price

**Quick eats \$5 each!**  
Each item sold separately.

Available in our Deli & Bakery

**10.99**  
EA  
Freshly Sliced  
**TASTE OF INSPIRATIONS ANGUS ROAST BEEF**  
W/O MVP Card \$11.99 EA

**3.49**  
EA  
16 Oz.  
**TASTE OF INSPIRATIONS SALSA**  
W/O MVP Card \$3.99 EA

**99¢**  
EA  
1 Cl.  
**OH SNAP! PICKLES**  
W/O MVP Card \$1.49 EA

**4.49**  
EA  
4 Cl.  
**MUFFINS**  
W/O MVP Card \$4.99 EA

**5.29**  
EA  
PUMPKIN ROLL  
**LIMITED TIME**  
W/O MVP Card \$5.99 EA

**5**  
EA  
18 Oz.  
**FOOD LION TORTELLINI PASTA**  
W/O MVP Card \$5.99 EA

**5**  
EA  
4 Piece  
**FRIED CHICKEN**  
W/O MVP Card \$5.49 EA

**5**  
EA  
4 Cl.  
**ROTISSERIE STYLE CHICKEN LEG QUARTERS**  
W/O MVP Card \$5.99 EA

## Our BRANDS

FOOD LION COMPANION Nature of Inspirations CAREONE

### DOUBLE MONEY BACK GUARANTEE

See foodlion.com for details

### Shop our family of brands and save

Trusted, quality ingredients to make affordable, comforting meals at home.

**1.59**  
EA  
NATURE'S PROMISE BAGUETTE  
IN THE BAKERY

**1.29**  
EA  
12 Oz.  
**FOOD LION BABY SUPREME CARROTS**  
W/O MVP Card \$1.99 EA

**2.49**  
EA  
24 Oz.  
**FOOD LION MINI POTATOES**  
NEW ITEM  
W/O MVP Card \$2.99 EA

**1.39**  
EA  
32 Oz.  
**FOOD LION BROTH**  
W/O MVP Card \$1.69 EA

**2.29**  
EA  
8 Oz. Pkg.  
**FOOD LION BABY BELLA MUSHROOMS**  
W/O MVP Card \$2.79 EA

**1.59**  
EA  
Bunch  
**CELERY**  
W/O MVP Card \$1.99 EA

**25% OFF**  
W/O MVP Card Regular Retail  
NATURE'S PROMISE BEEF CHUCK SHOULDER ROAST

Here with a new month of personalized *rewards*

**SHOP & EARN**  
MONTHLY REWARDS

Activate your October offers on foodlion.com or the Food Lion app to earn digital rewards and save even more!



**BUY 5 OR MORE MVP SAVE \$1 ON EACH ITEM**  
Mix & match on participating items!

**Stouffer's** **HOTPOCKETS** **DIGIORNO** **california PIZZA KITCHEN**

<p>10-16 Oz. Select Varieties <b>STOUFFER'S EVERYDAY SIDES</b> W/O MVP Card \$3.99 EA</p> <p><b>HOT SALE! 3.49</b> MIX &amp; MATCH 5 OR MORE <b>2.49</b> EA MVP WHEN YOU BUY 5 OR MORE</p>	<p>51-54 Oz. - Select Varieties <b>HOTPOCKETS FAMILY PACK</b> W/O MVP Card \$14.99 EA</p> <p><b>HOT SALE! 13.99</b> MIX &amp; MATCH 5 OR MORE <b>12.99</b> EA MVP WHEN YOU BUY 5 OR MORE</p>
<p>22.2-26.6 Oz. Select Varieties <b>DIGIORNO STUFFED CRUST PIZZA</b> W/O MVP Card \$9.49 EA</p> <p><b>HOT SALE! 8.99</b> MIX &amp; MATCH 5 OR MORE <b>7.99</b> EA MVP WHEN YOU BUY 5 OR MORE</p>	<p>24 Oz. - Select Varieties <b>STOUFFER'S SIGNATURE SIDES</b> W/O MVP Card \$5.99 EA</p> <p><b>HOT SALE! 4.99</b> MIX &amp; MATCH 5 OR MORE <b>3.99</b> EA MVP WHEN YOU BUY 5 OR MORE</p>
<p>13.4-21.3 Oz. Select Varieties <b>CALIFORNIA PIZZA KITCHEN OR DIGIORNO DETROIT STYLE PIZZA</b> W/O MVP Card \$5.49 EA</p> <p><b>HOT SALE! 7.99</b> MIX &amp; MATCH 5 OR MORE <b>6.99</b> EA MVP WHEN YOU BUY 5 OR MORE</p>	<p>57-96 Oz. - Select Varieties <b>STOUFFER'S PARTY SIZE ENTREES</b> W/O MVP Card \$16.99 EA</p> <p><b>HOT SALE! 14.99</b> MIX &amp; MATCH 5 OR MORE <b>13.99</b> EA MVP WHEN YOU BUY 5 OR MORE</p>

**PRICED LOW EVERY DAY**

<p>15-25 Oz. Select Varieties <b>DUNCAN HINES CAKE MIX</b> W/O MVP Card \$1.69 EA</p> <p><b>1.39</b> EA MVP</p>	<p>14-16 Oz. Select Varieties <b>DUNCAN HINES FROSTING</b> W/O MVP Card \$2.48 EA</p> <p><b>2/\$4</b> EA MVP</p>	<p>5 Oz. - Select Varieties <b>BUMBLE BEE SOLID WHITE TUNA IN WATER</b> W/O MVP Card \$2.48 EA</p> <p><b>2/\$3</b> EA MVP</p>	<p>16 Oz. Select Varieties <b>PLANTERS DRY ROASTED PEANUTS</b> W/O MVP Card \$3.99 EA</p> <p><b>2/\$5</b> EA MVP</p>
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<p>10-12 Oz. Select Varieties <b>HERSHEY'S BAKING CHIPS</b> W/O MVP Card \$3.68 EA</p> <p><b>2.99</b> EA MVP</p>	<p>1.8-2.2 Oz. Select Varieties <b>LIPTON RECIPE SECRETS SOUP &amp; DIP MIXES</b> W/O MVP Card \$2.19 EA</p> <p><b>1.79</b> EA MVP</p>	<p>4 Pack Select Varieties <b>DOLE FRUIT BOWLS</b> W/O MVP Card \$3.69 EA</p> <p><b>2/\$5</b> EA MVP</p>	<p>5 Oz. Select Varieties <b>CHOLULA HOT SAUCE</b> W/O MVP Card \$4.39 EA</p> <p><b>3.49</b> EA MVP</p>
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<p>7.5-10 Oz. Select Varieties <b>HORMEL DINTY MOORE OR COMPLEATS</b> W/O MVP Card Regular Retail</p> <p><b>2.29</b> EA MVP</p>	<p>22-24 Oz. Select Varieties <b>PREGO PASTA SAUCE</b> W/O MVP Card \$3.29 EA</p> <p><b>2.39</b> EA MVP</p>	<p>20 Oz. SARA LEE CLASSIC WHEAT BREAD <b>SARAFEE</b> W/O MVP Card \$3.99 EA</p> <p><b>2/\$6</b> EA MVP</p>	<p>17 Oz. Select Varieties <b>PRIMAL KITCHEN MAYO</b> W/O MVP Card \$12.99 EA</p> <p><b>8.99</b> EA MVP</p>
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<p>6.5-8 Oz. Select Varieties <b>CAPE COD POTATO CHIPS</b> W/O MVP Card \$5.29 EA</p> <p><b>4.19</b> EA MVP</p>	<p>18.5-19 Oz. Select Varieties <b>PROGRESSO SOUP</b> W/O MVP Card Regular Retail</p> <p><b>2/\$5</b> EA MVP</p>	<p>12 Oz. Select Varieties <b>NATURE'S OWN SMALL LOAF</b> W/O MVP Card \$2.99 EA</p> <p><b>2/\$5</b> EA MVP</p>	<p>9.6-21 Oz. Select Varieties <b>FAMILY SIZE CHEEZ-IT CRACKERS</b> W/O MVP Card \$5.99 EA</p> <p><b>4.99</b> EA MVP</p>
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**BUY TWO OF THESE MVP PRICED LOW EVERY DAY**

<p>71-11.3 Oz. Select Varieties <b>VOORTMAN SUGAR FREE COOKIES OR WAFERS</b> W/O MVP Card \$4.29 EA</p> <p><b>3.49</b> EA MVP</p>	<p>5-9.25 Oz. Select Varieties <b>WISE CHEEZ DOODLES OR POPCORN</b> W/O MVP Card \$4.79 EA</p> <p><b>2/\$6</b> EA MVP</p>	<p>20 Ct. Select Varieties <b>FOOD LION HERBAL TEA</b> W/O MVP Card \$2.79 EA</p> <p><b>2/\$5</b> EA MVP</p>	<p>60 Oz. <b>MIXIN'S SWEETS N' SOURS VARIETY</b> W/O MVP Card \$13.99 EA</p> <p><b>11.99</b> EA MVP</p>
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**& GET THIS FREE**  
2 Liter Select Varieties **COKE PRODUCTS**  
W/O MVP Card Regular Retail Limit 1 reward per shopping visit.

<p>15 Oz. Select Varieties <b>PATAK'S SAUCE</b> W/O MVP Card Regular Retail</p> <p><b>3.99</b> EA MVP</p>	<p>3.5-4 Oz. Select Varieties <b>LAS RICAS SNACKS</b> W/O MVP Card Regular Retail</p> <p><b>99¢</b> EA MVP</p>	<p>9 Oz. <b>ZACHARY MELLO CREME PUMPKIN CANDY</b> W/O MVP Card \$1.79 EA</p> <p><b>1.39</b> EA MVP</p>
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# Do taco night for less



**HOTSALE!**  
 16 Oz. Pkg.  
**25% OFF**  
 W/O MVP Card Regular Retail  
**NATURE'S PROMISE ORGANIC GROUND BEEF**

16-17 Oz. Select Varieties  
**FOOD LION FLOUR TORTILLAS**  
**2.49**  
 EA  
 Four Tortillas for Fajitas

**HOTSALE!**  
 14 Oz.  
**5.49**  
 EA  
 W/O MVP Card \$5.99 EA  
**TASTE OF INSPIRATIONS WHITE CHEESE DIP IN THE DELI**

16 Oz. Select Varieties  
**FOOD LION SALSA**  
**HOTSALE!**  
**2/\$4**  
 W/O MVP Card \$2.39 EA

16 Oz. Select Varieties  
**FOOD LION SHREDDED CHEESE**  
**PRICED LOW EVERY DAY**  
**4.29**  
 EA

16 Oz. Select Varieties  
**FOOD LION SOUR CREAM**  
**PRICED LOW EVERY DAY**  
**1.99**  
 EA

# BEVERAGE CENTER

**HOTSALE!**  
**BOGO FREE**  
 W/O MVP Card Regular Retail Single Item Half Price  
 12 Pack 12 Oz. Cans Select Varieties  
**PEPSI PRODUCTS**  
 LIMIT 4 FREE

**HOTSALE!**  
**BOGO FREE**  
 W/O MVP Card \$3.39 EA Single Item Half Price  
 8 Pack - 4.23 Oz. Select Varieties  
**JUICY JUICE**

**HOTSALE!**  
**11.99**  
 EA  
 W/O MVP Card Regular Retail  
 24 Pack 12 Oz. Cans Select Varieties  
**PEPSI**

16.2 Oz. Select Varieties  
**MIO OR CRYSTAL LIGHT LIQUID WATER ENHANCER**  
**HOTSALE!**  
**1.99**  
 EA  
 W/O MVP Card Regular Retail

4 Pack - 16 Oz. Cans Select Varieties  
**MONSTER**  
**HOTSALE!**  
**5.99**  
 EA  
 W/O MVP Card \$8.49 EA

**HOTSALE!**  
**2/\$10**  
 W/O MVP Card Regular Retail  
 8 Pack 12 Oz. Bottles Select Varieties  
**COKE PRODUCTS**

**HOTSALE!**  
**3/\$12**  
 W/O MVP Card Regular Retail  
 6 Pack 16-16.9 Oz. Bottles Select Varieties  
**COKE PRODUCTS**

750 mL Select Varieties  
**ARTIE OR DUPLIN WINE**  
**HOTSALE!**  
**6.99**  
 EA

750 mL Select Varieties  
**DARK HORSE OR CASTELLO DEL POGGIO WINE**  
**HOTSALE!**  
**8.99**  
 EA

1.5 Liter Select Varieties  
**WOODBIDGE WINE**  
**PRICED LOW EVERY DAY**  
**10.99**  
 EA

**SAVE 10% WHEN YOU BUY 6 BOTTLES OF WINE**

**HOTSALE!**  
**15.99**  
 EA  
 12 Pack - 12 Oz. Bottles CANTA RITOS  
 12 Pack - 12 Oz. Cans SIMPLY SPIKED, TWISTED TEA OR THE BEAST  
 Select Varieties

**HOTSALE!**  
**20.99**  
 EA  
 24 Pack - 12 Oz. Cans Select Varieties  
**BUD, MILLER OR COORS**

**HOTSALE!**  
**14.99**  
 EA  
 12 Pack - 12 Oz. Bottles or Cans Select Varieties  
**MICHELOB, BLUE MOON OR BUD LIGHT LIME**

**HOTSALE!**  
**16.99**  
 EA  
 12 Pack - 11.2-12 Oz. Bottles or Cans Select Varieties  
**CORONA, DOS EQUIS OR STELLA ARTOIS**

**HOTSALE!**  
**10.99**  
 EA  
 4 Pack - 16 Oz. Cans NODA CHEERWINE  
 6 Pack - 12 Oz. Cans RED OAK OR WICKED WEED  
 Select Varieties

Beer and Wine may not be available in all locations. Check your store for availability.



# DAIRY

GET YOUR DAILY DOSE OF GOODNESS

 <p><b>HOTSALE!</b> MVP <b>3.99</b> EA W/O MVP Card \$4.69 EA</p> <p>64 Oz. Select Varieties <b>SUNNY DELIGHT</b></p>	 <p><b>HOTSALE!</b> MVP <b>BOGO FREE</b> W/O MVP Card \$2.48 EA Single Item Half Price</p>	 <p><b>HOTSALE!</b> MVP <b>2/\$6</b> 6-8 Oz. Select Varieties <b>CRACKER BARREL CHEESE BARS OR CUBES</b> W/O MVP Card Regular Retail</p>	 <p><b>HOTSALE!</b> MVP <b>4/\$5</b> 4.5-5.3 Oz. Select Varieties <b>CHOBANI FLIP OR CREATIONS YOGURT</b> W/O MVP Card \$3.95</p>
 <p>24 Oz. Select Varieties <b>DAISY COTTAGE CHEESE</b></p>	 <p>52 Oz. Select Varieties <b>GOLD PEAK ICED TEA</b></p>	 <p><b>PRICED LOW EVERY DAY</b> MVP <b>2/\$5</b> W/O MVP Card \$3.09 EA</p>	 <p><b>HOTSALE!</b> MVP <b>3.49</b> EA W/O MVP Card Regular Retail</p>
 <p>9.1-11 Oz. Select Varieties Pull-A-Parts or Roll <b>PILLSBURY READY TO BAKE COOKIES</b></p>	 <p><b>HOTSALE!</b> MVP <b>2.99</b> EA W/O MVP Card \$3.99 EA</p> <p>16.3 Oz. Select Varieties <b>PILLSBURY GRANDS! BISCUITS</b></p>	 <p><b>HOTSALE!</b> MVP <b>2/\$6</b> W/O MVP Card \$3.69 EA</p>	 <p><b>HOTSALE!</b> MVP <b>4.99</b> EA W/O MVP Card \$7.39 EA</p>

# FROZEN

LOAD UP THE FREEZER WHILE THE DEALS ARE HOT

 <p>16.9-31.4 Oz. Select Varieties <b>DIGIORNO 12" PIZZA</b></p>	 <p><b>HOTSALE!</b> MVP <b>5.99</b> EA W/O MVP Card \$6.99 EA</p> <p>24-31 Oz. Select Varieties <b>MARIE CALLENDER'S MEAL FOR TWO</b></p>	 <p>59.2-70.4 Oz. Select Varieties <b>TYSON FAMILY PACK CHICKEN</b></p>
 <p><b>HOTSALE!</b> MVP <b>4.99</b> EA W/O MVP Card \$5.99 EA</p>	 <p><b>HOTSALE!</b> MVP <b>11.99</b> EA W/O MVP Card Regular Retail</p>	

## MVP DIGITAL COUPONS

load on app • web • in-store kiosk

 <p>18.4-19.8 Oz. Select Varieties <b>TOMBSTONE PIZZA OR TAVERN STYLE PIZZA</b></p>	 <p>8-21.60 Oz. Select Varieties <b>DELIMEX SNACKS</b></p>	 <p>17.65-27.51 Oz. Select Varieties Excludes Gluten Free <b>FRESCHETTA PIZZA</b></p>	 <p>11.7 Oz. Select Varieties <b>PILLSBURY TOASTER STRUDEL</b></p>
<p><b>HOT SALE!</b> MVP <b>4.49</b> EA W/O MVP Card Regular Retail</p> <p>MVP Coupon -1.00 OFF 1</p> <p><b>3.49</b> EA W/O MVP Card \$4.99 EA</p>	<p><b>HOT SALE!</b> MVP <b>4.99</b> EA W/O MVP Card \$7.20 EA</p> <p>MVP Coupon -1.00 OFF 1</p> <p><b>3.99</b> EA W/O MVP Card \$4.99 EA</p>	<p><b>HOT SALE!</b> MVP <b>5.99</b> EA W/O MVP Card \$8.99 EA</p> <p>MVP Coupon -1.00 OFF 1</p> <p><b>4.99</b> EA W/O MVP Card \$6.99 EA</p>	<p><b>PRICED LOW EVERY DAY</b> MVP <b>2/\$5</b> W/O MVP Card \$3.99 EA</p> <p>MVP Coupon -1.00 OFF 2</p> <p><b>2/\$4</b> EA W/O MVP Card \$4.99 EA</p>
 <p>8-11 Oz. Select Varieties <b>TGI FRIDAYS SNACKS</b></p>	 <p>4-6 Ct. Select Varieties <b>KLONDIKE ICE CREAM BARS</b></p>	 <p>14 Oz. Select Varieties <b>HÄAGEN-DAZS ICE CREAM</b></p>	 <p>46 Oz. Select Varieties <b>TURKEY HILL ICE CREAM</b></p>
<p><b>HOT SALE!</b> MVP <b>2/\$8</b> W/O MVP Card \$4.99 EA</p> <p>MVP Coupon -1.00 OFF 2</p> <p><b>2/\$7</b> EA W/O MVP Card \$4.99 EA</p>	<p><b>HOT SALE!</b> MVP <b>2/\$8</b> W/O MVP Card \$4.99 EA</p> <p>MVP Coupon -1.00 OFF 2</p> <p><b>2/\$7</b> EA W/O MVP Card \$4.99 EA</p>	<p><b>PRICED LOW EVERY DAY</b> MVP <b>3.99</b> EA W/O MVP Card \$4.99 EA</p> <p>MVP Coupon -1.00 OFF 1</p> <p><b>2.99</b> EA W/O MVP Card \$3.99 EA</p>	<p><b>HOT SALE!</b> MVP <b>2/\$7</b> W/O MVP Card \$3.99 EA</p> <p>MVP Coupon -1.00 OFF 2</p> <p><b>2/\$6</b> EA W/O MVP Card \$3.99 EA</p>

# BREAKFAST

SAVINGS TO START YOUR DAY

 <p><b>HOTSALE!</b> MVP <b>3.99</b> EA W/O MVP Card Regular Retail</p>	 <p>8.4-12.1 Oz. Select Varieties <b>QUAKER INSTANT OATMEAL</b></p>	 <p>14-16 Oz. Select Varieties <b>PEPPERIDGE FARM BREAKFAST SWIRL BREAD</b></p>	 <p>30-35.3 Oz. Can Select Varieties <b>COFFEE-MATE NON-DAIRY COFFEE CREAMER</b></p>
 <p>8.8-8.9 Oz. Select Varieties <b>KELLOGG'S APPLE JACKS OR CORN POPS CEREAL</b></p>	 <p>9-12.6 Oz. Select Varieties <b>QUAKER CAP'N CRUNCH CEREAL</b></p>	 <p>10 Ct. K-Cups or 12 Oz. Bag Select Varieties <b>STARBUCKS COFFEE</b></p>	 <p>12 Ct. K-Cups Select Varieties <b>MAXWELL HOUSE OR GEVALIA COFFEE</b></p>
<p><b>HOTSALE!</b> MVP <b>2/\$5</b> W/O MVP Card \$3.69 EA</p>	<p><b>PRICED LOW EVERY DAY</b> MVP <b>3.49</b> EA W/O MVP Card \$3.89 EA</p>	<p><b>HOTSALE!</b> MVP <b>6.99</b> EA W/O MVP Card \$7.99 EA</p>	
<p><b>HOTSALE!</b> MVP <b>2/\$6</b> W/O MVP Card \$4.89 EA</p>	<p><b>HOTSALE!</b> MVP <b>7.99</b> EA W/O MVP Card Regular Retail</p>	<p><b>HOTSALE!</b> MVP <b>5.99</b> EA W/O MVP Card Regular Retail</p>	



# HEALTH & BEAUTY

TAKE GOOD CARE FOR LESS



**MVP PRICED LOW EVERY DAY**

**2/\$4**

5.7 Oz. Select Varieties  
**CREST TOOTHPASTE**

W/O MVP Card \$2.48 EA

**MVP DIGITAL COUPON**  
load on app • web • in-store kiosk

**HOT SALE! 19.99 EA**

W/O MVP Card \$21.99 EA

**MVP Coupon -1.00 OFF!**

**18.99 EA**

48 Ct. Select Varieties  
**DAYQUIL OR NYQUIL COLD & FLU**

W/O MVP DISCOUNT SAVINGS LIMIT 1

16.8-26.5 Oz. Select Varieties  
**JERGENS LOTION**

**HOTSALE!**

**7.49 EA**

W/O MVP Card \$8.99 EA

21.4-23.6 Oz. Select Varieties  
**PANTENE 2IN1 SHAMPOO AND CONDITIONER**

**HOTSALE!**

**7.49 EA**

W/O MVP Card \$8.49 EA

6-8 Oz. Select Varieties  
**NOT YOUR MOTHER'S CURL TALK**

**HOTSALE!**

**7.79 EA**

W/O MVP Card \$8.49 EA

**HOTSALE!**

**2/\$4**

2.12 Oz. Select Varieties  
**ONE PROTEIN BAR**

W/O MVP Card \$3.19 EA

## BABY

3.5 Oz. Select Varieties  
**GERBER GRADUATES GRABBER**

**HOTSALE!**

**5/\$5**

W/O MVP Card \$1.49 EA

3.5 Oz. Select Varieties  
**PLUM ORGANICS POUCHES**

**HOTSALE!**

**1.39 EA**

W/O MVP Card \$1.59 EA

**MVP DIGITAL COUPONS** load on app • web • in-store kiosk

**7.79 EA**

**MVP Coupon -3.00 OFF!**

**4.79 EA**

20-28 Ct. Select Varieties  
**LUVS PLATINUM PROTECTION JUMBO PACK**

W/O MVP DISCOUNT SAVINGS LIMIT 1

**HOT SALE! 6.79 EA**

W/O MVP Card \$7.79 EA

**MVP Coupon -1.00 OFF!**

**5.79 EA**

168-192 Ct. Select Varieties  
**HUGGIES BABY WIPES REFILL**

W/O MVP DISCOUNT SAVINGS LIMIT 1

# HOUSE & HOME

CLEAN UP ON LOW PRICES



**HOTSALE!**

**1.79 EA**

2 Ct. **FOOD LION SCRUB SPONGES**

19.4 Oz. **FOOD LION LIQUID DISH SOAP**

Select Varieties

W/O MVP Card Regular Retail

**HOTSALE!**

**6.69 EA**

12 Double Rolls  
**SCOTT COMFORT PLUS**

6 Single Plus Rolls  
**SCOTT PAPER TOWELS**

Select Varieties

W/O MVP Card Regular Retail

50 Ct. **FOOD LION PARTY CUPS**

80 Ct. **FOOD LION PAPER PLATES**

Select Varieties

**HOTSALE!**

**3.99 EA**

W/O MVP Card Regular Retail

16 Oz. **JET DRY**

17-27 Ct. Tabs  
**FINISH**

Select Varieties

**HOTSALE!**

**7.49 EA**

W/O MVP Card Regular Retail

**HOTSALE!**

**2/\$6**

75 Ct. Select Varieties  
**FOOD LION DISINFECTING WIPES**

Select Varieties

W/O MVP Card \$3.49 EA

**HOTSALE!**

**3.99 EA**

90 Ct. Snack or Sandwich Bags  
Select Varieties  
**ZIPLOC**

W/O MVP Card Regular Retail

96 Ct. Select Varieties  
**FOOD LION PREMIUM CRYSTAL DINNERWARE**

**HOTSALE!**

**5.79 EA**

W/O MVP Card \$6.49 EA

30-40 Ct. Select Varieties  
**GLAD KITCHEN BAGS**

**HOTSALE!**

**7.99 EA**

W/O MVP Card Regular Retail

**HOTSALE!**

**2/\$3**

60-70 Ct. Cubes or 160 Ct. Flats  
Select Varieties  
**FOOD LION FACIAL TISSUE**

Select Varieties

W/O MVP Card \$1.69 EA

**MVP DIGITAL COUPON**  
load on app • web • in-store kiosk

**HOT SALE! 9.99 EA**

W/O MVP Card Regular Retail

**MVP Coupon -2.00 OFF!**

**7.99 EA**

12.2 Oz. Unstopables or 64-88 Oz. Liquid  
Select Varieties  
**DOWNY**

W/O MVP DISCOUNT SAVINGS LIMIT 1

## PET

2 Oz. Select Varieties  
**COUNTRY KITCHEN PUREE LICKABLE CAT TREATS**

**HOTSALE!**

**2/\$3**

W/O MVP Card \$1.99 EA

12 Lb. **FRESH NEWS UNSCENTED PAPER LITTER**

**HOTSALE!**

**9.99 EA**

W/O MVP Card \$10.99 EA

10 Oz. Bag Select Varieties  
**BLUE BUFFALO NUGGES JERKY CUTS DOG TREATS**

**HOTSALE!**

**10.99 EA**

W/O MVP Card \$12.49 EA

22 Lb. Bag Select Varieties  
**SUPREME SOURCE GRAIN FREE DRY DOG FOOD**

**HOTSALE!**

**33.99 EA**

W/O MVP Card \$39.99 EA

## NEW ITEM CENTER

5 Oz. Select Varieties  
**WELCH'S FRUITFULS FRUIT STRIPS**

**HOTSALE!**

**3.49 EA**

W/O MVP Card \$4.29 EA

5.5-5.75 Oz. Select Varieties  
**LAY'S STAX CHIPS**

**HOTSALE!**

**2/\$4**

W/O MVP Card \$2.39 EA

9.3-13.6 Oz. Select Varieties  
**BETTY CROCKER OREO CAKE MIX**

**HOTSALE!**

**3.69 EA**

W/O MVP Card \$4.99 EA

8-9 Oz. Select Varieties  
**DEL MONTE PITTED OR STUFFED OLIVES**

**HOTSALE!**

**3.99 EA**

W/O MVP Card Regular Retail



# Bring home our best *weekly deals*

Get what's best in season along with all your fresh must-haves.



**HOTSALE!**  
MVP  
**59¢**  
EA  
W/O MVP Card Regular Retail

CUCUMBERS OR GREEN PEPPERS



**HOTSALE!**  
MVP  
**2/\$5**  
W/O MVP Card Regular Retail

10 Oz. NATURE'S SWEET CHERUB TOMATOES



**HOTSALE!**  
MVP  
**59¢**  
LB  
W/O MVP Card Regular Retail

GREEN CABBAGE



**HOTSALE!**  
MVP  
**2/\$5**  
W/O MVP Card Regular Retail

6 Oz. Pkg. BLACKBERRIES



12 Oz. Pkg. Select Varieties  
**HOTSALE!**  
MVP  
**1.99**  
EA  
W/O MVP Card Regular Retail

GREEN GIANT MIXED VEGGIES



Large RED SEEDLESS GRAPES  
**PRICED LOW EVERY DAY**  
**1.99**  
LB



1 Lb. - Clamshell SUNGOLD KIWIFRUIT  
**HOTSALE!**  
MVP  
**3.99**  
EA  
W/O MVP Card Regular Retail




**HOTSALE!**  
MVP  
**79¢**  
EA  
W/O MVP Card Regular Retail

MANGOS



While Supplies Last  
**HOTSALE!**  
MVP  
**10.99**  
EA  
W/O MVP Card Regular Retail

PUMPKIN PIE BOUQUET



**HOTSALE!**  
MVP  
**4.99**  
EA  
W/O MVP Card Regular Retail

Jack-O-Lantern PUMPKINS

**ORGANIC**



2 Lb. Bags NATURE'S PROMISE ORGANIC HONEYCRISP APPLES  
**HOTSALE!**  
MVP  
**4.99**  
EA  
W/O MVP Card Regular Retail



3 Ct. Pkg. SUNSET ORGANIC SWEET BELL PEPPERS  
**HOTSALE!**  
MVP  
**5.29**  
EA  
W/O MVP Card Regular Retail

*100% fresh or double your money back*

See [foodlion.com](http://foodlion.com) for details

Text CountOnUs to MVP (887687) to sign up for the MVP Weekly Specials Email. (Message and data rates may apply. Find us online: [foodlion.com](http://foodlion.com) | [f](#) | [t](#))

Prices and promotions in this ad are based on the use of a Food Lion MVP card, regular prices apply without card. We reserve the right to limit quantities and correct typographical errors. Prices and availability may vary by store. Main checks unavailable on alcohol and tobacco products.

ALL STORES ACCEPT:

Prices in this ad good at stores conveniently located in these cities:  
Atlantic Beach, Beaufort, Belhaven, Chocowinity, Emerald Isle, Grantsboro, Havelock, Jacksonville, Morehead City, New Bern, Newport, Richlands, Sneads Ferry, Swansboro, Vanceboro, Washington

We accept competitor's coupons, exceptions may apply, see store associate for details. Coinstar, Western Union, Deli/Bakery and Floral may not be available at all stores. Sale Begins Wednesday at 9 am in 24 Hour Stores.





# Sweet and spooky treats for less

October 9 - October 15, 2024

**FOOD LION**

Offers valid while supplies last.



**HOTSALE!**  
MVP  
**2/\$7**  
W/O MVP Card \$4.39 EA

15 Oz.  
**TOOTSIE ROLL MIDGEES**



**HOTSALE!**  
MVP  
**3.99**  
EA  
W/O MVP Card \$4.99 EA

9.87-10.72 Oz.  
Select Varieties  
**SKITTLES FUN SIZE**



**HOTSALE!**  
MVP  
**3.29**  
EA  
W/O MVP Card \$4.99 EA

9 Oz.  
Select Varieties  
**STARBURST POPS**



**HOTSALE!**  
MVP  
**2/\$7**  
W/O MVP Card \$4.39 EA

10.4 Oz.  
Assorted Varieties  
**CHARMS BLOW POPS**



**HOTSALE!**  
MVP  
**4.99**  
EA  
W/O MVP Card \$5.99 EA

9-11.5 Oz.  
Select Varieties  
**MARS FUN SIZE CANDY**

1 Ct.  
**BATTERY OPERATED LIGHT UP PUMPKIN**

**HOTSALE!**  
MVP  
**2.29**  
EA  
W/O MVP Card \$2.99 EA



**HOTSALE!**  
MVP  
**2/\$3**  
W/O MVP Card \$1.99 EA

1 Ct.  
**GOOGLE EYE MELAMINE**

1 Ct.  
**SMART LIVING SKELETON BIRD**

**HOTSALE!**  
MVP  
**4.99**  
EA  
W/O MVP Card \$5.99 EA



1 Ct.  
**10.5 INCH CHARACTER STATUE**

**HOTSALE!**  
MVP  
**10.99**  
EA  
W/O MVP Card \$12.99 EA



**HOTSALE!**  
MVP  
**7.99**  
EA  
W/O MVP Card \$8.99 EA



1 Ct. - Assorted  
**PUMPKIN DECOR**

W-1 ZNCO ZDPH ZDSA ZGAH ZGAL ZGAT ZGAU ZGCH ZGCR ZGCT ZGHW ZGRY ZGSA ZKBG ZKNA ZKNV ZMBA ZMBL ZMBM ZMBT ZMSA ZMWA ZMWK ZMWS ZNCA ZNCD ZNCE ZNCH ZNCL ZNCR ZNCT ZNFL ZNGB ZNGL ZNGR ZNGS ZNGV ZNHZ ZNLE ZNNB ZNNF ZNNL ZNNO ZNRA ZNRE ZNRG ZNRH ZNRI ZNRL ZNRR ZNTT ZNWA ZNWI ZNWL ZNWM ZNWN ZNWT ZPAL ZPHA ZPHI ZSAG ZSAU ZSCH ZSCL ZSCO ZSCT ZSFE ZSFL ZSFR ZSGL ZSGV ZSSA ZSSV ZTCA ZTCH ZTKN ZTNA ZTNV ZTTR ZVBL ZVCH ZVDC ZVHA ZVHK ZVNO ZVNR ZVRA ZVRC ZVRD ZVRI ZVRN ZVRO ZVTI ZVTR ZVWH ZVWN ZVWR ZVWS ZVWT ZVWX ZVWL ZWCA ZWCL ZWWA ZWWS 10/09/24



# Wrap your halloween party in low prices



Serving suggestion:  
Mini Mummy Dogs



**HOTSALE!**  
MVP  
**2/\$7**  
W/O MVP Card Regular Retail

12-14 Oz. Pkg.  
Select Varieties  
**HILLSHIRE FARM  
COCKTAIL SMOKIES**



**HOTSALE!**  
MVP  
**2/\$6**  
W/O MVP Card \$3.99 EA

8-13.9 Oz. - Select Varieties  
**PILLSBURY CRESCENTS  
OR CINNAMON ROLLS**

**MVP DIGITAL COUPON**  
load on app • web • in-store kiosk



6 Mega Rolls  
**CHARMIN ESSENTIALS**  
4 Double Rolls  
**BOUNTY ESSENTIALS**  
Select Varieties

**HOT SALE!**  
**5.99**  
EA  
W/O MVP Card \$6.99 EA

MVP  
Coupon **-50¢**  
OFF!

**5.49**  
EA  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT!



**HOTSALE!**  
MVP  
**3.99**  
EA  
W/O MVP Card \$4.49 EA

7.4 Oz.  
Select Varieties  
**MILK BONE  
COMFORT CHEWS  
DOG TREATS**



16 Oz.  
Select Varieties  
**CHINET COMFORT  
CUP WITH LIDS**

**HOTSALE!**  
MVP  
**5.99**  
EA  
W/O MVP Card \$6.49 EA



128 Oz.  
Select Varieties  
**ARIZONA TEA**

MVP **PRICED LOW EVERY DAY**  
**3.79**  
EA  
W/O MVP Card \$4.68 EA





# Boo-tastic *savings* in every bite



Pumpkin Cheesecake Dip

Pumpkin Pie Mummies

Save on the ingredients to make these seasonal treats!  
Visit [foodlion.com](http://foodlion.com) for the recipes

12 Oz.  
**GENERAL MILLS CHEERIOS CEREAL**



**HOTSALE!**  
MVP  
**3.99**  
EA  
W/O MVP Card \$5.29 EA

15 Oz.  
**LUCKY LEAF PUMPKIN PIE FILLING**



**HOTSALE!**  
MVP  
**1.79**  
EA  
W/O MVP Card 2/\$4

**HOTSALE!**  
MVP  
**3.49**  
EA  
W/O MVP Card \$3.99 EA



2 Lb. Bag  
**SNAP DRAGON APPLES**  
WHILE SUPPLIES LAST!

12 Oz.  
**FOOD LION GINGER SNAP COOKIES**



**3.19**  
EA

MVP **PRICED LOW EVERY DAY**  
**1.99**  
EA  
W/O MVP Card \$2.18 EA



8 Oz.  
Select Varieties  
**COOL WHIP**

20 Oz.  
Select Varieties  
**SUN-MAID RAISINS**



**HOTSALE!**  
MVP  
**4.69**  
EA  
W/O MVP Card \$5.19 EA



Offers valid while supplies last.

1 Ct.  
SMART LIVING  
WINDOW  
TREAT BAG

**HOTSALE!**  
MVP  
**2/\$5**  
W/O MVP Card \$2.99 EA



34 Oz.  
Select Varieties  
DUM DUM POPS

**HOTSALE!**  
MVP  
**9.99**  
EA  
W/O MVP Card \$11.99 EA



18.6 Oz.  
MARS MIXED  
SUGAR VARIETY

**HOTSALE!**  
MVP  
**10.79**  
EA  
W/O MVP Card \$11.99 EA



No tricks here,  
just treats!



1 Ct.  
SMART LIVING  
RAINBOW  
SPIN LIGHT

**HOTSALE!**  
MVP  
**4.99**  
EA  
W/O MVP Card \$5.99 EA



1 Ct. - Assorted  
SMART LIVING  
HALLOWEEN  
BUCKET WITH  
HANDLE

**HOTSALE!**  
MVP  
**2/\$3**  
W/O MVP Card \$1.99 EA



**HOTSALE!**  
MVP  
**3.99**  
EA  
W/O MVP Card \$6.99 EA



8.4-11.30 Oz.  
Select Varieties  
HERSHEY  
SNACK SIZE  
CANDY



1 Ct.  
SMART LIVING  
SPIDERWEB

**HOTSALE!**  
MVP  
**1.39**  
EA  
W/O MVP Card \$1.59 EA



1 Ct.  
SMART LIVING  
13 OUNCE  
FIGURAL  
DOL MUG

**HOTSALE!**  
MVP  
**6.29**  
EA  
W/O MVP Card \$6.99 EA



32.04 Oz.  
FERRERO  
ASSORTED  
FUN SIZE  
CANDY

**HOTSALE!**  
MVP  
**12.49**  
EA  
W/O MVP Card \$14.99 EA



**MVP PRICED LOW EVERY DAY**  
**3.99**  
EA  
W/O MVP Card \$5.89 EA



10.5-11.5 Oz.  
Select Varieties  
FERRERO  
FUN SIZE  
CANDY