

Here for  
fall gatherings  
and savings



**YOU SAVE \$4.00 LB**

**HOTSALE! MVP**

**8.99** LB

**BEEF T-BONE STEAK**

W/O MVP Card \$12.99 LB

**HOTSALE! MVP**

**69¢** LB

Sold in 10 Lb. Bag

**FRESH CHICKEN LEG QUARTERS**

W/O MVP Card \$94 LB

**HOTSALE! MVP**

**2.49** LB

Center Cut, Bone-In

**PORK CHOPS**

W/O MVP Card \$3.99 LB

**HOTSALE! MVP**

**BOGO FREE**

26-30 Ct. 16 Oz. Bag - Frozen

**FOOD LION RAW OR COOKED SHRIMP**

W/O MVP Card Regular Retail Single Item Half Price



**YOU SAVE \$3.67 ON 3**

**HOTSALE! MVP**

**3/\$5**

6 Oz. Pkg.

**BLACKBERRIES**

W/O MVP Card \$2.89 EA

**HOTSALE! MVP**

**2/\$5**

6-9 Oz. Pkg. Select Varieties

**FRESH EXPRESS SALAD BLENDS**

W/O MVP Card \$3.79 EA

**HOTSALE! MVP**

**1.99** EA

5 Lb. Bag

**FOOD LION RUSSET POTATOES**

W/O MVP Card \$4.99 EA

**HOTSALE! MVP**

**1.79** EA

Whole

**GOLDEN PINEAPPLE**

W/O MVP Card \$2.19 EA

**HOTSALE! MVP**

**BOGO FREE**

12 Pack, 12 Oz. Cans Select Varieties

**PEPSI PRODUCTS**

W/O MVP Card Regular Retail Single Item Half Price

**HOTSALE! MVP**

**BOGO FREE**

5-9-10 Oz. Select Varieties

**PEPPERIDGE FARM GOLDFISH FAMILY SIZE OR CRISPS**

W/O MVP Card Regular Retail Single Item Half Price

**HOTSALE! MVP**

**BOGO FREE**

4-5-8 Oz. Select Varieties

**MOTT'S OR BETTY CROCKER FRUIT SNACKS**

W/O MVP Card Regular Retail Single Item Half Price

**HOTSALE! MVP**

**BOGO FREE**

10 Oz. K-Cups or 12 Oz. Bag Select Varieties

**STARBUCKS COFFEE**

W/O MVP Card Regular Retail Single Item Half Price

**HOTSALE! MVP**

**16.99** EA

12 Pack, 12 Oz. Bottles or Cans Select Varieties

**HEINEKEN, CORONA OR MODELO BEER**

W/O MVP Card Regular Retail Single Item Half Price

46 Oz. Select Varieties

**TROPICANA PREMIUM ORANGE JUICE**

**HOTSALE! MVP**

**2.99** EA

W/O MVP Card \$4.68 EA

16 Oz. Select Varieties

**KRAFT SINGLES**

**HOTSALE! MVP**

**4.49** EA

W/O MVP Card \$5.49 EA

6.5-10 Oz. Select Varieties

**CHEETOS OR FRITOS**

**HOTSALE! MVP**

**2/\$7**

W/O MVP Card Regular Retail

18-24.5 Oz. Select Varieties

**GORTON'S FROZEN SEAFOOD**

**HOTSALE! MVP**

**4.99** EA

W/O MVP Card \$8.99 EA

24 Oz. Pkg. Frozen Select Varieties

**JUST BARE CHICKEN**

**HOTSALE! MVP**

**8.99** EA

W/O MVP Card \$12.29 EA

**MVP DIGITAL COUPON**

Load on app, scan in-store kiosk

**PREMIUM PASTA 4/\$5**

MVP Coupon -1.00 EA

4-10-5.7 Oz. Select Varieties

**KNORR PASTA OR RICE SIDES**

**4/\$4**

W/O MVP Card Regular Retail

**HOTSALE! MVP**

**3.49** EA

12 Oz. Select Varieties

**SPAM LUNCHEON MEAT**

W/O MVP Card Regular Retail

6-8-11 Oz. Select Varieties

**ENTENMANN'S LITTLE BITES MUFFINS**

**HOTSALE! MVP**

**3.49** EA

W/O MVP Card \$5.79 EA

32-5-33 Oz. Select Varieties

**ARM & HAMMER**

**HOTSALE! MVP**

**2/\$5**

W/O MVP Card \$4.29 EA

8 Mega Rolls

**ANGEL SOFT 4 Double Roll SPARKLE**

**HOTSALE! MVP**

**5.49** EA

W/O MVP Card Regular Retail

**PRICED LOW EVERY DAY** & **HOTSALE!**

ON ITEMS YOU BUY MOST OFTEN

OUR BEST WEEKLY MVP DEALS



# Here to save you more with exclusive *rewards*



[Activate Your Offers](#)

[Check Your Progress](#)



You can also

## *donate your rewards* to help our neighbors!

[Donate Now](#)



\*For each \$1 in Shop & Earn rewards you donate, Food Lion will donate \$1 to Food Lion Feeds Charitable Foundation. The foundation will then distribute the funds to local food banks and their local feeding agencies throughout our footprint.





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or *double* your money back

See foodlion.com for details

*cozy* savings for  
cooler *nights*

**HOTSALE!**  
MVP

**5.99**  
LB

Beef  
**TOP ROUND LONDON BROIL**

W/O MVP Card Regular Retail

**HOTSALE!**  
MVP

**BOGO FREE**

18.4 Oz. Select Varieties  
**SMITHFIELD MARINATED PORK TENDERLOIN**

W/O MVP Card Regular Retail  
Single Item Only Price

**HOTSALE!**  
MVP

**99¢**  
LB

**FOOD LION WHOLE CHICKEN**

W/O MVP Card \$1.98 LB

Fresh  
**FOOD LION FAMILY PACK CHICKEN TENDERLOINS**

**HOTSALE!**  
MVP

**2.99**  
LB

W/O MVP Card Regular Retail

Family Pack  
**FOOD LION THIN SLICED BONELESS CHICKEN BREAST**

**HOTSALE!**  
MVP

**3.99**  
LB

W/O MVP Card Regular Retail

**HOTSALE!**  
MVP

**2.99**  
LB

**BOSTON BUTT COUNTRY STYLE PORK RIBS**

W/O MVP Card Regular Retail

16 Oz. Pkg.  
**NATURE'S PROMISE ANTIBIOTICS FREE 93% GROUND TURKEY**

**HOTSALE!**  
MVP

**2/\$7**

W/O MVP Card Regular Retail

**HOTSALE!**  
MVP

**5.49**  
LB

Ground Fresh Daily  
**85% LEAN FRESH GROUND ROUND**

W/O MVP Card Regular Retail

**HOTSALE!**  
MVP

**6.99**  
LB

**BONELESS STEW BEEF**

W/O MVP Card Regular Retail

**HOTSALE!**  
MVP

**1.49**  
LB

**FRESH PORK PICNIC**

W/O MVP Card Regular Retail

16 Oz. Pkg. - Select Varieties  
**FOOD LION SLICED BACON**

**HOTSALE!**  
MVP

**4.49**  
EA

W/O MVP Card Regular Retail

10-16 Oz. Pkg. - Select Varieties  
**LAND O'FROST PREMIUM LUNCHEAT**

**HOTSALE!**  
MVP

**5.79**  
EA

W/O MVP Card Regular Retail

8-12 Oz. Pkg. - Select Varieties  
**OSCAR MAYER LUNCHABLES FUN PACK**

**HOTSALE!**  
MVP

**2/\$5**

W/O MVP Card Regular Retail

17-24 Oz. Pkg. - Select Varieties  
**RESER'S MAIN STREET BISTRO SIDES**

**HOTSALE!**  
MVP

**2.99**  
EA

W/O MVP Card Regular Retail

24 Oz. Pkg.  
**TASTE OF INSPIRATIONS OVEN ROASTED TURKEY BREAST**

**HOTSALE!**  
MVP

**8.99**  
EA

W/O MVP Card Regular Retail

**SUSTAINABLE SEAFOOD**

**HOTSALE!**  
MVP

**5.99**  
EA

10 Oz.  
**COD, HADDOCK OR FLOUNDER FILLETS**

W/O MVP Card Regular Retail

**HOTSALE!**  
MVP

**3.49**  
EA

7 Oz. Select Varieties  
**SEAFOOD DIPS OR SPREADS**

W/O MVP Card Regular Retail

**HOTSALE!**  
MVP

**2.99**  
EA

14 Oz.  
**FOOD LION IMITATION CRAB MEAT**

W/O MVP Card Regular Retail

**HOTSALE!**  
MVP

**7.99**  
EA

14 Oz. - Frozen  
**SHRIMP RING**

W/O MVP Card Regular Retail





**Make 5 meals  
with one list  
*under*  
\$50**

**Get List & Recipes**







A woman with glasses on her head, wearing a brown t-shirt with the 'FOOD LION FEEDS' logo, is working in a food bank warehouse. She is surrounded by stacks of food supplies, including bags of corn and other packaged goods. The background shows a well-lit industrial space with a door and more shelving units.

*Give today*

and we will match  
your donation\*

Together, we can help  
our neighbors impacted  
by Hurricane Helene

**FOOD LION  
FEEDS**  
Charitable Foundation

**LEARN MORE**

\*Food Lion will match all donations (up to \$1M)







**EARN \$20** *for being our*



**SPEND \$50  
6 TIMES\***

**TRACK YOUR  
RECEIPT**

**RECEIVE  
\$20 COUPON**

**OCTOBER 16<sup>TH</sup> - NOVEMBER 26<sup>TH</sup>**

**GET DETAILS**





# Snack at home like you're at the carnival

4.4-7 Oz. Select Varieties  
**ANGIE'S BOOMCHICKAPOP POPCORN**

**HOTSALE!**

**2/\$6**

W/O MVP Card \$3.75 EA

5 Oz. Select Varieties  
**MOYER'S CARAMEL APPLES IN PRODUCE**

**HOTSALE!**

**179**

EA

W/O MVP Card \$2.49 EA

20 Oz. Select Varieties  
**NATHAN'S FAMOUS PRETZEL DOGS**

**HOTSALE!**

**799**

EA

W/O MVP Card \$8.99 EA

42.7 Oz. Select Varieties  
**FOSTER FARMS CORN DOGS**

**HOTSALE!**

**699**

EA

W/O MVP Card \$7.99 EA

DESSERT KINGS  
**CAKE POPS IN THE BAKERY**

**HOTSALE!**

**529**

EA

W/O MVP Card \$5.99 EA

6.4-15.35 Oz. Select Varieties  
**NABISCO OREO COOKIES**

**HOTSALE!**

**349**

EA

W/O MVP Card \$4.49 EA

## BEVERAGE CENTER

6 Pack - 16-16.9 Oz. Bottles Select Varieties  
**COKE PRODUCTS**

**HOTSALE!**

**3/\$12**

W/O MVP Card Regular Retail

24 Pack 5 Liter Bottles  
**DEER PARK SPRING WATER**

**HOTSALE!**

**449**

EA

W/O MVP Card \$6.99 EA

6 Pack 16-16.9 Oz. Bottles Select Varieties  
**DR PEPPER PRODUCTS**

**HOTSALE!**

**4/\$12**

W/O MVP Card Regular Retail

17 Oz. Select Varieties  
**SPARKLING ICE FLAVORED WATER**

**PRICED LOW EVERY DAY!**

**5/\$5**

W/O MVP Card \$1.28 EA

64 Oz. Select Varieties  
**OLD ORCHARD HEALTHY BALANCE OR 100% JUICE**

**HOTSALE!**

**2/\$5**

W/O MVP Card Regular Retail

8 Pack 6.75 Oz. Boxes Select Varieties  
**JUICY JUICE 100% JUICE**

**HOTSALE!**

**2/\$5**

W/O MVP Card \$3.79 EA

15 Oz. Select Varieties  
**MONSTER JAVA**

**HOTSALE!**

**2/\$4**

W/O MVP Card \$2.79 EA

750 mL Select Varieties  
**YELLOW TAIL OR BAREFOOT WINE**

**HOTSALE!**

**699**

EA

750 mL Select Varieties  
**CUPCAKE OR COOK'S WINE**

**HOTSALE!**

**999**

EA

1.5 Liter Select Varieties  
**CAVIT WINE**

**HOTSALE!**

**1399**

EA

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



12 Pack - 12 Oz. Bottles or Cans  
**BLUE MOON, LEINENKUGEL'S OR KONA**

12 Pack - 12 Oz. Cans  
**NEW BELGIUM HARD CHARGED TEA**

Select Varieties

**HOTSALE!**

**1799**

EA

12 Pack - 12 Oz. Cans Select Varieties  
**HOOP TEA OR CAYMAN JACK**

**HOTSALE!**

**1799**

EA

24 Pack - 12 Oz. Bottles or Cans Select Varieties  
**MICHELOB ULTRA**

**HOTSALE!**

**2299**

EA

12 Pack - 12 Oz. Cans Select Varieties  
**BUSCH LIGHT**

30 Pack - 12 Oz. Cans Select Varieties

**HOTSALE!**

**1999**

EA

6 Pack - 12 Oz. Bottles  
**DEVILS BACKBONE OR STARR HILL**

6 Pack - 12 Oz. Cans  
**THREE NOTCH'D**

Select Varieties

**HOTSALE!**

**999**

EA

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



Purina® supports pet-friendly domestic violence shelters.



PURINA + RedRover



SHOP NOW

BUY ONE GET ONE  
FREE



american greetings

CLIP COUPON



# DAIRY

FILL THE FRIDGE WITH THESE GREAT DEALS

## BUY TWO OF THESE

32 Oz. - Select Varieties  
NESTLE COFFEE MATE CREAMER

**HOTSALE!**  
379 EA

W/O MVP Card \$4.29 EA

**& GET THIS FREE**

50 Oz. - Select Varieties  
NESTLE COFFEE-MATE ICED COFFEE

W/O MVP Card Regular Retail Limit 1 reward per shopping visit

**HOTSALE!**  
2/\$6

6-8 Oz. - Select Varieties  
CRACKER BARREL BARS, STICKS OR CUBES

W/O MVP Card \$3.99 EA

**HOTSALE!**  
2/\$6

4-6 Pack - Select Varieties  
DANIMALS SMOOTHIE OR YOGRUNCH YOGURT

W/O MVP Card \$3.99 EA

**HOTSALE!**  
4.99 EA

17.5-30 Oz. - Select Varieties  
PILLSBURY BREADS OR GRANDS! CINNAMON ROLLS

W/O MVP Card \$5.99 EA

**HOTSALE!**  
5/\$5

5.3 Oz. - Select Varieties  
DANNON LIGHT & FIT OR OIKOS GREEK YOGURT

W/O MVP Card Regular Retail

**HOTSALE!**  
4/\$5

5 Oz. - Select Varieties  
YOPLAIT OUI YOGURT

W/O MVP Card 3.55

**PRICED LOW EVERY DAY!**  
2/\$4

Minute Maid ICED COFFEE

**HOTSALE!**  
3.99 EA

7.5-8 Oz. - Select Varieties  
PHILADELPHIA SOFT CREAM CHEESE

W/O MVP Card \$5.49 EA

**HOTSALE!**  
3.49 EA

14-16.5 Oz. - Select Varieties  
NESTLE TOLL HOUSE COOKIES

W/O MVP Card \$4.89 EA

# FROZEN

STOCK UP ON EVERYONE'S FAVORITE

**HOTSALE!**  
4/\$5

5.2 Oz. - Select Varieties  
FOOD LION CRISPY THIN CRUST PIZZA

W/O MVP Card \$1.39 EA

**HOTSALE!**  
3.49 EA

6.7-7.3 Oz. - Select Varieties  
LILY'S TOASTER GRILLS

W/O MVP Card \$3.99 EA

**HOTSALE!**  
4.99 EA

26 Oz. Pkg. - Frozen - Select Varieties  
FOOD LION BREADED CHICKEN

W/O MVP Card \$5.79 EA

**HOTSALE!**  
2/\$5

11.7 Oz. - Select Varieties  
PILLSBURY TOASTER STRUDEL

W/O MVP Card \$3.69 EA

**HOTSALE!**  
2/\$1

3.8-4 Oz. - Select Varieties  
EL MONTEREY TOASTER BURRITOS

W/O MVP Card 99¢ EA

**HOTSALE!**  
3.99 EA

9 Oz. - Select Varieties  
TASTE CHOICE SHRIMP

W/O MVP Card \$5.99 EA

**HOTSALE!**  
4.99 EA

50 Ct. - Select Varieties  
TOTINO'S PIZZA ROLLS

W/O MVP Card \$7.39 EA

**HOTSALE!**  
3.49 EA

14.5-16 Oz. - Select Varieties  
HUNGRY-MAN DINNERS

W/O MVP Card \$5.29 EA

**HOTSALE!**  
2/\$7

18.6 Oz. - Select Varieties  
TONY'S PIZZA

W/O MVP Card \$3.99 EA

**HOTSALE!**  
11.99 EA

52.5-57 Oz. - Select Varieties  
STOUFFER'S FAMILY SIZE DINNERS

W/O MVP Card \$14.29 EA

# BREAKFAST

64 Oz. - Select Varieties  
SILK MILK

**HOTSALE!**  
2/\$6

W/O MVP Card \$3.99 EA

13.5-14.9 Oz. - Select Varieties  
GENERAL MILLS FLAVORED CHEERIOS CEREAL

**HOTSALE!**  
BOGO FREE

W/O MVP Card \$1.99 EA Single Item Half Price

10.5-11 Oz. - Select Varieties  
GENERAL MILLS HONEY NUT CHEERIOS OR LUCKY CHARMS CEREAL

**HOTSALE!**  
2/\$6

W/O MVP Card Regular Retail

12 Ct. Single Serve Cups or 12 Oz. Bag - Select Varieties  
FOOD LION COFFEE

**HOTSALE!**  
4.49 EA

W/O MVP Card Regular Retail

**HOTSALE!**  
4.99 EA

24 BARS - Select Varieties  
NATURE VALLEY GRANOLA BARS

W/O MVP Card \$6.99 EA

32-36 Oz. - Select Varieties  
WELCH'S FRUIT SNACKS

**HOTSALE!**  
8.29 EA

W/O MVP Card \$1.29 EA

10.5-11.5 Oz. - Can - Select Varieties  
FOOD LION COFFEE

**HOTSALE!**  
3.49 EA

W/O MVP Card \$4.69 EA

32 Ct. K-Cups - Select Varieties  
DUNKIN' COFFEE

**HOTSALE!**  
19.99 EA

W/O MVP Card \$25.99 EA



NEW

Knorr

Authentic Meals  
Start Here

地道佳餚從這裡開始

Bữa ăn chuẩn vị, bắt nguồn từ đây

SHOP NOW



Easy Tailgate  
*Easy Win*

SHOP NOW





# HOUSE & HOME

FALL CLEANING AND ENTERTAINING ESSENTIALS

All seasonal items are available while supplies last

<p>8.3 Oz. Select Varieties <b>GLADE AEROSOL</b></p> <p><b>HOTSALE!</b></p> <p><b>2/\$5</b></p> <p>W/O MVP Card \$2.79 EA</p>	<p>3.4 Oz. Select Varieties <b>GLADE CANDLES</b></p> <p><b>HOTSALE!</b></p> <p><b>379</b></p> <p>EA</p> <p>W/O MVP Card \$4.99 EA</p>	<p>1 Ct. SMART LIVING <b>PARTY CUP 16 OUNCE</b></p> <p><b>HOTSALE!</b></p> <p><b>2/\$3</b></p> <p>W/O MVP Card \$1.99 EA</p>	<p>1 Ct. SMART LIVING <b>RAINBOW SPIN LIGHT</b></p> <p><b>HOTSALE!</b></p> <p><b>499</b></p> <p>EA</p> <p>W/O MVP Card \$5.99 EA</p>
<p>32-48 Oz. All-Purpose Cleaner or 2 Pc. Toilet Bowl Select Varieties <b>LYSOL</b></p> <p><b>HOTSALE!</b></p> <p><b>349</b></p> <p>EA</p> <p>W/O MVP Card Regular Retail</p>	<p>56 Oz. Select Varieties <b>FABULOSO</b></p> <p><b>HOTSALE!</b></p> <p><b>399</b></p> <p>EA</p> <p>W/O MVP Card \$4.99 EA</p>	<p>1 Ct. SMART LIVING <b>BATTERY OPERATED CRYSTAL GHOST</b></p> <p><b>HOTSALE!</b></p> <p><b>499</b></p> <p>EA</p> <p>W/O MVP Card \$5.99 EA</p>	<p>1 Ct. Assorted <b>PUMPKIN DECOR</b></p> <p><b>HOTSALE!</b></p> <p><b>799</b></p> <p>EA</p> <p>W/O MVP Card \$8.99 EA</p>
<p>48 Oz. Select Varieties <b>PINE-SOL</b></p> <p><b>PRICED LOW EVERY DAY!</b></p> <p><b>799</b></p> <p>EA</p> <p>W/O MVP Card \$9.79 EA</p>	<p>20 Oz. Aerosol or 32 Oz. Trigger Select Varieties <b>SCRUBBING BUBBLES</b></p> <p><b>HOTSALE!</b></p> <p><b>379</b></p> <p>EA</p> <p>W/O MVP Card Regular Retail</p>	<p>3 Ct. Sponges Select Varieties <b>SCOTCH-BRITE</b></p> <p><b>HOTSALE!</b></p> <p><b>2/\$6</b></p> <p>W/O MVP Card \$3.69 EA</p>	<p>16 Oz. Mist or 75 Ct. Wipes Select Varieties <b>CLOROX</b></p> <p><b>HOTSALE!</b></p> <p><b>499</b></p> <p>EA</p> <p>W/O MVP Card Regular Retail</p>
<p>18-28 Ct. Select Varieties <b>HEFTY TRASH BAGS</b></p> <p><b>HOTSALE!</b></p> <p><b>789</b></p> <p>EA</p> <p>W/O MVP Card \$8.79 EA</p>	<p>32.5 Oz. Select Varieties <b>PALMOLIVE DISH SOAP</b></p> <p><b>HOTSALE!</b></p> <p><b>399</b></p> <p>EA</p> <p>W/O MVP Card \$4.49 EA</p>	<p>11-18 Ct. Select Varieties <b>CASCADE</b></p> <p><b>HOTSALE!</b></p> <p><b>549</b></p> <p>EA</p> <p>W/O MVP Card \$7.99 EA</p>	<p>9 Mega Rolls <b>FOOD LION BATH TISSUE</b> 6 Double Rolls <b>FOOD LION PAPER TOWELS</b> Select Varieties</p> <p><b>HOTSALE!</b></p> <p><b>899</b></p> <p>EA</p> <p>W/O MVP Card Regular Retail</p>

# HEALTH & BABY

SAVINGS TO HELP YOU TAKE CARE OF THE FAMILY

<p>7.5-11 Oz. Select Varieties <b>DIAL HAND SOAP</b></p> <p><b>HOTSALE!</b></p> <p><b>2/\$5</b></p> <p>W/O MVP Card \$3.29 EA</p>	<p>50 Ct. Select Varieties <b>ALEVE CAPLETS OR TABLETS</b></p> <p><b>HOTSALE!</b></p> <p><b>799</b></p> <p>EA</p> <p>W/O MVP Card \$9.99 EA</p>	<p>29-96 Ct. Select Varieties <b>TUMS</b></p> <p><b>HOTSALE!</b></p> <p><b>549</b></p> <p>EA</p> <p>W/O MVP Card \$6.59 EA</p>	<p>2 Ct. - Select Varieties <b>GILLETTE SENSOR 5 OR VENUS DISPOSABLE RAZORS</b></p> <p><b>HOTSALE!</b></p> <p><b>999</b></p> <p>EA</p> <p>W/O MVP Card Regular Retail</p>
<p>3.5 Oz. Select Varieties <b>PLUM ORGANICS POUCHES</b></p> <p><b>HOTSALE!</b></p> <p><b>139</b></p> <p>EA</p> <p>W/O MVP Card \$1.59 EA</p>	<p>1 Oz. - Varieties <b>GERBER GRADUATES YOGURT MELTS</b></p> <p><b>HOTSALE!</b></p> <p><b>2/\$6</b></p> <p>W/O MVP Card \$3.99 EA</p>	<p>4 Oz. Jar Select Varieties <b>EARTH'S BEST ORGANIC BABY FOOD</b></p> <p><b>HOTSALE!</b></p> <p><b>4/\$5</b></p> <p>W/O MVP Card \$1.59 EA</p>	<p>19-38 Ct. Select Sizes <b>HUGGIES SNUG &amp; DRY JUMBO PACK</b></p> <p><b>HOTSALE!</b></p> <p><b>899</b></p> <p>EA</p> <p>W/O MVP Card \$9.99 EA</p>

# PET

<p>3-3.47 Lb. Select Varieties <b>MEOW MIX DRY CAT FOOD</b></p> <p><b>HOTSALE!</b></p> <p><b>519</b></p> <p>EA</p> <p>W/O MVP Card \$5.99 EA</p>	<p>25-28 Lb. Select Varieties <b>FRESH STEP CAT LITTER</b></p> <p><b>HOTSALE!</b></p> <p><b>1499</b></p> <p>EA</p> <p>W/O MVP Card \$18.79 EA</p>	<p>3.5 Oz. Tray Select Varieties <b>CESAR WET DOG FOOD</b></p> <p><b>HOTSALE!</b></p> <p><b>129</b></p> <p>EA</p> <p>W/O MVP Card \$1.58 EA</p>	<p>5 Lb. Bag Select Varieties <b>BLUE BUFFALO LIFE PROTECTION FORMULA DOG FOOD</b></p> <p><b>HOTSALE!</b></p> <p><b>1699</b></p> <p>EA</p> <p>W/O MVP Card \$19.99 EA</p>
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**NEW SPICY  
SOUP THAT EATS  
LIKE A MEAL**



**SHOP NOW**



# Keeping your fresh favorites *priced low*

In our produce department you'll find organics, what's best in season, and your everyday essentials at the best prices possible.



**HOTSALE!**  
MVP  
**1.29**  
LB  
Bulk or Tote Bag  
**ZUCCHINI OR  
YELLOW SQUASH**  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**3.99**  
EA  
24 Oz. Pkg.  
**WILD WONDERS  
TOMATOES**  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**4.49**  
EA  
6 Ct. Pkg.  
**RAINBOW  
PEPPER**  
W/O MVP Card Regular Retail



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



**HOTSALE!**  
MVP  
**2.49**  
EA  
16 Oz.  
**FOOD LION  
BRUSSELS SPROUTS**  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**2/\$5**  
W/O MVP Card Regular Retail  
1 Lb. Container  
**STRAWBERRIES**



**HOTSALE!**  
MVP  
**3.49**  
EA  
**DRAGON  
FRUIT**  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**1.49**  
LB  
Bartlett, Red or Bosc  
**PEARS**  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**9.99**  
EA  
6 INCH  
**PELEE MUMS**  
While Supplies Last!  
W/O MVP Card Regular Retail

ORGANIC



**HOTSALE!**  
MVP  
**3.49**  
EA  
6 Oz. Pkg.  
**ORGANIC  
BLUEBERRIES**  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**2.99**  
EA  
10 Oz. Pkg.  
**NATURE'S PROMISE  
ORGANIC GRAPE  
TOMATOES**  
W/O MVP Card Regular Retail



It's *cider*  
time!





**HOTSALE!**  
MVP  
**3.49**  
EA  
64 Oz. - Select Varieties  
**BIG RED TRUCK  
APPLE CIDER**  
W/O MVP Card Regular Retail

100% fresh  
or double  
your money back

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

Text CountOnUs to MVPMP (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. Rain checks unavailable on alcohol and tobacco products.

**ALL STORES ACCEPT:**    

Prices in this ad good at stores conveniently located in these cities:  
**Carrollton, Chesapeake, Courtland, Franklin, Grafton, Hampton, Newport News, Norfolk, Poquoson, Portsmouth, Smithfield, Suffolk, Virginia Beach, Williamsburg, Windsor, Yorktown**

We accept competitor's coupons, exceptions may apply, see store associate for details. \*Certain Western Union, Deli/Bakery and Floral may not be available at all stores. Sale Begins Wednesday at 8 am in 24 Hour Stores.





# MVP DIGITAL COUPONS

## LOAD & SAVE MORE

load on app • web • in-store kiosk

October 16 - October 22, 2024

Offers valid while supplies last.




**HOT SALE! 2/\$5**  
W/O MVP Card Regular Retail  
**MVP Coupon -1.00 OFF 2**

6-12.87 Oz.  
Select Varieties  
**STOUFFER'S ENTRÉES OR LEAN CUISINE ENTRÉES**

**2/\$4**  
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



**HOT SALE! 2/\$7**  
W/O MVP Card Regular Retail  
**MVP Coupon -1.00 OFF 2**

9-14 Oz.  
Select Varieties

**MARIE CALLENDER'S DINNERS OR HEALTHY CHOICE SIMPLY STEAMERS**

**2/\$6**  
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



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

10.25-13.5 Oz.  
Select Varieties  
**NEW YORK TEXAS TOAST**

**2/\$5**  
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



**HOT SALE! 2/\$6**  
W/O MVP Card \$3.59 EA  
**MVP Coupon -1.00 OFF 2**

10.5-16 Oz.  
Select Varieties  
**BOSTON MARKET FROZEN DINNERS**

**2/\$5**  
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



**HOT SALE! 4.99 EA**  
W/O MVP Card \$5.99 EA  
**MVP Coupon -1.00 OFF 1**

16.9-31.4 Oz.  
Select Varieties  
**DIGIORNO 12" PIZZA**

**3.99 EA**  
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



**PRICED LOW EVERY DAY 3.99 EA**  
W/O MVP Card \$4.89 EA  
**MVP Coupon -1.00 OFF 1**

14 Oz.  
Select Varieties  
**HÄAGEN-DAZS ICE CREAM**

**2.99 EA**  
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



**PRICED LOW EVERY DAY 2/\$6**  
W/O MVP Card \$3.69 EA  
**MVP Coupon -1.00 OFF 2**

7-9 Oz.  
Select Varieties  
**JIMMY DEAN BREAKFAST BOWLS**

**2/\$5**  
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



**HOT SALE! 5.99 EA**  
W/O MVP Card \$6.99 EA  
**MVP Coupon -1.00 OFF 1**

45 Oz.  
Select Varieties  
**BLUE RIBBON NOVELTIES**

**4.99 EA**  
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



**HOT SALE! 2/\$5**  
W/O MVP Card \$2.99 EA  
**MVP Coupon -1.00 OFF 2**

6-12.7 Oz.  
Select Varieties  
**BIRDS EYE STEAMFRESH VEGETABLES**

**2/\$4**  
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1

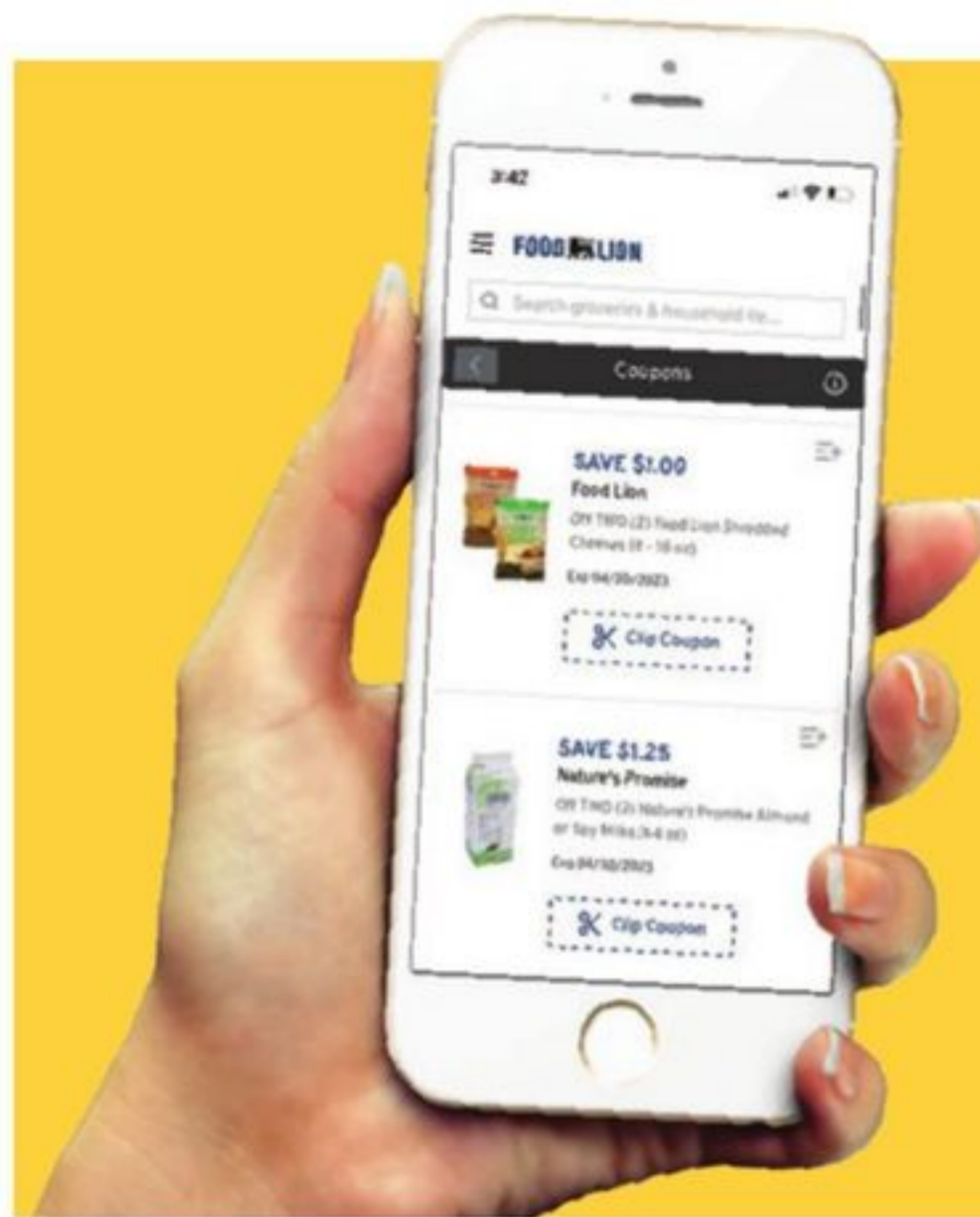


**HOT SALE! 6.99 EA**  
W/O MVP Card Regular Retail  
**MVP Coupon -1.00 OFF 1**

20-25 Oz.  
Select Varieties  
**P.F. CHANG'S MEALS OR BERTOLLI OVEN READY BAKES**

**5.99 EA**  
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1





# MVP DIGITAL COUPONS

load on app, online or at the in-store kiosk



**HOT SALE!** **8<sup>99</sup>**  
EA  
W/O MVP Card \$9.49 EA  
**MVP Coupon** **-1<sup>00</sup>**  
OFF 1

22.2-26.6 Oz.  
Select Varieties  
**DIGIORNO  
STUFFED  
CRUST PIZZA**

**7<sup>99</sup>**  
EA  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1



**HOT SALE!** **2/\$5**  
W/O MVP Card Regular Retail  
**MVP Coupon** **-1<sup>00</sup>**  
OFF 2

8 Oz. Pkg.  
All Varieties  
**HATFIELD  
BONELESS  
HAM STEAK**

**2/\$4**  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1



**HOT SALE!** **2/\$5**  
W/O MVP Card Regular Retail  
**MVP Coupon** **-1<sup>00</sup>**  
OFF 2

7.5-8 Oz.  
Select Varieties  
**CHEX MIX  
OR BUGLES**

**2/\$4**  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1



**HOT SALE!** **2/\$6**  
W/O MVP Card \$4.39 EA  
**MVP Coupon** **-1<sup>00</sup>**  
OFF 2

9.7-14 Oz.  
Select Varieties  
**GREEN GIANT  
VEGGIE MADE  
VEGETABLES**

**2/\$5**  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1



**HOT SALE!** **4<sup>99</sup>**  
EA  
W/O MVP Card \$5.69 EA  
**MVP Coupon** **-1<sup>00</sup>**  
OFF 1

16 Oz.  
Select Varieties  
**KRAFT  
SHREDDED  
CHEESE**

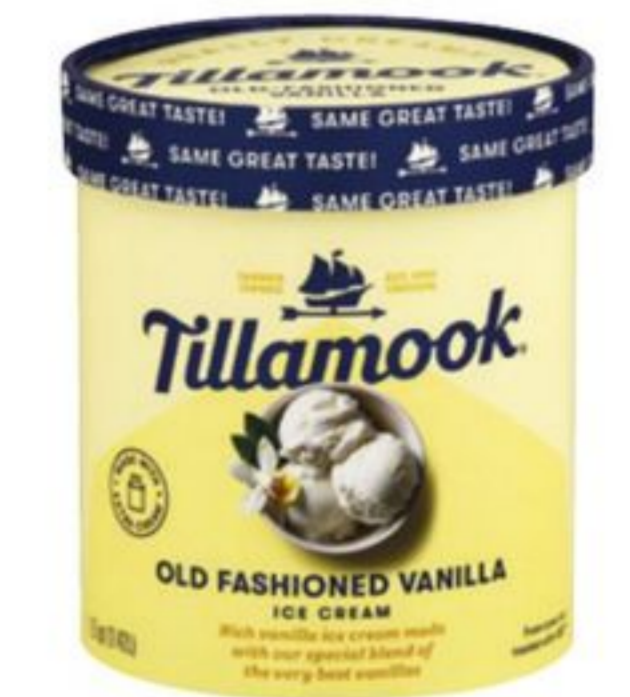
**3<sup>99</sup>**  
EA  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1



**HOT SALE!** **2/\$7**  
W/O MVP Card Regular Retail  
**MVP Coupon** **-1<sup>00</sup>**  
OFF 2

22 Oz. Tub or 6 Pack  
Select Varieties  
**KOZY  
SHACK RICE  
PUDDING**

**2/\$6**  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1



**HOT SALE!** **4<sup>99</sup>**  
EA  
W/O MVP Card \$5.49 EA  
**MVP Coupon** **-1<sup>00</sup>**  
OFF 1

48 Oz.  
Select Varieties  
**TILLAMOOK  
ICE CREAM**

**3<sup>99</sup>**  
EA  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1



**HOT SALE!** **2/\$7**  
W/O MVP Card \$4.29 EA  
**MVP Coupon** **-1<sup>00</sup>**  
OFF 2

21 Oz.  
Select Varieties  
**BOMB POP**

**2/\$6**  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1



**HOT SALE!** **2/\$8**  
W/O MVP Card Regular Retail  
**MVP Coupon** **-1<sup>00</sup>**  
OFF 2

10-13 Oz.  
Select Varieties  
**BERTOLLI  
PASTA SIDES  
OR P.F.  
CHANG'S  
SIDES**

**2/\$7**  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1

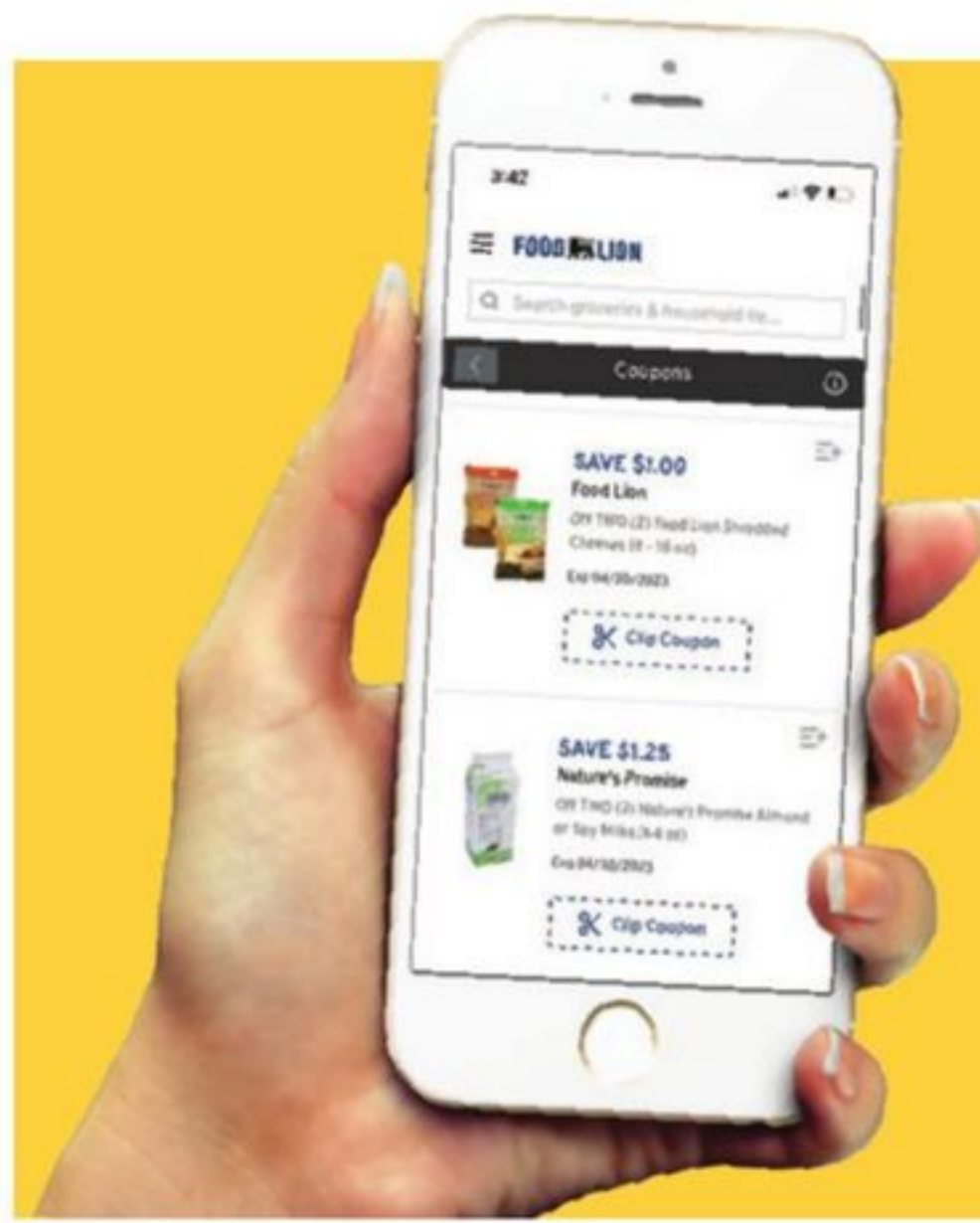


**HOT SALE!** **5<sup>99</sup>**  
EA  
W/O MVP Card \$6.69 EA  
**MVP Coupon** **-50¢**  
OFF 1

13.05-16.75 Oz.  
Select Varieties  
**DAVE'S KILLER  
BREAD  
ORGANIC  
BAGELS OR  
ENGLISH  
MUFFINS**

**5<sup>49</sup>**  
EA  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1





# MVP DIGITAL COUPONS

load on app, online or at the in-store kiosk




**HOT SALE! 2/\$6**  
W/O MVP Card Regular Retail

**MVP Coupon -1.00 OFF 2**

14-16 Oz. Select Varieties  
**DAISY COTTAGE CHEESE OR SQUEEZE SOUR CREAM**

**2/\$5**  
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



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

**MVP Coupon -1.00 OFF 1**

10.4-19.2 Oz. Select Varieties  
**SWAGGERTY'S BREAKFAST SANDWICHES**

**4.99 EA**  
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



**HOT SALE! 4.99 EA**  
W/O MVP Card \$5.49 EA

**MVP Coupon -1.00 OFF 1**

32 Oz. Select Varieties  
**EL MONTEREY BURRITOS OR CHIMICHANGAS**

**3.99 EA**  
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



**HOT SALE! 4.99 EA**  
W/O MVP Card Regular Retail

**MVP Coupon -1.50 OFF 1**

8.5 Oz. Select Varieties  
**PRIMAL KITCHEN SAUCES**

**3.49 EA**  
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



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

**MVP Coupon -1.00 OFF 1**

14-16 Oz. Select Varieties Quarters or Tubs  
**COUNTRY CROCK PLANT BUTTER**

**2.99 EA**  
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



**4.99 EA**

**MVP Coupon -1.00 OFF 1**

24 Oz. Select Varieties  
**CHOBANI COFFEE CREAMER**

**3.99 EA**  
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



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

**MVP Coupon -1.00 OFF 1**

48 Oz. Select Varieties  
**STOK COLD BREW ICED COFFEE**

**3.99 EA**  
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



**HOT SALE! 4/\$5**  
W/O MVP Card \$1.88 EA

**MVP Coupon -1.00 OFF 4**

14.5-15.25 Oz. Select Varieties  
**DEL MONTE CANNED VEGETABLES**

**4/\$4**  
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



**HOT SALE! 2/\$7**  
W/O MVP Card \$4.89 EA

**MVP Coupon -2.00 OFF 2**

9-12.6 Oz. Select Varieties  
**KELLOGG'S RICE KRISPIES CEREAL**

**2/\$5**  
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



**6.69 EA**

**MVP Coupon -1.00 OFF 1**

6 Pack 16 Oz. Bottles Select Varieties  
**SNAPPLE**

**5.69 EA**  
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



# LOAD & SAVE MORE



## MVP DIGITAL COUPONS

load on app • web  
in-store kiosk



8-12 Oz.  
Select Varieties  
**NERDS  
CANDY  
GUMMY  
CLUSTERS**

**4<sup>29</sup>**  
EA  
**MVP  
Coupon -50¢** OFF 1  
**3<sup>79</sup>**  
EA  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1



16 Oz.  
Select Varieties  
**BLUE BUNNY  
TWIST  
FROZEN DAIRY  
DESSERT**

**HOT  
SALE! 2/\$7**  
W/O MVP Card \$3.99 EA  
**MVP  
Coupon -1<sup>00</sup>** OFF 2  
**2/\$6**  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1



18.6-19 Oz.  
Select Varieties  
**CAMPBELL'S  
CHUNKY  
SOUP**

**PRICED LOW  
EVERY DAY ✓ 2<sup>29</sup>**  
EA  
W/O MVP Card \$2.79 EA  
**MVP  
Coupon -50¢** OFF 1  
**1<sup>79</sup>**  
EA  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1



18 Oz.  
Select Varieties  
**INNOVASIAN  
FROZEN  
MEALS**

**HOT  
SALE! 6<sup>99</sup>**  
EA  
W/O MVP Card \$7.49 EA  
**MVP  
Coupon -1<sup>00</sup>** OFF 1  
**5<sup>99</sup>**  
EA  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1



8 Oz.  
Select Varieties  
**VICKS  
NYQUIL  
LIQUID**

**HOT  
SALE! 8<sup>99</sup>**  
EA  
W/O MVP Card \$9.49 EA  
**MVP  
Coupon -1<sup>00</sup>** OFF 1  
**7<sup>99</sup>**  
EA  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1



12 Oz. Can  
Select Varieties  
**RED BULL**

**2<sup>99</sup>**  
EA  
**MVP  
Coupon -50¢** OFF 1  
**2<sup>49</sup>**  
EA  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1



6 Pack - 12 Oz.  
Select Varieties  
**FANTA OR  
MINUTE MAID  
SODA**

**3<sup>99</sup>**  
EA  
**MVP  
Coupon -1<sup>00</sup>** OFF 1  
**2<sup>99</sup>**  
EA  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1



8.4-12.5 Oz.  
Select Varieties  
**OLD EL PASO  
TACO OR  
FAJITA  
DINNER KIT**

**HOT  
SALE! 2/\$6**  
W/O MVP Card \$3.99 EA  
**MVP  
Coupon -1<sup>00</sup>** OFF 2  
**2/\$5**  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1



12 Ct. K-Cups  
Select Varieties  
**BLACK  
RIFLE  
COFFEE**

**HOT  
SALE! 8<sup>99</sup>**  
EA  
W/O MVP Card \$11.99 EA  
**MVP  
Coupon -1<sup>00</sup>** OFF 1  
**7<sup>99</sup>**  
EA  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1



12.7-31.78 Oz.  
Select Varieties  
**LITTLE DEBBIE  
BIG PACK  
SNACKS**

**4<sup>99</sup>**  
EA  
**MVP  
Coupon -1<sup>00</sup>** OFF 1  
**3<sup>99</sup>**  
EA  
MVP W/ MFR. DISCOUNT SAVINGS  
LIMIT 1