

HOTSALE!
MVP
8.99
LB
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
LB
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 \$6.49 EA
Single Item Half Price

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
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
W/O MVP Card \$3.69 EA

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
W/O MVP Card \$4.29 EA

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 \$1.59 EA

PRICED LOW EVERY DAY
MVP
4/\$5
W/O MVP Card \$1.59 EA

HOTSALE!
MVP
3.49
EA
9-31-19.5 Oz. Select Varieties
NABISCO FAMILY SIZE CHIPS AHOY! COOKIES
W/O MVP Card \$5.19 EA

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

HOT SALE! 2/\$6
W/O MVP Card Regular Retail
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
W/O MVP Card \$4.29 EA

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!
MVP
9.99
EA
W/O MVP Card Regular Retail
MVP Coupon -2.00 OFF

7.99
EA
W/O MVP Card \$9.99 EA

PRICED LOW EVERY DAY
ON ITEMS YOU BUY MOST OFTEN

HOTSALE!
OUR BEST WEEKLY MVP DEALS

Seafood boil season is here!

31-40 Ct. 16 Oz. Bag - Frozen
FOOD LION RAW SHRIMP PEELED 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

October



earn rewards

when you buy any of your favorites from
Laundry, Paper, Cleaning & Frozen

Check Your Progress



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



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



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



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



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



16-28.05 Oz. - Select Varieties TYSON FROZEN CHICKEN OR ANYTIZERS WINGS
HOTSALE!
MVP
6.99
EA
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



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

Get List & Recipes

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



HOTSALE!
8.99 EA
Freshly Sliced
DIETZ & WATSON CHICKEN
W/O MVP Card \$9.99 EA



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



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



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



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



HOTSALE!
5.29 EA
4 Cl.
PUMPKIN ROLL
LIMITED TIME
W/O MVP Card \$5.99 EA



HOTSALE!
\$5 EA
Drums & Thighs
Made Hot In-Store
4 PIECE FRIED CHICKEN
W/O MVP Card \$5.49 EA



HOTSALE!
\$5 EA
Now sauced with a top local favorite
4 Cl.
Made Hot In-Store
BONE SUCKIN' CHICKEN LEG QUARTERS
NEW ITEM
W/O MVP Card \$5.99 EA

Our BRANDS

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.





PRICED LOW EVERY DAY
1.59 EA
NATURE'S PROMISE BAGUETTE
IN THE BAKERY



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



HOTSALE!
2.49 EA
24 Oz.
Select Varieties
FOOD LION MINI POTATOES
NEW ITEM
W/O MVP Card \$2.99 EA



HOTSALE!
1.39 EA
32 Oz.
Select Varieties
FOOD LION BROTH
W/O MVP Card \$1.99 EA



HOTSALE!
2.29 EA
8 Oz. Pkg.
Whole or Sliced
FOOD LION BABY BELLA MUSHROOMS
W/O MVP Card \$2.99 EA



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



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

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

PRICED LOW EVERY DAY

<p>15-25 Oz. Select Varieties DUNCAN HINES CAKE MIX W/O MVP Card \$1.69 EA</p> <p>1.39 EA MVP</p>	<p>14-16 Oz. Select Varieties DUNCAN HINES FROSTING W/O MVP Card \$2.48 EA</p> <p>2/\$4 EA MVP</p>	<p>5 Oz. - Select Varieties BUMBLE BEE SOLID WHITE TUNA IN WATER W/O MVP Card \$2.48 EA</p> <p>2/\$3 EA MVP</p>	<p>16 Oz. Select Varieties PLANTERS DRY ROASTED PEANUTS W/O MVP Card \$3.99 EA</p> <p>2/\$5 EA MVP</p>
---	--	---	--

<p>10-12 Oz. Select Varieties HERSHEY'S BAKING CHIPS W/O MVP Card \$3.68 EA</p> <p>2.99 EA MVP</p>	<p>1.8-2.2 Oz. Select Varieties LIPTON RECIPE SECRETS SOUP & DIP MIXES W/O MVP Card \$2.19 EA</p> <p>1.79 EA MVP</p>	<p>4 Pack Select Varieties DOLE FRUIT BOWLS W/O MVP Card \$3.69 EA</p> <p>2/\$5 EA MVP</p>	<p>5 Oz. Select Varieties CHOLULA HOT SAUCE W/O MVP Card \$4.39 EA</p> <p>3.49 EA MVP</p>
--	--	--	---

<p>7.5-10 Oz. Select Varieties HORMEL DINTY MOORE OR COMPLEATS W/O MVP Card Regular Retail</p> <p>2.29 EA MVP</p>	<p>22-24 Oz. Select Varieties PREGO PASTA SAUCE W/O MVP Card \$3.29 EA</p> <p>2.39 EA MVP</p>	<p>20 Oz. SARA LEE CLASSIC WHEAT BREAD W/O MVP Card \$3.99 EA</p> <p>2/\$6 EA MVP</p>	<p>17 Oz. Select Varieties PRIMAL KITCHEN MAYO W/O MVP Card \$12.99 EA</p> <p>8.99 EA MVP</p>
---	---	--	---

<p>6.5-8 Oz. Select Varieties CAPE COD POTATO CHIPS W/O MVP Card \$5.29 EA</p> <p>4.19 EA MVP</p>	<p>18.5-19 Oz. Select Varieties PROGRESSO SOUP W/O MVP Card Regular Retail</p> <p>2/\$5 EA MVP</p>	<p>12 Oz. Select Varieties NATURE'S OWN SMALL LOAF W/O MVP Card \$2.99 EA</p> <p>2/\$5 EA MVP</p>	<p>9.6-21 Oz. Select Varieties FAMILY SIZE CHEEZ-IT CRACKERS W/O MVP Card \$5.99 EA</p> <p>4.99 EA MVP</p>
---	--	---	--

BUY TWO OF THESE

<p>71-11.3 Oz. Select Varieties VOORTMAN SUGAR FREE COOKIES OR WAFERS W/O MVP Card \$4.29 EA</p> <p>3.49 EA MVP</p>	<p>5-9.25 Oz. Select Varieties WISE CHEEZ DOODLES OR POPCORN W/O MVP Card \$4.79 EA</p> <p>2/\$6 EA MVP</p>	<p>20 Ct. Select Varieties FOOD LION HERBAL TEA W/O MVP Card \$2.79 EA</p> <p>2/\$5 EA MVP</p>	<p>60 Oz. MIXIN'S SWEETS N' SOURS VARIETY WHILE SUPPLIES LAST!</p> <p>11.99 EA MVP</p>
---	---	--	---

& 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 PATAK'S SAUCE W/O MVP Card Regular Retail</p> <p>3.99 EA MVP</p>	<p>3.5-4 Oz. Select Varieties LAS RICAS SNACKS W/O MVP Card Regular Retail</p> <p>99¢ EA MVP</p>	<p>9 Oz. ZACHARY MELLO CREME PUMPKIN CANDY WHILE SUPPLIES LAST!</p> <p>1.39 EA MVP</p>
---	--	---

A woman with glasses on her head, wearing a dark t-shirt with the Food Lion Feeds logo, is working in a food pantry. She is surrounded by shelves of food items and is handling a tray of containers. The background shows a well-lit room with more food supplies.

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)

Do taco night for less



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

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

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

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

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

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

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
 8 Pack 12 Oz. Bottles Select Varieties
COKE PRODUCTS
 W/O MVP Card Regular Retail

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

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.



Get ready with me...
to thrive with **confidence**

Save

on select Dove products
with digital coupons



Save Now

Proudly celebrating 20 years of building self-esteem.

Join us on our continued mission
dove.com/selfesteem



Think Old El Paso for *Game Day*

SHOP NOW



DAIRY

GET YOUR DAILY DOSE OF GOODNESS

<p>HOTSALE! MVP</p> <p>3.99 EA</p> <p>W/O MVP Card \$4.69 EA</p> <p>64 Oz. Select Varieties SUNNY DELIGHT</p> <p>HOTSALE! MVP</p> <p>BOGO FREE</p> <p>W/O MVP Card \$2.48 EA Single Item Half Price</p>	<p>HOTSALE! MVP</p> <p>2/\$6</p> <p>6-8 Oz. Select Varieties CRACKER BARREL CHEESE BARS OR CUBES</p> <p>W/O MVP Card Regular Retail</p>	<p>HOTSALE! MVP</p> <p>4/\$5</p> <p>4.5-5.3 Oz. Select Varieties CHOBANI FLIP OR CREATIONS YOGURT</p>
<p>HOTSALE! MVP</p> <p>3.99 EA</p> <p>24 Oz. Select Varieties DAISY COTTAGE CHEESE</p>	<p>52 Oz. Select Varieties GOLD PEAK ICED TEA</p> <p>PRICED LOW EVERY DAY</p> <p>2/\$5</p> <p>W/O MVP Card \$3.09 EA</p>	<p>HOTSALE! MVP</p> <p>3.49 EA</p> <p>32-52 Oz. Select Varieties PLANET OAT OATMILK OR CREAMER</p> <p>W/O MVP Card Regular Retail</p>
<p>9.1-11 Oz. Select Varieties Pull-A-Parts or Roll PILLSBURY READY TO BAKE COOKIES</p> <p>HOTSALE! MVP</p> <p>3.49 EA</p> <p>W/O MVP Card \$4.29 EA</p>	<p>HOTSALE! MVP</p> <p>2.99 EA</p> <p>16.3 Oz. Select Varieties PILLSBURY GRANDS! BISCUITS</p>	<p>HOTSALE! MVP</p> <p>2/\$6</p> <p>52 Oz. Select Varieties FLORIDA'S NATURAL ORANGE JUICE</p>
<p>HOTSALE! MVP</p> <p>4.99 EA</p> <p>16.9-31.4 Oz. Select Varieties DIGIORNO 12" PIZZA</p>	<p>HOTSALE! MVP</p> <p>2/\$6</p> <p>45 Oz. Tub Select Varieties COUNTRY CROCK SPREAD</p>	<p>HOTSALE! MVP</p> <p>4.99 EA</p> <p>W/O MVP Card \$7.39 EA</p>

FROZEN

LOAD UP THE FREEZER WHILE THE DEALS ARE HOT

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

MVP DIGITAL COUPONS

load on app • web • in-store kiosk

<p>HOT SALE! MVP</p> <p>4.49 EA</p> <p>W/O MVP Card \$7.20 EA</p> <p>MVP Coupon -1.00 OFF 1</p> <p>3.49 EA</p> <p>18.4-19.8 Oz. Select Varieties TOMBSTONE PIZZA OR TAVERN STYLE PIZZA</p>	<p>HOT SALE! MVP</p> <p>4.99 EA</p> <p>W/O MVP Card \$7.20 EA</p> <p>MVP Coupon -1.00 OFF 1</p> <p>3.99 EA</p> <p>8-21.60 Oz. Select Varieties DELIMEX SNACKS</p>	<p>HOT SALE! MVP</p> <p>5.99 EA</p> <p>W/O MVP Card \$8.99 EA</p> <p>MVP Coupon -1.00 OFF 1</p> <p>4.99 EA</p> <p>17.65-27.51 Oz. Select Varieties Excludes Gluten Free FRESCETTA PIZZA</p>	<p>PRICED LOW EVERY DAY</p> <p>2/\$5</p> <p>W/O MVP Card \$3.09 EA</p> <p>MVP Coupon -1.00 OFF 2</p> <p>2/\$4</p> <p>11.7 Oz. Select Varieties PILLSBURY TOASTER STRUDEL</p>
<p>HOT SALE! MVP</p> <p>2/\$8</p> <p>W/O MVP Card \$4.99 EA</p> <p>MVP Coupon -1.00 OFF 2</p> <p>2/\$7</p> <p>8-11 Oz. Select Varieties TGI FRIDAYS SNACKS</p>	<p>HOT SALE! MVP</p> <p>2/\$8</p> <p>W/O MVP Card \$4.99 EA</p> <p>MVP Coupon -1.00 OFF 2</p> <p>2/\$7</p> <p>4-6 Ct. Select Varieties KLONDIKE ICE CREAM BARS</p>	<p>PRICED LOW EVERY DAY</p> <p>3.99 EA</p> <p>W/O MVP Card \$4.99 EA</p> <p>MVP Coupon -1.00 OFF 1</p> <p>2.99 EA</p> <p>14 Oz. Select Varieties HÄAGEN-DAZS ICE CREAM</p>	<p>HOT SALE! MVP</p> <p>2/\$7</p> <p>W/O MVP Card \$3.99 EA</p> <p>MVP Coupon -1.00 OFF 2</p> <p>2/\$6</p> <p>46 Oz. Select Varieties TURKEY HILL ICE CREAM</p>

BREAKFAST

SAVINGS TO START YOUR DAY

<p>HOTSALE! MVP</p> <p>2/\$5</p> <p>W/O MVP Card \$3.69 EA</p> <p>8.4-12.1 Oz. Select Varieties QUAKER INSTANT OATMEAL</p>	<p>PRICED LOW EVERY DAY</p> <p>3.49 EA</p> <p>W/O MVP Card \$3.89 EA</p> <p>14-16 Oz. Select Varieties PEPPERIDGE FARM BREAKFAST SWIRL BREAD</p>	<p>HOTSALE! MVP</p> <p>6.99 EA</p> <p>W/O MVP Card \$7.99 EA</p> <p>30-35.3 Oz. Can Select Varieties COFFEEMATE NON-DAIRY COFFEE CREAMER</p>
<p>HOTSALE! MVP</p> <p>3.99 EA</p> <p>8.8-9.9 Oz. Select Varieties KELLOGG'S APPLE JACKS OR CORN POPS CEREAL</p>	<p>HOTSALE! MVP</p> <p>2/\$6</p> <p>W/O MVP Card \$4.58 EA</p> <p>9-12.6 Oz. Select Varieties QUAKER CAP'N CRUNCH CEREAL</p>	<p>HOTSALE! MVP</p> <p>7.99 EA</p> <p>W/O MVP Card Regular Retail</p> <p>10 Ct. K-Cups or 12 Oz. Bag Select Varieties STARBUCKS COFFEE</p>
<p>HOTSALE! MVP</p> <p>5.99 EA</p> <p>W/O MVP Card Regular Retail</p> <p>12 Ct. K-Cups Select Varieties MAXWELL HOUSE OR GEVALIA COFFEE</p>	<p>HOTSALE! MVP</p> <p>2/\$6</p> <p>W/O MVP Card \$4.58 EA</p>	<p>HOTSALE! MVP</p> <p>5.99 EA</p> <p>W/O MVP Card Regular Retail</p>

NEW ITEMS

— available now —

SEE DETAILS



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
W/O MVP Card \$21.99 EA

MVP Coupon -1.00 OFF!

18.99

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

W/O MVP Card \$8.99 EA

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

HOTSALE!

7.49

W/O MVP Card \$8.49 EA

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

HOTSALE!

7.79

W/O MVP Card \$8.49 EA

HOTSALE!

2/\$4

2.12 Oz. Select Varieties
ONE PROTEIN BAR

W/O MVP Card \$3.28 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

W/O MVP Card \$1.59 EA

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

7.79

MVP Coupon -3.00 OFF!

4.79

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

W/O MVP DISCOUNT SAVINGS LIMIT 1

HOT SALE! 6.79
W/O MVP Card \$7.79 EA

MVP Coupon -1.00 OFF!

5.79

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

2 Ct. **FOOD LION SCRUB SPONGES**
19.4 Oz. **FOOD LION LIQUID DISH SOAP**

W/O MVP Card Regular Retail

HOTSALE!

6.69

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

W/O MVP Card Regular Retail

16 Oz. **JET DRY**
17-27 Ct. Tabs **FINISH**

Select Varieties

HOTSALE!

7.49

W/O MVP Card Regular Retail

75 Ct. Select Varieties
FOOD LION DISINFECTING WIPES

HOTSALE!

2/\$6

W/O MVP Card \$3.49 EA

HOTSALE!

3.99

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

W/O MVP Card \$6.49 EA

30-40 Ct. Select Varieties
GLAD KITCHEN BAGS

HOTSALE!

7.99

W/O MVP Card Regular Retail

HOTSALE!

2/\$3

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

W/O MVP Card \$1.69 EA

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

HOT SALE! 9.99
W/O MVP Card Regular Retail

MVP Coupon -2.00 OFF!

7.99

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

W/O MVP Card \$10.99 EA

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

HOTSALE!

10.99

W/O MVP Card \$12.49 EA

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

HOTSALE!

33.99

W/O MVP Card \$39.99 EA

NEW ITEM CENTER

5 Oz. Select Varieties
WELCH'S FRUITFULS FRUIT STRIPS

HOTSALE!

3.49

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

W/O MVP Card \$4.99 EA

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

HOTSALE!

3.99

W/O MVP Card Regular Retail

Here for a
Happier
Halloween

SHOP NOW



SHOP NOW

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

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 for details

Text CountOnUs to MVP (687687) to sign up for the MVP Weekly Specials Email. (Message and data rates may apply). Find us online: 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:
Apex, Bunn, Cary, Clayton, Franklinton, Fuquay-Varina, Garner, Holly Springs, Knightdale, Louisburg, Morrisville, Raleigh, Rolesville, Wake Forest, Wendell, Youngsville, Zebulon

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

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 \$6.99 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 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 \$2.18 EA

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