

Here for
fall gatherings
and savings

YOU SAVE \$4.00 LB

HOTSALE!
MVP

8.99
LB

U.S.D.A. CHOICE

BEEF T-BONE STEAK

W/O MVP Card \$12.99 LB

HOTSALE!
MVP

2.99
LB

Family Pack BONELESS, SKINLESS CHICKEN THIGHS

W/O MVP Card \$3.29 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

15.99
EA

12 Pack 12 Oz. Bottles or Cans Select Varieties HEIKEN, CORONA OR MODELO

W/O MVP Card Regular Retail Single Item Half Price

HOTSALE!
MVP

2.99
EA

46 Oz. Select Varieties TROPICANA PREMIUM ORANGE JUICE

W/O MVP Card \$4.68 EA

HOTSALE!
MVP

4.49
EA

16 Oz. Select Varieties KRAFT SINGLES

W/O MVP Card \$5.49 EA

HOTSALE!
MVP

2/\$7

6-5-10 Oz. Select Varieties CHEETOS OR FRITOS

W/O MVP Card Regular Retail

HOTSALE!
MVP

4.99
EA

18-24.5 Oz. Select Varieties GORTON'S FROZEN SEAFOOD

W/O MVP Card \$8.99 EA

HOTSALE!
MVP

8.99
EA

24 Oz. Pkg. Frozen Select Varieties JUST BARE CHICKEN

W/O MVP Card \$12.29 EA

MVP DIGITAL COUPON
Load on app, scan in-store kiosk

PREMIUM SPARKLE 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

HOTSALE!
MVP

3.49
EA

6-8-11 Oz. Select Varieties ENTENMANN'S LITTLE BITES MUFFINS

W/O MVP Card \$5.79 EA

HOTSALE!
MVP

2/\$5

32-5-33 Oz. Select Varieties ARM & HAMMER

W/O MVP Card \$4.29 EA

HOTSALE!
MVP

5.49
EA

8 Mega Rolls ANGEL SOFT 4 Double Roll SPARKLE

W/O MVP Card Regular Retail

PRICED LOW EVERY DAY & **HOTSALE!**
ON ITEMS YOU BUY MOST OFTEN OUR BEST WEEKLY MVP DEALS

1 ZNCO ZNCA ZNCD ZNCE ZNCH ZNCL ZNCR ZNCT ZNGB ZNGR ZNHP ZNLE ZNNB ZNNL ZNRA ZNRE ZNRG ZNRH ZNRI ZNRL ZNRR ZNTT ZNWA ZNWI ZNWL ZNWM ZNWN ZNWT 10/16/24

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.



Always guaranteed **100% fresh**
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

2.99
LB

Fresh
FOOD LION FAMILY PACK CHICKEN TENDERLOINS

W/O MVP Card Regular Retail

HOTSALE!
MVP

2.99
LB

BOSTON BUTT COUNTRY STYLE PORK RIBS

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

HOTSALE!
MVP

1.19

FOOD LION WHOLE CHICKEN

W/O MVP Card Regular Retail

HOTSALE!
MVP

3.99
LB

Family Pack
FOOD LION THIN SLICED BONELESS CHICKEN BREAST

W/O MVP Card Regular Retail

HOTSALE!
MVP

2/\$7

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

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

DELicious BOGOs of the week!



HOTSALE!
BOGO FREE
4 CL. FOOD LION BAGELS
W/O MVP Card \$4.49 EA
Single Item Half Price



HOTSALE!
BOGO FREE
TASTE OF INSPIRATIONS SAVORY GARLIC KNOTS
W/O MVP Card \$3.99 EA
Single Item Half Price



HOTSALE!
BOGO FREE
5 Oz. MARIEKE GOUDA CHEESE WEDGES
W/O MVP Card \$6.99 EA
Single Item Half Price

HOTSALE!
\$5 EA
Made In-Store 16.9-20 Oz. Select Varieties
FOOD LION SANDWICH LUNCHBOX
W/O MVP Card \$6.49 EA

PRICED LOW EVERY DAY!
\$5 EA
Made In-Store 8.5-12 Oz. Select Varieties
FRESH GREEN SALADS

HOTSALE!
\$5 EA
16 Oz. Select Varieties
PANERA SOUPS
W/O MVP Card \$5.99 EA

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

HOTSALE!
\$8.99 EA
Freshly Sliced
DIETZ & WATSON TURKEY
W/O MVP Card \$5.99 LB

HOTSALE!
\$7.99 EA
16 Oz. TASTE OF INSPIRATIONS GOURMET CHEESE SAMPLER
W/O MVP Card \$8.99 EA

HOTSALE!
\$2.99 EA
10 Oz. TASTE OF INSPIRATIONS HUMMUS
W/O MVP Card \$3.49 EA

HOTSALE!
\$3.49 EA
6-8 Oz. GOURMET COOKIES
W/O MVP Card \$3.99 EA

HOTSALE!
\$5/\$5
3.25-4 Oz. SNACK PIES
W/O MVP Card \$1.29 EA

OUR BRANDS

Buy a participating product from our family of brands & get a select our brands product for **FREE** when you use your personal MVP Card.

Switch to Our Brands and save. **FOOD LION** *Nature's Promise* *Taste of Inspirations*

BUY ONE OF THESE	BUY ONE OF THESE	BUY ONE OF THESE	BUY ONE OF THESE	BUY ONE OF THESE
 <p>HOTSALE! \$7.99 EA 10 Oz. Pkg. NATURE'S PROMISE ATLANTIC SALMON PORTIONS W/O MVP Card Regular Retail</p>	 <p>HOTSALE! \$3.99 EA 4 Oz. TASTE OF INSPIRATIONS GOAT CHEESE LOG IN THE DELI W/O MVP Card \$4.49 EA</p>	 <p>PRICED LOW EVERY DAY! \$5.29 EA 12 Oz. Select Varieties NATURE'S PROMISE ORGANIC ALMOND BUTTER W/O MVP Card \$5.99 EA</p>	 <p>HOTSALE! \$1.49 EA 16 Oz. - Select Varieties NATURE'S PROMISE ORGANIC REFRIED PINTO BEANS W/O MVP Card \$1.99 EA</p>	 <p>HOTSALE! \$3.99 EA 24 Oz. Select Varieties TASTE OF INSPIRATIONS PASTA SAUCE W/O MVP Card Regular Retail</p>
<p>& GET THIS FREE 5 Oz. Select Varieties NATURE'S PROMISE ORGANIC HERBS W/O MVP Card Regular Retail Limit 1 request per shopping visit.</p>	<p>& GET THIS FREE 10 Oz. NATURE'S PROMISE FRENCH BAGUETTE IN THE BAKERY W/O MVP Card Regular Retail Limit 1 request per shopping visit.</p>	<p>& GET THIS FREE 15.5 Oz. Select Varieties NATURE'S PROMISE ORGANIC FRUIT SPREAD W/O MVP Card Regular Retail Limit 1 request per shopping visit.</p>	<p>& GET THIS FREE 1 Oz. Select Varieties NATURE'S PROMISE ORGANIC SEASONING W/O MVP Card Regular Retail Limit 1 request per shopping visit.</p>	<p>& GET THIS FREE 16 Oz. Select Varieties TASTE OF INSPIRATIONS PASTA W/O MVP Card Regular Retail Limit 1 request per shopping visit.</p>

EARN \$20
for being our MVP customer

OCTOBER 16TH - NOVEMBER 26TH

SPEND \$50
6 TIMES*

TRACK YOUR RECEIPT

RECEIVE \$20 COUPON



*Exclusions apply. Purchase of pharmacy, alcohol, tobacco, gift cards, lottery, postage stamps & services do not count toward the \$50 purchase requirement. Coupon valid two weeks from coupon receipt date.

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

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 16TH - NOVEMBER 26TH

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

6.4-15.35 Oz. Select Varieties
NABISCO OREO COOKIES

HOTSALE!

349

EA

W/O MVP Card \$4.49 EA

4.27 Oz. Select Varieties
DESSERT KINGS CAKE POPS IN THE BAKERY

HOTSALE!

529

EA

W/O MVP Card \$5.99 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 \$3.68 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!

599

EA

750 ml. Select Varieties
JOSEF WEINBERG 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

HOTSALE!

1499

EA

12 Pack - 12 Oz. Cans
NEW BELGIUM HARD CHARGED TEA
Select Varieties

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

HOTSALE!

1599

EA

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

HOTSALE!

2099

EA

12 Pack - 12 Oz. Bottles
RED OAK

HOTSALE!

1699

EA

12 Pack - 12 Oz. Bottles
SIERRA NEVADA

12 Pack - 12 Oz. Cans
NATURAL LIGHT, BUSCH, KEYSTONE LIGHT OR MILLER HIGH LIFE
Select Varieties

12 Pack - 12 Oz. Bottles
RED OAK

HOTSALE!

1699

EA

12 Pack - 12 Oz. Bottles or Cans
WICKED WEED
Select Varieties

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

HOTSALE!
2/\$4

59 Oz. - Select Varieties
MINUTE MAID PUNCHES OR ADES

W/O MVP Card \$5.49 EA

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!
4.99 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 BURRITOS

W/O MVP Card 99¢ EA

HOTSALE!
3.49 EA

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

W/O MVP Card \$3.39 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

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 \$4.89 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

24 BARS
NATURE VALLEY CRUNCHY GRANOLA BARS

HOTSALE!
4.99 EA

W/O MVP Card \$6.99 EA

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

HOTSALE!
8.29 EA

W/O MVP Card \$9.29 EA

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

HOTSALE!
3.49 EA

W/O MVP Card \$3.99 EA

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

HOTSALE!
19.99 EA

W/O MVP Card \$26.99 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 GLADE AEROSOL</p> <p>HOTSALE!</p> <p>2/\$5</p> <p>W/O MVP Card \$2.79 EA</p>	<p>3.4 Oz. Select Varieties GLADE CANDLES</p> <p>HOTSALE!</p> <p>379</p> <p>EA</p> <p>W/O MVP Card \$5.49 EA</p>	<p>1 Ct. SMART LIVING PARTY CUP 16 OUNCE</p> <p>HOTSALE!</p> <p>2/\$3</p> <p>W/O MVP Card \$1.99 EA</p>	<p>1 Ct. SMART LIVING RAINBOW SPIN LIGHT</p> <p>HOTSALE!</p> <p>499</p> <p>EA</p> <p>W/O MVP Card \$5.99 EA</p>
<p>32-48 Oz. All-Purpose Cleaner or 2 Pt. Toilet Bowl Select Varieties LYSOL</p> <p>HOTSALE!</p> <p>349</p> <p>EA</p> <p>W/O MVP Card Regular Retail</p>	<p>56 Oz. Select Varieties FABULOSO</p> <p>HOTSALE!</p> <p>399</p> <p>EA</p> <p>W/O MVP Card \$4.99 EA</p>	<p>1 Ct. SMART LIVING BATTERY OPERATED CRYSTAL GHOST</p> <p>HOTSALE!</p> <p>499</p> <p>EA</p> <p>W/O MVP Card \$5.99 EA</p>	<p>1 Ct. - Assorted PUMPKIN DECOR</p> <p>HOTSALE!</p> <p>799</p> <p>EA</p> <p>W/O MVP Card \$8.99 EA</p>
<p>48 Oz. Select Varieties PINE-SOL</p> <p>PRICED LOW EVERY DAY!</p> <p>799</p> <p>EA</p> <p>W/O MVP Card \$9.79 EA</p>	<p>20 Oz. Aerosol or 32 Oz. Trigger Select Varieties SCRUBBING BUBBLES</p> <p>HOTSALE!</p> <p>379</p> <p>EA</p> <p>W/O MVP Card Regular Retail</p>	<p>3 Ct. Sponges Select Varieties SCOTCH-BRITE</p> <p>HOTSALE!</p> <p>2/\$6</p> <p>W/O MVP Card \$3.69 EA</p>	<p>16 Oz. Mist or 75 Ct. Wipes Select Varieties CLOROX</p> <p>HOTSALE!</p> <p>499</p> <p>EA</p> <p>W/O MVP Card Regular Retail</p>
<p>18-28 Ct. Select Varieties HEFTY TRASH BAGS</p> <p>HOTSALE!</p> <p>789</p> <p>EA</p> <p>W/O MVP Card \$8.79 EA</p>	<p>32.5 Oz. Select Varieties PALMOLIVE DISH SOAP</p> <p>HOTSALE!</p> <p>399</p> <p>EA</p> <p>W/O MVP Card \$4.49 EA</p>	<p>11-18 Ct. Select Varieties CASCADE</p> <p>HOTSALE!</p> <p>549</p> <p>EA</p> <p>W/O MVP Card \$7.99 EA</p>	<p>9 Mega Rolls FOOD LION BATH TISSUE 6 Double Rolls FOOD LION PAPER TOWELS Select Varieties</p> <p>HOTSALE!</p> <p>899</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 DIAL HAND SOAP</p> <p>HOTSALE!</p> <p>2/\$5</p> <p>W/O MVP Card \$3.29 EA</p>	<p>50 Ct. Select Varieties ALEVE CAPLETS OR TABLETS</p> <p>HOTSALE!</p> <p>799</p> <p>EA</p> <p>W/O MVP Card \$9.99 EA</p>	<p>29-96 Ct. Select Varieties TUMS</p> <p>HOTSALE!</p> <p>549</p> <p>EA</p> <p>W/O MVP Card \$6.59 EA</p>	<p>2 Ct. - Select Varieties GILLETTE SENSOR 5 OR VENUS DISPOSABLE RAZORS</p> <p>HOTSALE!</p> <p>999</p> <p>EA</p> <p>W/O MVP Card Regular Retail</p>
<p>3.5 Oz. Select Varieties PLUM ORGANICS POUCHES</p> <p>HOTSALE!</p> <p>139</p> <p>EA</p> <p>W/O MVP Card \$1.99 EA</p>	<p>1 Oz. - Varieties GERBER GRADUATES YOGURT MELTS</p> <p>HOTSALE!</p> <p>2/\$6</p> <p>W/O MVP Card \$3.99 EA</p>	<p>4 Oz. Jar Select Varieties EARTH'S BEST ORGANIC BABY FOOD</p> <p>HOTSALE!</p> <p>4/\$5</p> <p>W/O MVP Card \$1.69 EA</p>	<p>19-38 Ct. Select Sizes HUGGIES SNUG & DRY JUMBO PACK</p> <p>HOTSALE!</p> <p>899</p> <p>EA</p> <p>W/O MVP Card \$9.99 EA</p>

PET

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

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Text CountOnUs to MVPMP (687687) to sign up for the MVP Weekly Specials Email. (Message and data rates may apply). Find us online: foodlion.com | f | t

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ALL STORES ACCEPT:    

Prices in this ad good at stores conveniently located in these cities:
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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

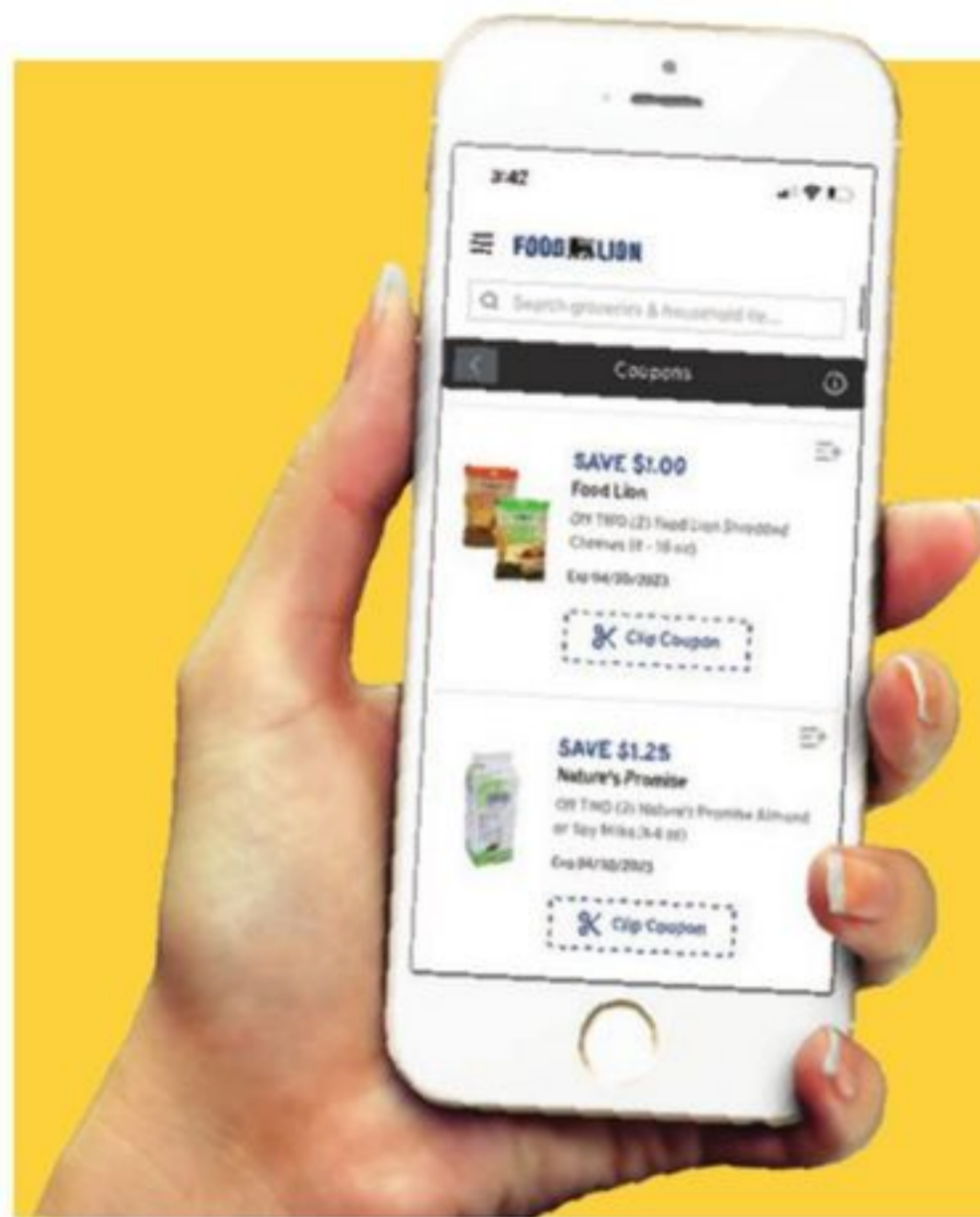
2/\$4
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



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



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HOT SALE! **8⁹⁹**
EA
W/O MVP Card \$9.49 EA
MVP Coupon -1⁰⁰
OFF 1

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

7⁹⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



HOT SALE! **2/\$5**
W/O MVP Card Regular Retail
MVP Coupon -1⁰⁰
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 -1⁰⁰
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 -1⁰⁰
OFF 2

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

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



HOT SALE! **4⁹⁹**
EA
W/O MVP Card \$5.69 EA
MVP Coupon -1⁰⁰
OFF 1

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

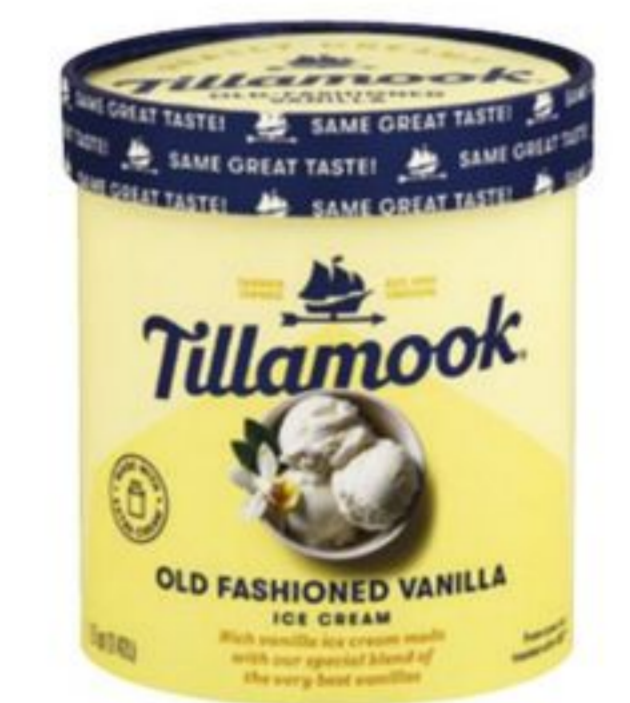
3⁹⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



HOT SALE! **2/\$7**
W/O MVP Card Regular Retail
MVP Coupon -1⁰⁰
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! **4⁹⁹**
EA
W/O MVP Card \$5.49 EA
MVP Coupon -1⁰⁰
OFF 1

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

3⁹⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



HOT SALE! **2/\$7**
W/O MVP Card \$4.29 EA
MVP Coupon -1⁰⁰
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 -1⁰⁰
OFF 2

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

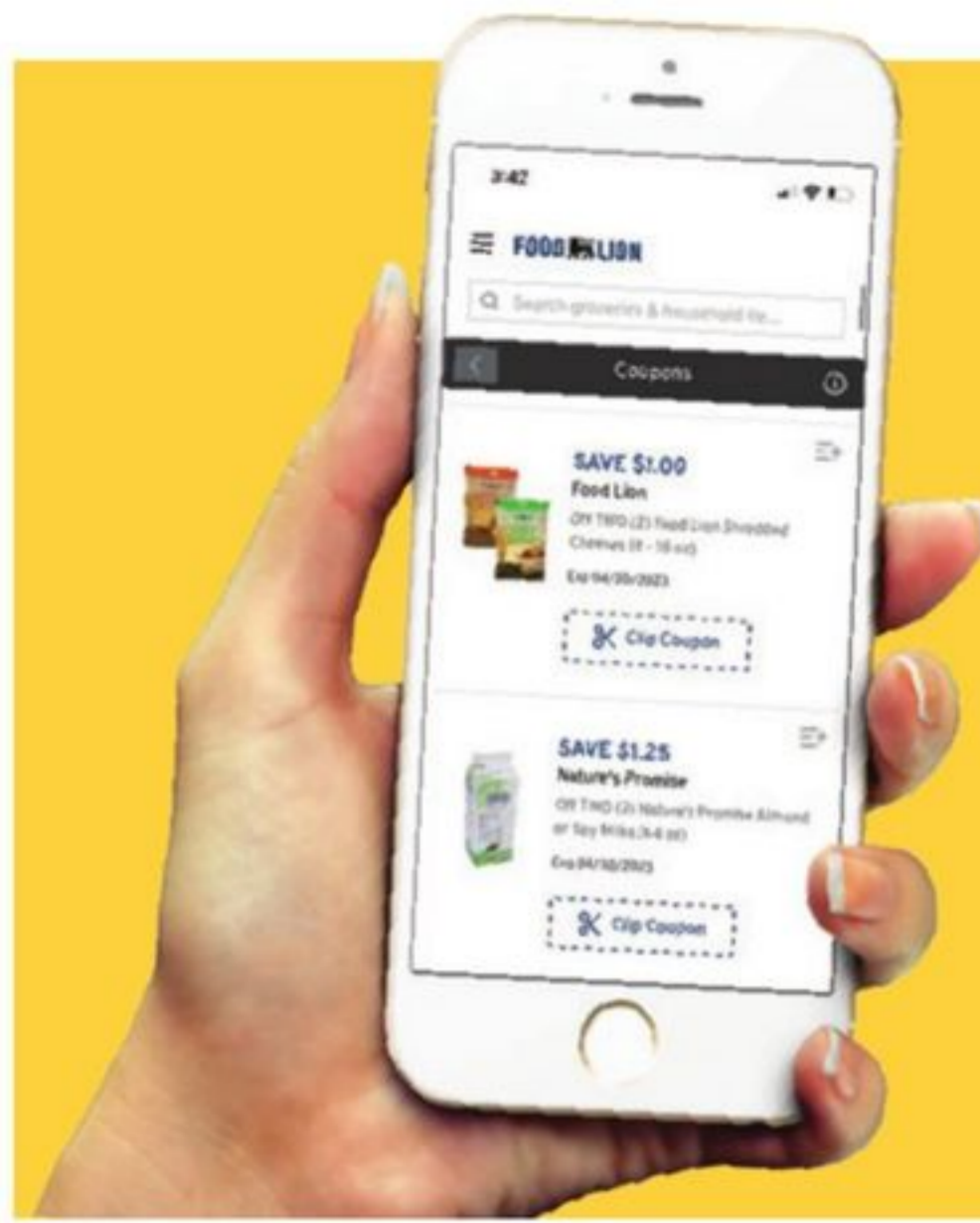
2/\$7
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



HOT SALE! **5⁹⁹**
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**

5⁴⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



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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



6.49 EA

MVP Coupon -1.00 OFF 1

6 Pack 16 Oz. Bottles Select Varieties
SNAPPLE

5.49 EA
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1

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MVP DIGITAL COUPONS

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in-store kiosk



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

4²⁹
EA
**MVP
Coupon -50¢** OFF 1
3⁷⁹
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 -1⁰⁰** 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 ✓ 2²⁹**
EA
W/O MVP Card \$2.79 EA
**MVP
Coupon -50¢** OFF 1
1⁷⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



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

**HOT
SALE! 6⁹⁹**
EA
W/O MVP Card \$7.49 EA
**MVP
Coupon -1⁰⁰** OFF 1
5⁹⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



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

**HOT
SALE! 8⁹⁹**
EA
W/O MVP Card \$9.49 EA
**MVP
Coupon -1⁰⁰** OFF 1
7⁹⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



12 Oz. Can
Select Varieties
RED BULL

2⁹⁹
EA
**MVP
Coupon -50¢** OFF 1
2⁴⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



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

3⁹⁹
EA
**MVP
Coupon -1⁰⁰** OFF 1
2⁹⁹
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 -1⁰⁰** OFF 2
2/\$5
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



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

**HOT
SALE! 8⁹⁹**
EA
W/O MVP Card \$11.99 EA
**MVP
Coupon -1⁰⁰** OFF 1
7⁹⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



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

4⁹⁹
EA
**MVP
Coupon -1⁰⁰** OFF 1
3⁹⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1