

HOTSALE!
MVP
7.99
LB
USDA CHOICE
Ask For Your Preferred Thickness
BONELESS NEW YORK STRIP STEAK
W/O MVP Card \$13.99 LB

YOU SAVE \$6.00 LB

Here for fall gatherings and savings

HOTSALE!
MVP
1.99
LB
W/O MVP Card \$2.69 LB
Family Pack **FOOD LION BONELESS CHICKEN BREAST**

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

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

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

Avocados Mexico ALWAYS GOOD

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**

HOTSALE!
MVP
2/\$5
W/O MVP Card \$1.79 LB
Bulk **HONEYCRISP APPLES**

HOT HOUSE TOMATOES
HOTSALE!
MVP
99¢
LB
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

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

12 Pack 12 Oz. Bottles or Cans Select Varieties **SAMUEL ADAMS, SIERRA NEVADA OR NEW BELGIUM PALE ALE**
HOTSALE!
MVP
17.99
EA

13 Oz. - 4 Pack Select Varieties **SNACK PACK PUDDING OR GELS**
MVP PRICED LOW EVERY DAY!
4/\$5
W/O MVP Card \$1.58 EA

5-9 Oz. Select Varieties **SARGENTO NATURAL SLICES OR SNACK STICKS**
HOTSALE!
MVP
2/\$6
W/O MVP Card Regular Retail

32 Oz. Select Varieties **NESTLE COFFEE MATE CREAMER**
HOTSALE!
MVP
2/\$7
W/O MVP Card \$4.29 EA

10-12 Ct. K-Cups Select Varieties **GREEN MOUNTAIN OR DONUT SHOP COFFEE**
HOTSALE!
MVP
4.99
EA
W/O MVP Card \$9.79 EA

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

HOT SALE! 2.99
EA
W/O MVP Card \$3.99 EA
MVP Coupon -1.00 OFF
9-4.14 Oz. Select Varieties **KRAFT DELUXE OR VELVEETA SHELLS & CHEESE**

HOT SALE! 3.49
EA
W/O MVP Card \$5.29 EA
MVP Coupon -5.00 OFF
9-31.19 5 Oz. Select Varieties **NABISCO FAMILY SIZE CHIPS AHOY! COOKIES**

HOT SALE! 2/\$6
W/O MVP Card \$4.29 EA
MVP Coupon -2.00 OFF
12-7.16 5 Oz. Select Varieties **KELLOGG'S FROSTED MINI WHEATS OR RAISIN BRAN CEREAL**

HOT SALE! 2/\$4
W/O MVP Card \$4.29 EA
MVP Coupon -2.00 OFF
18-31 Ct. Pods or 63 Oz. Liquid or 31 Ct. Flings or 39 Oz. Liquid **TIDE Select Varieties**

HOT SALE! 9.99
EA
W/O MVP Card \$13.99 EA
MVP Coupon -2.00 OFF
6 Oz. **OLD BAY SEASONING**

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 Select Varieties **FOOD LION RAW SHRIMP PEELLED AND DEVEINED TAIL-OFF**
HOTSALE!
MVP
5.99
EA
W/O MVP Card \$8.99 EA

12-14 Oz. Pkg. Select Varieties **HILLSHIRE FARM SMOKED SAUSAGE**
HOTSALE!
MVP
2/\$6
W/O MVP Card \$5.29 EA

12 Ct. Pkg. **FOOD LION MINI SWEET CORN**
HOTSALE!
MVP
2/\$6
W/O MVP Card \$5.49 EA

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

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

6 Oz. **OLD BAY SEASONING**
HOTSALE!
MVP
4.49
EA
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

4⁹⁹
LB

Ground Fresh Daily
80% LEAN FRESH GROUND CHUCK

W/O MVP Card Regular Retail

HOTSALE!
MVP

5⁴⁹
LB

FRESH GROUND CHUCK PATTIES

W/O MVP Card Regular Retail

HOTSALE!
MVP

2⁴⁹
LB

Assorted, Bone-In PORK CHOPS

W/O MVP Card Regular Retail

HOTSALE!
MVP

2⁹⁹
EA

16 Oz. Pkg. SPRINGER MOUNTAIN FARMS ALL NATURAL CHICKEN BURGERS

W/O MVP Card Regular Retail

HOTSALE!
MVP

8⁹⁹
EA

44 Oz. Pkg. - Frozen TYSON CORNISH HENS

W/O MVP Card Regular Retail

HOTSALE!
MVP

2⁹⁹
LB

Bone-In, Fully Cooked FOOD LION HICKORY SMOKED HAM STEAK

W/O MVP Card Regular Retail

HOTSALE!
MVP

6⁹⁹
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

5⁹⁹
LB

BEEF SHOULDER OR SIRLOIN TIP ROAST

U.S.D.A. CHOICE

W/O MVP Card Regular Retail

HOTSALE!
MVP

3⁴⁹
LB

Whole Fresh PORK TENDERLOIN

W/O MVP Card Regular Retail

HOTSALE!
MVP

5⁹⁹
EA

20-26 Oz. Pkg. - Frozen ROSINA MEATBALLS

W/O MVP Card Regular Retail

ALWAYS AFFORDABLY PRICED • QUALITY • FRESH • GUARANTEED

HOTSALE!
MVP

3⁴⁹
EA

12 Oz. Pkg. - Select Varieties GWALTNEY BACON

W/O MVP Card Regular Retail

HOTSALE!
MVP

3⁴⁹
EA

12 Oz. Pkg. - Select Varieties JOHNSONVILLE BREAKFAST SAUSAGE PATTIES OR LINKS

W/O MVP Card Regular Retail

HOTSALE!
MVP

3⁷⁹
EA

15-16 Oz. Pkg. - Select Varieties OSCAR MAYER BEEF FRANKS

W/O MVP Card Regular Retail

HOTSALE!
MVP

9⁹⁹
EA

6 Ct. - 32 Oz. Pkg. - Frozen BUTTERBALL TURKEY BURGERS

W/O MVP Card Regular Retail

HOTSALE!
MVP

6⁹⁹
EA

16-28.05 Oz. - Select Varieties TYSON FROZEN CHICKEN OR ANY'TIZERS WINGS

W/O MVP Card Regular Retail

SUSTAINABLE SEAFOOD

HOTSALE!
MVP

7⁹⁹
EA

10 Oz. Pkg. Select Varieties MARINATED SALMON

W/O MVP Card Regular Retail

HOTSALE!
MVP

9⁹⁹
EA

12 Oz. Pkg. NATURE'S PROMISE ALASKA SOCKEYE SALMON BONELESS FILLETS

W/O MVP Card Regular Retail

HOTSALE!
MVP

14⁹⁹
EA

20-30 Ct. Bag Frozen FOOD LION SEA SCALLOPS

W/O MVP Card Regular Retail

HOTSALE!
MVP

5⁴⁹
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

DELlCious 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 Ct.
LARGE CROISSANTS
W/O MVP Card \$3.99 EA
Single Item Half Price



HOTSALE!
BOGO FREE
12 Ct.
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!
10.99
EA
Freshly Sliced
TASTE OF INSPIRATIONS ANGUS ROAST BEEF
W/O MVP Card \$11.99 EA

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

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

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

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

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

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

HOTSALE!
\$5
EA
4 Ct.
Made Hot In-Store
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.

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 \$1.69 EA

HOTSALE!
2.29
EA
8 Oz. Pkg.
Whole or Sliced
FOOD LION BABY BELLA MUSHROOMS
W/O MVP Card \$2.79 EA

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

HOTSALE!
6.99
EA
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>
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<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>
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<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. Select Varieties SCHMIDT ITALIAN BREAD W/O MVP Card \$3.39 EA</p> <p>2/\$5 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>
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<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>
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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 W/O MVP Card \$13.99 EA</p> <p>11.99 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 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 W/O MVP Card \$1.79 EA</p> <p>1.39 EA MVP</p>
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A woman with glasses on her head, wearing a dark t-shirt with the Food Lion Feeds logo, is working in a warehouse. She is surrounded by stacks of food items, including bags of corn and other packaged goods. The background shows a large industrial space with high ceilings and fluorescent lighting.

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.
6.99
 EA
 W/O MVP Card Regular Retail

NATURE'S PROMISE ORGANIC GROUND BEEF

USDA ORGANIC

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
 EA
 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
 EA
 W/O MVP Card Regular Retail

8 Pack
 12 Oz. Bottles
 Select Varieties
COKE PRODUCTS

HOTSALE!
3/\$12
 EA
 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
JOSEF WEINBERG OR MENAGE A TROIS WINE

HOTSALE!
9.99
 EA

1.5 Liter Select Varieties
WOODBIDGE WINE

PRICED LOW EVERY DAY
11.99
 EA

SAVE 10% WHEN YOU BUY 6 BOTTLES OF WINE

HOTSALE!
17.99
 EA

12 Pack - 12 Oz. Cans
 Select Varieties
HARD MOUNTAIN DEW, SIMPLY SPIKED, TWISTED TEA OR THE BEAST

HOTSALE!
21.99
 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 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 - 12 Oz. Cans
 Select Varieties
DEVILS BACKBONE, BOLD ROCK OR COASTAL COCKTAILS

LOCAL GOODNESS

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 3.99 EA W/O MVP Card \$4.69 EA</p> <p>64 Oz. Select Varieties SUNNY DELIGHT</p> <p>24 Oz. Select Varieties DAISY COTTAGE CHEESE</p>	 <p>HOTSALE! MVP BOGO FREE W/O MVP Card \$2.48 EA Single Item Half Price</p>	 <p>HOTSALE! MVP 2/\$6 6-8 Oz. Select Varieties CRACKER BARREL CHEESE BARS OR CUBES W/O MVP Card Regular Retail</p>	 <p>HOTSALE! MVP 4/\$5 4.5-5.3 Oz. Select Varieties CHOBANI FLIP OR CREATIONS YOGURT W/O MVP Card \$3.95</p>
 <p>HOTSALE! MVP 3.49 EA W/O MVP Card \$4.29 EA</p> <p>9.1-11 Oz. Select Varieties Pull-A-Parts or Roll PILLSBURY READY TO BAKE COOKIES</p>	 <p>HOTSALE! MVP 2.99 EA W/O MVP Card \$4.29 EA</p> <p>16.3 Oz. Select Varieties PILLSBURY GRANDS! BISCUITS</p>	 <p>HOTSALE! MVP 2/\$5 52 Oz. Select Varieties GOLD PEAK ICED TEA PRICED LOW EVERY DAY W/O MVP Card \$3.09 EA</p>	 <p>HOTSALE! MVP 3.49 EA W/O MVP Card Regular Retail</p> <p>32-52 Oz. Select Varieties PLANET OAT OATMILK OR CREAMER</p>
 <p>HOTSALE! MVP 4.99 EA W/O MVP Card \$7.39 EA</p> <p>45 Oz. Tub Select Varieties COUNTRY CROCK SPREAD</p>	 <p>HOTSALE! MVP 2/\$6 52 Oz. Select Varieties FLORIDA'S NATURAL ORANGE JUICE W/O MVP Card \$3.69 EA</p>	 <p>HOTSALE! MVP 4.99 EA W/O MVP Card \$7.39 EA</p>	 <p>HOTSALE! MVP 4.99 EA W/O MVP Card \$7.39 EA</p>

FROZEN

LOAD UP THE FREEZER WHILE THE DEALS ARE HOT

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

load on app • web • in-store kiosk

 <p>HOT SALE! MVP 4.49 EA W/O MVP Card Regular Retail</p> <p>18.4-19.8 Oz. Select Varieties TOMBSTONE PIZZA OR TAVERN STYLE PIZZA</p> <p>MVP Coupon -1.00 OFF 1</p> <p>3.49 EA W/O MVP Card \$4.99 EA</p>	 <p>HOT SALE! MVP 4.99 EA W/O MVP Card \$7.29 EA</p> <p>8-21.60 Oz. Select Varieties DELIMEX SNACKS</p> <p>MVP Coupon -1.00 OFF 1</p> <p>3.99 EA W/O MVP Card \$4.99 EA</p>	 <p>HOT SALE! MVP 5.99 EA W/O MVP Card \$8.99 EA</p> <p>17.65-27.51 Oz. Select Varieties Excludes Gluten Free FRESCHETTA PIZZA</p> <p>MVP Coupon -1.00 OFF 1</p> <p>4.99 EA W/O MVP Card \$5.99 EA</p>	 <p>PRICED LOW EVERY DAY MVP 2/\$5 W/O MVP Card \$3.99 EA</p> <p>11.7 Oz. Select Varieties PILLSBURY TOASTER STRUDEL</p> <p>MVP Coupon -1.00 OFF 2</p> <p>2/\$4 EA W/O MVP Card \$4.99 EA</p>
 <p>HOT SALE! MVP 2/\$8 W/O MVP Card \$4.99 EA</p> <p>8-11 Oz. Select Varieties TGI FRIDAYS SNACKS</p> <p>MVP Coupon -1.00 OFF 2</p> <p>2/\$7 EA W/O MVP Card \$4.99 EA</p>	 <p>HOT SALE! MVP 2/\$8 W/O MVP Card \$4.68 EA</p> <p>4-6 Ct. Select Varieties KLONDIKE ICE CREAM BARS</p> <p>MVP Coupon -1.00 OFF 2</p> <p>2/\$7 EA W/O MVP Card \$4.68 EA</p>	 <p>PRICED LOW EVERY DAY MVP 3.99 EA W/O MVP Card \$4.99 EA</p> <p>14 Oz. Select Varieties HÄAGEN-DAZS ICE CREAM</p> <p>MVP Coupon -1.00 OFF 1</p> <p>2.99 EA W/O MVP Card \$3.99 EA</p>	 <p>HOT SALE! MVP 2/\$7 W/O MVP Card \$3.99 EA</p> <p>46 Oz. Select Varieties TURKEY HILL ICE CREAM</p> <p>MVP Coupon -1.00 OFF 2</p> <p>2/\$6 EA W/O MVP Card \$3.99 EA</p>

BREAKFAST

SAVINGS TO START YOUR DAY

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

2.12 Oz. Select Varieties
ONE PROTEIN BAR

HOTSALE!

2/\$4

W/O MVP Card \$2.99 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

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

7.79
EA

MVP Coupon -3.00 OFF!

4.79
EA

W/O MVP DISCOUNT SAVINGS LIMIT 1

168-192 Ct. Select Varieties
HUGGIES BABY WIPES REFILL

HOT SALE! 6.79
EA

W/O MVP Card \$7.79 EA

MVP Coupon -1.00 OFF!

5.79
EA

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**

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**



HOTSALE!

3.99
EA

W/O MVP Card Regular Retail

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



HOTSALE!

7.49
EA

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
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

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



HOTSALE!

2/\$3

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 NUDGES 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

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
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 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 | 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:
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. 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 \$6.49 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 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