

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

**YOU SAVE \$5.00 LB**

Here for fall gatherings and savings

**HOTSALE!**  
MVP  
**25% OFF**  
W/O MVP Card Regular Retail

**Nature's Promise**  
All Natural - All Varieties  
**NATURE'S PROMISE MEAT & SEAFOOD**

**HOTSALE!**  
MVP  
**99¢**  
LB  
W/O MVP Card \$2.29 LB

**Pork WHOLE BOSTON BUTT**

**HOTSALE!**  
MVP  
**3.49**  
EA  
W/O MVP Card \$4.99 EA

7-9 Oz. Pkg. Select Varieties  
**OSCAR MAYER DELI FRESH LUNCH MEAT**

**Seafood boil season is here!**

**HOTSALE!**  
MVP  
**5.99**  
EA  
W/O MVP Card \$8.99 EA

31-40 Ct. 16 Oz. Bag - Frozen  
**FOOD LION RAW SHRIMP PEELLED AND DEVEINED TAIL-OFF**

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

**Avocados Mexico**  
ALWAYS GOOD

**HASS AVOCADOS**

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

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

**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

6-8 Oz. Select Varieties  
**FRESH EXPRESS SALAD KITS**

**2/\$5**  
W/O MVP Card \$1.79 LB

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

Bulk  
**HONEYCRISP APPLES**

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

**HOT HOUSE TOMATOES**

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

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

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

**Doritos**

**HOTSALE!**  
MVP  
**BOGO FREE**  
W/O MVP Card \$6.49 EA Single Item Half Price

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

**HOTSALE!**  
MVP  
**BOGO FREE**  
W/O MVP Card Regular Retail

11-20.5 Oz. Select Varieties  
**THOMAS' ENGLISH MUFFINS OR ENTENMANN'S SOFTEE DONUTS**

**HOTSALE!**  
MVP  
**16.99**  
EA  
W/O MVP Card \$19.99 EA

12 Pack 12 Oz. Bottles or Cans Select Varieties  
**SAMUEL ADAMS, SIERRA NEVADA OR NEW BELGIUM**

**HOTSALE!**  
MVP  
**2.99**  
EA  
W/O MVP Card \$5.99 EA

5 Lb. Bag  
**FOOD LION RED POTATOES**

5-9 Oz. Select Varieties  
**SARGENTO NATURAL SLICES OR SNACK STICKS**

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

9-4-14 Oz. Select Varieties  
**KRAFT DELUXE OR VELVEETA SHELLS & CHEESE**

**2/\$6**  
W/O MVP Card \$3.69 EA

32 Oz. Select Varieties  
**NESTLE COFFEE MATE CREAMER**

**HOTSALE!**  
MVP  
**3.79**  
EA  
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

**HOTSALE!**  
MVP  
**2.99**  
EA  
W/O MVP Card \$3.99 EA

2 Lb. Bag  
**LEMONS**

13 Oz. - 4 Pack Select Varieties  
**SNACK PACK PUDDING OR GELS**

**PRICED LOW EVERY DAY**  
**4/\$5**  
W/O MVP Card \$15.8 EA

**HOTSALE!**  
MVP  
**3.49**  
EA  
W/O MVP Card \$5.29 EA

9-31-19.5 Oz. Select Varieties  
**NABISCO FAMILY SIZE CHIPS AHOY! COOKIES**

**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**

**2/\$4**  
W/O MVP Card \$4.99 EA

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

18-31 Ct. Pods or 6.3 Oz. Liquid or 31 Ct. Flings or 89 Oz. Liquid  
**TIDE**  
Select Varieties

**7.99**  
EA  
W/O MVP Card \$9.99 EA

**HOTSALE!**  
MVP  
**4.49**  
EA  
W/O MVP Card \$4.99 EA

6 Oz.  
**OLD BAY SEASONING**

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



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

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



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



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



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



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



## SUSTAINABLE SEAFOOD

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



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



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



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







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

**Get List & Recipes**



# DELicious BOGOs of the week!

 <p><b>HOTSALE!</b> <b>BOGO FREE</b> 7 Oz. Select Varieties <b>TILLAMOOK CHEDDARS</b> W/O MVP Card \$7.99 EA Single Item Half Price</p>	 <p><b>HOTSALE!</b> <b>BOGO FREE</b> 4 Cl. <b>LARGE CROISSANTS</b> W/O MVP Card \$3.99 EA Single Item Half Price</p>	 <p><b>HOTSALE!</b> <b>BOGO FREE</b> 12 Cl. <b>HOMESTYLE GLAZED DONUTS</b> W/O MVP Card \$5.49 EA Single Item Half Price</p>
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 <p><b>HOTSALE!</b> <b>10.99</b> EA Freshly Sliced <b>TASTE OF INSPIRATIONS ANGUS ROAST BEEF</b> W/O MVP Card \$11.99 EA</p>	 <p><b>HOTSALE!</b> <b>3.49</b> EA 16 Oz. <b>TASTE OF INSPIRATIONS SALSA</b> W/O MVP Card \$3.99 EA</p>	<p><b>Quick eats \$5 each!</b> Each item sold separately.</p>	 <p>Available in our Deli &amp; Bakery <b>HOTSALE!</b> <b>\$5</b> EA Drums &amp; Thighs Made Hot In-Store <b>4 PIECE FRIED CHICKEN</b> W/O MVP Card \$5.49 EA</p>
 <p><b>HOTSALE!</b> <b>99¢</b> EA 1 Cl. <b>OH SNAP! PICKLES</b> W/O MVP Card \$1.49 EA</p>	 <p><b>HOTSALE!</b> <b>4.49</b> EA 4 Cl. <b>MUFFINS</b> W/O MVP Card \$4.99 EA</p>		 <p><b>HOTSALE!</b> <b>5.29</b> EA 4 Cl. <b>PUMPKIN ROLL LIMITED TIME</b> W/O MVP Card \$5.99 EA</p>

## 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.

 <p><b>PRICED LOW EVERY DAY</b> <b>1.59</b> EA <b>NATURE'S PROMISE BAGUETTE IN THE BAKERY</b></p>	 <p><b>HOTSALE!</b> <b>1.29</b> EA 12 Oz. <b>FOOD LION BABY SUPREME CARROTS</b> W/O MVP Card \$1.99 EA</p>	 <p><b>HOTSALE!</b> <b>2.49</b> EA 24 Oz. Select Varieties <b>FOOD LION MINI POTATOES NEW ITEM</b> W/O MVP Card \$2.99 EA</p>
 <p><b>HOTSALE!</b> <b>1.39</b> EA 32 Oz. Select Varieties <b>FOOD LION BROTH</b> W/O MVP Card \$1.69 EA</p>	 <p><b>HOTSALE!</b> <b>2.29</b> EA 8 Oz. Pkg. Whole or Sliced <b>FOOD LION BABY BELLA MUSHROOMS</b> W/O MVP Card \$2.79 EA</p>	 <p><b>HOTSALE!</b> <b>1.59</b> EA Bunch <b>CELERY</b> W/O MVP Card \$2.99 EA</p>
		 <p><b>HOTSALE!</b> <b>25% OFF</b> W/O MVP Card Regular Retail <b>NATURE'S PROMISE BEEF CHUCK SHOULDER ROAST</b></p>

Here with a new month of personalized *rewards*



**SHOP & EARN**  
MONTHLY REWARDS

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



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

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

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

**PRICED LOW EVERY DAY**

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

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

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



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

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

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

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

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

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

# BEVERAGE CENTER

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



**Dove**  
Self-esteem project



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](http://dove.com/selfesteem)



# Think Old El Paso for *Game Day*

SHOP NOW



# DAIRY

GET YOUR DAILY DOSE OF GOODNESS

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

# FROZEN

LOAD UP THE FREEZER WHILE THE DEALS ARE HOT

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

load on app • web • in-store kiosk

 <p><b>HOT SALE!</b> MVP <b>4.49</b> EA W/O MVP Card Regular Retail</p> <p>18.4-19.8 Oz. Select Varieties <b>TOMBSTONE PIZZA OR TAVERN STYLE PIZZA</b></p>	 <p><b>HOT SALE!</b> MVP <b>4.99</b> EA W/O MVP Card \$7.20 EA</p> <p>8-21.60 Oz. Select Varieties <b>DELIMEX SNACKS</b></p>	 <p><b>HOT SALE!</b> MVP <b>5.99</b> EA W/O MVP Card \$8.99 EA</p> <p>17.65-27.51 Oz. Select Varieties Excludes Gluten Free <b>FRESCHETTA PIZZA</b></p>	 <p><b>PRICED LOW EVERY DAY</b> MVP <b>2/\$5</b> W/O MVP Card \$3.99 EA</p> <p>11.7 Oz. Select Varieties <b>PILLSBURY TOASTER STRUDEL</b></p>
 <p><b>HOT SALE!</b> MVP <b>2/\$8</b> W/O MVP Card \$4.99 EA</p> <p>8-11 Oz. Select Varieties <b>TGI FRIDAYS SNACKS</b></p>	 <p><b>HOT SALE!</b> MVP <b>2/\$8</b> W/O MVP Card \$4.68 EA</p> <p>4-6 Ct. Select Varieties <b>KLONDIKE ICE CREAM BARS</b></p>	 <p><b>PRICED LOW EVERY DAY</b> MVP <b>3.99</b> EA W/O MVP Card \$4.99 EA</p> <p>14 Oz. Select Varieties <b>HÄAGEN-DAZS ICE CREAM</b></p>	 <p><b>HOT SALE!</b> MVP <b>2/\$7</b> W/O MVP Card \$3.99 EA</p> <p>46 Oz. Select Varieties <b>TURKEY HILL ICE CREAM</b></p>

# BREAKFAST

SAVINGS TO START YOUR DAY

 <p><b>HOTSALE!</b> MVP <b>3.99</b> EA W/O MVP Card Regular Retail</p> <p>8.8-8.9 Oz. Select Varieties <b>KELLOGG'S APPLE JACKS OR CORN POPS CEREAL</b></p>	 <p><b>HOTSALE!</b> MVP <b>2/\$5</b> W/O MVP Card \$3.69 EA</p> <p>8.4-12.1 Oz. Select Varieties <b>QUAKER INSTANT OATMEAL</b></p>	 <p><b>PRICED LOW EVERY DAY</b> MVP <b>3.49</b> EA W/O MVP Card \$3.89 EA</p>	 <p><b>HOTSALE!</b> MVP <b>6.99</b> EA W/O MVP Card \$7.99 EA</p> <p>30-35.3 Oz. Can Select Varieties <b>COFFEEMATE NON-DAIRY COFFEE CREAMER</b></p>
 <p><b>HOTSALE!</b> MVP <b>2/\$6</b> W/O MVP Card \$4.89 EA</p> <p>9-12.6 Oz. Select Varieties <b>QUAKER CAP'N CRUNCH CEREAL</b></p>	 <p><b>HOTSALE!</b> MVP <b>7.99</b> EA W/O MVP Card Regular Retail</p> <p>10 Ct. K-Cups or 12 Oz. Bag Select Varieties <b>STARBUCKS COFFEE</b></p>	 <p><b>HOTSALE!</b> MVP <b>5.99</b> EA W/O MVP Card Regular Retail</p> <p>12 Ct. K-Cups Select Varieties <b>MAXWELL HOUSE OR GEVALIA COFFEE</b></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 \$2.78 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 NUGGES JERKY CUTS DOG TREATS**



**HOTSALE!**

**10.99**  
EA

W/O MVP Card \$12.49 EA

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



**HOTSALE!**

**33.99**  
EA

W/O MVP Card \$39.99 EA

## NEW ITEM CENTER

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



**HOTSALE!**

**3.49**  
EA

W/O MVP Card \$4.29 EA

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



**HOTSALE!**

**2/\$4**

W/O MVP Card \$2.39 EA

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



**HOTSALE!**

**3.69**  
EA

W/O MVP Card \$4.99 EA

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



**HOTSALE!**

**3.99**  
EA

W/O MVP Card Regular Retail



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

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

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

ALL STORES ACCEPT:

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

**Statesville, Troutman**

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



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](http://foodlion.com) for the recipes

12 Oz.  
**GENERAL MILLS CHEERIOS CEREAL**



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

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



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

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



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

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



**3.19**  
EA

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



8 Oz.  
Select Varieties  
**COOL WHIP**

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



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



Offers valid while supplies last.

1 Ct.  
SMART LIVING  
WINDOW  
TREAT BAG

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



34 Oz.  
Select Varieties  
DUM DUM POPS

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



18.6 Oz.  
MARS MIXED  
SUGAR VARIETY

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



No tricks here,  
just treats!



1 Ct.  
SMART LIVING  
RAINBOW  
SPIN LIGHT

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



1 Ct. - Assorted  
SMART LIVING  
HALLOWEEN  
BUCKET WITH  
HANDLE

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



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



8.4-11.30 Oz.  
Select Varieties  
HERSHEY  
SNACK SIZE  
CANDY



1 Ct.  
SMART LIVING  
SPIDERWEB

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



1 Ct.  
SMART LIVING  
13 OUNCE  
FIGURAL  
DOL MUG

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



32.04 Oz.  
FERRERO  
ASSORTED  
FUN SIZE  
CANDY

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



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



10.5-11.5 Oz.  
Select Varieties  
FERRERO  
FUN SIZE  
CANDY