

Save now
on your family's
favorites

HOTSALE!
MVP

4.49
LB

YOU SAVE \$2.50 LB

Boneless
BEEF CHUCK ROAST
W/O MVP Card \$6.99 LB

HOTSALE!
MVP

1.99
LB

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

HOTSALE!
MVP

2.99
LB

Boneless, Center Cut
PORK CHOPS
W/O MVP Card \$4.89 LB

HOTSALE!
MVP

3.99
EA

14-15 Oz. Pkg.
Select Varieties
BALL PARK BEEF FRANKS
W/O MVP Card \$5.99 EA

HOTSALE!
MVP

1.49
LB

Bulk
HONEYCRISP APPLES
W/O MVP Card \$1.79 LB

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

10.3-13 Oz.
Select Varieties
FRESH EXPRESS CHOPPED SALAD KITS

HOTSALE!
MVP

2/\$5
W/O MVP Card Regular Retail

CUCUMBERS OR GREEN PEPPERS

HOTSALE!
MVP

2/\$1
W/O MVP Card Regular Retail

GREEN CABBAGE

HOTSALE!
MVP

49¢
LB

W/O MVP Card Regular Retail

HOTSALE!
MVP

4/\$12
W/O MVP Card Regular Retail

6 Pack
16-19 Oz. Bottles
Select Varieties
PEPSI PRODUCTS

HOTSALE!
MVP

BOGO FREE
W/O MVP Card Regular Retail

7.75-9.9 Oz.
Select Varieties
UTZ POTATO OR ZAPP'S KETTLE CHIPS
LIMIT 4 FREE

HOTSALE!
MVP

BOGO FREE
W/O MVP Card Regular Retail

20 Oz.
Select Varieties
NATURE'S OWN HONEY WHEAT OR HAWAIIAN BREAD

HOTSALE!
MVP

3.49
EA

8 & 10 Oz.
Select Varieties
NABISCO BELVITA BREAKFAST BISCUITS OR NEWTONS
W/O MVP Card Regular Retail

HOTSALE!
MVP

21.99
EA

24 Pack - 12 Oz. Cans
Select Varieties
BUD, MILLER, COORS OR YUENGLING

HOTSALE!
MVP

5/\$5
W/O MVP Card \$1.99 EA

2.6-4.5 Oz.
Select Varieties
STARKIST CHUNK LIGHT TUNA POUCH

HOTSALE!
MVP

2/\$5
W/O MVP Card Regular Retail

6.84-8 Oz.
Select Varieties
SARGENTO SLICED OR SHREDDED CHEESE

HOTSALE!
MVP

3.49
EA

30 Oz.
Select Varieties
DUKE'S MAYONNAISE

HOTSALE!
MVP

2/\$6
W/O MVP Card \$3.58 EA

28 Oz.
Select Varieties
SWEET BABY RAY'S BARBECUE SAUCE

HOTSALE!
MVP

4/\$5
W/O MVP Card \$1.88 EA

4-4.1 Oz.
Select Varieties
IDAHOAN INSTANT POTATOES

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

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

15-16 Oz.
Select Varieties
JIF PEANUT BUTTER OR CHOCOLATE SPREAD

HOT SALE! 6.99
W/O MVP Card Regular Retail
MVP Coupon -2.00 OFF

8 Pack
20 Oz. Bottles
Select Varieties
GATORADE

HOT SALE! 2/\$6
W/O MVP Card Regular Retail
MVP Coupon -2.00 OFF

9.6-16 Oz.
Select Varieties
KELLOGG'S SPECIAL K OR FROSTED MINI WHEATS CEREAL

HOT SALE! 2/\$9
W/O MVP Card Regular Retail
MVP Coupon -2.00 OFF

15.77-23.45 Oz.
Select Varieties
RED BARON 12" PIZZA

HOT SALE! 2/\$7
W/O MVP Card Regular Retail
MVP Coupon -2.00 OFF

8 Mega XL or 12 Mega Rolls
Select Varieties
CHARMIN BUNTY BUNTY

HOT SALE! 14.99
W/O MVP Card Regular Retail
MVP Coupon -1.00 OFF

20% OFF A CASE OF WINE

4 DAYS ONLY • OCTOBER 31 - NOVEMBER 3

SEE PAGE 5 FOR DETAILS

Last minute
halloween
grabs

PRICED LOW EVERY DAY

8.99
EA

40 Ct.
FOOD LION CHOCOLATE CHIP COOKIES
IN THE BAKERY

HOTSALE!
MVP

4.49
EA

6 Ct.
CUPCAKES
IN THE BAKERY

HOTSALE!
MVP

21.99
EA

24 Pack - 12 Oz. Cans
Select Varieties
BUD, MILLER, COORS OR YUENGLING

HOTSALE!
MVP

4/\$5
W/O MVP Card \$1.88 EA

4-4.1 Oz.
Select Varieties
IDAHOAN INSTANT POTATOES

HOT SALE! 14.99
W/O MVP Card Regular Retail
MVP Coupon -1.00 OFF

8 Mega XL or 12 Mega Rolls
Select Varieties
CHARMIN BUNTY BUNTY

20% OFF A CASE OF WINE

4 DAYS ONLY • OCTOBER 31 - NOVEMBER 3

SEE PAGE 5 FOR DETAILS

Remember to shop & see your *rewards* stack up



[Activate Your Offers](#)

[Check Your Progress](#)



Did you know you can *donate your rewards?*

Help our neighbors get the food they need to thrive!



[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.



Our *weekly deals* will help fill your dinner table

nacho day
your way for less

HOTSALE!
MVP
10⁹⁹
LB
BEEF T-BONE STEAK
W/O MVP Card Regular Retail

HOTSALE!
MVP
5⁹⁹
EA
24 Oz. Pkg. Select Varieties
HORMEL PORK ROAST
W/O MVP Card Regular Retail

HOTSALE!
MVP
6⁹⁹
LB
Beef
CUBED STEAK
W/O MVP Card Regular Retail

HOTSALE!
MVP
1⁷⁹
EA
PERDUE OVEN STUFFER ROASTER
W/O MVP Card Regular Retail

HOTSALE!
MVP
5⁹⁹
LB
Ground Fresh Daily
93% LEAN FRESH GROUND BEEF
W/O MVP Card Regular Retail

HOTSALE!
MVP
2⁴⁹
LB
Family Pack
FOOD LION FRESH CHICKEN WINGS
WHILE SUPPLIES LAST!
W/O MVP Card Regular Retail

HOTSALE!
MVP
3⁴⁹
LB
Whole Fresh
PORK TENDERLOIN
W/O MVP Card Regular Retail

HOTSALE!
MVP
2⁹⁹
LB
BOSTON BUTT
COUNTRY STYLE PORK RIBS
W/O MVP Card Regular Retail

HOTSALE!
MVP
3⁴⁹
EA
16 Oz. Pkg. Select Varieties
ROMA FRESH DINNER SAUSAGE
W/O MVP Card Regular Retail

HOTSALE!
MVP
1³⁹
EA
Small Pack
FOOD LION CHICKEN THIGHS
WHILE SUPPLIES LAST!
W/O MVP Card Regular Retail

16 Oz. Pkg. - Select Varieties
FOOD LION SLICED BACON
HOTSALE!
MVP
4⁴⁹
EA
W/O MVP Card Regular Retail

7-9 Oz. Pkg. - Select Varieties
Excludes Turkey
OSCAR MAYER DELI FRESH LUNCH MEAT
HOTSALE!
MVP
3⁹⁹
EA
W/O MVP Card Regular Retail

12-14 Oz. Pkg. - Select Varieties
HILLSHIRE FARM COCKTAIL SMOKIES
HOTSALE!
MVP
2/\$7
W/O MVP Card Regular Retail

6 Oz. Pkg. - Select Varieties
JOHN SOULES CHICKEN
HOTSALE!
MVP
2⁷⁹
EA
W/O MVP Card Regular Retail

20-26 Oz. Pkg. - Frozen
ROSINA MEATBALLS
HOTSALE!
MVP
5⁹⁹
EA
W/O MVP Card Regular Retail

SUSTAINABLE SEAFOOD

HOTSALE!
MVP
7⁹⁹
EA
10 Oz. SALMON FILLETS OR WILD CAUGHT TUNA STEAKS
W/O MVP Card Regular Retail

HOTSALE!
MVP
5⁹⁹
EA
12 Oz. DOCKSIDE CLASSICS
W/O MVP Card Regular Retail

HOTSALE!
MVP
8⁹⁹
EA
32 Oz. Bag Frozen
FOOD LION WHITING
W/O MVP Card Regular Retail

HOTSALE!
MVP
6⁹⁹
EA
41-50 CL. 16 Oz. Bag Frozen
FOOD LION RAW SHRIMP
W/O MVP Card Regular Retail

HOTSALE!
MVP
7⁹⁹
EA
41-50 CL. - 16 Oz. Bag Frozen
FOOD LION COOKED SHRIMP
W/O MVP Card Regular Retail



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

Get List & Recipes

Tackle your *tailgate*



<p>CHICKEN BUBBA burger</p> <p>HOTSALE! 9.99 EA</p> <p>W/O MVP Card Regular Retail</p>	<p>8 Ct. Select Varieties BALL PARK HOT DOG OR HAMBURGER BUNS</p> <p>HOTSALE! 2/\$6</p> <p>W/O MVP Card \$3.99 EA</p>	<p>7.5 Oz. Select Varieties WHOLLY GUACAMOLE BOWLS IN PRODUCE</p> <p>HOTSALE! 2.99 EA</p> <p>W/O MVP Card \$3.99 EA</p>
<p>32 Oz. Pkg. Frozen BUBBA BURGER CHICKEN BURGERS</p> <p>HOTSALE! 9.99 EA</p> <p>W/O MVP Card \$13.99 EA</p>	<p>5.4-25 Oz. Select Varieties KINDER'S RUB OR SEASONING</p> <p>HOTSALE! BOGO FREE</p> <p>W/O MVP Card \$4.99 EA Single Item Half Price</p>	<p>12-16 Lb. KINGSFORD ORIGINAL OR MATCH LIGHT BRIQUETS</p> <p>HOTSALE! 9.99 EA</p> <p>W/O MVP Card \$12.49 EA</p>
<p>MVP DIGITAL COUPON load on app • web • in-store kiosk</p> <p>HOTSALE! 7.99 EA</p> <p>W/O MVP Card Regular Retail</p> <p>MVP Coupon -1.00 OFF</p> <p>6.99 EA</p> <p>6 Mega Rolls CHARMIN® 4 Double Rolls BOUNTY Select Varieties</p> <p>W/O MVP Card \$9.99 EA</p> <p><small>W/O MVP CARD ACCOUNT SAVINGS (LIMIT 1)</small></p>		

<p>PRICED LOW EVERY DAY</p> <p>24 Oz. WESSON VEGETABLE OR CANOLA OIL</p> <p>3.19 EA</p> <p>W/O MVP Card Regular Retail</p>	<p>16 Oz. Select Varieties PACE SALSA OR PICANTE SAUCE</p> <p>2/\$5</p> <p>W/O MVP Card Regular Retail</p>	<p>171-20 Oz. Select Varieties WELCH'S CONCORD GRAPE JELLY</p> <p>2/\$5</p> <p>W/O MVP Card \$3.18 EA</p>	<p>0.4-1.1 Oz. Select Varieties HIDDEN VALLEY SALAD DRESSING MIX</p> <p>1.69 EA</p> <p>W/O MVP Card \$2.48 EA</p>
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<p>5 Lb. SOUTHERN BISCUIT SELF-RISING FLOUR</p> <p>3.99 EA</p> <p>W/O MVP Card \$4.89 EA</p>	<p>5.46 Oz. Select Varieties ZAMBOS PLANTAIN CHIPS</p> <p>2/\$5</p> <p>W/O MVP Card Regular Retail</p>	<p>5.5-8.5 Oz. Select Varieties RUFFLES POTATO CHIPS</p> <p>3.49 EA</p> <p>W/O MVP Card \$5.99 EA</p>
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<p>87 Oz. Select Varieties MCCORMICK BROWN GRAVY MIX</p> <p>99¢ EA</p> <p>W/O MVP Card \$1.19 EA</p>	<p>9-17 Oz. Select Varieties NABISCO PREMIUM OR OYSTER CRACKERS</p> <p>3.79 EA</p> <p>W/O MVP Card \$4.68 EA</p>	<p>10 Oz. LA CHOY SOY SAUCE</p> <p>2/\$4</p> <p>W/O MVP Card Regular Retail</p>	<p>14.5-15.25 Oz. Select Varieties GLORY SEASONED VEGETABLES</p> <p>2/\$3</p> <p>W/O MVP Card \$1.69 EA</p>
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<p>6 Oz. Select Varieties KRAFT STOVE TOP STUFFING</p> <p>2/\$4</p> <p>W/O MVP Card \$3.09 EA</p>	<p>28-34 Oz. Select Varieties KAR'S TRAIL MIX</p> <p>6.99 EA</p> <p>W/O MVP Card \$7.99 EA</p>	<p>18 Ct. Select Varieties FRITO LAY VARIETY PACK</p> <p>8.99 EA</p> <p>W/O MVP Card \$13.69 EA</p>
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<p>15-18 Oz. - Select Varieties SARA LEE SWEET HAWAIIAN DINNER ROLLS OR ARTESANO BAKERY ROLL</p> <p>2/\$6</p> <p>W/O MVP Card Regular Retail</p>	<p>5.29-8.8 Oz. Select Varieties LOTUS BISCOFF COOKIES OR SANDWICH COOKIES</p> <p>2/\$6</p> <p>W/O MVP Card \$3.99 EA</p>	<p>9.31-19.5 Oz. Select Varieties NABISCO FAMILY SIZE CHIPS AHOY! COOKIES</p> <p>3.49 EA</p> <p>W/O MVP Card \$5.29 EA</p>	<p>5.29-8.8 Oz. Select Varieties GOGO SQUEEZ APPLESAUCE</p> <p>1.19 EA</p> <p>W/O MVP Card \$13.49 EA</p>
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<p>9.25-12.25 Oz. Select Varieties ENTENMANN'S MINIS SNACK PIES OR CAKES</p> <p>2/\$6</p> <p>W/O MVP Card \$4.99 EA</p>	<p>16-10-16.30 Oz. Select Varieties CAMPBELL'S HOMESTYLE SOUP</p> <p>1.00 EA</p> <p>W/O MVP Card \$1.99 EA</p>	<p>191 Oz. Select Varieties FOOD LION CREME COOKIES FAMILY SIZE</p> <p>2.99 EA</p> <p>W/O MVP Card \$3.49 EA</p>	<p>MVP DIGITAL COUPON load on app • web • in-store kiosk</p> <p>1.58 EA</p> <p>MVP Coupon -50¢ OFF</p> <p>1.08 EA</p> <p>15-16 Oz. - Select Varieties BUSH'S BEST BEANS</p> <p>W/O MVP Card \$1.99 EA</p> <p><small>W/O MVP CARD ACCOUNT SAVINGS (LIMIT 1)</small></p>
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EARN \$20

for being our



**SPEND \$50
6 TIMES***

**TRACK YOUR
RECEIPT**

**RECEIVE
\$20 COUPON**

OCTOBER 16TH - NOVEMBER 26TH

GET DETAILS



Helping you save more on family meal *traditions*



Shop us for the ingredients you need for Diwali celebrations.

<p>141 Oz. SHARWOOD'S TIKKA MASALA EXTRA SPICY SIMMER SAUCE HOTSALE! 2/\$6 W/O MVP Card Regular Retail</p>	<p>Bulk RED ONIONS HOTSALE! 1/19 W/O MVP Card \$1.49 LB</p>	<p>Boneless PERDUÉ CHICKEN BREAST TENDERS HOTSALE! 3/99 W/O MVP Card Regular Retail</p>
<p>17 Oz. FOOD LION EXTRA LIGHT OLIVE OIL HOTSALE! 5/39 W/O MVP Card \$6.49 EA</p>	<p>16 Oz. Select Varieties FOOD LION WHIPPING CREAM PRICED LOW EVERY DAY! 3/69 W/O MVP Card \$2.99 EA</p>	<p>28 Oz. Select Varieties HUNT'S TOMATOES HOTSALE! 1/79 W/O MVP Card \$2.99 EA</p>

BEVERAGE CENTER

<p>12 Pack - 12 Oz. Cans Select Varieties CANADA DRY GINGER ALE HOTSALE! BOGO FREE W/O MVP Card Regular Retail Single Item Half Price</p>	<p>64 Oz. Select Varieties OLD ORCHARD 100% JUICE HOTSALE! BOGO FREE W/O MVP Card \$3.89 EA Single Item Half Price</p>	<p>8 Pack Select Varieties HI-C HOTSALE! 2/\$4 W/O MVP Card \$2.29 EA</p>
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<p>12 Oz. Select Varieties CELSIUS PEACH VIBE HOTSALE! 1/69 W/O MVP Card \$2.39 EA</p>	<p>6 Pack 16-16.9 Oz. Bottles Select Varieties COKE PEPSI HOTSALE! 3/\$12 W/O MVP Card Regular Retail</p>	<p>12 Pack 12 Oz. Cans Select Varieties COKE PEPSI ZERO HOTSALE! 6/99 W/O MVP Card Regular Retail</p>	<p>2 Liter Select Varieties COKE OR COKE FLAVORED PRODUCTS HOTSALE! 2/\$4 W/O MVP Card Regular Retail</p>
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<p>750 mL Select Varieties 14 HANDS OR CHATEAU LA COMMANDERIE WINE HOT SALE! 9/99 EA MIX & MATCH ANY 12 -20% 7/99 EA WHEN YOU BUY ANY 12</p>	<p>750 mL Select Varieties ARAVAIL OR ROSCATO WINE HOT SALE! 11/99 EA MIX & MATCH ANY 12 -20% 9/99 EA WHEN YOU BUY ANY 12</p>	<p>750 mL Select Varieties RISATA OR NOBLE VINES WINE HOT SALE! 12/99 EA MIX & MATCH ANY 12 -20% 10/39 EA WHEN YOU BUY ANY 12</p>	<p>4 DAYS ONLY - OCTOBER 31 - NOVEMBER 3 20% OFF A CASE OF WINE MIX & MATCH - BUILD YOUR OWN Case Includes: (2) 750 mL Sizes or (6) 1.5 L, 3 L, 4 L, or 5 L Containers All Varieties Individual Sizes Only</p>
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<p>12 Pack - 12 Oz. Cans Select Varieties SIMPLY SPIKED, TWISTED TEA OR HARD MOUNTAIN DEW HOTSALE! 17/99 EA REDD'S Select Varieties</p>	<p>12 Pack 11.2-12 Oz. Bottles or Cans Select Varieties MODELO, PACIFICO OR STELLA ARTOIS HOTSALE! 16/99 EA</p>	<p>24 Pack - 12 Oz. Bottles or Cans MICHELOB ULTRA 18 Pack - 12 Oz. Bottles or Cans CORONA OR HEINEKEN Select Varieties HOTSALE! 23/99 EA</p>
<p>12 Pack - 12 Oz. Bottles or Cans Select Varieties ANGRY ORCHARD, SIERRA NEVADA OR NEW BELGIUM HOTSALE! 17/99 EA</p>	<p>4 Pack - 12 Oz. Cans Select Varieties DEVILS BACKBONE, BOLD ROCK OR COASTAL COCKTAILS HOTSALE! 10/99 EA</p>	<p>LOCAL GOODNESS</p>

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

\$1 OFF Lipton Black Specialty Teas

SHOP NOW



Here with Tailgating Savings

SHOP NOW



DAIRY

STOCK THE FRIDGE WHILE THE SALE IS HOT

HOTSALE!
MVP
4.49
EA
16 Oz. Select Varieties
KRAFT SINGLES
W/O MVP Card \$5.49 EA

HOTSALE!
MVP
2/\$6
4 Pack or 32 Oz. Select Varieties
DANNON TRADITIONAL OR ACTIVIA YOGURT
W/O MVP Card Regular Retail

16-16.5 Oz. Select Varieties
Pill-A-Parts or Roll
PILLSBURY READY TO BAKE COOKIES
HOTSALE!
MVP
3.49
EA
W/O MVP Card \$4.29 EA

64 Oz. Select Varieties
ALMOND BREEZE ALMONDMILK
HOTSALE!
MVP
2.99
EA
W/O MVP Card \$3.59 EA

28-32 Oz. Select Varieties
STARBUCKS OR NESTLE COFFEE-MATE CREAMER
HOTSALE!
MVP
4.49
EA
W/O MVP Card Regular Retail

6-12 Oz. Select Varieties
FRIGO STRING CHEESE OR COMBO PACK
HOTSALE!
MVP
3.49
EA
W/O MVP Card \$5.49 EA

52 Oz. Select Varieties
SIMPLY ORANGE JUICE
HOTSALE!
MVP
3.69
EA
W/O MVP Card \$4.49 EA

HOTSALE!
MVP
5.39
EA
2 Pack
PHILADELPHIA CREAM CHEESE BARS
W/O MVP Card \$5.99 EA

52 Oz. Select Varieties
SIMPLY ADES OR PUNCHES
HOTSALE!
MVP
2/\$5
EA
W/O MVP Card \$3.68 EA

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

HOT SALE! 4/\$5
MVP Coupon -1.00 off 4
4.5 Oz. Select Varieties
DANNON LIGHT & FIT OR OIKOS REMIX YOGURT
W/O MVP Card \$4.50 EA

HOT SALE! 2/\$8
MVP Coupon -1.00 off 2
4.5 Oz. Select Varieties
DANNON LIGHT & FIT OR OIKOS REMIX YOGURT
W/O MVP Card \$4.50 EA

HOT SALE! 2/\$7
MVP Coupon -1.00 off 2
4-6 Ct. Select Varieties
KLONDIKE ICE CREAM BARS
W/O MVP Card \$4.50 EA

HOT SALE! 2/\$8
MVP Coupon -1.00 off 2
13-35-16 Oz. Select Varieties
STATE FAIR CORN DOGS
W/O MVP Card \$4.50 EA

PRICED LOW EVERY DAY 6.99
MVP Coupon -1.00 off 1
14-3-24 Oz. Select Varieties
FARM RICH SNACKS
W/O MVP Card \$5.99 EA

FROZEN

CONVENIENT TIMESAVERS

HOTSALE!
MVP
BOGO FREE
48 Oz. Select Varieties
BREYERS ICE CREAM
Single Item Half Price
W/O MVP Card \$6.49 EA

HOTSALE!
MVP
2/\$5
6-12.7 Oz. Select Varieties
BIRDS EYE STEAMFRESH VEGETABLES
W/O MVP Card \$2.99 EA

35-42 Oz. - Select Varieties
BIRDS EYE VOILA! DINNERS OR CHEF BOYARDEE FAMILY SIZE MEALS
HOTSALE!
MVP
6.99
EA
W/O MVP Card Regular Retail

51-54 Oz. Select Varieties
HOT POCKETS FAMILY PACK
HOTSALE!
MVP
12.99
EA
W/O MVP Card \$14.99 EA

7-9 Oz. Select Varieties
JIMMY DEAN BREAKFAST BOWLS
PRICED LOW EVERY DAY 2/\$6
W/O MVP Card \$3.99 EA

9-25-13 Oz. Select Varieties
MARIE CALLENDER'S BOWLS OR HEALTHY CHOICE DINNERS
PRICED LOW EVERY DAY 2/\$6
W/O MVP Card Regular Retail

20-5-32 Oz. Bag Select Varieties
TYSON FROZEN CHICKEN
HOTSALE!
MVP
5.99
EA
W/O MVP Card \$9.99 EA

BREAKFAST

1.25-2.8 Oz. Select Varieties
KELLOGG'S CEREAL IN A CUP
HOTSALE!
MVP
4/\$5
W/O MVP Card \$3.29 EA

10.58 Oz. Select Varieties
KIND BREAKFAST BARS
HOTSALE!
MVP
5.49
EA
W/O MVP Card \$6.49 EA

32 Oz. Select Varieties
HUNGRY JACK PANCAKE MIX
HOTSALE!
MVP
2/\$6
EA
W/O MVP Card \$3.49 EA

12 Ct. K-Cups or 11.32 Oz. Bag Select Varieties
EIGHT O'CLOCK COFFEE
HOTSALE!
MVP
5.99
EA
W/O MVP Card Regular Retail

18-4-31.78 Oz. Select Varieties
LITTLE DEBBIE MINI MUFFINS
PRICED LOW EVERY DAY 2/\$6
W/O MVP Card \$3.59 EA

31 Oz. Select Varieties
FIT CRUNCH BAR
HOTSALE!
MVP
2.39
EA
W/O MVP Card \$2.89 EA

231-28.4 Oz. Can Select Varieties
MAXWELL HOUSE COFFEE
HOTSALE!
MVP
8.99
EA
W/O MVP Card \$12.29 EA

32 Ct. K-Cups Select Varieties
STARBUCKS STARBUCKEE
HOTSALE!
MVP
24.99
EA
W/O MVP Card \$28.99 EA

Start a new day with Victor Allen's!

CLIP COUPON



HEALTH & BEAUTY

SAVINGS TO FEEL GOOD ABOUT



HOTSALE!
MVP
4.99
EA
5.1-6 Oz.
Select Varieties
COLGATE
TOOTHPASTE
W/O MVP Card Regular Retail

HOTSALE!
MVP
4.49
EA
24 Ct.
Select Varieties
TYLENOL
EXTRA
STRENGTH
W/O MVP Card \$5.29 EA

2.3-22.5 Oz.
Select Varieties
ARM & HAMMER
BODY WASH OR
LADY SPEEDSTICK

HOTSALE!
MVP
2/\$4
W/O MVP Card Regular Retail



10 Bar or 16-24 Oz.
Select Varieties
IVORY
BAR SOAP OR
OLD SPICE
BODY WASH

HOTSALE!
MVP
6.99
EA
W/O MVP Card Regular Retail



13.5 Oz.
Select Varieties
PRELL
SHAMPOO

HOTSALE!
MVP
2/\$6
W/O MVP Card \$4.29 EA



BABY

TAKE GOOD CARE FOR LESS

3.2 Oz.
Select Varieties
GERBER
TEETHING
STICKS

HOTSALE!
MVP
5.69
EA
W/O MVP Card \$6.49 EA



168-192 Ct.
Select Varieties
HUGGIES
BABY WIPES
REFILL

HOTSALE!
MVP
6.79
EA
W/O MVP Card \$7.79 EA



9-15 Ct. - Select Varieties
PULL-UP TRAINING
OR **GOODNITES**
UNDERWEAR

HOTSALE!
MVP
10.99
EA
W/O MVP Card \$12.69 EA



400 Ct.
ALWAYS MY BABY
UNSCENTED
THICK & GENTLE
BABY WIPES

HOTSALE!
MVP
11.99
EA
W/O MVP Card \$12.99 EA



1 Liter - Select Varieties
ALWAYS MY BABY
PEDIATRIC
ELECTROLYTE
FRUIT FLAVOR

HOTSALE!
MVP
3.79
EA
W/O MVP Card \$4.29 EA



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

12-19 Ct.
Select Varieties
DEPEND
UNDERWEAR

HOT SALE!
MVP
16.79
EA
W/O MVP Card \$17.81 EA
MVP Coupon **-3.00** OFF



36-104 Ct.
Select Varieties
PAMPERS
SWADDLERS
OR **EASY UPS**

29.99
EA
MVP Coupon **-3.00** OFF



HOUSE & HOME

HOME IS WHERE THE SAVINGS ARE



HOTSALE!
MVP
BOGO FREE
1 Ct. Small Spaces
or 8.8 Oz. Air Effects
Select Varieties
FEBREZE
W/O MVP Card Regular Retail
Single Item Half Price

30 Oz. Bathroom
or 32 Oz. Clean-Up
Select Varieties
CLOROX
HOTSALE!
MVP
3.99
EA
W/O MVP Card Regular Retail

50 Ct.
Select Varieties
FOOD LION
PARTY CUPS

HOTSALE!
MVP
3.89
EA
W/O MVP Card \$4.79 EA



20-40 Ct.
Select Varieties
FOOD LION
PLATES
OR **BOWLS**

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



HOTSALE!
MVP
7.69
EA
W/O MVP Card \$8.69 EA



2.5 Ct.
Select Varieties
FOOD LION
FOOD STORAGE
CONTAINERS

HOTSALE!
MVP
2/\$6
W/O MVP Card \$3.69 EA



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

80 Ct. Mega or
160 Ct. Regular
BOUNCE
38 Oz.
DOWNY
Select Varieties

HOT SALE!
MVP
7.99
EA
W/O MVP Card \$9.99 EA
MVP Coupon **-2.00** OFF



6-10 Ct. Duster or
24 Ct. Wet Cloths
Select Varieties
SWIFFER

HOT SALE!
MVP
7.99
EA
W/O MVP Card Regular Retail
MVP Coupon **-2.00** OFF



16 Oz.
Select Varieties
DAWN
POWERWASH

HOT SALE!
MVP
4.99
EA
W/O MVP Card \$5.99 EA
MVP Coupon **-2.00** OFF



32 Ct. Pods or
105 Ct. Liquid
TIDE
60 Ct. Flings or
154 Oz. Liquid
Select Varieties
GAIN

HOT SALE!
MVP
15.99
EA
W/O MVP Card Regular Retail
MVP Coupon **-3.00** OFF



PET

2.75 Oz.
Select Varieties
MEOW MIX
WET CAT FOOD

HOTSALE!
MVP
69¢
EA
W/O MVP Card 79¢ EA



88 Oz.
Select Varieties
COUNTRY
KITCHEN
TENDER MEATY
STICKS

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



13.2 Oz.
Select Varieties
PEDIGREE
CHOICE CUTS
WET DOG FOOD

HOTSALE!
MVP
1.79
EA
W/O MVP Card \$1.99 EA



8 Lb. Bag
Select Varieties
PURINA ONE
SMARTBLEND
DRY DOG FOOD

HOTSALE!
MVP
16.29
EA
W/O MVP Card \$17.99 EA



Always guaranteed *100% fresh* or *double* your money back

Count on us for affordable organic must-haves and your everyday fresh essentials all in one place.



HOTSALE!
MVP
2.99
EA
W/O MVP Card Regular Retail

CANTALOUPE



HOTSALE!
MVP
2/\$4
6 Oz. Pkg.
W/O MVP Card Regular Retail

BLACKBERRIES



PRICED LOW EVERY DAY
✓
1.99
LB

Large
RED SEEDLESS
GRAPES



HOTSALE!
MVP
3.49
EA
W/O MVP Card Regular Retail

2 Lb. Bag
RUBY FROST
APPLES



HOTSALE!
MVP
3/\$1
W/O MVP Card Regular Retail

KIWI FRUIT



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

24 Oz.
Select Varieties
FOOD LION
MINI POTATOES
NEW ITEM



HOTSALE!
MVP
4/\$5
W/O MVP Card Regular Retail

Single
RED, YELLOW
OR ORANGE
PEPPERS



HOTSALE!
MVP
2.29
EA
W/O MVP Card Regular Retail

8 Oz. Pkg.
Whole or Sliced
FOOD LION
BABY BELLA
MUSHROOMS



9.99
EA

6 INCH
ZYGO
CACTUS

While Supplies Last!

ORGANIC



HOTSALE!
MVP
4.99
EA
W/O MVP Card Regular Retail

2 Lb. Bags
NATURE'S
PROMISE
ORGANIC
HONEYCRISP
APPLES




HOTSALE!
MVP
3.19
EA
W/O MVP Card Regular Retail

3 Lb. Bag
Select Varieties
NATURE'S
PROMISE
ORGANIC
POTATOES

Spice things up!

We're here with the freshest ingredients for your favorite salsa recipe.

Whip up a batch for nacho night or snacking on game day.







HOTSALE!
MVP
1.29
LB
W/O MVP Card Regular Retail

HOT HOUSE TOMATOES
Bulk
JUMBO WHITE ONIONS
Bulk or Tote Bag
JALAPENO PEPPERS

Text CountOnUs to MVPMPV (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: Altavista, Amherst, Bassett, Bedford, Blacksburg, Brookneal, Buena Vista, Chatham, Christiansburg, Covington, Daleville, Danville, Floyd, Forest, Gretna, Hillsville, Keyesville, Lexington, Lovington, Lynchburg, Madison Heights, Martinsville, Moneta, Pearisburg, Pulaski, Radford, Roanoke, Rocky Mount, Rustburg, Salem, South Boston, Stanleytown, Troutville, Vinton, Wytheville

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.

FOOD LION

October 30 - November 5, 2024

Offers valid while supplies last.

BUY 2 GET 1 FREE

Purchase of 2 Required to Get 3rd Item FREE!



9.8-10.9 Oz.
Select Varieties
TOTINO'S PIZZA

MVP PRICED LOW EVERY DAY

2/\$4

W/O MVP Card \$2.48 EA

BUY 2 GET 1 FREE



Purchase of 2 Required to Get 3rd Item FREE!

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

MVP PRICED LOW EVERY DAY

2/2.29 EA

W/O MVP Card \$2.79 EA

BUY 2 GET 1 FREE



Purchase of 2 Required to Get 3rd Item FREE!

7-10 Oz.
Select Varieties
GREEN GIANT BOXED VEGETABLES

MVP PRICED LOW EVERY DAY

2/\$3

W/O MVP Card \$1.99 EA

BUY 2 GET 1 FREE



Purchase of 2 Required to Get 3rd Item FREE!

8-13.9 Oz.
Select Varieties
PILLSBURY CRESCENTS OR CINNAMON ROLLS

3.99 EA

BUY 2 GET 1 FREE



Purchase of 2 Required to Get 3rd Item FREE!

4 Pack
Select Varieties
DOLE FRUIT BOWLS

MVP PRICED LOW EVERY DAY

2/\$6

W/O MVP Card \$3.69 EA

BUY 2 GET 1 FREE



Purchase of 2 Required to Get 3rd Item FREE!

8-10.25 Oz.
Select Varieties
EL MONTEREY ENTRÉES

HOTSALE!

MVP

3.99 EA

W/O MVP Card \$4.49 EA

BUY 2 GET 1 FREE



Purchase of 2 Required to Get 3rd Item FREE!

16-24 Oz.
Select Varieties
RAGÚ PASTA SAUCE

HOTSALE!

MVP

2/\$5

W/O MVP Card \$2.89 EA

BUY 2 GET 1 FREE



Purchase of 2 Required to Get 3rd Item FREE!

16 Oz.
Select Varieties
KEN'S SALAD DRESSING

3.79 EA

BUY 2 GET 1 FREE



Purchase of 2 Required to Get 3rd Item FREE!

50 Ct.
Select Varieties
TOTINO'S PIZZA ROLLS

HOTSALE!

MVP

4.99 EA

W/O MVP Card \$7.39 EA

BUY 2 GET 1 FREE



Purchase of 2 Required to Get 3rd Item FREE!

18.5-19 Oz.
Select Varieties
PROGRESSO SOUP

HOTSALE!

MVP

2/\$5

W/O MVP Card \$2.79 EA

BUY 2 GET 1 FREE



Purchase of 2 Required to Get 3rd Item FREE!



BUY 2 GET 1 FREE

Purchase of 2 Required to Get 3rd Item FREE!

4 Oz.
Select Varieties
**HÄAGEN-DAZS
YOGURT**



2/\$3



Purchase of 2 Required to Get 3rd Item FREE!

10.72-15.38 Oz. - Select Varieties
**KODIAK FROZEN
WAFFLES OR
FRENCH TOAST
STICKS**



HOTSALE!
MVP
4.99
EA

W/O MVP Card \$5.99 EA



Purchase of 2 Required to Get 3rd Item FREE!

10.9-12 Oz.
Select Varieties
**CAULIPOWER
PIZZA**



HOTSALE!
MVP
6.99
EA

W/O MVP Card \$7.99 EA



Purchase of 2 Required to Get 3rd Item FREE!

5.9 Oz.
Select Varieties
**ANNIE CHUN'S
SOUP BOWL**



HOTSALE!
MVP
3.49
EA

W/O MVP Card Regular Retail



Purchase of 2 Required to Get 3rd Item FREE!

10-12 Oz.
Select Varieties
**HERSHEY'S
BAKING
CHIPS**



**MVP PRICED LOW
EVERY DAY**
2.99
EA

W/O MVP Card \$3.68 EA



Purchase of 2 Required to Get 3rd Item FREE!

64 Oz.
Select Varieties
**V8
SPLASH**



**MVP PRICED LOW
EVERY DAY**
2.39
EA

W/O MVP Card \$2.98 EA



Purchase of 2 Required to Get 3rd Item FREE!

12 Oz.
Select Varieties
**COCA-COLA
DE MEXICO**



2.19
EA



Purchase of 2 Required to Get 3rd Item FREE!

12 Oz.
**FOOD LION
CLOVER
HONEY BEAR**



**PRICED LOW
EVERY DAY**
3.99
EA



Purchase of 2 Required to Get 3rd Item FREE!

13.2-16.75 Oz. - Select Varieties
**DAVE'S KILLER BREAD
ORGANIC BAGELS
OR ENGLISH
MUFFINS**



HOTSALE!
MVP
5.99
EA

W/O MVP Card \$6.69 EA



Purchase of 2 Required to Get 3rd Item FREE!

2-2.5 Oz.
Select Varieties
**MRS. DASH
SALT FREE
SEASONING**



HOTSALE!
MVP
2.79
EA

W/O MVP Card \$4.19 EA



Purchase of 2 Required to Get 3rd Item FREE!



BUY 2 GET 1 FREE

Purchase of 2 Required to Get 3rd Item FREE!

15.4-16.8 Oz. - Select Varieties

GENERAL MILLS CINNAMON TOAST CRUNCH OR HONEY NUT CHEERIOS



HOTSALE!
MVP
2/\$7
W/O MVP Card Regular Retail



Purchase of 2 Required to Get 3rd Item FREE!

12 Oz. Pkg. Select Varieties

SMITHFIELD BREAKFAST SAUSAGE LINKS OR PATTIES



HOTSALE!
MVP
3.49
EA
W/O MVP Card Regular Retail



Purchase of 2 Required to Get 3rd Item FREE!

10 Oz. Select Varieties
SOUTHERN BISCUIT CORNBREAD MIX



2.79
EA



Purchase of 2 Required to Get 3rd Item FREE!

24 Oz. Select Varieties
CHOBANI COFFEE CREAMER



4.99
EA



Purchase of 2 Required to Get 3rd Item FREE!

6.7 Oz. Select Varieties
CHOBANI PROTEIN GREEK YOGURT
NEW ITEM



1.99
EA



Purchase of 2 Required to Get 3rd Item FREE!

9.6-14.9 Oz. Select Varieties
CINNABON FROSTED DESSERT



HOTSALE!
MVP
6.99
EA
W/O MVP Card \$7.99 EA



Purchase of 2 Required to Get 3rd Item FREE!

64 Oz. Select Varieties
MOTT'S JUICE



HOTSALE!
MVP
3.19
EA
W/O MVP Card \$4.78 EA



Purchase of 2 Required to Get 3rd Item FREE!

20 Oz. Bottle Select Varieties
GLACÉAU VITAMIN WATER



1.58
EA



Purchase of 2 Required to Get 3rd Item FREE!

14 Oz. Select Varieties
FOOD LION SAUCE



2.89
EA



Purchase of 2 Required to Get 3rd Item FREE!

2.5-2.8 Oz. Select Varieties
FOOD LION 100% REAL BACON BITS OR PIECES



1.89
EA



Purchase of 2 Required to Get 3rd Item FREE!



BUY 2 GET 1 FREE

Purchase of 2 Required to Get 3rd Item FREE!

2.18-2.5 Oz.
Select Varieties
PERFECT BAR



HOTSALE!
MVP
2/\$5
W/O MVP Card \$2.79 EA



Purchase of 2 Required to Get 3rd Item FREE!

12 Oz.
Select Varieties
GUAYAKI YERBA MATE



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



Purchase of 2 Required to Get 3rd Item FREE!

1 Liter Bottle
BODYARMOR SPORTS WATER



1.89
EA



Purchase of 2 Required to Get 3rd Item FREE!

14-17.5 Oz.
Select Varieties
DUKE'S BBQ SAUCE



3.99
EA



Purchase of 2 Required to Get 3rd Item FREE!

6 Mega Rolls
QUILTED NORTHERN
4 Double Rolls
BRAWNY
Select Varieties



HOTSALE!
MVP
7.99
EA



W/O MVP Card Regular Retail

Purchase of 2 Required to Get 3rd Item FREE!

4 Pack - 8.4 Oz. Cans
Select Varieties
RED BULL



8.49
EA



Purchase of 2 Required to Get 3rd Item FREE!

16.9 Oz.
Select Varieties
FILIPPO BERIO EXTRA LIGHT OLIVE OIL



7.79
EA



Purchase of 2 Required to Get 3rd Item FREE!

105 Ct. Dryer Sheets
or 35 Oz.
Fabric Softener
Select Varieties
GAIN



4.99
EA



Purchase of 2 Required to Get 3rd Item FREE!

20 Oz. Aerosol or
32 Oz. Trigger
Select Varieties
SCRUBBING BUBBLES



HOTSALE!
MVP
4.99
EA



W/O MVP Card \$5.59 EA

Purchase of 2 Required to Get 3rd Item FREE!

124 Ct.
Select Varieties
PUFFS FACIAL TISSUES



2.59
EA



Purchase of 2 Required to Get 3rd Item FREE!