FOOD LION

October 2 - October 8, 2024

Offers valid while supplies last.

MVP Here to make *saving* easier

HOTSALE! MVP

4.99 LB

YOU SAVE $2.00 LB

U.S.D.A. CHOICE

Boneless
BEEF CHUCK ROAST

W/O MVP Card $6.99 LB

5 Lb. Bag
FOOD LION GOLD POTATOES

3 Lb. Bag
FOOD LION YELLOW ONIONS

HOTSALE! MVP 2/$5

W/O MVP Card Regular Retail

HOTSALE! MVP 1.99 LB

Family Pack
FOOD LION BONELESS CHICKEN BREAST

W/O MVP Card $2.69 LB

HOTSALE! MVP 1.99 LB

BONELESS PORK LOIN ROAST

W/O MVP Card $2.79 LB

HOTSALE! MVP 2.99 LB

Boneless, Center Cut
PORK CHOPS

W/O MVP Card $4.99 LB

YOU SAVE $2.00 EA

HOTSALE! MVP 3.99 EA

Jack-O-Lantern
PUMPKINS

W/O MVP Card $5.99 EA

Happy Seafood Month

HOTSALE! MVP 5.99 LB

W/O MVP Card $7.99 EA

3 Oz.
COLD WATER LOBSTER TAIL

41-50 Ct. - 16 Oz. Bag
Frozen
FOOD LION RAW OR COOKED SHRIMP

HOTSALE! MVP BOGO FREE

W/O MVP Card Regular Retail
Single Item Half Price

HOTSALE! MVP 2/$4

W/O MVP Card $2.89 EA

1 Lb. Container
STRAWBERRIES

HOTSALE! MVP 7.99 LB

W/O MVP Card $8.99 LB

Freshly Sliced
TASTE OF INSPIRATIONS TURKEY BREAST
IN THE DELI

HOTSALE! MVP 4.49 EA

W/O MVP Card Regular Retail

12-16 Oz. Pkg.
Select Varieties
HORMEL BACON

6 Pack
16-16.9 Oz. Bottles
Select Varieties
PEPSI PRODUCTS

HOTSALE! MVP LIMIT 8 4/$12

W/O MVP Card Regular Retail

15-20 Oz.
Select Varieties
D'ITALIANO BREAD OR THOMAS' BAGELS

HOTSALE! MVP BOGO FREE

W/O MVP Card Regular Retail
Single Item Half Price

4.75-8 Oz.
Select Varieties
LAY'S POTATO CHIPS OR KETTLE COOKED CHIPS
LIMIT 4 FREE

HOTSALE! MVP BOGO FREE

W/O MVP Card Regular Retail
Single Item Half Price

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

HOTSALE! MVP 20.99 EA

4.10-5.7 Oz.
Select Varieties
KNORR PASTA OR RICE SIDES

MVP PRICED LOW EVERY DAY 4/$5

W/O MVP Card $1.25 EA

52 Oz.
Select Varieties
SIMPLY ORANGE JUICE

HOTSALE! MVP 2/$7

W/O MVP Card $4.49 EA

6-8 Oz. - Select Varieties
KRAFT CHUNK OR SHREDDED CHEESE

HOTSALE! MVP 2/$5

W/O MVP Card $3.99 EA

49.5 Oz. Bold or 90-3.5-105 Oz. Regular
Select Varieties
ARM & HAMMER

HOTSALE! MVP 6.99 EA

W/O MVP Card Regular Retail

MVP DIGITAL COUPONS

load on app • web • in-store kiosk

10 Ct. K-Cup
or 10-12 Oz. Bag
Select Varieties
DUNKIN' COFFEE

HOT SALE! 6.99 EA

W/O MVP Card Regular Retail

MVP Coupon -1.00 EF1

5.99 EA

MVP 10.00% DISCOUNT SAVINGS

20 Oz.
Select Varieties
HELLMANN'S SQUEEZE MAYONNAISE

HOT SALE! 4.99 EA

W/ MVP Card 3.99 EA

MVP Coupon -1.00 EF1

3.99 EA

MVP 10.00% DISCOUNT SAVINGS

46 Oz.
Select Varieties
TURKEY HILL ICE CREAM

HOT SALE! 2/$7

W/ MVP Card $3.99 EA

MVP Coupon -1.00 EF2

2/$6

MVP 10.00% DISCOUNT SAVINGS

8 Super Mega or 12 Mega Rolls
CHARMIN
6 Double Plus Rolls
BOUNTY
Select Varieties

HOT SALE! 14.99 EA

W/ MVP Card Regular Retail

MVP Coupon -1.00 EF1

13.89 EA

MVP 10.00% DISCOUNT SAVINGS

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

1 ZNLE ZNRA ZNRE ZNRG ZNRH ZNRI ZNRL ZNRR 10/02/24

Here with personalized
rewards.
Activate Your Offers
FOOD LION
MVP
SHOP&EARN
MONTHLY REWARDS

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

See foodlion.com for details

HOTSALE! MVP **7.99** LB
SNOW CRAB CLUSTERS
W/O MVP Card Regular Retail

HOTSALE! MVP **8.99** LB W/O MVP Card Regular Retail
BONELESS BEEF SIRLOIN OR SIRLOIN STRIP STEAK
USDA CHOICE

HOTSALE! MVP **6.99** LB W/O MVP Card Regular Retail
Beef
CUBED STEAK
USDA CHOICE

HOTSALE! MVP BOGO FREE W/O MVP Card Regular Retail Single Item Half Price
22 Oz. Pkg. - All Varieties
HATFIELD SEASONED PORK LOIN FILET

HOTSALE! MVP **5.99** EA W/O MVP Card Regular Retail
20-24 Oz. Pkg.
Select Varieties
PERDUE FRESH CUTS CHICKEN BREAST CUTLETS OR DICED

HOTSALE! MVP **1.39** LB W/O MVP Card Regular Retail
Small Pack
FOOD LION CHICKEN DRUMSTICKS

Select Varieties
SWIFT DRY RUB ST. LOUIS STYLE PORK RIBS
HOTSALE! MVP **4.99** LB W/O MVP Card Regular Retail

Savings go great with Tacos!

National Taco Day is Friday, Oct. 4th

HOTSALE! MVP **4/$5** W/O MVP Card Regular Retail
9 Oz. Pkg.
Select Varieties
CACIQUE CHORIZO

HOTSALE! MVP **3.99** EA W/O MVP Card Regular Retail
16 Oz. Pkg.
FOOD LION 85% LEAN GROUND TURKEY

HOTSALE! MVP **5.99** LB W/O MVP Card Regular Retail
Ground Fresh Daily
93% LEAN FRESH GROUND BEEF

12-16 Oz. Pkg. - Select Varieties
JIMMY DEAN BREAKFAST SAUSAGE OR BACON
HOTSALE! MVP **3.99** EA W/O MVP Card Regular Retail

24 Oz. Pkg. - Select Varieties
LUMBER JACK SMOKED SAUSAGE
HOTSALE! MVP **3.99** EA W/O MVP Card Regular Retail

7-9 Oz. Pkg. - Select Varieties
HILLSHIRE FARM THIN SLICED LUNCHMEAT
HOTSALE! MVP **3.99** 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

16-24 Oz. - Select Varieties
FOOD LION SIDE DISHES
HOTSALE! MVP **2.99** EA W/O MVP Card Regular Retail

SUSTAINABLE SEAFOOD

HOTSALE! MVP **6.99** EA W/O MVP Card Regular Retail
10 Oz.
SALMON FILLETS OR WILD CAUGHT TUNA STEAKS

HOTSALE! MVP **5.99** EA W/O MVP Card Regular Retail
12 Oz.
DOCKSIDE CLASSICS

HOTSALE! MVP **4.49** EA W/O MVP Card Regular Retail
12 Oz. Bag - Frozen
Select Varieties
FOOD LION TILAPIA FILLETS

HOTSALE! MVP **8.99** EA W/O MVP Card Regular Retail
32 Oz. Bag
Frozen
FOOD LION WHITING

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40

"Offering Hispanic food across our stores ensures that my family and I feel included and valued; like we belong."

- Marcella O., Part-Time Customer Service Lead

READ HER STORY

I Belong at FOOD LION

Honoring NATIONAL HISPANIC HERITAGE MONTH

DELIcious BOGOs of the week!

HOTSALE! BUY 1 BOGO FREE
W/O MVP Card $4.49 EA
Single Item Half Price
12 Ct.
FRUIT BITES

HOTSALE! BUY 1 BOGO FREE
W/O MVP Card $3.99 EA
Single Item Half Price
4 Ct.
CINNAMON ROLL DONUTS

HOTSALE! BUY 1 BOGO FREE
W/O MVP Card $4.99 EA
Single Item Half Price
14 Oz.
OLD FASHIONED CHEESE SPREAD

Save on easy meal and snacking solutions

Available in our Deli & Bakery

PRICED LOW EVERY DAY $5 EA
20 Ct.
Made Hot In-Store
CHICKEN NUGGETS
NEW ITEM

HOTSALE! BUY 1 3.99 EA
W/O MVP Card $4.99 EA
12 Oz.
PANERA MAC & CHEESE

HOTSALE! BUY 1 2.99 EA
W/O MVP Card $3.49 EA
10 Oz.
NATURE'S PROMISE FRENCH BAGUETTE

HOTSALE! BUY 1 8.99 EA
W/O MVP Card $9.99 LB
Freshly Sliced
DIETZ & WATSON HAM

HOTSALE! BUY 1 3.49 EA
W/O MVP Card $3.99 EA
4 Oz.
FIORUCCI PRE-SLICED MEATS

HOTSALE! BUY 1 2.99 EA
W/O MVP Card $3.99 EA
16 Oz.
Select Varieties
JACK'S SPECIAL GARDEN FRESH SALSA

HOTSALE! BUY 1 11.99 EA
W/O MVP Card $14.49 EA
38-40 Oz.
Select Varieties
RANA MEAL KITS

HOTSALE! BUY 1 4.99 EA
W/O MVP Card $5.49 EA
14-16 Oz.
Select Varieties
FOOD LION SLICED LOAF CAKES

Our BRANDS

FOOD LION · COMPANION · Inspirations · CARE ONE

DOUBLE MONEY BACK GUARANTEE See foodlion.com for details

Bring the *fiesta* to your plate for *less!*

In-Store Made
TORTILLA CHIPS
IN THE DELI
HOTSALE! BUY 1 3.49 EA
W/O MVP Card $3.99 EA

8 Oz.
FOOD LION PICO DE GALLO
IN PRODUCE
HOTSALE! BUY 1 3.19 EA
W/O MVP Card $3.49 EA

16-17 Oz.
Select Varieties
FOOD LION FLOUR TORTILLAS
HOTSALE! BUY 1 2/$4
W/O MVP Card $2.49 EA
Asset Varieties Are Available

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

HOTSALE! BUY 1 2/$3
W/O MVP Card $1.69 EA
4 Oz.
FOOD LION DICED GREEN CHILES

10 Oz.
FOOD LION ENCHILADA SAUCE
HOTSALE! BUY 1 1.79 EA
W/O MVP Card $2.19 EA

MVP PRICED LOW EVERY DAY 5.99 EA
W/O MVP Card $6.99 EA
Made Hot In-Store
TRADITIONAL ROTISSERIE CHICKEN
IN THE DELI

Serving suggestion: Cheesy Chicken Enchiladas

Here with a new month of personalized *rewards*

MVP **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 an apple bag

or make a cash donation to help families thrive

HELP NOW

Be the MVP of your snack game

PRICED LOW EVERY DAY
8.99 EA
40 Oz.
FOOD LION CHOCOLATE CHIP COOKIES
IN THE BAKERY

17.6 Oz., Select Varieties
FUNABLES FRUIT SNACKS
HOT SALE!
4.49 EA
W/O MVP Card $5.49 EA

21 Oz., Select Varieties
BOMB POP
HOT SALE!
3.49 EA
W/O MVP Card $4.29 EA

MVP PRICED LOW EVERY DAY
7.99 EA
W/O MVP Card $9.79 EA
12 Pack, Select Varieties
MOTT'S APPLESAUCE POUCH

HOT SALE!
2/$4
W/O MVP Card $2.29 EA
8 Pack, Select Varieties
Hi-C

9.3-12 Oz., Select Varieties
UTZ VARIETY SNACK PACK
HOT SALE!
4.99 EA
W/O MVP Card Regular Retail

PRICED LOW EVERY DAY

14-16 Oz., Select Varieties
DUNCAN HINES FROSTING
2/$4
W/O MVP Card $2.48 EA

15.25 Oz., Select Varieties
DUNCAN HINES CAKE MIX
1.39 EA
W/O MVP Card $1.69 EA

MVP HOT SALE!

15.3 Oz., Select Varieties
PETER PAN PEANUT BUTTER
2/$5
W/O MVP Card $3.29 EA

6.5-10 Oz., Select Varieties
CHEETOS OR FRITOS
2/$7
W/O MVP Card Regular Retail

18-18.3 Oz., Select Varieties
DUNCAN HINES BROWNIE MIX
MVP PRICED LOW EVERY DAY
1.59 EA
W/O MVP Card $1.98 EA

7.25 Oz., Select Varieties
KRAFT MACARONI & CHEESE DINNER
MVP PRICED LOW EVERY DAY
4/$5
W/O MVP Card $1.58 EA

15-24 Oz., Select Varieties
CLASSICO PASTA SAUCE
HOT SALE!
2/$5
W/O MVP Card Regular Retail

4-4.1 Oz., Select Varieties
IDAHOAN INSTANT POTATOES
HOT SALE!
4/$5
W/O MVP Card $1.88 EA

4.5-5 Oz., Select Varieties
SHAKE 'N BAKE COATING MIX
MVP PRICED LOW EVERY DAY
3.99 EA
W/O MVP Card $4.89 EA

8 Pack - Select Varieties
WONDER CLASSIC HOT DOG OR HAMBURGER BUNS
MVP PRICED LOW EVERY DAY
2/$6
W/O MVP Card $3.59 EA

7 Oz.
TIC TAC CHEWY! FRUIT ADVENTURE
HOT SALE!
2/$5
W/O MVP Card $3.99 EA

HOT SALE!
6.79 EA
W/O MVP Card $7.99 EA

25.7-34.9 Oz., Select Varieties
FAMILY SIZE LANCE CRACKERS

6-7.6 Oz., Select Varieties
MARTHA WHITE MUFFIN MIX
HOT SALE!
1.00 EA
W/O MVP Card $1.48 EA

13.7 Oz., Select Varieties
VICTOR ALLEN'S ICED COFFEE
NEW ITEM
HOT SALE!
2/$5
W/O MVP Card $3.19 EA

10 Oz., Select Varieties
A.1. STEAK SAUCE
HOT SALE!
4.99 EA
W/O MVP Card $6.79 EA

16 Oz., Select Varieties
FOOD LION SALAD DRESSING
HOT SALE!
2/$4
W/O MVP Card $2.49 EA

16 Oz., Select Varieties
CHICK-FIL-A SAUCE
HOT SALE!
3.49 EA
W/O MVP Card $4.59 EA

14.5-15 Oz., Select Varieties
TAKE ROOT ORGANIC TOMATOES
HOT SALE!
1.69 EA
W/O MVP Card $1.99 EA

14.75 Oz., Select Varieties
ROYAL PINK SALMON
HOT SALE!
3.49 EA
W/O MVP Card $4.89 EA

4.3 Oz.
HORMEL REAL CRUMBLED BACON
HOT SALE!
4.49 EA
W/O MVP Card $4.99 EA

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

PRICED LOW EVERY DAY 4/$5
W/ MVP Card $5.29 EA
MVP Coupon -1.00 EA
4/$4
MVP 15.00% DISCOUNT SAVINGS LIMIT 1
10.75 Oz., Select Varieties
CAMPBELL'S CHICKEN NOODLE OR TOMATO SOUP

17.5 Oz., Select Varieties
MISSION FLOUR TORTILLAS
HOT SALE!
BOGO FREE
W/O MVP Card $3.49 EA
Single Item Half Price

2.6 Oz., Select Varieties
STARKIST CHICKEN CREATIONS
HOT SALE!
1.69 EA
W/O MVP Card $2.18 EA

8 Ct., - AA or AAA
DURACELL BATTERIES
HOT SALE!
8.99 EA
W/O MVP Card $10.49 EA

Make 5 meals
with one list
under
$50
Get List & Recipes

Helping you save more on family meal *traditions*

Serving suggestion: homemade arepas

10 Oz.
Select Varieties
CACIQUE CHEESE
IN THE DELI
HOTSALE!
MVP MVP
4.49 EA
W/O MVP Card $5.49 EA.

16 Oz. Pkg.
NATURE'S PROMISE 86% LEAN GROUND BEEF
HOTSALE!
MVP MVP
6.99 EA
W/O MVP Card Regular Retail

4 Lb.
MASECA CORN FLOUR
HOTSALE!
MVP MVP
3.99 EA
W/O MVP Card Regular Retail

19.7-19.8 Oz.
Select Varieties
LA COSTEÑA WHOLE BLACK BEANS
HOTSALE!
MVP MVP
2/$4
W/O MVP Card $2.49 EA.

26 Oz.
LA COSTEÑA GREEN PICKLED WHOLE JALAPEÑO PEPPERS
HOTSALE!
MVP MVP
2.39 EA
W/O MVP Card $2.59 EA.

Bunch
CILANTRO
HOTSALE!
MVP MVP
1.69 EA
W/O MVP Card $1.99 EA.

BEVERAGE CENTER

2 Liter
Select Varieties
7-UP OR CANADA DRY PRODUCTS
HOTSALE!
MVP MVP
2/$3
W/O MVP Card Regular Retail

HOTSALE!
MVP MVP
5.99 EA
W/O MVP Card $6.49 EA.

4 Pack - 16 Oz. Cans
Select Varieties
MONSTER

HOTSALE!
MVP MVP
BOGO FREE
W/O MVP Card Regular Retail
Single Item Half Price

12 Pack - 12 Oz. Cans
Select Varieties
COKE PRODUCTS
LIMIT 4 FREE

MVP PRICED LOW EVERY DAY
5.99 EA
W/O MVP Card $7.39 EA.

8 Pack
20 Oz. Bottles
Select Varieties
POWERADE

16 Oz.
Select Varieties
GHOST
HOTSALE!
MVP MVP
2/$4
W/O MVP Card $2.79 EA.

64 Oz.
Select Varieties
JUICY JUICE
HOTSALE!
MVP MVP
2/$5
W/O MVP Card $4.48 EA.

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

12 Pack - 12 Oz. Cans
Select Varieties
PEPSI PRODUCTS

750 ml
Select Varieties
RANCHO LA GLORIA OR LES FLORETS WINE
HOTSALE!
7.99 EA

750 ml
Select Varieties
MÉNAGE A TROIS OR APOTHIC WINE
HOTSALE!
9.99 EA

5 Liter
Select Varieties
FRANZIA WINE
HOTSALE!
17.99 EA

SAVE 10%
WHEN YOU BUY 6 BOTTLES OF WINE

HOTSALE!
16.99 EA

12 Pack - 12 Oz. Cans
WHITE CLAW HARD SELTZER, SIMPLY SPIKED OR BUD LIGHT SELTZER
12 Pack
11.2-12 Oz. Bottles or Cans
MIKE'S HARD LEMONADE
Select Varieties

HOTSALE!
16.99 EA

12 Pack
11.2-12 Oz. Bottles or Cans
Select Varieties
MODELO, PACIFICO OR STELLA ARTOIS

HOTSALE!
16.99 EA

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

HOTSALE!
22.99 EA

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

HOTSALE!
17.99 EA

12 Pack - 12 Oz. Bottles
RED OAK OR BOLD ROCK
12 Pack - 12 Oz. Cans
WICKED WEED
Select Varieties

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

SAVE $1.50

SAVE $3.00

ZERO SUGAR MORNING SWEETNESS

CLIP COUPON

END THE AHEMMS

Ricola is here to end everyday throat irritation.

Shop Now

Ricola | IT'S IN OUR NATURE

BUY 5 OR MORE

MVP

SAVE $1 ON EACH ITEM

Mix & match on participating items!

5-12 Oz. Pkg. Select Varieties
NATHAN'S FAMOUS FRANKS
W/O MVP Card Regular Retail
HOT SALE! 4.99 LB
MIX & MATCH 5 OR MORE −1.00
3.99 EA MVP
WHEN YOU BUY 5 OR MORE

14-16 Oz. Select Varieties
ARNOLD POTATO ROLLS OR HOT DOG BUNS
W/O MVP Card $3.99 EA
HOT SALE! 3.19 EA
MIX & MATCH 5 OR MORE −1.00
2.19 EA MVP
WHEN YOU BUY 5 OR MORE

38 Oz. Select Varieties
HEINZ TOMATO KETCHUP
W/O MVP Card $5.49 EA
PRICED LOW EVERY DAY 4.49
MIX & MATCH 5 OR MORE −1.00
3.49 EA MVP
WHEN YOU BUY 5 OR MORE

21.7-22 Oz. Select Varieties
BUSH'S BEST GRILLIN' BEANS
W/O MVP Card $3.79 EA
PRICED LOW EVERY DAY 2.59
MIX & MATCH 5 OR MORE −1.00
1.59 EA MVP
WHEN YOU BUY 5 OR MORE

20 Oz. Select Varieties
HIDDEN VALLEY DRESSING
W/O MVP Card $6.29 EA
HOT SALE! 4.49 EA
MIX & MATCH 5 OR MORE −1.00
3.49 EA MVP
WHEN YOU BUY 5 OR MORE

12.16 Lb.
KINGSFORD ORIGINAL OR MATCH LIGHT BRIQUETS
W/O MVP Card $13.49 EA
PRICED LOW EVERY DAY 10.99
MIX & MATCH 5 OR MORE −1.00
9.99 EA MVP
WHEN YOU BUY 5 OR MORE

DAIRY

GET YOUR DAILY DOSE OF GOODNESS

46 Oz. - Select Varieties
TROPICANA PREMIUM ADES OR PUNCHES
HOT SALE! MVP 2/$4
W/O MVP Card $2.69 EA

16 Oz. Select Varieties
CHALLENGE OR DANISH CREAMERY BUTTER QUARTERS
HOT SALE! MVP 4.99 EA
W/O MVP Card $6.29 EA

24 Oz. - Select Varieties
CHOBANI COFFEE CREAMER
HOT SALE! MVP 3.99 EA
W/O MVP Card $4.99 EA

16-32 Oz. Select Varieties
GALBANI MOZZARELLA OR RICOTTA CHEESE
HOT SALE! MVP 4.49 EA
W/O MVP Card Regular Retail

8-13.9 Oz. Select Varieties
PILLSBURY CRESCENTS OR CINNAMON ROLLS
HOT SALE! MVP 2/$5
W/O MVP Card $3.99 EA

10.7-12 Oz. Select Varieties
KRAFT SINGLES
HOT SALE! MVP 3.99 EA
W/O MVP Card $5.29 EA

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

5.3 Oz. Select Varieties
OIKOS PRO YOGURT CUPS
HOT SALE! 3/$5
W/O MVP Card $1.99 EA
MVP Coupon −1.00 OFF 1
3/$4
MVP 10% DISCOUNT SAVINGS (MIN 3)

FROZEN

BUDGET-FRIENDLY TIMESAVERS

5.34-11.6 Oz. Select Varieties
RED BARON DEEP DISH SINGLES
HOT SALE! MVP 2/$7
W/O MVP Card $4.79 EA

10-14.4 Oz. Select Varieties
BIRDS EYE STEAMFRESH VEGETABLES
MVP PRICED LOW EVERY DAY 2/$5
W/O MVP Card $2.99 EA

28-40 Oz. Select Varieties
STOUFFER'S FAMILY SIZE DINNERS
HOT SALE! MVP 7.99 EA
W/O MVP Card $11.69 EA

P.F. CHANG'S MEALS OR BERTOLLI BAGS
HOT SALE! MVP 6.99 EA
W/O MVP Card Regular Retail

20-22 Oz. Select Varieties

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

18.4-20 Oz. Select Varieties
TOMBSTONE OR TAVERN STYLE PIZZA
HOT SALE! 4.49 EA
W/O MVP Card Regular Retail
MVP Coupon −1.00 OFF 1
3.49 EA MVP
MVP 10% DISCOUNT SAVINGS (MIN 1)

15.77-23.45 Oz. Select Varieties
RED BARON 12" PIZZA
HOT SALE! 2/$9
W/O MVP Card $5.49 EA
MVP Coupon −2.00 OFF 2
2/$7
MVP 10% DISCOUNT SAVINGS (MIN 1)

14 Oz. Select Varieties
HAAGEN-DAZS ICE CREAM
PRICED LOW EVERY DAY 3.99
W/O MVP Card $4.99 EA
MVP Coupon −1.00 OFF 1
2.99 EA MVP
MVP 10% DISCOUNT SAVINGS (MIN 1)

BREAKFAST

52 Oz. Select Varieties
FAIRLIFE MILK
HOT SALE! MVP 4.49 EA
W/O MVP Card $4.99 EA

71.8-85 Oz. Select Varieties
NATURE VALLEY PROTEIN OR BREAKFAST BARS
HOT SALE! MVP 3.99 EA
W/O MVP Card Regular Retail

1.69-2.4 Oz. Select Varieties
CLIF BAR
HOT SALE! MVP 2/$3
W/O MVP Card $1.79 EA

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

27.5-28 Oz. Select Varieties
POST PEBBLES OR HONEY BUNCHES OF OATS CEREAL
HOT SALE! 4.99 EA
W/O MVP Card Regular Retail
MVP Coupon −1.00 OFF 1
3.99 EA MVP
MVP 10% DISCOUNT SAVINGS (MIN 1)

20-21 Oz. Bag Select Varieties
EIGHT O'CLOCK COFFEE
HOT SALE! MVP 9.99 EA
W/O MVP Card $16.99 EA

9.3-11 Oz.
GENERAL MILLS MONSTER CEREALS
WHILE SUPPLIES LAST!
3.99 EA

12 Ct. Single Serve Cups Select Varieties
KAUAI COFFEE
HOT SALE! MVP 5.99 EA
W/O MVP Card $9.49 EA

23.1-28.4 Oz. Can Select Varieties
MAXWELL HOUSE COFFEE
HOT SALE! MVP 8.99 EA
W/O MVP Card $11.99 EA

OCTOBER 6TH

CELEBRATE NATIONAL NOODLE DAY

NISSIN®

CELEBRATE DELICIOUSLY ALL MONTH LONG.

Load Coupon

HEALTH & BEAUTY

SAVINGS TO FEEL GOOD ABOUT

HOT SALE! MVP 11.99 EA
1 Ct. - Select Varieties
SCHWARZKOPF KERATIN HAIR COLOR
W/O MVP Card $12.99 EA

12 Oz. Select Varieties
CERAVE MOISTURIZING LOTION OR FACIAL CLEANSER
HOT SALE! MVP 13.69 EA
W/O MVP Card $15.99 EA

25-30 Ct. Select Varieties
CARBONE COUGH DROPS
PRICED LOW EVERY DAY 1.29 EA

51 Oz. Select Varieties
NATURE'S TRUTH ESSENTIAL OIL
HOT SALE! MVP 4.99 EA
W/O MVP Card $6.49 EA

24 Ct. Select Varieties
ALEVE
HOT SALE! MVP 4.99 EA
W/O MVP Card $6.19 EA

5.2 Oz. SUAVE TWIN PACK DEODORANT
HOT SALE! MVP 3.99 EA
W/O MVP Card $4.79 EA

BABY

3.5-4.2 Oz. Pouch Select Varieties
EARTH'S BEST ORGANIC YOGURT SMOOTHIE OR FRUIT
HOT SALE! MVP 2/$3
W/O MVP Card $3.99 EA

3.5 Oz. Select Varieties
PLUM ORGANICS POUCHES
HOT SALE! MVP 1.39 EA
W/O MVP Card $1.59 EA

56-74 Ct. Select Varieties
HUGGIES PULL-UPS DIAPERS
HOT SALE! MVP 27.99 EA
W/O MVP Card $31.99 EA

MVP DIGITAL COUPONS

load on app • web • in-store kiosk

HOT SALE! 6.79 EA
W/O MVP Card $7.79 EA
MVP Coupon -1.00 OFF
5.79 EA
MVP 14.10% DISCOUNT SAVINGS (-$0.97)
158-192 Ct. Select Varieties
HUGGIES BABY WIPES REFILL

HOT SALE! 2.99 EA
W/O MVP Card Regular Retail
MVP Coupon -2.00 OFF
99¢ EA
MVP 16.10% DISCOUNT SAVINGS (-$0.17)
12.2-14.7 Oz. Ez-Squeeze DAWN
24.3 Oz. Ez-Squeeze GAIN
Select Varieties

HOT SALE! 5.49 EA
W/O MVP Card $7.99
MVP Coupon -1.00 OFF
4.49 EA
MVP 18.10% DISCOUNT SAVINGS (-$0.97)
11-18 Ct. Select Varieties
CASCADE

HOT SALE! 5.39 EA
W/O MVP Card $7.89 EA
MVP Coupon -50¢ OFF
4.89 EA
MVP 19.10% DISCOUNT SAVINGS (-$1.04)
3 Pk. Flats or 4 Pk. Cubes Select Varieties
PUFFS FACIAL TISSUE

HOUSE & HOME

CLEAN UP ON LOW PRICES

HOT SALE! MVP 5.99 EA
12.5 Oz. Spray or 80 Ct. Wipes Select Varieties
LYSOL
W/O MVP Card Regular Retail

12 Mega Rolls Select Varieties
COTTONELLE
HOT SALE! MVP 12.99 EA
W/O MVP Card Regular Retail

HOT SALE! MVP 7.99 EA
W/O MVP Card $9.29 EA

40-48 Oz. Select Varieties
OXICLEAN

1.34 Oz. Oil Refills or 6.2 Oz. Spray Refill Select Varieties
GLADE
HOT SALE! MVP 5.79 EA
W/O MVP Card Regular Retail

105 Oz. Select Varieties
SUAVITEL FABRIC CONDITIONER
HOT SALE! MVP 8.49 EA
W/O MVP Card $9.69 EA

18 Oz. Scent Booster or 80-100 Ct. Dryer Sheets Select Varieties
ARM & HAMMER
HOT SALE! MVP 2/$6
W/O MVP Card Regular Retail

9 Mega Rolls
QUILTED NORTHERN
6 Double Rolls
BRAWNY
Select Varieties
HOT SALE! MVP 10.49 EA
W/O MVP Card Regular Retail

2 Rolls Select Varieties
NATURE'S PROMISE PAPER TOWELS
HOT SALE! MVP 3.49 EA
W/O MVP Card $3.99 EA

81 Oz. Select Varieties
NATURE'S PROMISE BLEACH
HOT SALE! MVP 3.39 EA
W/O MVP Card $3.78 EA

25 Oz. Select Varieties
NATURE'S PROMISE MULTI SURFACE CLEANER
HOT SALE! MVP 2/$5
W/O MVP Card $3.19 EA

24 Oz. Select Varieties
NATURE'S PROMISE LIQUID DISHWASHING SOAP
HOT SALE! MVP 2.99 EA
W/O MVP Card $3.49 EA

PET

11 Oz. Select Varieties
FANCY FEAST APPETIZERS
HOT SALE! MVP 4/$5
W/O MVP Card $5.99 EA

12-15 Lb. Jug Select Varieties
CAT'S PRIDE UNSCENTED CLUMPING LITTER
HOT SALE! MVP 9.99 EA
W/O MVP Card $11.29 EA

5.6 Oz. Select Varieties
PUP-PERONI DOG TREATS
HOT SALE! MVP 3.29 EA
W/O MVP Card $3.99 EA

HOT SALE! MVP 19.99 EA
W/O MVP Card $20.99 EA
158.4 Oz. - 12 Pk. Select Varieties
PEDIGREE WET DOG FOOD

Apples to get excited about
CLIP COUPON
2 LB
SweeTango
APPLES
FREE THE CRUNCH FREE

Start a new day with Victor Allen's!
SHOP NOW
Twix
ICED COFFEE
By Victor Allen's
SNICKERS
ICED COFFEE
By Victor Allen's
Cinnamon Toast Crunch
ICED COFFEE
Breyers
COOKIES & CREAM
ICED COFFEE
MAGNUM
DOUBLE CARAMEL
ICED COFFEE
MADE WITH VICTOR ALLEN'S

You can count on us to keep *prices low* on fresh produce

Get what's best in season and your everyday fresh essentials, along with our 100% fresh guarantee or double your money back!

HOT SALE! MVP 79¢ EA
W/O MVP Card Regular Retail
Large **LEMONS**

HOT SALE! MVP 1.99 EA
W/O MVP Card Regular Retail
Whole **GOLDEN PINEAPPLE**

PRICED LOW EVERY DAY ✓
1.79 LB
Bulk **HONEYCRISP APPLES**

HASS AVOCADOS OR MANGOS

HOT SALE! MVP 79¢ EA
W/O MVP Card Regular Retail

HOT SALE! MVP 2/$5
W/O MVP Card Regular Retail
10.5 - 12 Oz. **ANGEL SWEET OR WILD WONDERS TOMATOES**

Bulk **RED ONIONS**

HOT SALE! MVP 1.19 LB
W/O MVP Card Regular Retail

Bulk or Tote Bag **JALAPEÑO PEPPERS**

HOT SALE! MVP 1.29 LB
W/O MVP Card Regular Retail

Gallon Shelf Stable **BIG RED TRUCK FRESH APPLE CIDER**

HOT SALE! MVP 5.49 EA
W/O MVP Card Regular Retail

APPLE CRISP BOUQUET

White Supplies Last
10.99 EA

HOT SALE! MVP 99¢ LB
W/O MVP Card Regular Retail
Spaghetti, Acorn, Buttercup or Butternut **HARD SQUASH**

ORGANIC

3 Ct. Bag **NATURE'S PROMISE ORGANIC AVOCADOS**

HOT SALE! MVP 2.99 EA
W/O MVP Card Regular Retail
USDA ORGANIC

16 Oz. **NATURE'S PROMISE ORGANIC TOMATOES ON THE VINE**

HOT SALE! MVP 1.89 LB
W/O MVP Card Regular Retail
USDA ORGANIC

100% fresh or *double* your money back

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Prices and availability may vary by store.
Rain checks unavailable on alcohol and tobacco products.

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We accept competitor's coupons, exceptions may apply, see store associate for details.
Cemetar, 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 2 - October 8, 2024
Offers valid while supplies last.

BUY 5 OR MORE MVP SAVE $1 ON EACH ITEM

Mix & match on participating items!

10 Pack - 7.5 Oz. Cans
Select Varieties
COKE PRODUCTS
W/O MVP Card $6.99 EA

HOT SALE! 5.99 EA
MIX & MATCH 5 OR MORE -1.00
4.99 EA MVP
WHEN YOU BUY 5 OR MORE

16 Pack
Select Varieties
YOPLAIT GO-GURT

5.49 EA
MIX & MATCH 5 OR MORE -1.00
4.49 EA MVP
WHEN YOU BUY 5 OR MORE

64 Oz.
Select Varieties
NESTLE COFFEE-MATE CREAMER

6.99 EA
MIX & MATCH 5 OR MORE -1.00
5.99 EA MVP
WHEN YOU BUY 5 OR MORE

3.75-7 Oz.
Select Varieties
SENSIBLE PORTIONS VEGGIE STRAWS
W/O MVP Card $3.99 EA

HOT SALE! 3.49 EA
MIX & MATCH 5 OR MORE -1.00
2.49 EA MVP
WHEN YOU BUY 5 OR MORE

8-21.60 Oz.
Select Varieties
DELIMEX SNACKS
W/O MVP Card $7.39 EA

HOT SALE! 4.99 EA
MIX & MATCH 5 OR MORE -1.00
3.99 EA MVP
WHEN YOU BUY 5 OR MORE

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

6.69 EA
MIX & MATCH 5 OR MORE -1.00
5.69 EA MVP
WHEN YOU BUY 5 OR MORE

6 Oz.
Select Varieties
BLUE DIAMOND ALMONDS
W/O MVP Card Regular Retail

HOT SALE! 2.99 EA
MIX & MATCH 5 OR MORE -1.00
1.99 EA MVP
WHEN YOU BUY 5 OR MORE

13.5-15 Oz.
Select Varieties
TGI FRIDAYS APPETIZERS
W/O MVP Card $7.49 EA

HOT SALE! 6.49 EA
MIX & MATCH 5 OR MORE -1.00
5.49 EA MVP
WHEN YOU BUY 5 OR MORE

W-1 ZNCO ZDPH ZDSA ZGAH ZGAL ZGAT ZGAU ZGCH ZGCR ZGCT ZGHW ZGRY ZGSA ZKBG ZKNA ZKNV ZMBA ZMBL ZMBM ZMBT ZMSA ZMWA ZMWK ZMWS ZNCA ZNCD ZNCE ZNCH ZNCL ZNCR ZNCT ZNFL ZNGB ZNGL ZNGR ZNGS ZNGV ZNHP ZNLE ZNNB ZNNF ZNNL ZNNO ZNRA ZNRE ZNRG ZNRH ZNRI ZNRL ZNRR ZNTT ZNWA ZNWI ZNWL ZNWM ZNWN ZNWT ZPAL ZPHA ZPHI ZSAG ZSAU ZSCH ZSCL ZSCO ZSCT ZSFE ZSFL ZSFR ZSGL ZSGV ZSSA ZSSV ZTCA ZTCH ZTKN ZTNA ZTNV ZTTR ZVBL ZVCH ZVDC ZVHA ZVNK ZVNO ZVNR ZVRA ZVRC ZVRD ZVRI ZVRN ZVRO ZVTI ZVTR ZVWH ZVWN ZVWR ZVWS ZVWT ZVWX ZWBL ZWCA ZWCL ZWWA ZWWS 10/02/24

BUY 5 OR MORE MVP SAVE $1 ON EACH ITEM

Mix & match on participating items!

22-30 Oz. Bag
Select Varieties

MALT O MEAL CEREALS

W/O MVP Card $5.99 EA

HOT SALE! 3.99 EA

MIX & MATCH 5 OR MORE -1.00

2.99 EA MVP

WHEN YOU BUY 5 OR MORE

36 Oz. - Select Varieties

EL MONTEREY BREAKFAST BURRITOS

W/O MVP Card $11.99 EA

HOT SALE! 9.99 EA

MIX & MATCH 5 OR MORE -1.00

8.99 EA MVP

WHEN YOU BUY 5 OR MORE

14.7-18.2 Oz. - Select Varieties

GENERAL MILLS OAT CRUNCH OR HEARTY NUT MEDLEY CHEERIOS

W/O MVP Card Regular Retail

HOT SALE! 2.99 EA

MIX & MATCH 5 OR MORE -1.00

1.99 EA MVP

WHEN YOU BUY 5 OR MORE

12 Oz. Bag
Select Varieties

BLACK RIFLE COFFEE

W/O MVP Card $13.99 EA

HOT SALE! 10.99 EA

MIX & MATCH 5 OR MORE -1.00

9.99 EA MVP

WHEN YOU BUY 5 OR MORE

12-16 Oz. - Select Varieties

SNYDER'S OF HANOVER PRETZELS

4.79 EA

MIX & MATCH 5 OR MORE -1.00

3.79 EA MVP

WHEN YOU BUY 5 OR MORE

10-12 Oz.
Select Varieties

SNYDER'S PRETZEL PIECES

3.99 EA

MIX & MATCH 5 OR MORE -1.00

2.99 EA MVP

WHEN YOU BUY 5 OR MORE

9.5-11.75 Oz. - Select Varieties

PEPPERIDGE FARM CHEESE TOAST OR GARLIC BREAD

W/O MVP Card Regular Retail

HOT SALE! 2.99 EA

MIX & MATCH 5 OR MORE -1.00

1.99 EA MVP

WHEN YOU BUY 5 OR MORE

24 Oz. - Select Varieties

TASTEE CHOICE SHRIMP DINNERS

W/O MVP Card $5.99 EA

HOT SALE! 4.99 EA

MIX & MATCH 5 OR MORE -1.00

3.99 EA MVP

WHEN YOU BUY 5 OR MORE

W-2 ZNCO ZDPH ZDSA ZGAH ZGAL ZGAT ZGAU ZGCH ZGCR ZGCT ZGHW ZGRY ZGSA ZKBG ZKNA ZKNV ZMBA ZMBL ZMBM ZMBT ZMSA ZMWA ZMWK ZMWS ZNCA ZNCD ZNCE ZNCH ZNCL ZNCR ZNCT ZNFL ZNGB ZNGL ZNGR ZNGS ZNGV ZNHP ZNLE ZNNB ZNNF ZNNL ZNNO ZNRA ZNRE ZNRG ZNRH ZNRI ZNRL ZNRR ZNTT ZNWA ZNWI ZNWL ZNWM ZNWN ZNWT ZPAL ZPHA ZPHI ZSAG ZSAU ZSCH ZSCL ZSCO ZSCT ZSFE ZSFL ZSFR ZSGL ZSGV ZSSA ZSSV ZTCA ZTCH ZTKN ZTNA ZTNV ZTTR ZVBL ZVCH ZVDC ZVHA ZVNK ZVNO ZVNR ZVRA ZVRC ZVRD ZVRI ZVRN ZVRO ZVTI ZVTR ZVWH ZVWN ZVWR ZVWS ZVWT ZVWX ZWBL ZWCA ZWCL ZWWA ZWWS 10/02/24

BUY 5 OR MORE MVP SAVE $1 ON EACH ITEM

Mix & match on participating items!

2 Lb.
Select Varieties
SUCCESS BOIL IN BAG RICE
W/O MVP Card $5.19 EA

HOT SALE! 4.49 EA
MIX & MATCH 5 OR MORE -1.00
3.49 EA MVP
WHEN YOU BUY 5 OR MORE

10 Oz.
Select Varieties
RAYBERN'S SANDWICHES
W/O MVP Card $4.99 EA

HOT SALE! 3.99 EA
MIX & MATCH 5 OR MORE -1.00
2.99 EA MVP
WHEN YOU BUY 5 OR MORE

16 Oz.
Select Varieties
DUKE'S MAYONNAISE

4.59 EA
MIX & MATCH 5 OR MORE -1.00
3.59 EA MVP
WHEN YOU BUY 5 OR MORE

12-16 Oz.
Select Varieties
NATURE'S OWN KETO BREAD OR BUNS
W/O MVP Card $7.29 EA

HOT SALE! 6.69 EA
MIX & MATCH 5 OR MORE -1.00
5.69 EA MVP
WHEN YOU BUY 5 OR MORE

10-12 Oz.
Select Varieties
MODERN MILL SALAD TOPPER
W/O MVP Card $5.99 EA

HOT SALE! 5.99 EA
MIX & MATCH 5 OR MORE -1.00
4.99 EA MVP
WHEN YOU BUY 5 OR MORE

7.4-90 Oz.
Select Varieties
GARDEIN MEATLESS MEATS
W/O MVP Card Regular Retail

HOT SALE! 4.49 EA
MIX & MATCH 5 OR MORE -1.00
3.49 EA MVP
WHEN YOU BUY 5 OR MORE

18-27 Oz. - Select Varieties
DAVE'S KILLER ORGANIC OR RAISIN' THE ROOF ORGANIC BREAD
W/O MVP Card Regular Retail

PRICED LOW EVERY DAY 5.99 EA
MIX & MATCH 5 OR MORE -1.00
4.99 EA MVP
WHEN YOU BUY 5 OR MORE

5 Lb.
MAHATMA JASMINE RICE
W/O MVP Card $9.29 EA

HOT SALE! 6.99 EA
MIX & MATCH 5 OR MORE -1.00
5.99 EA MVP
WHEN YOU BUY 5 OR MORE

BUY 5 OR MORE MVP SAVE $1 ON EACH ITEM

Mix & match on participating items!

28 Oz.
Select Varieties
CONTADINA TOMATOES

2.59 EA
MIX & MATCH 5 OR MORE -1.00
1.59 EA MVP
WHEN YOU BUY 5 OR MORE

14 Ct. To Go Cups or 18-48 Ct. Plates
Select Varieties
DIXIE
W/O MVP Card Regular Retail

HOT SALE! 3.59 EA
MIX & MATCH 5 OR MORE -1.00
2.59 EA MVP
WHEN YOU BUY 5 OR MORE

32 Oz.
Select Varieties
SCRUBBING BUBBLES
W/O MVP Card $4.29 EA

HOT SALE! 3.99 EA
MIX & MATCH 5 OR MORE -1.00
2.99 EA MVP
WHEN YOU BUY 5 OR MORE

25 Oz.
Select Varieties
PURINA BEGGIN' STRIPS DOG TREATS

12.39 EA
MIX & MATCH 5 OR MORE -1.00
11.39 EA MVP
WHEN YOU BUY 5 OR MORE

6 Pack - 11.15 Oz.
Select Varieties
SAN PELLEGRINO ARANCIATA ROSSA
W/O MVP Card $7.49 EA

HOT SALE! 5.99 EA
MIX & MATCH 5 OR MORE -1.00
4.99 EA MVP
WHEN YOU BUY 5 OR MORE

30-40 Ct.
Select Varieties
FULL CIRCLE TRASH BAGS
W/O MVP Card $6.19 EA

HOT SALE! 4.99 EA
MIX & MATCH 5 OR MORE -1.00
3.99 EA MVP
WHEN YOU BUY 5 OR MORE

9.7 Oz.
Select Varieties
PLEDGE
W/O MVP Card $5.79 EA

HOT SALE! 4.99 EA
MIX & MATCH 5 OR MORE -1.00
3.99 EA MVP
WHEN YOU BUY 5 OR MORE

3.15-3.5 Lb.
Select Varieties
PURINA CAT CHOW

6.99 EA
MIX & MATCH 5 OR MORE -1.00
5.99 EA MVP
WHEN YOU BUY 5 OR MORE