

HOTSALE!
MVP
4.99
LB
U.S.D.A. CHOICE
Boneless
BEEF CHUCK ROAST
W/O MVP Card \$6.99 LB



Save now
on your family's
favorites

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

HOTSALE! 49¢
LB
W/O MVP Card 79¢ LB

HOTSALE!
MVP
4/\$12
6 Pack
16.9 Oz. Bottles
Select Varieties
PEPSI PRODUCTS
W/O MVP Card Regular Retail

HOTSALE! BOGO FREE
W/O MVP Card Regular Retail

HOTSALE! BOGO FREE
W/O MVP Card Regular Retail

HOTSALE! 3.49
EA
8 & 10 Oz. Select Varieties
NABISCO BELVITA BREAKFAST BISCUITS OR NEWTONS
W/O MVP Card Regular Retail

HOTSALE! 25.99
EA
BUD LIGHT

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

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

HOTSALE! 3.49
EA
W/O MVP Card Regular Retail

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

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

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

HOT SALE! 2/\$5
W/O MVP Card \$4.99 EA
MVP Coupon -1.00 OFF
15-16 Oz. Select Varieties
JIF PEANUT BUTTER OR CHOCOLATE SPREAD

HOT SALE! 6.99
W/O MVP Card \$4.99 EA
MVP Coupon -2.00 OFF
8 Pack 20 Oz. Bottles
Select Varieties
GATORADE

HOT SALE! 2/\$6
W/O MVP Card \$4.99 EA
MVP Coupon -2.00 OFF
9.6-16 Oz. Select Varieties
KELLOGG'S SPECIAL K OR FROSTED MINI WHEATS CEREAL

HOT SALE! 2/\$4
W/O MVP Card \$4.99 EA
MVP Coupon -2.00 OFF
15.77-23.45 Oz. Select Varieties
RED BARON 12" PIZZA

HOT SALE! 2/\$7
W/O MVP Card \$4.99 EA
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 \$4.99 EA
MVP Coupon -1.00 OFF

PRICED LOW EVERY DAY
ON ITEMS YOU BUY MOST OFTEN

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
25.99
EA
BUD LIGHT

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

HOT SALE! 14.99
W/O MVP Card \$4.99 EA
MVP Coupon -1.00 OFF

HOTSALE!
MVP
13.99
EA
W/O MVP Card \$4.99 EA

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
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
5⁹⁹
LB
Ground Fresh Daily
93% LEAN FRESH GROUND BEEF
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

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

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

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

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

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

20-26 Oz. Pkg. - Frozen
HOTSALE!
MVP
5⁹⁹
EA
ROSINA MEATBALLS
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 HOTSALE! 9.99 EA W/O MVP Card Regular Retail</p>	<p>8 Ct. Select Varieties BALL PARK HOT DOG OR HAMBURGER BUNS HOTSALE! 2/\$6 W/O MVP Card \$3.99 EA</p>	<p>7.5 Oz. Select Varieties WHOLLY GUACAMOLE BOWLS IN PRODUCE HOTSALE! 2.99 EA W/O MVP Card \$3.99 EA</p>
<p>32 Oz. Pkg. Frozen BUBBA BURGER CHICKEN BURGERS HOTSALE! 9.99 EA W/O MVP Card \$4.99 EA Single Item Half Price</p>	<p>5.4-25 Oz. Select Varieties KINDER'S RUB OR SEASONING HOTSALE! BOGO FREE W/O MVP Card \$4.99 EA Single Item Half Price</p>	<p>12-16 Lb. KINGSFORD ORIGINAL OR MATCH LIGHT BRIQUETS HOTSALE! 9.99 EA W/O MVP Card \$12.49 EA</p>
<p>MVP DIGITAL COUPON load on app • web • in-store kiosk</p> <p>HOT SALE! 7.99 EA W/O MVP Card Regular Retail MVP Coupon -1.00 OFF</p> <p>6 Mega Rolls CHARMIN® 4 Double Rolls BOUNTY Select Varieties 6.99 EA W/O MVP Card \$9.99 EA</p>		

<p>PRICED LOW EVERY DAY</p> <p>24 Oz. WESSON VEGETABLE OR CANOLA OIL 3.19 EA MVP W/O MVP Card Regular Retail</p>	<p>16 Oz. Select Varieties PACE SALSA OR PICANTE SAUCE MVP 2/\$5 W/O MVP Card Regular Retail</p>	<p>171-20 Oz. Select Varieties WELCH'S CONCORD GRAPE JELLY MVP 2/\$5 W/O MVP Card \$3.18 EA</p>	<p>0.4-1.1 Oz. Select Varieties HIDDEN VALLEY SALAD DRESSING MIX MVP 1.69 EA W/O MVP Card \$2.48 EA</p>
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<p>5 Lb. SOUTHERN BISCUIT SELF-RISING FLOUR MVP 3.99 EA W/O MVP Card \$4.89 EA</p>	<p>5.46 Oz. Select Varieties ZAMBOS PLANTAIN CHIPS HOTSALE! 2/\$5 W/O MVP Card Regular Retail</p>	<p>5.5-8.5 Oz. Select Varieties RUFFLES POTATO CHIPS HOTSALE! 3.49 EA W/O MVP Card \$5.99 EA</p>
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<p>87 Oz. Select Varieties MCCORMICK BROWN GRAVY MIX MVP 99¢ EA W/O MVP Card \$1.19 EA</p>	<p>9-17 Oz. Select Varieties NABISCO PREMIUM OR OYSTER CRACKERS MVP 3.79 EA W/O MVP Card \$4.68 EA</p>	<p>10 Oz. LA CHOY SOY SAUCE HOTSALE! 2/\$4 W/O MVP Card Regular Retail</p>	<p>14.5-15.25 Oz. Select Varieties GLORY SEASONED VEGETABLES HOTSALE! 2/\$3 W/O MVP Card \$1.69 EA</p>
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<p>6 Oz. Select Varieties KRAFT STOVE TOP STUFFING HOTSALE! 2/\$4 W/O MVP Card \$3.09 EA</p>	<p>28-34 Oz. Select Varieties KAR'S TRAIL MIX HOTSALE! 6.99 EA W/O MVP Card \$7.99 EA</p>	<p>18 Ct. Select Varieties FRITO LAY VARIETY PACK HOTSALE! 8.99 EA 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 HOTSALE! 2/\$6 W/O MVP Card Regular Retail</p>	<p>5.29-8.8 Oz. Select Varieties LOTUS BISCOFF COOKIES OR SANDWICH COOKIES HOTSALE! 2/\$6 W/O MVP Card \$3.99 EA</p>	<p>9.31-19.5 Oz. Select Varieties FAMILY SIZE CHIPS AHOY! COOKIES HOTSALE! 3.49 EA W/O MVP Card \$5.29 EA</p>	<p>20 Pack Select Varieties GOGO SQUEEZ APPLESAUCE HOTSALE! 11.89 EA 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 HOTSALE! 2/\$6 W/O MVP Card \$4.99 EA</p>	<p>16-10-16.30 Oz. Select Varieties CAMPBELL'S HOMESTYLE SOUP HOTSALE! 1.00 EA W/O MVP Card \$1.99 EA</p>	<p>191 Oz. Select Varieties FOOD LION CREME COOKIES FAMILY SIZE HOTSALE! 2.99 EA W/O MVP Card \$3.49 EA</p>	<p>MVP DIGITAL COUPON load on app • web • in-store kiosk</p> <p>BUSH'S BEST BEANS MVP Coupon -50¢ OFF 1.08 EA W/O MVP Card \$1.58 EA</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 \$3.99 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 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 19 CRIMES OR CLOS DU BOIS WINE HOTSALE! 10/99 EA</p>	<p>750 ml. Select Varieties ARAVAIL OR APOTHC WINE HOTSALE! 11/99 EA</p>	<p>750 ml. Select Varieties ECCO DOMANI OR ROSCATO WINE HOTSALE! 13/99 EA</p>	<p>WINE DOWN WITH A GLASS</p>
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<p>12 Pack - 12 Oz. Cans Select Varieties HARD MOUNTAIN DEW HOTSALE! 16/99 EA</p>	<p>12 Pack 11.2-12 Oz. Bottles or Cans Select Varieties MODELO, PACIFICO OR STELLA ARTOIS HOTSALE! 28/99 EA</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</p>	<p>12 Pack - 12 Oz. Bottles or Cans Select Varieties ANGRY ORCHARD, SIERRA NEVADA OR NEW BELGIUM HOTSALE! 18/99 EA</p>	<p>12 Pack - 12 Oz. Cans Select Varieties WHITE CLAW HARD SELTZER OR TRULY SELTZER HOTSALE! 17/99 EA</p>
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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
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

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

HOT SALE! **2/\$7**
MVP Coupon -1.00 off 2
4-6 Ct. Select Varieties
KLONDIKE ICE CREAM BARS

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

PRICED LOW EVERY DAY! **6.99**
MVP Coupon -1.00 off 1
14-3-24 Oz. Select Varieties
FARM RICH SNACKS

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!
MVP
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!
MVP
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
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!
MVP
2/\$6
W/O MVP Card \$3.59 EA

HOTSALE!
MVP
2.39
EA
31 Oz. Select Varieties
FIT CRUNCH BAR
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

HOTSALE!
MVP
24.99
EA
32 Ct. K-Cups Select Varieties
STARBUCKS STARBUCKEE
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 Regular Retail

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 Regular Retail



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 \$13.99 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

HOT SALE! **16.79**
EA
W/O MVP Card \$17.81 EA
MVP
Coupon **-3.00**
OFF!
13.79
EA
W/O MVP DISCOUNT SAVINGS
LIMIT



36-104 Ct.
Select Varieties
PAMPERS
SWADDLERS
OR EASY UPS
26.99
EA
W/O MVP DISCOUNT SAVINGS
LIMIT

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



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



2.5 Ct.
Select Varieties
FOOD LION
FOOD STORAGE
CONTAINERS

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

80 Ct. Mega or
160 Ct. Regular
BOUNCE
38 Oz.
DOWNY
Select Varieties
7.99
EA
MVP
Coupon **-2.00**
OFF!
5.99
EA
W/O MVP DISCOUNT SAVINGS
LIMIT

HOT SALE! **4.99**
EA
W/O MVP Card \$5.94 EA
MVP
Coupon **-2.00**
OFF!
2.99
EA
W/O MVP DISCOUNT SAVINGS
LIMIT

HOT SALE! **9.99**
EA
W/O MVP Card Regular Retail
MVP
Coupon **-2.00**
OFF!
7.99
EA
W/O MVP DISCOUNT SAVINGS
LIMIT

HOT SALE! **15.99**
EA
W/O MVP Card Regular Retail
MVP
Coupon **-3.00**
OFF!
12.99
EA
W/O MVP DISCOUNT SAVINGS
LIMIT

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



2 Lb. Bag
RUBY FROST APPLES
HOTSALE!
MVP
3.49
EA
W/O MVP Card Regular Retail



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



24 Oz. Select Varieties
FOOD LION MINI POTATOES
NEW ITEM
HOTSALE!
MVP
2/\$5
W/O MVP Card Regular Retail



Single
RED, YELLOW OR ORANGE PEPPERS
HOTSALE!
MVP
4/\$5
W/O MVP Card Regular Retail



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



6 INCH ZYGO CACTUS
While Supplies Last!
9.99
EA

ORGANIC



2 Lb. Bags
NATURE'S PROMISE ORGANIC HONEYCRISP APPLES
HOTSALE!
MVP
4.99
EA
W/O MVP Card Regular Retail




3 Lb. Bag Select Varieties
NATURE'S PROMISE ORGANIC POTATOES
HOTSALE!
MVP
3.19
EA
W/O MVP Card Regular Retail

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:
Antioch, Ashland City, Columbia, Cookeville, Gallatin, Livingston, Nashville, Portland, Smithville, Smyrna, Spring Hill

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



1.79
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!