FOOD LION

October 2 - October 8, 2024

Offers valid while supplies last.

MVP Here to make *saving* easier

HOTSALE! MVP

4.99 LB USDA CHOICE

YOU SAVE $2.00 LB

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

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

HOTSALE! MVP **1.99 LB**
W/O MVP Card $2.79 LB

BONELESS PORK LOIN ROAST

HOTSALE! MVP **2.99 LB**
W/O MVP Card $4.89 LB

Boneless, Center Cut
PORK CHOPS

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 $3.29 EA

1 Lb. Container
STRAWBERRIES

HOTSALE! MVP **7.99 LB**
W/O MVP Card $9.99 LB

Freshly Sliced
TASTE OF INSPIRATIONS TURKEY BREAST IN THE DELI

HOTSALE! MVP **4.49 LB**
W/O MVP Card Regular Retail

12-16 Oz. Pkg.
Select Varieties
HORMEL BACON

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

HOTSALE! MVP **4/$12**
Limit 8
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 LB**

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

MVP PRICED LOW EVERY DAY
4/$5
W/O MVP Card $5.96 EA

52 Oz.
Select Varieties
SIMPLY ORANGE JUICE

HOTSALE! MVP **3.69 EA**
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 $3.58 EA

49.5 Oz. Bold or 100.5-105 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-Cups or 10-12 Oz. Bag
Select Varieties
DUNKIN' COFFEE

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

20 Oz.
Select Varieties
HELLMANN'S SQUEEZE MAYONNAISE

HOT SALE! 4.99 LB
W/ MVP Card $3.99 LB
MVP Coupon -1.00 EA1
3.99 LB
W/ MVP+ DISCOUNT SAVINGS LIMIT 1

46 Oz.
Select Varieties
TURKEY HILL ICE CREAM

HOT SALE! 2/$7
W/ MVP Card $3.99 EA
MVP Coupon -1.00 EA1
2/$6
W/ MVP+ DISCOUNT SAVINGS LIMIT 1

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

HOT SALE! 14.99 PK
W/ MVP Card Reg Retail
MVP Coupon -1.00 EA1
13.89
W/ MVP+ DISCOUNT SAVINGS LIMIT 1

MVP PRICED LOW EVERY DAY ON ITEMS YOU BUY MOST OFTEN

&

MVP HOTSALE! OUR BEST WEEKLY MVP DEALS

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

HOT SALE! MVP
7.99 LB
SNOW CRAB CLUSTERS
W/O MVP Card Regular Retail

HOT SALE! MVP
8.99 LB W/O MVP Card Regular Retail
BONELESS BEEF SIRLOIN OR SIRLOIN STRIP STEAK
CHOICE

HOT SALE! MVP
6.99 LB W/O MVP Card Regular Retail
Beef
CUBED STEAK
CHOICE

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

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

HOT SALE! 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

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

Savings go great with Tacos!

National Taco Day is Friday, Oct. 4th

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

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

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

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

7-9 Oz. Pkg. - Select Varieties
HILLSHIRE FARM THIN SLICED LUNCHMEAT
HOT SALE! MVP
3.99 LB W/O MVP Card Regular Retail

8-12 Oz. Pkg. - Select Varieties
OSCAR MAYER LUNCHABLES FUN PACK
HOT SALE! MVP
2/$5 W/O MVP Card Regular Retail

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

SUSTAINABLE SEAFOOD

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

HOT SALE! MVP
5.99 EA W/O MVP Card Regular Retail
12 Oz.
DOCKSIDE CLASSICS

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

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

2 ZNCO ZOAH ZOAL ZOAT ZOAU ZOCH ZOCR ZOCT ZOHW ZOPI ZOSA ZOSG ZVAA ZVAV ZWBL ZWBM ZWAA ZWAN ZWAS ZNCA ZNCD ZNCE ZNCH ZNCL ZNCN ZNCT ZNFL ZNGB ZNGL ZNGR ZNGS ZNOV ZNVP ZNLE ZNAB ZNAF ZNAO ZNNA ZNRE ZNRG ZNRH ZNRI ZNRL ZNRR ZNTT ZWAA ZWBC ZWBE ZWAM ZWBH ZWAL ZPHA ZPHI ZPHJ ZPHK ZSAU ZSAV ZSCH ZSCL ZSCO ZSCT ZSFR ZSFL ZSFS ZSSA ZSSV ZSSA ZSSV ZTCA ZTCH ZTNA ZTNH ZTTR ZVCL ZVCO ZVHA ZVNK ZVNO ZVNR ZVRN ZVRQ ZVRS ZVRT ZVWA ZWBL ZWCA ZWCL ZWNA ZWNB 100324

"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! BOGO FREE W/O MVP Card $4.49 EA Single Item Half Price

12 Ct. **FRUIT BITES**

HOTSALE! BOGO FREE W/O MVP Card $3.99 EA Single Item Half Price

4 Ct. **CINNAMON ROLL DONUTS**

HOTSALE! 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! 3.99 EA W/O MVP Card $4.99 EA

12 Oz. **PANERA MAC & CHEESE**

HOTSALE! 2.99 EA W/O MVP Card $3.49 EA

10 Oz. **NATURE'S PROMISE FRENCH BAGUETTE**

HOTSALE! 3.99 LB W/O MVP Card $4.99 LB

Freshly Sliced **FOOD LION GERMAN BOLOGNA**

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

4 Oz. **FIORUCCI PRE-SLICED MEATS**

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

16 Oz. Select Varieties **JACK'S SPECIAL GARDEN FRESH SALSA**

HOTSALE! 11.99 EA W/O MVP Card $14.49 EA

38-40 Oz. Select Varieties **RANA MEAL KITS**

HOTSALE! 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 · Taste of Inspirations · CAREONE

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! 3.49 EA W/O MVP Card $3.99 EA

8 Oz. **FOOD LION PICO DE GALLO** IN PRODUCE

HOTSALE! 3.19 EA W/O MVP Card $3.49 EA

16-17 Oz. Select Varieties **FOOD LION FLOUR TORTILLAS**

HOTSALE! 2/$4 W/O MVP Card $2.49 EA

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

16 Oz. Select Varieties **FOOD LION SHREDDED CHEESE**

PRICED LOW EVERY DAY 4.29 EA

HOTSALE! 2/$3 W/O MVP Card $4.69 EA

4 Oz. **FOOD LION DICED GREEN CHILES**

10 Oz. **FOOD LION ENCHILADA SAUCE**

HOTSALE! 1.79 EA W/O MVP Card $2.19 EA

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!

3 ZNCO ZDPH ZGSA ZGAH ZGAL ZGAT ZGAU ZGCH ZGCR ZGCT ZGHW ZGRY ZGSA ZKBG ZKNA ZKNV ZMBA ZMBL ZMBN ZMBT ZMGA ZMNA ZMNK ZMWS ZNCA ZNCO ZNCE ZNCH ZNCL ZNCR ZNCT ZNFL ZNGB ZNGL ZNGR ZNGS ZNGV ZNHF ZNKB ZNKF ZNNL ZNNQ ZNTT ZNWA ZNWH ZNWL ZNWN ZNWW ZNWY ZPNL ZPNN ZPNT ZPNU ZSAG ZSAU ZSCH ZSCL ZSCO ZSCT ZSPE ZSRL ZSRY ZSSL ZSSV ZSSX ZSSY ZTCA ZTCH ZTHN ZTNA ZTNV ZTTR ZVBL ZVCH ZVGC ZVHA ZVNK ZVNQ ZVNS ZVRC ZVRI ZVRN ZVRR ZVTS ZVTR ZVWH ZVWN ZVWR ZVWS ZVWT ZVWX ZWBL ZWCA ZWCL ZWHW ZWWS 10/30/24

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 Ct.
FOOD LION CHOCOLATE CHIP COOKIES
IN THE BAKERY

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

21 Oz. Select Varieties
BOMB POP
HOTSALE!
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

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

PRICED LOW EVERY DAY

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

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

MVP HOTSALE!

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

6.5-10 Oz. Select Varieties
CHEETOS OR FRITOS
MVP
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
1.29 EA
W/O MVP Card $1.59 EA

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

4.4.1 Oz. Select Varieties
IDAHOAN INSTANT POTATOES
HOTSALE!
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
HOTSALE!
2/$5
W/O MVP Card $3.99 EA

HOTSALE!
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
HOTSALE!
1.00 EA
W/O MVP Card $1.48 EA

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

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

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

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

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

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

4.3 Oz.
HORMEL REAL CRUMBLED BACON
HOTSALE!
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/O MVP Card $3.79 EA
MVP Coupon -1.00
4/$4
MVP 15 MPL DISCOUNT SAVINGS LIMIT 1
10.75 Oz. Select Varieties
CAMPBELL'S CHICKEN NOODLE OR TOMATO SOUP

17.5 Oz. Select Varieties
MISSION FLOUR TORTILLAS
HOTSALE!
BOGO FREE
W/O MVP Card $3.99 EA
Single Item Half Price

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

8 Ct. - AA or AAA
DURACELL BATTERIES
HOTSALE!
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! **4.49** EA
W/O MVP Card $5.49 EA

16 Oz. Pkg.
NATURE'S PROMISE 86% LEAN GROUND BEEF
HOTSALE! **25% OFF**
W/O MVP Card Regular Retail

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

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

26 Oz.
LA COSTEÑA GREEN PICKLED WHOLE JALAPEÑO PEPPERS
HOTSALE! **2.39** EA
W/O MVP Card $2.69 EA

Bunch
CILANTRO
HOTSALE! **1.69** EA
W/O MVP Card $1.89 EA

BEVERAGE CENTER

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

HOTSALE! **5.99** EA
W/O MVP Card $6.49 EA
4 Pack - 16 Oz. Cans Select Varieties
MONSTER

HOTSALE! **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! **2/$4**
W/O MVP Card $2.79 EA

64 Oz. Select Varieties
JUICY JUICE
HOTSALE! **2/$5**
W/O MVP Card $4.19 EA

HOTSALE! **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 À 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 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! **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! **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
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
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!
2/$4
W/O MVP Card $2.69 EA

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

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

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

8-13.9 Oz. Select Varieties
PILLSBURY CRESCENTS OR CINNAMON ROLLS
HOT SALE!
2/$6
W/O MVP Card $3.99 EA

10.7-12 Oz. Select Varieties
KRAFT SINGLES
HOT SALE!
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 $1.89 EA
MVP Coupon -1.00 OFF 1
3/$4
MVP 1¢ WITH DISCOUNT SAVINGS LIMIT 1

FROZEN

BUDGET-FRIENDLY TIMESAVERS

5.34-11.6 Oz. Select Varieties
RED BARON DEEP DISH SINGLES
HOT SALE!
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!
7.99 EA
W/O MVP Card $12.19 EA

6.99 EA
W/O MVP Card Regular Retail

20-22 Oz. Select Varieties
P.F. CHANG'S MEALS OR BERTOLLI BAGS

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
W/O MVP Card Regular Retail
MVP Coupon -1.00 OFF 1
3.49 EA
MVP 1¢ WITH DISCOUNT SAVINGS LIMIT 1

15.77-23.45 Oz. Select Varieties
RED BARON 12" PIZZA
HOT SALE! 2/$9
W/O MVP Card $5.99 EA
MVP Coupon -2.00 OFF 2
2/$7
MVP 1¢ WITH DISCOUNT SAVINGS LIMIT 1

14 Oz. Select Varieties
HÄAGEN-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 1¢ WITH DISCOUNT SAVINGS LIMIT 1

BREAKFAST

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

71-8.85 Oz. Select Varieties
NATURE VALLEY PROTEIN OR BREAKFAST BARS
HOT SALE!
3.99 EA
W/O MVP Card Regular Retail

1.69-2.4 Oz. Select Varieties
CLIF BAR
HOT SALE!
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
W/O MVP Card Regular Retail
MVP Coupon -1.00 OFF 1
3.99 EA
MVP 1¢ WITH DISCOUNT SAVINGS LIMIT 1

20-21 Oz. Bag Select Varieties
EIGHT O'CLOCK COFFEE
HOT SALE!
9.99 EA
W/O MVP Card $14.89 EA

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

HOT SALE!
5.99 EA
W/O MVP Card $9.49 EA

12 Ct. Single Serve Cups Select Varieties
KAUAI COFFEE

23.1-28.4 Oz. Can Select Varieties
MAXWELL HOUSE COFFEE
HOT SALE!
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 $5.99 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

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 $8.69 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 80-160 Ct. Dryer Sheets Select Varieties
ARM & HAMMER
HOT SALE! MVP 2/$6
W/O MVP Card Regular Retail

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

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 2.89 EA
W/O MVP Card $3.29 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

1.1 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

MVP DIGITAL COUPONS

load on app • web • in-store kiosk

HOT SALE! 6.79 EA
W/O MVP Card $17.99 EA
MVP Coupon -1.00 OFF
158-192 Ct. Select Varieties
HUGGIES BABY WIPES REFILL
5.79 EA
MVP W/ MPR DISCOUNT SAVINGS (-$0.71)

HOT SALE! 2.99 EA
W/O MVP Card Regular Retail
MVP Coupon -2.00 OFF
12.2-14.7 Oz. Ez-Squeeze
DAWN
24.3 Oz. Ez-Squeeze
GAIN
Select Varieties
99¢ EA
MVP W/ MPR DISCOUNT SAVINGS (-$0.71)

HOT SALE! 5.49 EA
W/O MVP Card $17.99 EA
MVP Coupon -1.00 OFF
11-18 Ct. Select Varieties
CASCADE
4.49 EA
MVP W/ MPR DISCOUNT SAVINGS (-$0.71)

HOT SALE! 5.39 EA
W/O MVP Card $10.99 EA
MVP Coupon -50¢
3 Pk. Flats or 4 Pk. Cubes Select Varieties
PUFFS FACIAL TISSUE
4.89 EA
MVP W/ MPR DISCOUNT SAVINGS (-$0.71)

Start a new day with Victor Allen's!

SHOP NOW

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!

HOTSALE! MVP 79¢ EA W/O MVP Card Regular Retail

Large
LEMONS

HOTSALE! 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

HOTSALE! MVP 79¢ EA W/O MVP Card Regular Retail

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

10.5 - 12 Oz.
ANGEL SWEET OR WILD WONDERS TOMATOES

Bulk
RED ONIONS

HOTSALE! MVP 1.19 LB W/O MVP Card Regular Retail

Bulk or Tote Bag
JALAPEÑO PEPPERS

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

Gallon
Shelf Stable
BIG RED TRUCK FRESH APPLE CIDER

HOTSALE! MVP 5.49 EA W/O MVP Card Regular Retail

APPLE CRISP BOUQUET

White Supplies Last

10.99 EA

HOTSALE! 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

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

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

HOTSALE! MVP 1.89 LB W/O MVP Card Regular Retail

100% fresh or double your money back

See foodlion.com for details

Text CountOuts to MVPMVP (687687) to sign up for the MVP Weekly Specials Email. (Message and data rates may apply)
Find us online: foodlion.com

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

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

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We accept competitor's coupons, exceptions may apply, see store associate for details.
Cameras, 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 $5.49 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 $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

30-40 Ct.
Select Varieties

FULL CIRCLE TRASH BAGS

W/O MVP Card $5.39 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 $5.89 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