

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

2/\$5
W/O MVP Card \$4.29 EA

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

HOTSALE! 49¢
LB
W/O MVP Card Regular Retail

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

HOTSALE! 25.99
EA
W/O MVP Card Regular Retail

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 \$1.99 EA

HOTSALE! 4/\$5
W/O MVP Card \$1.99 EA

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

HOT SALE! 2/\$5
W/O MVP Card \$4.29 EA
MVP Coupon -1.00 OFF

HOT SALE! 6.99
W/O MVP Card \$4.29 EA
MVP Coupon -2.00 OFF

HOT SALE! 2/\$6
W/O MVP Card \$4.29 EA
MVP Coupon -2.00 OFF

HOT SALE! 2/\$9
W/O MVP Card \$4.29 EA
MVP Coupon -2.00 OFF

HOT SALE! 2/\$5
W/O MVP Card \$4.29 EA
MVP Coupon -1.00 OFF

HOT SALE! 14.99
W/O MVP Card \$4.29 EA
MVP Coupon -1.00 OFF

PRICED LOW EVERY DAY
ON ITEMS YOU BUY MOST OFTEN

&

HOTSALE!
OUR BEST WEEKLY MVP DEALS

Last minute
halloween
grabs

8.99
EA
40 CT.
FOOD LION CHOCOLATE CHIP COOKIES
IN THE BAKERY

HOTSALE!
MVP
4.49
EA
6 CT.
CUPCAKES
IN THE BAKERY

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

HOTSALE!
MVP
1³⁹
LB
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

DELicious BOGOs of the week!



HOTSALE!
BOGO FREE
9-11 Oz.
MINI CRULLERS, GEMS
OR DONUT HOLE TUBS



HOTSALE!
BOGO FREE
5 Ct.
TEXAS TOAST



HOTSALE!
BOGO FREE
16 Oz. - Select Varieties
JACK'S SPECIAL
GARDEN FRESH SALSA

Quick eats
\$5 each!
Each item sold separately.

Available in our
Deli & Bakery



HOTSALE!
3⁹⁹
16 Oz. Select Varieties
TASTE OF
INSPIRATIONS
SOUP



HOTSALE!
3⁹⁹
Freshly Sliced
FOOD LION
GERMAN
BOLOGNA



HOTSALE!
3⁴⁹
8 Oz.
TASTE OF
INSPIRATIONS
CHEESE CUBES



HOTSALE!
4⁴⁹
10 Oz. Select Varieties
TASTE OF
INSPIRATIONS
DIPS



HOTSALE!
4⁹⁹
14-16 Oz. Select Varieties
FOOD LION
SLICED
LOAF CAKES



HOTSALE!
3⁹⁹
4 Ct.
FOOD LION
CREME
TWIRLS



Assorted
Made Hot In-Store
4 PIECE
FRIED CHICKEN
HOTSALE!
5¹⁹
W/O MVP Card \$5.99 EA.



4 Ct.
Made Hot In-Store
ROTISSERIE
STYLE
CHICKEN LEG
QUARTERS
HOTSALE!
5¹⁹
W/O MVP Card \$5.99 EA.

Our BRANDS

DOUBLE MONEY BACK GUARANTEE
See foodlion.com for details



Happy
National Sandwich Day!
Sunday, November 3rd

HOTSALE!
5¹⁹
Made In-Store
14.5-20 Oz.
Select Varieties
FOOD LION
SANDWICH
LUNCHBOX
IN THE DELI



Save on our fresh pre-made sandwiches and all the fixings to build your own.



HOTSALE!
8⁹⁹
Freshly Sliced
TASTE OF
INSPIRATIONS
TURKEY BREAST
IN THE DELI



HOTSALE!
2⁹⁹
8 Oz.
TASTE OF
INSPIRATIONS
PRE-SLICED CHEESE
IN THE DELI



HOTSALE!
3⁹⁹
6 Ct.
BOLLO ROLLS
IN THE BAKERY



HOTSALE!
4⁴⁹
15 Oz.
NATURE'S PROMISE
ORGANIC
MAYONNAISE



HOTSALE!
2/\$4
64-100 Ct. Regular or
30 Ct. XL Sandwich
Select Varieties
FOOD LION
RECLOSEABLE BAGS



HOTSALE!
2/\$1
20 Oz.
FOOD LION
DRINKING WATER

EARN \$20 for being our MVP customer

FOOD LION MVP customer

OCTOBER 16TH
-
NOVEMBER 26TH

SPEND \$50
6 TIMES*

TRACK YOUR
RECEIPT

RECEIVE
\$20 COUPON

*Exclusions apply. Purchase of pharmacy, alcohol, tobacco, gift cards, lottery, postage stamps & services do not count toward the \$50 purchase requirement. Coupon valid two weeks from coupon receipt date.



Tackle your *tailgate*

	<p>8 Ct. Select Varieties BUBBA burger HOTSALE! 999 EA W/O MVP Card Regular Retail</p>	<p>32 Oz. Pkg. Frozen BUBBA BURGER CHICKEN BURGERS HOTSALE! 2/\$6 W/O MVP Card \$3.99 EA</p>	<p>7.5 Oz. Select Varieties WHOLLY GUACAMOLE BOWLS IN PRODUCE HOTSALE! 299 EA W/O MVP Card \$3.99 EA</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! 999 EA W/O MVP Card \$12.49 EA</p>	<p>MVP DIGITAL COUPON load on app • web • in-store kiosk</p> <p>6 Mega Rolls CHARMIN 4 Double Rolls BOUNTY Select Varieties HOTSALE! 799 EA W/O MVP Card Regular Retail MVP Coupon -100 OFF 699 EA W/O MVP CARD SAVINGS (LIMIT 1)</p>	

<p>PRICED LOW EVERY DAY</p> <p>24 Oz. WESSON VEGETABLE OR CANOLA OIL 319 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 169 EA W/O MVP Card \$2.48 EA</p>
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<p>5 Lb. SOUTHERN BISCUIT SELF-RISING FLOUR MVP PRICED LOW EVERY DAY 399 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! 349 EA W/O MVP Card \$5.99 EA</p>
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<p>87 Oz. Select Varieties MCCORMICK BROWN GRAVY MIX MVP PRICED LOW EVERY DAY 99c EA W/O MVP Card \$1.19 EA</p>	<p>9-17 Oz. Select Varieties NABISCO PREMIUM OR OYSTER CRACKERS MVP PRICED LOW EVERY DAY 379 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! 699 EA W/O MVP Card \$7.99 EA</p>	<p>18 Ct. Select Varieties FRITO LAY VARIETY PACK HOTSALE! 899 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! 349 EA W/O MVP Card \$5.29 EA</p>	<p>20 Pack Select Varieties GOGO SQUEEZ APPLESAUCE HOTSALE! 1189 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! 100 EA W/O MVP Card \$1.99 EA</p>	<p>191 Oz. Select Varieties FOOD LION CREME COOKIES FAMILY SIZE HOTSALE! 299 EA W/O MVP Card \$3.49 EA</p>	<p>MVP DIGITAL COUPON load on app • web • in-store kiosk</p> <p>15-16 Oz. - Select Varieties BUSH'S BEST BEANS MVP Coupon -50c OFF 108 EA W/O MVP CARD SAVINGS (LIMIT 1)</p>
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4 ZDPH ZDZA ZGAA ZGAL ZGAT ZGAU ZGHW ZGRY ZGSA ZKBG ZNKA ZKAV ZMBA ZMLB ZMBM ZMST ZMSA ZMWS ZNGL ZNGR ZNGS ZNGV ZNB6 ZNBF ZNNO ZNWA ZNWI ZNWI ZNWM ZNWN ZNWT ZPH4 ZSAG ZSAU ZSQC ZSGL ZSGV ZTHA ZTNV ZVCH ZVHA ZVHK ZVNO ZVNR ZVRC ZVRO ZVRI ZVRN ZVWR ZVWX 10/30/24



Last chance to **EARN \$20**

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

BEVERAGE CENTER

<p>12 Pack - 12 Oz. Cans Select Varieties CANADA DRY GINGER ALE</p> <p>HOTSALE!</p> <p>BOGO FREE</p> <p>W/O MVP Card Regular Retail Single Item Half Price</p>	<p>64 Oz. Select Varieties OLD ORCHARD 100% JUICE</p> <p>HOTSALE!</p> <p>BOGO FREE</p> <p>W/O MVP Card \$3.99 EA Single Item Half Price</p>	<p>8 Pack Select Varieties HI-C</p> <p>HOTSALE!</p> <p>2/\$4</p> <p>W/O MVP Card \$2.29 EA</p>
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<p>12 Oz. Select Varieties CELSIUS</p> <p>HOTSALE!</p> <p>1/69</p> <p>W/O MVP Card \$2.39 EA</p>	<p>6 Pack 16-16.9 Oz. Bottles Select Varieties COKE PEPSI</p> <p>HOTSALE!</p> <p>3/\$12</p> <p>W/O MVP Card Regular Retail</p>	<p>12 Pack 12 Oz. Cans Select Varieties COKE PEPSI</p> <p>HOTSALE!</p> <p>6/99</p> <p>W/O MVP Card Regular Retail</p>	<p>2 Liter Select Varieties COKE OR COKE FLAVORED PRODUCTS</p> <p>HOTSALE!</p> <p>2/\$4</p> <p>W/O MVP Card Regular Retail</p>
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<p>750 ml. Select Varieties 19 CRIMES OR CLOS DU BOIS WINE</p> <p>HOTSALE!</p> <p>10/99</p> <p>EA</p>	<p>750 ml. Select Varieties ARAVAIL OR APOTHC WINE</p> <p>HOTSALE!</p> <p>11/99</p> <p>EA</p>	<p>750 ml. Select Varieties ECCO DOMANI OR ROSCATO WINE</p> <p>HOTSALE!</p> <p>13/99</p> <p>EA</p>	<p>WINE DOWN WITH A GLASS</p>
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<p>12 Pack - 12 Oz. Cans Select Varieties HARD MOUNTAIN DEW TWISTED TEA</p> <p>HOTSALE!</p> <p>16/99</p> <p>EA</p>	<p>12 Pack 11.2-12 Oz. Bottles or Cans Select Varieties MODELO, PACIFICO OR STELLA ARTOIS</p> <p>HOTSALE!</p> <p>28/99</p> <p>EA</p>	<p>24 Pack - 12 Oz. Bottles or Cans 18 Pack - 12 Oz. Bottles or Cans CORONA OR MICHELOB ULTRA</p> <p>HOTSALE!</p> <p>28/99</p> <p>EA</p>
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<p>12 Pack - 12 Oz. Cans Select Varieties SIMPLY SPIKED TWISTED TEA OR HARD MOUNTAIN DEW</p> <p>HOTSALE!</p> <p>17/99</p> <p>EA</p>	<p>12 Pack - 12 Oz. Bottles or Cans Select Varieties ANGRY ORCHARD, SIERRA NEVADA OR NEW BELGIUM</p> <p>HOTSALE!</p> <p>18/99</p> <p>EA</p>	<p>12 Pack - 12 Oz. Cans Select Varieties WHITE CLAW HARD SELTZER OR TRULY SELTZER</p> <p>HOTSALE!</p> <p>17/99</p> <p>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

HOTSALE!
MVP
4/\$5
4.5 Oz. Select Varieties
DANNON LIGHT & FIT OR OIKOS REMIX YOGURT
MVP Coupon -1.00 OFF1
W/O MVP Card \$4.50 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/\$8
4.5 Oz. Select Varieties
DANNON LIGHT & FIT OR OIKOS REMIX YOGURT
MVP Coupon -1.00 OFF2
W/O MVP Card \$4.50 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

4-6 Ct. Select Varieties
KLONDIKE ICE CREAM BARS
HOTSALE!
MVP
2/\$7
W/O MVP Card \$4.50 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

13-35-16 Oz. Select Varieties
STATE FAIR CORN DOGS
HOTSALE!
MVP
2/\$7
W/O MVP Card \$4.50 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



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

Depend!
12-19 Ct.
Select Varieties
DEPEND
UNDERWEAR
HOT SALE! **16.79**
EA
W/O MVP Card \$17.81 EA
MVP
Coupon **-.300**
OFF!

Pampers
36-104 Ct.
Select Varieties
PAMPERS
SWADDLERS
OR EASY UPS
29.99
EA
MVP
Coupon **-.300**
OFF!

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



13.6 Oz.
ALWAYS MY BABY
BODY LOTION

HOTSALE!
MVP
2.69
EA
W/O MVP Card \$3.19 EA



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

Bounce
80 Ct. Mega or
160 Ct. Regular
BOUNCE
38 Oz.
DOWNY
Select Varieties
SWIFFER
7.99
EA
MVP
Coupon **-.200**
OFF!

Hot Sale! **4.99**
EA
W/O MVP Card \$5.94 EA
MVP
Coupon **-.200**
OFF!

2.99
EA
W/O MVP Card \$3.94 EA
MVP
Coupon **-.200**
OFF!

Hot Sale! **9.99**
EA
W/O MVP Card \$10.94 EA
MVP
Coupon **-.200**
OFF!

7.99
EA
W/O MVP Card \$8.94 EA
MVP
Coupon **-.200**
OFF!

Hot Sale! **15.99**
EA
W/O MVP Card \$16.94 EA
MVP
Coupon **-.300**
OFF!

12.99
EA
W/O MVP Card \$13.94 EA
MVP
Coupon **-.300**
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
W/O MVP Card Regular Retail

6 Oz. Pkg.
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

9.99
EA
While Supplies Last!

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!