

Here for
fall gatherings
and savings



YOU SAVE \$4.00 LB

HOTSALE! MVP

8.99 LB

BEEF T-BONE STEAK

W/O MVP Card \$12.99 LB



HOTSALE! MVP

2.99 LB

Family Pack
BONELESS, SKINLESS CHICKEN THIGHS

W/O MVP Card \$3.29 LB



HOTSALE! MVP

2.49 LB

Center Cut, Bone-In
PORK CHOPS

W/O MVP Card \$3.99 LB



HOTSALE! MVP

BOGO FREE

26-30 Ct.
16 Oz. Bag - Frozen
FOOD LION RAW OR COOKED SHRIMP

W/O MVP Card Regular Retail Single Item Half Price



YOU SAVE \$3.67 ON 3

HOTSALE! MVP

3/\$5

6 Oz. Pkg.
BLACKBERRIES

W/O MVP Card \$2.89 EA



HOTSALE! MVP

2/\$5

6-9 Oz. Pkg.
Select Varieties
FRESH EXPRESS SALAD BLENDS

W/O MVP Card \$3.79 EA



HOTSALE! MVP

1.99 EA

5 Lb. Bag
FOOD LION RUSSET POTATOES

W/O MVP Card \$4.99 EA



HOTSALE! MVP

1.79 EA

Whole
GOLDEN PINEAPPLE

W/O MVP Card \$2.19 EA



HOTSALE! MVP

BOGO FREE

12 Pack
12 Oz. Cans
Select Varieties
PEPSI PRODUCTS

W/O MVP Card Regular Retail Single Item Half Price



HOTSALE! MVP

BOGO FREE

5-9-10 Oz. Select Varieties
PEPPERIDGE FARM GOLDFISH FAMILY SIZE OR CRISPS

W/O MVP Card Regular Retail Single Item Half Price



HOTSALE! MVP

BOGO FREE

4-5-8 Oz. Select Varieties
MOTT'S OR BETTY CROCKER FRUIT SNACKS

W/O MVP Card Regular Retail Single Item Half Price



HOTSALE! MVP

BOGO FREE

10 Oz. K-Cups or 12 Oz. Bag
Select Varieties
STARBUCKS COFFEE

W/O MVP Card Regular Retail Single Item Half Price



HOTSALE! MVP

15.99 EA

12 Pack
12 Oz. Bottles or Cans
Select Varieties
HEINEKEN, CORONA OR MODELO

W/O MVP Card Regular Retail Single Item Half Price



HOTSALE! MVP

2.99 EA

46 Oz. Select Varieties
TROPICANA PREMIUM ORANGE JUICE

W/O MVP Card \$4.68 EA



HOTSALE! MVP

4.49 EA

16 Oz. Select Varieties
KRAFT SINGLES

W/O MVP Card \$5.49 EA



HOTSALE! MVP

2/\$7

6-5-10 Oz. Select Varieties
FRITOS

W/O MVP Card Regular Retail



HOTSALE! MVP

4.99 EA

18-24.5 Oz. Select Varieties
GORTON'S FROZEN SEAFOOD

W/O MVP Card \$8.99 EA



HOTSALE! MVP

8.99 EA

24 Oz. Pkg. Frozen
Select Varieties
JUST BARE CHICKEN

W/O MVP Card \$12.29 EA

MVP DIGITAL COUPON
Load on app, scan in-store kiosk



4/\$4

4-10-5.7 Oz. Select Varieties
KNORR PASTA OR RICE SIDES

W/O MVP Card Regular Retail



HOTSALE! MVP

3.49 EA

12 Oz. Select Varieties
SPAM LUNCHEON MEAT

W/O MVP Card Regular Retail



HOTSALE! MVP

3.49 EA

6-8-11 Oz. Select Varieties
ENTENMANN'S LITTLE BITES MUFFINS

W/O MVP Card \$5.79 EA



HOTSALE! MVP

2/\$5

32-5-33 Oz. Select Varieties
ARM & HAMMER

W/O MVP Card \$4.29 EA



HOTSALE! MVP

5.49 EA

8 Mega Rolls
ANGEL SOFT 4 QUARTER SHEET SPARKLE

W/O MVP Card Regular Retail

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

Here to save you more with exclusive *rewards*



[Activate Your Offers](#)

[Check Your Progress](#)



You can also

donate your rewards to help our neighbors!

[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.





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

Get List & Recipes

DELicious BOGOs of the week!



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

4 CL
FOOD LION BAGELS



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

TASTE OF INSPIRATIONS SAVORY GARLIC KNOTS



HOTSALE!
BOGO FREE
W/O MVP Card \$6.99 EA
Single Item Half Price

5 Oz.
MARIEKE GOUDA CHEESE WEDGES

HOTSALE!
\$5 EA
W/O MVP Card \$6.49 EA

Made In-Store 16.9-20 Oz. Select Varieties
FOOD LION SANDWICH LUNCHBOX

PRICED LOW EVERY DAY!
\$5 EA

Made In-Store 8.5-12.2 Oz. Select Varieties
FRESH GREEN SALADS

HOTSALE!
\$5 EA
W/O MVP Card \$5.99 EA

16 Oz. Select Varieties
PANERA SOUPS

Quick eats \$5 each!

Each item sold separately.

HOTSALE!
8.99 EA
W/O MVP Card \$5.99 EA

Freshly Sliced
DIETZ & WATSON TURKEY

HOTSALE!
7.99 EA
W/O MVP Card \$8.99 EA

16 Oz.
TASTE OF INSPIRATIONS GOURMET CHEESE SAMPLER

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

10 Oz.
TASTE OF INSPIRATIONS HUMMUS

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

6-8 Oz.
GOURMET COOKIES

HOTSALE!
5/\$5
W/O MVP Card \$1.29 EA

3.25-4 Oz.
SNACK PIES

OUR BRANDS

Buy a participating product from our family of brands & get a select our brands product for **FREE** when you use your personal MVP Card.

Switch to Our Brands and save. **FOOD LION** *Nature's Promise* *Taste of Inspirations*

| BUY ONE OF THESE | BUY ONE OF THESE | BUY ONE OF THESE | BUY ONE OF THESE | BUY ONE OF THESE |
|--|---|---|---|---|
|  <p>HOTSALE! 7.99 EA W/O MVP Card Regular Retail</p> <p>10 Oz. Pkg. NATURE'S PROMISE ATLANTIC SALMON PORTIONS</p> |  <p>HOTSALE! 3.99 EA W/O MVP Card \$4.49 EA</p> <p>4 Oz. Select Varieties TASTE OF INSPIRATIONS GOAT CHEESE LOG IN THE DELI</p> |  <p>PRICED LOW EVERY DAY! 5.29 EA</p> <p>12 Oz. Select Varieties NATURE'S PROMISE ORGANIC ALMOND BUTTER</p> |  <p>HOTSALE! 1.49 EA W/O MVP Card \$1.99 EA</p> <p>16 Oz. - Select Varieties NATURE'S PROMISE ORGANIC REFRIED PINTO BEANS</p> |  <p>HOTSALE! 3.99 EA</p> <p>24 Oz. Select Varieties TASTE OF INSPIRATIONS PASTA SAUCE</p> |
| <p>& GET THIS FREE</p> <p>5 Oz. Select Varieties NATURE'S PROMISE ORGANIC HERBS</p> <p>W/O MVP Card Regular Retail Limit 1 request per shopping visit.</p> | <p>& GET THIS FREE</p> <p>10 Oz. Select Varieties NATURE'S PROMISE FRENCH BAGUETTE IN THE BAKERY</p> <p>W/O MVP Card Regular Retail Limit 1 request per shopping visit.</p> | <p>& GET THIS FREE</p> <p>15.5 Oz. Select Varieties NATURE'S PROMISE ORGANIC FRUIT SPREAD</p> <p>W/O MVP Card Regular Retail Limit 1 request per shopping visit.</p> | <p>& GET THIS FREE</p> <p>1 Oz. Select Varieties NATURE'S PROMISE ORGANIC SEASONING</p> <p>W/O MVP Card Regular Retail Limit 1 request per shopping visit.</p> | <p>& GET THIS FREE</p> <p>16 Oz. Select Varieties TASTE OF INSPIRATIONS PASTA</p> <p>W/O MVP Card Regular Retail Limit 1 request per shopping visit.</p> |

EARN \$20
for being our 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.

A woman with glasses on her head, wearing a brown t-shirt with the 'FOOD LION FEEDS' logo, is working in a food pantry. She is surrounded by shelves of food items and is handling a tray of containers. The background shows a well-lit room with more food supplies.

Give today

and we will match
your donation*

Together, we can help
our neighbors impacted
by Hurricane Helene

**FOOD LION
FEEDS**
Charitable Foundation

LEARN MORE

*Food Lion will match all donations (up to \$1M)

BUY 3 OR MORE **MVP** **SAVE \$1 ON EACH ITEM**
Mix & match on participating items!

Bob Evans **Simply Potatoes** **Thomas'** **Post** **Wesson** **Old El Paso**

12-16 Oz. Pkg. Select Varieties
BOB EVANS SAUSAGE LINKS, FATTIES OR ROLLS
W/O MVP Card Regular Retail
HOT SALE! 3.99 EA
MIX & MATCH 3 OR MORE **-1.00**
2.99 EA MVP
WHEN YOU BUY 3 OR MORE

20 Oz. Pkg. Select Varieties
SIMPLY POTATOES HASH BROWNS
W/O MVP Card Regular Retail
HOT SALE! 2.99 EA
MIX & MATCH 3 OR MORE **-1.00**
1.99 EA MVP
WHEN YOU BUY 3 OR MORE

11-20.5 Oz. Select Varieties
THOMAS' ENGLISH MUFFINS
W/O MVP Card \$5.29 EA
PRICED LOW EVERY DAY 3.89 EA
MIX & MATCH 3 OR MORE **-1.00**
2.89 EA MVP
WHEN YOU BUY 3 OR MORE

15-30 Oz. Select Varieties
THOMAS' BAGELS
W/O MVP Card \$5.49 EA
PRICED LOW EVERY DAY 4.99 EA
MIX & MATCH 3 OR MORE **-1.00**
3.99 EA MVP
WHEN YOU BUY 3 OR MORE

12-5-14-7.5 Oz. Select Varieties
POST HONEY-COMB OR HONEY BUNCHES OF OATS CEREAL
W/O MVP Card Regular Retail
HOT SALE! 2.99 EA
MIX & MATCH 3 OR MORE **-1.00**
1.99 EA MVP
WHEN YOU BUY 3 OR MORE

10-12 Oz. Select Varieties
POST PEBBLES OR HONEY BUNCHES OF OATS CEREAL
W/O MVP Card Regular Retail
HOT SALE! 2.99 EA
MIX & MATCH 3 OR MORE **-1.00**
1.99 EA MVP
WHEN YOU BUY 3 OR MORE

PRICED LOW EVERY DAY **MVP** **HOTSALE!**

16 Oz. Select Varieties
PACE SALSA OR PICANTE SAUCE
W/O MVP Card Regular Retail
MVP 2/\$5

24 Oz. Select Varieties
WESSON VEGETABLE OR CANOLA OIL
W/O MVP Card Regular Retail
MVP 3/19

17.5-18 Oz. Select Varieties
KRAFT BARBECUE SAUCE
W/O MVP Card \$2.48 EA
MVP 1.79 EA

28 Oz. Select Varieties
SAUCY SPOON BAKED BEANS
W/O MVP Card \$2.99 EA
MVP 2/\$4

5 Lb. **SOUTHERN BISCUIT SELF-RISING FLOUR**
W/O MVP Card \$4.89 EA
PRICED LOW EVERY DAY 3.99 EA MVP

47.8 Oz. **FERRERO ASSORTED CANDY MINIS**
W/O MVP Card \$19.99 EA
HOTSALE! 17.99 EA MVP

10-12 Oz. Select Varieties
SNYDERS SNYDERS PRETZEL PIECES
W/O MVP Card \$3.99 EA
HOTSALE! 2/\$6 MVP

2-12 3.5 Oz. Select Varieties
MCCORMICK GRILL MATES SEASONING
W/O MVP Card \$2.79 EA
HOTSALE! 1.99 EA MVP

18 Ct. Select Varieties
UTZ VARIETY PACK
W/O MVP Card \$9.99 EA
HOTSALE! 8.99 EA MVP

14 Oz. Select Varieties
STAUFFER'S SNAPS
W/O MVP Card \$3.79 EA
HOTSALE! 2/\$5 MVP

20 Oz. Select Varieties
NATURE'S OWN 100% WHEAT BREAD
W/O MVP Card \$4.49 EA Single Item Half Price
HOTSALE! BOGO FREE MVP

1 Oz. Select Varieties
OLD EL PASO SEASONING MIX
W/O MVP Card \$1.99 EA
HOTSALE! 99¢ EA MVP

8-4-11 Oz. Select Varieties
HIDDEN VALLEY SALAD DRESSING MIX
W/O MVP Card \$2.48 EA
HOTSALE! 1.69 EA MVP

9.7 Oz. Select Varieties
NUTELLA BISCUITS
W/O MVP Card \$4.49 EA
HOTSALE! 3.99 EA MVP

412-5-32 Oz. Select Varieties
GHIRARDELLI CHOCOLATE SQUARES
W/O MVP Card \$5.49 EA
HOTSALE! 4.89 EA MVP

BUY ONE OF THESE

30 Oz. Select Varieties
DUKE'S MAYONNAISE
W/O MVP Card \$5.49 EA
HOTSALE! 4.99 EA MVP

7.75-9.5 Oz. Select Varieties
UTZ POTATO CHIPS
W/O MVP Card \$4.79 EA
HOTSALE! 2/\$6 MVP

14-16 Oz. Select Varieties
BLUE DIAMOND ALMONDS
W/O MVP Card \$9.99 EA
HOTSALE! 5.99 EA MVP

6 Oz. Select Varieties
TRUFF HOT SAUCE
W/O MVP Card \$13.99 EA
HOTSALE! 9.99 EA MVP

& GET THIS FREE

12 Oz. CHICKEN OF THE SEA CHUNK LIGHT TUNA
W/O MVP Card Regular Retail - Limit 1 reward per shopping visit.

32 Oz. Select Varieties
SWANSON COOKING STOCK
W/O MVP Card \$2.99 EA
HOTSALE! 2.69 EA MVP

16 Oz. Select Varieties
FOOD LION SALTINE CRACKERS
W/O MVP Card \$2.19 EA
HOTSALE! 1.99 EA MVP

24 Oz. Select Varieties
GOLDEN BLOSSOM PURE HONEY
W/O MVP Card \$12.99 EA
HOTSALE! 9.99 EA MVP

4 ZNCO ZDPH ZD5A ZD5H ZD5L ZD5T ZD5U ZD5V ZD5W ZD5X ZD5Y ZD5Z ZD6A ZD6B ZD6C ZD6D ZD6E ZD6F ZD6G ZD6H ZD6I ZD6J ZD6K ZD6L ZD6M ZD6N ZD6O ZD6P ZD6Q ZD6R ZD6S ZD6T ZD6U ZD6V ZD6W ZD6X ZD6Y ZD6Z ZD7A ZD7B ZD7C ZD7D ZD7E ZD7F ZD7G ZD7H ZD7I ZD7J ZD7K ZD7L ZD7M ZD7N ZD7O ZD7P ZD7Q ZD7R ZD7S ZD7T ZD7U ZD7V ZD7W ZD7X ZD7Y ZD7Z ZD8A ZD8B ZD8C ZD8D ZD8E ZD8F ZD8G ZD8H ZD8I ZD8J ZD8K ZD8L ZD8M ZD8N ZD8O ZD8P ZD8Q ZD8R ZD8S ZD8T ZD8U ZD8V ZD8W ZD8X ZD8Y ZD8Z ZD9A ZD9B ZD9C ZD9D ZD9E ZD9F ZD9G ZD9H ZD9I ZD9J ZD9K ZD9L ZD9M ZD9N ZD9O ZD9P ZD9Q ZD9R ZD9S ZD9T ZD9U ZD9V ZD9W ZD9X ZD9Y ZD9Z ZD0A ZD0B ZD0C ZD0D ZD0E ZD0F ZD0G ZD0H ZD0I ZD0J ZD0K ZD0L ZD0M ZD0N ZD0O ZD0P ZD0Q ZD0R ZD0S ZD0T ZD0U ZD0V ZD0W ZD0X ZD0Y ZD0Z

EARN \$20 *for being our*



**SPEND \$50
6 TIMES***

**TRACK YOUR
RECEIPT**

**RECEIVE
\$20 COUPON**

OCTOBER 16TH - NOVEMBER 26TH

GET DETAILS



Snack at home like you're at the carnival

4.4-7 Oz. Select Varieties
ANGIE'S BOOMCHICKAPOP POPCORN

HOTSALE!

2/\$6

W/O MVP Card \$3.75 EA

5 Oz. Select Varieties
BOOM CHICKA POP

HOTSALE!

5.29

W/O MVP Card \$5.99 EA

5 Oz. Select Varieties
MOYER'S CARAMEL APPLES

HOTSALE!

1.79

W/O MVP Card \$2.49 EA

20 Oz. Select Varieties
NATHAN'S FAMOUS PRETZEL DOGS

HOTSALE!

7.99

W/O MVP Card \$8.99 EA

4.2-7 Oz. Select Varieties
FOSTER FARMS CORN DOGS

HOTSALE!

6.99

W/O MVP Card \$7.99 EA

6.4-15.35 Oz. Select Varieties
NABISCO OREO COOKIES

HOTSALE!

3.49

W/O MVP Card \$4.49 EA

BEVERAGE CENTER

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

HOTSALE!

3/\$12

W/O MVP Card Regular Retail

24 Pack 5 Liter Bottles
DEER PARK SPRING WATER

HOTSALE!

4.49

W/O MVP Card \$6.99 EA

6 Pack 16-16.9 Oz. Bottles Select Varieties
DR PEPPER PRODUCTS

HOTSALE!

4/\$12

W/O MVP Card Regular Retail

17 Oz. Select Varieties
SPARKLING ICE FLAVORED WATER

PRICED LOW EVERY DAY!

5/\$5

W/O MVP Card \$1.28 EA

64 Oz. Select Varieties
OLD ORCHARD HEALTHY BALANCE OR 100% JUICE

HOTSALE!

2/\$5

W/O MVP Card Regular Retail

8 Pack 6.75 Oz. Boxes Select Varieties
JUICY JUICE 100% JUICE

HOTSALE!

2/\$5

W/O MVP Card \$3.49 EA

15 Oz. Select Varieties
MONSTER JAVA

HOTSALE!

2/\$4

W/O MVP Card \$2.79 EA

750 ml. Select Varieties
YELLOW TAIL OR BAREFOOT WINE

HOTSALE!

5.99

EA

750 ml. Select Varieties
JOSEF WEINBERG OR COOK'S WINE

HOTSALE!

9.99

EA

1.5 Liter Select Varieties
CAVIT WINE

HOTSALE!

13.99

EA

SAVE 10% WHEN YOU BUY 6 BOTTLES OF WINE

12 Pack - 12 Oz. Bottles or Cans
BLUE MOON, LEINENKUGEL'S OR KONA

HOTSALE!

14.99

EA

12 Pack - 12 Oz. Cans Select Varieties
HOOP TEA, HOOP TEA OR CAYMAN JACK

HOTSALE!

15.99

EA

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

HOTSALE!

20.99

EA

12 Pack - 12 Oz. Bottles or Cans
BLUE MOON, LEINENKUGEL'S OR KONA

HOTSALE!

14.99

EA

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

HOTSALE!

15.99

EA

12 Pack - 12 Oz. Bottles
RED OAK

12 Pack - 12 Oz. Bottles or Cans
SIERRA NEVADA

12 Pack - 12 Oz. Cans
WICKED WEED

HOTSALE!

16.99

EA

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

Purina® supports pet-friendly domestic violence shelters.



PURINA + RedRover



SHOP NOW

BUY ONE GET ONE
FREE



american greetings

CLIP COUPON

DAIRY

FILL THE FRIDGE WITH THESE GREAT DEALS

BUY TWO OF THESE

32 Oz. - Select Varieties

NESTLE COFFEE MATE CREAMER

379
EA
W/O MVP Card \$4.29 EA

& GET THIS

FREE

50 Oz. - Select Varieties
NESTLE COFFEE-MATE ICED COFFEE

W/O MVP Card Regular Retail Limit 1 reward per shopping visit

HOTSALE!
W/O MVP Card \$5.99 EA
499
EA
17.5-30 Oz. - Select Varieties
PILLSBURY BREADS OR GRANDS! CINNAMON ROLLS

HOTSALE!
W/O MVP Card Regular Retail
5/\$5
5.3 Oz. - Select Varieties
DANNON LIGHT & FIT OR Oikos GREEK YOGURT

HOTSALE!
W/O MVP Card \$3.55
4/\$5
5 Oz. - Select Varieties
YOPLAIT OUI YOGURT

HOTSALE!
W/O MVP Card \$2.48 EA
2/\$4
59 Oz. - Select Varieties
MINUTE MAID PUNCHES OR ADES

HOTSALE!
W/O MVP Card \$5.49 EA
399
EA
7.5-8 Oz. - Select Varieties
PHILADELPHIA SOFT CREAM CHEESE

HOTSALE!
W/O MVP Card \$4.89 EA
349
EA
14-16.5 Oz. - Select Varieties
NESTLE TOLL HOUSE COOKIES

HOTSALE!
W/O MVP Card \$3.99 EA
2/\$6
6-8 Oz. - Select Varieties
CRACKER BARREL BARS, STICKS OR CUBES

HOTSALE!
W/O MVP Card \$3.99 EA
2/\$6
4-6 Pack - Select Varieties
DANIMALS SMOOTHIE OR YOGRUNCH YOGURT

FROZEN

STOCK UP ON EVERYONE'S FAVORITE

HOTSALE!
W/O MVP Card \$5.79 EA
499
EA
26 Oz. Pkg. - Frozen - Select Varieties
FOOD LION BREADED CHICKEN

HOTSALE!
W/O MVP Card \$3.69 EA
2/\$5
11.7 Oz. - Select Varieties
PILLSBURY TOASTER STRUDEL

HOTSALE!
W/O MVP Card \$94 EA
2/\$1
3.8-4 Oz. - Select Varieties
EL MONTEREY BURRITOS

HOTSALE!
W/O MVP Card \$5.99 EA
399
EA
9 Oz. - Select Varieties
TASTE CHOICE SHRIMP

HOTSALE!
W/O MVP Card \$7.39 EA
499
EA
50 Ct. - Select Varieties
TOTINO'S PIZZA ROLLS

HOTSALE!
W/O MVP Card \$4.89 EA
349
EA
14.5-16 Oz. - Select Varieties
HUNGRY-MAN DINNERS

HOTSALE!
W/O MVP Card \$3.99 EA
2/\$7
18.6 Oz. - Select Varieties
TONY'S PIZZA

HOTSALE!
W/O MVP Card \$14.29 EA
1199
EA
52.5-57 Oz. - Select Varieties
STOUFFER'S FAMILY SIZE DINNERS

HOTSALE!
W/O MVP Card \$1.39 EA
4/\$5
5.2 Oz. - Select Varieties
FOOD LION CRISPY THIN CRUST PIZZA

HOTSALE!
W/O MVP Card \$3.99 EA
349
EA
6.7-7.3 Oz. - Select Varieties
LILY'S TOASTER GRILLS

BREAKFAST

64 Oz. - Select Varieties
SILK MILK
HOTSALE!
W/O MVP Card \$3.99 EA
2/\$6

13.5-14.9 Oz. - Select Varieties
GENERAL MILLS FLAVORED CHEERIOS CEREAL
HOTSALE!
W/O MVP Card \$1.99 EA
BOGO FREE

10.5-11 Oz. - Select Varieties
GENERAL MILLS HONEY NUT CHEERIOS OR LUCKY CHARMS CEREAL
HOTSALE!
W/O MVP Card Regular Retail
2/\$6

12 Ct. Single Serve Cups or 12 Oz. Bag - Select Varieties
FOOD LION COFFEE
HOTSALE!
W/O MVP Card Regular Retail
449
EA

HOTSALE!
W/O MVP Card \$6.99 EA
499
EA
24 BARS - Select Varieties
NATURE VALLEY GRANOLA BARS

32-36 Oz. - Select Varieties
WELCH'S FRUIT SNACKS
HOTSALE!
W/O MVP Card \$1.29 EA
829
EA

10.5-11.5 Oz. - Can - Select Varieties
FOOD LION MEDIUM ROAST COFFEE
HOTSALE!
W/O MVP Card \$3.99 EA
349
EA

32 Ct. K-Cups - Select Varieties
DUNKIN' COFFEE
HOTSALE!
W/O MVP Card \$25.99 EA
1999
EA

NEW

Knorr

Authentic Meals
Start Here

地道佳餚從這裡開始

Bữa ăn chuẩn vị, bắt nguồn từ đây

SHOP NOW



Easy Tailgate
Easy Win

SHOP NOW



HOUSE & HOME

FALL CLEANING AND ENTERTAINING ESSENTIALS

All seasonal items are available while supplies last

| | | | |
|--|--|--|---|
| <p>8.3 Oz. Select Varieties GLADE AEROSOL</p> <p>HOTSALE!</p> <p>2/\$5</p> <p>W/O MVP Card \$2.79 EA</p> | <p>3.4 Oz. Select Varieties GLADE CANDLES</p> <p>HOTSALE!</p> <p>379</p> <p>EA</p> <p>W/O MVP Card \$5.69 EA</p> | <p>1 Ct. SMART LIVING PARTY CUP 16 OUNCE</p> <p>HOTSALE!</p> <p>2/\$3</p> <p>W/O MVP Card \$1.99 EA</p> | <p>1 Ct. SMART LIVING RAINBOW SPIN LIGHT</p> <p>HOTSALE!</p> <p>499</p> <p>EA</p> <p>W/O MVP Card \$5.99 EA</p> |
| <p>32-48 Oz. All-Purpose Cleaner or 2 Pc. Toilet Bowl LYSOL</p> <p>HOTSALE!</p> <p>349</p> <p>EA</p> <p>W/O MVP Card Regular Retail</p> | <p>56 Oz. Select Varieties FABULOSO</p> <p>HOTSALE!</p> <p>399</p> <p>EA</p> <p>W/O MVP Card \$4.99 EA</p> | <p>1 Ct. SMART LIVING BATTERY OPERATED CRYSTAL GHOST</p> <p>HOTSALE!</p> <p>499</p> <p>EA</p> <p>W/O MVP Card \$3.99 EA</p> | <p>1 Ct. - Assorted PUMPKIN DECOR</p> <p>HOTSALE!</p> <p>799</p> <p>EA</p> <p>W/O MVP Card \$8.99 EA</p> |
| <p>48 Oz. Select Varieties PINE-SOL</p> <p>PRICED LOW EVERY DAY!</p> <p>799</p> <p>EA</p> <p>W/O MVP Card \$9.79 EA</p> | <p>20 Oz. Aerosol or 32 Oz. Trigger SCRUBBING BUBBLES</p> <p>HOTSALE!</p> <p>379</p> <p>EA</p> <p>W/O MVP Card Regular Retail</p> | <p>3 Ct. Sponges SCOTCH-BRITE</p> <p>HOTSALE!</p> <p>2/\$6</p> <p>W/O MVP Card \$3.69 EA</p> | <p>16 Oz. Mist or 75 Ct. Wipes CLOROX</p> <p>HOTSALE!</p> <p>499</p> <p>EA</p> <p>W/O MVP Card Regular Retail</p> |
| <p>18-28 Ct. Select Varieties HEFTY TRASH BAGS</p> <p>HOTSALE!</p> <p>789</p> <p>EA</p> <p>W/O MVP Card \$8.79 EA</p> | <p>32.5 Oz. Select Varieties PALMOLIVE DISH SOAP</p> <p>HOTSALE!</p> <p>399</p> <p>EA</p> <p>W/O MVP Card \$4.49 EA</p> | <p>11-18 Ct. Select Varieties CASCADE</p> <p>HOTSALE!</p> <p>549</p> <p>EA</p> <p>W/O MVP Card \$7.99 EA</p> | <p>9 Mega Rolls FOOD LION BATH TISSUE 6 Double Rolls FOOD LION PAPER TOWELS</p> <p>Select Varieties</p> <p>HOTSALE!</p> <p>899</p> <p>EA</p> <p>W/O MVP Card Regular Retail</p> |

HEALTH & BABY

SAVINGS TO HELP YOU TAKE CARE OF THE FAMILY

| | | | |
|---|---|---|---|
| <p>7.5-11 Oz. Select Varieties DIAL HAND SOAP</p> <p>HOTSALE!</p> <p>2/\$5</p> <p>W/O MVP Card \$3.29 EA</p> | <p>50 Ct. Select Varieties ALEVE CAPLETS OR TABLETS</p> <p>HOTSALE!</p> <p>799</p> <p>EA</p> <p>W/O MVP Card \$9.99 EA</p> | <p>29-96 Ct. Select Varieties TUMS</p> <p>HOTSALE!</p> <p>549</p> <p>EA</p> <p>W/O MVP Card \$6.59 EA</p> | <p>2 Ct. - Select Varieties GILLETTE SENSOR 5 OR VENUS DISPOSABLE RAZORS</p> <p>HOTSALE!</p> <p>999</p> <p>EA</p> <p>W/O MVP Card Regular Retail</p> |
| <p>3.5 Oz. Select Varieties PLUM ORGANICS POUCHES</p> <p>HOTSALE!</p> <p>139</p> <p>EA</p> <p>W/O MVP Card \$1.99 EA</p> | <p>1 Oz. - Varieties GERBER GRADUATES YOGURT MELTS</p> <p>HOTSALE!</p> <p>2/\$6</p> <p>W/O MVP Card \$3.99 EA</p> | <p>4 Oz. Jar EARTH'S BEST ORGANIC BABY FOOD</p> <p>HOTSALE!</p> <p>4/\$5</p> <p>W/O MVP Card \$1.69 EA</p> | <p>19-38 Ct. Select Sizes HUGGIES SNUG & DRY JUMBO PACK</p> <p>HOTSALE!</p> <p>899</p> <p>EA</p> <p>W/O MVP Card \$9.99 EA</p> |

PET

| | | | |
|--|---|--|--|
| <p>3-3.47 Lb. Select Varieties MEOW MIX DRY CAT FOOD</p> <p>HOTSALE!</p> <p>519</p> <p>EA</p> <p>W/O MVP Card \$9.99 EA</p> | <p>25-28 Lb. Select Varieties FRESH STEP CAT LITTER</p> <p>HOTSALE!</p> <p>1499</p> <p>EA</p> <p>W/O MVP Card \$18.79 EA</p> | <p>3.5 Oz. Tray CESAR WET DOG FOOD</p> <p>HOTSALE!</p> <p>129</p> <p>EA</p> <p>W/O MVP Card \$1.99 EA</p> | <p>5 Lb. Bag BLUE BUFFALO LIFE PROTECTION FORMULA DOG FOOD</p> <p>HOTSALE!</p> <p>1699</p> <p>EA</p> <p>W/O MVP Card \$19.99 EA</p> |
|--|---|--|--|



**NEW SPICY
SOUP THAT EATS
LIKE A MEAL**



SHOP NOW

Keeping your fresh favorites *priced low*

In our produce department you'll find organics, what's best in season, and your everyday essentials at the best prices possible.



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

Bulk or Tote Bag
**ZUCCHINI OR
YELLOW SQUASH**



HOTSALE!
MVP
3.99
EA
W/O MVP Card Regular Retail

24 Oz. Pkg.
**WILD WONDERS
TOMATOES**



HOTSALE!
MVP
4.49
EA
W/O MVP Card Regular Retail

6 Ct. Pkg.
**RAINBOW
PEPPER**



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

CANTALOUPE



HOTSALE!
MVP
2.49
EA
W/O MVP Card Regular Retail

16 Oz.
**FOOD LION
BRUSSELS SPROUTS**



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

1 Lb. Container
STRAWBERRIES



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

**DRAGON
FRUIT**



HOTSALE!
MVP
1.49
LB
W/O MVP Card Regular Retail

Bartlett, Red or Bosc
PEARS



HOTSALE!
MVP
9.99
EA
W/O MVP Card Regular Retail

6 INCH
PELEE MUMS

While Supplies Last!

ORGANIC



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

6 Oz. Pkg.
**ORGANIC
BLUEBERRIES**



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

10 Oz. Pkg.
**NATURE'S PROMISE
ORGANIC GRAPE
TOMATOES**



It's cider time!

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

64 Oz. - Select Varieties
**BIG RED TRUCK
APPLE CIDER**

*100% fresh
or double
your money back*

See foodlion.com for details

Text CountOnUs to MVPMP (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:
**Angier, Battleboro, Benson, Kenly, Lillington, Nashville, Princeton,
 Rocky Mount, Scotland Neck, Selma, Smithfield, Spring Hope,
 Tarboro, Wilson**

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.



MVP DIGITAL COUPONS

LOAD & SAVE MORE

load on app • web • in-store kiosk

October 16 - October 22, 2024

Offers valid while supplies last.




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

6-12.87 Oz.
Select Varieties
STOUFFER'S ENTRÉES OR LEAN CUISINE ENTRÉES

2/\$4
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



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

9-14 Oz.
Select Varieties

MARIE CALLENDER'S DINNERS OR HEALTHY CHOICE SIMPLY STEAMERS

2/\$6
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



HOT SALE! 2/\$6
W/O MVP Card Regular Retail
MVP Coupon -1.00 OFF 2

10.25-13.5 Oz.
Select Varieties
NEW YORK TEXAS TOAST

2/\$5
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



HOT SALE! 2/\$6
W/O MVP Card \$3.59 EA
MVP Coupon -1.00 OFF 2

10.5-16 Oz.
Select Varieties
BOSTON MARKET FROZEN DINNERS

2/\$5
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



HOT SALE! 4.99 EA
W/O MVP Card \$5.99 EA
MVP Coupon -1.00 OFF 1

16.9-31.4 Oz.
Select Varieties
DIGIORNO 12" PIZZA

3.99 EA
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



PRICED LOW EVERY DAY 3.99 EA
W/O MVP Card \$4.89 EA
MVP Coupon -1.00 OFF 1

14 Oz.
Select Varieties
HÄAGEN-DAZS ICE CREAM

2.99 EA
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



PRICED LOW EVERY DAY 2/\$6
W/O MVP Card \$3.69 EA
MVP Coupon -1.00 OFF 2

7-9 Oz.
Select Varieties
JIMMY DEAN BREAKFAST BOWLS

2/\$5
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



HOT SALE! 5.99 EA
W/O MVP Card \$6.99 EA
MVP Coupon -1.00 OFF 1

45 Oz.
Select Varieties
BLUE RIBBON NOVELTIES

4.99 EA
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



HOT SALE! 2/\$5
W/O MVP Card \$2.99 EA
MVP Coupon -1.00 OFF 2

6-12.7 Oz.
Select Varieties
BIRDS EYE STEAMFRESH VEGETABLES

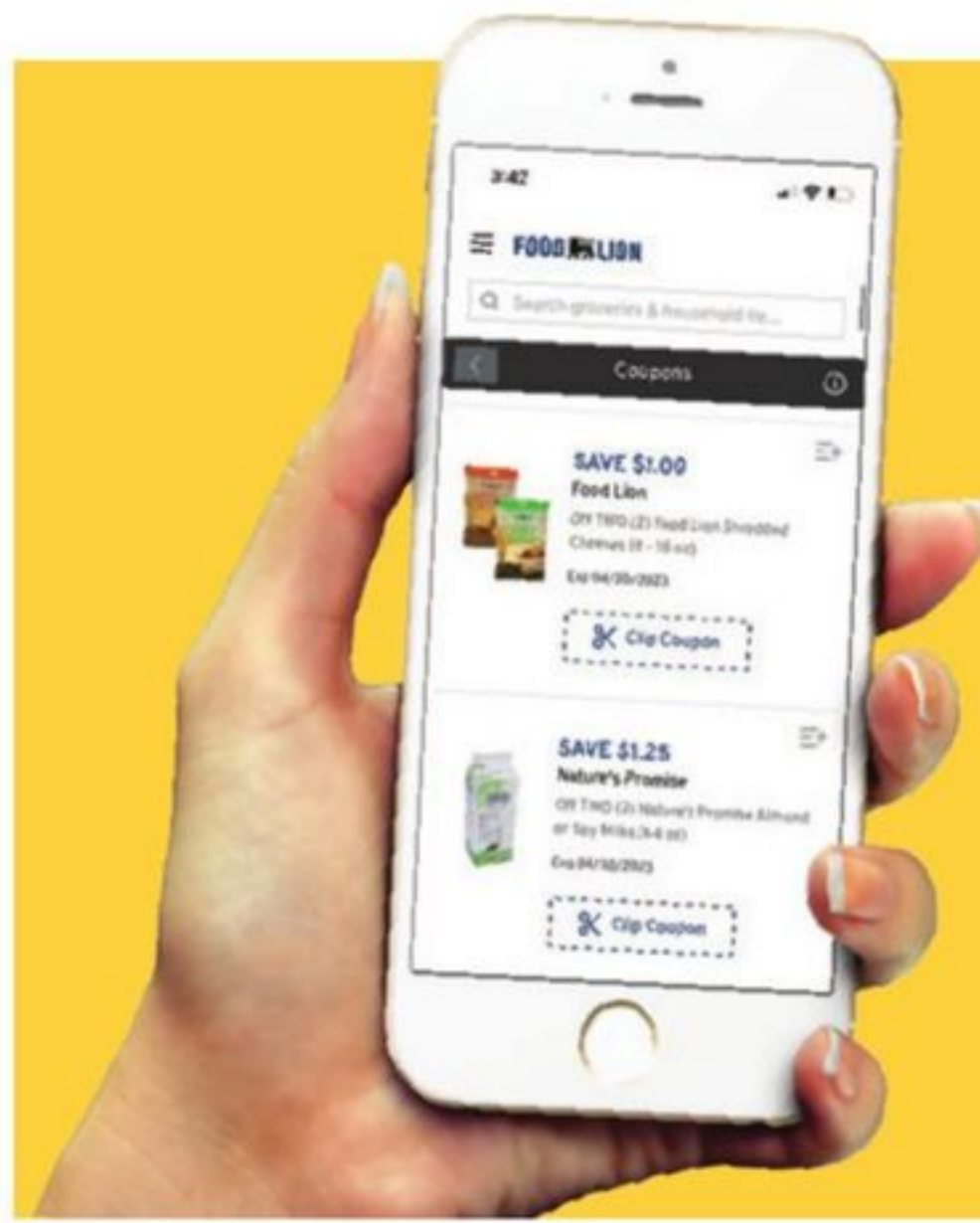
2/\$4
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



HOT SALE! 6.99 EA
W/O MVP Card Regular Retail
MVP Coupon -1.00 OFF 1

20-25 Oz.
Select Varieties
P.F. CHANG'S MEALS OR BERTOLLI OVEN READY BAKES

5.99 EA
MVP W/MFR. DISCOUNT SAVINGS LIMIT 1



MVP DIGITAL COUPONS

load on app, online or at the in-store kiosk



HOT SALE! **8⁹⁹**
EA
W/O MVP Card \$9.49 EA
MVP Coupon **-1⁰⁰**
OFF 1

22.2-26.6 Oz.
Select Varieties
**DIGIORNO
STUFFED
CRUST PIZZA**

7⁹⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



HOT SALE! **2/\$5**
W/O MVP Card Regular Retail
MVP Coupon **-1⁰⁰**
OFF 2

8 Oz. Pkg.
All Varieties
**HATFIELD
BONELESS
HAM STEAK**

2/\$4
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



HOT SALE! **2/\$5**
W/O MVP Card Regular Retail
MVP Coupon **-1⁰⁰**
OFF 2

7.5-8 Oz.
Select Varieties
**CHEX MIX
OR BUGLES**

2/\$4
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



HOT SALE! **2/\$6**
W/O MVP Card \$4.39 EA
MVP Coupon **-1⁰⁰**
OFF 2

9.7-14 Oz.
Select Varieties
**GREEN GIANT
VEGGIE MADE
VEGETABLES**

2/\$5
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



HOT SALE! **4⁹⁹**
EA
W/O MVP Card \$5.69 EA
MVP Coupon **-1⁰⁰**
OFF 1

16 Oz.
Select Varieties
**KRAFT
SHREDDED
CHEESE**

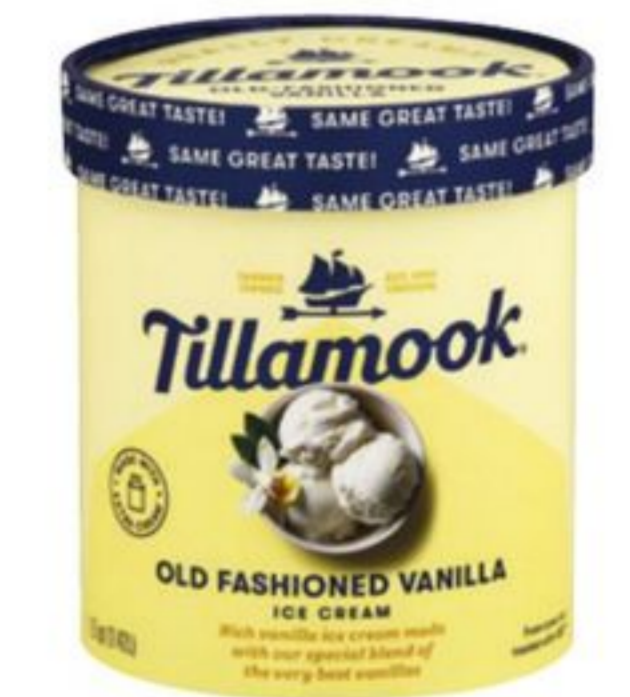
3⁹⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



HOT SALE! **2/\$7**
W/O MVP Card Regular Retail
MVP Coupon **-1⁰⁰**
OFF 2

22 Oz. Tub or 6 Pack
Select Varieties
**KOZY
SHACK RICE
PUDDING**

2/\$6
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



HOT SALE! **4⁹⁹**
EA
W/O MVP Card \$5.49 EA
MVP Coupon **-1⁰⁰**
OFF 1

48 Oz.
Select Varieties
**TILLAMOOK
ICE CREAM**

3⁹⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



HOT SALE! **2/\$7**
W/O MVP Card \$4.29 EA
MVP Coupon **-1⁰⁰**
OFF 2

21 Oz.
Select Varieties
BOMB POP

2/\$6
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



HOT SALE! **2/\$8**
W/O MVP Card Regular Retail
MVP Coupon **-1⁰⁰**
OFF 2

10-13 Oz.
Select Varieties
**BERTOLLI
PASTA SIDES
OR P.F.
CHANG'S
SIDES**

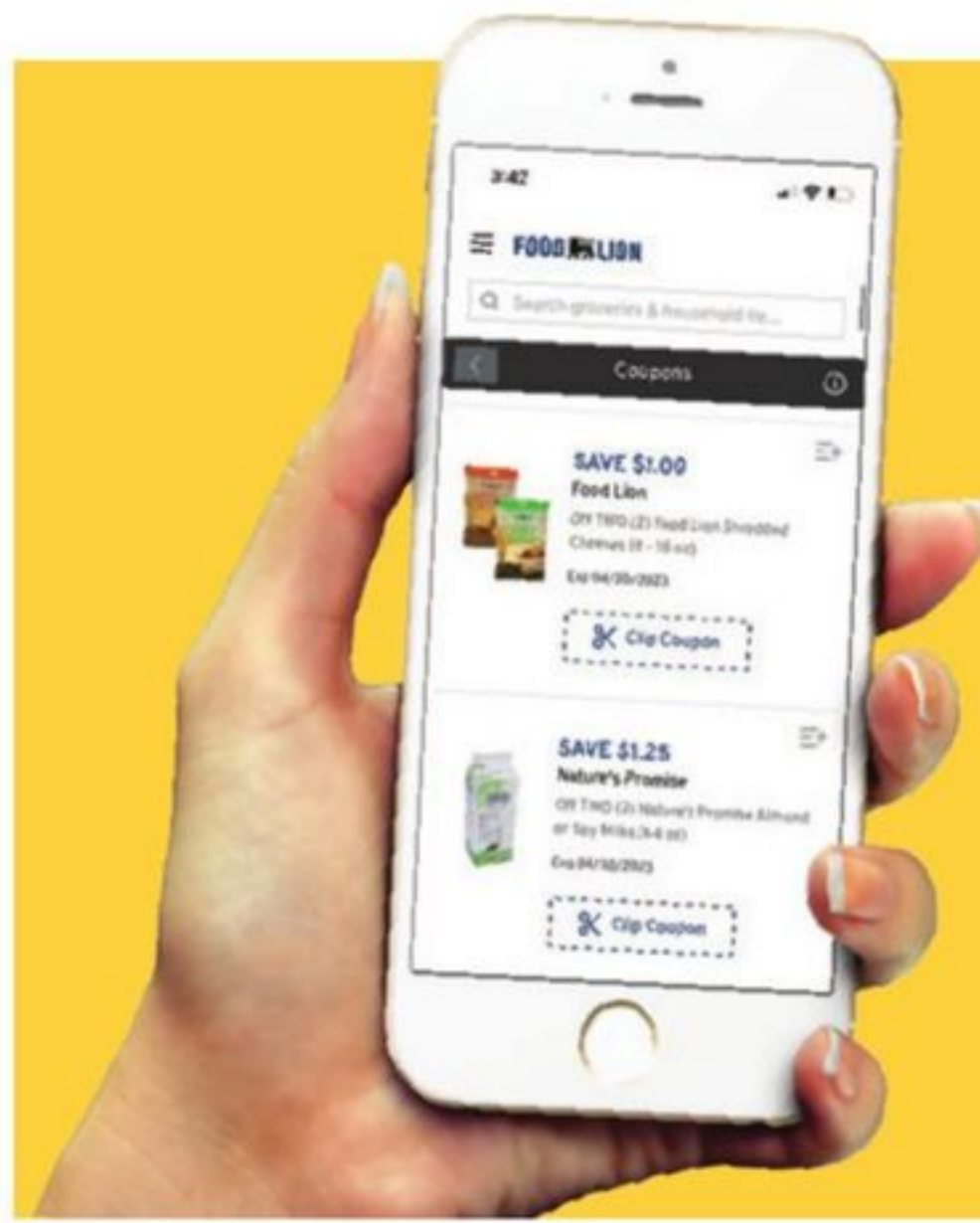
2/\$7
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



HOT SALE! **5⁹⁹**
EA
W/O MVP Card \$6.69 EA
MVP Coupon **-50¢**
OFF 1

13.05-16.75 Oz.
Select Varieties
**DAVE'S KILLER
BREAD
ORGANIC
BAGELS OR
ENGLISH
MUFFINS**

5⁴⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



MVP DIGITAL COUPONS

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HOT SALE! 2/\$6
W/O MVP Card Regular Retail

MVP Coupon -1.00 OFF 2

14-16 Oz. Select Varieties
DAISY COTTAGE CHEESE OR SQUEEZE SOUR CREAM

2/\$5
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



HOT SALE! 5.99 EA
W/O MVP Card \$6.99 EA

MVP Coupon -1.00 OFF 1

10.4-19.2 Oz. Select Varieties
SWAGGERTY'S BREAKFAST SANDWICHES

4.99 EA
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



HOT SALE! 4.99 EA
W/O MVP Card \$5.49 EA

MVP Coupon -1.00 OFF 1

32 Oz. Select Varieties
EL MONTEREY BURRITOS OR CHIMICHANGAS

3.99 EA
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



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

MVP Coupon -1.50 OFF 1

8.5 Oz. Select Varieties
PRIMAL KITCHEN SAUCES

3.49 EA
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



HOT SALE! 3.99 EA
W/O MVP Card \$4.99 EA

MVP Coupon -1.00 OFF 1

14-16 Oz. Select Varieties Quarters or Tubs
COUNTRY CROCK PLANT BUTTER

2.99 EA
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



4.99 EA

MVP Coupon -1.00 OFF 1

24 Oz. Select Varieties
CHOBANI COFFEE CREAMER

3.99 EA
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



HOT SALE! 4.99 EA
W/O MVP Card \$5.99 EA

MVP Coupon -1.00 OFF 1

48 Oz. Select Varieties
STOK COLD BREW ICED COFFEE

3.99 EA
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



HOT SALE! 4/\$5
W/O MVP Card \$1.89 EA

MVP Coupon -1.00 OFF 4

14.5-15.25 Oz. Select Varieties
DEL MONTE CANNED VEGETABLES

4/\$4
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



HOT SALE! 2/\$7
W/O MVP Card \$4.89 EA

MVP Coupon -2.00 OFF 2

9-12.6 Oz. Select Varieties
KELLOGG'S RICE KRISPIES CEREAL

2/\$5
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1



6.49 EA

MVP Coupon -1.00 OFF 1

6 Pack 16 Oz. Bottles Select Varieties
SNAPPLE

5.49 EA
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1

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MVP DIGITAL COUPONS

load on app • web
in-store kiosk



8-12 Oz.
Select Varieties
**NERDS
CANDY
GUMMY
CLUSTERS**

4²⁹
EA
**MVP
Coupon -50¢** OFF 1
3⁷⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



16 Oz.
Select Varieties
**BLUE BUNNY
TWIST
FROZEN DAIRY
DESSERT**

**HOT
SALE! 2/\$7**
W/O MVP Card \$3.99 EA
**MVP
Coupon -1⁰⁰** OFF 2
2/\$6
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



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

**PRICED LOW
EVERY DAY ✓ 2²⁹**
EA
W/O MVP Card \$2.79 EA
**MVP
Coupon -50¢** OFF 1
1⁷⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



18 Oz.
Select Varieties
**INNOVASIAN
FROZEN
MEALS**

**HOT
SALE! 6⁹⁹**
EA
W/O MVP Card \$7.49 EA
**MVP
Coupon -1⁰⁰** OFF 1
5⁹⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



8 Oz.
Select Varieties
**VICKS
NYQUIL
LIQUID**

**HOT
SALE! 8⁹⁹**
EA
W/O MVP Card \$9.49 EA
**MVP
Coupon -1⁰⁰** OFF 1
7⁹⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



12 Oz. Can
Select Varieties
RED BULL

2⁹⁹
EA
**MVP
Coupon -50¢** OFF 1
2⁴⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



6 Pack - 12 Oz.
Select Varieties
**FANTA OR
MINUTE MAID
SODA**

3⁹⁹
EA
**MVP
Coupon -1⁰⁰** OFF 1
2⁹⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



8.4-12.5 Oz.
Select Varieties
**OLD EL PASO
TACO OR
FAJITA
DINNER KIT**

**HOT
SALE! 2/\$6**
W/O MVP Card \$3.99 EA
**MVP
Coupon -1⁰⁰** OFF 2
2/\$5
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



12 Ct. K-Cups
Select Varieties
**BLACK
RIFLE
COFFEE**

**HOT
SALE! 8⁹⁹**
EA
W/O MVP Card \$11.99 EA
**MVP
Coupon -1⁰⁰** OFF 1
7⁹⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1



12.7-31.78 Oz.
Select Varieties
**LITTLE DEBBIE
BIG PACK
SNACKS**

4⁹⁹
EA
**MVP
Coupon -1⁰⁰** OFF 1
3⁹⁹
EA
MVP W/ MFR. DISCOUNT SAVINGS
LIMIT 1