

Helping you *save more*  
with our weekly deals

**HOTSALE!** **MVP**  
**8.99** LB  
Ask For Your Preferred Thickness  
**BONELESS NEW YORK STRIP STEAK**  
W/O MVP Card \$13.99 LB

**YOU SAVE \$5.00 LB**

**HOTSALE!** **MVP**  
**2.99** EA  
Limit 2  
Pork  
**BABY BACK RIBS**  
W/O MVP Card \$4.99 LB

**HOTSALE!** **MVP**  
**4.49** EA  
12-16 Oz. Pkg.  
Select Varieties  
**HORMEL BACON**  
W/O MVP Card Regular Retail

**HOTSALE!** **MVP**  
**25% OFF**  
All Natural  
All Varieties  
**NATURE'S PROMISE MEAT & SEAFOOD**  
W/O MVP Card Regular Retail

**YOU SAVE \$5.98 ON 2**

**HOTSALE!** **MVP**  
**2/\$4**  
Pint  
**BLUEBERRIES**  
W/O MVP Card \$4.99 EA

**HOTSALE!** **MVP**  
**2/\$5**  
9-11 Oz. Select Varieties  
**FRESH EXPRESS SALAD BLENDS**  
W/O MVP Card \$3.79 EA

**HOTSALE!** **MVP**  
**2.99** EA  
5 Lb. Bag  
**FOOD LION RED POTATOES**  
W/O MVP Card \$4.99 EA

**ASPARAGUS HOTSALE!** **MVP**  
**1.99** EA  
W/O MVP Card \$3.69 LB

**HOTSALE!** **MVP**  
**BOGO FREE**  
12 Pack  
12 Oz. Cans  
Select Varieties  
**PEPSI PRODUCTS**  
W/O MVP Card Regular Retail  
Single Item Retail Price  
LIMIT 4 FREE

**HOTSALE!** **MVP**  
**BOGO FREE**  
6-8-20.5 Oz. or 6-8 Pack  
Select Varieties  
**ENTEN-MANN'S LITTLE BITES MUFFINS OR DONUTS**  
W/O MVP Card Regular Retail  
Single Item Retail Price

**HOTSALE!** **MVP**  
**2/\$6**  
18-23.2 Oz. Select Varieties  
**CAMPBELL'S FAMILY SIZE SOUP**  
W/O MVP Card Regular Retail

**HOTSALE!** **MVP**  
**18.99** EA  
12 Pack - 12 Oz. Bottles or Cans  
Select Varieties  
**SAMUEL ADAMS, BLUE MOON OR NEW BELGIUM**  
W/O MVP Card Regular Retail

**HOTSALE!** **MVP**  
**4/\$5**  
13 Oz. - 4 Pack  
Select Varieties  
**SNACK PACK PUDDINGS OR GELS**  
W/O MVP Card \$1.58 EA

**HOTSALE!** **MVP**  
**2/\$7**  
7-10 Oz. Select Varieties  
**POPCORNS OR FRITOS**  
W/O MVP Card Regular Retail

**HOTSALE!** **MVP**  
**4.99** EA  
24 Oz. Pkg. - Frozen  
Select Varieties  
**PILGRIM'S CHICKEN OR CORN NUGGETS**  
W/O MVP Card \$4.99 EA

**HOTSALE!** **MVP**  
**2/\$6**  
32-50 Oz. Select Varieties  
**NESTLE COFFEE MATE CREAMER OR ICED COFFEE**  
W/O MVP Card Regular Retail

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

**HOT SALE!** **2.79** EA  
MVP Coupon -1.00 EA  
10-7.12 Oz. Select Varieties  
**GENERAL MILLS TOAST CRUNCH CEREAL**  
W/O MVP Card Regular Retail

**HOTSALE!** **MVP**  
**2/\$6**  
4.75-8.8 Oz. Select Varieties  
**PEPPERIDGE FARM COOKIES OR OLD FASHIONED COOKIES**  
W/O MVP Card Regular Retail

**HOTSALE!** **MVP**  
**5.99** EA  
20-22 Oz. Select Varieties  
**P.F. CHANG'S MEALS OR BERTOLLI BAGS**  
W/O MVP Card Regular Retail

**HOTSALE!** **MVP**  
**6.99** EA  
49.5 Oz. Bold or 100.5-105 Oz. Regular  
Select Varieties  
**ARM & HAMMER**  
W/O MVP Card Regular Retail

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

**SUNDAY ONLY**  
**1 DAY HOT SALE!**  
**MVP**

**HOTSALE!** **MVP**  
**5.99** LB  
Limit 4 Pkgs.  
Up to 8 Lbs.  
**SNOW CRAB CLUSTERS**  
WHILE SUPPLIES LAST!  
W/O MVP Card \$14.99 LB

**REST OF WEEK \$6.99 LB MVP**

4.75-8 Oz. Select Varieties  
**LAYS POTATO CHIPS**  
LIMIT 4 FREE

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

**REST OF WEEK 2/\$6 MVP**

22-30 Oz. Jar or Squeeze  
Select Varieties  
**KRAFT REAL MAYONNAISE**

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

**REST OF WEEK \$4.49 EA MVP**

**HOTSALE!** **MVP**  
**BOGO FREE**  
W/O MVP Card \$1.68 EA  
OFF Regular Retail

16.3 Oz. Select Varieties  
**PILLSBURY GRANDS! BISCUITS**  
**REST OF WEEK \$2.99 EA MVP**

10-11 Oz. Select Varieties  
**POST PEBBLES CEREAL**

**HOTSALE!** **MVP**  
**1.79** EA  
W/O MVP Card \$4.89 EA

**REST OF WEEK 2/\$6 MVP**

4.5-8 Oz. Select Varieties  
**MOTT'S OR BETTY CROCKER FRUIT SNACKS**

**HOTSALE!** **MVP**  
**1.79** EA  
W/O MVP Card Regular Retail

**REST OF WEEK 2/\$6 MVP**

**HOTSALE!** **MVP**  
**4.99** EA  
W/O MVP Card \$5.99 EA

6 Mega Balls  
**CHARMIN ESSENTIALS BOUNTY ESSENTIALS**  
Select Varieties  
**REST OF WEEK \$5.49 EA MVP**

# Here with personalized *rewards*

Activate Your Offers



Don't miss this week's **MVP deals**

We care about what you put on your table, that's why our meat and seafood comes with our 100% fresh guarantee.

**HOTSALE!**  
MVP

**5.99**  
LB

Beef  
**TOP ROUND LONDON BROIL**  
W/O MVP Card Regular Retail

**HOTSALE!**  
MVP

**BOGO FREE**

23-27.2 Oz. Pkg.  
44 Varieties  
**SMITHFIELD MARINATED PORK LOIN FILET**

**HOTSALE!**  
MVP

**25% OFF**

8 Oz. Pkg.  
No Antibiotics Ever  
**NATURE'S PROMISE CHICKEN BREAST STRIPS**

**HOTSALE!**  
MVP

**79¢**  
EA

Sold in 10 Lb. Bag  
**FRESH CHICKEN LEG QUARTERS**

**HOTSALE!**  
MVP

**3.99**  
EA

16 Oz. Pkg.  
**FOOD LION 85% LEAN GROUND TURKEY**

**HOTSALE!**  
MVP

**9.99**  
EA

44 Oz. Pkg. - Frozen  
**TYSON CORNISH HENS**

**HOTSALE!**  
MVP

**9.79**  
EA

24 Oz. Fully Cooked and Sauced  
**TGI FRIDAYS BBQ BABY BACK RIBS**

*priced low*  
for comfort food cravings

**HOTSALE!**  
MVP

**6.99**  
LB

**BONELESS STEW BEEF**

USDA CHOICE

**HOTSALE!**  
MVP

**5.49**  
LB

Ground Fresh Daily  
**85% LEAN FRESH GROUND ROUND**

**HOTSALE!**  
MVP

**9.99**  
EA

52 Oz. Bag - Frozen  
**ROSINA HOMESTYLE MEATBALLS**

*100% fresh or double your money back*  
See foodlion.com for details

12-16 Oz. Pkg. - Select Varieties  
**BOB EVANS SAUSAGE LINKS, PATTIES OR ROLLS**

**HOTSALE!**  
MVP

**3.49**  
EA

7-9 Oz. Pkg. - Select Varieties  
**HILLSHIRE FARM THIN SLICED LUNCHEATS**

**HOTSALE!**  
MVP

**3.99**  
EA

2.25-4.5 Oz. Pkg. - Select Varieties  
**OSCAR MAYER BASIC LUNCHEALS**

**HOTSALE!**  
MVP

**3/\$5**

16-24 Oz. - Select Varieties  
**FOOD LION HOMESTYLE WARMED POTATOES**

**HOTSALE!**  
MVP

**2.99**  
EA

16 Oz. Pkg.  
**SMITHFIELD ANYTIME FAVORITES DICED OR CUBED HAM**

**HOTSALE!**  
MVP

**4.99**  
EA

**SUSTAINABLE SEAFOOD**

10 Oz.  
**COD, HADDOCK OR FLOUNDER FILLETS**

**HOTSALE!**  
MVP

**6.99**  
EA

14 Oz.  
**FOOD LION IMITATION CRAB MEAT**

**HOTSALE!**  
MVP

**2.99**  
EA

8 Oz. - Frozen  
**SHRIMP RING**

**HOTSALE!**  
MVP

**5.99**  
EA

14 Oz.  
**FOOD LION RAW SHRIMP**

**HOTSALE!**  
MVP

**6.99**  
EA

71-90 Cl. - 16 Oz. Bag - Frozen  
**FOOD LION COOKED SHRIMP**

**HOTSALE!**  
MVP

**7.99**  
EA



MAKE A CASH  
**DONATION**  
OR PURCHASE A  
*Holiday*  
**BOX**

to help families in need



Nov. 8<sup>th</sup> - Dec. 12<sup>th</sup>

**SEE HOW TO HELP**

A \$1 donation provides 10 meals\* and each box purchased goes to help our local food bank.

# DELicious BOGOs of the week!



**HOTSALE!**  
BOGO FREE  
16 Oz. All Varieties  
PANERA SOUPS  
W/O MVP Card \$5.99 EA  
Single Item Half Price



**HOTSALE!**  
BOGO FREE  
13.5 Oz. Select Varieties  
FROSTED SUGAR COOKIES  
W/O MVP Card Regular Retail Single Item Half Price



**HOTSALE!**  
BOGO FREE  
10 Ct.  
MINI BAGELS  
W/O MVP Card \$3.99 EA  
Single Item Half Price

Save on easy meal and snacking solutions!  
Available in our Deli & Bakery



Made Hot In-Store  
**TRADITIONAL ROTISSERIE CHICKEN**  
**5.99 EA**  
W/O MVP Card \$6.99 EA



Made Hot In-Store  
**FAMILY SIZE ROTISSERIE CHICKEN**  
**7.99 EA**  
W/O MVP Card \$8.99 EA



12-14 Oz. Select Varieties  
**RESER'S AMERICAN CLASSICS SIDES**  
**2.99 EA**  
W/O MVP Card \$3.99 EA



**HOTSALE!**  
**6.99 EA**  
Freshly Sliced  
FOOD LION HAM OR BABY SWISS CHEESE  
W/O MVP Card Regular Retail



**HOTSALE!**  
**6.49 EA**  
16 Oz. BELGIOIOSO MOZZARELLA LOG  
W/O MVP Card \$7.99 EA



**HOTSALE!**  
**3.29 EA**  
5 Oz. SARTORI ITALIAN CHEESE WEDGES  
W/O MVP Card \$4.29 EA



**HOTSALE!**  
**2.49 EA**  
9 Oz. Select Varieties  
NATURE'S PROMISE ARTISAN BREAD  
W/O MVP Card \$2.99 EA



**HOTSALE!**  
**4.99 EA**  
Excluding Pecan  
8 INCH PIES  
W/O MVP Card \$5.99 EA

## Our BRANDS



**DOUBLE MONEY BACK GUARANTEE**  
See foodlion.com for details

**EARN \$20**  
for being our MVP customer



OCTOBER 16<sup>TH</sup> - NOVEMBER 26<sup>TH</sup>

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.



Sometimes you just need a little inspiration.

Our brand of premium snacks will impress for less.





**HOTSALE!**  
**3.99 EA**  
10 Oz. TASTE OF INSPIRATIONS CHEESE BALL IN THE DELI  
W/O MVP Card \$4.99 EA



**HOTSALE!**  
**3.99 EA**  
7.8 Oz. Select Varieties TASTE OF INSPIRATIONS OLIVES IN THE DELI  
W/O MVP Card \$4.99 EA



**HOTSALE!**  
**5.49 EA**  
14 Oz. TASTE OF INSPIRATIONS SALAMI OR PEPPERONI IN THE DELI  
W/O MVP Card \$6.99 EA



3.5 Oz. Select Varieties  
TASTE OF INSPIRATIONS SWISS CHOCOLATE BAR  
**2.59 EA**



8.5-9 Oz. Select Varieties  
TASTE OF INSPIRATIONS DREAM MIX  
**HOTSALE!**  
**5.99 EA**  
W/O MVP Card \$7.49 EA



**HOTSALE!**  
**4.29 EA**  
13.2 Oz. TASTE OF INSPIRATIONS TRADITIONAL ASSORTMENT CRACKERS  
W/O MVP Card \$4.79 EA

# EARN \$20

*for being our*



**SPEND \$50  
6 TIMES\***

**TRACK YOUR  
RECEIPT**

**RECEIVE  
\$20 COUPON**

**OCTOBER 16<sup>TH</sup> - NOVEMBER 26<sup>TH</sup>**

**GET DETAILS**



# Do-it-yourself crowd pleaser

Start your weekend with a fun meal that'll bring everyone together.



Pancake Brunch Board  
visit [foodlion.com](http://foodlion.com) for the recipe

<p>32 Oz. NATURE'S PROMISE ORGANIC PANCAKE MIX</p> <p><b>HOTSALE!</b></p> <p><b>4.89</b> EA</p> <p>W/O MVP Card \$5.49 EA</p>	<p>15-16.3 Oz. Select Varieties FOOD LION PEANUT BUTTER</p> <p><b>HOTSALE!</b></p> <p><b>1.89</b> EA</p> <p>W/O MVP Card \$2.18 EA</p>	<p>18 Oz. Select Varieties FOOD LION STRAWBERRY PRESERVES</p> <p><b>HOTSALE!</b></p> <p><b>2.39</b> EA</p> <p>W/O MVP Card \$2.89 EA</p>	<p>21 Oz. Pkg. Select Varieties FOOD LION FULLY COOKED BACON</p> <p><b>HOTSALE!</b></p> <p><b>3.69</b> EA</p> <p>W/O MVP Card Regular Retail</p>
<p>32 Oz. NATURE'S PROMISE ORGANIC MAPLE SYRUP</p> <p><b>HOTSALE!</b></p> <p><b>14.99</b> EA</p> <p>W/O MVP Card \$16.99 EA</p>	<p>10-12 Oz. Select Varieties FOOD LION BAKING MORSELS</p> <p><b>PRICED LOW EVERY DAY</b></p> <p><b>2.89</b> EA</p>		

**PRICED LOW EVERY DAY**

<p>24 Oz. Select Varieties WESSON CANOLA OIL</p> <p><b>3.19</b> EA</p> <p>W/O MVP Card \$3.89 EA</p>	<p>4.7-8.7 Oz. Select Varieties HAMBURGER HELPER</p> <p><b>3/\$5</b></p> <p>W/O MVP Card \$2.09 EA</p>	<p>17.5-18 Oz. Select Varieties KRAFT BARBECUE SAUCE</p> <p><b>1.79</b> EA</p> <p>W/O MVP Card \$2.48 EA</p>	<p>20 Oz. Select Varieties HIDDEN VALLEY DRESSING</p> <p><b>4.49</b> EA</p> <p>W/O MVP Card \$4.29 EA</p>
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<p>9.4-14 Oz. Select Varieties KRAFT DELUXE OR VELVEETA SHELLS &amp; CHEESE</p> <p><b>2/\$6</b></p> <p>W/O MVP Card \$3.69 EA</p>	<p>75-10 Oz. Select Varieties HORMEL DINTY MOORE OR COMPLEATS</p> <p><b>2.29</b> EA</p> <p>W/O MVP Card Regular Retail</p>	<p>10 Oz. Varieties A.1. STEAK SAUCE</p> <p><b>HOTSALE!</b></p> <p><b>4.99</b> EA</p> <p>W/O MVP Card \$6.79 EA</p>	<p>24 Oz. Select Varieties MAJESTIC PICKLERY</p> <p><b>HOTSALE!</b></p> <p><b>BOGO FREE</b></p> <p>W/O MVP Card \$5.99 EA Single Item Half Price</p>
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<p>12 Oz. - Select Varieties MISSION CARB BALANCE SOFT TORTILLA SHELL</p> <p><b>4.99</b> EA</p> <p>W/O MVP Card \$6.79 EA</p>	<p>16 Oz. BLUE DIAMOND ALMOND FLOUR</p> <p><b>HOTSALE!</b></p> <p><b>7.79</b> EA</p> <p>W/O MVP Card \$8.99 EA</p>	<p>15.6-15.8 Oz. Select Varieties CAMPBELL'S SPAGHETTOS</p> <p><b>HOTSALE!</b></p> <p><b>4/\$5</b></p> <p>W/O MVP Card \$1.79 EA</p>	<p>18.5-19 Oz. Select Varieties PROGRESSO SOUP</p> <p><b>HOTSALE!</b></p> <p><b>2/\$5</b></p> <p>W/O MVP Card \$2.79 EA</p>
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<p>16-18 Oz. Select Varieties NATURE'S OWN BRIOCHE BUNS</p> <p><b>HOTSALE!</b></p> <p><b>2/\$6</b></p> <p>W/O MVP Card \$3.99 EA</p>	<p>20 Oz. Bumble Bee HARDWOOD SMOKED OYSTERS</p> <p><b>HOTSALE!</b></p> <p><b>2/\$5</b></p> <p>W/O MVP Card \$3.18 EA</p>	<p>6-7 Oz. Select Varieties PEARLS STUFFED OLIVES</p> <p><b>HOTSALE!</b></p> <p><b>3.79</b> EA</p> <p>W/O MVP Card \$4.49 EA</p>	<p>12.5 Oz. Select Varieties SWANSON PREMIUM CHICKEN</p> <p><b>HOTSALE!</b></p> <p><b>3.98</b> EA</p> <p>W/O MVP Card \$4.99 EA</p>
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**SNACKS**

<p>6-10.7 Oz. Select Varieties LITTLE DEBBIE CHRISTMAS CAKES</p> <p><b>HOTSALE!</b></p> <p><b>2/\$6</b></p> <p>W/O MVP Card \$1.39 EA</p>	<p>15 Oz. Select Varieties PLANTERS DRY ROASTED PEANUTS</p> <p><b>HOTSALE!</b></p> <p><b>2/\$5</b></p> <p>W/O MVP Card \$3.99 EA</p>	<p>13-16 Oz. ON THE BORDER DRY ROASTED CHIPS OR DIPS</p> <p><b>HOTSALE!</b></p> <p><b>4.29</b> EA</p> <p>W/O MVP Card Regular Retail</p>	<p>17.8-20.5 Oz. Select Varieties RITZ CRACKERS FAMILY SIZE</p> <p><b>HOTSALE!</b></p> <p><b>4.49</b> EA</p> <p>W/O MVP Card \$5.99 EA</p>
<p>10 Oz. - Select Varieties HERSHEY'S NUGGETS SHARE PACK</p> <p><b>HOTSALE!</b></p> <p><b>4.89</b> EA</p> <p>W/O MVP Card \$5.99 EA</p>	<p>6.8-7.1 Oz. Select Varieties PRINGLES PARTY STACK POTATO CRISPS</p> <p><b>HOTSALE!</b></p> <p><b>2.69</b> EA</p> <p>W/O MVP Card 3.96</p>	<p>10 Pack Select Varieties LANCE CRACKERS</p> <p><b>PRICED LOW EVERY DAY</b></p> <p><b>3.99</b> EA</p> <p>W/O MVP Card \$5.39 EA</p>	<p><b>BUY TWO OF THESE</b></p> <p><b>GET THIS \$4.50 OFF</b></p> <p>16 Oz. TASTE OF INSPIRATIONS GOURMET CHEESE SAMPLER IN THIS DEAL</p> <p>W/O MVP Card \$5.99 EA Limit 1 treated per shopping visit.</p>



# PTSD SERVICE DOGS CHANGE VETERANS' LIVES

Shop Now



## SAVE UP TO \$3.00 ON PARTICIPATING SEVENTH GENERATION PRODUCTS

Powerful clean with biobased cleaning ingredients



Clip Coupon



Savor more  
*flavor*



Beef up your backyard smoker with our hot sale on brisket and sides!

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



**HOTSALE!**  
**1.99**  
W/O MVP Card \$2.99 EA

14 Oz. FRESH EXPRESS COLE SLAW MIX

**HOTSALE!**  
**13.99**  
W/O MVP Card \$19.99 EA



212-3.5 Oz. Select Varieties MCCORMICK GRILL MATES SEASONING  
**HOTSALE!**  
**1.99**  
W/O MVP Card \$2.79 EA



2 Ct. - 13x9x2 in. HANDI-FOIL UTILITY PAN  
**HOTSALE!**  
**3.99**  
W/O MVP Card \$4.79 EA



**BEVERAGE CENTER**



6 Pack - 16-16.9 Oz. Bottles Select Varieties  
**HOTSALE!**  
**BOGO FREE**  
W/O MVP Card Regular Retail Single Item Half Price

12 Oz. Select Varieties POPPI PREBIOTIC SODA  
**HOTSALE!**  
**2/\$4**  
W/O MVP Card \$2.29 EA



**HOTSALE!**  
**4.49**  
W/O MVP Card \$6.99 EA

24 Pack 5 Liter Bottles DEER PARK SPRING WATER



64 Oz. Select Varieties JUICY JUICE 100% JUICE  
**HOTSALE!**  
**2/\$5**  
W/O MVP Card \$3.99 EA



**HOTSALE!**  
**5.99**  
W/O MVP Card \$7.79 EA

6 Pack 16.9 Oz. Bottles Select Varieties GOLD PEAK TEA



**HOTSALE!**  
**2/\$4**  
W/O MVP Card 2/55

12 Oz. Can Select Varieties ALANI NU



750 mL Select Varieties CLOS DU BOIS OR CASTELLO DEL POGGIO WINE  
**HOTSALE!**  
**10.99**  
EA



1.5 Liter Select Varieties YELLOW TAIL WINE  
**PRICED LOW EVERY DAY!**  
**12.99**  
EA



750 mL Select Varieties ARAVAIL OR APOTHC WINE  
**HOTSALE!**  
**11.99**  
EA



**WINE DOWN WITH A GLASS**



**HOTSALE!**  
**18.99**  
EA

12 Pack 11.2-12 Oz. Bottles or Cans Select Varieties CORONA, HEINEKEN, STELLA ARTOIS OR GUINNESS



**HOTSALE!**  
**13.99**  
EA

12 Pack - 12 Oz. Bottles or Cans Select Varieties BUD, MILLER OR COORS



**HOTSALE!**  
**28.99**  
EA

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



**HOTSALE!**  
**17.99**  
EA

12 Pack - 12 Oz. Cans Select Varieties WHITE CLAW HARD SELTZER, SIMPLY SPIKED OR MICHELOB SELTZER



**HOTSALE!**  
**10.99**  
EA

6 Pack - 12 Oz. Bottles VICTORY 6 Pack - 12 Oz. Cans SIERRA NEVADA OR NEW BELGIUM Select Varieties

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

# NEW ITEMS

— available now —

SEE DETAILS



# DAIRY

GET YOUR DAILY DOSE OF CREAMY GOODNESS

 <p><b>HOTSALE!</b> 4<sup>99</sup> EA W/O MVP Card Regular Retail</p>	 <p>16-32 Oz. Select Varieties <b>GALBANI MOZZARELLA OR RICOTTA CHEESE</b></p> <p><b>HOTSALE!</b> 2<sup>99</sup> EA W/O MVP Card \$3.49 EA</p>	 <p>6.5 Oz. Select Varieties <b>REDDI-WIP WHIPPED TOPPING</b></p> <p><b>HOTSALE!</b> 2/<sup>6</sup> EA W/O MVP Card \$3.99 EA</p>	 <p>12 Oz. Select Varieties <b>GALBANI STRING CHEESE</b></p> <p><b>HOTSALE!</b> 2/<sup>6</sup> EA W/O MVP Card \$3.99 EA</p>	 <p>32 Oz. Select Varieties <b>OIKOS TRIPLE ZERO OR PROTEIN YOGURT</b></p> <p><b>HOTSALE!</b> 5<sup>99</sup> EA W/O MVP Card \$6.99 EA</p>
 <p>14-16 Oz. Select Varieties <b>DAISY COTTAGE CHEESE OR SQUEEZE SOUR CREAM</b></p> <p><b>HOTSALE!</b> 2<sup>99</sup> EA W/O MVP Card Regular Retail</p>	 <p>16 Oz. Select Varieties <b>DAISY SOUR CREAM</b></p> <p><b>HOTSALE!</b> 3<sup>99</sup> EA W/O MVP Card \$5.49 EA</p>	 <p>7.5-8 Oz. Select Varieties <b>PHILADELPHIA SOFT CREAM CHEESE</b></p> <p><b>HOTSALE!</b> 4<sup>49</sup> EA W/O MVP Card \$6.29 EA</p>	 <p>16 Oz. Select Varieties <b>CHALLENGE OR DANISH CREAMERY BUTTER QUARTERS</b></p> <p><b>HOTSALE!</b> 4<sup>49</sup> EA W/O MVP Card \$6.29 EA</p>	<p><b>MVP DIGITAL COUPONS</b> load on app • web • in-store kiosk</p>  <p>16 Oz. Select Varieties <b>COUNTRY CROCK SPREAD</b></p> <p><b>HOTSALE!</b> 3<sup>99</sup> EA W/O MVP Card \$5.99 EA</p>

# FROZEN

STOCK UP ON TIMESAVERS

 <p>26 Oz. Plus - Frozen Select Varieties <b>FOOD LION BREADED CHICKEN</b></p> <p><b>HOTSALE!</b> 4<sup>99</sup> EA W/O MVP Card \$5.99 EA</p>	 <p>24 Oz. Select Varieties <b>TASTE CHOICE SHRIMP DINNERS</b></p> <p><b>HOTSALE!</b> 4<sup>99</sup> EA W/O MVP Card \$5.99 EA</p>	 <p>16.9-31.4 Oz. Select Varieties <b>DIGIORNO 12" PIZZA</b></p> <p><b>HOTSALE!</b> 4<sup>99</sup> EA W/O MVP Card \$5.99 EA</p>	 <p>2713-2879 Oz. Select Varieties <b>RED BARON FULLY LOADED PIZZA</b></p> <p><b>HOTSALE!</b> 6<sup>99</sup> EA W/O MVP Card \$8.99 EA</p>	 <p>7 Oz. Select Varieties <b>ORE-IDA BAGEL BITES</b></p> <p><b>HOTSALE!</b> 2/<sup>5</sup> EA W/O MVP Card \$2.99 EA</p>	 <p>8 Oz. Select Varieties <b>SMUCKER'S UNCRUSTABLES</b></p> <p><b>HOTSALE!</b> 3<sup>49</sup> EA W/O MVP Card \$4.49 EA</p>	 <p>10-25-11 Oz. Select Varieties <b>P.F. CHANG'S BOWLS</b></p> <p><b>HOTSALE!</b> 3<sup>49</sup> EA W/O MVP Card \$4.99 EA</p>	 <p>10.5-16 Oz. Select Varieties <b>BOSTON MARKET FROZEN DINNERS</b></p> <p><b>HOTSALE!</b> 2/<sup>5</sup> EA W/O MVP Card \$3.59 EA</p>
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# BREAKFAST

 <p>12-14 Oz. Select Varieties <b>GENERAL MILLS CHEX CEREAL</b></p> <p><b>HOTSALE!</b> 2/<sup>6</sup> EA W/O MVP Card \$4.99 EA</p>	 <p>12 CL. Select Varieties <b>KELLOGG'S POP-TARTS</b></p> <p><b>HOTSALE!</b> 3<sup>49</sup> EA W/O MVP Card \$3.99 EA</p>	 <p>9.5-14.07 Oz. Select Varieties <b>HOSTESS DONETTES</b></p> <p><b>HOTSALE!</b> 2/<sup>4</sup> EA W/O MVP Card \$3.09 EA</p>	 <p>100 CL. Select Varieties <b>LIPTON TEA</b></p> <p><b>HOTSALE!</b> 3<sup>49</sup> EA W/O MVP Card \$5.69 EA</p>
 <p>24 BARS. Select Varieties <b>NATURE VALLEY GRANOLA BARS</b></p> <p><b>HOTSALE!</b> 4<sup>99</sup> EA W/O MVP Card \$6.99 EA</p>	 <p>52 Oz. Select Varieties <b>FLORIDA'S NATURAL ORANGE JUICE</b></p> <p><b>HOTSALE!</b> 2<sup>99</sup> EA W/O MVP Card \$3.69 EA</p>	 <p>32 CL. K-Cups. Select Varieties <b>FOLGERS COFFEE</b></p> <p><b>HOTSALE!</b> 17<sup>99</sup> EA W/O MVP Card \$22.49 EA</p>	 <p>10-12 CL. K-Cups. Select Varieties <b>GREEN MOUNTAIN OR DONUT SHOP COFFEE</b></p> <p><b>HOTSALE!</b> 5<sup>99</sup> EA W/O MVP Card \$9.79 EA</p>

# Showing caregivers some love

SHOP NOW



# HEALTH & BEAUTY

SAVINGS TO FEEL GOOD ABOUT

**HALLS**  
TRIPLE ACTION  
FLU, COUGH & SORE THROAT  
Cough Drops

**HOTSALE!**  
2/\$5  
25-30 Ct.  
Select Varieties  
W/O MVP Card \$2.99 EA

11-12 Oz.  
Select Varieties  
**SOAPBOX**  
LIQUID  
HAND SOAP  
**HOTSALE!**  
3/99  
EA  
W/O MVP Card \$4.49 EA

3 Pack  
Select Varieties  
**CHAPSTICK**  
**HOTSALE!**  
3/89  
EA  
W/O MVP Card \$5.29 EA

3.5-8.5 Oz.  
Select Varieties  
**PALMER'S**  
COCOA BUTTER  
**HOTSALE!**  
4/49  
EA  
W/O MVP Card \$5.49 EA

1 Ct.  
Select Varieties  
**NICE'N EASY**  
HAIR COLOR  
**HOTSALE!**  
7/99  
EA  
W/O MVP Card \$10.69 EA

## MVP DIGITAL COUPONS

load on app • web • in-store kiosk

Always Discreet Pads  
**HOT SALE!** 15.49  
W/O MVP Card \$18.24 EA  
MVP Coupon -3.00 OFF  
**12.49**  
EA

28-54 Ct.  
Select Varieties  
**ALWAYS**  
DISCREET PADS  
**HOT SALE!** 44.89  
W/O MVP Card \$47.84 EA  
MVP Coupon -5.00 OFF  
**39.89**  
EA

21-27 Ct.  
Select Varieties  
**CASCADE**  
COTTON SWATCHES  
**HOT SALE!** 9.99  
W/O MVP Card \$18.99 EA  
MVP Coupon -2.00 OFF  
**7.99**  
EA

3 Plk. Flat or  
4 Plk. Cubes  
Select Varieties  
**FOOD LION**  
FACIAL TISSUE  
**HOT SALE!** 3.99  
W/O MVP Card \$5.99 EA  
MVP Coupon -1.00 OFF  
**2.99**  
EA

# BABY

3.5 Oz.  
Select Varieties  
**BEECH-NUT**  
FRUITIES  
**HOTSALE!**  
5/\$5  
W/O MVP Card \$1.29 EA

6.6-6.8 Oz.  
Select Varieties  
**GERBER**  
GRADUATES  
LIL ENTREES  
**HOTSALE!**  
2/69  
EA  
W/O MVP Card \$1.99 EA

312-336 Ct.  
Select Varieties  
**PAMPERS**  
BABY WIPES  
**HOTSALE!**  
12/99  
EA  
W/O MVP Card \$14.29 EA

# HOUSE & HOME

HOUSEHOLD ESSENTIALS FOR LESS

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

40-48 Oz.  
Select Varieties  
**OXICLEAN**  
**HOTSALE!**  
7/99  
EA  
W/O MVP Card \$8.79 EA

50-75 Sq. Ft.  
Select Varieties  
**REYNOLDS**  
**HOTSALE!**  
3/99  
EA  
W/O MVP Card \$5.89 EA

48-70 Ct.  
Select Varieties  
**FOOD LION**  
ULTRA  
PAPER PLATES  
**HOTSALE!**  
4/99  
EA  
W/O MVP Card \$5.99 EA

15-25 Ct.  
Select Varieties  
**FOOD LION**  
RECLOSEABLE  
BAGS  
**HOTSALE!**  
1/29  
EA  
W/O MVP Card \$1.59 EA

18-45 Ct.  
Select Varieties  
**FOOD LION**  
KITCHEN BAGS  
**HOTSALE!**  
6/29  
EA  
W/O MVP Card \$6.99 EA

136.4-139.2 Oz.  
Select Varieties  
**XTRA**  
**HOTSALE!**  
6/79  
EA  
W/O MVP Card \$7.99 EA

# PET

22 Oz.  
Select Varieties  
**9LIVES**  
WET CAT FOOD  
**HOTSALE!**  
2/69  
EA  
W/O MVP Card \$1.99 EA

8.3 Oz.  
Select Varieties  
**TEMPTATIONS**  
CAT TREATS  
**HOTSALE!**  
3/99  
EA  
W/O MVP Card \$4.49 EA

12.5 Oz.  
Select Varieties  
**BLUE BUFFALO**  
BLUE'S STEW  
OR HOMESTYLE  
DINNER  
**HOTSALE!**  
2/99  
EA  
W/O MVP Card \$3.79 EA

25 Oz.  
Select Varieties  
**PURINA**  
BEGINN' STRIPS  
DOG TREATS  
**HOTSALE!**  
1/39  
EA  
W/O MVP Card \$1.99 EA

# NEW ITEM CENTER

10.4-11.1 Oz.  
Select Varieties  
**PACE**  
SIGNATURE  
SAUCES  
**HOTSALE!**  
3/99  
EA  
W/O MVP Card \$4.29 EA

3.75-7 Oz.  
Select Varieties  
**SENSIBLE PORTIONS**  
GARDEN VEGGIE  
FLAVOR BURST  
TORTILLA CHIPS  
**HOTSALE!**  
2/\$6  
W/O MVP Card \$1.99 EA

8.5 Oz.  
Select Varieties  
**PRINGLES**  
MINGLES  
SNACKS  
**HOTSALE!**  
2/\$5  
W/O MVP Card \$1.99 EA

4.6 Oz.  
Select Varieties  
**OLD EL PASO**  
CARB  
ADVANTAGE  
TACO SHELLS  
**HOTSALE!**  
3/49  
EA  
W/O MVP Card \$4.99 EA

13 Oz.  
Select Varieties  
**DOWNY**  
SOFTENING  
BOOSTER  
**PRICED LOW EVERY DAY!**  
10/99  
EA  
W/O MVP Card \$11.49 EA

Keeping your  
fresh favorites  
*priced low*

**ORGANIC**  
NUTRITIOUS & AFFORDABLE

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

100% fresh or  
*double* your money back

See foodlion.com for details

 <p><b>HOTSALE!</b> MVP</p> <p><b>3.49</b> EA</p> <p>6 Oz. Pkg. ORGANIC BLUEBERRIES</p> <p>USDA ORGANIC</p>	 <p><b>HOTSALE!</b> MVP</p> <p><b>3.99</b> EA</p> <p>2 Lb. Bag NATURE'S PROMISE ORGANIC GALA APPLES</p> <p>USDA ORGANIC</p>	 <p>3 Ct. Bag NATURE'S PROMISE ORGANIC AVOCADOS</p> <p><b>HOTSALE!</b> MVP</p> <p><b>2.99</b> EA</p> <p>USDA ORGANIC</p>
 <p><b>HOTSALE!</b> MVP</p> <p><b>1.19</b> EA</p> <p>NATURE'S PROMISE ORGANIC YELLOW OR ZUCCHINI SQUASH</p> <p>USDA ORGANIC</p>	 <p><b>HOTSALE!</b> MVP</p> <p><b>1.99</b> EA</p> <p>2 Lb. Bag NATURE'S PROMISE ORGANIC CELLO CARROTS</p> <p>USDA ORGANIC</p>	 <p><b>HOTSALE!</b> MVP</p> <p><b>2.49</b> EA</p> <p>NATURE'S PROMISE ORGANIC GREEN CABBAGE</p> <p>USDA ORGANIC</p>

 <p><b>HOTSALE!</b> MVP</p> <p><b>79¢</b> EA</p> <p>Avocados <b>Mexico</b> ALWAYS GOOD</p> <p>HASS AVOCADOS</p>	 <p><b>HOTSALE!</b> MVP</p> <p><b>1.99</b> EA</p> <p>Whole GOLDEN PINEAPPLE</p>	 <p>1 Gallon Shelf Stable <b>BIG RED TRUCK FRESH APPLE CIDER</b></p> <p><b>HOTSALE!</b> MVP</p> <p><b>5.49</b> EA</p>
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 <p><b>HOTSALE!</b> MVP</p> <p><b>99¢</b> EA</p> <p>Seedless EUROPEAN CUCUMBERS</p>	 <p><b>HOTSALE!</b> MVP</p> <p><b>1.19</b> LB</p> <p>Bulk or Tote Bag SWEET ONIONS</p>	 <p>4 INCH ZYGO CACTUS</p> <p>While Supplies Last!</p> <p><b>5.99</b> EA</p>
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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: VISA, MasterCard, ATM CARDS

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**

November 6 - November 12, 2024

Offers valid while supplies last.

# DEALS FOR DOLLARS

**MVP**



15-16 Oz.  
Select Varieties  
**BUSH'S BEST BEANS**



**HOTSALE!**

MVP

**\$1** EA

W/O MVP Card Regular Retail

5 Oz.  
Select Varieties  
**CELESTE PIZZA**



**HOTSALE!**

MVP

**\$1** EA

W/O MVP Card 2/\$3

14.5-15.25 Oz.  
Select Varieties  
**GREEN GIANT CANNED VEGETABLES**



**HOTSALE!**

MVP

**\$1** EA

W/O MVP Card Regular Retail

**HOTSALE!**

MVP

**\$1** EA

W/O MVP Card \$1.58 EA



5 Oz.  
Select Varieties  
**BUMBLE BEE CHUNK LIGHT TUNA**

14-14.5 Oz.  
Select Varieties  
**SWANSON BROTH**



**HOTSALE!**

MVP

**\$1** EA

W/O MVP Card \$1.49 EA

7-10 Oz.  
Select Varieties  
**GREEN GIANT BOXED VEGETABLES**



**HOTSALE!**

MVP

**\$1** EA

W/O MVP Card \$1.99 EA

**HOTSALE!**

MVP

**\$1** EA

W/O MVP Card \$1.79 EA



8 Oz.  
Select Varieties  
**DEAN'S DIP**

**HOTSALE!**

MVP

**\$1** EA

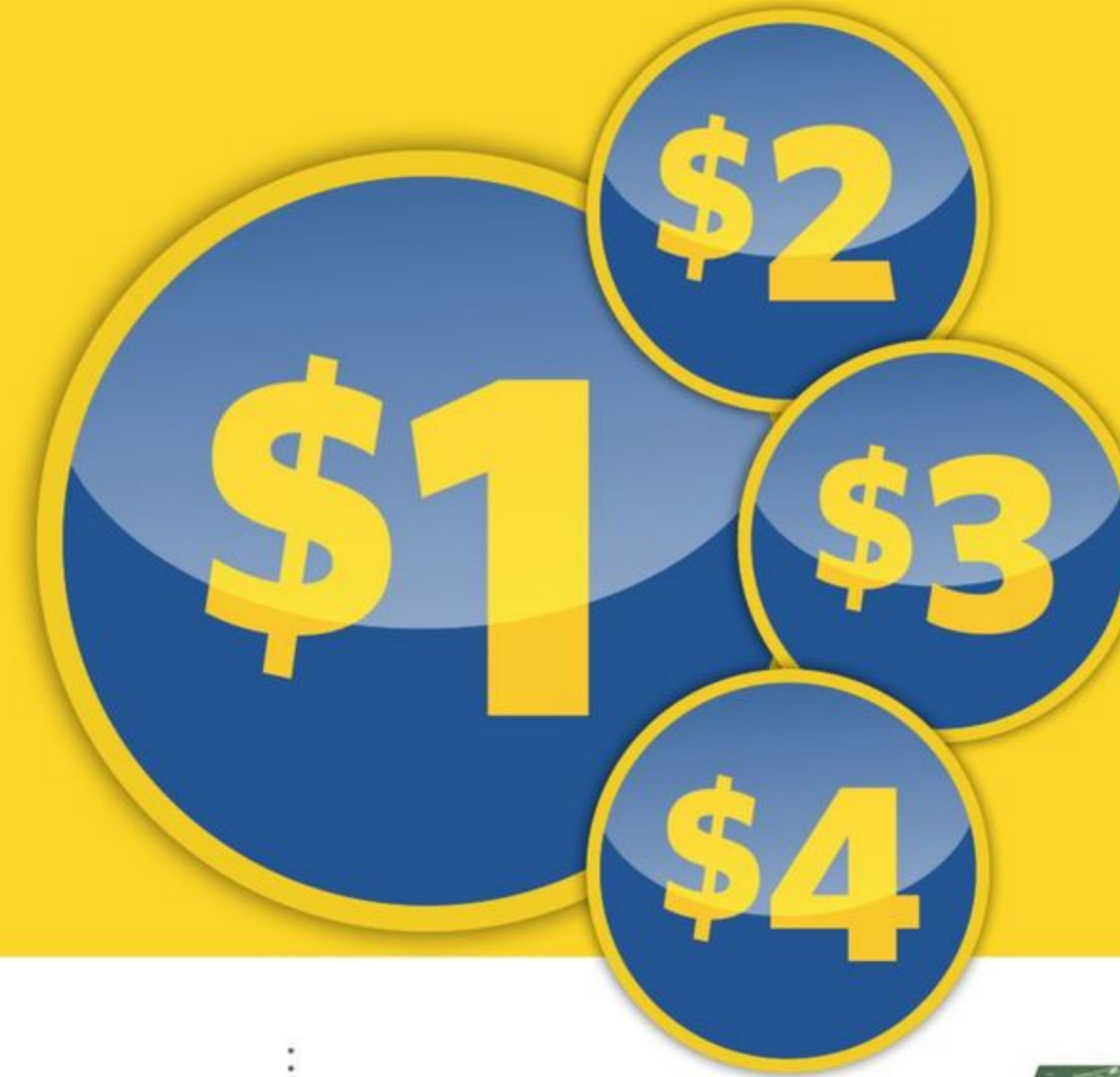
W/O MVP Card \$1.69 EA



4.5 Oz.  
Select Varieties  
**DANNON LIGHT & FIT OR OIKOS REMIX YOGURT**

# DEALS FOR DOLLARS

MVP



8.4 Oz.  
Select Varieties  
**RED BULL**



**HOTSALE!**

MVP

**\$2** EA

W/O MVP Card \$2.39 EA



**HOTSALE!**

MVP

**\$2** EA

W/O MVP Card \$2.98 EA

6.49-9 Oz.  
Select Varieties  
**SMART ONES FROZEN DINNERS**

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



**HOTSALE!**

MVP

**\$2** EA

W/O MVP Card \$2.79 EA

6 Oz.  
Select Varieties  
**MARIE CALLENDER'S MINI PIES**



**HOTSALE!**

MVP

**\$2** EA

W/O MVP Card \$3.49 EA

3.5-6.5 Oz.  
Select Varieties  
**SALAD PIZAZZ! TOPPING**



**HOTSALE!**

MVP

**\$2** EA

W/O MVP Card \$3.48 EA

12 Oz.  
Select Varieties  
**TEXAS PETE HOT SAUCE**



**HOTSALE!**

MVP

**\$2** EA

W/O MVP Card \$3.68 EA

12 Oz.  
Select Varieties  
**FRENCH'S MUSTARD**



**HOTSALE!**

MVP

**\$2** EA

W/O MVP Card \$3.19 EA

8 Oz.  
Select Varieties  
**ORTEGA TACO SAUCE**



**HOTSALE!**

MVP

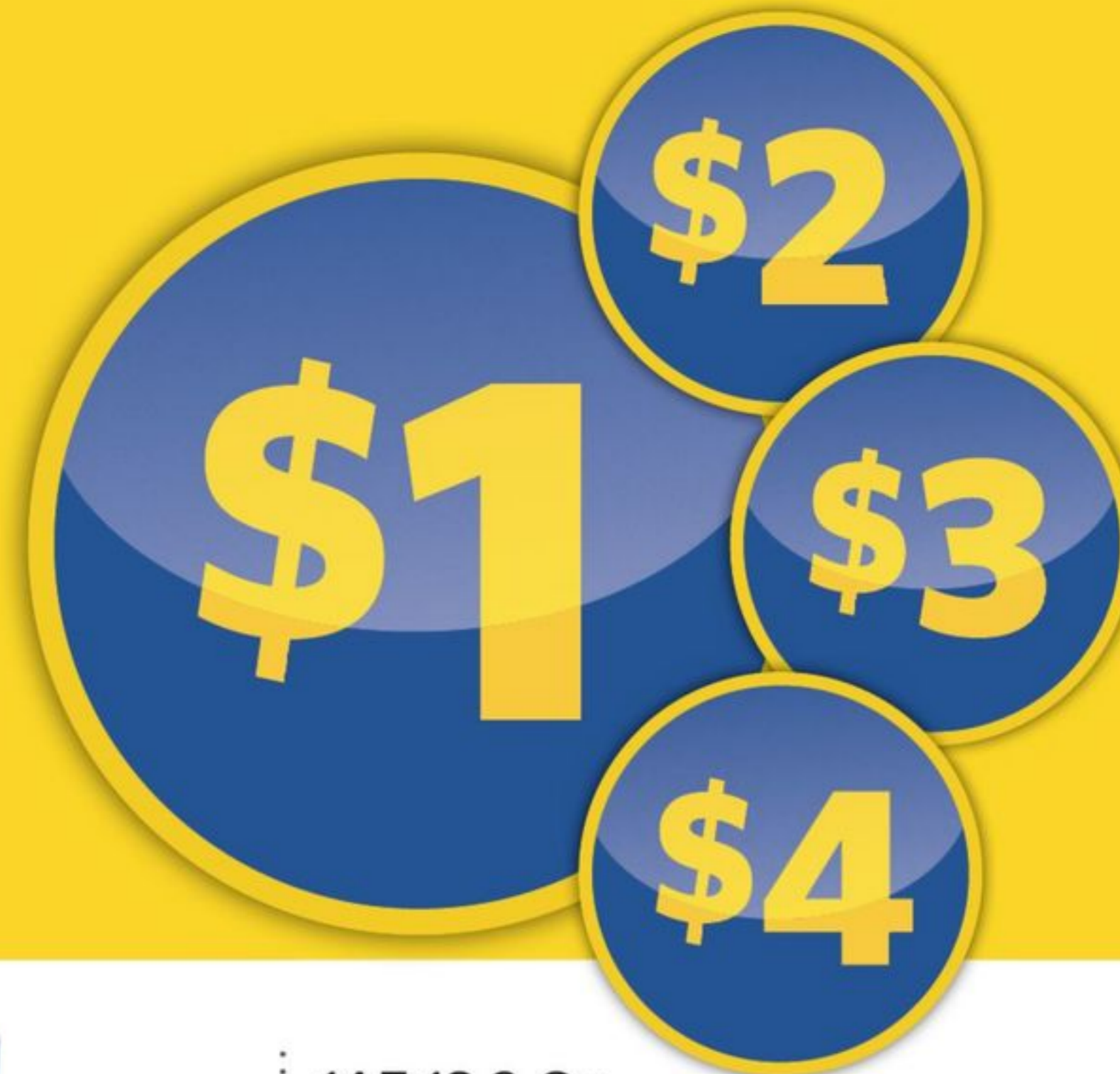
**\$2** EA

W/O MVP Card \$3.59 EA



# DEALS FOR DOLLARS

MVP



4 Mega Rolls  
**ANGEL SOFT**  
 2 Double Rolls  
**SPARKLE**  
 Select Varieties



**HOTSALE!**  
 MVP  
**\$3** EA

W/O MVP Card Regular Retail

11-18 Oz.  
 Select Varieties  
**PICTSWEET**  
**VEGETABLES**  
**FOR ROASTING**



**HOTSALE!**  
 MVP  
**\$3** EA

W/O MVP Card \$4.49 EA

7-8 Oz.  
 Select Varieties  
**TILLAMOOK**  
**SLICED OR**  
**SHREDDED**  
**CHEESE**



**HOTSALE!**  
 MVP  
**\$3** EA

W/O MVP Card Regular Retail

14.7-18.2 Oz.  
 Select Varieties  
**GENERAL MILLS**  
**OAT CRUNCH**  
**OR HEARTY NUT**  
**MEDLEY CHEERIOS**



**HOTSALE!**  
 MVP  
**\$3** EA

W/O MVP Card Regular Retail

9.25-13 Oz.  
 Select Varieties  
**MARIE**  
**CALLENDER'S**  
**BOWLS OR HEALTHY**  
**CHOICE DINNERS**



**HOTSALE!**  
 MVP  
**\$3** EA

W/O MVP Card Regular Retail

11.5-16 Oz.  
 Select Varieties  
**BANQUET**  
**MEGA BOWLS**  
**OR BANQUET**  
**MEGA MEALS**



**HOTSALE!**  
 MVP  
**\$3** EA

W/O MVP Card Regular Retail

10.7-12 Oz.  
 Select Varieties  
**KRAFT**  
**SINGLES**



**HOTSALE!**  
 MVP  
**\$3** EA

W/O MVP Card \$5.29 EA

32-52 Oz.  
 Select Varieties  
**PLANET OAT**  
**OATMILK OR**  
**CREAMER**



**HOTSALE!**  
 MVP  
**\$3** EA

W/O MVP Card Regular Retail

# DEALS FOR DOLLARS

MVP



15 Oz.  
Select Varieties  
**PATAK'S SAUCE**



**HOTSALE!**

MVP

**\$4** EA

W/O MVP Card Regular Retail

12.7 Oz.  
**OLÉ XTREME  
HIGH FIBER  
LOW CARB**



**HOTSALE!**

MVP

**\$4** EA

W/O MVP Card Regular Retail

11.5 Oz.  
Select Varieties  
**HELLMANN'S  
MAYONNAISE  
DRESSING**



**HOTSALE!**

MVP

**\$4** EA

W/O MVP Card \$4.99 EA

16 Ct. Bags or  
32 Oz. Concentrate  
Select Varieties  
**YOGI TEA**



**HOTSALE!**

MVP

**\$4** EA

W/O MVP Card Regular Retail

15 Oz.  
Select Varieties  
**KRAFT  
MIRACLE WHIP**



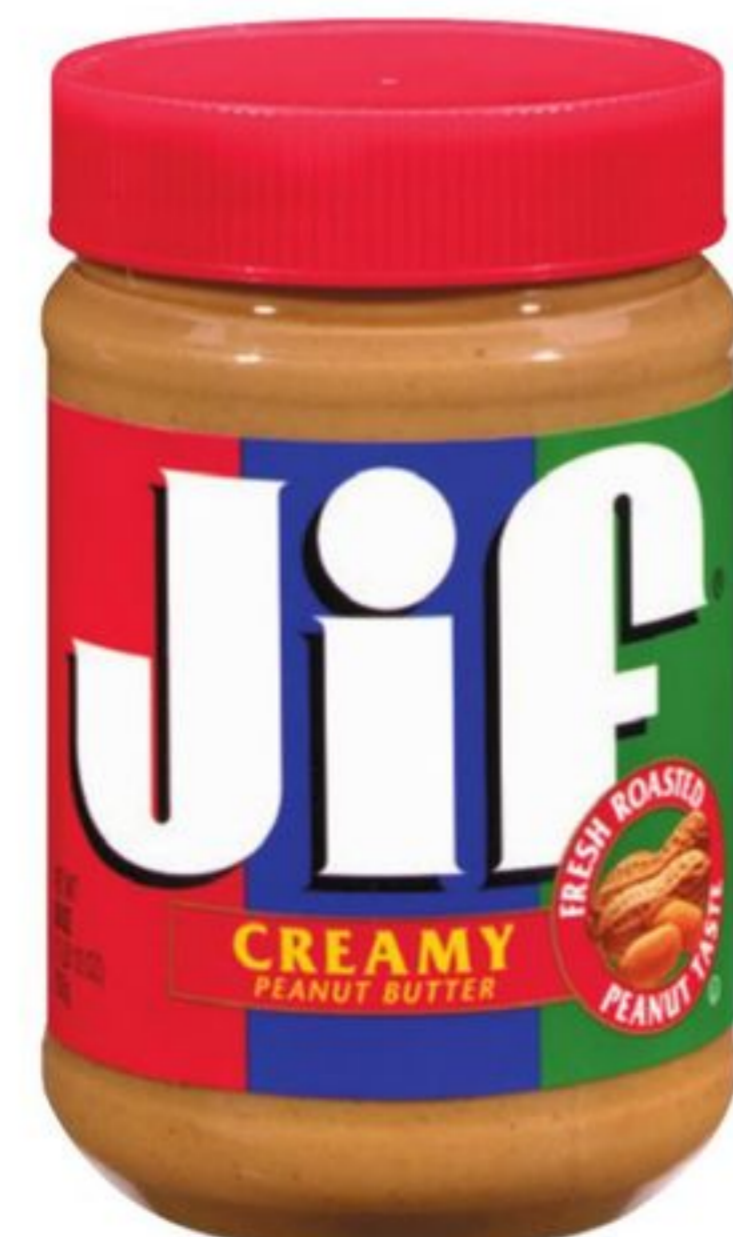
**HOTSALE!**

MVP

**\$4** EA

W/O MVP Card \$5.59 EA

28 Oz.  
Select Varieties  
**JIF PEANUT  
BUTTER**



**HOTSALE!**

MVP

**\$4** EA

W/O MVP Card \$5.19 EA

9.9-11.5 Oz.  
Select Varieties  
**MAXWELL HOUSE  
COFFEE**



**HOTSALE!**

MVP

**\$4** EA

W/O MVP Card \$6.99 EA

12.1 Oz.  
Select Varieties  
**AUSSIE  
SHAMPOO OR  
CONDITIONER**



**HOTSALE!**

MVP

**\$4** EA

W/O MVP Card \$4.79 EA