

Ring in  
a new year with  
*savings*



**BONELESS PORK LOIN ROAST OR WHOLE PORK TENDERLOIN**

**HOTSALE!**  
MVP  
**1.99**  
LB  
W/O MVP Card Regular Retail

Ask For Your Preferred Thickness

**BONELESS NEW YORK STRIP STEAK**

**HOTSALE!**  
MVP  
**8.99**  
LB  
W/O MVP Card \$13.99 LB



**FRESH BAG CHERRIES**

**HOTSALE!**  
MVP  
**3.99**  
LB  
W/O MVP Card \$5.99 LB



All Natural - All Varieties

**NATURE'S PROMISE MEAT & SEAFOOD**

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



**COLLARD GREENS**

**HOTSALE!**  
MVP  
**99¢**  
EA  
W/O MVP Card Regular Retail



**MVP**

**BOGO deals**



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

12 Pack 12 Oz. Cans Select Varieties **CLASSIC OR FLAVORED COKE PRODUCTS** **LIMIT 4 FREE**

8-11.50 Oz. Select Varieties **ON THE BORDER TORTILLA CHIPS** **LIMIT 4 FREE**

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



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

6 Pack 16-16.9 Oz. Bottles Select Varieties **PEPSI PRODUCTS** **LIMIT 4 FREE**

2.6-4.5 Oz. Select Varieties **STARKIST CHUNK LIGHT TUNA POUCH**

**HOTSALE!**  
MVP  
**BOGO FREE**  
W/O MVP Card \$1.58 EA Single Item Half Price



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

6-16.5 Oz. Select Varieties **TASTYKAKE BAGGED DONUTS OR SNACKS**

6.75-7.5 Oz. Select Varieties **WISE POTATO CHIPS OR RIDGIES** **LIMIT 4 FREE**

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



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

4-15 Oz. Select Varieties **NABISCO RITZ OR SNACK CRACKERS** **LIMIT 4 FREE**

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

**HOT SALE! 2/\$6**  
W/O MVP Card \$4.29 EA  
MVP Coupon -1.00 OFF 2

**2/\$5**  
W/O MVP Card \$4.29 EA  
MVP W/ MVP DISCOUNT SAVINGS LIMIT 1

**HOT SALE! 2/\$6**  
W/O MVP Card \$4.88 EA  
MVP Coupon -2.00 OFF 2

**2/\$4**  
W/O MVP Card \$2.48 EA  
MVP W/ MVP DISCOUNT SAVINGS LIMIT 1

**HOT SALE! 2/\$9**  
W/O MVP Card \$6.19 EA  
MVP Coupon -2.00 OFF 2

**2/\$7**  
W/O MVP Card \$3.88 EA  
MVP W/ MVP DISCOUNT SAVINGS LIMIT 1

**HOT SALE! 3.99**  
EA  
W/O MVP Card \$4.98 EA  
MVP Coupon -50¢ OFF 1

**3.49**  
EA  
W/O MVP Card \$4.98 EA  
MVP W/ MVP DISCOUNT SAVINGS LIMIT 1

750 mL Select Varieties **VALLATE WINE**  
**PRICED LOW EVERY DAY**  
**10.99**  
EA

**2/\$4**  
W/O MVP Card \$2.48 EA  
MVP W/ MVP DISCOUNT SAVINGS LIMIT 1

**2/\$3**  
W/O MVP Card \$1.88 EA  
MVP W/ MVP DISCOUNT SAVINGS LIMIT 1

**4/\$5**  
W/O MVP Card \$1.58 EA  
MVP W/ MVP DISCOUNT SAVINGS LIMIT 1

**2/\$4**  
W/O MVP Card Regular Retail

**2/\$4**  
W/O MVP Card Regular Retail

**7.99**  
EA  
W/O MVP Card Regular Retail

**7.99**  
EA  
W/O MVP Card Regular Retail

24 Pack 12 Oz. Cans Select Varieties **BUD, MILLER, COORS OR YUENGLING**

**HOTSALE!**  
MVP  
**19.99**  
EA

**2/\$5**  
W/O MVP Card \$3.68 EA

**2/\$5**  
W/O MVP Card \$3.68 EA

**2/\$5**  
W/O MVP Card \$3.68 EA

**2/\$4**  
W/O MVP Card Regular Retail

**7.99**  
EA  
W/O MVP Card \$12.29 EA

**7.99**  
EA  
W/O MVP Card Regular Retail

Freshly Sliced **TASTE OF INSPIRATIONS HAM** **IN THE DELI**

**HOTSALE!**  
MVP  
**8.99**  
LB  
W/O MVP Card \$9.99 LB

**2/\$5**  
W/O MVP Card \$3.68 EA

**2/\$5**  
W/O MVP Card \$3.68 EA

**6.99**  
EA  
W/O MVP Card Regular Retail

**3.99**  
EA  
W/O MVP Card Regular Retail

**3.99**  
EA  
W/O MVP Card Regular Retail

**3.99**  
EA  
W/O MVP Card Regular Retail



# Here with *rewards* just for you



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.





Always guaranteed **100% fresh**  
or **double** your money back

See [foodlion.com](http://foodlion.com) for details

**HOTSALE!**

**4.99**  
LB

Ground Fresh Daily  
**80% LEAN FRESH GROUND CHUCK**  
W/O MVP Card Regular Retail



**HOTSALE!**  
**5.99**  
LB

Beef  
**TOP ROUND LONDON BROIL**



**HOTSALE!**  
**6.99**  
LB

Beef  
**CUBED STEAK**



**HOTSALE!**  
**2.99**  
LB

Assorted, Bone-In  
**PORK CHOPS**

**HOTSALE!**  
**2.99**  
LB

Family Pack  
**BONELESS, SKINLESS CHICKEN THIGHS**

**HOTSALE!**  
**5.99**  
EA

20-24 Oz. Pkg. - Select Varieties  
**PERDUE FRESH CUTS CHICKEN BREAST CUTLETS OR DICED**

**HOTSALE!**  
**9.99**  
EA

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



*it's party time*

**HOTSALE!**  
**3.49**  
EA

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



22 Oz. Bag - Frozen - All Varieties  
**SIMEK'S MEATBALLS**

**HOTSALE!**  
**6.99**  
EA

**HOTSALE!**  
**2/\$5**

6 Oz. Pkg.  
**FOOD LION PEPPERONI**



16 Oz. Pkg. - Select Varieties  
**FOOD LION SLICED BACON**

**HOTSALE!**  
**4.49**  
EA



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

**HOTSALE!**  
**3.99**  
EA



12-14 Oz. Pkg. - Select Varieties  
**HILLSHIRE FARM COCKTAIL SMOKIES**

**HOTSALE!**  
**2/\$7**



24 Oz. Pkg. - Select Varieties  
**HORMEL PORK LOIN FILET**

**HOTSALE!**  
**7.99**  
EA



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

**HOTSALE!**  
**9.79**  
EA

**SUSTAINABLE SEAFOOD**



10 Oz. Pkg.  
**NATURE'S PROMISE ATLANTIC SALMON PORTIONS**

**HOTSALE!**  
**25% OFF**



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

**HOTSALE!**  
**2.99**  
EA



32 Oz. Bag - Frozen  
**FOOD LION WHITING**

**HOTSALE!**  
**9.99**  
EA



20-30 Ct. Bag - Frozen  
**FOOD LION SEA SCALLOPS**

**HOTSALE!**  
**16.99**  
EA



31-40 Ct. - 16 Oz. Bag - Frozen  
**FOOD LION RAW SHRIMP PEELED AND DEVEINED TAIL-OFF**

**HOTSALE!**  
**6.99**  
EA



# DELICIOUS BOGOs of the week!

 <p><b>HOTSALE!</b> MVP <b>BOGO FREE</b> W/O MVP Card \$4.49 EA Single Item Half Price</p> <p>4 Ct. <b>FOOD LION BAGELS</b></p>	 <p><b>HOTSALE!</b> MVP <b>BOGO FREE</b> W/O MVP Card \$3.99 EA Single Item Half Price</p> <p>8 Ct. <b>MINI CROISSANTS</b></p>	 <p><b>HOTSALE!</b> MVP <b>BOGO FREE</b> W/O MVP Card \$7.99 EA Single Item Half Price</p> <p>7 Oz. Select Varieties <b>TILLAMOOK CHEDDARS</b></p>
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 <p><b>PRICED LOW EVERY DAY!</b> <b>\$5 EA</b></p> <p>20 Ct. Made Hot In-Store <b>CHICKEN NUGGETS</b></p>	 <p><b>HOTSALE!</b> MVP <b>6.99 EA</b> W/O MVP Card Regular Retail</p> <p>16 Inch Pepperoni or Cheese <b>FOOD LION DELI STYLE THIN CRUST PIZZA</b></p>	 <p><b>HOTSALE!</b> MVP <b>4.49 EA</b> W/O MVP Card \$4.99 EA</p> <p>10 Oz. Select Varieties <b>TASTE OF INSPIRATIONS DIPS</b></p>	 <p><b>HOTSALE!</b> MVP <b>3.99 EA</b> W/O MVP Card \$4.49 EA</p> <p>3-4 Oz. <b>FIORUCCI PRE-SLICED MEATS</b></p>	 <p><b>HOTSALE!</b> MVP <b>2.99 EA</b> W/O MVP Card \$3.99 EA</p> <p>8 Oz. <b>TASTE OF INSPIRATIONS CHEESE CUBES</b></p>
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**MVP DIGITAL COUPON** load on app • web • in-store kiosk

 <p><b>HOT SALE! 2/\$10</b> W/O MVP Card \$8.99 EA</p> <p><b>MVP Coupon -1.00 OFF 2</b></p> <p><b>2/\$9</b> MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1</p> <p>12 Oz. Select Varieties <b>RANA LASAGNA OR PASTA MEALS</b></p>	 <p><b>HOTSALE!</b> MVP <b>5.99 EA</b> W/O MVP Card \$6.99 EA</p> <p>16 Oz. <b>EL TERRIFICO CHEESE DIP</b></p>	 <p><b>HOTSALE!</b> MVP <b>4.99 EA</b> W/O MVP Card \$5.49 EA</p> <p>18 Oz. <b>FOOD LION CORNBREAD TRAY</b></p>	 <p><b>HOTSALE!</b> MVP <b>5/\$5</b> W/O MVP Card \$1.29 EA</p> <p>3.25-4 Oz. <b>SNACK PIES</b></p>
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## Our BRANDS



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

Serve up a traditional southern New Year's Day meal

Pork, black-eyed peas, collard greens and cornbread are thought to bring a year of prosperity!

 <p><b>HOTSALE!</b> MVP <b>25% OFF</b> W/O MVP Card Regular Retail</p> <p><b>NATURE'S PROMISE BONELESS PORK LOIN</b></p>	 <p><b>HOTSALE!</b> MVP <b>99¢ EA</b> W/O MVP Card \$1.28 EA</p> <p>15.5 Oz. Select Varieties <b>FOOD LION BLACKEYE PEAS</b></p>	 <p><b>HOTSALE!</b> MVP <b>89¢ EA</b> W/O MVP Card 99¢ EA</p> <p>7.5 Oz. <b>FOOD LION YELLOW CORNBREAD &amp; MUFFIN MIX</b></p>
 <p><b>HOTSALE!</b> MVP <b>2/\$4</b> W/O MVP Card \$2.58 EA</p> <p>40-100 Ct. Select Varieties <b>FOOD LION NAPKINS</b></p>	 <p><b>HOTSALE!</b> MVP <b>5.89 EA</b> W/O MVP Card \$6.49 EA</p> <p>96 Ct. Select Varieties <b>FOOD LION PREMIUM DINNERWARE</b></p>	 <p><b>HOTSALE!</b> MVP <b>99¢ EA</b> W/O MVP Card \$1.18 EA</p> <p>14-14.5 Oz. Select Varieties <b>FOOD LION GREENS</b></p>

**Near Offers ADDED WEEKLY!**

Here with a new week of digital coupon savings

Sign in at foodlion.com, our app or the in-store kiosk





# GUIDING STARS®

Look for the guiding stars on our brands to simplify healthy eating.



Find the stars on the packaging and shelf tags

**PRICED LOW EVERY DAY**  
**5.99**  
EA  
W/O MVP Card \$6.99 EA

28 Oz. Made Hot In-Store  
**TRADITIONAL ROTISSERIE CHICKEN**  
IN THE DELI

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

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

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

3 Ct. Bag **NATURE'S PROMISE ORGANIC AVOCADOS**

**HOTSALE!**  
**99¢**  
EA  
W/O MVP Card \$1.99 EA

16 Oz. Select Varieties **FOOD LION LONG GRAIN RICE**

**PRICED LOW EVERY DAY**  
**86¢**  
EA

15-15.5 Oz. Select Varieties **FOOD LION CANNED BEANS**

**2.49**  
EA

16 Oz. **FOOD LION 8" WHOLE WHEAT TORTILLAS**

**PRICED LOW EVERY DAY**  
**1.29**  
EA  
W/O MVP Card \$1.59 EA

7.25 Oz. Select Varieties **KRAFT MACARONI & CHEESE DINNER**

**PRICED LOW EVERY DAY**  
**1.59**  
EA  
W/O MVP Card \$1.98 EA

18-18.3 Oz. Select Varieties **DUNCAN HINES BROWNIE MIX**

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

15.5 Oz. Select Varieties **HANOVER BEANS**

**HOTSALE!**  
**2/\$4**  
W/O MVP Card \$3.29 EA

32 Oz. Select Varieties **SWANSON BROTH**

**PRICED LOW EVERY DAY**  
**3.49**  
EA  
W/O MVP Card \$4.29 EA

20 Oz. Select Varieties **NATURE'S OWN HONEY WHEAT**

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

5.1 Oz. Select Varieties **LINDT TRUFFLE BAG**

**HOTSALE!**  
**4.39**  
EA  
W/O MVP Card \$5.39 EA

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

**HOTSALE!**  
**2/\$5**  
W/O MVP Card \$2.79 EA

18.5-19 Oz. Select Varieties **PROGRESSO SOUP**

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

14 Oz. **LA BANDERITA TOSTITOS TORTILLA CHIPS**

**HOTSALE!**  
**2/\$5**  
W/O MVP Card \$3.19 EA

11.36 Oz. Select Varieties **RED LOBSTER BISCUIT MIX**

**HOTSALE!**  
**2/\$6**  
W/O MVP Card Regular Retail

10 Oz. Select Varieties **CRUNCH 'N MUNCH POPCORN**

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

12-20 Oz. Select Varieties **WONDER CLASSIC WHITE ROUND TOP BREAD OR DINNER ROLLS**

**HOTSALE!**  
**2.99**  
EA  
W/O MVP Card \$3.79 EA

26 Oz. **PILLSBURY SOFTASILK CAKE FLOUR BLEACHED**

**HOTSALE!**  
**3.49**  
EA  
W/O MVP Card \$4.89 EA

16 Oz. Select Varieties **OLIVE GARDEN DRESSING**

**HOTSALE!**  
**6.99**  
EA  
W/O MVP Card \$8.79 EA

25 Oz. **SWANSON PREMIUM WHITE CHICKEN**

**HOTSALE!**  
**3.99**  
EA  
W/O MVP Card \$5.19 EA

32 Oz. Select Varieties **SMUCKER'S GRAPE JELLY**

**HOTSALE!**  
**2/\$6**  
W/O MVP Card \$3.49 EA

6-16 Oz. Select Varieties **UTZ DIPS OR PRETZELS**

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

3.92-4.9 Oz. Select Varieties **EMERALD 100 CALORIE PACKS**

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

7.62-12.34 Oz. Select Varieties **VOORTMAN WAFERS OR COOKIES**

**HOTSALE!**  
**4.49**  
EA  
W/O MVP Card \$5.29 EA

4-5.5 Oz. Select Varieties **SIMPLE MILLS GLUTEN-FREE COOKIES & CRACKERS**

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

16 Oz. Select Varieties **PLANTERS DRY ROASTED PEANUTS**  
LIMIT 4 FREE

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

5.3-7.2 Oz. Select Varieties **WALKERS PURE BUTTER SHORTBREAD**

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

4-5 Oz. Select Varieties **SHEILA G'S BROWNIE BRITTLE**

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

**HOT SALE!** **5.99** EA  
W/O MVP Card \$6.99 EA  
**MVP Coupon -2.00 OFF!**  
**3.99** EA  
W/O MVP CARD DISCOUNT SAVINGS LIMIT 1

30 Oz. - Select Varieties **HELLMANN'S MAYONNAISE**



**FOOD LION**  
**CATERING**

Here to make  
getting together  
*easy*

**Order Now**

**FOOD LION**  
**CATERING**

*Get Together & Enjoy*

[foodlion.com/catering](https://www.foodlion.com/catering)







750 mL  
Select Varieties  
SUTTER HOME  
OR WOODBRIDGE  
WINE

**HOTSALE!**  
**5<sup>99</sup>**  
EA



750 mL  
Select Varieties  
BILLINGS FARM  
OR CHILDRESS  
WINE

**HOTSALE!**  
**7<sup>99</sup>**  
EA



3 Liter  
Select Varieties  
BLACK BOX  
WINE

**HOTSALE!**  
**16<sup>99</sup>**  
EA



750 mL  
Select Varieties  
NOBILO  
OR GEMMA  
WINE

**HOTSALE!**  
**11<sup>99</sup>**  
EA



750 mL  
Select Varieties  
JOSH PROSECCO  
WINE

**HOTSALE!**  
**13<sup>99</sup>**  
EA



750 mL  
Select Varieties  
ACROBAT  
OR MEIOMI  
WINE

**HOTSALE!**  
**15<sup>99</sup>**  
EA



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



**HOTSALE!**  
**16<sup>99</sup>**  
EA

12 Pack - 12 Oz. Cans  
Select Varieties  
WHITE CLAW HARD SELTZER,  
TRULY SELTZER, MICHELOB  
SELTZER OR VIZZY



**HOTSALE!**  
**14<sup>99</sup>**  
EA

12 Pack - 12 Oz. Bottles or Cans  
Select Varieties  
MICHELOB, BLUE MOON  
OR BUD LIGHT LIME



**HOTSALE!**  
**15<sup>99</sup>**  
EA

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



**HOTSALE!**  
**16<sup>99</sup>**  
EA

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



**HOTSALE!**  
**17<sup>99</sup>**  
EA

12 Pack - 12 Oz. Bottles or Cans  
Select Varieties  
SAMUEL ADAMS, SIERRA NEVADA  
OR NEW BELGIUM



**HOTSALE!**  
**9<sup>99</sup>**  
EA

6 Pack - 11.2-12 Oz. Bottles  
CORONA OR HEINEKEN  
6 Pack - 12 Oz. Cans  
BLUE MOON  
Select Varieties



**HOTSALE!**  
**8<sup>99</sup>**  
EA

6 Pack - 10-11.2 Oz. Bottles  
Select Varieties  
CAYMAN JACK,  
MIKE'S HARD LEMONADE  
OR JACK DANIEL'S



**HOTSALE!**  
**15<sup>99</sup>**  
EA

12 Pack - 12 Oz. Cans  
SIMPLY SPIKED OR NEW BELGIUM  
HARD CHARGED TEA  
12 Pack - 12 Oz. Bottles  
CANTA RITOS  
Select Varieties



**HOTSALE!**  
**16<sup>99</sup>**  
EA

12 Pack  
12 Oz. Bottles or Cans  
Select Varieties  
HEINEKEN, PACIFICO  
OR DOS EQUIS



25.4 Oz. or 4 Pack - Select Varieties  
WELCH'S SPARKLING JUICE

**HOTSALE!**  
**3<sup>49</sup>**  
EA  
W/O MVP Card Regular Retail



**HOTSALE!**  
**6<sup>99</sup>**  
EA  
W/O MVP Card Regular Retail

12 Pack - 12 Oz. Cans  
Select Varieties  
PEPSI  
PRODUCTS



**HOTSALE!**  
**3/\$12**  
W/O MVP Card Regular Retail

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



**HOTSALE!**  
**4<sup>49</sup>**  
EA  
W/O MVP Card \$6.99 EA

24 Pack  
5 Liter Bottles  
DEER PARK  
SPRING WATER



**HOTSALE!**  
**2/\$4**  
W/O MVP Card \$2.39 EA



17 Oz.  
Select Varieties  
SPARKLING ICE  
FLAVORED WATER  
**HOTSALE!**  
**5/\$5**  
W/O MVP Card \$1.28 EA



2 Liter  
Select Varieties  
7-UP OR  
CANADA DRY  
PRODUCTS  
**HOTSALE!**  
**3/\$5**  
W/O MVP Card Regular Retail



# DAIRY

STOCK UP ON WHOLESOME GOODNESS

**PRICED LOW EVERY DAY**

**7.99** EA

32 Oz. Select Varieties  
**KRAFT VELVEETA CHEESE**

W/O MVP Card \$9.79 EA

**HOTSALE!**

**2/\$4**

12-16 Oz. All Varieties  
**HELUVA GOOD! OR DEAN'S DIP**

W/O MVP Card Regular Retail

**HOTSALE!**

**2/\$5**

8-13.9 Oz. Select Varieties  
**PILLSBURY CRESCENTS OR CINNAMON ROLLS**

W/O MVP Card \$3.99 EA

**HOTSALE!**

**2/\$5**

8 Oz. Brick Select Varieties  
**PHILADELPHIA CREAM CHEESE**

W/O MVP Card \$4.29 EA

**HOTSALE!**

**2/\$6**

4 Pack or 32 Oz. Select Varieties  
**DANNON TRADITIONAL OR ACTIVIA YOGURT**

W/O MVP Card Regular Retail

**HOTSALE!**

**2/\$5**

16 Oz. Select Varieties  
**DAISY SOUR CREAM**

W/O MVP Card \$3.29 EA

**HOTSALE!**

**2/\$6**

6-8 Oz. Select Varieties  
**CRACKER BARREL CHEESE BARS OR CUBES**

W/O MVP Card Regular Retail

**HOTSALE!**

**2/\$7**

32-50 Oz. Select Varieties  
**NESTLÉ COFFEE MATE CREAMER OR ICED COFFEE**

W/O MVP Card Regular Retail

# FROZEN

BIG SAVINGS ON CONVENIENCE

**HOTSALE!**

**7.99** EA

28-40 Oz. Select Varieties  
**STOUFFER'S FAMILY SIZE DINNERS**

W/O MVP Card \$12.19 EA

**HOTSALE!**

**4.49** EA

21 Oz. Select Varieties  
**BIRDS EYE VOILA! DINNERS**

W/O MVP Card Regular Retail

**HOTSALE!**

**5.99** EA

14.3-24 Oz. Select Varieties  
**FARM RICH SNACKS**

W/O MVP Card \$6.99 EA

**HOTSALE!**

**11.99** EA

52.5-57 Oz. Select Varieties  
**STOUFFER'S FAMILY SIZE DINNERS**

W/O MVP Card \$14.29 EA

**HOTSALE!**

**9.99** EA

100 Ct. Select Varieties  
**TOTINO'S PIZZA ROLLS**

W/O MVP Card \$10.99 EA

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

**HOT SALE!** **6.99** EA

W/O MVP Card Regular Retail

MVP Coupon **-2.00** OFF!

**4.99** EA

17.65-28.79 Oz. Select Varieties Excludes Gluten Free  
**RED BARON FULLY LOADED OR FRESCHETTA PIZZA**

W/O MVP Card \$6.99 EA

MVP Coupon **-1.00** OFF!

**HOTSALE!**

**3.99** EA

19-32 Oz. Select Varieties  
**ORE-IDA FROZEN POTATOES OR TATER TOTS**

W/O MVP Card Regular Retail

**HOTSALE!**

**4.99** EA

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

W/O MVP Card \$5.49 EA

**HOT SALE!** **5.99** EA

W/O MVP Card \$6.99 EA

MVP Coupon **-1.00** OFF!

**4.99** EA

16.3-19.2 Oz. Select Varieties  
**TENNESSEE PRIDE BISCUITS**

W/O MVP Card \$3.39 EA

**HOTSALE!**

**2/\$6**

10.25-11.25 Oz. Select Varieties  
**NEW YORK TEXAS TOAST**

W/O MVP Card \$3.39 EA

**HOTSALE!**

**8.99** EA

22 Oz. Pkg. - Frozen Select Varieties  
**PERDUE FULLY COOKED AIR FRYER READY WINGS**

W/O MVP Card \$9.99 EA

# BREAKFAST

8 Ct. **KELLOGG'S POP-TARTS**

**PRICED LOW EVERY DAY**

**2/\$5**

W/O MVP Card \$3.18 EA

11.2 Oz. **GENERAL MILLS CHEERIOS PROTEIN CEREAL**

**HOTSALE!**

**2/\$6**

W/O MVP Card \$5.69 EA

10.4 Oz. **FOOD LION FRUIT & GRAIN CEREAL BARS**

**PRICED LOW EVERY DAY**

**2.39** EA

**PRICED LOW EVERY DAY**

**3.89** EA

11-20.5 Oz. Select Varieties  
**THOMAS' ENGLISH MUFFINS**

W/O MVP Card \$5.29 EA

**HOTSALE!**

**3.49** EA

100 Ct. **LIPTON TEA BAGS**

W/O MVP Card \$5.69 EA

46 Oz. Select Varieties  
**TROPICANA PREMIUM ORANGE JUICE**

**HOTSALE!**

**2/\$5**

W/O MVP Card Regular Retail

10 Ct. Single Serve Cups or 12 Oz. Bag Select Varieties  
**NATURE'S PROMISE COFFEE**

**HOTSALE!**

**5.99** EA

W/O MVP Card Regular Retail

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

**HOTSALE!**

**9.99** EA

W/O MVP Card Regular Retail



# HEALTH & BABY

TAKE GOOD CARE OF THE FAMILY



1.62 Oz.  
Select Varieties  
**FIT CRUNCH BAR**  
**HOTSALE!**  
2/\$3  
W/O MVP Card \$1.79 EA

4 Pack  
Select Varieties  
**SLIMFAST ADVANCED SHAKES**  
**HOTSALE!**  
8.49 EA  
W/O MVP Card \$9.99 EA



**PREMIER PROTEIN SHAKE CHOCOLATE**

**HOTSALE!**  
10.79 EA  
W/O MVP Card \$11.99 EA



18.62-19.05 Oz.  
Select Varieties  
**NATURE'S PROMISE PROTEIN POWDER**

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



100-110 Ct.  
Select Varieties  
**CENTRUM GUMMIES ADULT OR 50+**

**HOTSALE!**  
10.79 EA  
W/O MVP Card \$11.99 EA



70 Ct.  
Select Varieties  
**NATURE MADE MELATONIN GUMMIES**

**HOTSALE!**  
10.69 EA  
W/O MVP Card \$11.99 EA



13-19.5 Oz.  
Select Varieties  
**OGX SHAMPOO OR CONDITIONER**

**HOTSALE!**  
6.99 EA  
W/O MVP Card \$7.99 EA



3.75-4 Oz.  
Select Varieties  
**PLUM ORGANICS MIGHTY 4 YOGURT**

**HOTSALE!**  
2/\$3  
W/O MVP Card \$1.79 EA



33.8 Oz.  
Select Flavors  
**KINDERLYTE BABY DRINK**

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



**HOTSALE!**  
1.99 EA  
W/O MVP Card \$2.79 EA



56-64 Ct.  
Select Varieties  
**HUGGIES WIPES**

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

32 Ct.  
Select Varieties  
**OLAY CLEANSING MELTS**

**HOT SALE!** 9.99 EA  
W/O MVP Card \$10.99 EA

MVP Coupon -1.00 OFF!

**8.99 EA**  
W/ MVP DISCOUNT SAVINGS LIMIT!

20-28 Ct.  
Select Varieties  
**LUVS PLATINUM DIAPERS**

**77¢ EA**

MVP Coupon -2.00 OFF!

**5.79 EA**  
W/ MVP DISCOUNT SAVINGS LIMIT!

16 Oz.  
Select Varieties  
**DAWN POWERWASH**

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

MVP Coupon -2.00 OFF!

**2.99 EA**  
W/ MVP DISCOUNT SAVINGS LIMIT!

200-240 Ct.  
Select Varieties  
**BOUNCE**

**HOT SALE!** 9.99 EA  
W/O MVP Card \$10.99 EA

MVP Coupon -2.00 OFF!

**7.99 EA**  
W/ MVP DISCOUNT SAVINGS LIMIT!

# HOUSE & HOME

HOT SALE ON HOME CARE



8 Mega Rolls  
**FOOD LION BATH TISSUE**  
6 Double Rolls  
**FOOD LION PAPER TOWELS**  
Select Varieties

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

28-43 Ct.  
Select Varieties  
**CASCADE**

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

24-48 Ct.  
Select Varieties  
**ZIPLOC**

**HOTSALE!**  
6.99 EA  
W/O MVP Card \$7.99 EA

20-40 Ct.  
Select Varieties  
**FOOD LION PLATES OR BOWLS**

**HOTSALE!**  
2/\$5  
W/O MVP Card \$2.99 EA

16 Oz. Mist or 75 Ct. Wipes  
Select Varieties  
**CLOROX**

**HOTSALE!**  
4.99 EA  
W/O MVP Card \$7.39 EA

1 Ct. Vent Clip or 8.8 Oz. Air  
Select Varieties  
**FEBREZE**

**HOTSALE!**  
3.29 EA  
W/O MVP Card \$3.99 EA

# PET

12 Oz.  
Select Varieties  
**FRISKIES LIL' SOUPS**

**HOTSALE!**  
3/\$3  
W/O MVP Card \$1.39 EA

35 Lb. Pail  
Select Varieties  
**TIDY CATS CONTROL CAT LITTER**

**HOTSALE!**  
19.69 EA  
W/O MVP Card \$20.69 EA

5 Lb. Bag  
Select Varieties  
**SUPREME SOURCE GRAIN FREE DOG FOOD**

**HOTSALE!**  
9.89 EA  
W/O MVP Card \$11.89 EA

12-16 Oz.  
Select Varieties  
**FULL MOON JERKY TENDERS**

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



# 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  
**1.79**  
LB  
Bulk  
**HONEYCRISP APPLES**  
W/O MVP Card Regular Retail



**PRICED LOW EVERY DAY!**  
**1.99**  
LB  
Large  
**GREEN SEEDLESS GRAPES**



**HOTSALE!**  
MVP  
**79¢**  
EA  
W/O MVP Card Regular Retail  
**HASS AVOCADOS OR MANGOS**



**HOTSALE!**  
MVP  
**69¢**  
LB  
W/O MVP Card Regular Retail  
**GREEN CABBAGE**



**HOTSALE!**  
MVP  
**3.49**  
EA  
W/O MVP Card Regular Retail  
3 Lb. Bag  
**FOOD LION NAVEL ORANGES**



**HOTSALE!**  
MVP  
**3.49**  
EA  
W/O MVP Card Regular Retail  
5 Lb. Bag  
**FOOD LION RED POTATOES**



**HOTSALE!**  
MVP  
**99¢**  
EA  
W/O MVP Card Regular Retail  
Bunch  
**CELERY**



**HOTSALE!**  
MVP  
**3.49**  
EA  
W/O MVP Card Regular Retail  
12 Oz. Select Varieties  
**MARZETTI VEGGIE DIPS**



**10.99**  
EA  
While Supplies Last!  
**HAPPY NEW YEAR BOUQUET**



**HOTSALE!**  
MVP  
**5.99**  
EA  
W/O MVP Card Regular Retail  
20 Oz.  
**SMALL VEGETABLE TRAY WITH DIP**

## ORGANIC



**HOTSALE!**  
MVP  
**3.49**  
EA  
W/O MVP Card Regular Retail  
6 Oz. Pkg.  
**ORGANIC BLUEBERRIES**



**HOTSALE!**  
MVP  
**1.99**  
EA  
W/O MVP Card Regular Retail  
**ORGANIC SEEDLESS CUCUMBERS**

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



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