

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



Family Pack  
**FOOD LION BONELESS CHICKEN BREAST**

**HOTSALE!**  
MVP  
**1.99**  
LB  
W/O MVP Card \$2.69 LB



**GREEN CABBAGE**

**HOTSALE!**  
MVP  
**39¢**  
LB  
W/O MVP Card 89¢ LB



**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

6.4-13 Oz. Select Varieties  
**FRESH EXPRESS SALAD KITS**

**HOT SALE! 2/\$6**  
W/O MVP Card \$4.89 EA  
MVP Coupon -2.00 OFF 2

10.6-12 Oz. Select Varieties  
**KELLOGG'S FROSTED FLAKES CEREAL**

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

15.77-23.45 Oz. Select Varieties  
**RED BARON 12" PIZZA**

**HOT SALE! 3.99**  
EA  
W/O MVP Card \$4.99 EA  
MVP Coupon -50¢ OFF 1

12-16 Oz. Select Varieties  
**HIDDEN VALLEY SALAD DRESSING**

**HOT SALE! 9.99**  
EA  
W/O MVP Card Regular Retail  
MVP Coupon -2.00 OFF 1

7-10 Oz. YADKIN VALLEY POPCORN IN THE DELI

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

17 Oz. SABRA HUMMUS IN THE DELI

**HOTSALE!**  
MVP  
**3.99**  
EA  
W/O MVP Card \$6.49 EA

Freshly Sliced TASTE OF INSPIRATIONS HAM IN THE DELI

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

8 Oz. Select Varieties  
**KRAFT CHUNK OR SHREDDED CHEESE**

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

10-14.4 Oz. Select Varieties  
**BIRDS EYE STEAM-FRESH VEG-ETABLES**

8 Oz. Select Varieties  
**KRAFT CHUNK OR SHREDDED CHEESE**

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

6.2-8.94 Oz. Select Varieties  
**NATURE VALLEY GRANOLA BARS**

**HOTSALE!**  
MVP  
**2/\$5**  
W/O MVP Card \$4.39 EA

16-28.05 Oz. Select Varieties  
**TYSON FROZEN SIMPLY ADES OR ANY'TIZERS WINGS**

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

12-16 Oz. Select Varieties  
**MUELLER'S PASTA**

**PRICED LOW EVERY DAY**  
MVP  
**2/\$3**  
W/O MVP Card \$1.88 EA

52 Oz. Select Varieties  
**SIMPLY ADES OR PUNCHES**

16-28.05 Oz. Select Varieties  
**TYSON FROZEN CHICKEN OR ANY'TIZERS WINGS**

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

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

**PRICED LOW EVERY DAY**  
MVP  
**4/\$5**  
W/O MVP Card \$1.58 EA

5.2-6.56 Oz. Select Varieties  
**PRINGLES POTATO CRISPS**

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

9.25-15.25 Oz. Select Varieties  
**FRITO LAY PARTY SIZE CHIPS OR SNACKS**

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



**HOTSALE!**

**6.99**  
LB

Beef  
**CUBED STEAK**  
W/O MVP Card Regular Retail



**HOTSALE!**

**2.99**  
LB

Assorted, Bone-In  
**PORK CHOPS**  
W/O MVP Card Regular Retail

**HOTSALE!**

**2.99**  
LB

Family Pack  
**BONELESS, SKINLESS CHICKEN THIGHS**  
W/O MVP Card Regular Retail

**HOTSALE!**

**5.99**  
EA

20-24 Oz. Pkg. - Select Varieties  
**PERDUE FRESH CUTS CHICKEN BREAST CUTLETS OR DICED**  
W/O MVP Card Regular Retail

**HOTSALE!**

**9.99**  
EA

44 Oz. Pkg. - Frozen  
**TYSON CORNISH HENS**  
W/O MVP Card Regular Retail



*it's party time*

**HOTSALE!**

**3.49**  
EA

12-16 Oz. Pkg. - Select Varieties  
**BOB EVANS SAUSAGE LINKS, PATTIES OR ROLLS**  
W/O MVP Card Regular Retail



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

**HOTSALE!**

**6.99**  
EA

W/O MVP Card Regular Retail

**HOTSALE!**

**2/\$5**

6 Oz. Pkg.  
**FOOD LION PEPPERONI**  
W/O MVP Card Regular Retail



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

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

W/O MVP Card Regular Retail



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

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

W/O MVP Card Regular Retail



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

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

W/O MVP Card Regular Retail



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

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

W/O MVP Card Regular Retail



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

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

W/O MVP Card Regular Retail

**SUSTAINABLE SEAFOOD**



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

**HOTSALE!**  
**8.99**  
EA

W/O MVP Card Regular Retail



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

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

W/O MVP Card Regular Retail



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

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

W/O MVP Card Regular Retail



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

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

W/O MVP Card Regular Retail



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

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

W/O MVP Card Regular Retail



# 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> W/ MVP 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>3.29 LB</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 \$2.18 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 \$4.29 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](http://foodlion.com/catering)





**HOTSALE!**  
MVP  
**3.49**  
EA  
25.4 Oz. or 4 Pack  
Select Varieties  
**WELCH'S  
SPARKLING JUICE**  
W/O MVP Card Regular Retail



**HOTSALE!**  
MVP  
**3.99**  
EA  
4 Pack - 7.5 Oz. Cans  
Select Varieties  
**Q BEVERAGES**  
W/O MVP Card \$4.49 EA

64 Oz.  
Select Varieties  
**OCEAN SPRAY  
JUICE COCKTAIL**

**HOTSALE!**  
MVP  
**2/\$6**  
W/O MVP Card \$4.29 EA

33.8 Oz.  
Select Varieties  
**MASTER OF MIXES**

**HOTSALE!**  
MVP  
**3.89**  
EA  
W/O MVP Card \$4.28 EA

22 Oz.  
**COCO REAL  
CREAM OF  
COCONUT**

**HOTSALE!**  
MVP  
**3.79**  
EA  
W/O MVP Card \$4.59 EA

12.7 Oz.  
Select Varieties  
**MASTER OF MIXES  
GRENADINE  
OR SYRUP**

**HOTSALE!**  
MVP  
**3.39**  
EA  
W/O MVP Card \$4.69 EA

**Red Bull**  
SUGAR FREE  
ENERGY DRINK

**HOTSALE!**  
MVP  
**6.99**  
EA  
4 Pack - 8.4 Oz. Cans  
Select Varieties  
**RED BULL**  
W/O MVP Card \$8.49 EA

16 Oz.  
Select Varieties  
**C4 ULTIMATE**

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

12 Oz.  
Select Varieties  
**CELSIUS**

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

1 Liter  
Select Varieties  
**FOOD LION  
TONIC WATER  
OR CLUB SODA**

**PRICED LOW  
EVERY DAY**  
**1.00**  
EA



**HOTSALE!**  
MVP  
**6.99**  
EA  
12 Pack - 12 Oz. Cans  
Select Varieties  
**PEPSI  
PRODUCTS**  
W/O MVP Card Regular Retail

**Sprite**

**HOTSALE!**  
MVP  
**3/\$12**  
6 Pack  
16-16.9 Oz. Bottles  
Select Varieties  
**COKE  
PRODUCTS**  
W/O MVP Card Regular Retail

**DEER PARK**  
100% NATURAL SPRING WATER

**HOTSALE!**  
MVP  
**4.49**  
EA  
24 Pack  
5 Liter Bottles  
**DEER PARK  
SPRING WATER**  
W/O MVP Card \$6.99 EA

17 Oz.  
Select Varieties  
**SPARKLING ICE  
FLAVORED WATER**

**PRICED LOW  
EVERY DAY**  
**5/\$5**  
W/O MVP Card \$1.28 EA

2 Liter  
Select Varieties  
**7-UP OR  
CANADA DRY  
PRODUCTS**

**HOTSALE!**  
MVP  
**3/\$5**  
W/O MVP Card Regular Retail

2 Liter  
Select Varieties  
**PEPSI  
PRODUCTS**

**PRICED LOW  
EVERY DAY**  
**2/\$4**

128 Oz.  
Select Varieties  
**TAMPICO  
PUNCH**

**HOTSALE!**  
MVP  
**2/\$3**  
W/O MVP Card \$2.59 EA

20 Oz.  
**NATURE'S PROMISE  
SPRING WATER**

**HOTSALE!**  
MVP  
**89¢**  
EA  
W/O MVP Card 99¢ EA

21 Oz.  
Select Varieties  
**ELECTROLIT**

**HOTSALE!**  
MVP  
**2/\$4**  
W/O MVP Card 2/\$5

**PRICED LOW  
EVERY DAY**  
**4.99**  
EA  
32 Pack  
**FOOD LION  
WATER**

3.38 Oz.  
Select Varieties  
**LIQUID I.V.  
HYDRATION  
MULTIPLIER**

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



# DAIRY

STOCK UP ON WHOLESOME GOODNESS

**PRICED LOW EVERY DAY**  
**7.99** EA  
 W/O MVP Card \$9.79 EA

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



**HOTSALE!**  
**2/\$4**  
 12-16 Oz. All Varieties  
**HELUVA GOOD! OR DEAN'S DIP**  
 W/O MVP Card Regular Retail



**HOTSALE!**  
**2/\$5**  
 W/O MVP Card \$3.99 EA

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



**HOTSALE!**  
**2/\$5**  
 W/O MVP Card \$4.29 EA

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



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

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



**HOTSALE!**  
**2/\$5**  
 W/O MVP Card \$3.29 EA

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



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

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



**HOTSALE!**  
**2/\$7**  
 W/O MVP Card Regular Retail

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



# FROZEN

BIG SAVINGS ON CONVENIENCE

**HOTSALE!**  
**7.99** EA  
 W/O MVP Card \$12.19 EA

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



**HOTSALE!**  
**4.49** EA  
 21 Oz. Select Varieties  
**BIRDS EYE VOILA! DINNERS**  
 W/O MVP Card Regular Retail



**PRICED LOW EVERY DAY**  
**3.89** EA  
 W/O MVP Card \$5.29 EA

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



**HOTSALE!**  
**3.49** EA  
 W/O MVP Card \$5.69 EA

100 Ct. **LIPTON TEA BAGS**



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

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



**HOTSALE!**  
**11.99** EA  
 W/O MVP Card \$14.29 EA

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



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

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



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

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



**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!

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 W/ MVP DISCOUNT SAVINGS LIMIT!



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

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



**HOTSALE!**  
**4.99** EA  
 W/O MVP Card \$5.49 EA

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



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

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



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

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



**HOTSALE!**  
**2/\$6**  
 W/O MVP Card \$3.39 EA

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



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

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



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

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



# 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**  
**NEW ITEM**

**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  
 W/O MVP Card \$5.29 EA

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





# 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

**OLAY CLEANSING MELTS**  
32 Ct.  
Select Varieties  
**HOT SALE!**  
9.99  
EA  
W/O MVP Card \$10.99 EA  
MVP Coupon -1.00 OFF!  
**8.99**  
EA  
W/O MVP Card \$10.99 EA

**LUVS PLATINUM DIAPERS**  
20-28 Ct.  
Select Varieties  
**HOT SALE!**  
7.79  
EA  
W/O MVP Card \$10.99 EA  
MVP Coupon -2.00 OFF!  
**5.79**  
EA  
W/O MVP Card \$10.99 EA

**DAWN POWERWASH**  
16 Oz.  
Select Varieties  
**HOT SALE!**  
4.99  
EA  
W/O MVP Card \$5.99 EA  
MVP Coupon -2.00 OFF!  
**2.99**  
EA  
W/O MVP Card \$5.99 EA

**BOUNCE**  
200-240 Ct.  
Select Varieties  
**HOT SALE!**  
9.99  
EA  
W/O MVP Card \$10.99 EA  
MVP Coupon -2.00 OFF!  
**7.99**  
EA  
W/O MVP Card \$10.99 EA

# 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

**CASCADE PLATINUM**  
28-43 Ct.  
Select Varieties  
**HOTSALE!**  
12.99  
EA  
W/O MVP Card \$13.99 EA

**ZIPLOC**  
24-48 Ct.  
Select Varieties  
**HOTSALE!**  
6.99  
EA  
W/O MVP Card \$7.99 EA

**FOOD LION PLATES OR BOWLS**  
20-40 Ct.  
Select Varieties  
**HOTSALE!**  
2/\$5  
W/O MVP Card \$2.99 EA

**CLOROX**  
16 Oz. Mist or 75 Ct. Wipes  
Select Varieties  
**HOTSALE!**  
4.99  
EA  
W/O MVP Card \$7.39 EA

**FEBREZE**  
1 Ct. Vent Clip or 8.8 Oz. Air  
Select Varieties  
**HOTSALE!**  
3.29  
EA  
W/O MVP Card \$3.99 EA

# PET

**FRISKIES LIL' SOUPS**  
12 Oz.  
Select Varieties  
**HOTSALE!**  
3/\$3  
W/O MVP Card \$1.39 EA

**TIDY CATS CONTROL CAT LITTER**  
35 Lb. Pail  
Select Varieties  
**HOTSALE!**  
19.69  
EA  
W/O MVP Card \$20.69 EA

**SUPREME SOURCE GRAIN FREE DOG FOOD**  
5 Lb. Bag  
Select Varieties  
**HOTSALE!**  
9.89  
EA  
W/O MVP Card \$11.89 EA

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



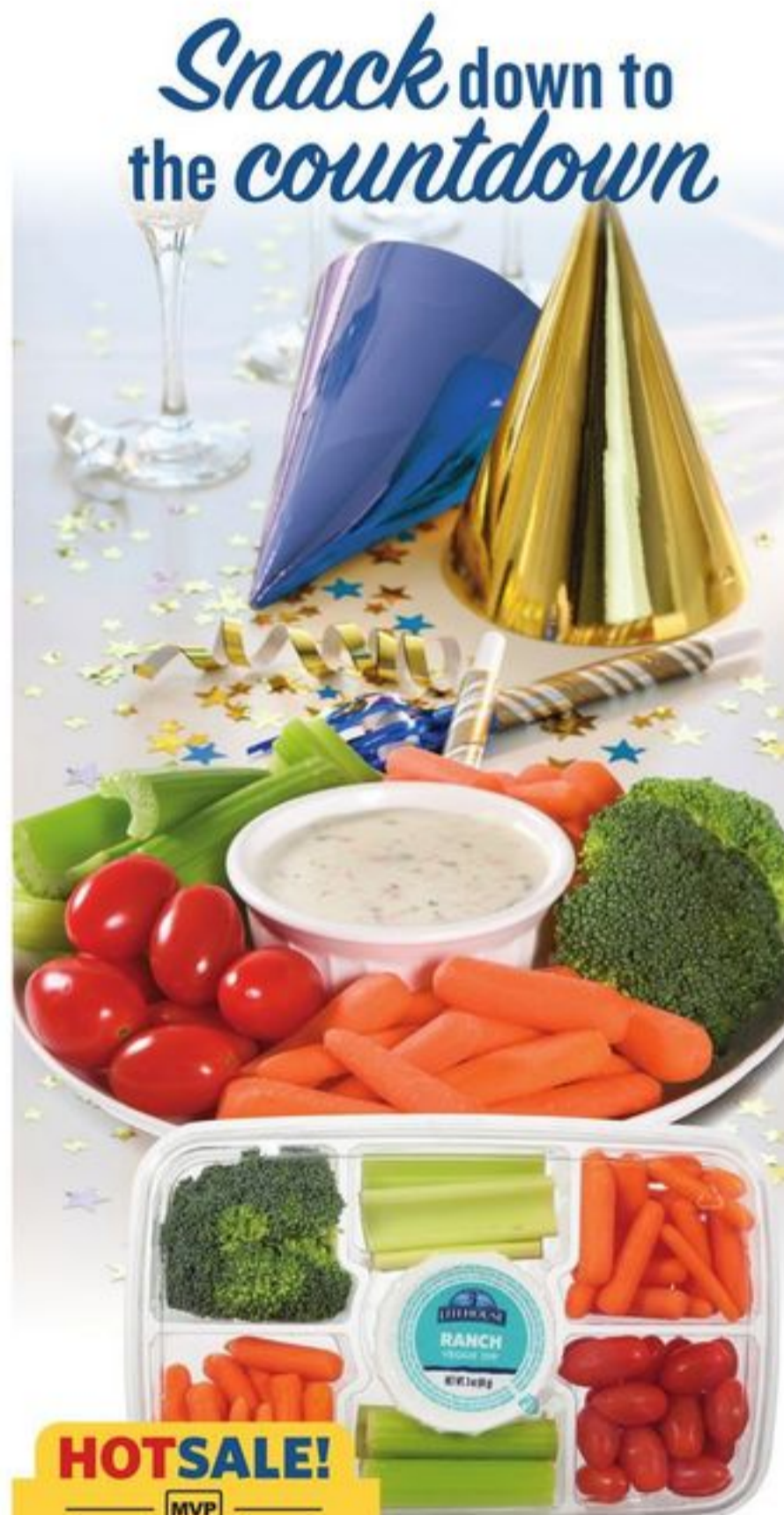
**HOTSALE!**  
MVP  
**79¢**  
EA  
W/O MVP Card Regular Retail  
**HASS AVOCADOS OR MANGOS**



**HOTSALE!**  
MVP  
**1.29**  
EA  
W/O MVP Card Regular Retail  
**COLLARD GREENS**



**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  
**1.49**  
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](http://foodlion.com) for details



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](http://foodlion.com) | f | t

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**Thurmont**

We accept competitor's coupons, exceptions may apply, see store associate for details. Coinstar, Western Union, Deli/Bakery and Floral may not be available at all stores. Sale Begins Wednesday at 8 am in 24 Hour Stores.