

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
89¢
EA
W/O MVP Card Regular Retail



MVP BOGO deals

Fanta
Coca-Cola

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

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

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

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

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

6.4-13 Oz. Select Varieties FRESH EXPRESS SALAD KITS

HOTSALE!
MVP
2/\$5
MVP Coupon -1.00 OFF 2

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

HOTSALE!
MVP
2/\$4
MVP Coupon -2.00 OFF 2

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

HOTSALE!
MVP
2/\$7
MVP Coupon -2.00 OFF 2

12-16 Oz. Select Varieties HIDDEN VALLEY SALAD DRESSING

HOTSALE!
MVP
3.49
EA
MVP Coupon -50¢ OFF 1

18-31 Ct. Pods or 63 Oz. Liquid TIDE

HOTSALE!
MVP
7.99
EA
MVP Coupon -2.00 OFF 1

750 mL Select Varieties VALLATE WINE

PRICED LOW EVERY DAY
10.99
EA

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

PRICED LOW EVERY DAY
2/\$4
W/O MVP Card \$2.48 EA

12-16 Oz. Select Varieties MUELLER'S PASTA

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

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

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

30-40 Ct. Select Varieties GLAD KITCHEN BAGS

HOTSALE!
MVP
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

8 Oz. Select Varieties KRAFT CHUNK OR SHREDDED CHEESE

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

52 Oz. Select Varieties SIMPLY ADES OR PUNCHES

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

5.2-6.56 Oz. Select Varieties PRINGLES POTATO CRISPS

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

Freshly Sliced TASTE OF INSPIRATIONS HAM IN THE DELI

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

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 CHICKEN OR ANY TIZERS WINGS

HOTSALE!
MVP
6.99
EA
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

12 Ct. Single Serve Cups Select Varieties FOOD LION COFFEE

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

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

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

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

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 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
W/O MVP Card Regular Retail

HOTSALE!

6.99
EA



HOTSALE!

2/\$5

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



16 Oz. Pkg. - Select Varieties
FOOD LION SLICED BACON
W/O MVP Card Regular Retail

HOTSALE!

4.49
EA



7-9 Oz. Pkg. - Select Varieties
HILLSHIRE FARM THIN SLICED LUNCHEAT
W/O MVP Card Regular Retail

HOTSALE!

3.99
EA



12-14 Oz. Pkg. - Select Varieties
HILLSHIRE FARM COCKTAIL SMOKIES
W/O MVP Card Regular Retail

HOTSALE!

2/\$7



24 Oz. Pkg. - Select Varieties
HORMEL PORK LOIN FILET
W/O MVP Card Regular Retail

HOTSALE!

7.99
EA



24 Oz. - Fully Cooked and Sauced
TGI FRIDAYS BBQ BABY BACK RIBS
W/O MVP Card Regular Retail

HOTSALE!

9.79
EA

SUSTAINABLE SEAFOOD



10 Oz. Pkg.
NATURE'S PROMISE ATLANTIC SALMON PORTIONS
W/O MVP Card Regular Retail

HOTSALE!

25% OFF



14 Oz.
FOOD LION IMITATION CRAB MEAT
W/O MVP Card Regular Retail

HOTSALE!

2.99
EA



32 Oz. Bag - Frozen
FOOD LION WHITING
W/O MVP Card Regular Retail

HOTSALE!

9.99
EA



20-30 Ct. Bag - Frozen
FOOD LION SEA SCALLOPS
W/O MVP Card Regular Retail

HOTSALE!

16.99
EA



31-40 Ct. - 16 Oz. Bag - Frozen
FOOD LION RAW SHRIMP PEELED AND DEVEINED TAIL-OFF
W/O MVP Card Regular Retail

HOTSALE!

6.99
EA

DELICIOUS BOGOs of the week!



HOTSALE!
MVP
BOGO FREE
W/O MVP Card \$4.49 EA
Single Item Half Price
4 Ct.
FOOD LION BAGELS



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



HOTSALE!
MVP
BOGO FREE
W/O MVP Card \$7.99 EA
Single Item Half Price
7 Oz.
Select Varieties
TILLAMOOK CHEDDARS



PRICED LOW EVERY DAY!
\$5 EA
20 Ct.
Made Hot In-Store
CHICKEN NUGGETS



HOTSALE!
MVP
6.99 EA
W/O MVP Card Regular Retail
16 Inch
Pepperoni or Cheese
FOOD LION DELI STYLE THIN CRUST PIZZA



HOTSALE!
MVP
11.99 LB
W/O MVP Card \$12.99 LB
Freshly Sliced
DIETZ & WATSON ROAST BEEF



HOTSALE!
MVP
3.99 EA
W/O MVP Card \$4.49 EA
3-4 Oz.
FIORUCCI PRE-SLICED MEATS



HOTSALE!
MVP
2.99 EA
W/O MVP Card \$3.99 EA
8 Oz.
TASTE OF INSPIRATIONS CHEESE CUBES

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



HOT SALE! 2/\$10
W/O MVP Card \$8.99 EA
MVP Coupon -1.00 OFF 2
2/\$9
W/MFR DISCOUNT SAVINGS LIMIT 1
12 Oz.
Select Varieties
RANA LASAGNA OR PASTA MEALS



HOTSALE!
MVP
5.99 EA
W/O MVP Card \$6.99 EA
16 Oz.
EL TERRIFICO CHEESE DIP



HOTSALE!
MVP
4.99 EA
W/O MVP Card \$5.49 EA
18 Oz.
FOOD LION CORNBREAD TRAY



HOTSALE!
MVP
5/\$5
W/O MVP Card \$1.29 EA
3.25-4 Oz.
SNACK PIES

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!



HOTSALE!
MVP
25% OFF
W/O MVP Card Regular Retail
NATURE'S PROMISE BONELESS PORK LOIN



HOTSALE!
MVP
99¢ EA
W/O MVP Card \$1.28 EA
15.5 Oz.
Select Varieties
FOOD LION BLACKEYE PEAS



HOTSALE!
MVP
89¢ EA
W/O MVP Card 99¢ EA
7.5 Oz.
FOOD LION YELLOW CORNBREAD & MUFFIN MIX



HOTSALE!
MVP
2/\$4
W/O MVP Card \$2.48 EA
40-100 Ct.
Select Varieties
FOOD LION NAPKINS



HOTSALE!
MVP
5.89 EA
W/O MVP Card \$6.49 EA
96 Ct.
Select Varieties
FOOD LION PREMIUM DINNERWARE



HOTSALE!
MVP
99¢ EA
W/O MVP Card \$1.18 EA
14-14.5 Oz.
Select Varieties
FOOD LION GREENS



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 \$3.39 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





750 mL
Select Varieties
**SUTTER HOME
OR WOODBRIDGE
WINE**

HOTSALE!
5⁹⁹
EA



750 mL
Select Varieties
**BILLINGS FARM
OR CHILDRRESS
WINE**

HOTSALE!
7⁹⁹
EA



3 Liter
Select Varieties
**BLACK BOX
WINE**

HOTSALE!
16⁹⁹
EA

750 mL
Select Varieties
**NOBILO
OR GEMMA
WINE**

HOTSALE!
11⁹⁹
EA



750 mL
Select Varieties
**JOSH PROSECCO
WINE**

HOTSALE!
13⁹⁹
EA



750 mL
Select Varieties
**ACROBAT
OR MEIOMI
WINE**

HOTSALE!
15⁹⁹
EA



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



HOTSALE!
16⁹⁹
EA



HOTSALE!
14⁹⁹
EA



HOTSALE!
15⁹⁹
EA



HOTSALE!
16⁹⁹
EA



HOTSALE!
17⁹⁹
EA



HOTSALE!
9⁹⁹
EA



HOTSALE!
8⁹⁹
EA



HOTSALE!
15⁹⁹
EA



HOTSALE!
16⁹⁹
EA



HOTSALE!
3⁴⁹
EA



HOTSALE!
6⁹⁹
EA



HOTSALE!
3/\$12



HOTSALE!
2/\$4



HOTSALE!
5/\$5



HOTSALE!
3/\$5

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 \$11.69 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

4.99 EA
 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

4.99 EA
 W/O MVP Card \$3.39 EA



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

4 Pack
Select Varieties
SLIMFAST ADVANCED SHAKES

HOTSALE!
MVP
8.49
EA
W/O MVP Card \$9.99 EA



PREMIER PROTEIN SHAKE CHOCOLATE



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

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



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

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



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

70 Ct.
Select Varieties
NATURE MADE MELATONIN GUMMIES



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

13-19.5 Oz.
Select Varieties
OGX SHAMPOO OR CONDITIONER



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

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



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

33.8 Oz.
Select Flavors
KINDERLYTE BABY DRINK



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

HOTSALE!
MVP
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!
W/O MVP Card \$10.99 EA
MVP Coupon -1.00 OFF!
8.99
EA
W/ MVP DISCOUNT SAVINGS LIMIT 1

20-28 Ct.
Select Varieties
LUVS PLATINUM DIAPERS

7.79
EA
MVP Coupon -2.00 OFF!
5.79
EA
W/ MVP DISCOUNT SAVINGS LIMIT 1

16 Oz.
Select Varieties
DAWN POWERWASH

HOT SALE!
W/O MVP Card \$5.99 EA
MVP Coupon -2.00 OFF!
2.99
EA
W/ MVP DISCOUNT SAVINGS LIMIT 1

200-240 Ct.
Select Varieties
BOUNCE

HOT SALE!
W/O MVP Card \$10.99 EA
MVP Coupon -2.00 OFF!
7.99
EA
W/ MVP DISCOUNT SAVINGS LIMIT 1

HOUSE & HOME

HOT SALE ON HOME CARE



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

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

28-43 Ct.
Select Varieties
CASCADE

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

24-48 Ct.
Select Varieties
ZIPLOC

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

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

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

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

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

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

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

PET

12 Oz.
Select Varieties
FRISKIES LIL' SOUPS

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

35 Lb. Pail
Select Varieties
TIDY CATS CONTROL CAT LITTER

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

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

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

12-16 Oz.
Select Varieties
FULL MOON JERKY TENDERS

HOTSALE!
MVP
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



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



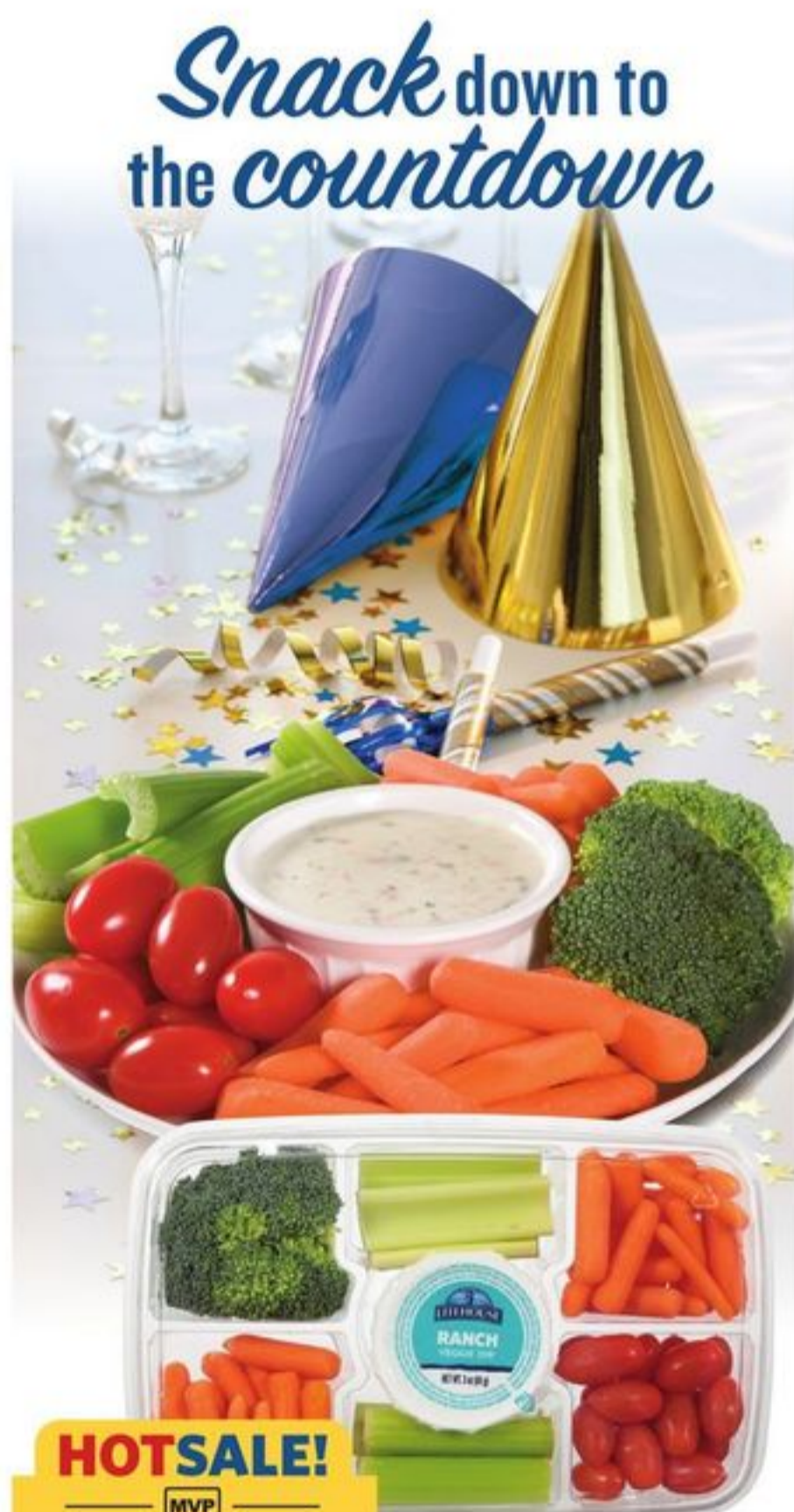
HOTSALE!
MVP
99¢
EA
W/O MVP Card Regular Retail
Bunch
CELERY



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



HAPPY NEW YEAR BOUQUET
While Supplies Last!
10.99
EA



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



HOTSALE!
MVP
1.99
EA
W/O MVP Card Regular Retail

*100% fresh or
double your money back*

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Atlantic Beach, Beaufort, Belhaven, Chocowinity, Emerald Isle, Grantsboro, Havelock, Jacksonville, Morehead City, New Bern, Newport, Richlands, Sneads Ferry, Swansboro, Vanceboro, Washington

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.