

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/\$5
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 \$8.19 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 \$4.58 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

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

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

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
20.99
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

12 Ct. Single Serve Cups Select Varieties
FOOD LION COFFEE

HOTSALE!
MVP
3.99
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

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

6 Mega Rolls
CHARMIN 4 Double Rolls BOUNTY

HOTSALE!
MVP
7.99
EA
W/O MVP Card \$12.29 EA

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

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
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!
8.99
EA



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!

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

 <p>HOT SALE! 2/\$10 W/O MVP Card \$8.99 EA</p> <p>MVP Coupon -1.00 OFF 2</p> <p>2/\$9 W/ MVP DISCOUNT SAVINGS LIMIT 1</p> <p>12 Oz. Select Varieties RANA LASAGNA OR PASTA MEALS</p>	 <p>HOTSALE! MVP 5.99 EA W/O MVP Card \$6.99 EA</p> <p>16 Oz. EL TERRIFICO CHEESE DIP</p>	 <p>HOTSALE! MVP 4.99 EA W/O MVP Card \$5.49 EA</p> <p>18 Oz. FOOD LION CORNBREAD TRAY</p>	 <p>HOTSALE! MVP 5/\$5 W/O MVP Card \$1.29 EA</p> <p>3.25-4 Oz. SNACK PIES</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>HOTSALE! MVP 3.29 LB W/O MVP Card Regular Retail</p> <p>NATURE'S PROMISE BONELESS PORK LOIN</p>	 <p>HOTSALE! MVP 99¢ EA W/O MVP Card \$1.28 EA</p> <p>15.5 Oz. Select Varieties FOOD LION BLACK EYE PEAS</p>	 <p>HOTSALE! MVP 89¢ EA W/O MVP Card 99¢ EA</p> <p>7.5 Oz. FOOD LION YELLOW CORNBREAD & MUFFIN MIX</p>
 <p>HOTSALE! MVP 2/\$4 W/O MVP Card \$2.58 EA</p> <p>40-100 Ct. Select Varieties FOOD LION NAPKINS</p>	 <p>HOTSALE! MVP 5.89 EA W/O MVP Card \$6.49 EA</p> <p>96 Ct. Select Varieties FOOD LION PREMIUM DINNERWARE</p>	 <p>HOTSALE! MVP 99¢ EA W/O MVP Card \$1.18 EA</p> <p>14-14.5 Oz. Select Varieties FOOD LION GREENS</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 \$5.79 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





Cheers to a
new year

750 mL
Select Varieties
HIGH TABLE
OR CASTELLO
DEL POGGIO
WINE

HOTSALE!
7⁹⁹
EA



750 mL
Select Varieties
VERDI OR
CHILDRESS
WINE

HOTSALE!
7⁹⁹
EA



750 mL
Select Varieties
RUFFINO
OR RISATA
WINE

HOTSALE!
12⁹⁹
EA



750 mL
Select Varieties
ROSCATO
OR GEMMA
WINE

HOTSALE!
11⁹⁹
EA



750 mL
Select Varieties
JOSH PROSECCO
WINE

HOTSALE!
13⁹⁹
EA



3 Liter
Select Varieties
BLACK BOX
WINE

HOTSALE!
17⁹⁹
EA



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



HOTSALE!
16⁹⁹
EA
12 Pack - 12 Oz. Cans
WHITE CLAW HARD SELTZER,
TRULY SELTZER OR VIZZY
8 Pack - 12 Oz. Cans
HIGH NOON
Select Varieties



HOTSALE!
14⁹⁹
EA
12 Pack - 12 Oz. Bottles or Cans
Select Varieties
MICHELOB, BLUE MOON
OR BUD LIGHT LIME



HOTSALE!
19⁹⁹
EA
30 Pack - 12 Oz. Cans
BUSCH LIGHT OR
KEYSTONE LIGHT
24 Pack - 12 Oz. Cans
NATURAL LIGHT
Select Varieties



HOTSALE!
16⁹⁹
EA
12 Pack - 11.2-12 Oz. Bottles or Cans
Select Varieties
CORONA, MODELO
OR STELLA ARTOIS



HOTSALE!
17⁹⁹
EA
12 Pack - 12 Oz. Bottles or Cans
Select Varieties
SAMUEL ADAMS, SIERRA NEVADA
OR NEW BELGIUM



HOTSALE!
9⁹⁹
EA
6 Pack - 11.2-12 Oz. Bottles
CORONA OR HEINEKEN
6 Pack - 12 Oz. Cans
BLUE MOON
Select Varieties



HOTSALE!
9⁹⁹
EA
6 Pack - 10-11.2 Oz. Bottles
Select Varieties
CAYMAN JACK,
MIKE'S HARD LEMONADE
OR JACK DANIEL'S



HOTSALE!
16⁹⁹
EA
12 Pack - 12 Oz. Cans
Select Varieties
SIMPLY SPIKED, NEW BELGIUM
HARD CHARGED TEA OR
HARD MOUNTAIN DEW



HOTSALE!
17⁹⁹
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!
3⁴⁹
EA
W/O MVP Card Regular Retail



HOTSALE!
6⁹⁹
EA
12 Pack - 12 Oz. Cans
Select Varieties
PEPSI
PRODUCTS
W/O MVP Card Regular Retail



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



HOTSALE!
4⁴⁹
EA
24 Pack
5 Liter Bottles
DEER PARK
SPRING WATER
W/O MVP Card \$6.99 EA



12 Oz.
Select Varieties
CELSIUS

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
 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

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



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

46 Oz. Select Varieties
TROPICANA PREMIUM ORANGE JUICE



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



HOTSALE!
9.99 EA
 W/O MVP Card Regular Retail

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



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



56-64 Ct.
Select Varieties
HUGGIES WIPES
W/O MVP Card \$2.79 EA

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

7.79 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
ZIPOC

HOTSALE!
6.99 EA
W/O MVP Card \$7.69 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



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



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



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



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



12 Oz.
Select Varieties
MARZETTI
VEGGIE DIPS
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



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



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

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



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**Dumfries, Herndon, Lake Ridge, Leesburg, Lorton,
Manassas, Marshall, Sterling, Woodbridge**

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.