

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 Regular Retail 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

HOTSALE! 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**

HOTSALE! 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**

HOTSALE! 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**

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

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

HOTSALE! 9.99
EA
W/O MVP Card Regular Retail
MVP Coupon -2.00 OFF 1

18-31 Ct. Pods or 63 Oz. Liquid **TIDE**
31 Ct. Flings or 88 Oz. Liquid **GAIN**
Select Varieties

7-10 Oz. **YADKIN VALLEY POPCORN IN THE DELI**

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

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

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

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

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

4-8 DOUBLES **Bounty**
4 Mega Rolls **CHARMIN**
4 Double Rolls **BOUNTY**
Select Varieties

HOTSALE!
MVP
7.99
EA
W/O MVP Card Regular Retail

30-40 Ct. Select Varieties **GLAD KITCHEN BAGS**

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

17 Oz. **SABRA HUMMUS IN THE DELI**

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

12 Ct. Single Serve Cups Select Varieties **FOOD LION COFFEE**

HOTSALE!
MVP
3.99
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

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

30-40 Ct. Select Varieties **GLAD KITCHEN BAGS**

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

12 Ct. Single Serve Cups Select Varieties **FOOD LION COFFEE**

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 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!
8.99
EA



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>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 \$2.18 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 \$3.68 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 \$5.39 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





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 \$4.38 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 \$5.89 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

FOOD LION

**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
NESTLÉ 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



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
W/O MVP Card \$2.79 EA



56-64 Ct.
Select Varieties
HUGGIES WIPES

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OLAY cleanser melts
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 baby
HOT SALE! 7.79 EA
W/O MVP Card \$8.99 EA
MVP Coupon -2.00 OFF!
5.79 EA
W/O MVP Card \$8.99 EA

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/O MVP Card \$5.99 EA

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/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

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

Ziploc
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



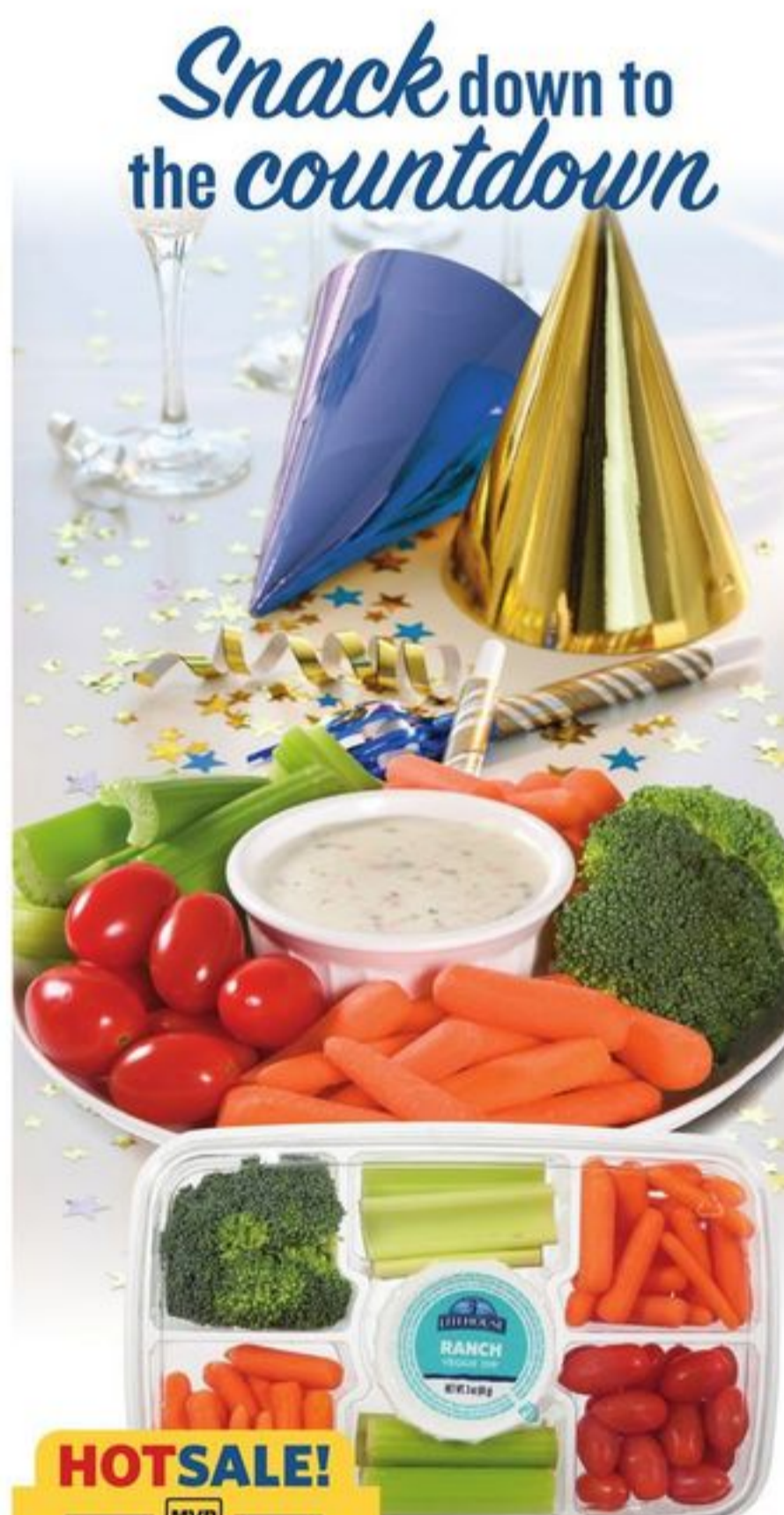
HOTSALE!
MVP
79¢
EA
W/O MVP Card Regular Retail
HASS AVOCADOS
OR MANGOS



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*
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