

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

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

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

HOTSALE!
MVP
BOGO FREE
W/O MVP Card \$1.99 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

12 Oz. Select Varieties
CELSIUS PEACH VIBE

HOTSALE!
MVP
1.69
EA
W/O MVP Card \$2.39 EA

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

HOT SALE! 2/\$5
W/O MVP Card \$4.79 EA

MVP Coupon -1.00 OFF 2

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

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

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

750 mL Select Varieties
VALLATE WINE

PRICED LOW EVERY DAY

10.99
EA

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

HOTSALE!
MVP
20.99
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

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

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

6.4-13 Oz. Select Varieties
FRESH EXPRESS SALAD KITS

2/\$5
W/O MVP Card \$4.29 EA

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

2/\$4
W/O MVP Card \$2.48 EA

52 Oz. Select Varieties
SHARP CHEDDAR

HOTSALE!
MVP
2/\$4
W/O MVP Card \$4.39 EA

6-16.5 Oz. Select Varieties
NATURE VALLEY GRANOLA BARS

HOTSALE!
MVP
2/\$4
W/O MVP Card \$4.39 EA

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

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

HOT SALE! 2/\$6
MVP Coupon -2.00 OFF 2

12-16 Oz. Select Varieties
MUELLER'S PASTA

PRICED LOW EVERY DAY

2/\$3
W/O MVP Card \$1.98 EA

52 Oz. Select Varieties
SHARP CHEDDAR

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

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

15-77-23.45 Oz. Select Varieties
RED BARON 12" PIZZA

HOT SALE! 2/\$9
MVP Coupon -2.00 OFF 2

12-16 Oz. Select Varieties
HIDDEN VALLEY SALAD DRESSING

HOT SALE! 3.99
EA
W/O MVP Card \$4.99 EA

MVP Coupon -50¢ OFF 1

5.2-6.56 Oz. Select Varieties
PRINGLES POTATO CRISPS

HOTSALE!
MVP
1.49
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 Oz. Select Varieties
CELSIUS PEACH VIBE

HOTSALE!
MVP
1.69
EA
W/O MVP Card \$2.39 EA

12-16 Oz. Select Varieties
HIDDEN VALLEY SALAD DRESSING

HOT SALE! 3.49
EA
W/O MVP Card \$4.99 EA

MVP Coupon -50¢ OFF 1

4-8 Double 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

12 Ct. Single Serve Cups Select Varieties
FOOD LION COFFEE

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

12 Oz. Select Varieties
CELSIUS PEACH VIBE

HOTSALE!
MVP
1.69
EA
W/O MVP Card \$2.39 EA

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

HOT SALE! 9.99
EA
W/O MVP Card Regular Retail

MVP Coupon -2.00 OFF 1

6 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

12 Ct. Single Serve Cups Select Varieties
FOOD LION COFFEE

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

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

2/\$4
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
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!
25% OFF

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>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



HOT SALE! 2/\$10
W/O MVP Card \$8.99 EA

MVP Coupon -1.00 OFF 2

2/\$9
W/ MVP DISCOUNT SAVINGS LIMIT 1

12 Oz.
Select Varieties
RANA LASAGNA OR PASTA MEALS

 <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 25% OFF 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 BLACKEYE 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 1.79 EA W/O MVP Card \$1.99 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 \$5.29 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
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
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!
4⁴⁹
EA
W/O MVP Card \$6.99 EA

24 Pack
5 Liter Bottles
DEER PARK
SPRING WATER



HOTSALE!
BOGO FREE
W/O MVP Card Regular Retail
Single Item Half Price
LIMIT 4 FREE

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



17 Oz.
Select Varieties
SPARKLING ICE
FLAVORED WATER
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 \$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

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

32 Ct.
Select Varieties
OLAY CLEANSING MELTS

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

MVP Coupon -1.00 OFF!

8.99
EA
W/O MVP DISCOUNT SAVINGS LIMIT!

20-28 Ct.
Select Varieties
LUVS PLATINUM DIAPERS

7.79
EA

MVP Coupon -2.00 OFF!

5.79
EA
W/O MVP DISCOUNT SAVINGS LIMIT!

16 Oz.
Select Varieties
DAWN POWERWASH

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

MVP Coupon -2.00 OFF!

2.99
EA
W/O MVP DISCOUNT SAVINGS LIMIT!

200-240 Ct.
Select Varieties
BOUNCE

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

MVP Coupon -2.00 OFF!

7.99
EA
W/O 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 \$7.69 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



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



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
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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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.