

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

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 \$1.58 EA Single Item Half Price

**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

6.75-7.5 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**

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

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

**HOTSALE!**  
MVP  
**2/\$5**  
W/O MVP Card \$4.79 EA

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

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

750 mL Select Varieties  
**VALLATE WINE**

**HOTSALE!**  
MVP  
**2/\$6**  
W/O MVP Card \$4.29 EA  
MVP Coupon -1.00 OFF 2

PRICED LOW EVERY DAY  
**10.99**  
EA

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

**HOTSALE!**  
MVP  
**20.99**  
EA

**HOTSALE!**  
MVP  
**8.99**  
LB  
Freshly Sliced TASTE OF INSPIRATIONS HAM IN THE DELI

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

**HOTSALE!**  
MVP  
**2/\$5**  
W/O MVP Card \$4.29 EA  
MVP Coupon -2.00 OFF 2

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

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

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

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

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

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

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

52 Oz. Select Varieties  
**MUELLER'S PASTA**

**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

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

**HOTSALE!**  
MVP  
**2/\$7**  
W/O MVP Card \$6.19 EA  
MVP Coupon -2.00 OFF 2

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

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

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

**HOTSALE!**  
MVP  
**3.49**  
EA  
W/O MVP Card \$4.98 EA  
MVP Coupon -50¢ OFF 1

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 \$12.29 EA

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

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

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

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

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

6 Mega Rolls CHARMIN 4 Double Rolls BOUNTY Select Varieties

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

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

**HOTSALE!**  
MVP  
**2/\$5**  
W/O MVP Card \$4.79 EA

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

**HOTSALE!**  
MVP  
**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](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**



**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!**  
**25% OFF**



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><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> 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



**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><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>25% OFF</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 BLACK EYE 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>1.79 EA</b> W/O MVP Card \$1.99 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**

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](http://foodlion.com/catering)



Cheers to a  
*new year*

750 mL  
Select Varieties  
HIGH TABLE  
OR CASTELLO  
DEL POGGIO  
WINE

**HOTSALE!**  
**7<sup>99</sup>**  
EA



750 mL  
Select Varieties  
VERDI OR  
CHILDRESS  
WINE

**HOTSALE!**  
**7<sup>99</sup>**  
EA



750 mL  
Select Varieties  
RUFFINO  
OR RISATA  
WINE

**HOTSALE!**  
**12<sup>99</sup>**  
EA



750 mL  
Select Varieties  
ROSCATO  
OR GEMMA  
WINE

**HOTSALE!**  
**11<sup>99</sup>**  
EA



750 mL  
Select Varieties  
JOSH PROSECCO  
WINE

**HOTSALE!**  
**13<sup>99</sup>**  
EA



3 Liter  
Select Varieties  
BLACK BOX  
WINE

**HOTSALE!**  
**17<sup>99</sup>**  
EA



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



**HOTSALE!**  
**16<sup>99</sup>**  
EA  
12 Pack - 12 Oz. Cans  
WHITE CLAW HARD SELTZER,  
TRULY SELTZER OR VIZZY  
8 Pack - 12 Oz. Cans  
HIGH NOON  
Select Varieties



**HOTSALE!**  
**14<sup>99</sup>**  
EA  
12 Pack - 12 Oz. Bottles or Cans  
Select Varieties  
MICHELOB, BLUE MOON  
OR BUD LIGHT LIME



**HOTSALE!**  
**19<sup>99</sup>**  
EA  
30 Pack - 12 Oz. Cans  
BUSCH LIGHT OR  
KEYSTONE LIGHT  
24 Pack - 12 Oz. Cans  
NATURAL LIGHT  
Select Varieties



**HOTSALE!**  
**16<sup>99</sup>**  
EA  
12 Pack - 11.2-12 Oz. Bottles or Cans  
Select Varieties  
CORONA, MODELO  
OR STELLA ARTOIS



**HOTSALE!**  
**17<sup>99</sup>**  
EA  
12 Pack - 12 Oz. Bottles or Cans  
Select Varieties  
SAMUEL ADAMS, SIERRA NEVADA  
OR NEW BELGIUM



**HOTSALE!**  
**9<sup>99</sup>**  
EA  
6 Pack - 11.2-12 Oz. Bottles  
CORONA OR HEINEKEN  
6 Pack - 12 Oz. Cans  
BLUE MOON  
Select Varieties



**HOTSALE!**  
**9<sup>99</sup>**  
EA  
6 Pack - 10-11.2 Oz. Bottles  
Select Varieties  
CAYMAN JACK,  
MIKE'S HARD LEMONADE  
OR JACK DANIEL'S



**HOTSALE!**  
**16<sup>99</sup>**  
EA  
12 Pack - 12 Oz. Cans  
Select Varieties  
SIMPLY SPIKED, NEW BELGIUM  
HARD CHARGED TEA OR  
HARD MOUNTAIN DEW



**HOTSALE!**  
**17<sup>99</sup>**  
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!**  
**3<sup>49</sup>**  
EA  
W/O MVP Card Regular Retail



**HOTSALE!**  
**6<sup>99</sup>**  
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!**  
**4<sup>49</sup>**  
EA  
24 Pack  
5 Liter Bottles  
DEER PARK  
SPRING WATER  
W/O MVP Card \$6.99 EA



**HOTSALE!**  
**BOGO FREE**  
6 Pack  
16-16.9 Oz. Bottles  
Select Varieties  
PEPSI  
PRODUCTS  
LIMIT 4 FREE  
W/O MVP Card Regular Retail  
Single Item Half Price



17 Oz.  
Select Varieties  
SPARKLING ICE  
FLAVORED WATER  
**5/\$5**  
PRICED LOW EVERY DAY  
W/O MVP Card \$1.28 EA



2 Liter  
Select Varieties  
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



**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**



**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 Coupon **-1.00** OFF!



**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**



**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**



# 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**



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

100 Ct. **LIPTON TEA BAGS**



46 Oz. Select Varieties  
**TROPICANA PREMIUM ORANGE JUICE**  
**HOTSALE!**  
**2/\$5**  
 W/O MVP Card Regular Retail



10 Ct. Single Serve Cups or 12 Oz. Bag Select Varieties  
**NATURE'S PROMISE COFFEE**  
**HOTSALE!**  
**5.99** EA  
 W/O MVP Card Regular Retail



12 Ct. K-Cups or 12 Oz. Bag Select Varieties  
**BLACK RIFLE COFFEE**  
**HOTSALE!**  
**9.99** EA  
 W/O MVP Card Regular Retail





# 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/O MVP Card \$11.99 EA

20-28 Ct.  
Select Varieties  
**LUVS PLATINUM DIAPERS**

**7.79**  
EA  
MVP Coupon -2.00 OFF!  
**5.79**  
EA  
W/O MVP Card \$7.79 EA

16 Oz.  
Select Varieties  
**DAWN POWERWASH**

**HOT SALE!**  
W/O MVP Card \$5.99 EA  
MVP Coupon -2.00 OFF!  
**2.99**  
EA  
W/O MVP Card \$4.99 EA

200-240 Ct.  
Select Varieties  
**BOUNCE**

**HOT SALE!**  
W/O MVP Card \$10.99 EA  
MVP Coupon -2.00 OFF!  
**7.99**  
EA  
W/O MVP Card \$9.99 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!**  
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  
**ZIPOC**

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



GREEN  
CABBAGE  
**HOTSALE!**  
MVP  
**69¢**  
LB  
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  
W/O MVP Card Regular Retail



**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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**North Tazewell, Richlands**

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