

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  
**99¢**  
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



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

6 Pack 16-19.9 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



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

**HOTSALE!**  
MVP  
**BOGO FREE**  
W/O MVP Card \$1.58 EA Single Item Half Price

6-2-8.94 Oz. Select Varieties **NATURE VALLEY GRANOLA BARS**



**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

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/\$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**

**HOT SALE! 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**

**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

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

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**

12-16 Oz. Select Varieties **MUELLER'S PASTA**  
**PRICED LOW EVERY DAY**  
**2/\$3**  
W/O MVP Card \$1.58 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**

6 Mega Rolls **CHARMIN**  
4 Double Rolls **BOUNTY**  
Select Varieties

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

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

52 Oz. Select Varieties **SIMPLY ADES OR PUNCHES**

5.2-6.56 Oz. Select Varieties **PRINGLES POTATO CRISPS**

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

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

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

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

**HOTSALE!**  
MVP  
**2/\$5**  
W/O MVP Card \$4.39 EA

**HOTSALE!**  
MVP  
**6.99**  
EA  
W/O MVP Card Regular Retail

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

**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](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>
--	---	--

<p><b>PRICED LOW EVERY DAY!</b></p> <p><b>\$5 EA</b></p> <p>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>11.99 LB</b> W/O MVP Card \$12.99 LB</p> <p>Freshly Sliced <b>DIETZ &amp; WATSON ROAST BEEF</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>
---	---	---	--	---

**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>
---	--	--

## 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>2/\$4</b> W/O MVP Card \$2.58 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

3 Ct. Bag  
**NATURE'S PROMISE ORGANIC AVOCADOS**

**HOTSALE!**  
**2.99**  
EA  
W/O MVP Card \$3.49 EA

**HOTSALE!**  
**99¢**  
EA  
W/O MVP Card \$1.99 EA

16 Oz. Select Varieties  
**FOOD LION LONG GRAIN RICE**

15-15.5 Oz. Select Varieties  
**FOOD LION CANNED BEANS**

**PRICED LOW EVERY DAY**  
**86¢**  
EA

16 Oz.  
**FOOD LION 8" WHOLE WHEAT TORTILLAS**

**2.49**  
EA

7.25 Oz. Select Varieties  
**KRAFT MACARONI & CHEESE DINNER**

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

18-18.3 Oz. Select Varieties  
**DUNCAN HINES BROWNIE MIX**

**PRICED LOW EVERY DAY**  
**1.59**  
EA  
W/O MVP Card \$1.98 EA

15.5 Oz. Select Varieties  
**HANOVER BEANS**

**HOTSALE!**  
**5/\$5**  
W/O MVP Card Regular Retail

32 Oz. Select Varieties  
**SWANSON BROTH**

**HOTSALE!**  
**2/\$4**  
W/O MVP Card \$3.29 EA

20 Oz. Select Varieties  
**NATURE'S OWN HONEY WHEAT**

**PRICED LOW EVERY DAY**  
**3.49**  
EA  
W/O MVP Card \$4.29 EA

5.1 Oz. Select Varieties  
**LINDT TRUFFLE BAG**

**HOTSALE!**  
**3.99**  
EA  
W/O MVP Card \$4.99 EA

24 Oz. Select Varieties  
**TEXAS PETE HOT SAUCE**

**HOTSALE!**  
**4.39**  
EA  
W/O MVP Card \$5.39 EA

18.5-19 Oz. Select Varieties  
**PROGRESSO SOUP**

**HOTSALE!**  
**2/\$5**  
W/O MVP Card \$2.79 EA

14 Oz.  
**LA BANDERITA TOSTITOS TORTILLA CHIPS**

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

11.36 Oz. Select Varieties  
**RED LOBSTER BISCUIT MIX**

**HOTSALE!**  
**2/\$5**  
W/O MVP Card \$3.19 EA

10 Oz. Select Varieties  
**CRUNCH 'N MUNCH POPCORN**

**HOTSALE!**  
**2/\$6**  
W/O MVP Card Regular Retail

12-20 Oz. Select Varieties  
**WONDER CLASSIC WHITE ROUND TOP BREAD OR DINNER ROLLS**

**HOTSALE!**  
**2/\$6**  
W/O MVP Card \$3.69 EA

26 Oz.  
**PILLSBURY SOFTASILK CAKE FLOUR BLEACHED**

**HOTSALE!**  
**2.99**  
EA  
W/O MVP Card \$3.79 EA

16 Oz. Select Varieties  
**OLIVE GARDEN DRESSING**

**HOTSALE!**  
**3.49**  
EA  
W/O MVP Card \$4.89 EA

25 Oz.  
**SWANSON PREMIUM WHITE CHICKEN**

**HOTSALE!**  
**6.99**  
EA  
W/O MVP Card \$8.79 EA

32 Oz. Select Varieties  
**SMUCKER'S GRAPE JELLY**

**HOTSALE!**  
**3.99**  
EA  
W/O MVP Card \$5.19 EA

6-16 Oz. Select Varieties  
**UTZ DIPS OR PRETZELS**

**HOTSALE!**  
**2/\$6**  
W/O MVP Card \$3.49 EA

3.92-4.9 Oz. Select Varieties  
**EMERALD 100 CALORIE PACKS**

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

7.62-12.34 Oz. Select Varieties  
**VOORTMAN WAFERS OR COOKIES**

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

4-5.5 Oz. Select Varieties  
**SIMPLE MILLS GLUTEN-FREE COOKIES & CRACKERS**

**HOTSALE!**  
**4.49**  
EA  
W/O MVP Card \$5.29 EA

16 Oz. Select Varieties  
**PLANTERS DRY ROASTED PEANUTS**  
LIMIT 4 FREE

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

5.3-7.2 Oz. Select Varieties  
**WALKERS PURE BUTTER SHORTBREAD**

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

4-5 Oz. Select Varieties  
**SHEILA G'S BROWNIE BRITTLE**

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

**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)





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

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



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

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



3 Liter  
Select Varieties  
**BLACK BOX  
WINE**

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

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

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



750 mL  
Select Varieties  
**JOSH PROSECCO  
WINE**

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



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

**HOTSALE!**  
**15<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  
Select Varieties  
**WHITE CLAW HARD SELTZER,  
TRULY SELTZER, MICHELOB  
SELTZER OR VIZZY**



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



**HOTSALE!**  
**15<sup>99</sup>**  
EA  
24 Pack - 12 Oz. Cans  
Select Varieties  
**NATURAL LIGHT,  
MILLER HIGH LIFE  
OR KEYSTONE LIGHT**



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



**HOTSALE!**  
**15<sup>99</sup>**  
EA  
12 Pack - 12 Oz. Cans  
**SIMPLY SPIKED OR NEW BELGIUM  
HARD CHARGED TEA**  
12 Pack - 12 Oz. Bottles  
**CANTA RITOS**  
Select Varieties



**HOTSALE!**  
**16<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



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 \$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  
 MVP W/ MVP DISCOUNT SAVINGS LIMIT!



**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

56-64 Ct.  
Select Varieties  
**HUGGIES WIPES**



**HOTSALE!**  
MVP  
**1.99**  
EA  
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!**  
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 \$7.99 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  
**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**



**10.99**  
EA  
While Supplies Last!  
**HAPPY NEW YEAR BOUQUET**



**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



Text CountOnUs to MVPMPV (687687) to sign up for the MVP Weekly Specials Email. (Message and data rates may apply.)  
Find us online: [foodlion.com](http://foodlion.com) | f | t

Prices and promotions in this ad are based on the use of a Food Lion MVP card; regular prices apply without card. We reserve the right to limit quantities and correct typographical errors. Prices and availability may vary by store. Rain checks unavailable on alcohol and tobacco products.



Prices in this ad good at stores conveniently located in these cities:  
**Apex, Bunn, Cary, Clayton, Franklinton, Fuquay-Varina, Garner, Holly Springs, Knightdale, Louisburg, Morrisville, Raleigh, Rolesville, Wake Forest, Wendell, Youngsville, Zebulon**

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.