

# DEALS ~ For ~ DAYS

FRIDAY & SATURDAY  
JANUARY 10-11

est. 1918

**FOOD CITY**

WHILE SUPPLIES LAST.

Limit 1 transaction per item per ValuCard per day. Discount taken as a coupon. Customer pays sales tax.

Over \$170 in savings!



Mild  
**Swaggerty's Sausage Patties**  
30 Ct. **7.99** With Card



Previously Frozen  
**Baby Back Pork Ribs**  
Per Lb. **2.99** With Card



Jumbo  
**CantaGold Cantaloupe**  
Each **2/\$5** With Card



Sliced, Hometown Original  
**Smithfield Bacon**  
22 Oz. **6.99** With Card



Selected Varieties  
**Full Circle Organic Salad Mix**  
5 Oz. **2.99** With Card



Selected Varieties  
**Pepsi Products**  
24 Pk., 12 Oz. Cans **9.99** With Card



Frozen, Selected Varieties  
**Crav'n Flavor Pizza**  
16.8-32.7 Oz. **3.99** With Card



Honey Buns, Nutty Bars, Fig Bars, Donut Sticks, Strawberry Rolls, Oatmeal Creme Pies or Cosmic Brownies  
**Little Debbie Snack Cakes**  
10.6-13.31 Oz. **1.88** With Card  
When you buy 2 in the same transaction. Lesser quantities are 2.79 each. Limit 2 transactions (4 total items). Discount applied as a coupon. Customer pays sales tax.



Selected Varieties  
**Frito-Lay Variety Pack Chips**  
18 Ct. **8.99** With Card



Selected Varieties, Pringles Party Stacks (6.84-7.16 Oz.), Frozen Eggo Waffles (8.4-14.8 Oz.), Raisin Bran (13.6-16.1 Oz.),  
**Special K or Frosted Mini Wheats**  
11-18 Oz. **2/\$5** With Card



Selected Varieties, Nature Valley Granola Bars (5-6 Ct.), General Mills Cereal Bars (6-8 Ct.) or  
**Smart Ones Entrees**  
5-11.5 Oz. **5/\$10** With Card



Chocolate  
**Yoo-hoo**  
12 Pk., 11 Oz. Cans **4.99** With Card

**COUPON EFFECTIVE JAN. 10 - JAN. 11**

**INSTANT DIGITAL COUPON SAVINGS**

LOAD TO YOUR VALUCARD AT FOODCITY.COM OR ON THE FOOD CITY MOBILE APP.



5 LB. BAG

USE 2X

California  
**Peelz Mandarins**  
5 Lb.

ValuCard Price ..... 7.99  
Digital Coupon ..... -2.00

**FINAL PRICE WITH COUPON**

**5.99** With Card



# Weekend DINNER DEAL

SPAGHETTI NIGHT

**\$9.99**  
WITH CARD

# THREE DAYS ONLY

FRIDAY JANUARY 10 - SUNDAY JANUARY 12

Deal includes: Ground Round (1 lb.), Mueller's Pasta (12-16 Oz.), Classico Pasta Sauce (Two 15-24 Oz. Jars) and Italian Bread (Each)



Don't forget dessert from the *Bakery*  
For \$6.99 with coupon, add a

**NY Style Cheesecake**  
Strawberry Swirl or Fudge Brownie, 16 Oz.  
ValuCard Price.....7.99  
Digital Coupon.....-1.00  
**FINAL PRICE WITH COUPON**  
**6.99**

# New Year New Cravings



Selected Varieties, Gelatin or  
**Jell-O Pudding Cups** 2/\$6  
4 Pk. With Card

LIMIT 4  
**Heinz Ketchup**  
32 Oz. BUY 1 GET 1 Free  
SAVE AT LEAST \$9.99 ON TWO

LIMIT 4 EACH  
Selected Varieties, Salad Dressing (16 Oz.) or  
**Kraft Barbecue Sauce** 18 Oz.  
BUY 1 GET 1 Free  
WITHOUT VALUCARD REGULAR PRICE

Selected Varieties, Devour Frozen Entrees (10-12 Oz.) or  
**Capri Sun** 2.99  
10 Pk. With Card

Selected Varieties  
**Philadelphia Soft Cream Cheese** 3.99  
7.5-16 Oz. With Card

Kraft Squeeze Mayonnaise (22 Oz.) or  
**A.1. Steak Sauce** 4.99  
10 Oz. With Card

Selected Varieties, mio (1.62 Oz.) or  
**Crystal Light Drink Mix** 2/\$6  
0.6- 3.2 Oz. With Card

Selected Varieties  
**Kool-Aid Jammers** 2/\$5  
10 Pk. With Card

Selected Varieties, Oscar Mayer Scramblers or  
**Ore-Ida Just Crack An Egg** 2/\$4  
3 Oz. With Card

Selected Varieties, Ore Ida Fries (19-32 Oz.),  
**Kraft Mac & Cheese Cups** 3.99  
4 Pk. With Card

Selected Varieties  
**Gevalia Coffee** 6.99  
10-12 Oz. or 12 Ct. With Card

Selected Varieties  
**Kraft Mac & Cheese** 4/\$5  
5.5-7.25 Oz. With Card

## BUY 5 SAVE \$5 BUY 5 & SAVE \$5 WHEN YOU MIX OR MATCH ANY 5 PARTICIPATING ITEMS

Selected Varieties, Crunchy Taco Shells (4.5 Oz.) or  
**Taco Bell Creamy Sauce** 12 Oz.  
ValuCard Price.....2.49  
Buy 5, Save \$5 Discount.....-1.00  
**FINAL PRICE 1.49**  
With Card

Selected Varieties, Flavored Shells (4.8 Oz.) or  
**Taco Bell Dinner Kit** 8.85-14.6 Oz.  
ValuCard Price.....3.49  
Buy 5, Save \$5 Discount.....-1.00  
**FINAL PRICE 2.49**  
With Card

Selected Varieties  
**Taco Bell Sauce** 7.5 Oz.  
ValuCard Price.....1.99  
Buy 5, Save \$5 Discount.....-1.00  
**FINAL PRICE 99¢**  
With Card

Selected Varieties  
**Taco Bell Dinner Kit** 12.8-22.67 Oz.  
ValuCard Price.....7.99  
Buy 5, Save \$5 Discount.....-1.00  
**FINAL PRICE 6.99**  
With Card

Granulated  
**Splenda Sweetener** 100 Ct.  
ValuCard Price.....4.49  
Buy 5, Save \$5 Discount.....-1.00  
**FINAL PRICE 3.49**  
With Card

Granulated  
**Splenda Stevia Sweetener** 9.7 Oz. Bag  
ValuCard Price.....7.99  
Buy 5, Save \$5 Discount.....-1.00  
**FINAL PRICE 6.99**  
With Card

Selected Varieties, Liquid  
**Splenda Stevia Sweetener** 1.68 Oz.  
ValuCard Price.....4.19  
Buy 5, Save \$5 Discount.....-1.00  
**FINAL PRICE 3.19**  
With Card

Selected Varieties, Liquid  
**Splenda Stevia Packets** 200 Ct.  
ValuCard Price.....7.99  
Buy 5, Save \$5 Discount.....-1.00  
**FINAL PRICE 6.99**  
With Card

Selected Varieties  
**Splenda Diabetic Shakes** 6 Ct.  
ValuCard Price.....6.99  
Buy 5, Save \$5 Discount.....-1.00  
**FINAL PRICE 5.99**  
With Card

**Splenda Coffee Creamer Cups** 48 Ct.  
ValuCard Price.....3.99  
Buy 5, Save \$5 Discount.....-1.00  
**FINAL PRICE 2.99**  
With Card

**Splenda Sweetened Condensed Milk** 14 Oz.  
ValuCard Price.....4.49  
Buy 5, Save \$5 Discount.....-1.00  
**FINAL PRICE 3.49**  
With Card

Granulated  
**Splenda Sweetener** 9.7 Oz.  
ValuCard Price.....6.49  
Buy 5, Save \$5 Discount.....-1.00  
**FINAL PRICE 5.49**  
With Card

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# DEALS ~ For ~ DAYS

FRIDAY & SATURDAY  
JANUARY 10-11

**FOOD CITY**



Limit 1 transaction per item per ValuCard per day. Discount taken as a coupon. Customer pays sales tax.

Over \$170 in savings!



Fresh Baked  
**Chocolate Chip Cookies** **3.99**  
Dozen With Card



IN THE Deli  
Made Fresh in the Deli  
**Gourmet Chicken Salad** **5.99**  
Per Lb. With Card

LIMIT 2 EACH



Selected Varieties, Cheerios Large Size Cereal (12-18.2 Oz.) or Nabisco Oreo Cookies Family Size, 11.78-18.71 Oz. **3.49** With Card

LIMIT 4



Selected Varieties  
**Maxwell House Coffee** **7.99**  
24.5-27.5 Oz. With Card

LIMIT 6



**Mott's Apple Juice** **3/\$5**  
64 Oz. With Card

LIMIT 10



Frozen, Selected Varieties  
**Green Giant Boxed Vegetables** **5/\$5**  
7-8 Oz. With Card

Buy 10 SAVE MORE



Selected Varieties, BodyArmor Water (1 Liter) or BodyArmor 16 Oz. **10/\$10** With Card  
When you buy 10 in the same transaction. Lesser quantities are ValuCard price each. Limit 1 transaction (10 total items). Discount applied as a coupon. Customer pays sales tax.

LIMIT 4



Selected Varieties  
**Gatorade** **4/\$5**  
28 Oz. With Card

LIMIT 6



Selected Varieties, Cornbread Mix or Martha White Muffin Mix **99¢** With Card  
7-7.6 Oz.

LIMIT 2



Variety Pack  
**Fruit<sub>20</sub> Water** **6.99**  
20 Pk., 16 Oz. Btls. With Card

Buy 4 SAVE MORE



Selected Varieties  
**Hamburger Helper** **4/\$5** With Card  
4.7-7.6 Oz.  
When you buy 4 in the same transaction. Lesser quantities are 1.99 each. Limit 2 transactions (8 total items). Discount applied as a coupon. Customer pays sales tax.

LIMIT 4 EACH



Selected Varieties, Skinny Pop Popcorn (4.4-5.3 Oz.) or Botticelli Pasta Sauce **2.99** With Card  
24 Oz.

LIMIT 4 EACH



Selected Varieties, Jif Peanut Butter (15-16 Oz.), Town House (9-13.8 Oz.), Club (7.1-13.7 Oz.) or Toasteds Crackers (8-8.7 Oz.), Special K Pastry Crisps (5.28 Oz.) or Cheez-It Crackers **2.49** With Card  
5.75-12.4 Oz.

Buy 3 SAVE MORE



Selected Varieties, Wheat Thins or Triscuit (3.5-8.5 Oz.), Chips Ahoy (7-13 Oz.), Nilla Wafers (11 Oz.), Nabisco Ritz Crackers (8.8-13.7 Oz.) or Nabisco Oreo Cookies **1.99** With Card  
9.21-14.03 Oz.  
When you buy 3 in the same transaction. Lesser quantities are ValuCard price each. Limit 2 transactions (6 total items). Discount applied as a coupon. Customer pays sales tax.

**COUPON EFFECTIVE JAN. 10 - JAN. 11**

**INSTANT DIGITAL COUPON SAVINGS**  
LOAD TO YOUR VALUCARD AT FOODCITY.COM OR ON THE FOOD CITY MOBILE APP.



Selected Varieties  
**Food City Coffee**  
72 Ct.  
ValuCard Price .....19.99  
Digital Coupon .....-5.00  
**FINAL PRICE WITH COUPON**  
**14.99** With Card

50404





**Bottom Round Roast**  
Certified Angus Beef, Per Lb.

**4.99**  
With Card



**Ground Chuck**  
Food City Fresh, 80% Lean Per Lb. for 3 Lbs. or More

**3.99**  
With Card

**45¢ OFF PER GALLON\***  
\*CERTAIN RESTRICTIONS APPLY  
WEDNESDAY, JANUARY 15



**7.99**  
With Card

**Buy 2 SAVE MORE**

**Rotisserie Chicken**  
Selected Varieties Hot or Cold, Each



**8.99**

Buy one Rotisserie Chicken for



**New York Strip Steak**  
Certified Angus Beef Family Pack, Per Lb.

**9.99**  
With Card



**Oscar Mayer Bacon**  
Selected Varieties, 16 Oz.

**BUY 1 GET 1 Free**  
SAVE AT LEAST 9.99 ON TWO



**Cooked Shrimp**  
Farm Raised, Previously Frozen, 41/50 Ct., Per Lb.

**7.99**  
With Card



**Chicken Breast Tenders**  
Fresh, Family Pack, Per Lb.

**2.99**  
With Card



**Cherubs, Glorys or Constellation Tomatoes**  
NatureSweet, 10-10.5 Oz.

**BUY 1 GET 1 Free**  
SAVE AT LEAST 4.69 ON TWO



**Red or Yukon Gold Potatoes**  
Basket & Bushel, 5 Lb.

**BUY 1 GET 1 Free**  
SAVE AT LEAST 4.99 ON TWO



**Blueberries**  
Basket & Bushel, Pint

**BUY 1 GET 1 Free**  
SAVE AT LEAST 4.99 ON TWO

**NEW YEAR NEW DEALS**

**LIMIT 4**

Selected Varieties **Pepsi Products**  
6 Pk., 16.9 Oz. Btls.

**BUY TWO GET TWO Free**  
\*MUST BUY 4 | SAVE AT LEAST 13.98 ON FOUR

When you buy 4 in the same transaction. Lesser quantities are 6.99 each. Limit 1 transaction (4 total items). Discount applied as a coupon. Customer pays sales tax.

**Buy 2 SAVE MORE**

Michelob Ultra, Truly, White Claw, Corona or Modelo (12 Pk., 12 Oz. Cans or Btls.), Bud, Miller, Coors or Yuengling  
18 Pk., 12 Oz. Cans or Btls.

**14.99**  
With Card

When you buy 2 in the same transaction. Lesser quantities are ValueCard price each. Discount applied as a coupon. Customer pays sales tax.

**Buy 4 SAVE MORE**

Selected Varieties, Frito Canned Dip (8.5-9 Oz.), Doritos, Cheetos or Fritos (6.5-7 Oz.), Popcorners (6.5-7 Oz.),

**1.99**  
With Card

When you buy 4 in the same transaction. Lesser quantities are ValueCard price each. Limit 1 transaction (4 total items). Discount applied as a coupon. Customer pays sales tax.

Selected Varieties, Simply Done Paper Towels (6 Double Rolls) or Bath Tissue (12 Mega Rolls), Gain Laundry Detergent (31 Ct.) or Gain Flings (31 Ct.)

**8.99**  
With Card

**LIMIT 4 EACH**

Selected Varieties, Little Bites (8.25 Oz.), Welch's Grape Jelly or Jam (18-30 Oz.), Food Club Strawberry Preserves (18 Oz.) or Nature's Own Whitewheat  
20 Oz.

**BUY 1 GET 1 Free**  
WITHOUT VALUECARD REGULAR PRICE

**LIMIT 4 EACH**

Selected Varieties, Old El Paso Dinner Kit (8.4-12.5 Oz.), Food Club Chunk or Shredded Cheese  
6-8 Oz.

**BUY 1 GET 1 Free**  
WITHOUT VALUECARD REGULAR PRICE

**LIMIT 4 EACH**

Selected Varieties, Food Club Dry Pasta (12-16 Oz.) or Mezzetta Pasta Sauce  
24-25 Oz.

**BUY 1 GET 1 Free**  
WITHOUT VALUECARD REGULAR PRICE

**LIMIT 4 EACH**

Frozen, Selected Varieties, Del Corazon (7.0-16 Oz.), Tai Pei (9-11 Oz.), InnovaAsian Cuisine (8.7-18 Oz.) or Food Club Vegetables  
12-16 Oz.

**BUY 1 GET 1 Free**  
WITHOUT VALUECARD REGULAR PRICE

**LIMIT 4 EACH**

Selected Varieties, Sour Patch or Swedish Fish (7.2-8 Oz.), Diamond Nuts (2.25 Oz.) or Mayfield Ice Cream  
48 Oz.

**BUY 1 GET 1 Free**  
WITHOUT VALUECARD REGULAR PRICE

**LIMIT 4 EACH**

Selected Varieties, International Delight Coffee Creamer (32 Oz.) or Coca-Cola  
1.25 Liter Btls.

**BUY 1 GET 1 Free**  
WITHOUT VALUECARD REGULAR PRICE

**LIMIT 4 EACH**

Selected Varieties, Heinz Ketchup (32 Oz.), New York Texas Toast Croutons (5 Oz.) or Kraft Salad Dressing  
16 Oz.

**BUY 1 GET 1 Free**  
WITHOUT VALUECARD REGULAR PRICE

**LIMIT 4**

Selected Varieties, Supplements or Nature's Truth Vitamins  
40-250 Ct.

**BUY 1 GET 1 Free**  
WITHOUT VALUECARD REGULAR PRICE

**STOCK UP WHILE YOU CAN!**

**Buy 6 SAVE MORE**

Selected Varieties **Green Giant Vegetables**  
14.5-15.25 Oz.

**88¢**  
With Card

When you buy 6 in the same transaction. Lesser quantities are 1.39 each. Limit 2 transactions (12 total items) per ValueCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 12 SAVE MORE**

Selected Varieties **Starkist Chunk Light Tuna**  
5 Oz.

**79¢**  
With Card

When you buy 12 in the same transaction. Lesser quantities are 0.99 each. Limit 2 transactions (24 total items) per ValueCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 12 SAVE MORE**

Selected Varieties **Luck's Beans**  
14.5-15 Oz.

**69¢**  
With Card

When you buy 12 in the same transaction. Lesser quantities are 1.25 each. Limit 2 transactions (24 total items) per ValueCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 6 SAVE MORE**

Selected Varieties **Campbell's Chunky Soup**  
18.6-19 Oz.

**1.49**  
With Card

When you buy 6 in the same transaction. Lesser quantities are 2.49 each. Limit 2 transactions (12 total items) per ValueCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 10 SAVE MORE**

Tomato or **Campbell's Chicken Noodle Soup**  
10.75 Oz.

**99¢**  
With Card

When you buy 10 in the same transaction. Lesser quantities are 1.39 each. Limit 2 transactions (20 total items) per ValueCard per day. Discount applied as a coupon. Customer pays sales tax.

Nobody does **FOOD** like **FOOD CITY**



Abingdon, Big Stone Gap, Bluefield, Chilhowie, Clintwood, Coeburn, Damascus, Galax, Independence, Lebanon, Marion, Pennington Gap, Pulaski, Radford, Richlands, St. Paul, Vansant, Wise, Wytheville

**SALE DATES:**  
Wed., January 8 -  
Tues., January 14, 2025





# GAME OVER FLU

## FLU SHOTS NOW AVAILABLE

**Level up** when you get your flu shot at the Food City Pharmacy. You can shop for what you need and help protect yourself and your home base — all in one convenient location.

- **NO APPOINTMENT NEEDED\***
- **AFFORDABLE & ZERO COPAY**  
*(WITH MOST INSURANCE)*
- **300 BONUS FUEL BUCKS\*\***

Flu vaccine only for ages 14 and up.  
\*Subject to immunizer availability.  
\*\*Excludes federally funded vaccines.

**CLICK TO LOAD  
IMMUNITY**

A horizontal progress bar with a red-to-green gradient, partially filled, located below the text.



## Fresh from THE BUTCHER



**Bottom Round Roast**  
Certified Angus Beef  
Per Lb.

**4<sup>99</sup>** With Card



**Fresh Tilapia Fillets**  
Farm Raised, Per Lb.

**6<sup>99</sup>** With Card



**Cooked Shrimp**  
Farm Raised, Previously Frozen, 41/50 Ct., Per Lb.

**7<sup>99</sup>** With Card



**Prime New York Strip Steak**  
Certified Angus Beef  
Per Lb.

**17<sup>99</sup>** With Card



**Boneless Pork Chops**  
Food City Fresh, Center Cut, Per Lb.

**3<sup>99</sup>** With Card



**Ground Turkey**  
Jennie-O, 93% Lean, 16 Oz.

**3<sup>99</sup>** With Card



**Oscar Mayer Bacon**  
Selected Varieties, 16 Oz.

**3<sup>99</sup>** With Card

BUY 1 GET 1 Free  
SAVE AT LEAST \$9.99 ON TWO



**Oscar Mayer Lunch Meat**  
Selected Varieties, Carving Board or Deli Fresh, 7.5-9 Oz.

ValuCard Price.....4.49  
Digital Coupon.....1.00

**3<sup>49</sup>** With Card

FINAL PRICE WITH COUPON



**Oscar Mayer Lunchables**  
Selected Varieties 8.9-10.7 Oz.

ValuCard Price.....2.99  
Digital Coupon.....1.00

**1<sup>99</sup>** With Card

FINAL PRICE WITH COUPON



**Oscar Mayer Meat Wieners**  
Selected Varieties, 14-16 Oz.

**2<sup>99</sup>** With Card

## FOOD CITY FRESH CATCH

Our seafood arrives on our docks several times each week. We guarantee it's the freshest, best tasting around.

## LET'S EAT!



**Muffins**  
Baked Fresh In-Store  
Selected Varieties, 4 Ct.

**4<sup>99</sup>** With Card



**Boursin Cheese**  
Selected Varieties  
5.3 Oz.

BUY 1 GET 1 Free  
SAVE AT LEAST \$9.99 ON TWO



**Cedar's Pita Chips or Hommus**  
Selected Varieties, 6-8 Oz.

**2/\$5** With Card



**Breakfast Special**  
Includes Breakfast Meat, 2 Eggs, Biscuit & Gravy, Each

**4<sup>99</sup>** With Card

Available in select stores



**Virginia Ham**  
Bistro Deli-Classics or Swiss Cheese, Per Lb.

**8<sup>99</sup>** With Card



**Goldminer Sliced Sourdough Bread**  
New in the Bakery  
24 Oz.

**4<sup>99</sup>** With Card

## DIVE INTO Flavor WITHOUT BREAKING THE BANK!

**FEAST FOR \$5**



**2 Slices of Pizza**  
with a 21 Oz. Fountain Drink

IN THE Deli



**Flatbread Pizza**  
Selected Varieties, Each

IN THE Deli



**French Bread Pizza**  
Selected Varieties, Each

IN THE Deli



**Cinnamon or Cheese Sticks**  
Selected Varieties, Each

IN THE Deli



**Fresh Garden Salads**  
2 Chicken Tender, Grilled Chicken, Chef or Chicken Caesar Salad  
In-Store Made, Each

IN THE Deli



**Snack Packs**  
Selected Varieties  
Made Fresh In-Store  
Each

IN THE Deli



**Cherry or Apple Half Pie**  
Each

IN THE Bakery

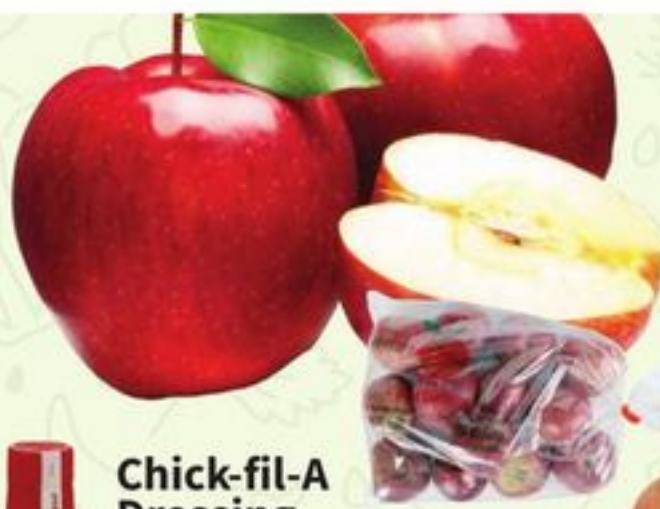


# FRESH PRODUCE STRAIGHT FROM THE FARM



**Full Circle Organic Salad Mix**  
Selected Varieties  
5 Oz.

**3.29**  
With Card



**Red Delicious Apples**  
Virginia Grown  
5 Lb. Bag

**3.99**  
With Card



**Chick-fil-A Dressing**  
Selected Varieties  
12 Oz.

**3.99**  
With Card



**Whole or Sliced Mushrooms**  
Locally Grown in Loudon, TN  
16 Oz.

**2.99**  
With Card

**Navel or Cara Cara Oranges**  
Large, Each



**10/\$10**  
With Card



shortcuts

**Shortcuts Snackers**  
Each

**4.99**  
With Card



shortcuts

**Shortcuts Exotic Fruit Bowls**  
Per Lb.

**STARTING AT 4.99**  
With Card



shortcuts

**Shortcuts Oven or Grill Ready Pans**  
Per Lb.

**STARTING AT 4.49**  
With Card



shortcuts

**Shortcuts Stew Mix**  
Per Lb.

**STARTING AT 3.99**  
With Card



**Burger Salad**

Elevate lunch salads with this twist on a classic burger. Featuring lean ground beef, seasoned potatoes, lettuce, tomato and sesame seeds, this recipe features all the savory elements of a cheeseburger and fries, hold the bun.



Scan to shop this recipe and more at [foodcity.com](http://foodcity.com)

# FLORAL

\*NOT AVAILABLE IN ALL LOCATIONS.

**Now delivering with Doordash**

\*See [DoorDash.com](http://DoorDash.com) for participating Food City locations. Store deliveries still available to business locations.

Prices through DoorDash delivery will differ from in-store prices\*



Scan code with your phone to order.



**10.99**  
Chantilly or Premium Rose Bouquet  
Each



**24.99**  
5" Gem Orchid  
Each



**16.99**  
6" Tulip  
Each



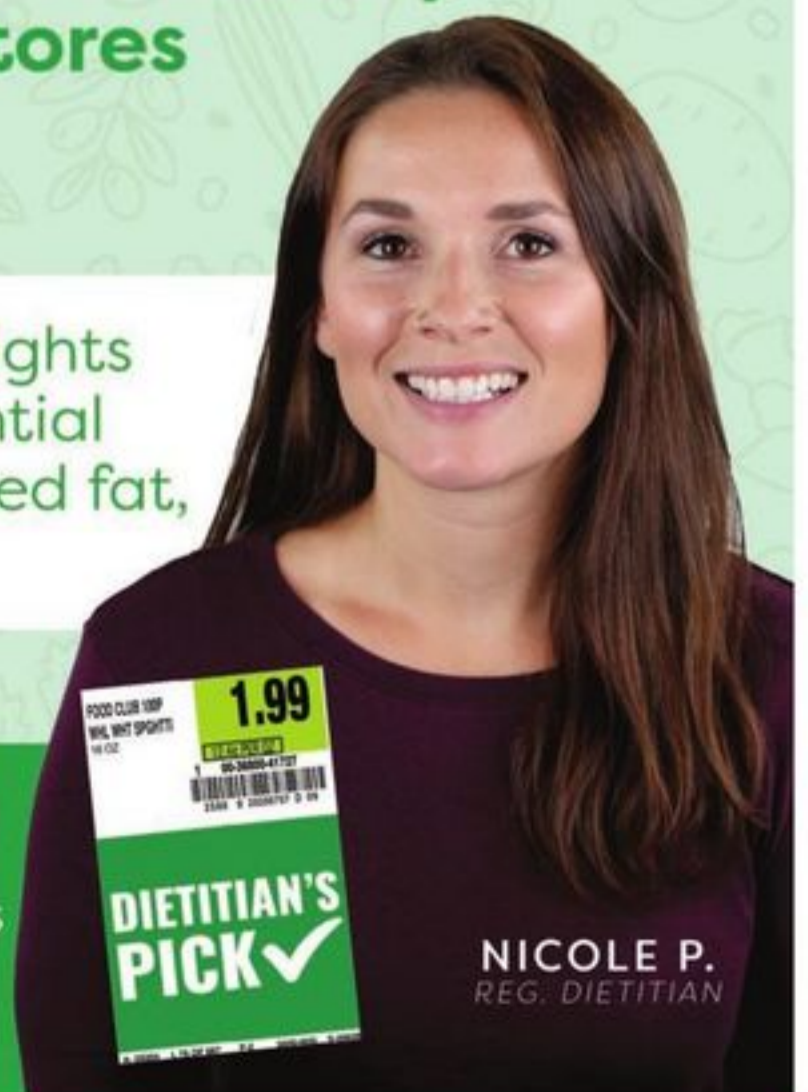
**9.99**  
Delight Bouquet  
Each



**Food City wants to support your health goals. Our Pick Well shelf-tag program gives you an easy resource to identify healthful choices in our stores and online.**

Our Dietitian's Pick icon highlights foods that are higher in essential nutrients but lower in saturated fat, sodium, and added sugar.

▶ Look for the **DIETITIAN'S PICK** shelf tag!  
Foods that are higher in essential nutrients but lower in saturated fat, sodium and added sugar.



**NICOLE P.**  
REG. DIETITIAN

**FOOD CITY**

**Pickup and Delivery**  
FROM OUR DOOR TO *Yours*

Curbside Pickup Home Delivery Ship to Home

VISIT [FOODCITY.COM/SHOPYOURWAY](http://FOODCITY.COM/SHOPYOURWAY)

SERVICES NOT AVAILABLE IN ALL STORES





**WELLNESS**

— CLUB —



**GET HEALTH  
SAVINGS AND  
EXPERT  
GUIDANCE.**

**SIGN UP TODAY**



# SIP, SIP, HOORAY!

ALL ITEMS AND PRICES MAY NOT BE AVAILABLE IN ALL STORES • AVAILABLE AT PARTICIPATING VA STORES ONLY • \*WINE NOT AVAILABLE IN ALL STORES



**7<sup>99</sup>**  
Arbor Mist, Liberty Creek or Gallo Family Sweets  
1.5 Liter



**8<sup>99</sup>**  
Sunny D Vodka Seltzer (4 Pk.), Oliver Vine Series Blueberry Moscato or Duplin  
750 mL.



**9<sup>99</sup>**  
Apothic or Bogle  
750 mL.  
Sutter Home  
1.5 Liter



**11<sup>99</sup>**  
Rancho La Gloria Margarita, or Chateau Ste. Michelle (750 mL.) or Barefoot  
1.5 Liter



**16<sup>99</sup>**  
Frei Brothers, Elouan Pinot Noir or Sea Sun Chardonnay  
750 mL.



Twisted Tea (18 Pk., 12 Oz. Cans), Bud Light Platinum (18 Pk., 12 Oz. Btls.), Coors or Miller  
15 Pk. Pints

**20<sup>99</sup>**



Athletic Brewing Run Wild IPA, Heineken 0.0% or White Claw 0% Variety  
12 Pk., 12 Oz. Cans

**17<sup>99</sup>**



Angry Orchard, Dos Equis, Stella Artois or Heineken  
12 Pk., 12 Oz. Cans or Btls.

**16<sup>99</sup>**



New Belgium, Blue Moon, Leinenkugel's or Sam Adams  
12 Pk., 12 Oz. Cans or Btls.

**16<sup>99</sup>**



Cayman Jack, White Claw, Truly or Vizzy Seltzer  
12 Pk., 12 Oz. Cans

**16<sup>99</sup>**



Michelob Ultra, Landshark, Beast or Twisted Tea  
12 Pk., 12 Oz. Cans or Btls.

**15<sup>99</sup>**

## BEVERAGES

Buy 2 SAVE MORE  
Selected Varieties  
**Coca-Cola Products**  
8 Pk., 12 Oz. Btls.  
2/\$11  
With Card  
When you buy 2 in the same transaction. Lesser quantities are 7.59 each. Limit 1 transaction (2 total items). Discount applied as a coupon. Customer pays sales tax.

LIMIT 6  
Selected Varieties  
**RC Products**  
6 Pk., 16.9 Oz. Btls.  
BUY 1 GET 1 Free  
SAVE AT LEAST \$9.99 ON TWO

Selected Varieties  
**Faygo Soft Drinks**  
12 Pk., 12 Oz. Cans  
2/\$9  
With Card

Selected Varieties, Lipton Tea (12 Pk., 16.9 Oz. Btls.) or  
**Gatorade**  
8 Pk., 20 Oz. Btls.  
5<sup>99</sup>  
With Card

Selected Varieties  
**Coca-Cola Flavors**  
12 Pk., 12 Oz. Cans  
5<sup>99</sup>  
With Card

Selected Varieties  
**Pepsi Products**  
6 Pk., 7.5 Oz. Cans  
4<sup>99</sup>  
With Card

Selected Varieties  
**Sparkling Ice**  
17 Oz.  
10/\$10  
With Card

Selected Varieties  
**Juicy Juice**  
64 Oz.  
2/\$5  
With Card

## THAT'S SMART! KNOCKOUT ITEMS AT KNOCKOUT PRICES

Purified  
**That's Smart! Drinking Water**  
24 Pk., 16.9 Oz. Btls.  
3<sup>99</sup>  
With Card

**That's Smart! Saltine Crackers**  
16 Oz.  
1<sup>79</sup>  
With Card

Premium Chunk  
**That's Smart! White Chicken**  
10 Oz.  
2<sup>99</sup>  
With Card

Frozen, Selected Varieties  
**That's Smart! Pizza**  
5.2 Oz.  
1<sup>19</sup>  
With Card

Selected Varieties  
**That's Smart! Shells & Cheese**  
12-14 Oz.  
1<sup>49</sup>  
With Card

Selected Varieties  
**That's Smart! Condensed Soup**  
10.5-10.75 Oz.  
79¢  
With Card

**That's Smart! Aluminum Foil**  
25 Sq. Ft.  
1<sup>00</sup>  
With Card

**That's Smart! Foam Plates**  
30 Ct.  
1<sup>00</sup>  
With Card

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# STOCK UP WHILE YOU CAN!

**Buy 10 SAVE MORE**



**LIMIT 20 TOTAL ITEMS**

Tomato or **Campbell's Chicken Noodle Soup** **99¢** With Card  
10.75 Oz.

When you buy 10 in the same transaction. Lesser quantities are 1.39 each. Limit 2 transactions (20 total items) per ValuCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 6 SAVE MORE**



**LIMIT 12 TOTAL ITEMS**

Selected Varieties **Del Monte Fruit** **1.49** With Card  
14.5-15 Oz.

When you buy 6 in the same transaction. Lesser quantities are 2.59 each. Limit 2 transactions (12 total items) per ValuCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 2 SAVE MORE**



**LIMIT 4 TOTAL ITEMS**

Selected Varieties, Potted Meat or **Armour Vienna Sausage** **3.99** With Card  
6 Pk.

When you buy 2 in the same transaction. Lesser quantities are 4.99 each. Limit 2 transactions (4 total items) per ValuCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 4 SAVE MORE**



**LIMIT 8 TOTAL ITEMS**

Selected Varieties **Spam Luncheon Meat** **2.49** With Card  
12 Oz.

When you buy 4 in the same transaction. Lesser quantities are 3.49 each. Limit 2 transactions (8 total items) per ValuCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 4 SAVE MORE**



**LIMIT 8 TOTAL ITEMS**

White Premium Chunk **Swanson Chicken Breast** **3.79** With Card  
12.5 Oz.

When you buy 4 in the same transaction. Lesser quantities are 5.49 each. Limit 2 transactions (8 total items) per ValuCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 2 SAVE MORE**



**LIMIT 4 TOTAL ITEMS**

**Dinty Moore Beef Stew** **2.99** With Card  
20 Oz.

When you buy 2 in the same transaction. Lesser quantities are 3.49 each. Limit 2 transactions (4 total items) per ValuCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 6 SAVE MORE**



**LIMIT 12 TOTAL ITEMS**

In Tomato Sauce **Van Camp's Pork and Beans** **79¢** With Card  
15 Oz.

When you buy 6 in the same transaction. Lesser quantities are 1.19 each. Limit 2 transactions (12 total items) per ValuCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 6 SAVE MORE**



**LIMIT 12 TOTAL ITEMS**

Selected Varieties **Hunt's Diced Tomatoes** **99¢** With Card  
14.5 Oz.

When you buy 6 in the same transaction. Lesser quantities are 1.49 each. Limit 2 transactions (12 total items) per ValuCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 4 SAVE MORE**



**LIMIT 12 TOTAL ITEMS**

Selected Varieties **Bush's Chili Beans** **1.29** With Card  
15.5-16 Oz.

When you buy 4 in the same transaction. Lesser quantities are 1.69 each. Limit 3 transactions (12 total items) per ValuCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 4 SAVE MORE**



**LIMIT 8 TOTAL ITEMS**

Selected Varieties **Hunt's Pasta Sauce** **99¢** With Card  
24 Oz.

When you buy 4 in the same transaction. Lesser quantities are 1.59 each. Limit 2 transactions (8 total items) per ValuCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 6 SAVE MORE**



**LIMIT 12 TOTAL ITEMS**

Selected Varieties **Campbell's Home Style Soup** **99¢** With Card  
16.1-16.3 Oz.

When you buy 6 in the same transaction. Lesser quantities are 1.99 each. Limit 2 transactions (12 total items) per ValuCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 6 SAVE MORE**



**LIMIT 12 TOTAL ITEMS**

Selected Varieties **Rotel Diced Tomatoes with Chilies** **88¢** With Card  
10 Oz.

When you buy 6 in the same transaction. Lesser quantities are 1.49 each. Limit 2 transactions (12 total items) per ValuCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 6 SAVE MORE**



**LIMIT 12 TOTAL ITEMS**

Selected Varieties **Campbell's Chunky Soup** **1.49** With Card  
18.6-19 Oz.

When you buy 6 in the same transaction. Lesser quantities are 2.49 each. Limit 2 transactions (12 total items) per ValuCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 12 SAVE MORE**



**LIMIT 24 TOTAL ITEMS**

Selected Varieties **Starkist Chunk Light Tuna** **79¢** With Card  
5 Oz.

When you buy 12 in the same transaction. Lesser quantities are .99 each. Limit 2 transactions (24 total items) per ValuCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 12 SAVE MORE**



**LIMIT 24 TOTAL ITEMS**

Selected Varieties **Luck's Beans** **69¢** With Card  
14.5-15 Oz.

When you buy 12 in the same transaction. Lesser quantities are .99 each. Limit 2 transactions (24 total items) per ValuCard per day. Discount applied as a coupon. Customer pays sales tax.

**Buy 6 SAVE MORE**



**LIMIT 12 TOTAL ITEMS**

Selected Varieties **Green Giant Vegetables** **88¢** With Card  
14.5-15.25 Oz.

When you buy 6 in the same transaction. Lesser quantities are 1.39 each. Limit 2 transactions (12 total items) per ValuCard per day. Discount applied as a coupon. Customer pays sales tax.

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## SELECTED VARIETIES OF ATKINS AND QUEST PRODUCTS



Selected Varieties  
**Atkins Ready to Drink Shakes**  
4 Pk

ValuCard Price.....6.99  
25% Off Discount.....-1.75

**FINAL PRICE 5.24**  
With Card



**New**  
Selected Varieties, Ready To Drink  
**Atkins Strong 30g Protein Shakes**  
4 Ct.

ValuCard Price.....8.49  
25% Off Discount.....-1.12

**FINAL PRICE 6.37**  
With Card



Selected Varieties  
**Quest Ready To Drink Shakes**  
4 Ct.

ValuCard Price.....9.49  
25% Off Discount.....-2.37

**FINAL PRICE 7.12**  
With Card



Vanilla or Mocha  
**Quest Iced Coffee Latte**  
4 Ct.

ValuCard Price.....10.49  
25% Off Discount.....-2.62

**FINAL PRICE 7.87**  
With Card



Selected Varieties  
**Atkins Snack Bars or Cookies**  
4-5 Ct.

ValuCard Price.....7.49  
25% Off Discount.....-1.87

**FINAL PRICE 5.62**  
With Card



Selected Varieties  
**Atkins Endulge Candies**  
5 Ct. or 6.35 Oz.

ValuCard Price.....6.99  
25% Off Discount.....-1.75

**FINAL PRICE 5.24**  
With Card



Selected Varieties  
**Atkins Protein Chips**  
1.1 Oz.

ValuCard Price.....2.50  
25% Off Discount.....-0.63

**FINAL PRICE 1.87**  
With Card



Selected Varieties  
**Quest Protein Chips**  
4 Oz.

ValuCard Price.....8.49  
25% Off Discount.....-2.12

**FINAL PRICE 6.37**  
With Card



Selected Varieties  
**Atkins Meal Bars**  
5 Ct.

ValuCard Price.....7.49  
25% Off Discount.....-1.87

**FINAL PRICE 5.62**  
With Card



Selected Varieties  
**Atkins Soft Baked Energy Bars**  
5 Ct.

ValuCard Price.....9.99  
25% Off Discount.....-2.50

**FINAL PRICE 7.49**  
With Card



Selected Varieties, Hero Bars or  
**Quest Protein Bars**  
1.76-2.12 Oz.

ValuCard Price.....2.79  
25% Off Discount.....-0.70

**FINAL PRICE 2.09**  
With Card



Selected Varieties  
**Quest Protein Chips Multipack**  
4 Ct.

ValuCard Price.....10.99  
25% Off Discount.....-2.75

**FINAL PRICE 8.24**  
With Card



Selected Varieties  
**Atkins Ready to Drink Meal Shakes**  
4 Ct.

ValuCard Price.....9.99  
25% Off Discount.....-2.50

**FINAL PRICE 7.49**  
With Card



Selected Varieties, Puffs or  
**Quest Protein Chips**  
1-1.1 Oz.

ValuCard Price.....2.69  
25% Off Discount.....-0.67

**FINAL PRICE 2.02**  
With Card



Selected Varieties  
**Quest Protein Cookies**  
2.08 Oz.

ValuCard Price.....2.99  
25% Off Discount.....-0.75

**FINAL PRICE 2.24**  
With Card



Selected Varieties, Multipacks or  
**Quest Frosted Cookies**  
4-16 Ct.

ValuCard Price.....9.99  
25% Off Discount.....-2.50

**FINAL PRICE 7.49**  
With Card



Cups or  
**Atkins Keto Clusters**  
8 Ct.

ValuCard Price.....10.49  
25% Off Discount.....-2.62

**FINAL PRICE 7.87**  
With Card



Selected Varieties  
**Atkins Endulge Peanut Butter Candies**  
5 Ct.

ValuCard Price.....6.99  
25% Off Discount.....-1.75

**FINAL PRICE 5.24**  
With Card



Selected Varieties  
**Quest Cheese Crackers**  
4.23 Oz.

ValuCard Price.....7.99  
25% Off Discount.....-2.00

**FINAL PRICE 5.99**  
With Card



**New**  
Selected Varieties, Brownies or  
**Quest Bake Shop Muffins**  
1.98-2.01 Oz.

ValuCard Price.....2.79  
25% Off Discount.....-0.70

**FINAL PRICE 2.09**  
With Card

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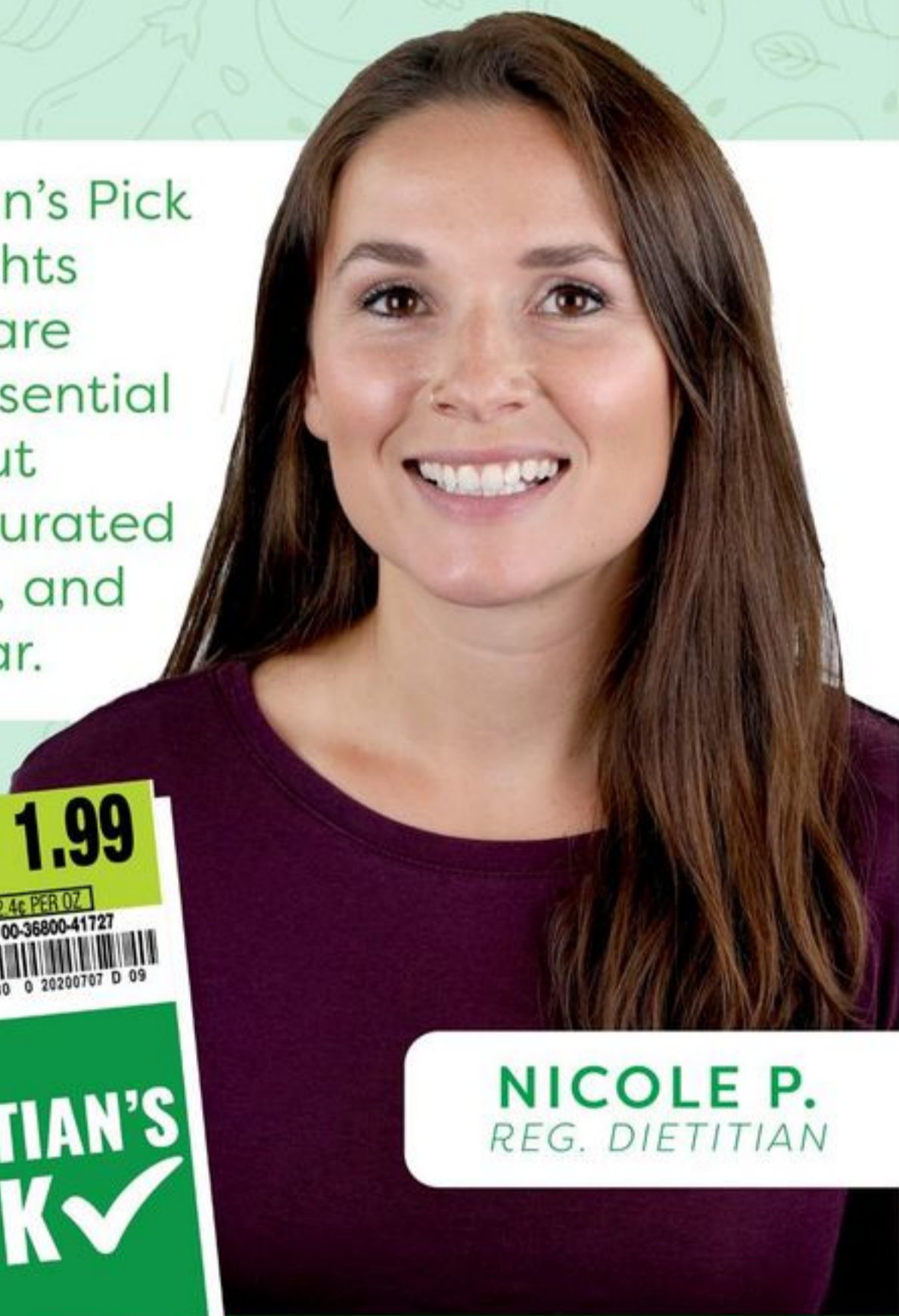
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REG. DIETITIAN



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Foods that are higher in essential nutrients but lower in saturated fat, sodium and added sugar.

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