FOOD LION

March 5 - March 11, 2025 Offers valid while supplies last.

Serving up our *hot sales* of the week

HOTSALE! MVP 4.49 LB U.S.D.A. CHOICE

YOU SAVE $3.50 LB

Boneless
BEEF CHUCK ROAST
W/O MVP Card $7.99 LB

HOTSALE! MVP 25% OFF W/O MVP Card Regular Retail

Nature's Promise

All Natural - All Varieties
NATURE'S PROMISE MEAT & SEAFOOD

HOTSALE! MVP 1.99 LB Limit 2 W/O MVP Card $4.49 LB

ST. LOUIS STYLE PORK RIBS

HOTSALE! MVP 2.49 LB W/O MVP Card $3.29 LB

Family Pack
BONELESS, SKINLESS CHICKEN THIGHS

Seafood HotSALE!

See inside Page 2 for more

41-50 Ct. 16 Oz. Bag Frozen
FOOD LION RAW OR COOKED SHRIMP

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

HOTSALE! MVP 4.99 EA W/O MVP Card $8.59 EA

18.2-24.5 Oz. Select Varieties
GORTON'S FROZEN SEAFOOD

YOU SAVE $2.98 ON 2

HOTSALE! MVP 2/$4

Pint
BLUEBERRIES
W/O MVP Card $3.49 EA

ASPARAGUS

HOTSALE! MVP 1.99 LB W/O MVP Card $3.69 LB

HOTSALE! MVP BOGO FREE W/O MVP Card $2.99 EA Single Item Half Price

24 Oz. - Select Varieties
FOOD LION MINI POTATOES

MVP 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! MVP $6 EA W/O MVP Card Regular Retail

1 Lb. Meat and 1/2 Lb. Cheese
FOOD LION COOKED HAM & WHITE AMERICAN CHEESE
IN THE DELI

8-11.50 Oz. Select Varieties
ON THE BORDER TORTILLA CHIPS
LIMIT 4 FREE

HOTSALE! MVP BOGO FREE W/O MVP Card $3.99 EA Single Item Half Price

9.2-13.8 Oz. - Select Varieties
KELLOGG'S CLUB OR TOWN HOUSE CRACKERS
LIMIT 4 FREE

HOTSALE! MVP BOGO FREE W/O MVP Card $5.99 EA Single Item Half Price

6.5-9 Oz. - Select Varieties
CAPE COD CHIPS OR SNACK FACTORY POP'UM SNACKS
LIMIT 4 FREE

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

6.88-8.25 Oz. Select Varieties
ENTENMANN'S LITTLE BITES MUFFINS

HOTSALE! MVP BOGO FREE W/O MVP Card $5.79 EA Single Item Half Price

6.75-7.88 Oz. Select Varieties
WISE POTATO CHIPS OR RIDGIES
LIMIT 4 FREE

HOTSALE! MVP BOGO FREE W/O MVP Card $4.78 EA Single Item Half Price

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

12 Pack 12 Oz. Cans Select Varieties
PEPSI PRODUCTS
LIMIT 4 FREE

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

10 Pack 6 Oz. Pouches Select Varieties
CAPRI SUN OR COUNTRY TIME

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

52 Oz. Select Varieties
SIMPLY ADES OR PUNCHES

6-8 Oz. Select Varieties
KRAFT CHUNK OR SHREDDED CHEESE

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

30 Pack - 12 Oz. Cans
BUSCH LIGHT OR KEYSTONE LIGHT
24 Pack - 12 Oz. Cans
NATURAL LIGHT
Select Varieties

HOTSALE! MVP 19.99 EA

HOTSALE! MVP 9.99 EA W/O MVP Card Regular Retail

12 Rolls Select Varieties
SCOTT BATH TISSUE

PRICED LOW EVERY DAY 99¢ EA

12-16 Oz. Select Varieties
FOOD LION PASTA

HOTSALE! MVP 5/$5 W/O MVP Card $1.58 EA

5 Oz. Select Varieties
STARKIST CHUNK LIGHT TUNA

MVP DIGITAL COUPONS

load on app • web • in-store kiosk

HOT SALE! 6.99 EA W/O MVP Card $8.59 EA
MVP Coupon -2.00 OFF
4.99 EA
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1

40 Oz. Select Varieties
JIF PEANUT BUTTER

HOT SALE! 5.99 EA W/O MVP Card $6.99 EA
MVP Coupon -1.00 OFF
4.99 EA
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1

24-36 Oz. Select Varieties
HELLMANN'S MAYONNAISE

PRICED LOW EVERY DAY ON ITEMS YOU BUY MOST OFTEN

&

HOTSALE! OUR BEST WEEKLY MVP DEALS

Here with *rewards* just *for you*

FOOD LION MVP customer

SHOP & EARN

MONTHLY REWARDS

Activate Your Offers

Always guaranteed *100% fresh* or *double* your money back

See foodlion.com for details

Helping you fill the dinner table for less with the quality meat and seafood your family deserves.

HOTSALE! MVP
8.99 LB U.S.D.A. CHOICE
BONELESS BEEF SIRLOIN OR SIRLOIN STRIP STEAK
W/O MVP Card Regular Retail

HOTSALE! MVP
4.99 LB
W/O MVP Card Regular Retail
Flat Cut
CORNED BEEF BRISKET

HOTSALE! MVP
5.99 LB
W/O MVP Card Regular Retail
Ground Fresh Daily
85% LEAN FRESH GROUND ROUND

HOTSALE! MVP
5.99 EA
W/O MVP Card Regular Retail
22 Oz. Pkg.
All Varieties
HATFIELD SEASONED PORK LOIN FILET

HOTSALE! MVP
99¢ EA
W/O MVP Card Regular Retail
8 Oz. Pkg.
All Varieties
HATFIELD BONELESS HAM STEAK

HOTSALE! MVP
8.99 EA
W/O MVP Card Regular Retail
3 Lb. Pkg. - Fresh
FOOD LION GROUND TURKEY

HOTSALE! MVP
6.99 EA
W/O MVP Card Regular Retail
16 Oz. Pkg.
Select Varieties
JACK DANIEL'S PULLED PORK OR CHICKEN

Seafood HotSALE!

HOTSALE! MVP
7.99 EA
W/O MVP Card Regular Retail
10 Oz. Pkg. - Select Varieties
MARINATED SALMON

HOTSALE! MVP
6.99 EA
W/O MVP Card Regular Retail
12 Oz. Bag - Frozen - Select Varieties
FOOD LION TUNA FILLETS

HOTSALE! MVP
5.99 EA
W/O MVP Card Regular Retail
10-24 Oz. Pkg. - Frozen
Select Varieties
QUALITY FOODS SEAFOOD

HOTSALE! MVP
8.99 EA
W/O MVP Card Regular Retail
8 Oz. Pkg. - Frozen - Select Varieties
LUKE'S MAINE LOBSTER CAKES OR LOBSTER MAC & CHEESE

HOTSALE! MVP
16.99 EA
W/O MVP Card Regular Retail
20-30 Ct. Bag - Frozen
FOOD LION SEA SCALLOPS

HOTSALE! MVP
3.99 EA
W/O MVP Card Regular Retail
12 Oz. Pkg.
Select Varieties
GODSHALL'S TURKEY BACON

HOTSALE! MVP
3.49 EA
W/O MVP Card Regular Retail
12 Oz. Pkg.
Select Varieties
SWAGGERTY'S BREAKFAST SAUSAGE LINKS OR PATTIES

24 Oz. Pkg.
Select Varieties
LUMBER JACK SMOKED SAUSAGE

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

HOTSALE! MVP
2/$5
W/O MVP Card Regular Retail
16 Oz. Pkg.
Excludes Beef
OSCAR MAYER MEAT FRANKS

2 ZNCO ZGAH ZGAL ZGAT ZGAU ZGCH ZGCR ZGCT ZGHW ZGRY ZGSA ZKBG ZKNA ZKNV ZNCA ZNCD ZNCE ZNCH ZNCL ZNCR ZNCT ZNFL ZNGB ZNGL ZNGR ZNGS ZNGV ZNHP ZNLE ZNNB ZNNF ZNNL ZNNO ZNRA ZNRE ZNRG ZNRH ZNRI ZNRL ZNRR ZNTT ZNWA ZNWI ZNWL ZNWM ZNWN ZNWT ZSAG ZSAU ZSCH ZSCL ZSCO ZSCT ZSFE ZSFL ZSFR ZSGL ZSGV ZSSA ZSSV ZTCA ZTCH ZTKN ZTNA ZTNV ZTTR ZVBL ZVNK ZVNO ZVNR ZVRA ZVRC ZVRD ZVRI ZVRN ZVRO ZVTI ZVTR ZVWR ZWBL 03/05/25

DELIcious BOGOs of the week!

HOT SALE! MVP BOGO FREE
W/O MVP Card $2.99 EA
Single Item Half Price
4 Oz.
BELGIOIOSO BURRATA BALL

HOT SALE! MVP BOGO FREE
W/O MVP Card $3.99 EA
Single Item Half Price
TASTE OF INSPIRATIONS SAVORY GARLIC KNOTS

HOT SALE! MVP BOGO FREE
W/O MVP Card $4.99 EA
Single Item Half Price
4 Ct.
TURNOVERS

HOT SALE! MVP 4.99 EA
W/O MVP Card $5.99 EA
Made In-Store
9.55-12.2 Oz.
Select Varieties
FRESH GREEN SALADS

HOT SALE! MVP 3.99 EA
W/O MVP Card $4.99 EA
8 Oz.
DEPALO FOODS CALZONES

HOT SALE! MVP 3.99 EA
W/O MVP Card $4.99 EA
16 Oz.
RESER'S AMERICAN CLASSIC SALADS

HOT SALE! MVP 8.99 LB
W/O MVP Card $9.99 LB
Freshly Sliced
TASTE OF INSPIRATIONS TURKEY BREAST

HOT SALE! MVP 5.99 EA
W/O MVP Card $8.99 EA
12 Ct.
Select Varieties
BABYBEL MINIS

HOT SALE! MVP 7.49 EA
W/O MVP Card $8.49 EA
12 Oz.
PRESIDENT CRUMBLED FETA CHEESE

HOT SALE! MVP 5.49 EA
W/O MVP Card $5.99 EA
16 Oz.
FOOD LION CRÈME CAKE

HOT SALE! MVP 4.49 EA
W/O MVP Card $4.99 EA
4 Ct.
FOOD LION MUFFINS

MVP BUY TWO OF THESE & GET $2.50 OFF ONE BAKERY OREO BRANDED ITEM

See participating items below

Limit 1 reward per shopping visit.
Available while supplies last.

HOT SALE! MVP 3.99 EA
W/O MVP Card $5.99 EA
10.68-27.5 Oz.
Select Varieties
NABISCO FAMILY SIZE OREO COOKIES

HOT SALE! MVP 4.99 EA
W/O MVP Card $5.99 EA
TWO-BITE OREO MUFFINS

HOT SALE! MVP 4.99 EA
W/O MVP Card $5.49 EA
KIMBERLEY'S OREO FROSTED COOKIE

HOT SALE! MVP 4.99 EA
W/O MVP Card $5.49 EA
TWO-BITE OREO MINI CUPCAKES

HOT SALE! MVP 4.99 EA
W/O MVP Card $5.99 EA
TWO BITE OREO BROWNIES

Here with a new month of personalized *rewards*

FOOD LION MVP SHOP&EARN MONTHLY REWARDS

Activate your March offers on foodlion.com or the Food Lion app to earn digital rewards and save even more!

3 ZDPH ZDSA ZGAH ZGAL ZGAT ZGAU ZGCH ZGCR ZGCT ZGHW ZGRY ZGSA ZKBG ZKNA ZKNV ZMBA ZMBL ZMBM ZMBT ZMSA ZMWA ZMWK ZMWS ZPAL ZPHA ZPHI ZSAG ZSAU ZSCH ZSCL ZSCO ZSCT ZSFE ZSFL ZSFR ZSGL ZSGV ZSSA ZSSV ZTCA ZTCH ZTKN ZTNA ZTNV ZTTR ZVBL ZVCH ZVDC ZVHA ZVNK ZVNO ZVNR ZVRO ZVTI ZVTR ZVWH ZVWN ZVWS ZVWT ZVWX ZWBL ZWCA ZWCL ZWWA ZWWS 03/05/25

a FOOD LION private brand

Slam dunk snacks

Save on easy grabs for the watch party

HOTSALE! MVP 1.99 EA
W/O MVP Card $2.69 EA
12 Oz. All Varieties **HELUVA GOOD! DIP**

7.5 Oz. Select Varieties **WHOLLY GUACAMOLE**
IN PRODUCE
HOTSALE! MVP BOGO FREE
W/O MVP Card $3.99 EA
Single Item Half Price

0.4-1.1 Oz. Select Varieties **HIDDEN VALLEY SALAD DRESSING MIX**

HOTSALE! MVP 2/$3
W/O MVP Card $2.48 EA

HOTSALE! MVP 1.19 EA
W/O MVP Card $1.49 EA
1 Lb. Bag **FOOD LION BABY CUT CARROTS**

24 Oz. Pkg. - Frozen Select Varieties **PILGRIM'S CHICKEN NUGGETS**
NEW ITEM

HOTSALE! MVP 4.99 EA
W/O MVP Card Regular Retail

14 Oz. **SNACK FACTORY PRETZEL CRISPS**
IN THE DELI

HOTSALE! MVP 4.99 EA
W/O MVP Card $6.99 EA

HOTSALE! MVP 9.99 EA
W/O MVP Card $13.69 EA
18 Ct. Select Varieties **FRITO LAY VARIETY PACK**

3-3.3 Oz. Select Varieties **CALBEE HARVEST SNAPS**
LIMIT 4 FREE
HOTSALE! MVP BOGO FREE
W/O MVP Card $2.49 EA
Single Item Half Price

9.6-21 Oz. Select Varieties **FAMILY SIZE CHEEZ-IT CRACKERS**

HOTSALE! MVP 4.99 EA
W/O MVP Card $5.99 EA

5.5 Oz. Select Varieties **PRINGLES MINGLES PUFFED SNACKS**
HOTSALE! MVP 2.99 EA
W/O MVP Card $3.99 EA

PRICED LOW EVERY DAY

12-14 Oz. Select Varieties **FRENCH'S MUSTARD**
MVP 2/$4
W/O MVP Card $2.48 EA

15 Oz. Select Varieties **OLD TYME GAME DAY LONG ROLLS OR BUNS**
MVP 2/$5
W/O MVP Card $3.29 EA

MVP HOTSALE!

10 Oz. Select Varieties **FOOD LION SANDWICH CRACKERS**
MVP 2/$4
W/O MVP Card $2.39 EA

4.25 Oz. Select Varieties **BLUE DIAMOND ALMOND NUT THINS**
MVP 2/$6
W/O MVP Card $3.99 EA

16 Oz. **LA BANDERITA SOFT TACO TORTILLA**
MVP PRICED LOW EVERY DAY
2.99 EA
W/O MVP Card Regular Retail

14-16 Oz. Select Varieties **PEPPERIDGE FARM BREAKFAST SWIRL BREAD**
MVP PRICED LOW EVERY DAY
3.49 EA
W/O MVP Card $3.89 EA

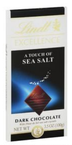
20 Oz. **SARA LEE CLASSIC WHITE BREAD**
HOTSALE! MVP 2.79 EA
W/O MVP Card $3.59 EA

6.1-8.3 Oz. Select Varieties **WASA GLUTEN FREE CRISP CREATIONS**
HOTSALE! MVP 3.49 EA
W/O MVP Card $3.99 EA

16-24 Oz. Select Varieties **RAGÚ PASTA SAUCE**
MVP PRICED LOW EVERY DAY
2/$4
W/O MVP Card $2.48 EA

6.2 Oz. **SHAQ A LICIOUS XL GUMMIES SOUR**
HOTSALE! MVP 2.29 EA
W/O MVP Card $2.79 EA

3.5-4.4 Oz. Select Varieties **LINDT EXCELLENCE BAR**
HOTSALE! MVP 3.79 EA
W/O MVP Card $4.29 EA



8.82 Oz. Select Varieties **LOACKER QUADRATINI WAFER**
HOTSALE! MVP 2/$6
W/O MVP Card $4.59 EA

6-8 Oz. Select Varieties **WELCH'S FRUIT SNACKS**
HOTSALE! MVP 2/$5
W/O MVP Card $3.19 EA

HOTSALE! MVP 3.49 EA
W/O MVP Card $4.89 EA
12 Oz. Select Varieties **SPAM LUNCHEON MEAT**

5 Oz. Select Varieites **SWEETARTS ROPE**
HOTSALE! MVP 1.99 EA
W/O MVP Card $2.79 EA

HOTSALE! MVP 4.99 EA
W/O MVP Card Regular Retail

0.96 Oz. Select Varieties **BIBIGO ORGANIC SEAWEED SNACK**

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

5.6-10.4 Oz. Select Varieties **KELLOGG'S NUTRI GRAIN BARS OR POWER-FULLS OAT BITES**
HOT SALE! 2/$6
W/O MVP Card Regular Retail
MVP Coupon -1.00 OFF 2
2/$5
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1

15-16 Oz. Select Varieties **BUSH'S BEST BEANS**
1.58 EA
MVP Coupon -50¢ OFF 1
1.08 EA
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1

19.5 Oz. Select Varieties **JACK DANIEL'S BBQ SAUCE**
HOTSALE! MVP 4.49 EA
W/O MVP Card $5.49 EA

HOTSALE! MVP 2/$5
W/O MVP Card $4.29 EA
22-24 Ct. **LIPTON FAMILY SIZE TEA BAGS**

Our BRANDS

Saving you even more on our already low priced private brands

FOOD LION | taste of Inspirations | Nature's Promise

DOUBLE MONEY BACK GUARANTEE

HOTSALE! MVP 25% OFF W/O MVP Card Regular Retail

16 Oz. Pkg.
NATURE'S PROMISE 99% LEAN GROUND CHICKEN

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

20-24 Oz.
Select Varieties
FOOD LION SIDE DISHES

10.4 Oz.
Select Varieties
FOOD LION FRUIT & GRAIN CEREAL BARS

PRICED LOW EVERY DAY 2.39 EA

12 Oz.
FOOD LION RED OR GREEN APPLE SLICES
IN PRODUCE

HOTSALE! MVP 2/$5 W/O MVP Card $2.99 EA

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

2.1 Oz. Pkg.
Select Varieties
FOOD LION FULLY COOKED BACON

HOTSALE! MVP 7.99 EA W/O MVP Card $8.99 EA

16 Oz.
TASTE OF INSPIRATIONS GOURMET CHEESE SAMPLER
IN THE DELI

BEVERAGE CENTER

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

HOTSALE! MVP 3/$12 W/O MVP Card Regular Retail

28 Oz.
Select Varieties
GATORADE

HOTSALE! MVP 4/$5 W/O MVP Card $1.99 EA

2 Liter
Select Varieties
PEPSI PRODUCTS

HOTSALE! MVP 3/$5 W/O MVP Card Regular Retail

HOTSALE! MVP 4.49 EA W/O MVP Card $6.99 EA

24 Pack
.5 Liter Bottles
DEER PARK SPRING WATER

HOTSALE! MVP 3.99 EA W/O MVP Card $6.19 EA

8 Pack - 12 Oz. Cans
Select Varieties
BUBLY SPARKLING WATER

12 Oz.
Select Varieties
CELSIUS

HOTSALE! MVP 2/$4 W/O MVP Card $2.39 EA

HOTSALE! MVP 5.99 EA W/O MVP Card $7.99 EA

8 Pack
Select Varieties
SNAPPLE MINI
NEW ITEM

750 mL
Select Varieties
BAREFOOT OR WOODBRIDGE WINE

HOTSALE! 6.99 EA

1.5 Liter
Select Varieties
LIBERTY CREEK OR RIUNITE WINE

HOTSALE! 8.99 EA

750 mL
Select Varieties
MARK WEST OR CLEARWATER COVE WINE

HOTSALE! 10.99 EA

SAVE 10%
WHEN YOU BUY 6 BOTTLES OF WINE

HOTSALE! 16.99 EA

12 Pack - 12 Oz. Cans
TWISTED TEA, THE BEAST OR CAYMAN JACK
12 Pack
11.2-12 Oz. Bottles or Cans
MIKE'S HARD LEMONADE
Select Varieties

HOTSALE! 16.99 EA

12 Pack
11.2-12 Oz. Bottles or Cans
Select Varieties
MODELO, DOS EQUIS OR STELLA ARTOIS

HOTSALE! 16.99 EA

12 Pack - 12 Oz. Cans
WHITE CLAW HARD SELTZER OR SIMPLY SPIKED
8 Pack - 12 Oz. Cans
HIGH NOON
Select Varieties

HOTSALE! 23.99 EA

24 Pack
12 Oz. Bottles or Cans
Select Varieties
MICHELOB ULTRA

HOTSALE! 17.99 EA

8 Pack - 12 Oz. Cans
Select Varieties
DEVILS BACKBONE OR COASTAL COCKTAILS

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

Here with dips at
deliciously
low prices
SHOP NOW
SNACK FACTORY
Pretzel Crisps
THIN, CRUNCHY PRETZEL CRACKERS
PARTY SIZE
ORIGINAL
WHOLLY
GUACAMOLE
CLASSIC
PILGRIM'S
ZESTY RANCH
mini
NUGGETS
MINI NUGGET SHAPED BREADED CHICKEN BREAST PATTIES WITH RIB MEAT
Hidden Valley
Ranch
SEASONING
SALAD DRESSING & RECIPE MIX
French Onion
HeluvaGood!
DIP

DIETZ & WATSON
great tastes
for every taste
SHOP COLLECTION
Mesquite
SMOKED
TURKEY BREAST
Honey Glazed
MAPLE
TURKEY BREAST

DAIRY

HOTSALE! MVP 4/$5 EA
W/O MVP Card $1.69 EA
4.5-5.3 Oz. Select Varieties
CHOBANI FLIP OR CREATIONS YOGURT

4-6 Pack Select Varieties
DANIMALS SMOOTHIE OR YOCRUNCH YOGURT
HOTSALE! MVP 2.99 EA
W/O MVP Card $3.99 EA

52 Oz. Select Varieties
FOOD LION TEA
HOTSALE! MVP 1.99 EA
W/O MVP Card $2.29 EA

6-8 Oz. Select Varieties
CRACKER BARREL CHEESE BARS OR STICKS
HOTSALE! MVP 3.49 EA
W/O MVP Card Regular Retail

HOTSALE! MVP 2.79 EA
W/O MVP Card $3.49 EA
16 Oz. Select Varieties
DAISY COTTAGE CHEESE

BUY TWO OF THESE

32 Oz. Select Varieties
NESTLÉ COFFEE MATE CREAMER
3.99 EA

& GET THIS FREE

14 Oz. Select Varieties
NESTLE COFFEE-MATE COLD FOAM CREAMER
W/O MVP Card Regular Retail
Limit 1 reward per shopping visit.

14-16.5 Oz. Select Varieties Pull-A-Parts or Roll
PILLSBURY READY TO BAKE COOKIES
MVP PRICED LOW EVERY DAY 3.99 EA
W/O MVP Card $4.29 EA

52 Oz. Select Varieties
FAIRLIFE MILK
MVP PRICED LOW EVERY DAY 4.99 EA
W/O MVP Card $6.19 EA

HOTSALE! MVP 2.99 EA
W/O MVP Card $3.99 EA
8 Oz. **SARGENTO NATURAL AMERICAN SLICED CHEESE**
NEW ITEM

FROZEN

HOTSALE! MVP 3.99 EA
W/O MVP Card Regular Retail
18.4-20 Oz. Select Varieties
TOMBSTONE OR TAVERN STYLE PIZZA

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

HOT SALE! 7.99 EA
W/O MVP Card $12.19 EA
MVP Coupon -1.00 OFF 1
6.99 EA
28-40 Oz. Select Varieties
STOUFFER'S FAMILY SIZE DINNERS
MVP W/ MVP, DISCOUNT SAVINGS LIMIT 1

HOTSALE! MVP 5.99 EA
W/O MVP Card $7.59 EA
16.35-22.3 Oz. Select Varieties
SCREAMIN' SICILIAN PIZZA

9 Oz. Select Varieties
TASTEE CHOICE SHRIMP
HOTSALE! MVP BOGO FREE
W/O MVP Card $5.99 EA
Single Item Half Price

12 Ct. **GREEN GIANT FROZEN CORN**
HOTSALE! MVP 3.99 EA
W/O MVP Card $5.29 EA

HOTSALE! MVP 2/$6 EA
W/O MVP Card $3.49 EA
48 Oz. Select Varieties
BLUE RIBBON FROZEN DAIRY DESSERT

MVP PRICED LOW EVERY DAY 6.49 EA
W/O MVP Card $6.59 EA
12.4-18.4 Oz. Select Varieties
JIMMY DEAN BREAKFAST SANDWICHES

MVP PRICED LOW EVERY DAY 3.99 EA
W/O MVP Card $4.89 EA
11.25-13.5 Oz. Select Varieties
NEW YORK TEXAS TOAST

24 Oz. Pkg. - Frozen Select Varieties
JUST BARE CHICKEN
MVP PRICED LOW EVERY DAY 9.99 EA
W/O MVP Card $12.29 EA

HOTSALE! MVP 5.99 EA
W/O MVP Card $7.99 EA
8.2-20 Oz. Select Varieties
SEAPAK FROZEN SEAFOOD

BREAKFAST

52 Oz. Select Varieties
FOOD LION ORANGE JUICE
MVP PRICED LOW EVERY DAY 3.99 EA

MVP PRICED LOW EVERY DAY 2/$6 EA
W/O MVP Card $3.69 EA
9.16-11.7 Oz. Select Varieties
PILLSBURY TOASTER STRUDEL

HOTSALE! MVP 2/$6 EA
W/O MVP Card $4.29 EA
18 Ct. Select Varieties
BIGELOW TEA BAGS

32 Ct. K-Cups Select Varieties
STARBUCKS COFFEE
HOTSALE! MVP 24.99 EA
W/O MVP Card $29.99 EA

10.3-12.6 Oz. Select Varieties
QUAKER CAP'N CRUNCH CEREAL
HOTSALE! MVP 2/$6 EA
W/O MVP Card $4.89 EA

20-26.1 Oz. Select Varieties
GENERAL MILLS LUCKY CHARMS OR CHEERIOS CEREAL
HOTSALE! MVP 4.99 EA
W/O MVP Card Regular Retail

16-16.1 Oz. Select Varieties
KELLOGG'S FROSTED MINI WHEATS OR RAISIN BRAN CEREAL
HOTSALE! MVP 2/$6 EA
W/O MVP Card Regular Retail

12 Ct. K-Cups or 11-12 Oz. Bag Select Varieties
EIGHT O'CLOCK COFFEE
HOTSALE! MVP 5.99 EA
W/O MVP Card $8.99 EA

HEALTH & BEAUTY

HOTSALE! MVP 6.99 EA
13-19.5 Oz. Select Varieties
OGX SHAMPOO OR CONDITIONER
W/O MVP Card $7.99 EA

6-8 Oz. Select Varieties
NOT YOUR MOTHER'S CURL TALK
HOTSALE! MVP 8.99 EA
W/O MVP Card $9.99 EA

5.1 Oz. Select Varieties
OLD SPICE BODY SPRAY
HOTSALE! MVP 6.99 EA
W/O MVP Card $7.79 EA

HOTSALE! MVP 4.99 EA
W/O MVP Card Regular Retail

5.1-6 Oz. Select Varieties
COLGATE TOOTHPASTE

60-70 Ct. Select Varieties
NATURE MADE VITAMIN C OR MELATONIN GUMMIES
HOTSALE! MVP 9.99 EA
W/O MVP Card Regular Retail

.2-.38 Oz. Select Varieties
FLONASE OR SENSIMIST NASAL SPRAY
HOTSALE! MVP 17.49 EA
W/O MVP Card $19.99 EA

BABY

3.5-4.2 Oz. Pouch Select Varieties
EARTH'S BEST ORGANIC FRUIT
HOTSALE! MVP 2/$3
W/O MVP Card $1.69 EA

168-192 Ct. Select Varieties
HUGGIES BABY WIPES REFILL
HOTSALE! MVP 6.69 EA
W/O MVP Card $7.79 EA

14-23 Ct. Select Varieties and Sizes
PULL-UPS PACK
HOTSALE! MVP 10.99 EA
W/O MVP Card $13.39 EA

HOUSE & HOME

HOTSALE! MVP 4.99 EA
16 Oz. Mist or 75 Ct. Wipes Select Varieties
CLOROX
W/O MVP Card $7.39 EA

50 Ct. Select Varieties
FOOD LION PARTY CUPS
HOTSALE! MVP 3.89 EA
W/O MVP Card $4.79 EA

18-45 Ct. Select Varieties
FOOD LION KITCHEN BAGS
HOTSALE! MVP 6.49 EA
W/O MVP Card $7.29 EA

20-40 Ct. Select Varieties
FOOD LION PLATES OR BOWLS
HOTSALE! MVP 2/$5
W/O MVP Card $2.99 EA

HOTSALE! MVP 3.49 EA
W/O MVP Card $4.59 EA

10-20 Ct. Select Varieties
ZIPLOC SLIDER STORAGE BAGS

4 Pk. Cube Select Varieties
FOOD LION FACIAL TISSUE
HOTSALE! MVP 3.79 EA
W/O MVP Card Regular Retail

24 Ct. Select Varieties
FOOD LION PREMIUM DINNERWARE
HOTSALE! MVP 2/$3
W/O MVP Card $1.99 EA

12 Mega Rolls Select Varieties
FOOD LION BATH TISSUE
HOTSALE! MVP 10.99 EA
W/O MVP Card $12.79 EA

56 Oz. Select Varieties
FABULOSO
HOTSALE! MVP 4.49 EA
W/O MVP Card $4.99 EA

30 Oz. Bathroom or 32 Oz. Clean-Up Select Varieties
CLOROX
HOTSALE! MVP 3.99 EA
W/O MVP Card Regular Retail

HOTSALE! MVP 14.99 EA
W/O MVP Card $16.99 EA

12 double Rolls Select Varieties
FOOD LION PREMIUM PAPER TOWELS

HOTSALE! MVP 12.99 EA
W/O MVP Card $14.99 EA

1 Ct. Select Varieties
ARM & HAMMER AIR FILTER

PET

6.3 Oz. Select Varieties
TEMPTATIONS CAT TREATS
HOTSALE! MVP 3.99 EA
W/O MVP Card $4.49 EA

HOTSALE! MVP 13.99 EA
W/O MVP Card $15.99 EA

12 Pk. Select Varieties
SHEBA PERFECT PORTIONS VARIETY PACK

5.6 Oz. Select Varieties
PUP-PERONI DOG TREATS
HOTSALE! MVP 3.29 EA
W/O MVP Card $3.99 EA

13.5-15 Lb. Bag Select Varieties
IAMS DRY DOG FOOD
HOTSALE! MVP 29.99 EA
W/O MVP Card $33.99 EA

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

HOT SALE! 10.69 EA
W/O MVP Card $11.99 EA
MVP Coupon -1.50 OFF
9.19 EA
16-35 Ct. Select Varieties and Sizes
HUGGIES DIAPERS
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1

PRICED LOW EVERY DAY 23.59 EA
W/O MVP Card $28.09 EA
MVP Coupon -3.00 OFF
20.59 EA
8 Triple Rolls Select Varieties
BOUNTY
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1

PRICED LOW EVERY DAY 19.99 EA
W/O MVP Card $24.59 EA
MVP Coupon -3.00 OFF
16.99 EA
45-76 Ct. Pods or 132 Oz. Liquid Select Varieties
TIDE
MVP W/ MFR. DISCOUNT SAVINGS LIMIT 1

7 ZNC0 ZDPH ZDSA ZGAH ZGAL ZGAT ZGAU ZGCH ZGCR ZGCT ZGHW ZGRY ZGSA ZKBG ZKNA ZKNV ZMBA ZMBL ZMBM ZMBT ZMSA ZMWA ZMWK ZMWS ZNCA ZNCD ZNCE ZNCH ZNCL ZNCR ZNCT ZNFL ZNGB ZNGL ZNGR ZNGS ZNGV ZNHP ZNLE ZNNB ZNNF ZNNL ZNNO ZNRA ZNRE ZNRG ZNRH ZNRI ZNRL ZNRR ZNTT ZNWA ZNWI ZNWL ZNWM ZNWN ZNWT ZPAL ZPHA ZPHI ZSAG ZSAU ZSCH ZSCL ZSCO ZSCT ZSFE ZSFL ZSFR ZSGL ZSGV ZSSA ZSSV ZTCA ZTCH ZTKN ZTNA ZTNV ZTTR ZVBL ZVCH ZVDC ZVHA ZVNK ZVNO ZVNR ZVRA ZVRC ZVRD ZVRI ZVRN ZVRO ZVTI ZVTR ZVWH ZVWN ZVWR ZVWS ZVWT ZVWX ZVBL ZWCA ZWCL ZWWA ZWWS 03/05/25

Save now on your fresh favorites

100% FRESH OR DOUBLE YOUR MONEY BACK

HOT SALE! MVP 1.99 EA
W/O MVP Card Regular Retail
14 Oz.
FOOD LION MINI CUCUMBERS

HOT SALE! MVP 4/$5
W/O MVP Card Regular Retail
Single
RED, YELLOW OR ORANGE PEPPERS

HOT SALE! MVP 1.49 LB
W/O MVP Card Regular Retail
HOT HOUSE TOMATOES

HOT SALE! MVP 2.99 EA
W/O MVP Card Regular Retail
3 Lb. Bag
FOOD LION RED ONIONS

HOT SALE! MVP 2.29 EA
W/O MVP Card Regular Retail
8 Oz. Pkg. - Whole or Sliced
FOOD LION BABY BELLA MUSHROOMS

10.3-13 Oz.
Select Varieties
FRESH EXPRESS CHOPPED SALAD KITS

HOT SALE! MVP 2/$7
W/O MVP Card Regular Retail

HOT SALE! MVP 2/$5
W/O MVP Card Regular Retail
1 Lb. Container
STRAWBERRIES

HOT SALE! MVP 79¢ EA
W/O MVP Card Regular Retail
LARGE LEMONS

ORGANIC

3 Ct.
FRESH EXPRESS ORGANIC ROMAINE HEARTS

HOT SALE! MVP 3.99 EA
W/O MVP Card Regular Retail

HOT SALE! MVP 3.49 EA
W/O MVP Card Regular Retail
6 Oz. Pkg.
ORGANIC BLUEBERRIES

6 INCH YELLOW HYACINTH
WHILE SUPPLIES LAST!

HOT SALE! MVP 7.99 EA
W/O MVP Card Regular Retail

Buy an orange bag

for your family and help nourish another

Every bag purchased provides 5 meals* to your local food bank.

FOOD LION FEEDS | FEEDING AMERICA
foodlion.com/feeds

HOT SALE! MVP 3.49 EA
W/O MVP Card Regular Retail
3 Lb. Bag
FOOD LION NAVEL ORANGES

*From **February 26 – March 18, 2025**, Food Lion will donate 50¢ (monetary equivalent of 5 meals) from each orange bag purchased, up to $200,000, to Feeding America® on behalf of local member food banks within Food Lion's 10-state footprint. Funds raised could go to support Feeding America® programs that benefit local families.

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

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.

ALL STORES ACCEPT: AMERICAN EXPRESS VISA MasterCard ATM CARDS

Prices in this ad good at stores conveniently located in these cities:

Carrollton, Chesapeake, Courtland, Franklin, Grafton, Hampton, Newport News, Norfolk, Poquoson, Portsmouth, Smithfield, Suffolk, Virginia Beach, Williamsburg, Windsor, Yorktown

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.

It's *game on* with these *deals*

FOOD LION

March 5 - March 11, 2025

Offers valid while supplies last.

16 Oz.
Select Varieties
FOOD LION SALAD DRESSING

HOT SALE! MVP
2/$4
W/O MVP Card $2.49 EA

6 Oz.
Select Varieties
FOOD LION HOT SAUCE

HOT SALE! MVP
99¢ EA
W/O MVP Card $1.19 EA

LARGE GARDEN VEGETABLE PLATTER

CHICKEN WING TRAY

CHICKEN TENDER TRAY

LARGE MINI SANDWICH PLATTER

SELECT CATERING TRAYS AND PLATTERS

HOT SALE! MVP
$5 OFF
W/O MVP Card Regular Retail

See a deli associate or scan the QR code to order.

W-1 ZNCO ZDPH ZDSA ZGAH ZGAL ZGAT ZGAU ZGCH ZGCR ZGCT ZGHW ZGRY ZGSA ZKBG ZKNA ZKNV ZMBA ZMBL ZMBM ZMBT ZMSA ZMWA ZMWK ZMWS ZNCA ZNCD ZNCE ZNCH ZNCL ZNCR ZNCT ZNGB ZNGL ZNGR ZNGS ZNGV ZNHP ZNLE ZNNB ZNNF ZNNL ZNNO ZNRA ZNRE ZNRG ZNRH ZNRI ZNRL ZNRR ZNTT ZNWA ZPAL ZPHA ZPHI ZSAG ZSAU ZSCT ZSGL ZSGV ZTCA ZTCH ZTKN ZTNA ZTNV ZTTR ZVBL ZVCH ZVDC ZVHA ZVNK ZVNO ZVNR ZVRA ZVRO ZVTI ZVTR ZVWH ZVWN ZVWS ZVWT ZVWX ZWBL ZWCA ZWCL ZWWA ZWWS 03/05/25

Get more *for less* with our brands

FOOD LION | Nature's Promise | taste of Inspirations®

DOUBLE YOUR MONEY BACK GUARANTEE

Choose our brands for the quality and affordability your family deserves.

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

7-9 Oz. Pkg.
Select Varieties
FOOD LION LUNCHMEAT TUB

18 Oz.
Select Varieties
FOOD LION REAL MAYONNAISE

HOTSALE! MVP
2/$6
W/O MVP Card $3.39 EA

24 Oz. - Select Varieties
NATURE'S PROMISE ORGANIC PICKLES

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

HOTSALE! MVP
4.49 EA
W/O MVP Card $4.99 EA

10 Oz.
Select Varieties
TASTE OF INSPIRATIONS DIPS
IN THE DELI

TASTE OF INSPIRATIONS BRIOCHE HAMBURGER BUNS
IN THE BAKERY

HOTSALE! MVP
4.99 EA
W/O MVP Card $5.49 EA

HOTSALE! MVP
99¢ EA
W/O MVP Card $1.39 EA

5.2 Oz.
Select Varieties
FOOD LION CRISPY THIN CRUST PIZZA

PRICED LOW EVERY DAY
2.89 EA

12.5 Oz.
Select Varieties
FOOD LION CHICKEN BREAST

HOTSALE! MVP
4.99 EA
W/O MVP Card $5.99 EA

32 Oz.
FOOD LION CHEESE LOAF

10-13 Oz.
Select Varieties
FOOD LION TORTILLA CHIPS

HOTSALE! MVP
2/$4
W/O MVP Card $2.49 EA

W-2 ZNCO ZDPH ZDSA ZGAH ZGAL ZGAT ZGAU ZGCH ZGCR ZGCT ZGHW ZGRY ZGSA ZKBG ZKNA ZKNV ZMBA ZMBL ZMBM ZMBT ZMSA ZMWA ZMWK ZMWS ZNCA ZNCD ZNCE ZNCH ZNCL ZNCR ZNCT ZNFL ZNGB ZNGL ZNGR ZNGS ZNGV ZNHP ZNLE ZNNB ZNNF ZNNL ZNNO ZNRA ZNRE ZNRG ZNRH ZNRI ZNRL ZNRR ZNTT ZNWA ZNWI ZNWL ZNWM ZNWN ZNWT ZPAL ZPHA ZPHI ZSAG ZSAU ZSCH ZSCL ZSCO ZSCT ZSFE ZSFL ZSFR ZSGL ZSGV ZSSA ZSSV ZTCA ZTCH ZTKN ZTNA ZTNV ZTTR ZVBL ZVCH ZVDC ZVHA ZVNK ZVNO ZVNR ZVRA ZVRC ZVRD ZVRI ZVRN ZVRO ZVTI ZVTR ZVWH ZVWN ZVWR ZVWS ZVWT ZVWX ZWBL ZWCA ZWCL ZWWA ZWWS 03/05/25

8 Oz.

TASTE OF INSPIRATIONS GUACAMOLE

IN THE DELI

HOTSALE!

MVP

3.49 EA

W/O MVP Card $3.99 EA

16 Oz.

TASTE OF INSPIRATIONS SALSA

IN THE DELI

HOTSALE!

MVP

3.49 EA

W/O MVP Card $3.99 EA

Bunch

CELERY

HOTSALE!

MVP

1.59 EA

W/O MVP Card $1.89 EA

10 Oz. Pkg.

FOOD LION GRAPE TOMATOES

HOTSALE!

MVP

1.99 EA

W/O MVP Card $2.29 EA

13-14 Oz. Pkg.
Select Varieties

FOOD LION COCKTAIL SMOKIES

HOTSALE!

MVP

3.48 EA

W/O MVP Card Regular Retail

2.5 Lb. Bag
Frozen

FOOD LION CHICKEN WINGS

HOTSALE!

MVP

7.99 EA

W/O MVP Card Regular Retail

40-100 Ct.
Select Varieties

FOOD LION NAPKINS

HOTSALE!

MVP

2/$4

W/O MVP Card $2.58 EA

HOTSALE!

MVP

4.29 EA

W/O MVP Card Regular Retail

16 Oz. Pkg.
Select Varieties

FOOD LION SLICED BACON

HOTSALE!

MVP

6.29 EA

W/O MVP Card $6.99 EA

14 Oz.

TASTE OF INSPIRATIONS SALAMI OR PEPPERONI

IN THE DELI

W-3 ZNCO ZGAH ZGAL ZGAT ZGAU ZKBG ZKNA ZKNV ZMBL ZMBM ZMWS ZNCA ZNCD ZNCE ZNCH ZNCL ZNCR ZNCT ZNGB ZNHP ZNLE ZNNF ZNNL ZNNO ZNRA ZNRE ZNRG ZNRH ZNRI ZNRL ZNRR ZNTT ZPHI ZSAG ZSAU ZSCT ZTNA ZTNV ZVCH ZVHA ZVNK ZVNO ZVNR ZVRA ZVRC ZVRD ZVRI ZVRN ZVWR ZVWX 03/05/25

Score savings with a *crowd-pleaser*

Make it in under 30 minutes using Food Lion brand items. This cheesy bread is a great way to feed your home team while stretching your budget.

HOTSALE! MVP 1.99 EA
W/O MVP Card $2.29 EA

ITALIAN BREAD
IN THE BAKERY

14 Oz.
FOOD LION PIZZA SAUCE

PRICED LOW EVERY DAY ✓
1.39 EA

16 Oz.
Select Varieties
FOOD LION SHREDDED CHEESE

HOTSALE! MVP 3.99 EA
W/O MVP Card $4.29 EA

6 Oz. Pkg.
FOOD LION PEPPERONI

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

PRICED LOW EVERY DAY ✓
3.99 EA

16 Oz.
Select Varieties
FOOD LION BUTTER QUARTERS

.75 Oz.
FOOD LION ITALIAN SEASONING

HOTSALE! MVP 1.49 EA
W/O MVP Card $1.99 EA

W-4 ZNCO ZDPH ZDSA ZGAH ZGAL ZGAT ZGAU ZGCH ZGCR ZGCT ZGHW ZGRY ZGSA ZKBG ZKNA ZKNV ZMBA ZMBL ZMBM ZMBT ZMSA ZMWA ZMWK ZMWS ZNCH ZNCL ZNFL ZNGB ZNGL ZNGR ZNGS ZNGV ZNHP ZNNB ZNNF ZNNL ZNNO ZNRA ZNRE ZNRG ZNRI ZNRL ZNWA ZNWI ZNWL ZNWM ZNWN ZNWT ZPAL ZPHA ZPHI ZSAG ZSAU ZSCH ZSCL ZSCO ZSCT ZSFE ZSFL ZSFR ZSGL ZSGV ZSSA ZSSV ZTCA ZTCH ZTKN ZTNA ZTNV ZTTR ZVBL ZVCH ZVDC ZVHA ZVNK ZVNO ZVNR ZVRC ZVRD ZVRI ZVRN ZVRO ZVTI ZVTR ZVWH ZVWN ZVWR ZVWS ZVWT ZVWX ZWBL ZWCA ZWCL ZWWA ZWWS 03/05/25