

Shop our *best deals*
this week!

 HOTSALE! (w/) BOGO FREE 12 12 Oz. Bottles or 12 Pack 12 12 Oz. Bottles Select Varieties PEPSI PRODUCTS W/O MVP Card Regular Retail Single Item Mail Price LIMIT 4 FREE	6.88-20 Oz. Select Varieties BETTY OR ENTENMANN'S LITTLE BITES MUFFINS HOTSALE! (w/) BOGO FREE 8 Pack 12 12 Oz. Bottles or 12 Pack 12 12 Oz. Bottles Select Varieties PEPSI PRODUCTS W/O MVP Card Regular Retail Single Item Mail Price LIMIT 4 FREE	 HOTSALE! (w/) BOGO FREE 12 12 Oz. Bottles or 12 Pack 12 12 Oz. Bottles Select Varieties PEPSI PRODUCTS W/O MVP Card Regular Retail Single Item Mail Price LIMIT 4 FREE	13.25-14.25 Oz. Select Varieties BETTY CROCKER SUPER MOIST CAKE MIX HOTSALE! (w/) BOGO FREE 12 12 Oz. Bottles or 12 Pack 12 12 Oz. Bottles Select Varieties PEPSI PRODUCTS W/O MVP Card Regular Retail Single Item Mail Price LIMIT 4 FREE	12 Pack 12 Oz. Bottles or Cans Select Varieties SAMUEL ADAMS, SIERRA NEVADA OR NEW BELGIUM HOTSALE! (w/) BOGO FREE 12 12 Oz. Bottles or 12 Pack 12 12 Oz. Bottles Select Varieties PEPSI PRODUCTS W/O MVP Card Regular Retail Single Item Mail Price LIMIT 4 FREE
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MVP DIGITAL COUPON
Load on App • Online • In-Store Kiosk

HOT SALE!
34⁹⁹ EA
10 MVP CUPON \$3.19 EA

48 Oz. Select Varieties
BREYERS
ICE CREAM

MVP COUPON
-100% OFF
24⁹⁹ EA
10 MVP CUPON \$2.49 EA

48 Oz. Select Varieties
QUAKER
INSTANT OATMEAL

HOT SALE!
2/^{\$5}
W/O MVP CUPON \$3.49 EA

4.7-8.7 Oz. Select Varieties
HAMBURGER
HELPER

HOT SALE!
1/^{\$1}
W/O MVP CUPON \$2.09 EA

75-110 Oz. Liquid or 32-42 CT. Pails Select Varieties
ARM & HAMMER
Baking Soda

HOT SALE!
6/^{\$9.99} EA
W/O MVP CUPON Regular Retail

MVP

**3 DAY
HOTSale!**

FRIDAY - SUNDAY

HOT SALE!
MVP
2.99
EA
W/O MVP Card Regular Retail

OSCAR MAYER Deli Fresh™
7-9 Oz. Pkg.
Select Varieties
OSCAR MAYER DELI FRESH LUNCH MEAT

REST OF WEEK \$3.49 EA MVP

10-11 Oz. - Select Varieties

**POST PEBBLES
CEREAL**

HOTSALE!

1.79
EA

W/O MVP Card \$4.99 EA

REST OF WEEK \$2.99 EA

MVP



7-8 Oz. - Select Varieties

**TILLAMOOK
SLICED OR
SHREDDED
CHEESE**

HOTSALE!
MVP

2/\$5

W/O MVP Card \$3.79 EA



8.25-18 Oz. - Select Varieties

FRITO LAY
PARTY SIZE
CHIPS OR
SNACKS

HOT SALE!
MVP
2.99
EA
Limit 4
W/O MVP Card \$5.99 EA

REST OF WEEK \$5.99 EA



20 Oz.

**WONDER CLASSIC
WHITE ROUND
TOP BREAD**

HOT SALE!

**BOGO
FREE**

W/O MVP Card \$3.69 EA
Single Item Half Price
Off Regular Retail

REST OF WEEK \$2.99 EA



6 Mega Roll
CHARMIN
4 Double Rolls
BOUNTY
Select Varieties

HOT SALE!
MVP
5.99
EA
W/O MVP Card Regular Retail

REST OF WEEK \$7.99 EA MVP



18 Oz.
Select Varieties

**DUKE'S
SQUEEZE
MAYONNAISE**

HOTSALE!
MVP

4^{EA} 49

W/O MVP Card \$5.49 EA



Helping you fill the dinner
table *for less!*

**100%
FRESH**
OR DOUBLE YOUR
MONEY BACK

HOT SALE!
MVP

5⁹⁹
LB

Ground Fresh Daily
80% LEAN
FRESH
ROUND CHUCK

© MVP Card Regular Retail

A white bowl filled with round chuck, topped with shredded cheddar cheese, green onions, and a dollop of sour cream. Next to the bowl is a slice of golden-brown cornbread on a wooden cutting board. A silver spoon lies on the cutting board. In the background, a biscuit is visible.

Helping you fill the dinner
table *for less!*

**100%
FRESH**
OR DOUBLE YOUR
MONEY BACK

HOT SALE!
MVP

5⁹⁹
LB

Ground Fresh Daily
80% LEAN
FRESH
ROUND CHUCK

© MVP Card Regular Retail

A white bowl filled with round chuck, topped with shredded cheddar cheese, green onions, and a dollop of sour cream. Next to the bowl is a slice of golden-brown cornbread on a wooden cutting board. A whole biscuit is visible behind the bowl. A silver spoon rests on the cutting board in front of the bowl.

All Varieties

**SMITHFIELD
MARINATED
PORK LOIN
FILET**

HOTSALE!
\$10.99
**BOGO
FREE**

WFO MVP Card Regular Retail
Single Item Half Price

A package of Smithfield Marinated Pork Loin Filet is shown at the top. Below it, a cooked pork loin is served on a white platter with green beans. The pork is sliced, revealing a juicy interior. The green beans are fresh and vibrant. The platter is set against a dark background, making the food stand out.

HOTSALE!
 (MVP)
3.49
 LB
 W/O MVP Card Regular Retail

Assorted, Bone-In
PORK CHOPS

Fresh - Select Varieties

SCHWEID & SONS
GOURMET
BURGERS

HOT SALE!
MVP

10⁹⁹
EA

W/O MVP Card Regular Retail

A promotional advertisement for Schweid & Sons Gourmet Burgers. The top half features a box of 'SOMMERVILLE SERIES THE CHUCK BRISKET' burgers, which are described as 'SMOKED & SEARED'. The box is brown with a picture of a burger and the Schweid & Sons logo. Below the box, four gourmet burgers are displayed on a white plate. Each burger consists of a round beef patty, a slice of Swiss cheese, a tomato slice, a lettuce leaf, and a pickle slice, all on a kaiser roll. The bottom left corner contains a yellow price tag with the text 'HOT SALE!', 'MVP', and a large '10⁹⁹ EA' (10.99 each). Below the price tag, it says 'W/O MVP Card Regular Retail'.

Small Pack
**FOOD LION
CHICKEN
THIGHS**

HOTSALE!
Only
1.69
LB

W/O MVP Card Regular Retail

A white plastic package of Food Lion Chicken Thighs, showing four thighs inside. Below the package is a white plate filled with cooked, golden-brown chicken thighs.

12-16 Oz. Pkg. - Select Varieties

SMITHFIELD BACON

HOT SALE!

MVP

4.99

EA

W/O MVP Card Regular Retail



5-6 Oz. Pkg. - Select Varieties

HORMEL PEPPERONI

MVP **PRICED LOW**
EVERY DAY ✓

3.99
EA

W/O MVP Card Regular Retail



8 Oz. Pkg. - Select Varieties

**SMITHFIELD BONELESS
SLICED QUARTER HAM**

HOT SALE!
MVP

7⁹⁹
EA

W/O MVP Card Regular Retail



6 Oz. Pkg. • Select Varieties
JOHN SOULES KITCHEN



Curly's Pulled Pork packaging. The package is round and features a large image of a pulled pork sandwich on a bun. Text on the package includes "Curly's", "PULLED PORK", "SAUSAGE PEPPER", "MILD COUNTRY", "HOT SAUCE - HOT SAUCES", and "Curly's".

SUSTAINABLY SOURCED SEAFOOD

Product	Weight	Price	Label
Salmon Fillet	16 Oz. - Fresh	\$9.99 EA	HOTSALE! MVP
Food Lion Seafood Medley	40 Oz. Pkg. Frozen	\$10.99 EA	HOTSALE! MVP
Shrimp Ring	8 Oz. - Frozen	\$5.99 EA	HOTSALE! MVP
Chicken of the Sea Raw Shrimp	26-30 Ct. 12 Oz. Bag - Frozen	\$5.99 EA	HOTSALE! MVP
Chicken of the Sea Cooked Shrimp	26-30 Ct. 12 Oz. Bag - Frozen	\$7.99 EA	HOTSALE! MVP

W/O MVP Card Regular Retail



HOTSALE!
MVP

9.99
EA

16 Oz. - Fresh
**SALMON
FILLET**

W/O MVP Card Regular Retail

40 Oz. Pkg. Frozen

FOOD LION

SWAI

HOT SALE!

MVP

10.99

EA

W/O MVP Card Regular Retail

HOT SALE!
MVP
5.99
EA
W/O MVP Card Regular Retail

8 Oz. - Frozen
SHRIMP RING



Chickpea & Sea
RESPONSIBLY RAISED
SHRIMP
UNCOOKED
1lb
NET WT

26-30 Ct.
12 Oz. Bag - Frozen
**CHICKEN
OF THE SEA
RAW SHRIMP**

HOTSALE!
MVP
5.99
EA
W/O MVP Card Regular Retail

CHICKPEA & SEA
RESPONSIBLY RAISED
SHRIMP
COOKED
14g

HOT SALE!
MVP
7.99
EA

26-30 Ct.
12 Oz. Bag - Frozen
**CHICKEN
OF THE SEA
COOKED
SHRIMP**

NO MVP Card Regular Retail

ZNRH ZGCH ZGCR ZGCT ZGRY ZMBL ZMBM ZMWA ZMWK ZMWS ZNFL ZNGB ZNGL ZNGR ZNGS ZNGV ZNHP ZNLE ZNNB ZNNL ZNRA ZNRE ZNRG ZNRI ZNRL ZNRR ZNWA ZNWI ZNWL ZNWM ZNWN ZNWT ZPAL ZPHA ZPHI
SCH ZSCL ZSCO ZSFE ZSFL ZSFR ZSGL ZSGV ZSSA ZSSV ZTCA ZTCH ZTKN ZTTR ZVDC ZVRA ZVTI ZVTR ZVWH ZVWN ZVWS ZVWT ZVWX ZWCA ZWCL ZWWA ZWWS 12/03/25

DELicious BOGOs of the week!



HOTSALE!
MVP
BOGO FREE
W/O MVP Card \$7.99 EA
Single Item Half Price

7 Oz.
Select Varieties
**TILLAMOOK
CHEDDARS**



HOTSALE!
MVP
BOGO FREE
W/O MVP Card \$3.49 EA
Single Item Half Price

5 Ct.
TEXAS TOAST



HOTSALE!
MVP
BOGO FREE
W/O MVP Card \$4.49 EA
Single Item Half Price

12 Ct.
FRUIT BITES



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

12 Oz.
**MEURER
BROTHERS
MINI DANISH**

Save on easy meal solutions!

Available in our Deli & Bakery



HOTSALE!
MVP
6.99
EA
W/O MVP Card \$7.99 LB

Freshly Sliced
Select Varieties
**FOOD LION
TURKEY OR
CHICKEN
BREAST**



HOTSALE!
MVP
6.99
LB
W/O MVP Card \$7.99 LB

Freshly Sliced
**COOPER
AMERICAN
CHEESE**



HOTSALE!
MVP
3.49
EA
W/O MVP Card \$4.49 EA

16 Oz.
**COCINA
FRESCA
SALSA**



HOTSALE!
MVP
3.99
EA
W/O MVP Card \$6.79 EA

5.2-5.3 Oz. Pkg.
**BOURSIN
CHEESE**



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

18 Oz.
**FOOD LION
CORNBREAD
TRAY**



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

14-16 Oz.
Select Varieties
**FOOD LION
SLICED
LOAF CAKES**

Quick eats
\$5 each!

Each item sold separately.



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

6 Oz.
Select Varieties
**NEGRONI
ITALIAN
CHUBS**



HOTSALE!
MVP
\$5
EA
W/O MVP Card \$5.49 EA

Drums & Thighs
Made Hot In-Store
**4 PIECE
FRIED CHICKEN**



HOTSALE!
MVP
\$5
EA
W/O MVP Card \$5.99 EA

4 Ct.
Made Hot In-Store
**CHICKEN
LEG
QUARTERS**



HOTSALE!
MVP
\$5
EA
W/O MVP Card \$5.99 EA

14-15.8 Oz.
VICOLO PIZZA



HOTSALE!
MVP
\$5
EA
W/O MVP Card \$5.99 EA

18 Oz.
**FOOD LION
TORTELLINI
PASTA**



HOTSALE!
MVP
\$5
EA
W/O MVP Card \$5.99 EA

12 Oz.
**TASTE OF
INSPIRATIONS
PROTEIN
SALADS**

FOOD LION
CATERING

Make the
holidays easy
Let us do the work!

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

SELECT CATERING TRAYS AND PLATTERS

LARGE GARDEN
VEGETABLE
PLATTER

CHICKEN TENDER TRAY

SIGNATURE
SANDWICH PLATTER

LARGE MINI
SANDWICH PLATTER

CHICKEN WING TRAY



Place your order
at the deli counter or
scan the QR code
to order online.

Bring joy
to a family's table when you
buy a holiday box



November 5 - December 9, 2025
Your purchase will be donated
to your local food bank.

FOOD LION FEEDS
FEEDING AMERICA

*Food Lion will donate monetary donations made at checkout in-store
or online to Feeding America®. \$1.00 helps provide at least 10 meals
secured by Feeding America on behalf of local member food banks. Each
box purchased will be donated to local food banks within Food Lion's
10-state footprint. Funds raised could go to support Feeding America®
programs that benefit local families. feedingamerica.com/feeds

Baked in
fresh flavor!

Find our recipe on foodlion.com
Apple Pie Crescent Cobbler



PRICED LOW
EVERY DAY ✓
3.49
EA

16 Oz.
Select Varieties
**FOOD LION
BUTTER
QUARTERS**



HOTSALE!
MVP
2/\$4
W/O MVP Card \$2.29 EA

8-12.4 Oz.
Select Varieties
**FOOD LION
CRESCENT OR
CINNAMON
ROLLS**



2.37 Oz.
**FOOD LION
CINNAMON**
HOTSALE!
MVP
2.49
EA
W/O MVP Card \$2.99 EA



PRICED LOW
EVERY DAY ✓
2.99
EA

48 Oz.
Select Varieties
**FOOD LION
ICE CREAM**



HOTSALE!
MVP
1.79
EA
W/O MVP Card \$1.99 EA

16 Oz.
Select Varieties
**FOOD LION
BAKING
SUGARS**



HOTSALE!
MVP
1.29
LB
W/O MVP Card \$1.49 LB

Tote Bag
GALA APPLES



PRICED LOW ✓ EVERY DAY

8 Oz.
Select Varieties
**FOOD LION
MUSHROOMS**

2.69
EA



4.10-5.7 Oz.
Select Varieties
**KNORR
PASTA OR
RICE SIDES**

HOTSALE!
MVP
4/\$5
W/O MVP Card \$1.58 EA



15-16 Oz.
Select Varieties
**HUNT'S
MANWICH**

HOTSALE!
MVP
1.19
EA
W/O MVP Card \$1.88 EA



12 Oz.
**FOOD LION
VANILLA
WAFERS**

HOTSALE!
MVP
2/\$4
W/O MVP Card \$2.79 EA



24 Oz.
Select Varieties
**WESSON
VEGETABLE OR
CANOLA OIL**

HOTSALE!
MVP
2.89
EA
W/O MVP Card \$3.58 EA



2.12-3.5 Oz.
Select Varieties
**MCCORMICK
GRILL MATES
SEASONING**

HOTSALE!
MVP
2.19
EA
W/O MVP Card \$2.69 EA



16 Oz.
Select Varieties
**TEDDIE
NATURAL
PEANUT BUTTER**

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



8-16 Oz.
Select Varieties
**UTZ
PRETZELS**

HOTSALE!
MVP
2/\$6
W/O MVP Card \$3.99 EA



HOTSALE!
MVP
2/\$5
W/O MVP Card \$3.58 EA

6 Pack
Select Varieties
**WHITE HOUSE
APPLE SAUCE**

14.5-15 Oz.
Select Varieties
**CHEF BOYARDEE
CANNED PASTA**

HOTSALE!
MVP
4/\$5
W/O MVP Card \$1.58 EA



11-20 Oz.
Select Varieties
**PEPPERIDGE FARM
DINNER ROLLS,
BREAD OR BUNS**

HOTSALE!
MVP
3.99
EA
W/O MVP Card \$4.49 EA



9.31-19.5 Oz.
Select Varieties
**NABISCO
FAMILY SIZE
CHIPS AHOY! OR
OREO COOKIES**

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



HOTSALE!
MVP
2/\$4
W/O MVP Card \$2.99 EA

16 Oz.
Select Varieties
**AL BRONZO
PASTA**

0.4-11 Oz.
Select Varieties
**HIDDEN VALLEY
SALAD
DRESSING MIX**

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



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

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



3.5-13.7 Oz.
Select Varieties
**NABISCO RITZ
OR SNACK
CRACKERS**

HOTSALE!
MVP
3.99
EA
W/O MVP Card \$5.49 EA



23.9-24 Oz.
Select Varieties
**RAGÙ
PASTA SAUCE**

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



6.5-8 Oz.
Select Varieties
**CAPE COD
POTATO CHIPS**
LIMIT 4 FREE

HOTSALE!
MVP
**BOGO
FREE**
W/O MVP Card \$5.29 EA
Single Item Half Price



6-10.7 Oz. - Select Varieties
**LITTLE DEBBIE
HOLIDAY CAKES OR
CHRISTMAS COFFEE
CREAMER**

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



MVP DIGITAL COUPONS
Load on App • Online • In-Store Kiosk



16 Oz.
Select Varieties
RAO'S SOUP

HOT SALE!
3.99
EA
W/O MVP Card \$4.48 EA
MVP Coupon -1.00 OFF!
2.99
EA
MVP W/ MFR DISCOUNT SAVINGS
LIMIT 1

30 Oz.
Select Varieties
**KRAFT
MAYONNAISE**

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



4 Pack
Select Varieties
**GOGO SQUEEZ
ACTIVE**

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



HOTSALE!
MVP
5.49
EA
W/O MVP Card \$6.99 EA



4.6 Oz.
Select Varieties
**FERRERO
COLLECTION
12 PIECE
GIFT BOX**
WHILE
SUPPLIES LAST!



14 Oz. - Select Varieties
**BLUE DIAMOND
ALMONDS
AND MORE**

HOT SALE!
8.99
EA
W/O MVP Card \$11.48 EA
MVP Coupon -2.00 OFF!
6.99
EA
MVP W/ MFR DISCOUNT SAVINGS
LIMIT 1

Fast, tasty & affordable!

FOOD LION

Switch to our brand and save more.

Serving Suggestion:
Mini Pizza Bites

DOUBLE YOUR MONEY BACK
QUALITY GUARANTEE

FOOD LION Fully Cooked Sliced Bacon

HOTSALE!

379 EA

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

FOOD LION Jumbo Biscuits

HOTSALE!

2/\$4

16 Oz. Select Varieties
FOOD LION JUMBO BISCUITS

FOOD LION Diced Yellow Onions

HOTSALE!

169 EA

5 Oz. FOOD LION DICED YELLOW ONIONS

PRICED LOW EVERY DAY

379 EA

16 Oz. - Select Varieties
FOOD LION SHREDDED CHEESE

FOOD LION Homestyle Pizza Sauce

HOTSALE!

119 EA

14 Oz. FOOD LION PIZZA SAUCE

FOOD LION White Mushrooms

HOTSALE!

189 EA

8 Oz. Pkg. FOOD LION WHITE SLICED MUSHROOMS

BEVERAGE CENTER

2 Liter Select Varieties ORIGINAL OR FLAVORED COKE PRODUCTS
LIMIT 4 FREE

HOTSALE!

BOGO FREE

W/O MVP Card \$3.49 EA
Single Item Half Price

6 Pack 16-16.9 Oz. Bottles Select Varieties 7-UP OR CANADA DRY PRODUCTS
LIMIT 4 FREE

HOTSALE!

BOGO FREE

W/O MVP Card Regular Retail
Single Item Half Price

12 Oz. Select Varieties CELSIUS

HOTSALE!

2/\$4

W/O MVP Card \$2.99 EA

24 Pack 16.9 Oz. Bottles DASANI WATER

PRICED LOW EVERY DAY

479 EA

W/O MVP Card \$6.49 EA

16.2 Oz. Select Varieties STUR LIQUID WATER ENHANCER

HOTSALE!

2/\$6

W/O MVP Card \$3.99 EA

11 Oz. Select Varieties CLEARLY CANADIAN SPARKLING WATER

HOTSALE!

2/\$4

W/O MVP Card \$2.49 EA

25.4 Oz. Select Varieties WELCH'S SPARKLING JUICE

HOTSALE!

2/\$7

W/O MVP Card \$3.99 EA

750 mL Select Varieties DARK HORSE OR YELLOW TAIL WINE

HOTSALE!

6.99 EA

750 mL Select Varieties TRIVENTO OR MARK WEST WINE

HOTSALE!

8.99 EA

750 mL Select Varieties JOSH CELLARS WINE

PRICED LOW EVERY DAY

14.99 EA

WINE DOWN WITH A GLASS

12 Pack 12 Oz. Bottles or Cans Select Varieties MICHELOB ULTRA, BLUE MOON, YUENGLING FLIGHT OR KONA

HOTSALE!

15.99 EA

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

HOTSALE!

21.99 EA

30 Pack - 12 Oz. Cans Select Varieties BUD, MILLER OR COORS

HOTSALE!

25.99 EA

12 Pack - 12 Oz. Cans Select Varieties WHITE CLAW HARD SELTZER, TOPO CHICO HARD SELTZER OR TRULY SELTZER

HOTSALE!

16.99 EA

6 Pack - 10-11.2 Oz. Bottles Select Varieties SMIRNOFF, CAYMAN JACK OR JACK DANIEL'S

HOTSALE!

8.99 EA

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

5 ZGAH ZGAL ZGAT ZGAU ZGCH ZGCR ZGCT ZGRY 12/03/25

DAIRY



HOTSALE!
MVP

2/\$5
EA

W/O MVP Card Regular Retail

6.4-7.5 Oz.
Select Varieties
FOOD LION
CHEESE CUBES
OR SNACK BARS



HOTSALE!
MVP

2/\$5
EA

W/O MVP Card \$2.99 EA

6.4-7.5 Oz.
Select Varieties
FOOD LION
CHEESE CUBES
OR SNACK BARS



HOTSALE!
MVP

2/\$5
EA

W/O MVP Card \$2.99 EA

6.5-8 Oz. Tub or
16 Oz. Quarters
LAND O LAKES
BUTTER OR
MARGARINE



HOTSALE!
MVP

2/\$5
EA

W/O MVP Card \$2.99 EA

46 Oz.
Select Varieties
TROPICANA
PREMIUM ADES
OR PUNCHES



HOTSALE!
MVP

4/\$5
EA

W/O MVP Card \$1.69 EA

5-5.3 Oz.
Select Varieties
YOPLAIT OUI
OR **TOO GOOD**
YOGURT



HOTSALE!
MVP

2/99
EA

W/O MVP Card \$3.99 EA

4-6 Pack
Select Varieties
DANIMALS
SMOOTHIE OR
YOCRUNCH
YOGURT



HOTSALE!
MVP

3/99
EA

W/O MVP Card \$4.99 EA

16 Oz.
Select Varieties
KRAFT
SINGLES



HOTSALE!
MVP

2/\$3
EA

W/O MVP Card \$1.69 EA

8 Oz. Bar
Select Varieties
FOOD LION
CREAM CHEESE

28-32 Oz. - Select Varieties

STARBUCKS
OR **NESTLE**
COFFEE MATE
NATURAL BLISS
CREAMER

HOTSALE!
MVP

4/49
EA

W/O MVP Card Regular Retail



FROZEN



HOTSALE!
MVP

2/\$5
EA

W/O MVP Card \$3.68 EA

10.7-12.3 Oz.
Select Varieties
EGGO
FROZEN
WAFFLES



HOTSALE!
MVP

99¢
EA

W/O MVP Card \$1.58 EA

4.5-8.5 Oz.
Select Varieties
MICHELINA'S
FROZEN DINNERS



PRICED LOW EVERY DAY

2/99
EA

W/O MVP Card \$3.68 EA

10 Oz.
Select Varieties
MARIE CALLENDER'S
POT PIE



HOTSALE!
MVP

\$1
EA

W/O MVP Card \$1.88 EA

7-10 Oz.
Select Varieties
GREEN GIANT
BOXED
VEGETABLES



HOTSALE!
MVP

3/49
EA

W/O MVP Card \$3.99 EA

9-14 Oz. - Select Varieties
MARIE CALLENDER'S
DINNERS OR
HEALTHY CHOICE
SIMPLY STEAMERS



HOTSALE!
MVP

6/99
EA

W/O MVP Card \$8.99 EA

35-42 Oz. - Select Varieties
BIRDS EYE
VOILA! OR
CHEF BOYARDEE
FAMILY DINNERS



HOT SALE!
MVP

5/99
EA

W/O MVP Card \$6.99 EA

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



HOT SALE!
MVP

4/99
EA

W/O MVP Card \$6.99 EA

17.65-27.51 Oz.
Select Varieties
Excludes Gluten Free
FRESCHETTA
PIZZA



HOT SALE!
MVP

7/99
EA

W/O MVP Card \$12.99 EA

28-40 Oz.
Select Varieties
STOUFFER'S
FAMILY SIZE
DINNERS

MVP DIGITAL COUPONS
Load on App • Online • In-Store Kiosk



HOT SALE!
MVP

3/99
EA

W/O MVP Card \$4.69 EA

48-64 Oz.
Select Varieties
SILK PROTEIN
OR **SOY MILK**



HOT SALE!
MVP

4/49
EA

W/O MVP Card \$6.19 EA

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



HOT SALE!
MVP

5/99
EA

W/O MVP Card \$6.99 EA

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



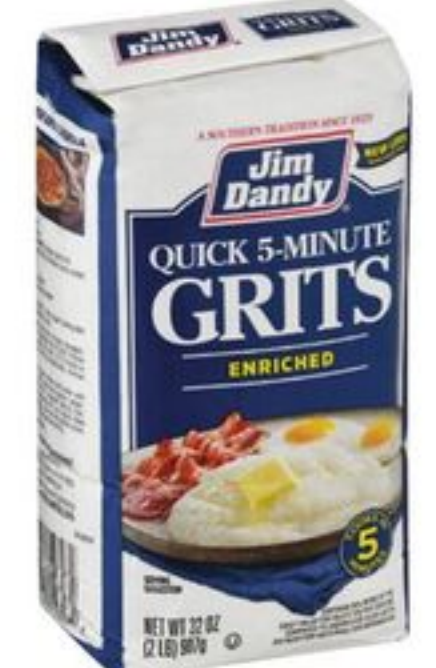
HOT SALE!
MVP

7/99
EA

W/O MVP Card \$12.99 EA

28-40 Oz.
Select Varieties
STOUFFER'S
FAMILY SIZE
DINNERS

BREAKFAST



HOTSALE!
MVP

1/99
EA

W/O MVP Card \$2.29 EA

32 Oz.
JIM DANDY
QUICK GRITS



HOTSALE!
MVP

2/\$6
EA

W/O MVP Card \$4.99 EA

12-14 Oz.
Select Varieties
GENERAL MILLS
CHEX CEREAL



HOTSALE!
MVP

4/99
EA

W/O MVP Card Regular Retail

7-27 Oz.
Select Varieties
DAVE'S KILLER
ORGANIC
BREAD OR
SNACK BARS



HOTSALE!
MVP

5/99
EA

W/O MVP Card Regular Retail

10-12 Ct. K-Cups
or 11-12 Oz. Bags
Select Varieties
EIGHT O'CLOCK
COFFEE



PRICED LOW EVERY DAY

4/28
EA

42 Oz.
Old Fashioned or Quick
FOOD LION
OATS



HOTSALE!
MVP

2/\$6
EA

W/O MVP Card Regular Retail

24-32 Oz.
Select Varieties
PEARL MILLING COMPANY
PANCAKE MIX
OR SYRUP



HOTSALE!
MVP

11/99
EA

W/O MVP Card Regular Retail

22.6-25.9 Oz. Can
Select Varieties
FOLGERS
COFFEE



HOTSALE!
MVP

12/79
EA

W/O MVP Card Regular Retail

36 Ct. Single Serve Cups
Select Varieties
FOOD LION
COFFEE

HEALTH & BEAUTY



Colgate
Total
12 HR PROTECTION

HOT SALE!

MVP

2/\$10

51-33.8 Oz. Select Varieties

COLGATE TOOTHPASTE OR MOUTHWASH

W/O MVP Card Regular Retail

45 Oz. Select Varieties

BLISTEX MEDICATED LIP BALM



VALUE PACK

Blistex

3 Balm VALUE PACK

Medicated Lip Balm

Smooth, Easy-Gliding Formula

Soaks in Minutes

15 Seconds to Instant Dry Lip Relief

Prevents Chapping

Blistex

HOT SALE!

MVP

2.99

EA

W/O MVP Card \$37.99 EA

60-70 Ct.
Select Varieties

**NATROL
MELATONIN**

HOTSALE!
(MVP)

7.99
EA

W/O MVP Card \$8.99 EA



NATROL
Fast Dissolve
Melatonin
10mg

• Quickly dissolves
• No water needed
• No drowsiness, no
hangover, no dry mouth

30 TABLETS • DIETETIC SUGAR FREE

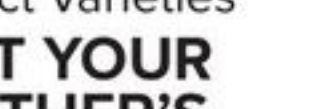
6-8 Oz.
Select Varieties

**NOT YOUR
MOTHER'S
CURL TALK OR
DRY SHAMPOO**

HOTSALE!
(MVP)

8.99
EA

W/O MVP Card \$9.99 EA



NOT YOUR
MOTHER'S
CURL TALK
DRY SHAMPOO

**CLEAN
TALK**
DRY SHAMPOO

• Cleanses hair
• Adds volume
• No water needed
• No dandruff, no
dryness, no
itching

6.8 FL. OZ. (200 mL)

12 Oz.
Select Varieties

**CERA
AVE
CLEANSER OR
LOTION**

HOTSALE!
(MVP)

13.69
EA

W/O MVP Card \$15.99 EA



CeraVe
Daily Moisturizing
Lotion

• Fragrance free
• Non-comedogenic
• Contains ceramides
• Contains hyaluronic
acid

12 FL. OZ. (355 mL)

CeraVe
Hydrating
Facial
Cleanser

• Fragrance free
• Non-comedogenic
• Contains ceramides
• Contains hyaluronic
acid

12 FL. OZ. (355 mL)

HOUSE & HOME



HOT SALE!

MVP

1.49
EA

35 Ct.
Select Varieties

**FOOD LION
DISINFECTING
WIPES**

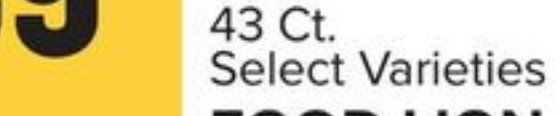
W/O MVP Card \$1.99 EA

HOTSALE!

6⁹⁹

EA

W/O MVP CARD \$8.99 EA



43 Ct. Select Varieties
**FOOD LION
PISHPODS**

16 Oz. Select Varieties
**DAWN
POWERWASH**

HOTSALE!

4⁹⁹

EA

W/O MVP CARD \$5.59 EA



16 Oz. Select Varieties
**DAWN
POWERWASH**

80-100 Ct. Sheets or 18 Oz. Booster
Select Varieties
ARM & HAMMER

HOTSALE!

2/\$6

W/O MVP CARD Regular Retail



80-100 Ct. Sheets or 18 Oz. Booster
Select Varieties
ARM & HAMMER

6-70 Oz. Air or 41 Oz. Laundry Sanitizer Select Varieties
LYSOL

HOTSALE!
MVP
\$6.99
EA
W/O MVP Card Regular Retail

48 Oz. Select Varieties
OXICLEAN

HOTSALE!
MVP
\$6.99
EA
W/O MVP Card Regular Retail

12 Rolls Select Varieties
FOOD LION BATH TISSUE

HOTSALE!
MVP
\$7.49
EA
W/O MVP Card \$8.99 EA

60-70 Ct. Select Varieties
FOOD LION TISSUE CUBE

HOTSALE!
MVP
\$1.00
EA
W/O MVP Card \$1.79 EA

BABY

- PET

HOTSALE!
MVP

1.99
EA

4 Oz. Select Varieties
**FANCY FEAST
GEMS CAT FOOD**

W/O MVP Card \$2.29 EA

6.3 Lb. Bag
Select Varieties

**PURINA
CAT CHOW
NATURALS
DRY CAT FOOD**

HOTSALE!
MVP

11.99
EA

W/O MVP Card \$12.99 EA

5.6-24 Oz.
Select Varieties

**PUP-PERONI
OR MILK-BONE
DOG TREATS**

HOTSALE!
MVP

2/\$6

W/O MVP Card Regular Retail

16 Lb.
**KIBBLES 'N BITS
MINI BITS
DOG FOOD**

**MVP PRICED LOW
EVERY DAY**

14.99
EA

W/O MVP Card \$16.79 EA

NEW ITEM CENTER

45 Oz.
Select Varieties

BLISTEX
MEDICATED
LIP BALM

HOT SALE!

MVP

2.99
EA

W/O MVP Card \$3.79 EA



MVP DIGITAL COUPONS
Load on App • Online • In-Store Kiosk

22 Oz. Body Wash Select Varieties
OLAY

HOT SALE! 2/\$14
W/ MVP Card \$7.99 EA

MVP Coupon **-500** OFF 2

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

24 Oz. Select Varieties
DAWN
UNSTOPPABLES

15.99 EA

MVP Coupon **-400** OFF 1

11.99 EA

MVP W/ MVP DISCOUNT SAVINGS LIMIT 1

76 Ct. Pods or 132 Oz. Liquid Select Varieties
TIDE

PRICED LOW EVERY DAY! 19.99 EA
W/ MVP Card \$24.99 EA

MVP Coupon **-500** OFF 1

14.99 EA

MVP W/ MVP DISCOUNT SAVINGS LIMIT 1



Nature's Promise

Organic

Quality goodness

you can feel good about serving!

2 Lb. Pkg.
FOOD LION
BABY CUT
CARROTS

HOTSALE!

1.99

EA

W/O MVP Card Regular Retail



10 Oz. Pkg.
FOOD LION
GRAPE TOMATOES

HOTSALE!

2.19

EA

W/O MVP Card Regular Retail



3 Lb. Bag
NATURE'S PROMISE
ORGANIC RUSSET POTATOES

HOTSALE!

3.49

EA

W/O MVP Card Regular Retail



1 Lb. Bag
NATURE'S PROMISE
ORGANIC LEMONS

HOTSALE!

2.69

EA

W/O MVP Card Regular Retail





HOTSALE!

1.79

LB

W/O MVP Card Regular Retail

Bulk
HONEYCRISP
APPLES



HOTSALE!

79¢

EA

W/O MVP Card Regular Retail

HASS AVOCADOS
OR MANGOS



HOTSALE!

1.79

LB

W/O MVP Card Regular Retail

BARTLETT,
BOSC OR RED
PEARS



HOTSALE!

3.99

EA

W/O MVP Card Regular Retail

HONEYDEW
MELONS



HOTSALE!

59¢

LB

W/O MVP Card Regular Retail

GREEN CABBAGE

12 Oz.
Select Varieties
MARZETTI
SIMPLY
DRESSING

HOTSALE!

3.49

EA

W/O MVP Card Regular Retail



White Supplies Last

9.99

EA



SUGAR PLUM
BOUQUET

In-Store Cut Fruit
FOOD LION
TROPICAL
FRUIT BOWL

HOTSALE!

3.99

LB

W/O MVP Card Regular Retail



Find us online:
foodlion.com



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:



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

Ringgold

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.

8 ZGCR 12/03/25



December 3 - December 9, 2025

Offers valid while supplies last.



BUY 2 GET 1 FREE

Purchase of 2 Required to Get 3rd Item FREE!

14.5-15.25 Oz.
Select Varieties
**DEL MONTE
CANNED
VEGETABLES**



HOTSALE!
MVP
2/\$3

W/O MVP Card \$1.89 EA



Purchase of 2 Required to Get 3rd Item FREE!

8-13.9 Oz.
Select Varieties
**PILLSBURY
CRESCENTS OR
CINNAMON ROLLS**



HOTSALE!
MVP
2/\$6

W/O MVP Card \$3.49 EA



Purchase of 2 Required to Get 3rd Item FREE!

45 Oz.
Select Varieties
**BLUE RIBBON
NOVELTIES**



HOTSALE!
MVP
5.99
EA

W/O MVP Card \$6.99 EA



Purchase of 2 Required to Get 3rd Item FREE!

50 Ct.
Select Varieties
**TOTINO'S
PIZZA ROLLS**



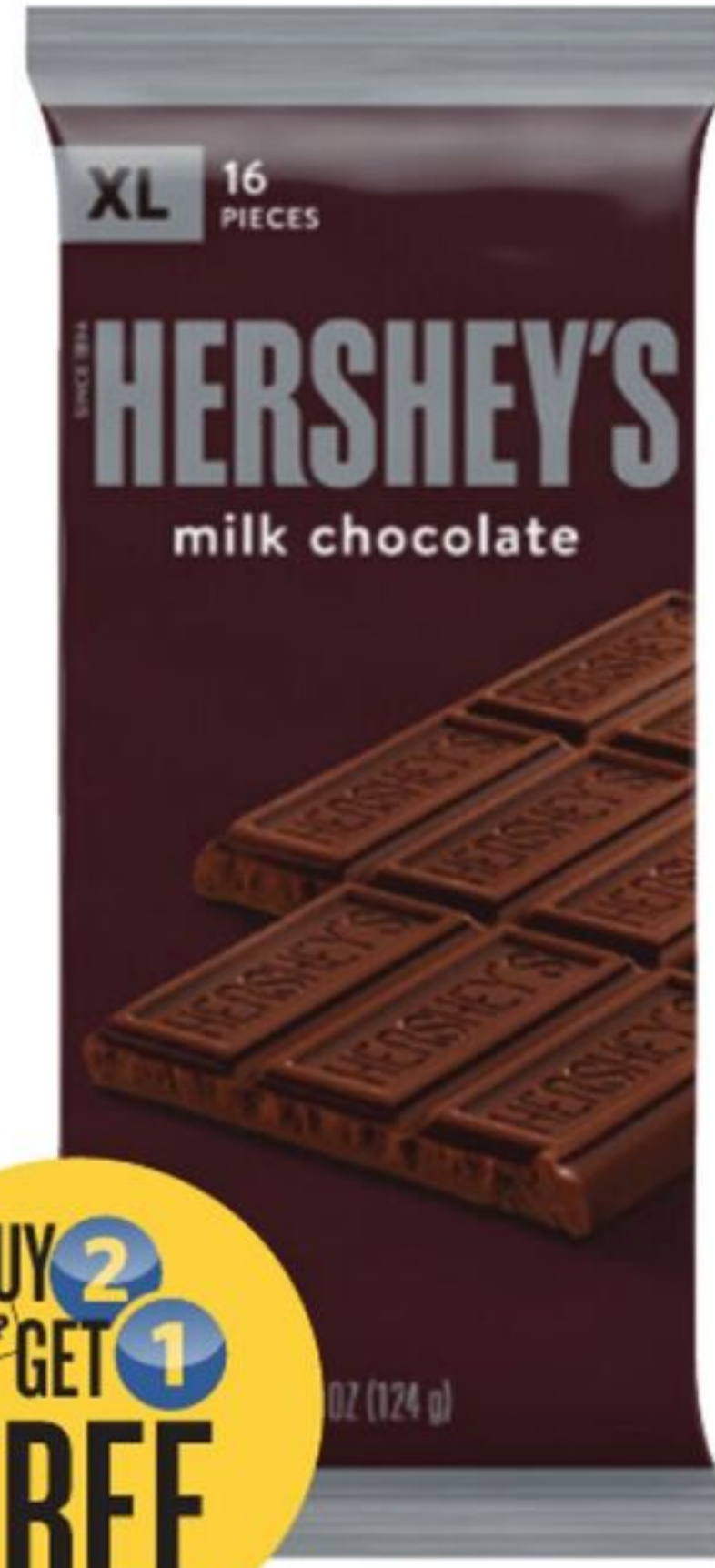
HOTSALE!
MVP
4.99
EA

W/O MVP Card \$7.39 EA



Purchase of 2 Required to Get 3rd Item FREE!

4.25-4.4 Oz.
Select Varieties
**HERSHEY'S
XL BAR**



HOTSALE!
MVP
2.99
EA

W/O MVP Card \$3.79 EA



Purchase of 2 Required to Get 3rd Item FREE!

8 Oz.
Select Varieties
**SMUCKER'S
UNCRUSTABLES**



HOTSALE!
MVP
3.99
EA

W/O MVP Card \$4.49 EA



Purchase of 2 Required to Get 3rd Item FREE!

9-12 Oz.
Select Varieties
**DEVOUR
FROZEN
DINNERS**



HOTSALE!
MVP
2.99
EA

W/O MVP Card \$3.79 EA



Purchase of 2 Required to Get 3rd Item FREE!

8.25-10.5 Oz.
Select Varieties
**LITTLE DEBBIE
BAGGED
MINI DONUTS**



2.79
EA



Purchase of 2 Required to Get 3rd Item FREE!

10 Ct. K-Cups or
12 Oz. Bags
Select Varieties
**LAVAZZA
COFFEE**



HOTSALE!
MVP
8.49
EA

W/O MVP Card Regular Retail



Purchase of 2 Required to Get 3rd Item FREE!

32 Oz.
Select Varieties
**SILK
CREAMER**



HOTSALE!
MVP
4.99
EA

W/O MVP Card \$5.29 EA



Purchase of 2 Required to Get 3rd Item FREE!



BUY 2 GET 1 FREE

Purchase of 2 Required
to Get 3rd Item FREE!

8.9-12.2 Oz.
Select Varieties
**KELLOGG'S
FROSTED FLAKES
OR FROOT LOOPS
CEREAL**



HOTSALE!
MVP
2/\$7
W/O MVP Card Regular Retail

Purchase of 2 Required to Get 3rd Item FREE!

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



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

Purchase of 2 Required to Get 3rd Item FREE!

14.5-15.25 Oz.
Select Varieties
**DEL MONTE
CANNED FRUIT**



HOTSALE!
MVP
2/\$4
W/O MVP Card \$2.69 EA

Purchase of 2 Required to Get 3rd Item FREE!

19.70 Oz.
**ROCKIN'
PROTEIN
BUILDER**



3.99
EA

Purchase of 2 Required to Get 3rd Item FREE!

20 Oz. Bottle
Select Varieties
**GLACÉAU
VITAMIN WATER**



HOTSALE!
MVP
1.50
EA
W/O MVP Card \$2.19 EA

Purchase of 2 Required to Get 3rd Item FREE!

11-12 Oz. Pkg.
Select Varieties
**NATHAN'S
FAMOUS
FRANKS**



HOTSALE!
MVP
5.99
EA
W/O MVP Card Regular Retail

Purchase of 2 Required to Get 3rd Item FREE!

4 Pack - 12 Oz. Cans
Select Varieties
**RED BULL
ENERGY DRINK**



11.79
EA

Purchase of 2 Required to Get 3rd Item FREE!

7 Oz.
Select Varieties
**ORE-IDA
BAGEL BITES**



HOTSALE!
MVP
2.49
EA
W/O MVP Card \$2.99 EA

Purchase of 2 Required to Get 3rd Item FREE!

15 Oz. Tub or 14.3 Oz. Squeeze
Select Varieties
**COUNTRY CROCK
SPREAD OR
SQUEEZE BUTTER**



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

Purchase of 2 Required to Get 3rd Item FREE!

4.5 Oz.
Select Varieties
**OIKOS OR
LIGHT & FIT
REMIX YOGURT**



1.69
EA

Purchase of 2 Required to Get 3rd Item FREE!



BUY 2 GET 1 FREE

Purchase of 2 Required
to Get 3rd Item FREE!

9-12.6 Oz.
Select Varieties
**KELLOGG'S
RICE KRISPIES
CEREAL**



HOTSALE!

MVP

2/\$7

W/O MVP Card Regular Retail

Purchase of 2 Required to Get 3rd Item FREE!

10 Oz.
**PEPPERIDGE FARM
GARLIC BREAD**



HOTSALE!

MVP

2/\$5

W/O MVP Card \$3.28 EA

Purchase of 2 Required to Get 3rd Item FREE!

11-12 Oz.
Select Varieties
**BIRDS EYE
ULTIMATE
VEGETABLES**



HOTSALE!

MVP

2/\$6

W/O MVP Card \$3.49 EA

Purchase of 2 Required to Get 3rd Item FREE!

13.7 Oz.
Select Varieties
**DUNKIN' DONUTS
ICED COFFEE**



2.99
EA

Purchase of 2 Required to Get 3rd Item FREE!

9 Oz. - Select Varieties
**MOTHER'S
CIRCUS
ANIMAL
COOKIES**



3.89
EA

Purchase of 2 Required to Get 3rd Item FREE!

10.6-11.2 Oz.
Select Varieties
**GENERAL MILLS
FLAVORED
CHEERIOS CEREAL**



HOTSALE!

MVP

2/\$5

W/O MVP Card \$4.49 EA

Purchase of 2 Required to Get 3rd Item FREE!

13.2-16.2 Oz. - Select Varieties
**DAVE'S KILLER
BREAD
ORGANIC BAGELS
OR ENGLISH
MUFFINS**



6.19
EA

Purchase of 2 Required to Get 3rd Item FREE!

17.5 Oz.
Select Varieties
**MISSION
FLOUR
TORTILLAS**



HOTSALE!

MVP

2/\$5

W/O MVP Card Regular Retail

Purchase of 2 Required to Get 3rd Item FREE!

5 Oz.
Select Varieties
**CHOLULA
HOT SAUCE**



HOTSALE!

MVP

3.49
EA

W/O MVP Card \$4.39 EA

Purchase of 2 Required to Get 3rd Item FREE!

5.25-6.5 Oz.
Select Varieties
**BOULDER
CANYON
KETTLE CHIPS**



4.29
EA

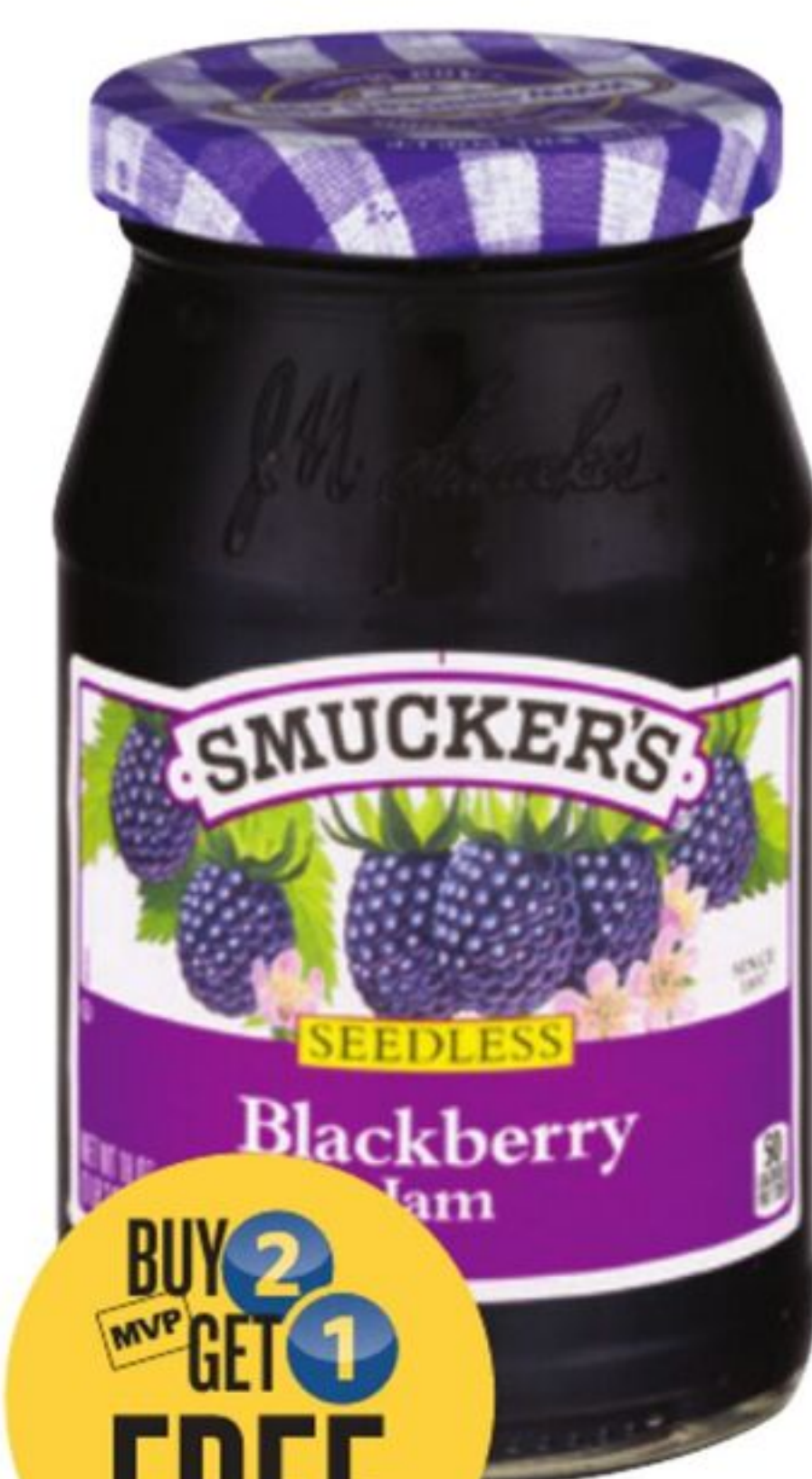
Purchase of 2 Required to Get 3rd Item FREE!



BUY 2 GET 1 FREE

Purchase of 2 Required
to Get 3rd Item FREE!

18 Oz.
Select Varieties
**SMUCKER'S
PRESERVES
OR JAMS**



HOTSALE!

MVP

3.99
EA

W/O MVP Card \$4.98 EA

Purchase of 2 Required to Get 3rd Item FREE!

9 Oz.
Select Varieties
**TASTEE CHOICE
SHRIMP**



HOTSALE!

MVP

4.99
EA

W/O MVP Card \$5.99 EA

Purchase of 2 Required to Get 3rd Item FREE!

2.18-2.5 Oz.
Select Varieties
**PERFECT
BAR**



HOTSALE!

MVP

2/\$5

W/O MVP Card \$2.79 EA

Purchase of 2 Required to Get 3rd Item FREE!

13.2-14.10 Oz.
Select Varieties
**JUS-ROL
PUFF PASTRY
DOUGH OR
PIZZA CRUST**



HOTSALE!

MVP

3.99
EA

W/O MVP Card \$4.49 EA

Purchase of 2 Required to Get 3rd Item FREE!

4 Pack - 12 Oz. Cans
Select Varieties
**REED'S REAL
GINGER ALE**



4.99
EA

Purchase of 2 Required to Get 3rd Item FREE!

13.7 Oz.
Select Varieties
**VICTOR ALLEN'S
ICED COFFEE**



HOTSALE!

MVP

2/\$5

W/O MVP Card \$3.19 EA

Purchase of 2 Required to Get 3rd Item FREE!

20.8 Oz.
Select Varieties
**KELLOGG'S
NUTRI GRAIN
BARS**



HOTSALE!

MVP

2/\$10

W/O MVP Card \$6.49 EA

Purchase of 2 Required to Get 3rd Item FREE!

10.4-12.4 Oz. - Select Varieties
**KELLOGG'S
RICE KRISPIES
TREATS OR
MINI SQUARES**



HOTSALE!

MVP

2/\$10

W/O MVP Card \$5.69 EA

Purchase of 2 Required to Get 3rd Item FREE!

5-7.75 Oz.
Select Varieties
**SMARTFOOD
POPCORN**



4.29
EA

Purchase of 2 Required to Get 3rd Item FREE!

10 Oz.
**WOW BAO
TERIYAKI
CHICKEN BAO**



HOTSALE!

MVP

6.99
EA

W/O MVP Card \$7.79 EA

Purchase of 2 Required to Get 3rd Item FREE!