

HOTSALE!

MVP

5.99

LB

U.S.D.A. CHOICE

Boneless BEEF CHUCK ROAST

W/O MVP Card \$9.49 LB

YOU SAVE

\$3.50

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

2.99

LB

Limit 2

W/O MVP Card \$4.99 LB

PORK BABY BACK RIBS

HOTSALE!

MVP

7.99

EA

31-40 Ct. 16 Oz. Bag - Frozen

FOOD LION RAW SHRIMP PEELED AND DEVEINED TAIL-OFF

W/O MVP Card \$10.99 EA

YOU SAVE

\$3.58

ON 2

HOTSALE!

MVP

2/\$4

Pint

BLUEBERRIES

W/O MVP Card \$3.79 EA

4 Oz. - Select Varieties

NATURE'S PROMISE GREENHOUSE GROWN SALADS

HOTSALE!

MVP

2.49

EA

W/O MVP Card \$2.99 EA

HOTSALE!

MVP

1.49

EA

W/O MVP Card \$2.99 EA

14 Oz.

FOOD LION MINI CUCUMBERS

HOTSALE!

MVP

59¢

EA

W/O MVP Card \$94 EA

Large

GREEN PEPPERS

6.88-20 Oz. Select Varieties

THOMAS BAGELS OR ENTEENMANN'S LITTLE BITES MUFFINS

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

8 Pack 12 Oz. Bottles or 12 Pack 12 Oz. Cans

Select Varieties

PEPSI PRODUCTS

LIMIT 4 FREE

HOTSALE!

MVP

\$1

EA

W/O MVP Card \$1.99 EA

13.25-14.25 Oz. Select Varieties

BETTY CROCKER SUPER MOIST CAKE MIX

HOTSALE!

MVP

16.99

EA

W/O MVP Card Regular Retail

12 Pack 12 Oz. Bottles or Cans

Select Varieties

SAMUEL ADAMS SIERRA NEVADA OR NEW BELGIUM

5.75-12.4 Oz. Select Varieties

CHEEZ-IT OR CHEEZ-IT SNAP'D

LIMIT 4 FREE

HOTSALE!

MVP

BOGO FREE

W/O MVP Card \$5.99 EA Single Item Half Price

HOTSALE!

MVP

BOGO FREE

W/O MVP Card \$5.69 EA Single Item Half Price

6.5-10 Oz. Select Varieties

CHEETOS OR FRITOS

LIMIT 4 FREE

HOTSALE!

MVP

2/\$6

W/O MVP Card \$4.49 EA

52 Oz. Select Varieties

FLORIDA'S NATURAL ORANGE JUICE

HOTSALE!

MVP

3.99

EA

W/O MVP Card Regular Retail

15 Oz. Select Varieties

Quarters or Cubes

CHALLENGE OR DANISH CREAMERY BUTTER

QUARTERS

MVP DIGITAL COUPON

Load on App • Online • In-Store Kiosk

HOT SALE!

3.49

EA

W/O MVP Card \$5.19 EA

MVP Coupon

-1.00

OFF!

48 Oz. Select Varieties

BREYERS ICE CREAM

HOTSALE!

MVP

2.49

EA

W/O MVP Card Regular Retail

HOTSALE!

MVP

2/\$5

W/O MVP Card \$3.69 EA

8.4-12.1 Oz. Select Varieties

QUAKER INSTANT OATMEAL

HOTSALE!

MVP

\$1

EA

W/O MVP Card \$2.99 EA

4.7-8.7 Oz. Select Varieties

QUAKER HAMBURGER HELPER

HOTSALE!

MVP

6.99

EA

W/O MVP Card Regular Retail

75-110 Oz. Liquid or 32-42 Ct. Paks

Select Varieties

ARM & HAMMER

MVP

3 DAY

HOTSALE!

FRIDAY - SUNDAY

HOTSALE!

MVP

2.99

EA

W/O MVP Card Regular Retail

9 oz

7-9 Oz. Pkg. Select Varieties

OSCAR MAYER DELI FRESH LUNCH MEAT

REST OF WEEK \$3.49 EA

MVP

HOTSALE!

MVP

1.79

EA

W/O MVP Card \$4.89 EA

10-11 Oz. - Select Varieties

POST PEBBLES CEREAL

HOTSALE!

MVP

2/\$5

W/O MVP Card \$3.29 EA

7-8 Oz. - Select Varieties

TILLAMOOK SLICED OR SHREDDED CHEESE

HOTSALE!

MVP

2/\$5

W/O MVP Card \$3.29 EA

7-8 Oz. - Select Varieties

TILLAMOOK SLICED OR SHREDDED CHEESE

HOTSALE!

MVP

2/\$7

W/O MVP Card \$3.29 EA

8.25-18 Oz. - Select Varieties

FRITO LAY PARTY SIZE CHIPS OR SNACKS

HOTSALE!

MVP

2.99

EA

Limit 4

W/O MVP Card \$5.99 EA

8.25-18 Oz. - Select Varieties

FRITO LAY PARTY SIZE CHIPS OR SNACKS

HOTSALE!

MVP

BOGO FREE

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

20 Oz.

WONDER CLASSIC WHITE ROUND TOP BREAD

HOTSALE!

MVP

BOGO FREE

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

20 Oz.

WONDER CLASSIC WHITE ROUND TOP BREAD

HOTSALE!

MVP

5.99

EA

W/O MVP Card Regular Retail

6 Mega Rolls

CHARMIN 4 Double Rolls

BOUNTY Select Varieties

HOTSALE!

MVP

5.99

EA

W/O MVP Card Regular Retail

6 Mega Rolls

CHARMIN 4 Double Rolls

BOUNTY Select Varieties

HOTSALE!

MVP

4.49

EA

W/O MVP Card \$5.49 EA

18 Oz. Select Varieties

DUKE'S SQUEEZE MAYONNAISE

PRICED LOW

EVERY DAY

ON ITEMS YOU BUY MOST OFTEN

&

FOOD LION MVP

HOTSALE!

OUR BEST WEEKLY MVP DEALS

1 ZGRY ZSCH ZSCL ZSFE ZSFL ZSFR ZSGL ZSGV ZSSA ZSSV 12/03/25

Helping you fill the dinner
table *for less!*

100% FRESH
OR DOUBLE YOUR
MONEY BACK

HOT SALE!
MVP

5.99
LB

Ground Fresh Daily
80% LEAN
FRESH
ROUND CHUCK

70 MVP Card Regular Retail



Helping you fill the dinner
table *for less!*

100% FRESH
OR DOUBLE YOUR
MONEY BACK

HOT SALE!
MVP

5.99
LB

Ground Fresh Daily
80% LEAN
FRESH
ROUND CHUCK

70 MVP Card Regular Retail

A white bowl filled with ground beef and beans, topped with shredded cheddar cheese and sliced jalapeños. To the right of the bowl is a slice of golden-brown cornbread on a wooden cutting board. Behind the bowl is a piece of pie crust. A silver spoon rests on the cutting board in front of the bowl.

HOT SALE!
MVP

0.99
LB

MVP Card Regular Retail

**BEEF
T-BONE STEAK**

**USDA
CHOICE**

The image shows a large, vacuum-sealed package of Smithfield ham. The label features the Smithfield logo and the text "SMOKED HAM". Below the package, a white platter is set with several slices of the ham, revealing a pink interior, and a serving of green beans.

ash - Select Varieties
SCHWEID & SONS
 TURKISH
 HURMET
 ROGERS

HOT SALE!
 MUP
10.99
 EA
 MVP Card Regular Retail

 A product shot for Schweid & Sons. In the background is a cardboard box for 'THE CHUCK BRISKET', which is described as 'SMOKED BEEF' and 'LOW CARB & KETO FRIENDLY'. The box features two images of the meat. In the foreground, four sandwiches are displayed on a white plate. Each sandwich consists of a round, toasted bun, a thick slice of the smoked brisket, a slice of tomato, and a layer of green lettuce.

The image shows a white plastic package of Food & Lion Chicken Thighs. The package is labeled "FOOD & LION Chicken Thighs" and "100% Chicken". It also features a "Quality Seal" and a "No Antibiotics" logo. In front of the package is a white plate filled with several cooked, golden-brown chicken thighs.

SUSTAINABLY SOURCED SEAFOOD

A plate of baked salmon with lemon wedges and a packet of FISH & WILSON Wild Caught Salmon Fillet.

HOTSALE!
MVP
10.99
EA
40 Oz. Pkg.
Frozen
FOOD LION
SWAI

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

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

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

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

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



HOTSALE!
(per lb)

9⁹⁹
EA

16 Oz - Fresh
**SALMON
FILET**

W/0 MVP Card Regular Retail



HOTSALE!
(per lb)

10⁹⁹
EA

40 Oz - Frozen
**FOOD
SAVING**

W/0 MVP Card Regular Retail

ZNHR 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
ZSCH 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



FOOD LION FEEDS

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. [foodlion.com/feeds](https://www.foodlion.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**



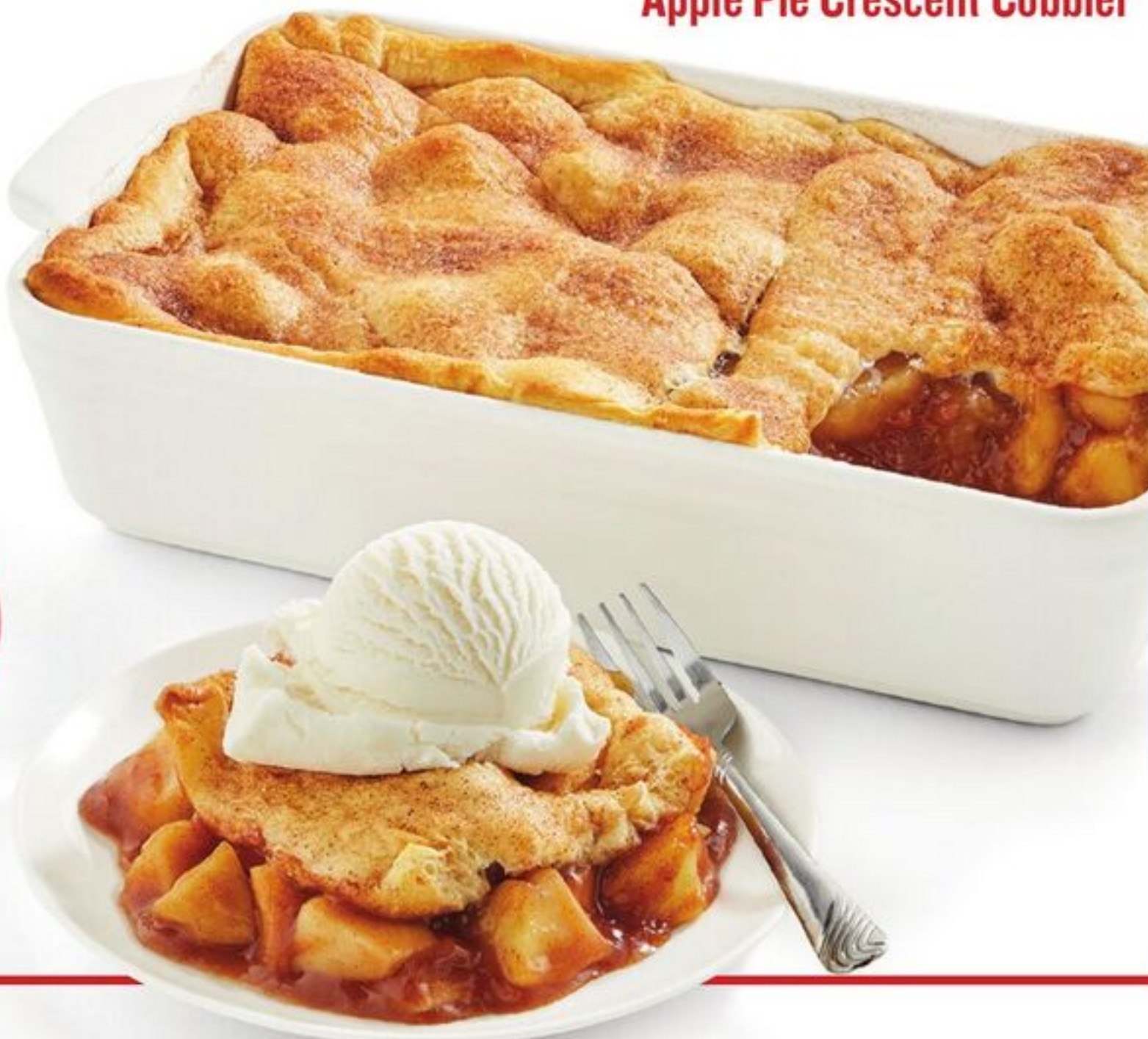
HOTSALE!
MVP
1.79
EA
W/O MVP Card \$1.99 EA

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 \$3.48 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



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

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



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

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

0.4-1.1 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



HOTSALE!
MVP
3.99
EA
W/O MVP Card \$4.48 EA

16 Oz.
Select Varieties
RAO'S SOUP



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!



HOTSALE!
MVP
8.99
EA
W/O MVP Card \$11.48 EA

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



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

FOOD LION Shredded Mozzarella Cheese

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 Sliced 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 SUNRISE OR BAREFOOT WINE

HOTSALE!

5.99 EA

750 mL Select Varieties VALLATE OR MARK WEST WINE

HOTSALE!

11.99 EA

750 mL Select Varieties JOSH CELLARS WINE

PRICED LOW EVERY DAY

13.99 EA

SAVE 10%
WHEN YOU BUY 6 BOTTLES OF WINE

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

HOTSALE!

15.49 EA

24 Pack - 12 Oz. Cans Select Varieties NATURAL LIGHT, BUSCH, MILLER HIGH LIFE OR KEYSTONE LIGHT

HOTSALE!

17.99 EA

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

HOTSALE!

21.99 EA

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

HOTSALE!

17.99 EA

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

HOTSALE!

9.99 EA

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

5 ZSAG ZSAU ZSCO ZSGL 12/03/25

DAIRY



FOOD LION
Sharp Cheddar Cheese Snack Bars

FOOD LION
Colby Jack Cheese Casserole

NESTLE TOLL HOUSE
Chocolate Chip Cookies

HOTSALE!
14-16.5 Oz. Select Varieties
NESTLE TOLL HOUSE COOKIES
W/O MVP Card \$4.69 EA

6-4-7.5 Oz. Select Varieties
FOOD LION CHEESE CUBES OR SNACK BARS

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

6-5-8 Oz. Tub or 16 Oz. Quarters
Select Varieties
LAND O LAKES BUTTER OR MARGARINE

2/\$5
W/O MVP Card \$2.99 EA

46 Oz. Select Varieties
TROPICANA PREMIUM ADES OR PUNCHES

2/\$5
W/O MVP Card \$2.99 EA

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

4/\$5
W/O MVP Card \$1.69 EA

16 Oz. Select Varieties
KRAFT SINGLES

3.99
EA
W/O MVP Card \$4.99 EA

4-6 Pack Select Varieties
DANIMALS SMOOTHIE OR YOCRUNCH YOGURT

2.99
EA
W/O MVP Card \$3.99 EA

8 Oz. Bar Select Varieties
FOOD LION CREAM CHEESE

2/\$3
W/O MVP Card \$1.69 EA

FROZEN



EGGO FROZEN WAFFLES

2/\$5
W/O MVP Card \$3.68 EA

10-7-12.3 Oz. Select Varieties
EGGO FROZEN WAFFLES

2/\$5
W/O MVP Card \$3.68 EA

4-5-8.5 Oz. Select Varieties
MICHELINA'S FROZEN DINNERS

99¢
EA
W/O MVP Card \$1.58 EA

10-7-12.3 Oz. Select Varieties
EGGO FROZEN WAFFLES

2/\$5
W/O MVP Card \$3.68 EA

10 Oz. Select Varieties
MARIE CALLENDER'S POT PIE

2.99
EA
W/O MVP Card \$3.68 EA

7-10 Oz. Select Varieties
GREEN GIANT BOXED VEGETABLES

\$1
EA
W/O MVP Card \$1.88 EA

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

6.99
EA
W/O MVP Card \$8.99 EA

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

5.99
EA
W/O MVP Card Regular Retail

42 Oz. Old Fashioned or Quick
FOOD LION OATS

4.29
EA
W/O MVP Card Regular Retail

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

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

22-6-25.9 Oz. Can Select Varieties
FOLGERS COFFEE

11.99
EA
W/O MVP Card Regular Retail

36 Ct. Single Serve Cups
Select Varieties
FOOD LION COFFEE

12.79
EA
W/O MVP Card Regular Retail

BREAKFAST

32 Oz.
JIM DANDY QUICK GRITS

1.99
EA
W/O MVP Card \$2.29 EA

12-14 Oz. Select Varieties
GENERAL MILLS CHEX CEREAL

2/\$6
W/O MVP Card \$4.99 EA

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

4.99
EA
W/O MVP Card Regular Retail

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

5.99
EA
W/O MVP Card Regular Retail

42 Oz. Old Fashioned or Quick
FOOD LION OATS

4.29
EA
W/O MVP Card Regular Retail

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

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

22-6-25.9 Oz. Can Select Varieties
FOLGERS COFFEE

11.99
EA
W/O MVP Card Regular Retail

36 Ct. Single Serve Cups
Select Varieties
FOOD LION COFFEE

12.79
EA
W/O MVP Card Regular Retail

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

MVP

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

12 Oz.
Select Varieties

**CERA
AVE
CLEANSER
OR LOTION**

HOTSALE!
(MVP)

13.69
EA

W/O MVP Card \$15.99 EA



CeraVe
Daily Hydrating
Cleanser

• Cleanses without
stripping natural
moisture barrier
• Contains ceramides
and hyaluronic acid
to help restore
skin's natural
moisture barrier



CeraVe
Daily Hydrating
Lotion

• Cleanses without
stripping natural
moisture barrier
• Contains ceramides
and hyaluronic acid
to help restore
skin's natural
moisture barrier

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

BABY

- PET

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

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

MVP Coupon **-500** OFF 2

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

22 Oz. Body Wash Select Varieties
OLAY

15.99 EA

MVP Coupon **-400** OFF 1

11.99 EA

MVP W/ MVP DISCOUNT SAVINGS LIMIT 1

24 Oz. Select Varieties
DAWN
UNSTOPPABLES

PRICED LOW EVERY DAY! 19.99 EA
W/ MVP Card \$4.99 EA

MVP Coupon **-500** OFF 1

14.99 EA

MVP W/ MVP DISCOUNT SAVINGS LIMIT 1

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



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



HOTSALE!

3.49

EA

W/O MVP Card Regular Retail

12 Oz.
Select Varieties
MARZETTI
SIMPLY
DRESSING



While Supplies Last

9.99

EA

SUGAR PLUM
BOUQUET



HOTSALE!

3.99

LB

W/O MVP Card Regular Retail

In-Store Cut Fruit
FOOD LION
TROPICAL
FRUIT BOWL

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.

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

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.

ALL STORES
ACCEPT:



8 ZSGL 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**



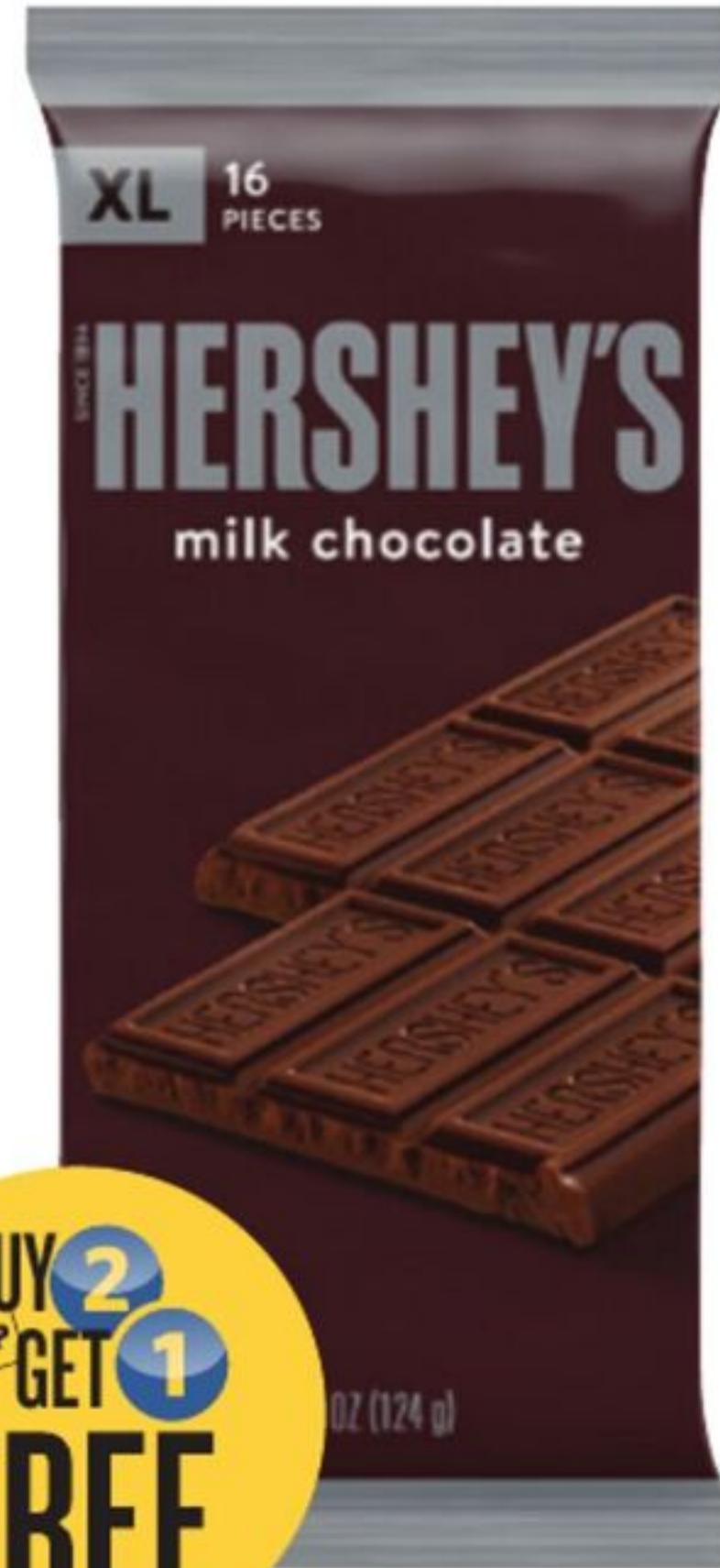
HOTSALE!
MVP
4.99
EA

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**



11.99
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**



3.99
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!