

Shop our *best deals*
this week!

HOTSALE!

MVP

5⁹⁹

LB

YOU SAVE

\$3⁵⁰

LB

Boneless

BEEF CHUCK ROAST

W/O MVP Card \$9.49 LB

HOTSALE!

MVP

1⁹⁹

LB

Family Pack

FOOD LION BONELESS CHICKEN BREAST

W/O MVP Card \$2.69 LB

HOTSALE!

MVP

2⁹⁹

LB

Limit 2

PORK BABY BACK RIBS

W/O MVP Card \$4.99 LB

HOTSALE!

MVP

7⁹⁹

EA

31-40 Ct.

16 Oz. Bag - Frozen

FOOD LION RAW SHRIMP PEELED AND DEVEINED TAIL-OFF

W/O MVP Card \$10.99 EA

HOTSALE!

MVP

YOU SAVE

\$3⁵⁸

ON 2

2/\$4

Pint

BLUEBERRIES

W/O MVP Card \$3.79 EA

HOTSALE!

MVP

2⁴⁹

EA

4 Oz. - Select Varieties

NATURE'S PROMISE GREENHOUSE GROWN SALADS

W/O MVP Card \$2.99 EA

HOTSALE!

MVP

1⁴⁹

EA

14 Oz.

FOOD LION MINI CUCUMBERS

W/O MVP Card \$2.99 EA

HOTSALE!

MVP

59¢

EA

Large

GREEN PEPPERS

W/O MVP Card 89¢ EA

HOTSALE!

MVP

BOGO FREE

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

Select Varieties

PEPSI PRODUCTS

W/O MVP Card Regular Retail Single Item Half Price

LIMIT 4 FREE

HOTSALE!

MVP

BOGO FREE

6.88-20 Oz. Select Varieties

THOMAS BAGELS OR ENTELMANN'S LITTLE BITES MUFFINS

W/O MVP Card Regular Retail Single Item Half Price

HOTSALE!

MVP

\$1

EA

13.25-14.25 Oz. Select Varieties

BETTY CROCKER SUPER MOIST CAKE MIX

W/O MVP Card \$1.99 EA

HOTSALE!

MVP

BOGO FREE

5.75-12.4 Oz. Select Varieties

CHEEZ-IT OR CHEEZ-IT SNAP'D

LIMIT 4 FREE

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

HOTSALE!

MVP

BOGO FREE

6.5-10 Oz. Select Varieties

CHEETOS OR FRITOS

LIMIT 4 FREE

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

HOTSALE!

MVP

2/\$6

52 Oz. Select Varieties

FLORIDA'S NATURAL ORANGE JUICE

W/O MVP Card \$4.49 EA

HOTSALE!

MVP

3⁴⁹

EA

48 Oz. Select Varieties

BREYERS ICE CREAM

W/O MVP Card Regular Retail

W/O MVP Card \$3.99 EA

HOTSALE!

MVP

2/\$5

8.4-12.1 Oz. Select Varieties

QUAKER INSTANT OATMEAL

W/O MVP Card \$2.99 EA

HOTSALE!

MVP

2/\$4

4.7-8.7 Oz. Select Varieties

HAMBURGER HELPER

W/O MVP Card \$2.99 EA

PRICED LOW

EVERY DAY

ON ITEMS YOU BUY MOST OFTEN

&

FOOD LION MVP

HOTSALE!

OUR BEST WEEKLY MVP DEALS

MVP

3 DAY

HOTSALE!

FRIDAY - SUNDAY

HOTSALE!

MVP

2⁹⁹

EA

7-9 Oz. Pkg.

Select Varieties

OSCAR MAYER DELI FRESH LUNCH MEAT

W/O MVP Card Regular Retail

HOTSALE!

MVP

1⁷⁹

EA

10-11 Oz. - Select Varieties

POST PEBBLES CEREAL

W/O MVP Card \$4.89 EA

HOTSALE!

MVP

2/\$5

7-8 Oz. - Select Varieties

TILLAMOOK SLICED OR SHREDDED CHEESE

W/O MVP Card \$3.79 EA

HOTSALE!

MVP

2⁹⁹

EA

8.25-18 Oz. - Select Varieties

FRITO LAY PARTY SIZE CHIPS OR SNACKS

W/O MVP Card \$5.99 EA

HOTSALE!

MVP

BOGO FREE

20 Oz.

WONDER CLASSIC WHITE ROUND TOP BREAD

W/O MVP Card \$3.89 EA Single Item Half Price

W/O MVP Card \$2.99 EA

HOTSALE!

MVP

5⁹⁹

EA

6 Mega Rolls

CHARMIN 4 Double Rolls

BOUNTY Select Varieties

W/O MVP Card Regular Retail

W/O MVP Card \$7.99 EA

HOTSALE!

MVP

4⁴⁹

EA

18 Oz. Select Varieties

DUKE'S SQUEEZE MAYONNAISE

W/O MVP Card \$5.49 EA

1 ZTNA ZTNV 12/03/25

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 in the background. A silver spoon rests on the cutting board in front of the bowl.

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 in the background. A silver spoon rests on the cutting board in front of the bowl.[illegible]

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 \$6.99 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. feedlion.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**



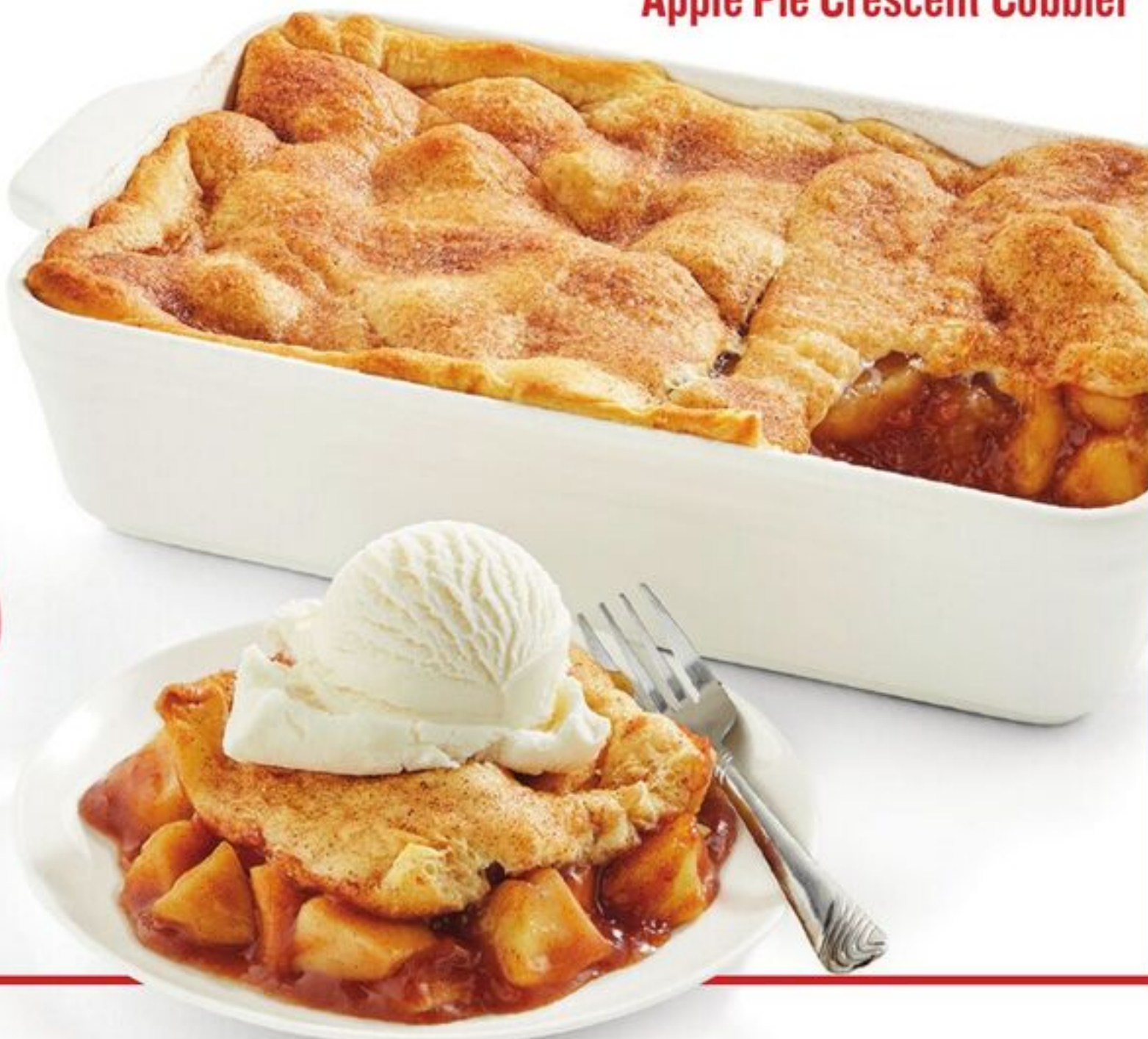
HOTSALE!
MVP
1.79
EA
W/O MVP Card \$1.99 EA

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



11-20 Oz.
Select Varieties
**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**

0.4-1.1 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**

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



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!**

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



16 Oz.
Select Varieties
RAO'S SOUP

**HOT
SALE!**
MVP
3.99
EA
W/O MVP Card \$4.48 EA

Coupon
-1.00 OFF!
2.99
EA
MVP W/ MFR DISCOUNT SAVINGS
LIMIT 1



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

**HOT
SALE!**
MVP
8.99
EA
W/O MVP Card \$11.48 EA

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 Diced 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

2 Liter Select Varieties CELSIUS

HOTSALE!

2/\$4

12 Oz. Select Varieties CELSIUS

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

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 DEBONAIR OR BAREFOOT WINE

HOTSALE!

799 EA

750 mL Select Varieties VALLATE OR MARK WEST WINE

HOTSALE!

1199 EA

750 mL Select Varieties JOSH CELLARS WINE

PRICED LOW EVERY DAY

1499 EA

WINE DOWN WITH A GLASS

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

HOTSALE!

1599 EA

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

HOTSALE!

2199 EA

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

HOTSALE!

2699 EA

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

HOTSALE!

1899 EA

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

HOTSALE!

999 EA

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

5 ZTCA ZTKN ZTNA ZTNV ZTTR 12/03/25

DAIRY

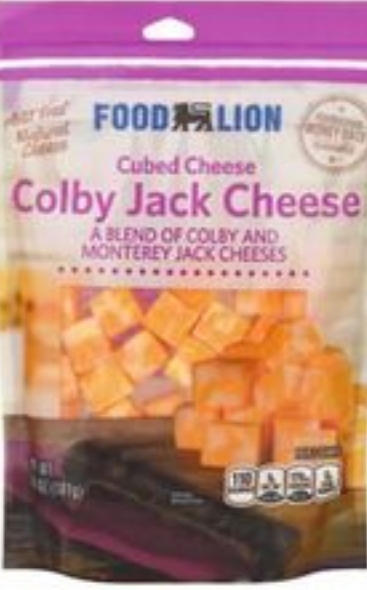


HOTSALE!
MVP

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
Select Varieties
LAND O LAKES
BUTTER OR
MARGARINE



HOTSALE!
MVP

3.99
EA

14-16.5 Oz.
Select Varieties
NESTLE
TOLL HOUSE
COOKIES

W/O MVP Card \$4.69 EA

28-32 Oz. - Select Varieties
STARBUCKS
OR **NESTLE**
COFFEE MATE
NATURAL BLISS
CREAMER



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

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

4.49
EA

W/O MVP Card \$6.10 EA

MVP Coupon -1.00 OFF!

3.49
EA

W/O MVP Card \$6.10 EA

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



HOTSALE!
MVP

5.99
EA

W/O MVP Card \$6.90 EA

MVP Coupon -1.00 OFF!

4.99
EA

W/O MVP Card \$6.90 EA

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



HOTSALE!
MVP

7.99
EA

W/O MVP Card \$10.29 EA

MVP Coupon -1.00 OFF!

6.99
EA

W/O MVP Card \$10.29 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

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
No Residue

6-8 FL. OZ. (177 mL)

12 Oz.
Select Varieties

**CERAVE
CLEANSER
OR LOTION**

HOTSALE!
(MVP)

13.69
EA

W/O MVP Card \$15.99 EA



CeraVe
Daily Moisturizing
Lotion

• Contains ceramides and hyaluronic acid
• Fragrance free, non-comedogenic
• No parabens, no sulfates, no dyes, no
phthalates, no formaldehyde

12 FL. OZ. (355 mL)



CeraVe
Daily Facial
Moisturizer

• Contains ceramides and hyaluronic acid
• Fragrance free, non-comedogenic
• No parabens, no sulfates, no dyes, no
phthalates, no formaldehyde

12 FL. OZ. (355 mL)

HOUSE & HOME

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

4 Oz. Select Varieties
PLUM ORGANICS MIGHTY & BLEND POUCHES

HOTSALE!
\$2.19 EA

2/\$3
W/O MVP Card \$1.79 EA



1.85 Oz. Select Varieties
PLUM ORGANICS MIGHTY PUFFS

HOTSALE!
\$3.29 EA

3
W/O MVP Card \$3.69 EA



156-216 Ct. Select Varieties
PAMPERS BABY WIPES

HOTSALE!
\$6.99 EA

6
W/O MVP Card \$7.89 EA



64 Ct. Select Varieties
NATURE'S PROMISE BABY WIPES

PRICED LOW EVERY DAY

2.59
EA



- PET



HOTSALE!
MVP

1.99
EA

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

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

17.60 Oz. Select Varieties
CRISO
PASTA
HOTSALE!
1⁹⁹
W/O MVP Card \$2.49 EA

3.7 Oz.
FERRERO ROCHER
CHOCOLATE
SQUARES
ASSORTED
HOTSALE!
4⁴⁹
W/O MVP Card \$5.79 EA

4 Pack - 12 Oz. Cans
Select Varieties
OLIPOPO
PROBIOTIC
SODA
HOTSALE!
6⁹⁹
W/O MVP Card \$8.99 EA

2.3 Ct. - Medium
RUBBERMAID
EASY STORE
ROUND OR
RECTANGLE
CONTAINERS
HOTSALE!
BOGO
FREE
W/O MVP Card \$10.99 EA
Single Item Retail Price

60 Ct.
Select Varieties
BOUNCE
DRYER SHEETS
HOTSALE!
9⁹⁹
W/O MVP Card \$10.99 EA

45 Oz. Select Varieties
BLISTEX
MEDICATED
LIP BALM

HOT SALE!

MVP

2.99
EA

W/O MVP Card \$3.79 EA



VALUE PACK
Blistex
MEDICATED LIP BALM
Smooth, Easy-Gliding Protection
Seals in Moisture To Soothe & Prevent Dry Lips
3 Balm VALUE PACK
Blistex
Blistex

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

22 Oz. Body Wash Select Varieties
OLAY

24 Oz. Select Varieties
DAWN UNSTOPPABLES

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

2/2 \$14
 W/ MVP Card \$7.99 EA
MVP Coupon -500 OFF 2

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

15.99 EA
MVP Coupon -400 OFF 1

11.99 EA
 W/ MVP DISCOUNT SAVINGS LIMIT 1

PRICED LOW EVERY DAY -19.99 EA
 W/ MVP Card \$24.99 EA
MVP Coupon -500 OFF 1

14.99 EA
 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!

1⁹⁹_{EA}

W/O MVP Card Regular Retail



10 Oz. Pkg.
FOOD LION
GRAPE TOMATOES

HOTSALE!

2¹⁹_{EA}

W/O MVP Card Regular Retail



3 Lb. Bag
NATURE'S PROMISE
ORGANIC RUSSET POTATOES

HOTSALE!

3⁴⁹_{EA}

W/O MVP Card Regular Retail



1 Lb. Bag
NATURE'S PROMISE
ORGANIC LEMONS

HOTSALE!

2⁶⁹_{EA}

W/O MVP Card Regular Retail





HOTSALE!

1⁷⁹_{LB}

W/O MVP Card Regular Retail

Bulk
HONEYCRISP
APPLES



HOTSALE!

79¢_{EA}

W/O MVP Card Regular Retail

HASS AVOCADOS
OR MANGOS



HOTSALE!

1⁷⁹_{LB}

W/O MVP Card Regular Retail

BARTLETT,
BOSC OR RED
PEARS



HOTSALE!

3⁹⁹_{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!

3⁴⁹_{EA}

W/O MVP Card Regular Retail



While Supplies Last

HOTSALE!

9⁹⁹_{EA}

W/O MVP Card Regular Retail



SUGAR PLUM
BOUQUET

Fresh ways
to sweeten your
meal!



In-Store Cut Fruit
FOOD LION
TROPICAL
FRUIT BOWL

HOTSALE!

3⁹⁹_{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:
Antioch, Ashland City, Columbia, Cookeville, Gallatin, Livingston,
Nashville, Portland, Smithville, Smyrna, Spring Hill

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 ZTNA 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**

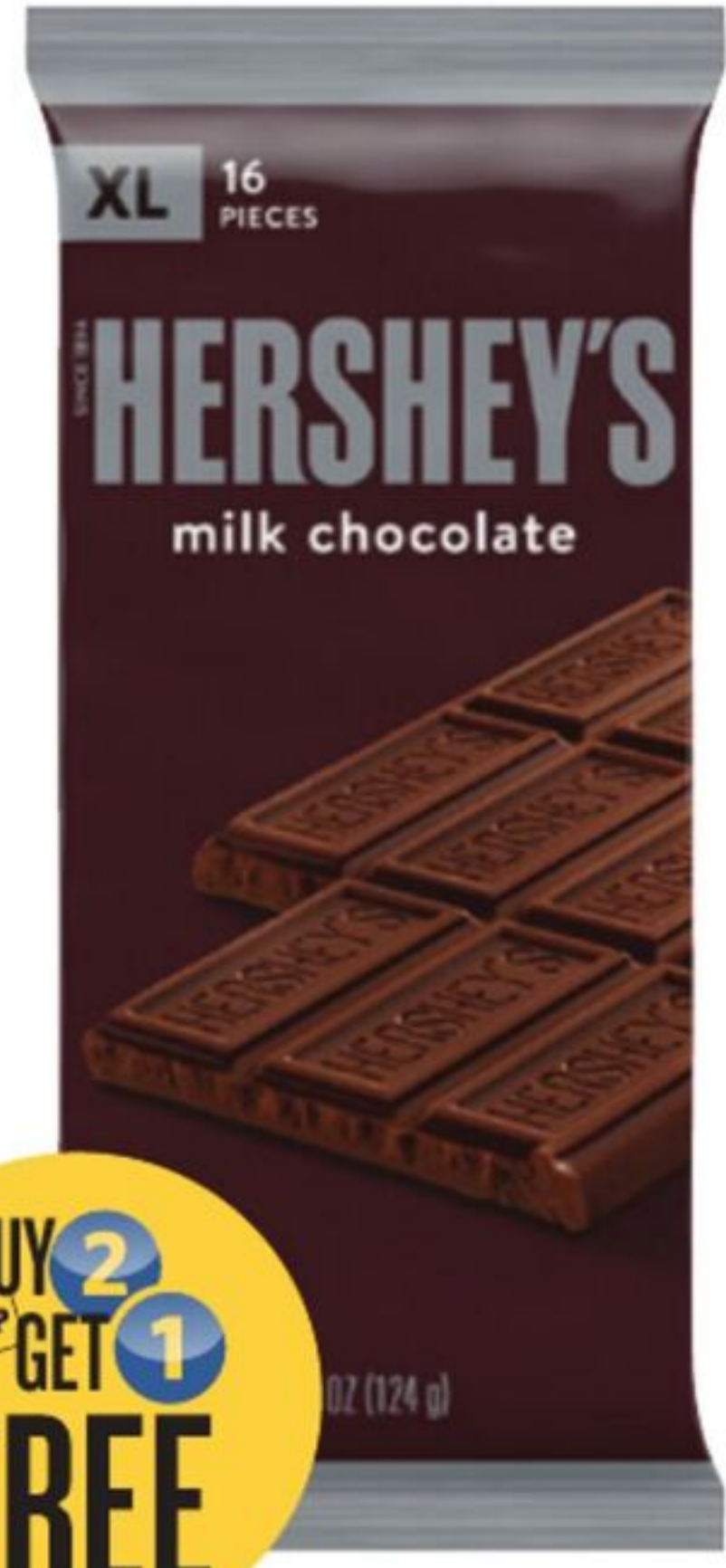


HOTSALE!
MVP
4.99
EA
W/O MVP Card \$7.39 EA



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**



3.89
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

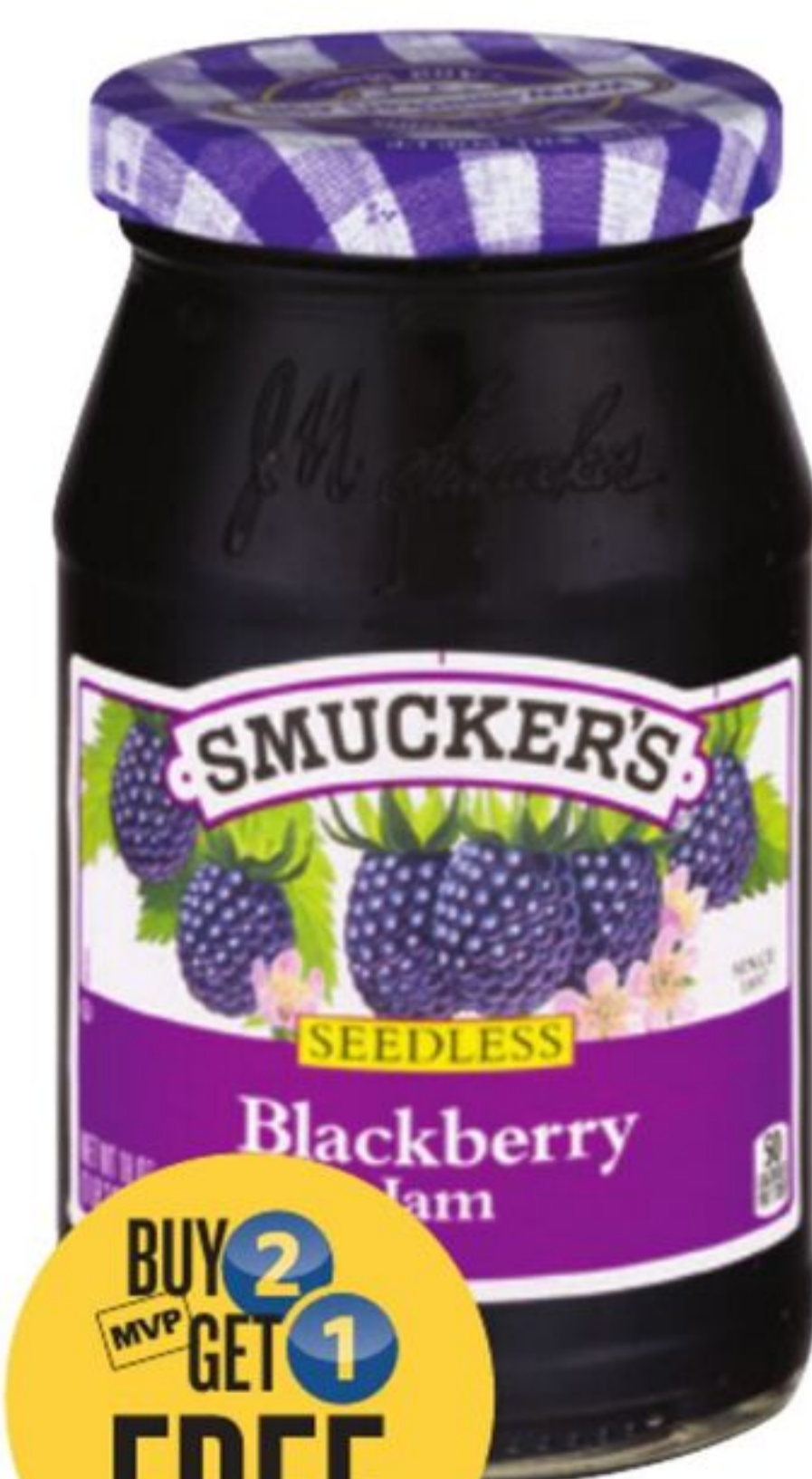
Purchase of 2 Required to Get 3rd Item FREE!



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!