

Shop our *best deals*
this week!

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

99¢

LB

Limit 2

W/O MVP Card \$2.29 LB

Pork
WHOLE
BOSTON
BUTT

HOTSALE!

MVP

7.99

EA

W/O MVP Card \$10.99 EA

31-40 Ct.
16 Oz. Bag - Frozen
FOOD LION
RAW SHRIMP
PEELED AND
DEVEINED TAIL-OFF

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

14 Oz.
FOOD LION
MINI CUCUMBERS

HOTSALE!

MVP

1.49

EA

W/O MVP Card \$2.99 EA

Large
GREEN PEPPERS

HOTSALE!

MVP

59¢

EA

W/O MVP Card 89¢ EA

6.88-20 Oz.
Select Varieties
THOMAS BAGELS
OR ENTEENMANN'S
LITTLE BITES
MUFFINS

HOTSALE!

MVP

BOGO FREE

W/O MVP Card \$10.99 EA
Single Item Half Price

12 Pack
12 Oz. Cans
Select Varieties
PEPSI
PRODUCTS

HOTSALE!

MVP

BUY 2 GET
2 FREE

W/O MVP Card \$10.99 EA
Single Item Half Price

13.25-14.25 Oz.
Select Varieties
BETTY
CROCKER
SUPER MOIST
CAKE MIX

HOTSALE!

MVP

\$1

EA

W/O MVP Card \$1.99 EA

12 Pack
12 Oz. Bottles or Cans
Select Varieties
SAMUEL ADAMS
SIERRA NEVADA
OR NEW BELGIUM

HOTSALE!

MVP

16.99

EA

W/O MVP Card \$1.99 EA

5.75-12.4 Oz.
Select Varieties
CHEEZ-IT
OR CHEEZ-IT
SNAP'D

HOTSALE!

MVP

BOGO FREE

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

6.5-10 Oz.
Select Varieties
CHEETOS
OR FRITOS

HOTSALE!

MVP

BOGO FREE

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

52 Oz.
Select Varieties
FLORIDA'S
NATURAL
ORANGE JUICE

HOTSALE!

MVP

2/\$6

W/O MVP Card \$4.49 EA

15 Oz.
Select Varieties
Quarters or Cubes
CHALLENGE
OR DANISH
CREAMERY
BUTTER
QUARTERS

HOTSALE!

MVP

3.99

EA

W/O MVP Card Regular Retail

MVP DIGITAL COUPONS

Load on App • Online • In-Store Kiosk

48 Oz.
Select Varieties
BREYERS
ICE CREAM

HOT SALE!

MVP

3.49

EA

W/O MVP Card \$5.99 EA

8.4-12.1 Oz.
Select Varieties
QUAKER
INSTANT
OATMEAL

HOT SALE!

MVP

2/\$5

W/O MVP Card \$3.99 EA

4.7-8.7 Oz.
Select Varieties
HAMBURGER
HELPER

HOTSALE!

MVP

\$1

EA

W/O MVP Card \$2.99 EA

75-110 Oz. Liquid
or 32-42 Ct. Paks
Select Varieties
ARM &
HAMMER

HOTSALE!

MVP

6.99

EA

W/O MVP Card Regular Retail

18 Oz.
Select Varieties
DUKE'S
SQUEEZE
MAYONNAISE

HOTSALE!

MVP

4.49

EA

W/O MVP Card \$5.49 EA

MVP

3 DAY
HOTSALE!

FRIDAY - SUNDAY

HOTSALE!

MVP

2.99

EA

W/O MVP Card Regular Retail

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!

MVP

1.79

EA

W/O MVP Card \$4.89 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

REST OF WEEK

2/\$7

MVP

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

REST OF WEEK

\$5.99 EA

MVP

20 Oz.
WONDER CLASSIC
WHITE ROUND
TOP BREAD

HOTSALE!

MVP

BOGO FREE

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

REST OF WEEK

\$2.99 EA

MVP

6 Mega Rolls
CHARMIN
4 Double Rolls
BOUNTY
Select Varieties

HOTSALE!

MVP

5.99

EA

W/O MVP Card Regular Retail

REST OF WEEK

\$7.99 EA

MVP

FOOD LION MVP

PRICED LOW EVERY DAY

ON ITEMS YOU BUY MOST OFTEN

&

FOOD LION MVP

HOTSALE!

OUR BEST WEEKLY MVP DEALS

1 ZVNC ZVNO ZVNR 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

NO MVP Card Regular Retail

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

NO MVP Card Regular Retail

HOTSALE!
 (USDA)
0.99
 LB
BEEF T-BONE STEAK

USDA CHOICE

MVP Card Regular Retail

The top image shows a vacuum-sealed package of Smithfield Turkey Breast. The label features the Smithfield logo, the text "SMITHFIELD", "TURKEY BREAST", and "PREPARED MEAT". Below the package, a white platter displays several slices of cooked turkey breast alongside a serving of green beans.

h - Select Varieties
SCHWEID & SONS
 GOURMET
 BURGERS

HOT SALE!
 0.99
 EA

MVP Card Regular Retail

A package of FoodMillion Chicken Thighs is shown in the background. The package is white with a blue label that reads "FOODMILLION Chicken Thighs" and "Made in Italy". In the foreground, a white plate is filled with several cooked, golden-brown chicken thighs.

12-16 Oz. Pkg. - Select Varieties
SMITHFIELD BACON

HOT SALE!

MVP

3⁹⁹
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

**SMITHFIELD BONELESS
SLICED QUARTER HAM**

HOTSALE!

7⁹⁹
EA

W/O MVP Card Regular Retail

6 Oz. Pkg. - Select Varieties
JOHN SOULES CHICKEN

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

16 Oz. Pkg.
CURLY'S PULLED PORK

HOTSALE!

MVP

4.99
EA

W/O MVP Card Regular Retail

9.99
EA
W/O MVP Card Regular Retail

16 Oz. - Fresh
**SALMON
FILLET**

10.99
EA
W/O MVP Card Regular Retail

40 Oz. Pkg.
Frozen
**FOOD LION
SWAI**

5.99
EA
W/O MVP Card Regular Retail

8 Oz. - Frozen
SHRIMP RING

5.99
EA
W/O MVP Card Regular Retail

7.99
EA

W/O MVP Card Regular Retail

**CHICKEN
OF THE SEA
COOKED
SHRIMP**

HOT SALE! **6⁴⁹**
EA
W/O MVP Card Regular Retail

MVP **-1⁰⁰**
Coupon OFF

5⁴⁹
EA

MVP W/ MFR. DISCOUNT SAVINGS
1 LIMIT

DELicious BOGOs of the week!



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

BOGO FREE

7 Oz.
Select Varieties
**TILLAMOOK
CHEDDARS**



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

BOGO FREE

5 Ct.
TEXAS TOAST



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

BOGO FREE

12 Ct.
FRUIT BITES



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

BOGO FREE

12 Oz.
**MEURER
BROTHERS
MINI DANISH**

Save on easy meal solutions!
Available in our Deli & Bakery



HOTSALE!
W/O MVP Card \$7.99 LB

6.99
EA

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



HOTSALE!
W/O MVP Card \$4.49 EA

6.99
LB

Freshly Sliced
**COOPER
AMERICAN
CHEESE**



HOTSALE!
W/O MVP Card \$5.99 EA

4.99
EA

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



HOTSALE!
W/O MVP Card \$4.49 EA

3.49
EA

16 Oz.
**COCINA
FRESCA
SALSA**



HOTSALE!
W/O MVP Card \$5.99 EA

\$5
EA

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



HOTSALE!
W/O MVP Card \$6.99 EA

\$5
EA

14-15.8 Oz.
VICOLO PIZZA



HOTSALE!
W/O MVP Card \$6.79 EA

3.99
EA

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



HOTSALE!
W/O MVP Card \$5.49 EA

4.99
EA

18 Oz.
**FOOD LION
CORNBREAD
TRAY**



HOTSALE!
W/O MVP Card \$5.49 EA

4.99
EA

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



HOTSALE!
W/O MVP Card \$5.99 EA

\$5
EA

18 Oz.
**FOOD LION
TORTELLINI
PASTA**



HOTSALE!
W/O MVP Card \$5.99 EA

\$5
EA

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

FOOD LION CATERING

Make the holidays *easy*

Let us do the work!

HOTSALE!
W/O MVP Card Regular Retail

\$5 OFF

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](https://www.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**



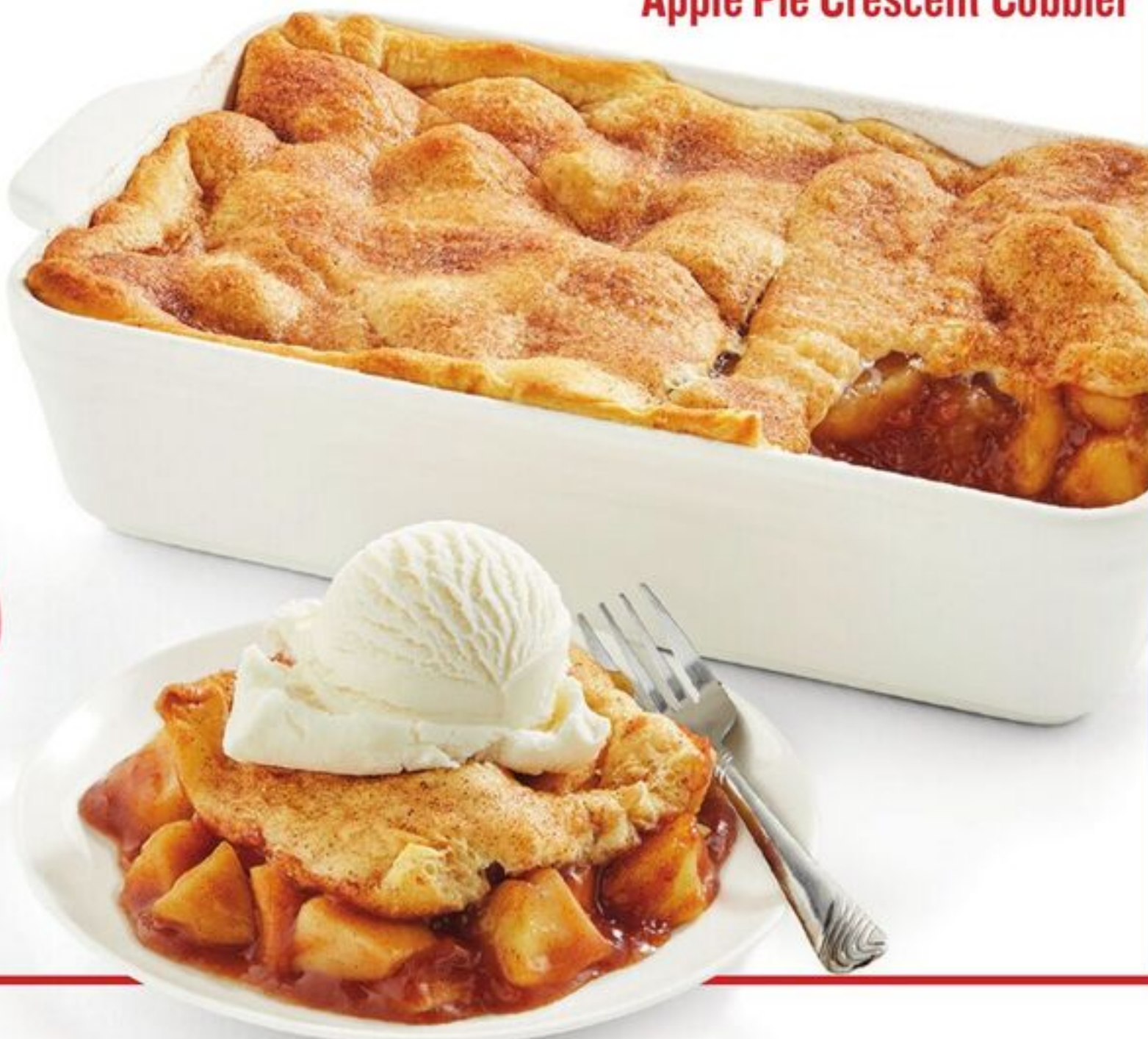
HOTSALE!
MVP
1.79
EA
W/O MVP Card \$1.99 EA

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



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**

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



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

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

Fast, tasty & affordable!

FOOD LION

Serving Suggestion:
Mini Pizza Bites

DOUBLE YOUR MONEY BACK QUALITY GUARANTEE

Switch to our brand and save more.

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

16 Oz. Select Varieties
FOOD LION JUMBO BISCUITS

5 Oz. FOOD LION DICED YELLOW ONIONS

16 Oz. - Select Varieties
FOOD LION SHREDDED CHEESE

14 Oz. FOOD LION PIZZA SAUCE

8 Oz. Pkg. FOOD LION WHITE SLICED MUSHROOMS

BEVERAGE CENTER

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

12 Oz. Select Varieties
CELSIUS

BOGO FREE

BOGO FREE

Fanta

Coca-Cola

7-UP

Canada Dry

Celsius

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

W/O MVP Card Regular Retail
Single Item Half Price

W/O MVP Card \$2.99 EA

24 Pack 16.9 Oz. Bottles
DASANI WATER

16.2 Oz. Select Varieties
STUR LIQUID WATER ENHANCER

11 Oz. Select Varieties
CLEARLY CANADIAN SPARKLING WATER

25.4 Oz. Select Varieties
WELCH'S SPARKLING JUICE

PRICED LOW EVERY DAY

HOTSALE!

HOTSALE!

HOTSALE!

479

2/\$6

2/\$4

2/\$7

DAZANI

STUR real fruit

CLEARLY CANADIAN

Welch's

W/O MVP Card \$6.49 EA

W/O MVP Card \$3.99 EA

W/O MVP Card \$2.49 EA

W/O MVP Card \$3.99 EA

750 mL Select Varieties
BAREFOOT OR YELLOW TAIL WINE

750 mL Select Varieties
CLEARWATER COVE OR MARK WEST WINE

750 mL Select Varieties
JOSH CELLARS WINE

SAVE 10% WHEN YOU BUY 6 BOTTLES OF WINE

HOTSALE!

HOTSALE!

PRICED LOW EVERY DAY

699

1099

1399

Barefoot

Yellow Tail

Clearwater Cove

Mark West

Josh Cellars

W/O MVP Card \$6.99 EA

W/O MVP Card \$10.99 EA

W/O MVP Card \$13.99 EA

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

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

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

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

8 Pack - 12 Oz. Cans
DEVILS BACKBONE, HIGH NOON OR COASTAL COCKTAILS

HOTSALE!

HOTSALE!

HOTSALE!

HOTSALE!

HOTSALE!

1549

1999

2299

1799

1799

FLIGHT

ULTRA

KONA

KEYSTONE

NATURAL LIGHT

BUD LIGHT

WHITE CLAW

SMASH

W/O MVP Card \$15.49 EA

W/O MVP Card \$19.99 EA

W/O MVP Card \$22.99 EA

W/O MVP Card \$17.99 EA

W/O MVP Card \$17.99 EA

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

DAIRY



FOOD LION
Sharp Cheddar
Cheese Snack Bars

FOOD LION
Colby Jack Cheese
Snack Bars

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



LAND O LAKES
MARGARINE

LAND O LAKES
BUTTER

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



46 Oz.
Select Varieties
TROPICANA
PREMIUM ADES
OR PUNCHES

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



HOTSALE!
MVP
3.99
EA
W/O MVP Card \$4.69 EA

14-16.5 Oz.
Select Varieties
NESTLE
TOLL HOUSE
COOKIES



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

HOTSALE!
MVP
4.49
EA
W/O MVP Card Regular Retail



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

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



16 Oz.
Select Varieties
KRAFT
SINGLES

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

8 Oz. Bar
Select Varieties
FOOD LION
CREAM CHEESE

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



HOT SALE!
3.99
EA
W/O MVP Card \$4.69 EA

MVP
Coupon
-50¢ OFF

3.49
EA
W/O MVP DISCOUNT SAVINGS LIMIT 1



HOT SALE!
4.49
EA
W/O MVP Card \$6.19 EA

MVP
Coupon
-1.00 OFF

3.49
EA
W/O MVP DISCOUNT SAVINGS LIMIT 1



HOT SALE!
5.99
EA
W/O MVP Card \$6.99 EA

MVP
Coupon
-1.00 OFF

4.99
EA
W/O MVP DISCOUNT SAVINGS LIMIT 1



HOT SALE!
7.99
EA
W/O MVP Card \$9.29 EA

MVP
Coupon
-1.00 OFF

6.99
EA
W/O MVP DISCOUNT SAVINGS LIMIT 1

FROZEN



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

10.7-12.3 Oz.
Select Varieties
EGGO
FROZEN
WAFFLES



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

HOTSALE!
MVP
99¢
EA
W/O MVP Card \$1.58 EA



10 Oz.
Select Varieties
MARIE CALLENDER'S
POT PIE

PRICED LOW EVERY DAY
2.99
EA
W/O MVP Card \$3.68 EA



7-10 Oz.
Select Varieties
GREEN GIANT
BOXED
VEGETABLES

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



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

HOTSALE!
MVP
3.49
EA
W/O MVP Card \$3.99 EA



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

HOTSALE!
MVP
6.99
EA
W/O MVP Card \$8.99 EA



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

HOT SALE!
7.99
EA
W/O MVP Card \$9.29 EA

MVP
Coupon
-1.00 OFF

6.99
EA
W/O MVP DISCOUNT SAVINGS LIMIT 1

BREAKFAST



32 Oz.
JIM DANDY
QUICK GRITS

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



12-14 Oz.
Select Varieties
GENERAL MILLS
CHEX CEREAL

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



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

HOTSALE!
MVP
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

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



42 Oz.
Old Fashioned or Quick
FOOD LION
OATS

PRICED LOW EVERY DAY
4.29
EA



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

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



22.6-25.9 Oz. Can
Select Varieties
FOLGERS
COFFEE

HOTSALE!
MVP
11.99
EA
W/O MVP Card Regular Retail



36 Ct. Single Serve Cups
Select Varieties
FOOD LION
COFFEE

HOTSALE!
MVP
12.79
EA
W/O MVP Card Regular Retail

HEALTH & BEAUTY



Colgate® Total®
WHITENING GEL
12 HOUR PROTECTION
FIGHTS GUM DISEASE
FIGHTS TOOTH DECAY
FIGHTS BAD BREATH

HOTSALE!
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

HOTSALE!
MVP

2.99
EA

W/O MVP Card \$3.79 EA



VALUE PACK
Blistex
MEDICATED LIP BALM
3 Balm Value Pack
Blistex
Blistex
Blistex
Smooth, Easy-Gliding Formula
Seals in Moisture
Prevents Chapped, Dry Lips

60-70 Ct. Select Varieties
**NATROL
MELATONIN**

HOTSALE!
MVP

7⁹⁹
EA

W/O MVP Card \$8.99 EA

6-8 Oz. Select Varieties
**NOT YOUR
MOTHER'S
CURL TALK OR
DRY SHAMPOO**

HOTSALE!
MVP

8⁹⁹
EA

W/O MVP Card \$9.99 EA

12 Oz. Select Varieties
**CERA
CLEANSER
OR LOTION**

HOTSALE!
MVP

13⁶⁹
EA

W/O MVP Card \$15.99 EA

HOUSE & HOME

HOT SALE!

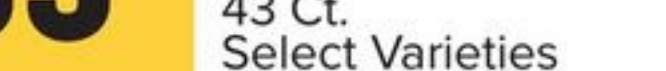
MVP

1.49
EA

35 Ct.
Select Varieties

**FOOD LION
DISINFECTING
WIPES**

W/O MVP Card \$1.99 EA

HOTSALE! MVP 6⁹⁹ EA W/O MVP CARD \$8.99 EA  43 Ct. Select Varieties FOOD LION PUSHPODS	16 Oz. Select Varieties DAWN POWERWASH HOTSALE! MVP 4⁹⁹ EA W/O MVP CARD \$5.59 EA 	80-100 Ct. Sheets or 18 Oz. Booster Select Varieties ARM & HAMMER HOTSALE! MVP 2/\$6 W/O MVP CARD Regular Retail 
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- BABY

- PET

NEW ITEM CENTER

4.5 Oz.
Select Varieties

BLISTEX
MEDICATED
LIP BALM

HOTSALE!

MVP

2.99
EA

W/O MVP Card \$3.79 EA



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

OLAY
Body Wash
22 Oz. Select Varieties
\$2.99 EA
\$2.00 OFF

DOWNY
Unstoppables
24 Oz. Select Varieties
\$11.99 EA
\$4.00 OFF

TIDE
76 Ct. Pods or 132 Oz. Liquid Select Varieties
\$14.99 EA
\$5.00 OFF

OLAY
Body Wash
22 Oz. Select Varieties
\$2.99 EA
\$2.00 OFF

TIDE
76 Ct. Pods or 132 Oz. Liquid Select Varieties
\$14.99 EA
\$5.00 OFF



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



Fresh ways
to sweeten your
meal!



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:
Cape Charles, Exmore, Oak Hall, Onley

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 ZVNR 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**



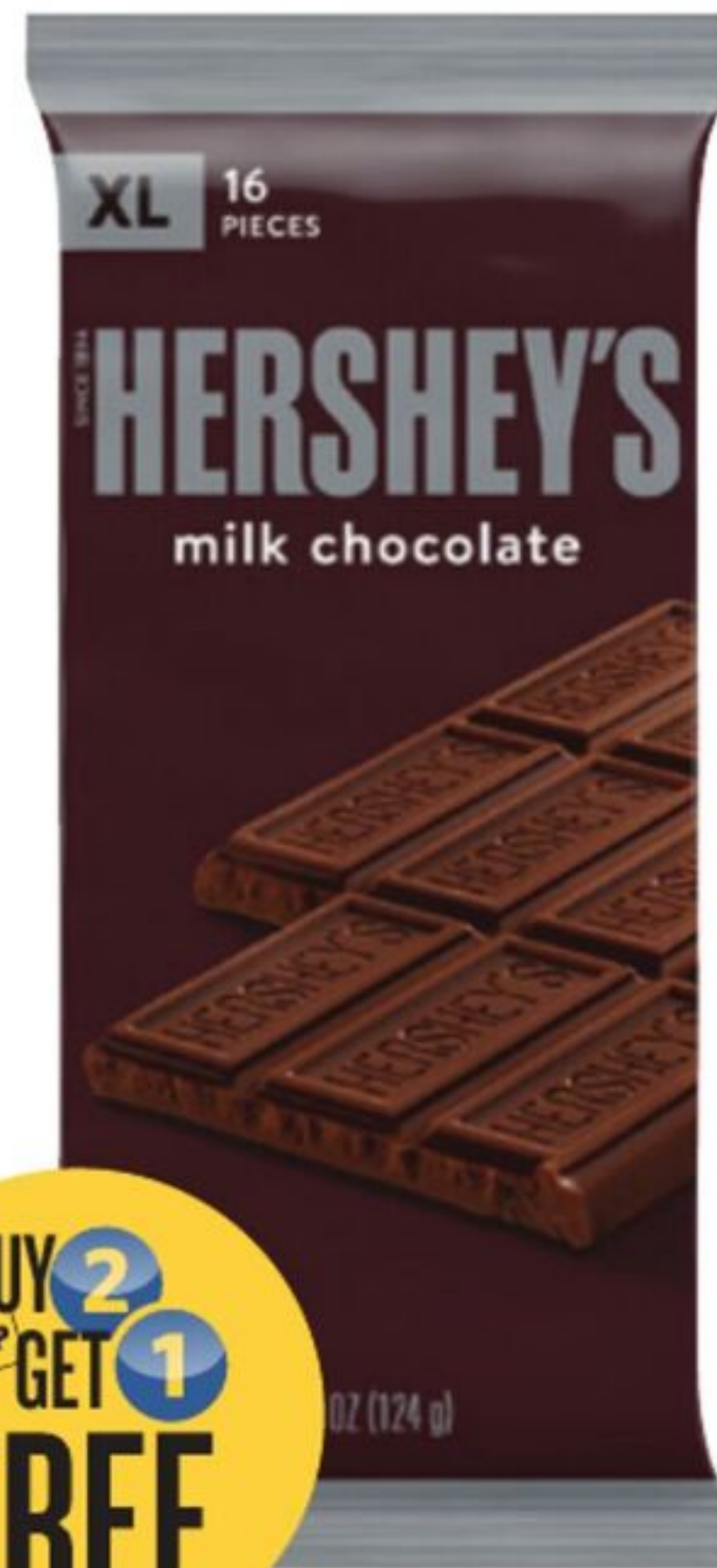
HOTSALE!
MVP
4.99
EA

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!