

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

1.99

LB

Family Pack
FOOD LION
BONELESS
CHICKEN BREAST

W/O MVP Card \$2.69 LB

HOTSALE!

MVP

99¢

LB

Limit 2
Pork
WHOLE
BOSTON
BUTT

W/O MVP Card \$2.29 LB

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

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 79¢ EA

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

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

15.99

EA

W/O MVP Card Regular Retail

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

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

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 \$3.69 EA

8.4-12.1 Oz.
Select Varieties
QUAKER
INSTANT
OATMEAL

HOTSALE!

MVP

2/\$5

W/O MVP Card \$3.69 EA

4.7-8.7 Oz.
Select Varieties
QUAKER
HAMBURGER
HELPER

HOTSALE!

MVP

\$1

EA

W/O MVP Card \$2.99 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

7-8 Oz. - Select Varieties
TILLAMOOK
SLICED OR
SHREDDED
CHEESE

HOTSALE!

MVP

2/\$5

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

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

6 Mega Rolls
CHARMIN
4 Double Rolls
BOUNTY
Select Varieties

HOTSALE!

MVP

5.99

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

PRICED LOW

EVERY DAY

ON ITEMS YOU BUY MOST OFTEN

&

FOOD LION MVP

HOTSALE!

OUR BEST WEEKLY MVP DEALS

1 ZNNL ZNRA ZNRE ZNRR ZNRI ZNRL 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

10 MVP Card Regular Retail

A white bowl filled with ground beef, beans, shredded cheese, and jalapeños sits on a wooden cutting board. Next to it is a slice of cornbread and a piece of pie crust. A silver spoon lies on the 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

10 MVP Card Regular Retail

A white bowl filled with ground beef, beans, shredded cheese, and jalapeños sits on a wooden cutting board. Next to it is a slice of cornbread and a piece of pie crust. A silver spoon lies on the board in front of the bowl.

HOT SALE!
MVP

0.99
LB

MVP Card Regular Retail

**BEEF
T-BONE STEAK**

**USDA
CHOICE**

All Varieties
All Reg.

**SMITHFIELD
MARINATED
PORK LOIN
FILET**



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

ash - Select Varieties
SCHWEID & SONS
 TURKISH
 HURMET
 ROGERS

HOT SALE!
 MUP
10.99
 EA
 MVP Card Regular Retail

The image shows a box of Schweid & Sons 'The Chuck Brisket' and four assembled sandwiches. The box is brown with a clear window showing two pieces of brisket. The text on the box includes 'SMALL BITE MEAT', 'THE CHUCK BRISKET', '100% PORK BRISKET', and 'SCHWEID & SONS'. The sandwiches are made with a round, golden-brown bun, topped with a slice of tomato, a slice of pickled onion, and a generous portion of the brisket meat, all served on a white plate.

Small Pack
FOOD LION
CHICKEN
THIGHS

HOTSALE!
1.69
LB

WIO MVP Card Regular Retail



A photograph showing a white plate with a baked salmon fillet, garnished with lemon wedges and black pepper. To the right is a packet of FISH & WILSON Wild Salmon Dinner, which is a 100% Wild Salmon Dinner. Below the packet is a small bowl of salad.

A bag of Chickadee Sea Responsibly Raised Shrimp, Cooked, next to a bowl of shrimp and sauce. The bag is dark blue and red with a chickadee logo. The bowl contains cooked shrimp, a slice of lemon, and a white sauce.

RH ZGCH ZGCR ZGCT ZGRY ZMBL ZMBM ZMWA ZMWK ZMWV
 ZSCL ZSCO ZSFE ZSFL ZSFR ZSGL ZSGV ZSSA ZSSV ZTCA

M ZMWA ZMWK ZMWS ZNFL ZNGB ZNGL ZNGR ZNGS ZNGV Z
GV ZSSA ZSSV ZTCA ZTCH ZTKN ZTTR ZVDC ZVRA ZVTI ZVT

GR ZNGS ZNGV ZNHP ZNLE ZNNB ZNNL ZNRA ZNRE ZNRG ZNRI
C ZVRA ZVTI ZVTR ZVWH ZVWN ZVWS ZVWT ZVWX ZWCA ZWCB

NRRE ZNRG ZNRI ZNRL ZNRR ZNWA ZNWI ZNWL ZNWM ZNWN
ZX ZWCA ZWCL ZWWA ZWWS 12/03/25

NWL ZNWM ZNWN ZNWT ZPAL ZPHA ZPHI

ZNRH ZGCH ZGCR ZGCT ZGRY ZMBL ZMBM ZMWA ZMWK ZMWS ZNFL ZNGB ZNGL ZNGR ZNGS ZNGV ZNHP ZNLE ZNNB ZNNL ZNRA ZNRE ZNRG ZNRI ZNFL ZNRR ZNWA ZNWI ZNNL 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



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**



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



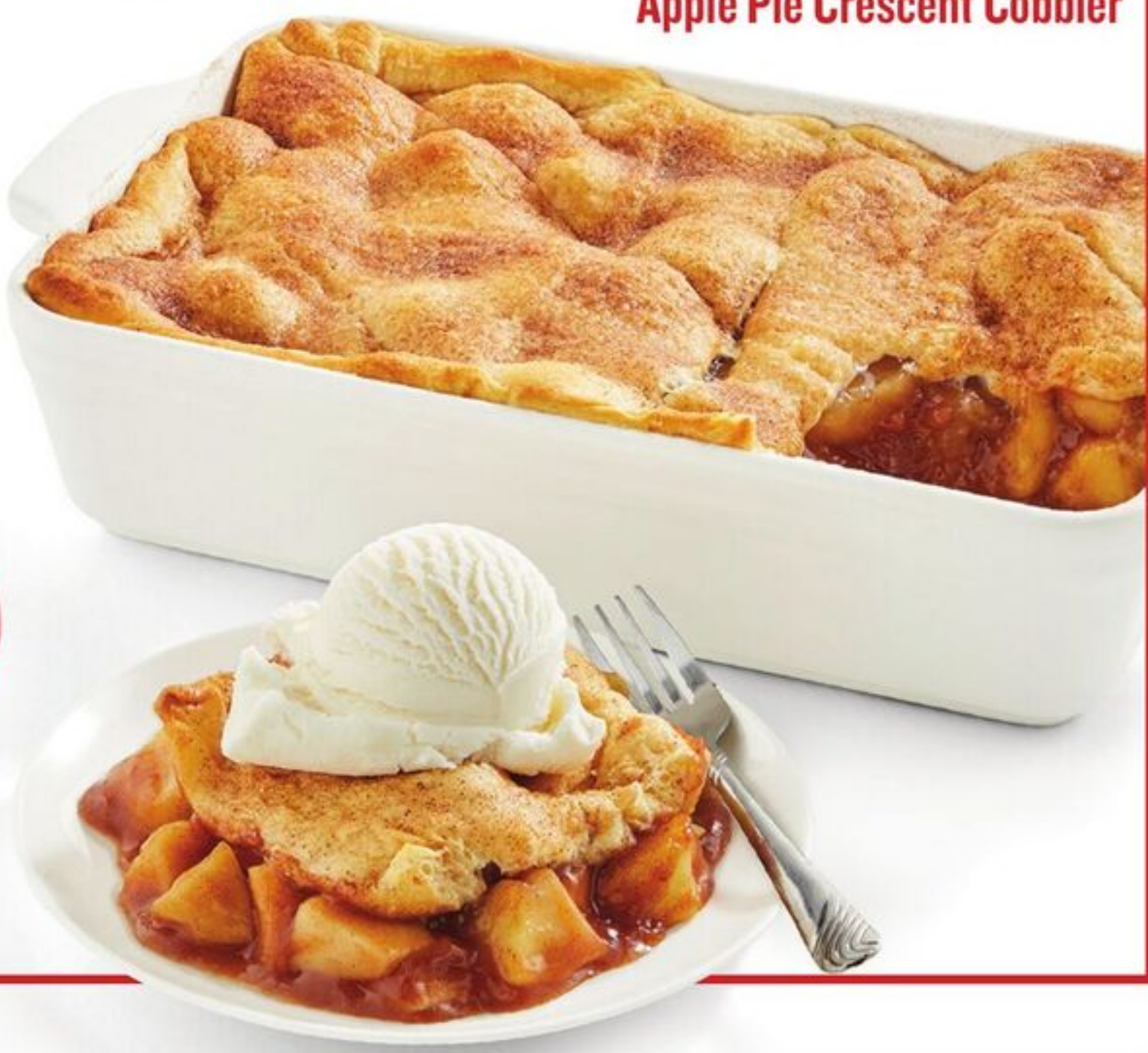
PRICED LOW
EVERY DAY ✓
2.99
EA
48 Oz.
Select Varieties
**FOOD LION
ICE CREAM**



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**

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



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

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



12 Oz.
**FOOD LION
VANILLA
WAFERS**

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



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

MVP
PRICED LOW
EVERY DAY ✓
2.89
EA
W/O MVP Card \$3.58 EA



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

MVP
PRICED LOW
EVERY DAY ✓
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



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



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 \$4.99 EA
MVP
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!
8.99
EA
W/O MVP Card \$11.49 EA
MVP
Coupon
-2.00 OFF!
6.99
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!

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 BAREFOOT OR YELLOW TAIL WINE

HOTSALE!

5.99 EA

750 mL Select Varieties CLEARWATER COVE OR MARK WEST WINE

HOTSALE!

10.99 EA

750 mL Select Varieties JOSH CELLARS WINE

PRICED LOW EVERY DAY

12.99 EA

SAVE 10% WHEN YOU BUY 6 BOTTLES OF WINE

Island Hopper Variety Pack

HOTSALE!

15.49 EA

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

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!

17.49 EA

12 Pack - 12 Oz. Cans WICKED WEED RED OAK OR BOLD ROCK Select Varieties

HOTSALE!

17.99 EA

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

5 ZNRH ZNCO ZNCA ZNCD ZNCE ZNCH ZNCL ZNCR ZNCT ZNFL ZNGB ZNGL ZNGR ZNGS ZNGV ZNHP ZNNF ZNNL ZNRA ZNRE ZNRG ZNRI ZNRL ZNTT ZNWA ZNWI ZNWL ZNWM ZNWN ZNWT 12/03/25

DAIRY



FOOD LION
Sharp Cheddar Cheese Snack Bars

FOOD LION
Colby Jack Cheese Casserole

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

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

NESTLE
TOLL HOUSE
Chocolate Chip Cookies

HOTSALE!
3.99
EA
14-16.5 Oz. Select Varieties
NESTLE
TOLL HOUSE COOKIES
W/O MVP Card \$4.69 EA

LAND O LAKES
Margarine

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

46 Oz. Select Varieties
TROPICANA
PREMIUM ADES OR PUNCHES

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

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

FOOD LION
100 GOOD! YOGURT

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

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

YOCRUNCH
YOGURT

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

4-6 Pack Select Varieties
DANIMALS
SMOOTHIE OR **YOCRUNCH**
YOGURT

KRAFT
SINGLES

HOTSALE!
3.99
EA
W/O MVP Card \$4.99 EA

16 Oz. Select Varieties
FOOD LION
Cream Cheese Bar

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

8 Oz. Bar Select Varieties
FOOD LION
CREAM CHEESE

FROZEN

EGGO
Homestyle Waffles

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

10.7-12.3 Oz. Select Varieties
EGGO
FROZEN WAFFLES

MICHELINA'S
FROZEN DINNERS

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

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

MARIE CALLENDER'S
POT PIE

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

10 Oz. Select Varieties
MARIE CALLENDER'S
POT PIE

GREEN GIANT
Boxed Vegetables

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

7-10 Oz. Select Varieties
GREEN GIANT
BOXED VEGETABLES

MARIE CALLENDER'S
DINNERS OR HEALTHY CHOICE
SIMPLY STEAMERS

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

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

RED BARON
PIZZA

HOT SALE!
4.49
EA
W/O MVP Card \$6.10 EA
MVP Coupon -1.00 OFF

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

FRESCHETTA
PIZZA

HOT SALE!
5.99
EA
W/O MVP Card \$6.90 EA
MVP Coupon -1.00 OFF

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

STOUFFER'S
FAMILY SIZE DINNERS

HOT SALE!
7.99
EA
W/O MVP Card \$9.29 EA
MVP Coupon -1.00 OFF

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

BREAKFAST

JIM DANDY
QUICK GRITS

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

32 Oz. Select Varieties
JIM DANDY
QUICK GRITS

GENERAL MILLS
CHEX CEREAL

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

12-14 Oz. Select Varieties
GENERAL MILLS
CHEX CEREAL

DAVE'S KILLER
ORGANIC BREAD OR
SNACK BARS

HOTSALE!
4.99
EA
W/O MVP Card Regular Retail

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

EIGHT O'CLOCK
COFFEE

HOTSALE!
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

FOOD LION
Old Fashioned Oats

PRICED LOW EVERY DAY
4.29
EA

42 Oz. Old Fashioned or Quick
FOOD LION
OATS

PEARL MILLING COMPANY
PANCAKE MIX OR SYRUP

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

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

FOLGERS
COFFEE

HOTSALE!
11.99
EA
W/O MVP Card Regular Retail

22.6-25.9 Oz. Can Select Varieties
FOLGERS
COFFEE

FOOD LION
Breakfast Blend

HOTSALE!
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

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 side effects

30 TABLETS • DIETARY SUPPLEMENT

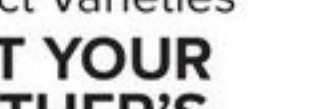
6-8 Oz.
Select Varieties

**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

• Cleans
• Refreshes
• Adds shine

6.8 FL OZ (198 mL)

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

• Gentle cleanser
• Hydrating
• Non-foaming
• Fragrance-free

12 FL OZ (355 mL)



CeraVe
Daily Hydrating
Lotion

• Hydrating
• Fragrance-free
• Non-foaming

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

BABY

- 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**

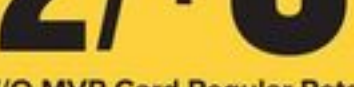


HOTSALE!
MVP

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

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

HOT SALE! 2/\$14
WU MVP Card \$7.99 EA
MVP Coupon -500 OFF 2

22 Oz. Body Wash Select Varieties OLAY

15⁹⁹ EA
MVP Coupon -400 OFF 1

24 Oz. Select Varieties DAWN UNSTOPPABLES

PRICED LOW EVERY DAY! 19⁹⁹ EA
WU MVP Card \$24.99 EA
MVP Coupon -500 OFF 1

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

14⁹⁹ EA
MVP Coupon -500 OFF 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





While Supplies Last

9.99

EA

SUGAR PLUM
BOUQUET

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.

Prices in this ad good at stores conveniently located in these cities:
**Avon, Corolla, Kill Devil Hills,
Nags Head, Southern Shores**

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 ZNNL 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**



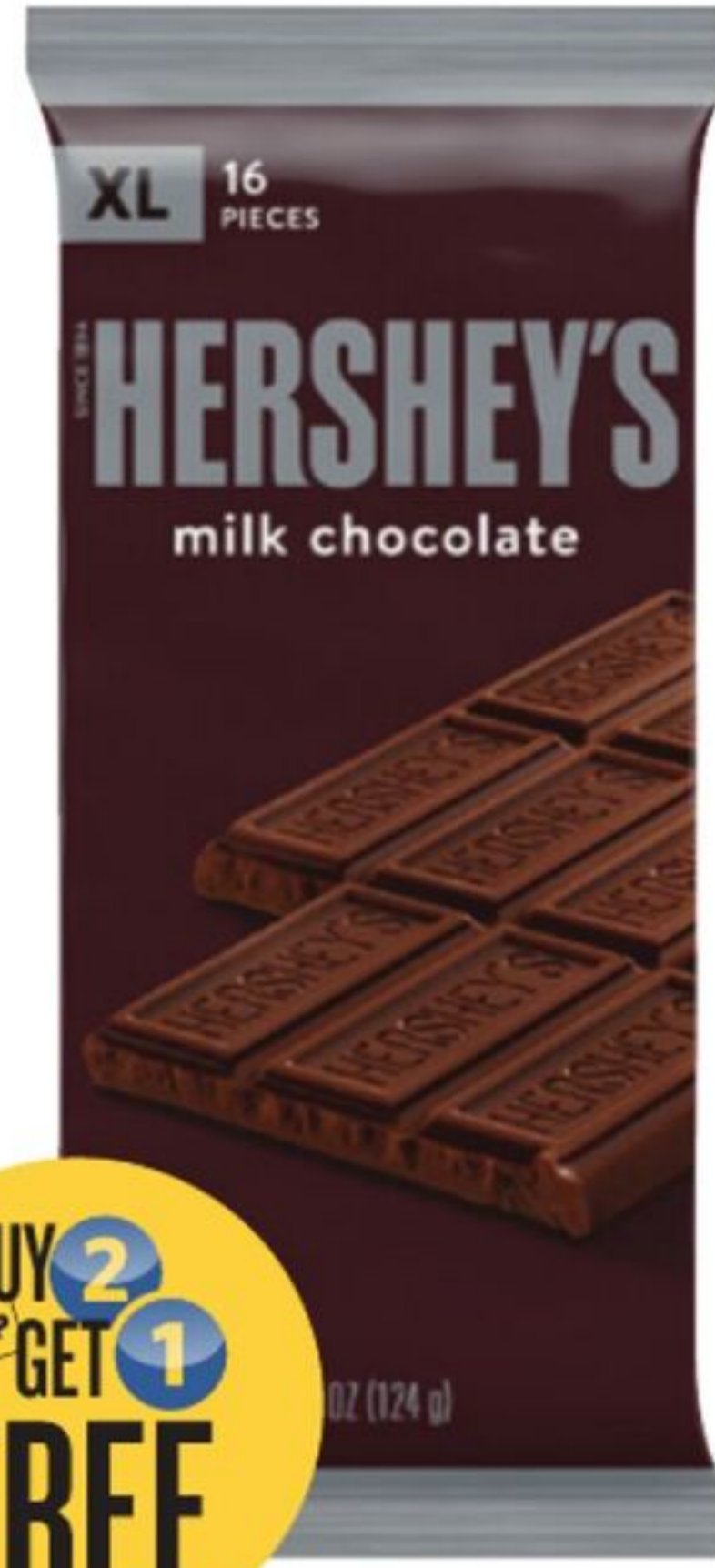
HOTSALE!
MVP
4.99
EA

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**



4.39
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

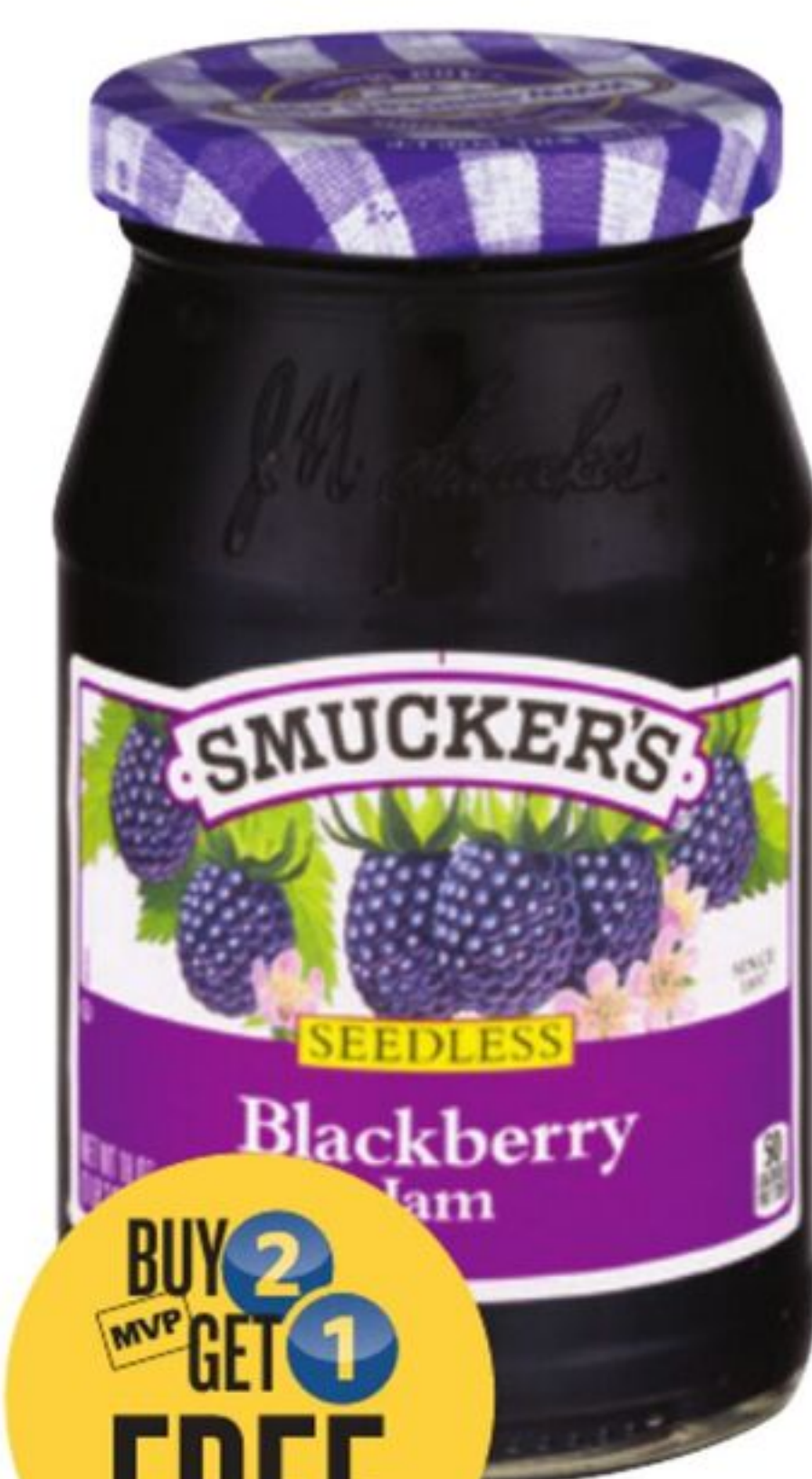
Purchase of 2 Required to Get 3rd Item FREE!



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!