

Shop our *best deals*
this week!

HOTSALE!

MVP

5.99

LB

YOU SAVE

\$3.50

LB

Boneless

BEEF CHUCK ROAST

W/O MVP Card \$9.49 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

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

HOTSALE!

MVP

YOU SAVE

\$3.58

ON 2

2/\$4

Pint

BLUEBERRIES

W/O MVP Card \$3.79 EA

HOTSALE!

MVP

2.49

EA

W/O MVP Card \$2.99 EA

4 Oz. - Select Varieties

NATURE'S PROMISE GREENHOUSE GROWN SALADS

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 89¢ EA

Large

GREEN PEPPERS

HOTSALE!

MVP

BUY 2 GET 2 FREE

W/O MVP Card \$10.99 EA

12 Pack

12 Oz. Cans

Select Varieties

PEPSI PRODUCTS

Limit 4 FREE

HOTSALE!

MVP

BOGO FREE

W/O MVP Card \$1.99 EA

6.88-20 Oz.

Select Varieties

THOMAS BAGELS OR ENTENMANN'S LITTLE BITES MUFFINS

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

15.99

EA

W/O MVP Card \$3.89 EA

12 Pack

12 Oz. Bottles or Cans

Select Varieties

SAMUEL ADAMS SIERRA NEVADA OR NEW BELGIUM

HOTSALE!

MVP

BOGO FREE

W/O MVP Card \$5.99 EA

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 \$5.69 EA

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 COUPONS

Load on App • Online • In-Store Kiosk

HOT SALE!

MVP

3.49

EA

W/O MVP Card \$5.89 EA

48 Oz.

Select Varieties

BREYERS ICE CREAM

HOT SALE!

MVP

2/\$5

W/O MVP Card \$3.89 EA

8.4-12.1 Oz.

Select Varieties

QUAKER INSTANT OATMEAL

HOTSALE!

MVP

\$1

EA

W/O MVP Card \$2.09 EA

4.7-8.7 Oz.

Select Varieties

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

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

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

HOTSALE!

MVP

1.79

EA

W/O MVP Card \$4.89 EA

10-11 Oz. - Select Varieties

POST PEBBLES CEREAL

REST OF WEEK

\$2.99 EA

MVP

HOTSALE!

MVP

2/\$5

W/O MVP Card \$3.79 EA

7-8 Oz. - Select Varieties

TILLAMOOK SLICED OR SHREDDED CHEESE

REST OF WEEK

2/\$7

MVP

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

REST OF WEEK

\$5.99 EA

HOTSALE!

MVP

BOGO FREE

W/O MVP Card \$3.89 EA

20 Oz.

WONDER CLASSIC WHITE ROUND TOP BREAD

REST OF WEEK

\$2.99 EA

MVP

HOTSALE!

MVP

5.99

EA

W/O MVP Card Regular Retail

6 Mega Rolls

CHARMIN 4 Double Rolls

BOUNTY Select Varieties

REST OF WEEK

\$7.99 EA

MVP

HOTSALE!

MVP

4.49

EA

W/O MVP Card \$5.49 EA

18 Oz.

Select Varieties

DUKE'S SQUEEZE MAYONNAISE

1 ZNNF ZNNO 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

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

A close-up photograph of a Beef T-bone Steak and a baked potato. The steak is cooked to a medium-rare doneness, showing a pinkish center and a browned, herb-seasoned exterior. It is served on a white plate. Next to the steak is a baked potato, topped with a dollop of white sour cream and garnished with fresh green chives. The background is a plain, light-colored surface.

23 Oz. Pkg.
All Varieties

**SMITHFIELD
MARINATED
PORK LOIN
FILET**

HOTSALE!
Save

**BOGO
FREE**

W/O MVP Card Regular Retail
Single Item Half Price

The image shows a top-down view of a Smithfield Marinated Pork Loin Filet package. The package is dark with a clear window showing the meat. Below the package, a cooked pork loin is served on a white plate, garnished with green beans and sliced onions. The pork loin is golden brown and appears to be marinated.

10.99
 EA
 MVP Card Regular Retail

Small Pack
**FOOD LION
CHICKEN
THIGHS**

HOTSALE!
MVP
1.69
LB

W/O MVP Card Regular Retail



SUSTAINABLY SOURCED SEAFOOD

40 Oz. Pkg. Frozen
FOOD LION
SWAI

SALE!
w/VP
0.99
EA

VP Card Regular Retail

Chick'n & Sea
RESPONSIBLY RAISED
SHRIMP
UNCOOKED
16g Protein

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**

Chicken of the Sea
RESPONSIBLY BASED
SHRIMP
COOKED

26-30 Ct.
12 Oz. Bag - Frozen

HOTSALE!
MVP
7.99
EA

W/O MVP Card Regular Retail

**CHICKEN
OF THE SEA
COOKED
SHRIMP**



HOTSALE!
MVP

9⁹⁹
EA

16 Oz. - Fresh
**SALMON
FILLET**

V/O MVP Card Regular Retail



HOTSALE!
MVP

9⁹⁹
EA

40 Oz. - Frozen
**FOOD
SWAP**

W/O MVP Card Regular Retail

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

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 foodli

PRICED LOW ✓ EVERY DAY

MVP PRICED LOW EVERY DAY ✓
289 EA

HOT SALE!
MVP
2/\$5

HOTSALE!
MVP
2/\$4

HOT SALE!
MVP
2/\$5

HOT SALE!
MVP
399
EA

HOT SALE! **3.99** EA
W/O MVP Card \$4.49 EA

HOT SALE! **899** EA

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 A&W 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

12 Pack 12 Oz. Bottles or Cans Select Varieties MICHELOB ULTRA 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!

17.49 EA

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

HOTSALE!

17.99 EA

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

5 ZNNO ZNRR 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

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

HOTSALE!
4.49
EA
W/O MVP Card Regular Retail

bliss
REAL MILK & CREAM
CREAMER

Starbucks
CREAMER

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

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
SMOOTHIE

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

4-6 Pack Select Varieties
DANIMALS
SMOOTHIE OR
YOCRUNCH
YOGURT

16 Oz. Select Varieties
KRAFT
SINGLES

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

Kraft
Singles

FOOD LION
Cream Cheese Bar

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

8 Oz. Bar Select Varieties
FOOD LION
CREAM CHEESE

MVP DIGITAL COUPONS

Load on App • Online • In-Store Kiosk

Silk
SILK PROTEIN OR SOY MILK

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

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

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

15-77-23.45 Oz. Select Varieties
RED BARON
12" PIZZA

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

17-65-27.51 Oz. Select Varieties
Excludes Gluten Free
FRESCHETTA
PIZZA

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

Kellogg's
Eggo
Homestyle

HOTSALE!
2/\$5
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!
99¢
EA
W/O MVP Card \$1.58 EA

Marie Callender's
FROZEN DINNERS

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

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

Freschetta
PIZZA

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

10 Oz. Select Varieties
MARIE CALLENDER'S
POT PIE

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

Green Giant
BOXED VEGETABLES

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

Marie Callender's
FAMILY DINNERS

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

32 Oz. Select Varieties
JIM DANDY
QUICK GRITS

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

12-14 Oz. Select Varieties
GENERAL MILLS
CHEX CEREAL

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

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

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

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

HOTSALE!
11.99
EA
W/O MVP Card Regular Retail

36 Ct. Single Serve Cups Select Varieties
FOOD LION
COFFEE

HOTSALE!
12.79
EA
W/O MVP Card Regular Retail

BREAKFAST

32 Oz. Select Varieties
JIM DANDY
QUICK GRITS

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

12-14 Oz. Select Varieties
GENERAL MILLS
CHEX CEREAL

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

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

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

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

HOTSALE!
11.99
EA
W/O MVP Card Regular Retail

36 Ct. Single Serve Cups Select Varieties
FOOD LION
COFFEE

HOTSALE!
12.79
EA
W/O MVP Card Regular Retail

HEALTH & BEAUTY




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

HOT SALE!

MVP

2.99

EA

W/O MVP Card \$37.99 EA



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
AVE
CLEANSER OR
LOTION**

HOTSALE!
(MVP)

13⁶⁹
EA

W/O MVP Card \$15.99 EA





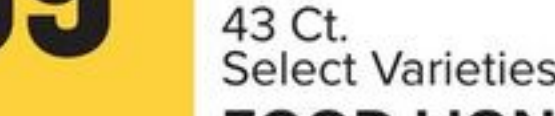
HOUSE & HOME

HOTSALE!

6⁹⁹

EA

W/O MVP CARD \$8.99 EA



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

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

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 \$1.99 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

OLAY
 22 Oz. Body Wash Select Varieties
OLAY

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

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

DAWN
 24 Oz. Select Varieties
DAWN UNSTOPABLES

15.99 EA
MVP Coupon -400 OFF 1

11.99 EA
MVP W/ MVP DISCOUNT SAVINGS LIMIT 1

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

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

14.99 EA
MVP W/ MVP DISCOUNT SAVINGS LIMIT 1



Nature's Promise

Organic

Quality goodness

you can feel good about serving!

2 Lb. Pkg.
FOOD LION
BABY CUT
CARROTS

HOTSALE!

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

In-Store Cut Fruit
FOOD LION
TROPICAL
FRUIT BOWL

HOTSALE!

3⁹⁹_{LB}

W/O MVP Card Regular Retail



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.

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

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 ZNNO 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**



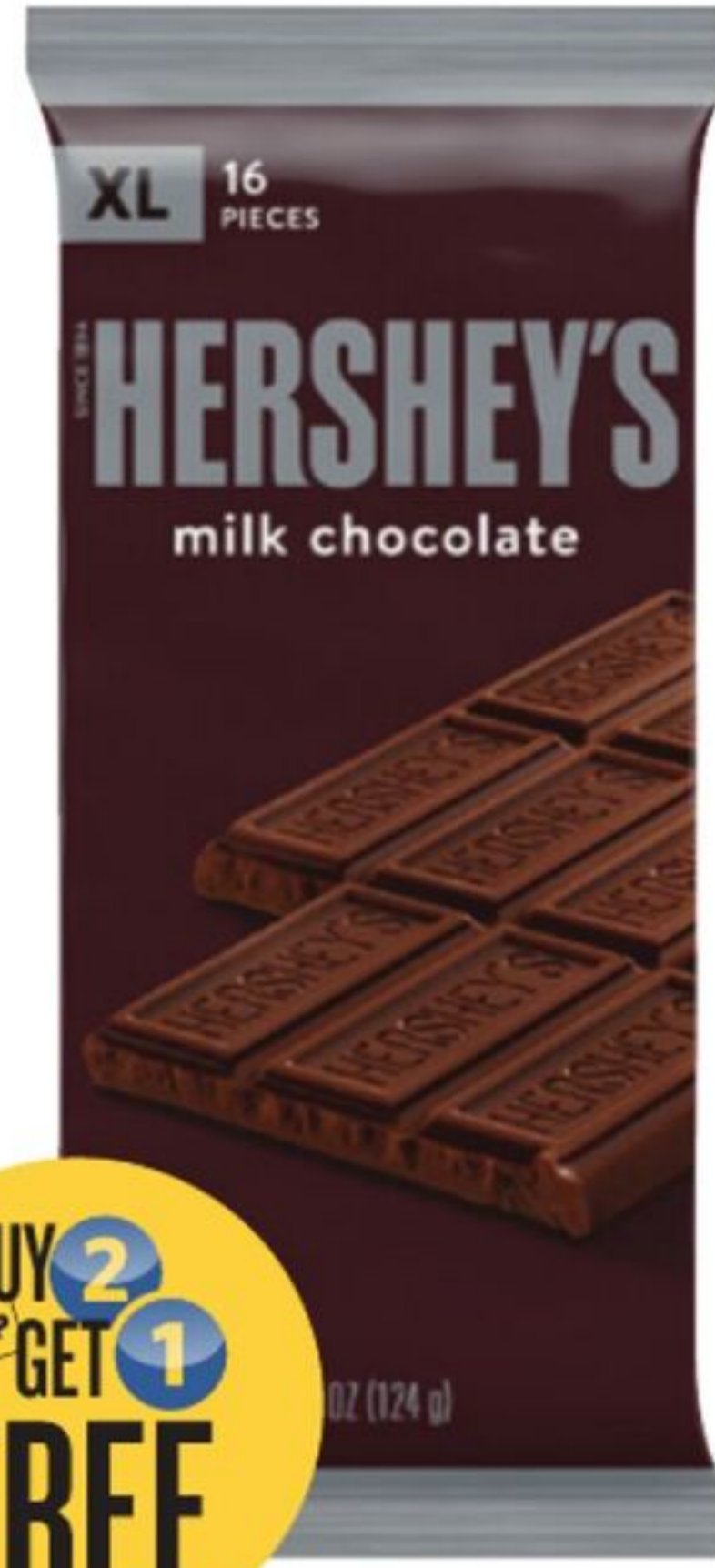
HOTSALE!
MVP
4.99
EA

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!