

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

2/\$4

Pint

BLUEBERRIES

W/O MVP Card \$3.79 EA

YOU SAVE

\$3⁵⁸

ON 2

4 Oz. - Select Varieties

NATURE'S PROMISE GREENHOUSE GROWN SALADS

HOTSALE!

MVP

2⁴⁹

EA

W/O MVP Card \$2.99 EA

14 Oz.

FOOD LION MINI CUCUMBERS

HOTSALE!

MVP

1⁴⁹

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 ENTELMANN'S LITTLE BITES MUFFINS

HOTSALE!

MVP

BOGO FREE

W/O MVP Card Regular Retail

Single Item Half Price

8 Pack

12 Oz. Bottles or 12 Pack

12 Oz. Cans

Select Varieties

PEPSI PRODUCTS

LIMIT 4 FREE

HOTSALE!

MVP

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

16⁹⁹

EA

W/O MVP Card \$3.89 EA

Off 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

LIMIT 4 FREE

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

3⁹⁹

EA

W/O MVP Card Regular Retail

MVP DIGITAL COUPONS

Load on App • Online • In-Store Kiosk

HOT SALE!

3⁴⁹

EA

MVP Coupon

-1⁰⁰

OFF

48 Oz.

Select Varieties

BREYERS ICE CREAM

HOTSALE!

MVP

2⁴⁹

EA

W/O MVP Card \$5.99 EA

W/ MVP DISCOUNT SAVINGS

LIMIT 1

HOT SALE!

2/\$5

MVP Coupon

-1⁰⁰

OFF

8.4-12.1 Oz.

Select Varieties

QUAKER INSTANT OATMEAL

HOTSALE!

MVP

2/\$4

W/O MVP Card \$2.99 EA

4.7-8.7 Oz.

Select Varieties

HAMBURGER HELPER

HOTSALE!

MVP

\$1

EA

W/O MVP Card \$2.99 EA

HOTSALE!

MVP

6⁹⁹

EA

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

Select Varieties

ARM & HAMMER

HOTSALE!

MVP

4⁴⁹

EA

W/O MVP Card \$5.49 EA

MVP
3 DAY
HOTSALE!
FRIDAY - SUNDAY

HOTSALE!

MVP

2⁹⁹

EA

W/O MVP Card Regular Retail

7-9 Oz. Pkg.

Select Varieties

OSCAR MAYER DELI FRESH LUNCH MEAT

HOTSALE!

MVP

9⁰⁰

EA

10-11 Oz. - Select Varieties

POST PEBBLES CEREAL

HOTSALE!

MVP

1⁷⁹

EA

W/O MVP Card \$4.89 EA

REST OF WEEK

\$3.49 EA

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

8.25-18 Oz. - Select Varieties

FRITO LAY PARTY SIZE CHIPS OR SNACKS

HOTSALE!

MVP

2⁹⁹

EA

Limit 4

W/O MVP Card \$5.99 EA

REST OF WEEK

\$5.99 EA

20 Oz.

WONDER CLASSIC WHITE ROUND TOP BREAD

HOTSALE!

MVP

BOGO FREE

W/O MVP Card \$3.89 EA

Single Item Half Price

Off Regular Retail

REST OF WEEK

\$2.99 EA

6 Mega Rolls

CHARMIN 4 Double Rolls

BOUNTY Select Varieties

HOTSALE!

MVP

5⁹⁹

EA

W/O MVP Card Regular Retail

REST OF WEEK

\$7.99 EA

PRICED LOW

✓ EVERY DAY

ON ITEMS YOU BUY MOST OFTEN

FOOD LION MVP

Coupons

&

FOOD LION MVP

Coupons

HOTSALE!

OUR BEST WEEKLY MVP DEALS

1 ZVBL ZVRO ZWBL 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 behind the bowl. 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, a slice of jalapeño, 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.

SUSTAINABLY SOURCED SEAFOOD



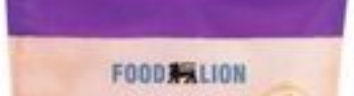
HOTSALE!

9⁹⁹

EA

16 Oz. - Fresh **SALMON FILLET**

W/O MVP Card Regular Retail

HOTSALE!

10⁹⁹

EA

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

W/O MVP Card Regular Retail




HOTSALE!

5⁹⁹

EA

8 Oz. - Frozen **SHRIMP RING**

W/O MVP Card Regular Retail




HOTSALE!

5⁹⁹

EA

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

W/O MVP Card Regular Retail




HOTSALE!

7⁹⁹

EA

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

W/O MVP Card Regular Retail

ZGAL ZGAT ZGAU ZGHW ZGSA ZKGB ZKNA ZKNV ZNNF ZNNO ZSAG ZSAU ZTNA ZTNV ZVBL ZVCH ZVHA ZVNC ZVNO ZVNR ZVRC ZVRD ZVRI ZVRN ZVRO ZVWR ZWBL 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
LB
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
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 \$5.99 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
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**



HOTSALE!
MVP
\$5
EA
W/O MVP Card \$5.99 EA

18 Oz.
**FOOD LION
TORTELLINI
PASTA**



HOTSALE!
MVP
\$5
EA
W/O MVP Card \$5.99 EA

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

FOOD LION CATERING
Make the holidays *easy*
Let us do the work!

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

SELECT CATERING TRAYS AND PLATTERS

LARGE GARDEN VEGETABLE PLATTER



CHICKEN TENDER TRAY



SIGNATURE SANDWICH PLATTER



LARGE MINI SANDWICH PLATTER



CHICKEN WING TRAY





Place your order at the deli counter or scan the QR code to order online.



Bring joy
to a family's table when you
buy a holiday box



FOOD LION FEEDS

November 5 - December 9, 2025
Your purchase will be donated to your local food bank.

FOOD LION FEEDS | **FEEDING AMERICA**

*Food Lion will donate monetary donations made at checkout in-store or online to Feeding America®. \$1.00 helps provide at least 10 meals secured by Feeding America on behalf of local member food banks. Each box purchased will be donated to local food banks within Food Lion's 10-state footprint. Funds raised could go to support Feeding America® programs that benefit local families. [foodlion.com/feeds](https://www.foodlion.com/feeds)

Baked in
fresh flavor!

Find our recipe on foodlion.com
Apple Pie Crescent Cobbler



PRICED LOW
EVERY DAY ✓
3.49
EA
16 Oz.
Select Varieties
**FOOD LION
BUTTER
QUARTERS**



HOTSALE!
MVP
2/\$4
W/O MVP Card \$2.29 EA
8-12.4 Oz.
Select Varieties
**FOOD LION
CRESCENT OR
CINNAMON
ROLLS**



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



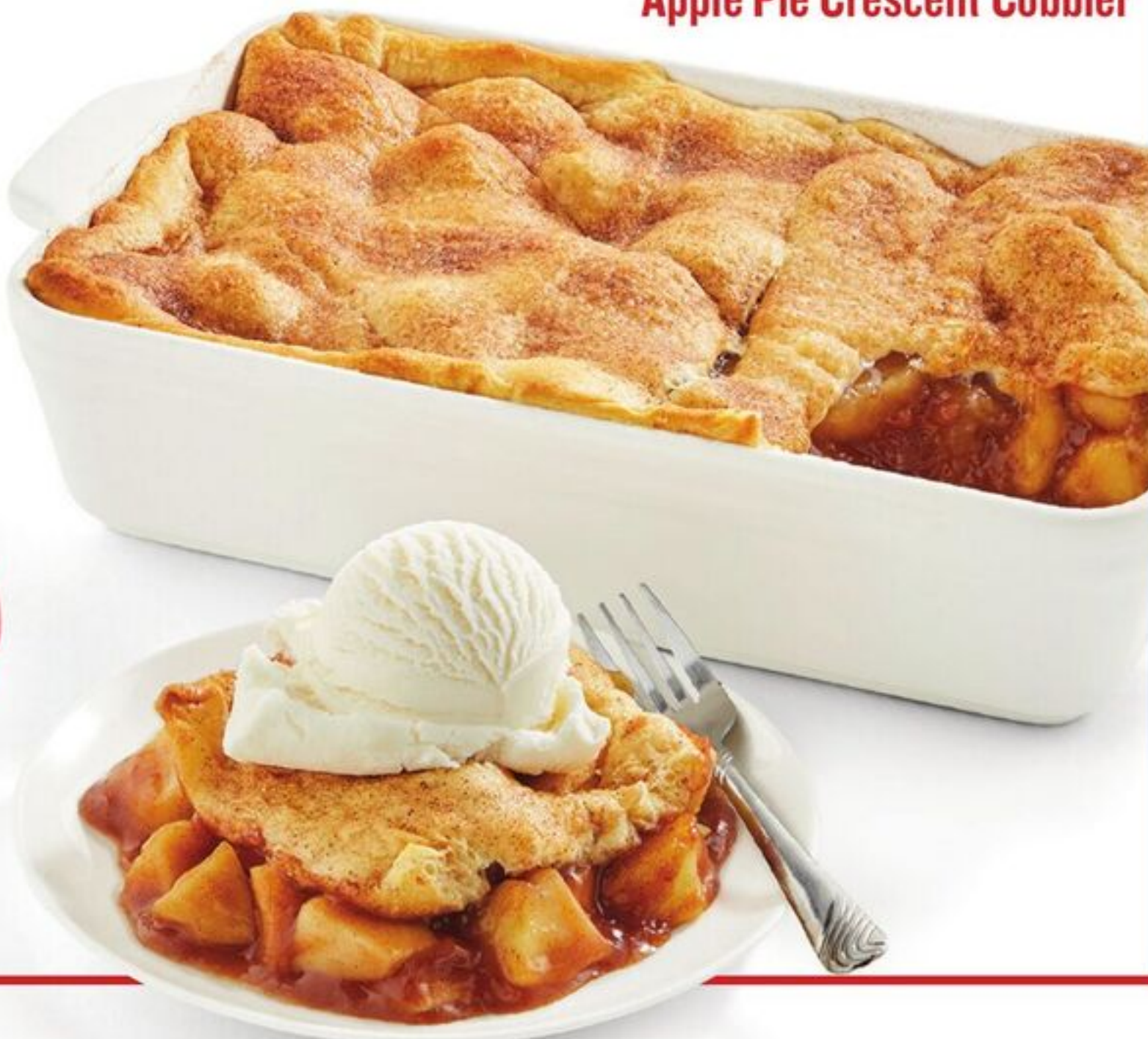
PRICED LOW
EVERY DAY ✓
2.99
EA
48 Oz.
Select Varieties
**FOOD LION
ICE CREAM**



HOTSALE!
MVP
1.79
EA
W/O MVP Card \$1.99 EA
16 Oz.
Select Varieties
**FOOD LION
BAKING
SUGARS**



HOTSALE!
MVP
1.29
LB
W/O MVP Card \$1.49 LB
Tote Bag
GALA APPLES



PRICED LOW ✓ EVERY DAY

8 Oz.
Select Varieties
**FOOD LION
MUSHROOMS**

2.69
EA



4.10-5.7 Oz.
Select Varieties
**KNORR
PASTA OR
RICE SIDES**

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



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

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



12 Oz.
**FOOD LION
VANILLA
WAFERS**

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



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

HOTSALE!
MVP
2.89
EA
W/O MVP Card \$3.58 EA



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

HOTSALE!
MVP
2.19
EA
W/O MVP Card \$2.69 EA



16 Oz.
Select Varieties
**TEDDIE
NATURAL
PEANUT BUTTER**

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



8-16 Oz.
Select Varieties
**UTZ
PRETZELS**

HOTSALE!
MVP
2/\$6
W/O MVP Card \$3.99 EA



HOTSALE!
MVP
2/\$5
W/O MVP Card \$3.48 EA



14.5-15 Oz.
Select Varieties
**CHEF BOYARDEE
CANNED PASTA**

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



11-20 Oz.
Select Varieties
**PEPPERIDGE FARM
DINNER ROLLS,
BREAD OR BUNS**

HOTSALE!
MVP
3.99
EA
W/O MVP Card \$4.49 EA



HOTSALE!
MVP
3.99
EA
W/O MVP Card Regular Retail
9.31-19.5 Oz.
Select Varieties
**NABISCO
FAMILY SIZE
CHIPS AHOY! OR
OREO COOKIES**



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



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



HOTSALE!
MVP
3.99
EA
W/O MVP Card \$5.49 EA
3.5-13.7 Oz.
Select Varieties
**NABISCO RITZ
OR SNACK
CRACKERS**

23.9-24 Oz.
Select Varieties
**RAGÙ
PASTA SAUCE**

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



6.5-8 Oz.
Select Varieties
**CAPE COD
POTATO CHIPS**
LIMIT 4 FREE

HOTSALE!
MVP
**BOGO
FREE**
W/O MVP Card \$5.29 EA
Single Item Half Price



6-10.7 Oz. - Select Varieties
**LITTLE DEBBIE
HOLIDAY CAKES OR
CHRISTMAS COFFEE
CREAMER**

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



HOTSALE!
MVP
3.99
EA
W/O MVP Card \$4.48 EA
16 Oz.
Select Varieties
RAO'S SOUP

30 Oz.
Select Varieties
**KRAFT
MAYONNAISE**

HOTSALE!
MVP
3.99
EA
W/O MVP Card \$6.19 EA



4 Pack
Select Varieties
**GOGO SQUEEZ
ACTIVE**

HOTSALE!
MVP
3.49
EA
W/O MVP Card \$4.59 EA



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



4.6 Oz.
Select Varieties
**FERRERO
COLLECTION
12 PIECE
GIFT BOX**
WHILE
SUPPLIES LAST!



HOTSALE!
MVP
6.99
EA
W/O MVP Card \$8.48 EA
14 Oz. - Select Varieties
**BLUE DIAMOND
ALMONDS
AND MORE**

Fast, tasty & affordable!

FOOD LION

Switch to our brand and save more.

Serving Suggestion:
Mini Pizza Bites

DOUBLE YOUR MONEY BACK QUALITY GUARANTEE

FOOD LION Fully Cooked Sliced Bacon

HOTSALE!

379 EA

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

FOOD LION Jumbo Biscuits

HOTSALE!

2/\$4

16 Oz. Select Varieties
FOOD LION JUMBO BISCUITS

FOOD LION Diced Yellow Onions

HOTSALE!

169 EA

5 Oz. FOOD LION DICED YELLOW ONIONS

FOOD LION Shredded Mozzarella Cheese

PRICED LOW EVERY DAY

379 EA

16 Oz. - Select Varieties
FOOD LION SHREDDED CHEESE

FOOD LION Homestyle Pizza Sauce

HOTSALE!

119 EA

14 Oz. FOOD LION PIZZA SAUCE

FOOD LION White Mashed Potatoes

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

W/O MVP Card \$2.99 EA

6 Pack 16-16.9 Oz. Bottles Select Varieties 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 BAREFOOT OR YELLOW TAIL WINE

HOTSALE!

6.99 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

13.99 EA

SAVE 10% WHEN YOU BUY 6 BOTTLES OF WINE

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

HOTSALE!

15.49 EA

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

HOTSALE!

19.99 EA

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

HOTSALE!

22.99 EA

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

HOTSALE!

17.99 EA

8 Pack - 12 Oz. Cans Select Varieties DEVIL'S BACKBONE, HIGH NOON OR COASTAL COCKTAILS

HOTSALE!

17.99 EA

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

5 ZVBL 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

16 Oz.
Select Varieties
KRAFT
SINGLES



HOTSALE!
MVP

2/\$5
EA

W/O MVP Card \$2.99 EA

46 Oz.
Select Varieties
TROPICANA
PREMIUM ADES
OR PUNCHES



HOTSALE!
MVP

2/\$5
EA

W/O MVP Card \$2.99 EA

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



HOTSALE!
MVP

4/\$5
EA

W/O MVP Card \$1.69 EA

4-6 Pack
Select Varieties
DANIMALS
SMOOTHIE OR
YOCRUNCH
YOGURT



HOTSALE!
MVP

2.99
EA

W/O MVP Card \$3.99 EA

8 Oz. Bar
Select Varieties
FOOD LION
CREAM CHEESE



HOTSALE!
MVP

2/\$3
EA

W/O MVP Card \$1.69 EA

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

HOTSALE!
MVP

4.49
EA

W/O MVP Card Regular Retail

FROZEN



HOTSALE!
MVP

2/\$5
EA

W/O MVP Card \$3.68 EA

10.7-12.3 Oz.
Select Varieties
EGGO
FROZEN
WAFFLES



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

99¢
EA

W/O MVP Card \$1.58 EA

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



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

6.99
EA

W/O MVP Card \$8.99 EA

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



HOTSALE!
MVP

12.79
EA

W/O MVP Card \$12.99 EA

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



HOTSALE!
MVP

12.79
EA

W/O MVP Card Regular Retail

36 Ct. Single Serve Cups
Select Varieties
FOOD LION
COFFEE



HOTSALE!
MVP

4.28
EA

W/O MVP Card Regular Retail

42 Oz.
Old Fashioned or Quick
FOOD LION
OATS



HOTSALE!
MVP

2/\$6
EA

W/O MVP Card Regular Retail

22.6-25.9 Oz. Can
Select Varieties
FOLGERS
COFFEE



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

5.99
EA

W/O MVP Card Regular Retail

12-14 Oz.
Select Varieties
GENERAL MILLS
CHEX CEREAL



HOTSALE!
MVP

1.99
EA

W/O MVP Card \$2.29 EA

32 Oz.
JIM DANDY
QUICK GRITS



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



FOOD LION
Disinfecting Wipes
Kills 99.9% of germs
35 WIPES PER BOTTLE

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 FOP LION PUSH PODS	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

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

2/\$14
 W/ M MVP Card \$2.99 EA
MVP
Coupon **-50% OFF**

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

DOWNY UNSTOPABLES
 24 Oz. Select Varieties
DOWNY UNSTOPABLES

2/\$9.99
 EA
MVP
Coupon **-40% OFF**

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

2/\$4.99
 EA
MVP
Coupon **-50% OFF**

2/\$9.99
 EA
MVP
Coupon **-50% OFF**



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



HOTSALE!

3⁴⁹_{EA}

W/O MVP Card Regular Retail

12 Oz.
Select Varieties
MARZETTI
SIMPLY
DRESSING



While Supplies Last

9⁹⁹_{EA}

SUGAR PLUM
BOUQUET



HOTSALE!

3⁹⁹_{LB}

W/O MVP Card Regular Retail

In-Store Cut Fruit
FOOD LION
TROPICAL
FRUIT BOWL

Find us online:
foodlion.com    

Prices and promotions in this ad are based on the use of a Food Lion MVP card, regular prices apply without card.
We reserve the right to limit quantities and correct typographical errors.
Prices and availability may vary by store.
Rain checks unavailable on alcohol and tobacco products.

ALL STORES
ACCEPT:

Prices in this ad good at stores conveniently located in these cities:
North Tazewell, Richlands

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 ZVBL 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**



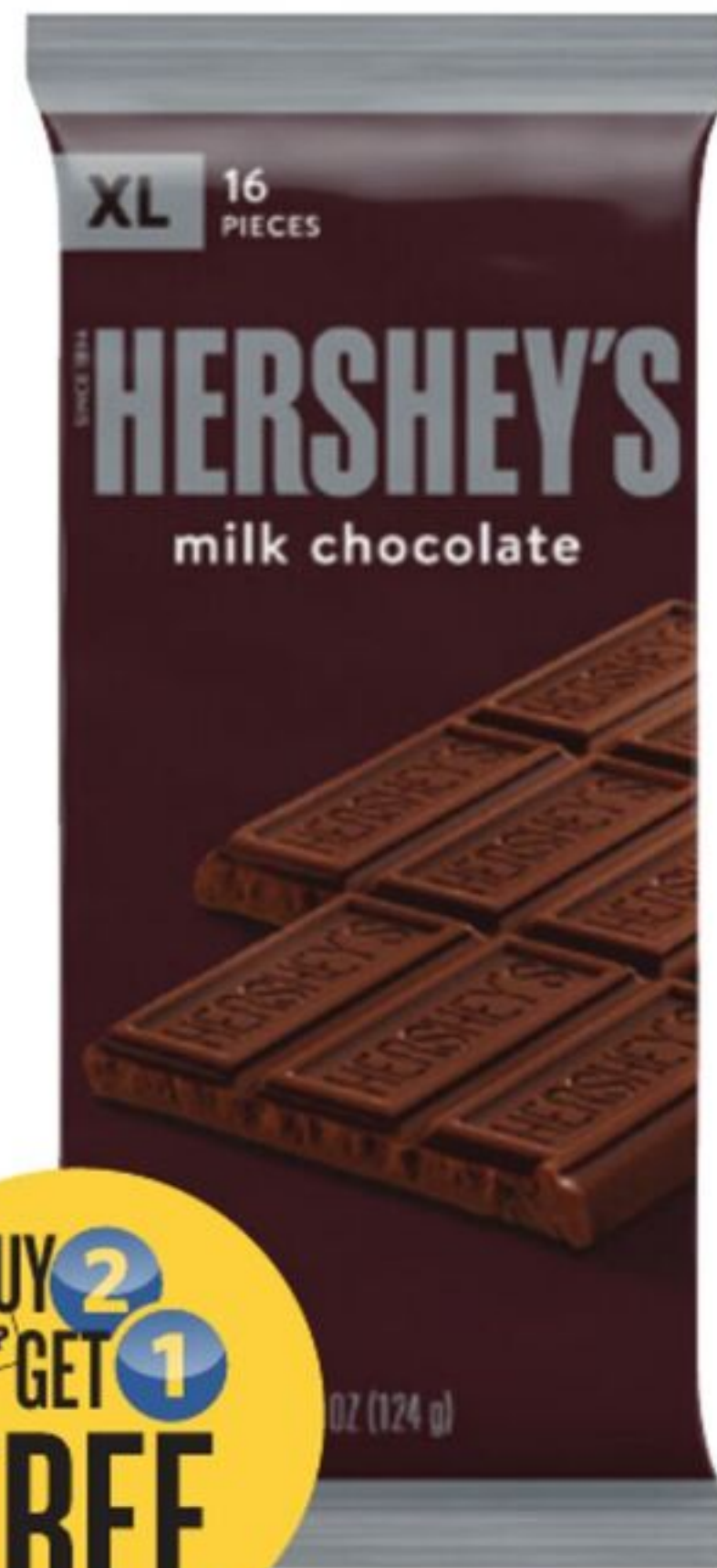
HOTSALE!
MVP
4.99
EA

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!