FOOD LION

March 18 - March 24, 2026

Offers valid while supplies last.

Let the savings madness begin!

HOTSALE! MVP

2.99 LB

YOU SAVE $2.00 LB

PORK BABY BACK RIBS

Limit 2

W/O MVP Card $4.99 LB

HOTSALE! MVP **4.49 LB** W/O MVP Card $6.59 LB

Ground Fresh Daily

80% LEAN FRESH GROUND CHUCK

HOTSALE! MVP **1.99 LB** W/O MVP Card $2.69 LB

Family Pack

FOOD LION BONELESS CHICKEN BREAST

HOTSALE! MVP **3.49 EA** W/O MVP Card Regular Retail

7-9 Oz. Pkg. Select Varieties

OSCAR MAYER DELI FRESH LUNCH MEAT

YOU SAVE $1.50 EA

HOTSALE! MVP

1.99 EA

1 Lb. Container

STRAWBERRIES

W/O MVP Card $3.49 EA

HOTSALE! MVP **BOGO FREE** W/O MVP Card $2.99 EA Single Item Half Price

14 Oz.

FOOD LION MINI CUCUMBERS

HOTSALE! MVP **1.89 LB** W/O MVP Card $2.39 LB

GREEN SEEDLESS GRAPES

HOTSALE! MVP **9.99 EA** W/O MVP Card $14.99 EA

18 Ct.

Made Hot In-Store

MILD OR SPICY WINGS

IN THE DELI

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

12 Pack

12 Oz. Cans

Select Varieties

PEPSI PRODUCTS

LIMIT 4 FREE

HOTSALE! MVP **BOGO FREE** W/O MVP Card $5.99 EA Single Item Half Price

7-13 Oz.

Select Varieties

NABISCO CHIPS AHOY! COOKIES

LIMIT 4 FREE

4.75-8 Oz. - Select Varieties

LAY'S OR LAY'S KETTLE POTATO CHIPS

LIMIT 4 FREE

HOTSALE! MVP **BOGO FREE** W/O MVP Card $4.29 EA Single Item Half Price

24 Pack - 12 Oz. Bottles or Cans

24 Pack - 12 Oz. Cans

MICHELOB ULTRA

CORONA PREMIER OR YUENGLING FLIGHT

Select Varieties

HOTSALE! MVP **21.99 EA**

64 Oz.

Select Varieties

ALMOND BREEZE ALMONDMILK

HOTSALE! MVP **2.99 EA** W/O MVP Card $3.79 EA

HOTSALE! MVP **3.99 EA** W/O MVP Card $5.49 EA

36.25 Oz.

Select Varieties

KRAFT MACARONI & CHEESE DINNER

HOTSALE! MVP **5/$5** W/O MVP Card $1.19 EA

5 Oz.

Select Varieties

BUMBLE BEE CHUNK LIGHT TUNA

8 Ct. K-Cups

Select Varieties

KEURIG COFFEE COLLECTIVE

NEW ITEM

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

MVP DIGITAL COUPONS

Load on App • Online • In-Store Kiosk

PRICED LOW EVERY DAY 2/$5 W/MVP Card $3.99 EA — MVP Coupon -1.00 EXT

13.5 Oz.

Select Varieties

KELLOGG'S POP-TARTS

2/$4 MVP W/MVP DIGITAL DISCOUNT SAVINGS

PRICED LOW EVERY DAY 3.99 W/MVP Card $5.49 EA — MVP Coupon -70¢ EXT

14 Oz.

Select Varieties

HÄAGEN-DAZS ICE CREAM

3.29 EA MVP W/MVP DIGITAL DISCOUNT SAVINGS

HOTSALE! 4.49 W/MVP Card $5.49 EA — MVP Coupon -1.50 EXT

15.77-23.45 Oz.

Select Varieties

RED BARON 12" PIZZA

2.99 EA MVP W/MVP DIGITAL DISCOUNT SAVINGS

HOTSALE! 8.49 W/MVP Card $10.49 EA — MVP Coupon -2.00 EXT

55-63 Oz. Liquid or 18-31 Ct. Pods

Select Varieties

TIDE

6.49 EA MVP W/MVP DIGITAL DISCOUNT SAVINGS

MVP PRICED LOW EVERY DAY ON ITEMS YOU BUY MOST OFTEN & MVP HOTSALE! OUR BEST WEEKLY MVP DEALS

MVP 3 DAY FROZEN HOTSALE! FRIDAY - SUNDAY

24-26.50 Oz.

Select Varieties

TYSON FROZEN CHICKEN

HOTSALE! MVP **6.99 EA** W/O MVP Card $10.99 EA

REST OF WEEK $7.99 EA MVP

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

8-10 Oz. Pkg.

Frozen

Select Varieties

MARGARITA-VILLE SHRIMP

REST OF WEEK $5.99 EA MVP

HOTSALE! MVP **BOGO FREE** W/O MVP Card $5.99 EA Single Item Half Price - Off Regular Retail

8 Oz.

Select Varieties

SMUCKER'S UNCRUST-ABLES

REST OF WEEK $3.99 EA MVP

HOTSALE! MVP **2/$5** W/O MVP Card $6.29 EA

48 Oz.

Select Varieties

BREYERS ICE CREAM

REST OF WEEK 2/$6 MVP

HOTSALE! MVP **2/$5** W/O MVP Card $4.49 EA

4-6 Ct.

Select Varieties

KLONDIKE ICE CREAM BARS

REST OF WEEK 2/$6 MVP

HOTSALE! MVP **2.99 EA** W/O MVP Card Regular Retail

14.7-15 Oz.

Select Varieties

OUTSHINE BARS OR FROLLIES

REST OF WEEK $3.99 EA MVP

HOTSALE! MVP **7.99 EA** W/O MVP Card $10.99 EA

16-28 Oz.

Select Varieties

SEAPAK FROZEN SEAFOOD

REST OF WEEK $9.99 EA MVP

1 ZVCH ZVHA 03/18/26

Hot SALE!
MVP
MVP
MVP
PRICED LOW EVERY DAY
MVP SHOP & EARN MONTHLY REWARDS
DIGITAL COUPONS
FOOD LION MVP
Savings made for MVPs like you
Get MVP Details

Fresh produce to fuel your day at *low prices!*

100% FRESH OR DOUBLE YOUR MONEY BACK

HOTSALE! MVP 3.49 EA W/O MVP Card Regular Retail
MINI WATERMELON, CANTALOUPES OR HONEYDEW MELONS

HOTSALE! MVP 3.49 EA W/O MVP Card Regular Retail
2 Lb. Bag
GOLD NUGGET MANDARINS

HOTSALE! MVP 1.99 EA W/O MVP Card Regular Retail
Whole
GOLDEN PINEAPPLE

5 Lb. Bag
FOOD LION GOLD POTATOES
HOTSALE! MVP 2.99 EA W/O MVP Card Regular Retail

HOTSALE! MVP 1.29 LB W/O MVP Card Regular Retail
Bulk or Tote Bag
ZUCCHINI OR YELLOW SQUASH

A FOOD LION private brand

HOTSALE! MVP 2/$5 W/O MVP Card Regular Retail
10.5-12 Oz. Pkg.
ANGEL SWEET, WILD WONDERS OR FLAVOR BOMBS CHERRY TOMATOES

10 Oz.
Select Varieties
NATURE'S PROMISE ORGANIC SALAD MIX
HOTSALE! MVP 4.49 EA W/O MVP Card Regular Retail

USDA ORGANIC

6 INCH EXOTIC TULIPS
While Supplies Last!
8.99 EA

ORGANIC

2 Lb. Bag
ORGANIC MANDARINS
HOTSALE! MVP 3.99 EA W/O MVP Card Regular Retail

USDA ORGANIC

HOTSALE! MVP 1.99 EA W/O MVP Card Regular Retail
ORGANIC SEEDLESS CUCUMBERS

USDA ORGANIC

Feel good *freshness!*

HOTSALE! MVP 2.99 EA W/O MVP Card Regular Retail
3 Ct. Pkg.
FOOD LION RAINBOW BELL PEPPERS
4 Lb. Bag
SWEET ONIONS

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: VISA MasterCard ATM CARDS

Prices in this ad good at stores conveniently located in these cities:
Elkton, Fishersville, Grottoes, Harrisonburg, Staunton, Stuarts Draft, Timberville, Verona, Waynesboro

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.

Your MVP savings bracket

16 Oz. Pkg.
85% LEAN FRESH GROUND BEEF CHUB

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

16 Oz. Pkg.
FRESH GROUND TURKEY BREAST

5 Lb. Bag
CHICKEN DRUMSTICKS

18.4 Oz. Pkg. - Select Varieties
HATFIELD MARINATED PORK TENDERLOIN

11.28 Oz. Pkg.
Select Varieties
MARC ANGELO SKEWERS

30 Oz. Pkg.
Select Varieties
Excludes Beef
BALL PARK FAMILY PACK MEAT FRANKS

28-32 Oz. Pkg.
Select Varieties
BOB EVANS FAMILY SIZE SIDE DISH

9-16 Oz. Pkg.
Select Varieties
LAND O'FROST PREMIUM LUNCHMEAT

12 Oz. Pkg. - Select Varieties
GODSHALL'S TURKEY BACON

16 Oz. Pkg.
STEAKHOUSE NATURALS 90% LEAN FRESH GROUND ANGUS BEEF

25.5-26 Oz. Pkg.
Select Varieties
FOOD LION BREADED CHICKEN

19 Oz. Pkg.
Select Varieties
JOHNSONVILLE FRESH DINNER SAUSAGE

9-16 Oz. Pkg.
Select Varieties
SMITHFIELD DICED OR CUBED HAM OR CRACKER CUTS

8 Oz. Pkg.
Select Varieties
OSCAR MAYER BEEF BOLOGNA

24 Oz. Pkg. - Frozen
Select Varieties
AMYLU BREAKFAST BITES

HOTSALE!

MVP

$5 EA

W/O MVP Card Regular Retail

No matter your *favorites*, there are no bad picks with *savings* this good!

SUSTAINABLY SOURCED SEAFOOD

12 Oz. Bag - Frozen
Select Varieties
FOOD LION TILAPIA FILLETS

13.1 Oz. Pkg. - Frozen
Select Varieties
SEA CUISINE SHRIMP SKEWERS

12 Oz. Bag - Frozen
Select Varieties
FOOD LION PINK SALMON

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

2 ZNC0 ZDP0 ZS5A ZG4A ZG4L ZU4F ZU4J ZU2V ZU2X ZGC7 ZGH9 ZG9V ZG5A ZN8Q ZN4A ZN0V ZN8A ZN8L ZNBM ZNB7 ZN5A ZNMA ZNMK ZNHS ZNCA ZNC0 ZNC2 ZNC6 ZNDV ZNG1, ZNCR ZNCT ZNFL ZNGB ZNGL ZNGR ZNGG ZNGV ZNKP ZNL2 ZNN8 ZNNF ZNNL ZNN0 ZNN4 ZNN6 ZNN0 ZNNV ZNNK ZNNL ZNRR ZNT7 ZNNM ZNNR ZNNS ZNNT ZPNL ZPNN ZPNH ZQAG ZQAN ZQCH ZQCL ZQCQ ZQCT ZPR1 ZSFL ZSFN ZSSL ZSSV ZSSA ZSSH ZTCA ZTCH ZTNN ZTNA ZTNV ZTR LVBL ZVCH ZVCC ZVK4 ZVNK ZVN0 ZVN8 ZVN6 ZVN0 ZVNC ZVNG ZVNN ZVNR ZVNS ZVNT ZVNW ZVNB ZVNQ ZVNL ZVNMA ZVN90 SF1B9B

Simple choices
that feel right
Shop Nature's Promise
Nature's Promise
Organic
Hass Avocados

BOGO FREE MVP On Participating Items Single Item Half Price

Our *hottest* deli deals

HOTSALE! MVP BOGO FREE W/O MVP Card $3.99 EA. Single Item Half Price
16 Oz. Select Varieties
JACK'S SPECIAL GARDEN FRESH GOURMET SALSA

HOTSALE! MVP BOGO FREE W/O MVP Card $1.99 EA. Single Item Half Price
10 Ct.
MINI BAGELS

HOTSALE! MVP BOGO FREE W/O MVP Card $3.99 EA. Single Item Half Price
4 Ct.
FOOD LION CINNAMON ROLL DONUTS

Easy Eats for every game!

HOTSALE! MVP BOGO FREE W/O MVP Card Regular Retail Single Item Half Price
10 Oz. - Select Varieties
RANA PASTA STUFFED RAVIOLI

14 Oz. Select Varieties
DEPALO FOODS STROMBOLI
HOTSALE! MVP 4.99 EA. W/O MVP Card $5.99 EA.

HOTSALE! MVP 3.99 EA. W/O MVP Card $4.99 EA.
2 Lb.
FOOD LION DELI SALAD

Save on snacking solutions!

Available in our Deli & Bakery

HOTSALE! MVP 4.99 EA. W/O MVP Card $5.99 EA.
TWO BITE ASSORTED MINI DONUTS

HOTSALE! MVP 4.99 EA. W/O MVP Card $5.99 EA.
PRETZILLA PRETZEL TUB

HOTSALE! MVP 5.99 EA. W/O MVP Card $8.49 EA.
12 Oz.
PRESIDENT CRUMBLED FETA CHEESE

16 Oz. Select Varieties
BELGIOIOSO MOZZARELLA LOG OR PEARLS
HOTSALE! MVP 5.99 EA. W/O MVP Card $7.99 EA.

HOTSALE! MVP 5.99 EA. W/O MVP Card $6.99 EA.
7.6 Oz. Select Varieties
YANCEY'S FANCY SMOKED GOUDA CHEESE

Nature's Promise Organic

Wrap up something *wholesome!*

Our Brand of Organics you can feel good about!

DOUBLE YOUR MONEY BACK QUALITY GUARANTEE

HOTSALE! MVP 2.69 EA. W/O MVP Card $2.89 EA.
5 Oz.
NATURE'S PROMISE ORGANIC CANNED CHICKEN
USDA ORGANIC

15 Oz.
NATURE'S PROMISE ORGANIC MAYONNAISE
HOTSALE! MVP 2.99 EA. W/O MVP Card $4.49 EA.
USDA ORGANIC

12 Oz. Select Varieties
NATURE'S PROMISE ORGANIC MUSTARD
PRICED LOW EVERY DAY
2.29 EA.
USDA ORGANIC

3 Ct.
NATURE'S PROMISE ORGANIC AVOCADOS
HOTSALE! MVP 3.49 EA. W/O MVP Card $3.99 EA.
USDA ORGANIC

HOTSALE! MVP 2.69 EA. W/O MVP Card $3.29 EA.
2 Ct. Pkg.
NATURE'S PROMISE ORGANIC TOMATOES
USDA ORGANIC

HOTSALE! MVP 6.59 EA. W/O MVP Card Regular Retail
16 Oz. PRE-PACKAGED
NATURE'S PROMISE ORGANIC GROUND BEEF
USDA ORGANIC

Here with a *new* week of *digital coupon savings*

New Offers ADDED WEEKLY!

Sign in at foodlion.com, our app or the in-store kiosk

MVP INSTANT COUPONS

3 ZDPH ZDSA ZDAH ZSAL ZSAT ZSAU ZGHW ZGRY ZGSA ZMBA ZMBL ZMBM ZMBT ZMSA ZMWA ZMWK ZMWR ZPAL ZPHA ZPHI ZSAG ZSAU ZSCH ZSCL ZSCO ZSFE ZSFL ZSFR ZSGL ZSGV ZSSA ZSSV ZVCH ZVDC ZVHA ZVNK ZVNO ZVNR ZVRC ZVRD ZVRI ZVRN ZVWH ZVWN ZVWR ZVWS ZVWT ZVWX ZWCA ZWCL ZWWA ZWWS 03/18/26

FREE* Pickup or $5 OFF Delivery

When you buy any 4 participating products.

Shop Now

*Restrictions apply. Click button for more details.

FOOD LION | Nature's Promise

Madness never tasted so cheesy!

Serving Suggestion: Loaded Mozzarella Sticks

23-24 Oz. Select Varieties
FOOD LION PASTA SAUCE
HOTSALE! 1.59 EA
W/O MVP Card $1.79 EA

8 Oz. Select Varieties
FOOD LION GRATED PARMESAN CHEESE
HOTSALE! 2.69 EA
W/O MVP Card $2.99 EA

6 Oz. Pkg.
FOOD LION PEPPERONI
HOTSALE! 2.79 EA
W/O MVP Card Regular Retail

6-8 Oz. Select Varieties
FOOD LION SHREDDED CHEESE
HOTSALE! 3/$5
W/O MVP Card 2/$4

20 Oz. Select Varieties
FOOD LION BREADED MOZZARELLA CHEESE STICKS
5.99 EA

HOTSALE! 69¢ LB
W/O MVP Card $1.19 EA
GREEN ONIONS

PRICED LOW EVERY DAY

14.5-20 Oz. Select Varieties
SARA LEE ARTESANO ROLLS
3.79 EA MVP
W/O MVP Card $4.79 EA

6.79 LB
12 Pack Select Varieties
FOOD LION APPLESAUCE POUCH

MVP HOTSALE!

20 Oz. Select Varieties
NATURE'S OWN HAWAIIAN BREAD
2.99 EA MVP
W/O MVP Card $3.99 EA

15-16 Oz. Select Varieties
HUNT'S MANWICH
MVP 4/$5
W/O MVP Card $1.50 EA

12 Oz. Bags or 35.3 Oz. Canister Select Varieties
FOOD LION COFFEE OR NON-DAIRY COFFEE CREAMER
PRICED LOW EVERY DAY
6.99 EA

9 Oz. Select Varieties
FAMOUS AMOS BITE-SIZE COOKIES
HOTSALE! MVP 3.49 EA
W/O MVP Card $3.99 EA

9.2-13.8 Oz. Select Varieties
KELLOGG'S CLUB OR TOWN HOUSE CRACKERS
LIMIT 4 FREE
HOTSALE! MVP BOGO FREE
W/O MVP Card $5.99 EA
Single Item Half Price

8 Oz. Select Varieties
KRAFT DRESSING
HOTSALE! MVP BOGO FREE
W/O MVP Card $2.79 EA
Single Item Half Price

HOTSALE! MVP 2/$3
W/O MVP Card $1.99 EA

12-16 Oz. Select Varieties
BARILLA PASTA

14-15 Oz. Select Varieties
PLANTERS CASHEW HALVES & PIECES OR MIXED NUTS
HOTSALE! MVP 7.99 EA
W/O MVP Card Regular Retail

4.8-6.4 Oz. Select Varieties
LINDSAY OLIVES OR SNACK & GO CUPS
HOTSALE! MVP 3.49 EA
W/O MVP Card Regular Retail

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

8.04-10.6 Oz. Select Varieties
VOORTMAN COOKIES OR WAFERS

5.1 Oz. Select Varieties
LINDT TRUFFLE BAG
HOTSALE! MVP 5.99 EA
W/O MVP Card $8.39 EA

5.2-6.56 Oz. Select Varieties
PRINGLES POTATO CRISPS
HOTSALE! MVP 2/$4
W/O MVP Card $2.49 EA

15 Oz.
FAMOUS DAVE'S CORN BREAD MIX
HOTSALE! MVP 2.49 EA
W/O MVP Card $2.99 EA

15.5 Oz. Select Varieties
KINDER'S DIPPING, WING, OR COOKING SAUCE
HOTSALE! MVP 4.49 EA
W/O MVP Card $5.79 EA

5.9-25 Oz. Select Varieties
WISE CHEEZ DOODLES OR POPCORN
HOTSALE! MVP 2/$6
W/O MVP Card $4.79 EA

22.5 Oz.
LA BANDERITA FLOUR TORTILLAS
HOTSALE! MVP 2/$6
W/O MVP Card Regular Retail

11.3 Oz. Select Varieties
JUMEX NECTAR
HOTSALE! MVP 79¢ EA
W/O MVP Card Regular Retail

18.5-19 Oz. Select Varieties
PROGRESSO SOUP
HOTSALE! MVP 2/$5
W/O MVP Card $2.79 EA

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

16.3-17.3 Oz. Select Varieties
KEEBLER FAMILY SIZE COOKIES AND SANDWICH COOKIES

3 Lb.
FLORIDA CRYSTALS ORGANIC CANE SUGAR
HOTSALE! MVP 4.99 EA
W/O MVP Card $6.19 EA

32 Oz. Select Varieties
NATURE'S PROMISE ORGANIC BROTH
HOTSALE! MVP 1.79 EA
W/O MVP Card $1.99 EA

HOTSALE! MVP 2.99 EA
W/O MVP Card $3.29 EA

5 Oz. Select Varieties
POLAR SALAD CRAB MEAT

NABISCO | NCAA MARCH MADNESS

Official Cookies and Crackers of March Madness

FREE* Pickup or $5 OFF Delivery

When you buy 3 participating products.

Shop Offer

*Restrictions apply. Click button for more details.

©Mondelēz International group

MVP 20% OFF SALE
ON PARTICIPATING ITEMS

CLOROX · PURE · GLAD · Kleenex · Cottonelle

32 Oz.
Select Varieties
CLOROX CLEAN-UP SPRAY
HOT SALE! 3.99 EA
W/ MVP Card Get Extra
-20% OFF
3.19 EA MVP

8 Oz.
Select Varieties
CLOROX PURE ALLERGEN AIR SPRAY
5.99 EA
-20% OFF
4.79 EA MVP

75 Ct.
Select Varieties
CLOROX DISINFECTING WIPES
PRICED LOW EVERY DAY 5.49 EA
W/ MVP Card Get 20% Off
-20% OFF
4.39 EA MVP

30-40 Ct.
Select Varieties
GLAD KITCHEN BAGS
PRICED LOW EVERY DAY 9.99 EA
W/ MVP Card Pay Regular Retail
-20% OFF
7.99 EA MVP

3 Pack Flats
Select Varieties
KLEENEX FACIAL TISSUES
HOT SALE! 4.99 EA
W/ MVP Card Pay Regular Retail
-20% OFF
3.99 EA MVP

12 Mega Rolls
Select Varieties
COTTONELLE
12 x 48 sq ft
HOT SALE! 14.99 EA
W/ MVP Card Pay Regular Retail
-20% OFF
11.99 EA MVP

BEVERAGE CENTER

6 Pack
16-16.9 Oz. Bottles or
10 Pack - 7.5 Oz. Cans
Select Varieties
PEPSI PRODUCTS
HOTSALE!
MVP 3/$12
W/O MVP Card Regular Retail

12 Oz. - 4 Pack
Select Varieties
MONSTER ENERGY
HOTSALE!
MVP 6.99 EA
W/O MVP Card $8.99 EA

24 Pack
16.9 Oz. Bottles
DASANI WATER
MVP PRICED LOW EVERY DAY 4.99 EA
W/O MVP Card $6.19 EA

6 Pack
16-16.9 Oz. Bottles
Select Varieties
7-UP OR CANADA DRY PRODUCTS
HOTSALE!
MVP 3/$12
W/O MVP Card Regular Retail

64 Oz.
Select Varieties
OLD ORCHARD
HOTSALE!
MVP 1.99 EA
W/O MVP Card $2.99 EA

16 Oz.
Select Varieties
BODYARMOR
MVP PRICED LOW EVERY DAY 1.49 EA
W/O MVP Card $2.18 EA

64 Oz. or 8 Pack
Select Varieties
JUICY JUICE
HOTSALE!
MVP 2/$7
W/O MVP Card Regular Retail

750 ml
Select Varieties
ANDRÉ OR TRIVENTO WINE
HOTSALE!
8.99 EA

1.5 Liter
Select Varieties
YELLOW TAIL WINE
PRICED LOW EVERY DAY 10.99 EA

750 ml
Select Varieties
MEIOMI OR KIM CRAWFORD WINE
HOTSALE!
15.99 EA

SAVE 10%
WHEN YOU BUY 6 BOTTLES OF WINE

HOTSALE!
12 Pack
11.2-12 Oz. Cans or Bottles
Select Varieties
MODELO, CORONA, HEINEKEN, PERONI OR STELLA ARTOIS
17.99 EA

HOTSALE!
13 Pack
12 Oz. Bottles or Cans
Select Varieties
BLUE MOON OR KONA
16.99 EA

HOTSALE!
24 Pack
12 Oz. Bottles or Cans
Select Varieties
BUD, MILLER, COORS OR YUENGLING
23.99 EA

HOTSALE!
12 Pack - 12 Oz. Cans
WHITE CLAW HARD SELTZER OR TRULY SELTZER
8 Pack - 12 Oz. Cans
HIGH NOON
Select Varieties
17.99 EA

HOTSALE!
6 Pack
12 Oz. Bottles or Cans
DEVIL'S BACKBONE OR STARR HILL
6 Pack - 12 Oz. Cans
THREE NOTCH'D
Select Varieties
10.99 EA
LOCAL PRODUCE

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

March 18 – 24, 2026

20% OFF

MVP

Mix & match on participating items!

Cottonelle GLAD CLOROX CLOROX PURE Kleenex

Shop Now

DAIRY

HOT SALE! MVP 5/$5
4.5-5.3 Oz. Select Varieties
CHOBANI GREEK OR ZERO SUGAR YOGURT
W/O MVP Card Regular Retail

14-32 Oz. Select Varieties
NESTLÉ COFFEE MATE CREAMER OR COLD FOAM
HOT SALE! MVP 2.79 EA
W/O MVP Card Regular Retail

HOT SALE! MVP 2.99 EA
W/O MVP Card Regular Retail
8 Pack Select Varieties
YOPLAIT GO-GURT OR PROTEIN YOGURT

32 Oz. Select Varieties
FOOD LION YOGURT
HOT SALE! MVP 2.29 EA
W/O MVP Card $2.79 EA

32-64 Oz. Select Varieties
LACTAID CREAMER OR MILK
HOT SALE! MVP 3.99 EA
W/O MVP Card Regular Retail

HOT SALE! MVP 4/$5
W/O MVP Card $1.79 EA
5.3 Oz. Select Varieties
SIGGI'S YOGURT
NEW ITEM

HOT SALE! MVP 2/$5
W/O MVP Card Regular Retail
14-16 Oz. Select Varieties
DAISY COTTAGE CHEESE OR SOUR CREAM SQUEEZE

16 Oz. Select Varieties
KRAFT SHREDDED CHEESE
HOT SALE! MVP 4.69 EA
W/O MVP Card $5.69 EA

HOT SALE! MVP 3.99 EA
W/O MVP Card $5.59 EA
7.5-8 Oz. Select Varieties
PHILADELPHIA SOFT CREAM CHEESE

6-12 Oz. Select Varieties
FRIGO STRING CHEESE OR COMBO PACK
HOT SALE! MVP 3.99 EA
W/O MVP Card $5.89 EA

FROZEN

HOT SALE! MVP BOGO FREE
9 Oz. Select Varieties
TASTEE CHOICE SHRIMP
W/O MVP Card $5.99 EA
Single Item Half Price

HOT SALE! MVP BOGO FREE
W/O MVP Card $3.09 EA
Single Item Half Price
6.49-9 Oz. Select Varieties
SMART ONES FROZEN DINNERS

HOT SALE! MVP 3.49 EA
W/O MVP Card Regular Retail
10 Oz. Pkg. Select Varieties
TYSON BREADED & STUFFED CHICKEN BREASTS

10.3-16 Oz. Select Varieties
TALENTI GELATO OR GELATO LAYERS
HOT SALE! MVP 3.99 EA
W/O MVP Card Regular Retail

HOT SALE! MVP 3.99 EA
W/O MVP Card $4.99 EA
12 Oz. Select Varieties
CANDY BAR NOVELTIES

HOT SALE! MVP 2/$7
W/O MVP Card $5.49 EA
9 Oz. Select Varieties
HÄAGEN-DAZS ICE CREAM BARS

HOT SALE! MVP 5.99 EA
W/O MVP Card $7.99 EA
24 Oz. Select Varieties
BIBIGO MINI WONTONS

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

HOT SALE! MVP 3.49 EA
W/O MVP Card $4.99 EA
MVP Coupon -50¢ OFF
2.99 EA
MVP 30.10% DISCOUNT SAVINGS (-$0.89)
11.2-17.6 Oz. Select Varieties
WILD MIKE'S PIZZA

HOT SALE! MVP 5.99 EA
W/O MVP Card $8.99 EA
MVP Coupon -1.00 OFF
4.99 EA
MVP 16.69% DISCOUNT SAVINGS (-$0.99)
14.3-22 Oz. Select Varieties
FARM RICH SNACKS

HOT SALE! MVP 5.99 EA
W/O MVP Card Found Price
MVP Coupon -1.00 OFF
4.99 EA
MVP 16.69% DISCOUNT SAVINGS (-$0.99)
9.5-12.98 Oz. Select Varieties
WHITE CASTLE SLIDERS

BREAKFAST

10-22 Oz. Select Varieties
KODIAK GRANOLA OR FLAPJACK & WAFFLE MIX
HOT SALE! MVP 4.99 EA
W/O MVP Card Regular Retail

6.5-7.45 Oz. Select Varieties
NATURE VALLEY PROTEIN OR WAFER BARS
HOT SALE! MVP 3.99 EA
W/O MVP Card Regular Retail

11 Oz. Select Varieties
PURELY ELIZABETH CEREAL
HOT SALE! MVP 4.99 EA
W/O MVP Card $5.99 EA

HOT SALE! MVP 2/$5
W/O MVP Card $3.69 EA
18-24 Ct. Select Varieties
LUZIANNE TEA BAGS

10-11.50 Oz. Select Varieties
TASTYKAKE BAGGED DONUTS
MVP FREEZE DATE SAVE DATE
2/$6
W/O MVP Card $3.59 EA

30 Oz.
JIMMY DEAN SAUSAGE & PANCAKE STICKS
HOT SALE! MVP 8.99 EA
W/O MVP Card $10.69 EA

46 Oz. Select Varieties
TROPICANA PREMIUM ORANGE JUICE
HOT SALE! MVP 3.99 EA
W/O MVP Card $4.49 EA

HOT SALE! MVP 5.99 EA
W/O MVP Card Regular Retail
10 Ct. K-Cups Select Varieties
MCCAFÉ OR KRISPY KREME COFFEE

HEALTH & BEAUTY

HOTSALE! MVP 3.99 EA
6 Oz. Select Varieties
ARM & HAMMER TOOTHPASTE
W/O MVP Card $4.99 EA

HOTSALE! MVP 2/$3
1.62 Oz. Select Varieties
FIT CRUNCH BAR
W/O MVP Card $1.79 EA

7 Oz. Select Varieties
NOT YOUR MOTHER'S DRY SHAMPOO
HOTSALE! MVP 8.99 EA
W/O MVP Card $9.99 EA

8.5 Oz. Select Varieties
CARESONE MOUTHWASH
PRICED LOW EVERY DAY
2.49 EA

HOUSE & HOME

HOTSALE! MVP 2.99 EA
12.2-14.7 Oz. **DAWN EZ-SQUEEZE**
14.6-21.6 Oz. **DAWN**
Select Varieties
W/O MVP Card Regular Retail

HOTSALE! MVP 3.99 EA
105 Ct. Sandwich or 108 Ct. Snack Select Varieties
ZIPLOC STORAGE BAGS
W/O MVP Card Regular Retail

41 Oz. Select Varieties
LYSOL LAUNDRY SANITIZER
HOTSALE! MVP 6.99 EA
W/O MVP Card $7.99 EA

3 Pk. Flats or 4 Pk. Cubes Select Varieties
PUFFS FACIAL TISSUE
HOTSALE! MVP 5.49 EA
W/O MVP Card Regular Retail

1 Pk. Essential Mist or 2 Pk. Essential Oil Select Varieties
AIR WICK
HOTSALE! MVP 4.99 EA
W/O MVP Card Regular Retail

14-18 Ct. Select Varieties
FOOD LION DISHWASHER PODS
HOTSALE! MVP 3.49 EA
W/O MVP Card $3.99 EA

1 Double Roll Select Varieties
FOOD LION PAPER TOWELS
HOTSALE! MVP $1 EA
W/O MVP Card Regular Retail

4 Rolls Select Varieties
FOOD LION BATH TISSUE
HOTSALE! MVP 3.49 EA
W/O MVP Card Regular Retail

50 Ct. Select Varieties
FOOD LION PARTY CUPS
HOTSALE! MVP 3.99 EA
W/O MVP Card Regular Retail

96 Ct. - Select Varieties
FOOD LION PREMIUM CRYSTAL DINNERWARE
HOTSALE! MVP 5.99 EA
W/O MVP Card Regular Retail

40-100 Ct. Select Varieties
FOOD LION NAPKINS
HOTSALE! MVP 1.99 EA
W/O MVP Card Regular Retail

HOTSALE! MVP 2/$4
10-20 Ct. Select Varieties
FOOD LION STORAGE BAGS
W/O MVP Card Regular Retail

MVP DIGITAL COUPONS
load on app • web • in-store kiosk

HOT SALE! 2/$10
W/ MVP Card $5.99 EA
MVP Coupon -4.00 OFF 1
2/$6
MVP 70.10% DISCOUNT SAVINGS (1 UNIT)
2.6-2.7 Oz. Select Varieties
DEGREE MEN'S OR WOMEN'S DEODORANT

HOT SALE! 7.99 EA
W/ MVP Card $8.99 EA
MVP Coupon -2.00 OFF 1
5.99 EA
MVP 16.10% DISCOUNT SAVINGS (1 UNIT)
20 Oz. Body Wash Select Varieties
DOVE

HOT SALE! 9.99 EA
W/ MVP Card Regular Retail
MVP Coupon -2.00 OFF 1
7.99 EA
MVP 16.10% DISCOUNT SAVINGS (1 UNIT)
88 Oz. Liquid or 31 Ct. Pings Select Varieties
GAIN
92-110 Oz. **DOWNY UNSTOPABLES** Select Varieties

HOT SALE! 3.99 EA
W/ MVP Card $5.99 EA
MVP Coupon -1.00 OFF 1
2.99 EA
MVP 16.10% DISCOUNT SAVINGS (1 UNIT)
40-80 Ct. Select Varieties
BOUNCE DRYER SHEETS

BABY

4 Oz. Select Varieties
PLUM ORGANICS MIGHTY 4 BLEND POUCHES
HOTSALE! MVP 2/$3
W/O MVP Card $3.79 EA

1 Oz. Select Varieties
HAPPY BABY ORGANIC YOGIS
HOTSALE! MVP 3.49 EA
W/O MVP Card $3.99 EA

HOTSALE! MVP 2.39 EA
53-72 Ct. Select Varieties
PAMPERS BABY WIPES
W/O MVP Card $2.89 EA

21-44 Ct. Select Varieties
HUGGIES DIAPERS
HOTSALE! MVP 8.99 EA
W/O MVP Card $9.99 EA

PET

HOTSALE! MVP 2.69 EA
10 Oz. Select Varieties
PURINA BENEFUL WET DOG FOOD
W/O MVP Card $2.99 EA

14 Lb. Select Varieties
BENEFUL DRY DOG FOOD
HOTSALE! MVP 16.49 EA
W/O MVP Card $19.59 EA

12 Pk. Select Varieties
DELECTABLES LICKABLE TREATS
HOTSALE! MVP 14.29 EA
W/O MVP Card $15.29 EA

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

HOT SALE! 9.99 EA
W/ MVP Card $12.99 EA
MVP Coupon -2.00 OFF 1
7.99 EA
MVP 16.10% DISCOUNT SAVINGS (1 UNIT)
15 Lb. Select Varieties
CAT'S PRIDE CLUMPING LITTER

7 ZGAH ZGAL ZGAT ZGAU ZGHW ZGRY ZGSA ZNGL ZNGS ZNGV ZNNF ZNNL ZNNO ZSAG ZSAU ZSGL ZSGV ZVBL ZVCH ZVHA ZVNK ZVNO ZVNR ZVRC ZVRD ZVRI ZVRN ZVRO ZVWR ZWBL 03/18/26

Slam dunk starters!

FOOD LION

March 18 - March 24, 2026

Offers valid while supplies last.

Our BRANDS

28 Oz. Bag
Frozen
FOOD LION MEATBALLS

HOTSALE! MVP
$5 EA
W/O MVP Card Regular Retail

HOTSALE! MVP
4.99 LB
W/O MVP Card Regular Retail

Fresh
NATURE'S PROMISE CHICKEN WINGS

16 Inch
Pepperoni or Cheese
FOOD LION DELI STYLE THIN CRUST PIZZA
IN THE DELI

HOTSALE! MVP
6.99 EA
W/O MVP Card $7.99 EA

17 Oz.
FOOD LION WING SAUCE

PRICED LOW EVERY DAY
2.89 EA

24 Oz.
Select Varieties
FOOD LION DRESSING

HOTSALE! MVP
2.99 EA
W/O MVP Card $3.49 EA

In-Store Made
TORTILLA CHIPS
IN THE DELI

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

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

16 Oz. - Select Varieties
TASTE OF INSPIRATIONS PICO DE GALLO OR SALSA
IN THE DELI
NEW ITEM

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

10 Oz.
Select Varieties
TASTE OF INSPIRATIONS DIP
IN THE DELI

W-1 ZDPH ZDSA ZGAH ZGAL ZGAT ZGAU ZGHW ZGRY ZGSA ZMBA ZMBL ZMBM ZMBT ZMSA ZMWA ZMWK ZMWS ZNFL ZNGL ZNGS ZNGV ZNNF ZNNO ZPAL ZPHA ZPHI ZSAG ZSAU ZSCH ZSCL ZSCO ZSFE ZSFL ZSFR ZSGL ZSGV ZSSA ZSSV ZVCH ZVDC ZVHA ZVNK ZVNO ZVNR ZVRC ZVRD ZVRI ZVRN ZVWH ZVWN ZVWR ZVWS ZVWT ZVWX ZWCA ZWCL ZWWA ZWWS 03/18/26

FOOD LION

taste of Inspirations

Burgers for the Win!

HOTSALE! MVP 2.49 EA

W/O MVP Card $3.49 EA

4 Ct.
FOOD LION BEEFSTEAK TOMATOES

HOTSALE! MVP 1.49 EA

W/O MVP Card $2.69 EA

Red, Green or Romaine
LEAF LETTUCE

32 Oz. Pkg. - Frozen
Select Varieties
FOOD LION 73% LEAN GROUND BEEF PATTIES

HOTSALE! MVP 11.99 EA

W/O MVP Card Regular Retail

TASTE OF INSPIRATIONS BRIOCHE HAMBURGER BUNS
IN THE BAKERY

HOTSALE! MVP 3.99 EA

W/O MVP Card $4.49 EA

18 Oz.
Select Varieties
FOOD LION MAYONNAISE

HOTSALE! MVP 2.99 EA

W/O MVP Card $3.49 EA

HOTSALE! MVP 3.79 EA

W/O MVP Card Regular Retail

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

8 Oz. - Select Varieties
TASTE OF INSPIRATIONS PRE-SLICED CHEESE
IN THE DELI

HOTSALE! MVP 3.99 EA

W/O MVP Card $4.49 EA

2 Liter
Select Varieties
FOOD LION SODA

PRICED LOW EVERY DAY ✓

$1 EA

W-2 ZNCO ZDPH ZDSA ZGAH ZGAL ZGAT ZGAU ZGCH ZGCR ZGCT ZGHW ZGRY ZGSA ZKBG ZKNA ZKNV ZMBA ZMBL ZMBM ZMBT ZMSA ZMWA ZMWK ZMWS ZNCA ZNCD ZNCE ZNCH ZNCL ZNCR ZNCT ZNFL ZNGB ZNGL ZNGR ZNGS ZNGV ZNHP ZNLE ZNNB ZNNF ZNNL ZNNO ZNRA ZNRE ZNRG ZNRH ZNRI ZNRL ZNRR ZNTT ZNWA ZNWI ZNWL ZNWM ZNWN ZNWT ZPAL ZPHA ZPHI ZSAG ZSAU ZSCH ZSCL ZSCO ZSCT ZSFE ZSFL ZSFR ZSGL ZSGV ZSSA ZSSV ZTCA ZTCH ZTKN ZTNA ZTNV ZTTR ZVBL ZVCH ZVDC ZVHA ZVNK ZVNO ZVNR ZVRA ZVRC ZVRD ZVRI ZVRN ZVRO ZVTI ZVTR ZVWH ZVWN ZVWR ZVWS ZVWT ZVWX ZWBL ZWCA ZWCL ZWWA ZWWS 03/18/26

Grab, Bite, Cheer!

20-40 Ct.
Select Varieties
FOOD LION PLATES OR BOWLS

PRICED LOW EVERY DAY
2.99 EA

12-14 Oz. Pkg.
Select Varieties
FOOD LION COCKTAIL SMOKIES

HOT SALE!
MVP
3.48 EA
W/O MVP Card Regular Retail

24 Oz.
FOOD LION KOSHER DILL SPEARS

PRICED LOW EVERY DAY
2.59 EA

8 Oz.
Select Varieties
FOOD LION KETTLE POTATO CHIPS

PRICED LOW EVERY DAY
1.99 EA

12 Oz.
FOOD LION SWEET HAWAIIAN ROLLS
IN THE BAKERY

HOT SALE!
MVP
2.49 EA
W/O MVP Card $3.99 EA

12 Oz.
Select Varieties
FOOD LION BROWN MUSTARD

PRICED LOW EVERY DAY
1.59 EA

HOT SALE!
MVP
2/$5
W/O MVP Card $2.99 EA

7 Oz.
Select Varieties
FOOD LION CRACKER CUTS

HOT SALE!
MVP
5.99 LB
W/O MVP Card $7.99 LB

Freshly Sliced - Select Varieties
FOOD LION HAM OR SWISS CHEESE
IN THE DELI

W-3 ZDPH ZDSA ZGAH ZGAL ZGAT ZGAU ZGCH ZGCR ZGCT ZGHW ZGRY ZGSA ZKBG ZKNA ZKNV ZMBA ZMBL ZMBM ZMBT ZMSA ZMWA ZMWK ZMWS ZNFL ZNGB ZNGL ZNGR ZNGS ZNGV ZNHP ZNNB ZNNF ZNNL ZNNO ZNWA ZNWI ZNWL ZNWM ZNWN ZNWT ZPAL ZPHA ZPHI ZSAG ZSAU ZSCH ZSCL ZSCO ZSFE ZSFL ZSFR ZSGL ZSGV ZSSA ZSSV ZTCA ZTCH ZTKN ZTNA ZTNV ZTTR ZVBL ZVCH ZVDC ZVHA ZVNK ZVNO ZVNR ZVRC ZVRD ZVRI ZVRN ZVRO ZVTI ZVTR ZVWH ZVWN ZVWR ZVWS ZVWT ZVWX ZWBL ZWCA ZWCL ZWWA ZWWS 03/18/26

Perfect for every *tip-off!*

FOOD LION

CATERING

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

CHICKEN WING CATERING TRAY

CHICKEN TENDER TRAY

LARGE MINI SANDWICH PLATTER

HOTSALE! MVP

$5 OFF

SELECT CATERING TRAYS AND PLATTERS

W/O MVP Card Regular Retail

6 Ct.
GOURMET COOKIES

HOTSALE! MVP

3.99 EA

W/O MVP Card $4.99 EA

8 Ct.
FOOD LION ICED BROWNIES

HOTSALE! MVP

4.99 EA

W/O MVP Card $5.99 EA

HOTSALE! MVP

7.99 EA

W/O MVP Card $9.99 EA

12 Ct.
CUPCAKES

HOTSALE! MVP

7.99 EA

W/O MVP Card $8.99 EA

9 INCH CHOCOLATE CHIP MESSAGE COOKIE

W-4 ZNCO ZDPH ZDSA ZGAH ZGAL ZGAT ZGAU ZGCH ZGCR ZGCT ZGHW ZGRY ZGSA ZKBG ZKNA ZKNV ZMBA ZMBL ZMBM ZMBT ZMSA ZMWA ZMWK ZMWS ZNCA ZNCD ZNCE ZNCH ZNCL ZNCR ZNCT ZNFL ZNGB ZNGL ZNGR ZNGS ZNGV ZNHP ZNLE ZNNB ZNNF ZNNL ZNNO ZNRA ZNRE ZNRG ZNRH ZNRI ZNRL ZNRR ZNTT ZNWA ZNWI ZNWL ZNWM ZNWN ZNWT ZPAL ZPHA ZPHI ZSAG ZSAU ZSCH ZSCL ZSCO ZSCT ZSFE ZSFL ZSFR ZSGL ZSGV ZSSA ZSSV ZTCA ZTCH ZTKN ZTNA ZTNV ZTTR ZVBL ZVCH ZVDC ZVHA ZVNK ZVNO ZVNR ZVRA ZVRC ZVRD ZVRI ZVRN ZVRO ZVTI ZVTR ZVWH ZVWN ZVWR ZVWS ZVWT ZVWX ZWBL ZWCA ZWCL ZWWA ZWWS 03/18/26