# FOOD LION

March 18 - March 24, 2026

Offers valid while supplies last.

# Let the savings madness begin!

**HOTSALE!** MVP
**1.29 LB**
Pork
**WHOLE BOSTON BUTT**
Limit 2
W/O MVP Card $1.99 LB

**HOTSALE!** MVP
**4.49 LB**
W/O MVP Card $6.69 LB
Ground Fresh Daily
**80% LEAN FRESH GROUND CHUCK**

**HOTSALE!** MVP
**25% OFF**
W/O MVP Card Regular Retail
All Natural - All Varieties
**NATURE'S PROMISE MEAT & SEAFOOD**

**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

**HOTSALE!** MVP
**BOGO FREE**
W/O MVP Card $4.29 EA
Single Item Half Price
4.75-8 Oz. - Select Varieties
**LAY'S OR LAY'S KETTLE POTATO CHIPS**
LIMIT 4 FREE

**HOTSALE!** MVP
**21.99 EA**
24 Pack - 12 Oz. Bottles or Cans
24 Pack - 12 Oz. Cans
Select Varieties
**MICHELOB ULTRA**
**CORONA PREMIER OR YUENGLING FLIGHT**

**HOTSALE!** MVP
**2.99 EA**
W/O MVP Card $3.79 EA
64 Oz.
Select Varieties
**ALMOND BREEZE ALMONDMILK**

**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**

**HOTSALE!** MVP
**5.99 EA**
W/O MVP Card Regular Retail
8 Ct. K-Cups
Select Varieties
**KEURIG COFFEE COLLECTIVE**
NEW ITEM

## MVP DIGITAL COUPONS

Load on App • Online • In-Store Kiosk

- 13.5 Oz. Select Varieties **KELLOGG'S POP-TARTS** — PRICES LOW EVERY DAY 2/$5 — W/MVP Card $3.19 EA — MVP Coupon -1.00 EXP. — **2/$4** — MVP PLUS DISCOUNT SAVINGS
- 14 Oz. Select Varieties **HÄAGEN-DAZS ICE CREAM** — PRICES LOW EVERY DAY 3.99 — W/MVP Card $6.99 EA — MVP Coupon -70¢ EXP. — **3.29 EA** — MVP PLUS DISCOUNT SAVINGS
- 15.77-23.45 Oz. Select Varieties **RED BARON 12" PIZZA** — HOT SALE! 4.49 EA — W/MVP Card $5.99 EA — MVP Coupon -1.50 EXP. — **2.99 EA** — MVP PLUS DISCOUNT SAVINGS
- 55-63 Oz. Liquid or 18-31 Ct. Pods Select Varieties **TIDE** — HOT SALE! 8.49 EA — W/MVP Card $10.49 EA — MVP Coupon -2.00 EXP. — **6.49 EA** — MVP PLUS 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 $4.99 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 $9.29 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 ZVBL ZVRO 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

6 INCH EXOTIC TULIPS
White Supplies Last!
8.99 EA

## ORGANIC

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

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

## 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:

**North Tazewell, Richlands**

We accept competitor's coupons, exceptions may apply, see store associate for details.
Calendar, 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 $5.99 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
**DEFALO 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. Select Varieties
**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**

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

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

## Wrap up something *wholesome!*

Nature's Promise Organic

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 $2.99 EA.
2 Ct. Pkg.
**NATURE'S PROMISE ORGANIC TOMATOES**
USDA ORGANIC

HOTSALE! MVP 25% OFF W/O MVP Card Regular Retail
16 Oz. PKG
**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 ZGCH ZGCR ZGCT ZKBG ZKNA ZKNV ZTCA ZTCH ZTKN ZTNA ZTNV ZTTR ZVBL ZVRO ZVT1 ZVTR ZWBL 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.

# 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. **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.

12 Pack Select Varieties **FOOD LION APPLESAUCE POUCH** 6.79 EA.

## 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

**BARILLA PASTA** HOTSALE! MVP 2/$3 W/O MVP Card $1.99 EA. 12-16 Oz. Select Varieties

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! 2.99 EA. W/O MVP Card $3.29 EA. 5 Oz. Select Varieties **POLAR SALAD CRAB MEAT**

4 ZNCO, ZGPH, ZGSA, ZGAH, ZGAL, ZGAT, ZGAU, ZGCH, ZGCR, ZGCT, ZGHW, ZGRY, ZGSA, ZKBG, ZKNA, ZKNV, ZMBA, ZMBT, ZMSA, ZMWA, ZMWH, ZNCH, ZNCL, ZNFL, ZNGB, ZNGL, ZNGS, ZNGV, ZNHP, ZNNF, ZNNL, ZNNO, ZNRA, ZNRE, ZNRG, ZNR, ZNRL, ZNWI, ZNWL, ZNWN, ZNWR, ZNWT, ZPAL, ZPNA, ZSAG, ZSAU, ZSCH, ZSCL, ZSCO, ZSCT, ZSFE, ZSFL, ZSFR, ZSGL, ZSGV, ZSSA, ZSSV, ZTCA, ZTCH, ZTNA, ZTNK, ZTNV, ZTTR, ZVBL, ZVDC, ZVNK, ZVNO, ZVNR, ZVNC, ZVRD, ZVRI, ZVRN, ZVRO, ZVT, ZVTB, ZVWH, ZVWN, ZVWR, ZVWS, ZVWT, ZWBL, ZWCA, ZWCL, ZWNA, ZWNB, ZWNS 0318/26

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.

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# 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
WITH MVP Card Get Extra 1 EA
-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
WITH MVP Card Get 10% Off
-20% OFF
4.39 EA MVP

30-40 Ct.
Select Varieties
**GLAD KITCHEN BAGS**
PRICED LOW EVERY DAY 9.99 EA
WITH MVP Card Pushing Retail
-20% OFF
7.99 EA MVP

3 Pack Flats
Select Varieties
**KLEENEX FACIAL TISSUES**
HOT SALE! 4.99 EA
WITH MVP Card Pushing Retail
-20% OFF
3.99 EA MVP

12 Mega Rolls
Select Varieties
**COTTONELLE**
12 x 48 sq ft
HOT SALE! 14.99 EA
WITH MVP Card Pushing 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**
HOT SALE!
MVP 3/$12
W/O MVP Card Regular Retail

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

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

HOT SALE!
MVP 3/$12
6 Pack
16-16.9 Oz. Bottles
Select Varieties
**CANADA DRY PRODUCTS**
W/O MVP Card Regular Retail

64 Oz.
Select Varieties
**OLD ORCHARD**
HOT SALE!
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**
HOT SALE!
MVP 2/$7
W/O MVP Card Regular Retail

750 ml
Select Varieties
**ANDRÉ OR TRIVENTO WINE**
HOT SALE!
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**
HOT SALE!
15.99 EA

## SAVE 10%
## WHEN YOU BUY 6 BOTTLES OF WINE

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

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

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

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

HOT SALE!
10.99 EA
6 Pack
12 Oz. Bottles or Cans
**DEVIL'S BACKBONE OR STARR HILL**
6 Pack - 12 Oz. Cans
**THREE NOTCH'D**
Select Varieties
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 $2.99 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. **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 (-$0.87)
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 Regular Retail
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!
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
**25% OFF**
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 ZNCO ZGCH ZGCR ZGCT ZKBG ZKNA ZKNV ZNCA ZNCD ZNCE ZNCH ZNCL ZNCR ZNCT ZNGB ZNGR ZNHP ZNLE ZNNB ZNNL ZNRA ZNRE ZNRG ZNRH ZNRI ZNRL ZNRR ZNTT ZNWA ZNWI ZNWL ZNWM ZNWN ZNWT ZSCT ZTCA ZTCH ZTKN ZTNA ZTNV ZTTR ZVBL ZVRA ZVRO ZVTI ZVTR ZWBL 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