



4th of July

Celebrate the Savings

BUTCHER'S BRAND
PREMIUM BEEF

Value Pack
Boneless
**Ribeye
Steak**
Limit - 4 Packages

\$4.88
lb.

Without MVP Card Regular Retail

Boneless Chicken Breast Fillets or Tenders

50% off

Without MVP Card \$4.89 Lb.

Country Style Pork Ribs

\$1.49
lb.

Without MVP Card \$1.99

Ball Park Meat or Beef Franks

FREE

Limit 2 Free
Without MVP Card \$1.99-\$3.99 Each

18 Ounce Select Varieties Kraft BBQ Sauce

FREE

Limit 2 Free
Without MVP Card \$1.69 Each

16 Ounce Boston Butt Steaks

\$1.59
lb.

Without MVP Card \$2.99

Food Lion Raw Jumbo Shrimp

FREE

Limit 2 Free
Without MVP Card \$10.99 Each

Food Lion Hot Dog or Hamburger Buns

\$1.14

Everyday Low Price

Red, Rip, Whole Seedless Watermelon

\$3.88
ea.

Without MVP Card \$5.99

2 1/2 lb. 8-10 Premium Strawberries

\$3.99

Without MVP Card \$5.99

16 Ounce 20/30 Count: Food Lion Raw Jumbo Shrimp

FREE

Limit 2 Free
Without MVP Card \$10.99 Each

2.5-Lb. Bag Individually Quick Frozen: Food Lion Chicken Snack Wings

FREE

Limit 2 Free
Without MVP Card \$4.99 Each

10.5-12.5 Ounce Select Varieties Lay's Chips

FREE

Limit 2 Free
Without MVP Card \$3.99 Each

48 Ounce Select Varieties Breyers Ice Cream

\$1.87

Without MVP Card \$2.24

12 Pack 12 Ounce Cans Select Varieties Pepsi Products

5/ \$12*

Without MVP Card \$14.99

18 Pack 12 Ounce Cans Budweiser or Miller Family

\$12.99

7N Stores Only

24 Pack 1 Liter Bottles Aquafina

\$3.99

Without MVP Card Regular Retail

44-52 Ounce Select Varieties Downy Softener

29-32 Load 60 Ounce Select Varieties Tide Laundry Detergent

\$5.99

Without MVP Card \$6.99-\$7.99

9 Mega or 12 Roll Select Varieties Charmin Bath Tissue

\$5.99

Without MVP Card \$8.99

4.85-Lb. Bag Select Varieties Kingsford or Matchlight Charcoal

\$4.99

Without MVP Card \$6.99-\$7.99

We reserve the right to limit quantities and correct typographical errors. Receipts unavailable on alcohol and tobacco products. All Stores Accept

Week Of 07/01/09 thru 07/07/09

Beverages



12 Pack, 12 Ounce Bottles
Yuengling

\$9⁹⁹



12 Pack, 12 Ounce Bottles
Corona

\$14⁹⁹



4 Pack,
12 Ounce Bottles
Smirnoff or
Mike's Hard Lemonade

\$6²⁹

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

Family Favorite for 4!

a Meal for
\$10



11 Ounce
Select Varieties
Green Giant
Specialty Corn **5/⁹⁹\$5**

18 Ounce
Hamburger
Helper
Twin Pack **\$1⁸⁹**

16.4 Ounce
Select Varieties
Betty Crocker
Biscuits **2/⁹⁹\$4**



2 Liter
Select Varieties
Pepsi
Products **3/⁹⁹\$4**

8 Pack
24 Ounce Bottles
Select Varieties
Pepsi
Products **2/⁹⁹\$7**



8.7 Ounce
Fruit Loops,
Apple Jacks,
Or 9.2 Ounce, Corn Flakes
Kellogg's Cereals
Or 11.25 Ounce Lucky Charms,
11.8 Ounce Cocoa Puffs
Or 12.2 Ounce Fruited Oatmeal
General Mills Cereals

**BUY ONE, GET ONE
FREE**
Limit 2 Free
Without MVP Card Regular Retail



3 Liter
Select Varieties
7up or
Diet Rite **99¢**



8.3-10.4 Ounce
Select Varieties
Quaker
Chewy Bars **2/⁹⁹\$4**



28 Ounce
Select Varieties
Bush's
Baked
Beans **3/⁹⁹\$5**



12 Pack, 12 Ounce
Select Varieties
Food Lion
Sodas **4/⁹⁹\$9**



4.5 Ounce, Select Varieties
Quaker Fiber and
Omega 3 Bars **2/⁹⁹\$5**



32 Ounce
Select Varieties
Gatorade **2/⁹⁹\$4**



• Must Buy 2 •
Individual Price
\$5.99 Each - Limit 4
After Limit \$6.99

12 Pack
16.9 Ounce
Green or Peach
Lipton Tea **2/⁹⁹\$10**



16-25 Ounce
Select Varieties
Duncan Hines
Cake Mix,
Frosting or
Brownies **4/⁹⁹\$5**



32 Ounce
Select Varieties
Gatorade **2/⁹⁹\$4**



16 Ounce
Select Varieties
Kraft or
Wish-Bone
Salad
Dressings **3/⁹⁹\$5**



14.5-11.25 Ounce
Select Varieties
Food Lion
Canned
Vegetables **69¢**



9-16 Ounce
Select Varieties
Club
Crackers
Limit 2 Free
**BUY ONE, GET ONE
FREE**
Without MVP Card \$1.49 Each



Galvan or
8 Pack
Select Varieties
Hawaiian
Punch **2/⁹⁹\$4**



16-26.3 Ounce
Select Varieties
Ragu Pasta
Sauce **3/⁹⁹\$5**



8 Pack
Resealable to Match Three
Wonder or Merita
Hot Dog And
Hamburger Buns **4/⁹⁹\$5**



24 Count
(Sweet Not Included)
Food Lion
Family Size
Tea Bags **2/⁹⁹\$3**



32 Ounce
Select Varieties
Kraft
Mayonnaise or
Miracle Whip **2/⁹⁹\$5**



18 Lb. Bag
Select Varieties
Purina ONE
Dog Food **\$18⁹⁴**



24-48 Count
Dixie Plates
24 Count
Dixie Bowls **2/⁹⁹\$4**



20 Count
Hefty Easy
Grip Cups
Limit 2 Free
**BUY ONE, GET ONE
FREE**
Without MVP Card \$1.99



15 Sq. Feet
Relebar,
16 Sq. Feet Heavy
Duty or 75 Sq
Feet Regular
Reynolds
Wrap **2/⁹⁹\$5**



60-120 Count
Smart Option Foam
Plates and Bowls **\$1²⁹**



25 Count
Home 360
Party Cups **89¢**



5 Ounce, 1000 Varieties
Purina ONE
Cat Food **10/⁹⁹\$5.60**

Tobacco

Marlboro 7zs or
Marlboro Medium
Limit 10 Cigarettes
\$42¹⁹
Per Carton



First Choice
Limit 5 Cigarettes
\$34⁴⁹
Per Carton



JD's Blend
8 Ounce
\$4⁷⁹
Per Bag



JD's Blend
3 Ounce
\$2³⁹
Per Bag



Pall Mall
Limit 5 Cigarettes
\$30⁰⁰
Per Carton

Surgeon General's Warning:
Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

Save even more with your MVP Card.

Celebrate the Savings



20 Oz. Sobe Lifewater
Select Varieties

5/\$5

Without MVP Card Regular Retail



3 Pack Pepsi Products
Select Varieties

2/\$5

Without MVP Card \$2.75 Each



16.75 Oz. Tostitos Frito Tostitos
Select Varieties

2/\$7

Without MVP Card \$3.99 Each



6 Pack 20 Oz. Gatorade
Select Varieties

2/\$10

Without MVP Card \$3.50 Each



14.16 Oz. Quaker Cap'n Crunch Cereal
Select Varieties

2/\$4

Without MVP Card \$3.00 Each



64 Oz. Dole Juices
Select Varieties

2/\$5

Without MVP Card \$2.99 Each



12 Pack 16.9 Oz. Propel
Select Varieties

\$5.99

Without MVP Card \$4.99



4 Pack 8.5 Oz. Starbucks Frappuccino

\$5.99

Without MVP Card \$3.20



6 Pack 5 Liter Bottles Aquafina Flavor Splash
Select Varieties

2/\$6

Without MVP Card \$3.20 Each



15.18 Oz. Tostitos Salsa or Queso
Select Varieties

2/\$6

Without MVP Card Regular Retail



20.24 Oz. Frito Lay Variety Pack

\$6.99

Without MVP Card \$3.99



7.16 Oz. Rold Gold Pretzels
Select Varieties

2/\$5

Without MVP Card \$2.99 Each



Enjoy More Summer Fun...**FOR LESS!**



Put a Twist on a Summer Favorite
Southern-Style Grilled Franks
Download this recipe and many more summer grilling ideas at www.foodlion.com



5 Oz. Pam Cooking Spray
Select Varieties

2/\$5

Without MVP Card \$3.32 Each



11-12 Oz. Hebrew National Beef Franks

Limit 2 Free
BUY ONE, GET ONE FREE

Without MVP Card \$4.75 Each



15.5-16 Oz. Hunt's Manwich Sauce
Select Varieties

2/\$3

Without MVP Card \$1.62 Each



16.75-15 Oz. Chef Boyardee Canned Pasta
Select Varieties

10/\$10

Without MVP Card \$1.20 Each



8 Oz. Parkay Spray

\$1.29

Without MVP Card \$2.29



2.4 Pack Orville Redenbacher's Popcorn
Select Varieties

2/\$4

Without MVP Card \$2.99 Each



24 Oz. Hunt's Ketchup

10/\$10

Without MVP Card \$1.75 Each



5.25 Oz. David Sunflower Seeds
Select Varieties

99¢

Without MVP Card \$1.75 Each



12 Oz. Crunch 'n Munch
Select Varieties

2/\$4

Without MVP Card \$2.79 Each



7 Oz. Reddi Wip
Select Varieties

\$1.99

Without MVP Card \$1.75

Celebrate the Savings

Buy More! Save More!



Limit 4
8-9 Ounce
Select Varieties
Cape Cod Chips

2/\$6 3/\$7
4/\$8

Without MVP Card \$3.49 Each

Mix or Match
8 Count
Kellogg's Rice Krispies Treats
6-7-9 Ounce
Kellogg's Fruit Snacks

3/\$5

Without MVP Card Regular Retail



24 Pack, 8 Ounce
Little Hug Fruit Drinks

2/\$6

Without MVP Card \$3.99 Each



8 Pack, 12 Ounce
Select Varieties
Crush Soda or Yoo Hoo

2/\$6

Without MVP Card Regular Retail



15 Ounce
Select Varieties
Chex Mix

2/\$5

Without MVP Card \$3.39 Each



10.5 Ounce
Armour Hot Dog Chili

3/\$4

Without MVP Card \$1.52 Each



16 Ounce
Select Varieties
Mt. Olive Stuffers
Or 24 Ounce
Select Varieties
Mt. Olive Spears

2/\$5

Without MVP Card Regular Retail



24 Count
Select Varieties
(Sweet Not Included)
Lipton Tea Bags

\$1.99

Without MVP Card Regular Retail



64 Ounce
Select Varieties
V8 Splash

2/\$5

Without MVP Card \$2.99 Each



8 Pack, 11 Ounce
Deer Park Aquapod
or 12 Pack, 8 Ounce
Deer Park Spring Water

2/\$5

Without MVP Card Regular Retail



11.75-12.25 Ounce
Select Varieties
Smucker's Spoonable Magic Shell Toppings

2/\$3

Without MVP Card Regular Retail



16-21 Ounce
Select Varieties
Good Humor Bars

\$2.99

Without MVP Card Regular Retail



First Select Varieties
Starbucks Ice Cream

2/\$6

Without MVP Card \$3.49 Each



16 Ounce
Sweet or Unsweet
Luzianne Tea

2/\$5

Without MVP Card \$2.99 Each



14 Ounce
Select Varieties
Twizzlers

2/\$4

Without MVP Card \$2.99 Each



16.5-21 Ounce
Select Varieties
Edy's Fruit Bars

\$2.99

Without MVP Card \$2.99



20-32 Ounce
Select Varieties
Ore-Ida Potatoes

2/\$5

Without MVP Card \$2.49 Each



9.25-13 Ounce
Select Varieties
Planters Mixed Nuts or Cashew Halves

\$3.49

Without MVP Card \$3.99



8 Pack or 12 Pack
Aquarius Spring Water

2/\$5

Without MVP Card \$2.99 Each



8 Pack
16 Ounce Bottles
Select Varieties
Fruit O

2/\$5

Without MVP Card Regular Retail



12 Pack
6.6 or 13 Ounce
Select Varieties
Kool-Aid

2/\$4

Without MVP Card \$3.49 Each



20 Lb.
Parina Dog Chow

\$11.42

Without MVP Card \$11.99



14 Lb.
Tidy Cats

2/\$10

Without MVP Card \$8.99 Each



17.5-24.87 Ounce
Select Varieties
Hot Shot Roach & Ant

\$2.49

Without MVP Card Regular Retail



15 Count
Select Varieties
Five Gum

5/\$5

Without MVP Card \$1.49 Each

Meal Solutions

Fresh Deli Virginia or Honey Ham or Roast Beef
\$3.99 lb.
 Without MVP Card Regular Retail
 \$4.99
 Without MVP Card \$5.99

Hot or Cold 8 Piece Fried Chicken
\$4.99 ea.
 Without MVP Card \$6.29

1.5 lbs. Select Varieties Food Lion Deli Salads
\$4.99
 Without MVP Card \$6.29
 12 Ounce Select Varieties Freshly Sliced Reese's Protein Salad **2/\$7**
 Without MVP Card \$8.99

Deli & Bakery

Select Varieties (Includes Peas) 8 Inch Food Lion Fruit Pies
\$3.99
 Without MVP Card \$5.99

12 Count Homestyle Glazed Donuts or Cinnamon Pull-Aparts
2/\$6
 Without MVP Card Regular Retail

5 Count Regular or 12 Count Mini Select Varieties Cupcakes
2/\$5
 Without MVP Card Regular Retail

16 Count Golden Hot Dog or Hamburger Buns
\$1.99
 Without MVP Card \$2.49

8 Ounce Bel Gioioso Mozzarella Balls
\$3.49
 Without MVP Card \$3.29

Fresh 16 Slice Made Strawberry Torte
\$5.99 ea.
 Without MVP Card \$8.99

Dairy & Frozen

8 Ounce Select Varieties Kraft Shredded and Chunk Cheese
\$1.99
 Without MVP Card \$2.99

16 Ounce Regular or Unsalted Food Lion Butter Quarters
\$2.29
 Without MVP Card \$2.99

5.25-12 Ounce Select Varieties Lean Cuisine Dinners or Entrees
33% off
 Without MVP Card Regular Retail

40-60 Ounce Select Varieties Birds Eye Premium Vegetables or Blends
BUY ONE, GET ONE FREE
 Limit 2 Free
 Without MVP Card \$2.79 Each

16 Ounce Select Varieties Dean's Dips
2/\$3
 Without MVP Card \$1.69 Each

8 Ounce Select Varieties Cool Whip Whipped Topping
2/\$2
 Without MVP Card \$1.79 Each

12 Inch Select Varieties Palermo's Thin Crust Pizza
BUY ONE, GET ONE FREE
 Limit 2 Free
 Without MVP Card \$6.49 Each

22-12 Ounce Select Varieties Tyson Family Pack Chicken
\$6.99
 Without MVP Card Regular Retail

8 Ounce Brick Regular or Light Philadelphia Cream Cheese
4/\$5
 Without MVP Card \$1.99 Each

44 Ounce Select Varieties Minute Maid Lemonade and Punches
4/\$5
 Without MVP Card \$1.99 Each

22-48 Ounce Select Varieties Stouffer's Family Size or Easy Express Entrees
2/\$10
 Without MVP Card Regular Retail

11.5 Ounce Select Varieties No Worries Cocktail Mixers
10/\$10
 Without MVP Card \$1.00 Each

10-16 Count Select Varieties Food Lion Ice Cream Sandwiches
2/\$5
 Without MVP Card \$2.99 Each

12 Ounce Kraft American Singles
2/\$4
 Without MVP Card \$1.29 Each

2.2-2.8 Ounce Select Varieties Jeno's Pizza
10/\$10
 Without MVP Card \$1.00 Each

20-24 Count Select Varieties Popsicle
2/\$6
 Without MVP Card \$1.99 Each

64 Ounce Minute Maid Orange Juice
2/\$5
 Without MVP Card \$2.99 Each

12 Count Cere on the Edge Green Giant Corn
\$2.69
 Without MVP Card \$2.99

Health & Beauty

3-18 Ounce Select Varieties Banana Boat Sun Care Products
BUY ONE, GET ONE FREE
 Without MVP Card \$5.99-\$11.99 Each
 Without MVP Card \$6.99-\$12.99 Each

16-120 Count Select Varieties Tums
\$3.99
 Without MVP Card \$5.99

13.5-14.2 Ounce Select Varieties Head & Shoulders Shampoo
\$4.49
 Without MVP Card \$5.99

BC Powder
\$3.99
 Without MVP Card \$5.99

12-18 Ounce Select Varieties Suave Body Wash
\$1.99
 Without MVP Card \$2.29

Depend
\$11.99
 Without MVP Card \$12.19

3 Count Select Varieties Razzable Net Sponge
\$1.00
 Without MVP Card \$1.49

Stayfree Pads
\$2.99
 Without MVP Card \$3.79



Seeing Stars!

Introducing Guiding Stars, nutritious shopping made simple. This easy navigation system helps you find foods throughout the store that give you the most nutrition for the calories. One star means good nutritional value, two stars means better and three stars means best.



Just look for the stars on the shelf tags...

Save even more with your MVP Card.



Fresh Produce



Yellow or White Nectarines **\$1.79** lb.
Without MVP Card \$1.99



1 Pint Blueberries **\$2.99**
Without MVP Card \$3.29



5 Lb. Bag New Crop Red Potatoes **\$2.99**
Without MVP Card \$3.99



Tart, Tangy Limes **5/\$1**
Without MVP Card \$2.50 Each



Sweet, Ripe Mangos **99¢** ea.
Without MVP Card \$1.29



3 Lb. Bag Yellow Onions **\$1.99**
Without MVP Card \$2.99



16 Dishes Sweet Watermelon Chunks **2/\$5**
Without MVP Card \$2.99 Each



16 Dishes Fresh, Crisp Celery Hearts **\$2.99**
Without MVP Card \$3.49



2 Lb. Bag Peeled Baby Carrots **\$2.99**
Without MVP Card \$3.99



8 Dishes White or 4 Dishes Small Baby Portabella Mushrooms **\$1.99**
Without MVP Card \$3.29

Quality Meat



Value Pack Fresh Ground Chuck **\$2.59** lb.
Without MVP Card \$2.99



Center Cut Beef Back Ribs **\$1.99** lb.
Everyday Low Price



Value Pack Sirloin Tip Steak or Roast **\$2.99** lb.
Without MVP Card \$4.99



Grade A Whole Fryers **89¢** lb.
Without MVP Card \$1.99
Whole Cut-Up Fryers **99¢** lb.
Without MVP Card \$1.99



Previously Frozen Baby Back Pork Ribs **\$3.99** lb.
Without MVP Card \$4.49



Previously Frozen Pork Spare-Ribs **\$2.29** lb.
Without MVP Card \$2.49

Quality Seafood



8 Dishes Louis Kemp Crab or Lobster Delights **BUY ONE, GET ONE FREE**
Unit 2 Free
Without MVP Card \$3.99 Each



Fresh Mahi Mahi or Flounder Fillets **\$5.99** lb.
Without MVP Card Regular Retail



12-16 Ounce Select Varieties Great American Seafood **BUY ONE, GET ONE FREE**
Unit 2 Free
Without MVP Card Regular Retail



30 Dishes Select Varieties Smithfield Lunch Meats **2/\$5**
Without MVP Card \$2.49 Each



32 Dishes Original or Cream Steak-Umm Burgers **BUY ONE, GET ONE FREE**
Unit 2 Free
Without MVP Card \$3.99 Each



25.5 Ounce Mama Lucia Meatballs **BUY ONE, GET ONE FREE**
Unit 2 Free
Without MVP Card \$3.99 Each



16 Ounce Carolina Pride Smoked Sausage or Polska Kielbasa **BUY ONE, GET ONE FREE**
Unit 2 Free
Without MVP Card \$3.99 Each



12 Ounce Carolina Pride Bacon **BUY ONE, GET ONE FREE**
Unit 2 Free
Without MVP Card \$3.99 Each



20-32 Ounce Select Varieties Claussen Pickles **2/\$6**
Without MVP Card \$3.49 Each



6-8 Ounce Select Varieties Hormel Sliced Pepperoni **2/\$6**
Without MVP Card \$3.99 Each



16 Ounce Land O Frost Premium Lunch Meats **\$3.99**
Without MVP Card \$4.79

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

Ayden, Columbia, Farmville, Greenville, LaGrange, Kinston, Plymouth, Robersonville, Snow Hill, Wallace, Windsor, Winterville, Williamston

* Coliclar and Western Union Available At Many Stores
* Deli/Bakery Items May Not Be Available At All Stores
* Sale Begins Wednesday at 8 AM in 24 Hour Stores

04826-23

Week Of 07/01/09 thru 07/07/09