



Check out these

GREAT PRICES!

\$5⁹⁹ lb.

Value Pack T-Bone or Porterhouse Steak

Without
MVP Card
Regular Retail



Split Chicken Breasts

Without MVP Card \$2.39

87¢ lb.



Boneless Half Pork Loin

Without MVP Card \$4.49 lb.

Boneless Pork Chops **\$3⁷⁹ lb.** Without MVP Card \$3.29

50% OFF



Snow Crab Clusters

Without MVP Card \$6.99

\$4⁴⁹ lb.



FREE

Limit 2 Free

Food Lion Peel & Eat Cooked Shrimp

Without MVP Card \$8.99 Each



Blue Bunny Ice Cream

FREE

Without MVP Card Regular Retail

3/⁹

Coke Products

Without MVP Card Regular Retail



Smithfield Canadian Maple Ham

Without MVP Card \$5.99 lb.

FREE



Washington Bing Cherries

Without MVP Card \$4.99

\$1⁹⁹ lb.



Red or Black Plums

Without MVP Card \$1.99

99¢ lb.

Food Lion Private Brand Sale

National Brand Quality
Better Price. Guaranteed.



12 Pack 12 Ounce Cans Select Varieties Food Lion Soda

Without MVP Card \$2.99 Each

4/¹⁰



10.5-13.5 Ounce Select Varieties Food Lion Potato Chips

Without MVP Card \$2.99 Each

2/⁴



24 Ounce Butcher's Brand 73% Ground Beef Patties

Without MVP Card \$4.99

\$3⁹⁹



Home 360 Paper Towels

Without MVP Card \$1.99 Each

2/³



40-50 Count Smart Option Foam Bowls or Plates

Without MVP Card \$2.29

\$1²⁹



12 Count Select Varieties Smart Option Freeze Pops

Without MVP Card \$1.29

99¢

Good neighbors. Great prices.

Week of 07/08/09 - 07/14/09

3 DAY Breakfast SALE!

Starts 8 AM, Friday July 10th

16.9 Ounce
Select Varieties
Quaker Cap'n Crunch Cereal

2/ \$3

Without MVP Card Regular Retail

Rest of Week 2/ \$4

11.5-12.5 Ounce Cans
Select Varieties
Maxwell House Coffee

\$4.99

Without MVP Card \$5.99

Rest of Week \$6.99

10-11.5 Ounce
Select Varieties
Pillsbury Toaster Strudel

2/ \$3

Without MVP Card \$3.29 Each

Rest of Week 2/ \$4

Limit 4 - 128 Ounce
Smart Option Orange Juice

2/ \$5

Without MVP Card \$4.29 Each

Rest of Week \$3.99

16 Ounce
Select Varieties
Gwaltney Bacon

2/ \$4

Without MVP Card \$2.99 Each

Rest of Week 2/ \$5

6-10 Count - Limit 4
Select Varieties
Eggo Waffles

2/ \$3

Without MVP Card \$2.19 Each

Rest of Week 2/ \$4

16 Ounce
Select Varieties
Ken's Salad Dressings
Or 18 Ounce
Select Varieties
Sweet Baby Ray's BBQ Sauce



BUY ONE, GET ONE
FREE
Limit 2 Free

BUY ONE, GET ONE
FREE
Limit 2 Free

24 Pack
16.9 Ounce Bottles
Aquarius Spring Water

Without MVP Card \$5.99 Each



BUY ONE, GET ONE
FREE
Limit 2 Free

12 Ounce Bottles
Select Varieties
Coke Products

3/ \$11

Without MVP Card Regular Retail

8 Pack
12 Ounce Bottles
Select Varieties
Coke Products

3/ \$11

Without MVP Card Regular Retail

2/ \$6

18 Ounce
General Mills
Cheerios

Without MVP Card Regular Retail

24 32 Loads - 50 Ounce
Select Varieties
Purex Laundry Detergent

Without MVP Card \$4.99 Each

2/ \$8

12 Pack, 12 Ounce Cans
Select Varieties
Coke Products

Without MVP Card Regular Retail

2/ \$5

4 Pack
34 Ounce Bottles
Dasani

Without MVP Card Regular Retail

4 Pack
Select Varieties
Dole Fruit Bowls

2/ \$4

Without MVP Card \$2.41 Each

4 Pack
Select Varieties
Dole Fruit Bowls

2/ \$4

Without MVP Card \$2.41 Each

24 Ounce
Select Varieties
Vlasic Pickle Spears

10/ \$10

Without MVP Card Regular Retail

32 Ounce
Select Varieties
Gatorade

10/ \$10

Without MVP Card \$1.28 Each

4/ \$5

Available in
Select Stores - 8 Pack
Wonder or Merita
Hot Dog And
Hamburger Buns

Without MVP Card Regular Retail

10 Pack, 6.75 Ounce
Select Varieties
Hi-C Drinks

2/ \$4

Without MVP Card \$1.33 Each

1.5-2.2 Ounce
Select Varieties
Nestle Single
Candy Bars

Without MVP Card \$16 Each

16 Ounce
Select Varieties
Planters Peanuts

Without MVP Card \$3.99 Each

16-37 Count
Select Varieties
Hefty Trash Bags

Without MVP Card \$4.99 Each

9 Mega,
12 Double
or 24 Single Rolls
Select Varieties
Angel Soft
Bath Tissue

Without MVP Card \$1.39

4/ \$5

13.8-21 Ounce
Select Varieties
Duncan
Hines Brownies

Without MVP Card \$1.75 Each

3/ \$5

12.6-14 Ounce
Select Varieties
Kraft Velveeta
Macaroni &
Cheese Dinners

Without MVP Card \$1.91 Each

10/ \$10

7.5-15 Ounce
Select Varieties
Chef Boyardee
Pasta and
Microwave Bowls

Without MVP Card \$1.29 Each

20 Ounce
Select Varieties
Nature's Pride
100% Wheat Bread

Without MVP Card \$2.79 Each

Beer & Wine

24 Pack
12 Ounce Cans
Natural Family

\$12.79

19 Pack, 12 Ounce Bottles
Bud Light Lime

\$10.29

24 Pack
12 Ounce Cans
Natural Family

\$8.49

12 Pack, 12 Ounce Bottles
Coors Family

\$6.99

4 Pack
12 Ounce Bottles
Dos Equis

Tobacco

Marlboro
10mg Tar, 0.9mg
Cotinine

\$42.79

Basic
10mg Tar, 0.9mg
Cotinine

\$40.79

Winston
10mg Tar, 0.9mg
Cotinine

\$39.49

Full Flavor
10mg Tar, 0.9mg
Cotinine

\$29.99

Respect General Warning: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

fresh Deli & Bakery

2/\$5



Select Varieties
**Single Layer
Dessert Cakes**

Without MVP Card Regular Retail

\$4.99



Select Varieties
Sweet Goods

Without MVP Card Regular Retail



\$3.99
lb.

Hard or Genoa
**Hormel
Salami and
Hormel
Pepperoni**

Food Lion
Entree Cheese

\$3.99

Without MVP Card \$4.99



12 Count Dinner,
6 Count Dinner
or Biallo

Assorted Rolls

2/\$5

Without MVP Card Regular Retail

Meal Solutions



\$4.99

Hot or Cold
**8 Piece Fried
Chicken or
3 Lb. Salads**

Without MVP Card Regular Retail



BUY ONE, GET ONE
FREE
Of Equal or Lower Value

Select Varieties
**On the Go
Bistro Entrees
or Sides**

Without MVP Card Regular Retail

Dairy & Frozen



6-21 Ounce
Select Varieties
**Stouffer's
Dinners and Entrees**

Without MVP Card Regular Retail



8 Ounce
Select Varieties
**Food Lion
Shredded and
Chunk Cheese**

Without MVP Card \$2.89



8 Ounce Cup
Select Varieties
**Yoplait
Yogurt**

Without MVP Card \$2.49 Each



12 Inch
Select Varieties
**Freschetta
Pizza**

Without MVP Card \$6.79



13.6-18.4 Ounce
Select Varieties
**Jimmy Dean
Breakfast Sandwiches**

Without MVP Card \$5.49



5-10 Ounce
Select Varieties
**Michelina's
Entrees**
Or 4.5-8.5 Ounce
Select Varieties
**Michelina's
Lean Gourmet
Frozen Entrees**

Without MVP Card Regular Retail



12 Ounce
**Velveeta
Slices**

Without MVP Card \$3.99 Each



9.5 Ounce
Select Varieties
**Pepperidge
Farm Cheese Toast**

Without MVP Card \$3.99 Each



90-96 Ounce
Select Varieties
**Stouffer's
Party Size Lasagna**

Without MVP Card \$13.79



20 Ounce
Select Varieties
Simply Potatoes

Without MVP Card \$2.49 Each



16 Ounce
Select Varieties
**Cabot
Cottage Cheese**

Without MVP Card \$2.59 Each



10-16 Ounce
Select Varieties
**Birds Eye Premium
Vegetables or Blends**

Without MVP Card 2/\$3.00

Health & Beauty



2 Ounce - 350 Count
Select Varieties
**Sundown
Vitamins**

Without MVP Card Regular Retail



6-20 Ounce
Select Varieties
**Solar Radiance
Sun Care**

Without MVP Card \$4.99-\$7.99 Each



12 Ounce
Select Varieties
**Complete Multi-
Purpose Solution**

Without MVP Card \$9.49 Each



4.25-32 Ounce
Select Varieties
**TRESemmé
Hair Care
Products**

Without MVP Card Regular Retail

quality Meats & Seafood

\$1.79
lb.



**Boneless Beef
Chuck Roasts or
Value Pack Steak**

\$3.49
lb.

MVP Without MVP Card \$4.29



Catfish Nuggets

Without MVP Card \$2.49



**Value Pack
73% Lean
Ground Beef**

\$2.49
lb.

Everyday Low Price



**Hand-Cut
Tuna
Steaks**

\$5.99
lb.

Without MVP Card Regular Retail



**Value Pack
Bone-In
Beef
Short Ribs**

\$2.99
lb.

Without MVP Card \$3.69



**Value Pack
Boston
Butt Steaks**

\$1.79
lb.

Without MVP Card \$2.09



**Smithfield
Ground Pork**

\$2.69
lb.

Without MVP Card \$2.99



**10 Lb. Bag
Fresh Chicken
Leg Quarters**

79¢
lb.

Everyday Low Price



**2.5 Lb.,
Individually
Quick Frozen
Food Lion
Chicken
Breasts**

\$3.99

Without MVP Card \$7.49



**16 Ounce
Select Varieties
Nathan's
Beef
Franks**

\$2.79

Without MVP Card \$5.39 Each



2/\$5
12 Ounce
Select Varieties
Carl's Deli
Cuts Lunch Meats

\$2.79

Without MVP Card \$3.99 Each



2/\$4
12 Ounce
Sliced Regular
Food Lion Bacon

99¢

Without MVP Card \$2.79 Each

fresh Produce



\$1.69
lb.

Ripe and Ready To Eat
**Yellow or
White Peaches**

Without MVP Card \$1.99



69¢
ea.

Imported
**Navel
Oranges**

Without MVP Card 99¢



**Large, Ripe
Cantaloupes**

\$1.69
ea.

Without MVP Card \$1.99



**Large, Ripe
Honeydew
Melons**

\$2.99
ea.

Without MVP Card \$3.99



**Dry First
Grape Tomatoes**

\$2.99

Without MVP Card \$3.29



**5 Lb. Bag
New Crop
White Potatoes**

\$3.49

Without MVP Card \$3.99



**Fresh, Crisp
Green Beans**

\$1.49
lb.

Without MVP Card \$1.99



**8 Ounce
Whole White
Mushrooms**

\$1.99

Without MVP Card \$2.29



Shoppers' Companion Email Newsletter

SAVINGS SENT DIRECTLY TO YOUR INBOX
• Weekly Specials • Hot Coupons • Meal Ideas • And More!

Plus win free stuff from our weekly giveaways:
• Groceries • Gas • MP3 Players • Other cool prizes.

Sign up to receive the Shoppers' Companion at FoodLion.com

We reserve the right to limit quantities and correct typographical errors. Rainchecks unavailable on alcohol and tobacco products.

All Stores Accept

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

• Carrier and Western Union Available At Many Stores
• Deli/Bakery Items May Not Be Available At All Stores
• Sale Begins Wednesday at 8 AM in 34 Hour Stores

DA816C2F