

Great Grilling at Great Prices!

4.8.9 12pk. Select Varieties
Kingsford or Match Light Charcoal
 Without MVP Card \$6.99-\$7.99

\$4.77

Available in Most Stores
 8 Count
Food Lion Hot Dog or Hamburger Buns
 Without MVP Card \$1.79

99¢

24 Ounce
Food Lion Ketchup or Mustard
 Without MVP Card Regular Retail

99¢

14.20 Ounce
 Select Varieties
KC Masterpiece BBQ Sauce and Marinades
 Without MVP Card Regular Retail

2/\$5

30-40 Count
 Select Varieties
Dixie Plates, Bowls or 200 Count Napkins
 Without MVP Card Regular Retail

2/\$4

16 Ounce
 Select Varieties
Hidden Valley Ranch Dressings
 Without MVP Card Regular Retail

2/\$5

16 Ounce
 Select Varieties
Kraft Salad Dressings
 Without MVP Card \$2.82 Each

2/\$4

3 Liter
 Select Varieties
Pepsi Products
 Without MVP Card Regular Retail

3/\$4

6 Pack, 24 Ounce Bottles
 Select Varieties
Pepsi Products
 Without MVP Card Regular Retail

2/\$7

8 Pack, 16 Ounce Cans
 Select Varieties
Mountain Dew Amp or Soda Energy Drinks
 Without MVP Card Regular Retail

\$5.99

6 Count
 Select Varieties
Food Lion Toaster Pastries
 Without MVP Card \$2.28 Each

2/\$3.50

11-14 Ounce
Quaker Cap'n Crunch Cereal or Post Cocoa and Fruity Pebbles
 Without MVP Card \$2.25 Each

2/\$4

12 Ounce
 Select Varieties
Kellogg's Pop-Tarts
 Without MVP Card \$1.29 Each

2/\$4

48 Ounce
 Select Varieties
Wesson Oil
 Without MVP Card \$2.99 Each

2/\$5

8 Mega or 12 Double Roll
Angel Soft Bath Tissue
 Without MVP Card \$2.44

\$5.99

40-50 Count
Smart Option Foam Plates and Bowls
 Without MVP Card \$2.75

\$1.29

16 Ounce
Scott Moist Wipes
 Without MVP Card \$4.99

\$1.99

16 Ounce
Hefly Foam Plates or Bowls
 Without MVP Card \$1.79

\$1.99

6 or 8 Rolls
Scott Paper Towels
 Without MVP Card \$7.99

\$4.99

25 Square Feet
Home 360 Aluminum Foil
 Without MVP Card \$1.21

99¢

10/**\$10**
 32 Ounce
 Select Varieties
Gatorade
 Without MVP Card \$1.29 Each

\$1.10

10 Ounce
 Select Varieties
Food Lion Bag Cereal
 Without MVP Card \$4.29 Each

2/\$7

27.8 38.5 Ounce Cans
 Decaf, and Simply Smooth Not Included
Folgers Can Coffee
 Without MVP Card \$4.99

\$6.49

Available in Most Stores
 20 Ounce
 Select Varieties
Nature's Pride 100% Wheat Bread
 Without MVP Card Regular Retail

FREE

9-16.2 Ounce
 Select Varieties
Little Debbie Snack Cakes
 Without MVP Card \$1.29 Each

4/\$5

11.5-13.2 Ounce
 Select Varieties
Sunshine Check-It
 Without MVP Card \$2.99 Each

2/\$5

32 Ounce
 Select Varieties
Kraft Mayonnaise or Miracle Whip
 Without MVP Card \$4.49 Each

2/\$6

28 Ounce
 Select Varieties
Bush's Baked Beans
 Without MVP Card \$1.99 Each

3/\$5

3.5 Lb. Bag
Food Lion Crunchy Cat Food or Adult Cat Food
 or 7 Lb. Home 360 Cat Litter

2/\$7

Without MVP Card Regular Retail

Cookout with Brats

or a Meal for **\$70**

99¢
 Mt. Olive Squeeze Sweet Relish
 Without MVP Card \$1.79

99¢
 Available in Most Stores
 8 Count
Food Lion Hot Dog or Hamburger Buns
 Without MVP Card \$1.79

FREE

9.2-7.25 Ounce
 Select Varieties
Betty Crocker Suddenly Salad
 Without MVP Card \$1.29 Each

\$1.29

14 Ounce
French's Mustard
 Without MVP Card Regular Retail

\$1.99

40 Ounce
Heinz Ketchup
 Without MVP Card Regular Retail

\$1.99

Beverages

Buy Any 4 Bottles of Wine Get 10% Off

\$9.99
 12pk. Imported
Blackboard Private Selection

2/\$9
 12pk. Imported
Arbor Mist

\$11.99
 10 Pack, 12 Ounce Bottles
Corona or Modelo

\$6.29
 12 Pack, 12 Ounce Bottles
Miller High Life

\$6.29
 6 Pack, 12 Ounce Bottles
Santitas or Milk's Hard Lemonade

\$10.99
 12 Pack, Select Varieties
Francia

3/\$11
 4 Pack, 12 Ounce Bottles
Bartles & Jaymes

Marlboro
 100's 10 Cigarettes
\$34.99

Camel
 100's 10 Cigarettes
\$33.99

Tobacco
Winston
 100's 10 Cigarettes
\$31.99

Kool
 100's 10 Cigarettes
\$33.99

Winston

Kool

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

fresh Deli & Bakery



\$4.99 ea.

Hot or Cold
8 Piece Fried Chicken
or **3 Lb. Salads**
Without MVP Card Regular Retail



\$3.99

Select Varieties, Excludes Pecan
8" Fruit Pies
Without MVP Card \$4.99

Select Varieties
10" Fruit Pies **\$4.99** Without MVP Card \$6.99



\$1.99

Select Varieties
Assorted Rolls
Without MVP Card Regular Retail



Select Varieties
Cheesecakes **\$1.00 Off**
Without MVP Card Regular Retail



\$2.99

6 Count or 12 Count Mini
Select Varieties
Cupcakes
Without MVP Card Regular Retail



2/\$7

12 Ounce
Pre-Pack Salads
Select Varieties
Reser's Protein Salads
Without MVP Card \$4.99 Each

Picnic Solutions



2/\$4

14 Ounce
Butter or Cheddar
Deli Style Popcorn
Without MVP Card \$2.99 Each



2/\$7

16 Ounce
Select Varieties
Jack's or Garden Fresh Salsa
Without MVP Card \$2.99 Each



2/\$6

8 Ounce
Select Varieties
Kaukauna Cheese
Without MVP Card \$2.99 Each

Dairy & Frozen



3/\$5

12 Ounce
Yellow or White
Kraft American Singles
Without MVP Card \$2.99 Each



2/\$2

8 Ounce
Select Varieties
Cool Whip Whipped Topping
Without MVP Card 2/\$3.00



2/\$5

4-6 Count
Select Varieties
Klondike Ice Cream Novelties and Slim-a-Bear
Without MVP Card \$3.99 Each



\$2.99

59 Ounce
Select Varieties
Simply Juices
Without MVP Card \$3.79



3/\$4

16 Ounce, Select Varieties
Food Lion Sour Cream
Without MVP Card \$1.99 Each



10/\$4

6 Ounce
Select Varieties
Breyers Yogurt
Without MVP Card 59¢ Each



\$6.99

22-32 Ounce
Select Varieties
Tyson Family Pack Chicken
Without MVP Card \$8.99



2/\$10

27-40 Ounce
Select Varieties
Stouffer's Family Size or Easy Express Entrees
Without MVP Card \$7.49 Each



\$1.88

24-32 Ounce
Select Varieties
Food Lion Frozen Vegetables
Without MVP Card \$2.99



2/\$4

16 Ounce
Regular or Unsalted
Food Lion Butter Quarters
Without MVP Card \$2.49 Each



88¢

6.1-6.5 Ounce, Select Varieties
Smart Option Pizza
Without MVP Card 99¢



FREE

21-23 Ounce
Select Varieties
Birds Eye Volla!
Without MVP Card \$4.99 Each



2/\$10

12 Inch
Select Varieties
DiGiorno Pizza
Without MVP Card \$4.99 Each



2/\$4

8 Ounce
Select Varieties
Food Lion Natural Sliced Cheese
Without MVP Card 2/\$5.00



10/\$10

22.75 Ounce
Select Varieties
Jeno's Pizza
Without MVP Card \$15.99



2/\$4

59 Ounce,
Select Varieties
Simply ADES or Minute Maid Pomegranate Lemonade or Tea
Without MVP Card \$2.99 Each



\$2.79

One Pint
Select Varieties
Ben & Jerry's Ice Cream
Without MVP Card \$4.19

Health & Beauty



FREE

2 Ounce-350 Count
Select Varieties
Sundown Vitamins
Without MVP Card Regular Retail



2/\$3

6.4 Ounce
Select Varieties
Colgate Toothpaste
Without MVP Card \$2.99 Each



2/\$7

8 Bar
Dial Soap
or 18-24 Ounce
Dial, Tone or Coast Body Wash
Without MVP Card Regular Retail



\$4.49

4 Count
Bic Comfort 3 Advance or Soleil Razors
Without MVP Card Regular Retail

FREE MILK
Buy 6 Gallons, Get the 7th Free!
July 22 - October 13, 2009



Earning your free milk is now easier than ever...

- Use Your Personal MVP Card
- Earn and redeem 6 Electronic Milk Credits and receive a Coupon for a Free Gallon of Food Lion Brand Milk
- Check your cash register receipt to track your Electronic Milk Credits
- You will receive a message at the bottom of your cash register receipt that indicates when you have qualified for your Free Milk Coupon
- To receive your Free Milk Coupon, present your qualifying cash register receipt to your Cashier

quality Meats & Seafood



\$2.99 lb.
Fresh Ground Round
Without MVP Card \$3.59



\$3.79 lb.
Boneless - Value Pack Shoulder Steak or Roast
Without MVP Card \$4.59



\$2.99 lb.
Farm Raised Tilapia Fillets
Without MVP Card \$5.99



2/\$7
6 Ounce Ledbetter Beef Tenderloin Steak
Without MVP Card \$4.99 Each



\$1.49 lb.
Value Pack Drumsticks
Without MVP Card \$1.59



\$4.49 lb.
Fresh Ocean Perch Fillets
Without MVP Card Regular Retail



\$3.49 lb.
Whole Pork Tenderloin
Without MVP Card \$4.99



\$3.49 lb.
Center Cut Ham Slices
Without MVP Card \$4.99



\$6.99
1.5 Lb. Aquastar Wild Salmon Fillets
Without MVP Card \$7.59



FREE (Limit 2 Each)
2.5 Lb. Bag Individually Quick Frozen Food Lion Chicken Snack Wings
Without MVP Card \$9.99 Each



\$4.99
34 Ounce Butcher's Brand 80% Ground Chuck or 92% Lean Ground Beef Patties
Without MVP Card \$6.49



\$2.99 lb.
19.76 Ounce Select Varieties Johnsonville Bratwurst
Without MVP Card \$5.29

2/\$3
32 Ounce Flanagan Krrrris Kraut
Without MVP Card \$2.10 Each



2/\$4
16 Ounce Select Varieties Tennessee Pride Roll Sausage
Without MVP Card \$2.99 Each



2/\$6
7-6 Ounce Select Varieties Oscar Mayer Deli Fresh Shaved Lunch Meats
Without MVP Card \$3.99 Each



2/\$3
12 Ounce Smart Option Pimento Cheese or Chicken Salad
Without MVP Card \$2.47 Each



5/\$3
2 Ounce Select Varieties Carl Buddig Wafer Lunch Meats
Without MVP Card 79¢ Each

fresh Produce



2/\$5
1 Lb. Package Fresh Ripe Strawberries
Without MVP Card \$2.99 Each



\$1.79 lb.
Ripe and Ready To Eat Yellow or White Peaches
Without MVP Card \$1.99



\$4.99
48 Ounce Watermelon Hearts
Without MVP Card \$5.99



\$1.99
8 Ounce, Whole or Sliced Baby Portabella Mushrooms
Without MVP Card \$2.99



\$1.39 lb.
Roma Tomatoes
Without MVP Card \$1.99



\$3.99 ea.
Astro/Gerber Bouquet
Everyday Low Price



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 . . .

Guiding Stars[®]
Nutritious shopping made simple.

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



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

• Coinstar 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