



Check out these GREAT PRICES!

Custom Cut Free
\$1.77
lb.

Whole Boneless Beef Sirloin Tip

Without MVP Card Regular Retail

Great for Ground Sirloin and Kabobs!



Value Pack
Sirloin Tip Steak or Roast **\$2.49**
lb. Without MVP Card Regular Retail



Holly Farms Boneless Chicken Breast Fillets or Tenders

Without MVP Card \$4.99

\$1.99
lb.



Boneless Half Pork Loin

Without MVP Card \$4.49

\$1.87
lb.

Value Pack
Boneless Pork Chops

\$2.87
lb. Without MVP Card \$4.99



Boneless Top Sirloin Steak

Without MVP Card Regular Retail

\$2.99
lb.



7.5 Ounce Select Varieties
Oscar Mayer Deli Fresh Shaved Lunch Meats

Without MVP Card \$2.99 Each

2/ \$5



14-16 Ounce Meat or Beef
Hillshire Farm Smoked Sausage

Without MVP Card \$2.19 Each

2/ \$4

BUY MORE! - SAVE MORE!

- 10.5-12.5 Ounce Select Varieties **Lay's Chips** 2/ \$7
- 6.5-11.5 Ounce Select Varieties **Tostitos** 3/ \$9
- 4-11.5 Ounce Select Varieties **Ruffles** 4/ \$10
- 11.5-14.5 Ounce Select Varieties **Doritos** 4/ \$10

Without MVP Card Regular Retail

BUY MORE! - SAVE MORE!

- 3 Lb. Bag **Gala or Gold Apples** **FREE**
- 48 Ounce Select Varieties **Edy's Ice Cream** 1/ \$5, 3/ \$9, 2/ \$8, 4/ \$10

Without MVP Card \$3.99 Each

10 for \$10

5.2-6.2 Ounce Select Varieties **Hamburger Helper**

Without MVP Card \$1.99 Each

2/ \$5

16-24 Ounce and 8-Packs Select Varieties **Tropicana Pure Premium and 50% Less Sugar Orange Juice**

Without MVP Card Regular Retail

BUY MORE! - SAVE MORE!

18 Pack 12 Ounce Cans **Budweiser, Miller or Coors** **\$10.99**

See who you prefer the packaging of. *Check your state for availability.

2/ \$5

16 Ounce Regular or Thick **Food Lion Bacon**

Without MVP Card \$2.99 Each

\$5.99

6-8 Packs of 12 Double Rolls Select Varieties **Charmin Bath Tissue**

Without MVP Card \$8.99

\$5.99

25-27 Loads 96 Ounce Select Varieties **Tide Liquid Laundry Detergent**

Without MVP Card \$7.99

\$4.99

6-8 Pack 2-Ply Paper Towels **Scott Paper Towels**

Without MVP Card \$7.99

Good neighbors. Great prices.

Week of 10/14/09 - 10/20/09

Happy Diwali Diwali is one of the most widely celebrated festivals in India. Diwali signifies victory of good over evil and is celebrated with colorful lights, food and lots of fun.



Food Lion Private Brand Sale

National Brand Quality Better Price. Guaranteed.

BUY ONE, GET ONE FREE
Limit 2 Free

2 Pack Select Varieties **Food Lion Microwave Popcorn**

Without MVP Card \$2.49 Each

BUY ONE, GET ONE FREE
Limit 2 Free

16.5-16.75 Ounce Select Varieties **Food Lion Chicken Noodle or Tomato Soup**

Without MVP Card \$1c Each

BUY ONE, GET ONE FREE
Limit 2 Free

12 Ounce Family Size **On The Go Bistro Baked Ziti**

Without MVP Card \$5.99 Each

BUY ONE, GET ONE FREE
Limit 2 Free

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

Without MVP Card \$12.99 Each

2/ \$5

16 Ounce Regular or Thick **Food Lion Bacon**

Without MVP Card \$2.99 Each

2/ \$3

12 Ounce Select Varieties **Food Lion Singles**

Without MVP Card Regular Retail

great seafood savings



Snow Crab Clusters
Without MVP Card \$4.99



Earn Reward Tilapia Fillets
Without MVP Card \$5.99



16 Ounce, 20/30 Count Raw or Cooked Food Lion Jumbo Shrimp
Without MVP Card \$10.99-\$14.99 Each



Available in Select Stores Alaskan Cod Fillets
Without MVP Card Regular Retail



16 Ounce Sail Sea Scallops
Without MVP Card \$15.99 Each

\$3.99
lb.
Limit 30 lbs.

\$2.99
lb.

FREE
Limit 2 Free

\$3.99
lb.

\$5.99

FREE
Limit 2 Free



11-12 Ounce Select Varieties Nabisco Nilla Wafers
Without MVP Card \$4.79 Each

FREE
Limit 2 Free



14.5-15.25 Ounce Select Varieties Food Lion Canned Vegetables

69¢

Without MVP Card \$32



89¢
2 Liter Select Varieties Coke Products
Without MVP Card Regular Retail



4/\$9
4 Pack, 3 Liter Bottles Select Varieties Coke Products
Without MVP Card Regular Retail



25% OFF
Select Varieties Post Cereals
Without MVP Card Regular Retail



4/\$5
6 Pack Select Varieties Hershey's Candy
Without MVP Card \$1.79 Each



4/\$9
4 Pack, 6 Ounce Select Varieties Del Monte Fruit Bowls
Without MVP Card Regular Retail



4/\$5
6-6.37 Ounce Stove Top Stuffing
Without MVP Card \$1.95 Each



\$3.89
24 Pack, 3 Liter Bottles Food Lion Purified Water
Without MVP Card \$4.29



2/\$5
17 Ounce Kellogg's Frosted Flakes
Without MVP Card \$3.99 Each



\$1.79
10 Pack, 6 Ounce Pouches Select Varieties Kool-Aid Jammers
Without MVP Card \$2.49-\$3.99



FREE
Limit 2 Free
3 Pack Pop Secret Popcorn
Without MVP Card \$2.99 Each



5/\$5
28 Ounce Select Varieties Food Lion Tomatoes
Without MVP Card \$1.69 Each



\$9.99
22.16 Bag Food Lion Dog Food
Without MVP Card \$13.99



3/\$5
40-50 Count Smart Option Foam Plates and Bowls
Without MVP Card \$2.23 Each



\$29.99
128 Count Huggies Club Pack
Without MVP Card \$32.99



10/\$4.50
4.5 Ounce Can Select Varieties Friskies Cat Food
Without MVP Card \$1.33 Each



\$8.99
22.16 Bag Food Lion Adult Cat Food
Without MVP Card \$13.99

Chicken Pot Pie

a Meal for **\$10**



10/\$10
18.75 Ounce Chicken or Mushroom Campbell's Cream Soups
Without MVP Card \$1.29 Each



\$2.19
40 Ounce Jiffy Baking Mix
Without MVP Card \$2.51



5/\$5
11.85-25 Ounce Select Varieties Green Giant Vegetables
Without MVP Card Regular Retail



2/\$4
18-28 Ounce Select Varieties Ghirardelli Brownies
Without MVP Card \$1.41 Each

Your store for life™

As a part of Food Lion's commitment to our community, we want you to make the most of this opportunity. Use all available sales in preparation for the season that lies ahead. See our website details for our seasonal promotion and our "How to Redeem" brochure.

Your store for life™ is powered by:

Kindred Clark | Food Lion.com/yourstoreforlife™



\$4.99
8 Pack, 11 Ounce Select Varieties Slim-Fast Optima Ready to Drink
Without MVP Card \$1.99



2/\$6
30 Ounce Select Varieties Hellmann's Mayonnaise
Without MVP Card \$4.99 Each



4/\$4
1.5 Liter Select Varieties Diet Lipton Tea
Without MVP Card \$1.39 Each



3/\$5
16-26.3 Ounce Select Varieties Ragu Pasta Sauce
Without MVP Card Regular Retail



\$2.99
3-11.5 Ounce Select Varieties Frito Lay Baked!
Without MVP Card \$3.78



2/\$5
Select Varieties Clorox Wipes
Without MVP Card Regular Retail



\$7.99
4 Roll Select Varieties Scott Paper Towels
Without MVP Card Regular Retail



\$12.99
16 Roll Scott or 18 Roll Cottonelle Scott or Cottonelle Bath Tissue
Without MVP Card Regular Retail

fresh Deli & Bakery

 <p>Select Varieties Sara Lee Ham Without MVP Card \$6.99</p>	 <p>\$4.49 lb. Fresh Deli Virginia or Honey Ham Without MVP Card \$5.49</p>	 <p>2/\$3 Select Varieties Italian Bread Without MVP Card Regular Retail</p>
 <p>\$5.49 lb. Without MVP Card \$6.99</p>	 <p>\$2.99 4 Count Select Varieties Bagels or Muffins Everyday Low Price</p>	 <p>\$3.99 Select Varieties (Excludes Pecan) 8 Inch Food Lion Pies Without MVP Card \$4.99</p>
 <p>\$5.49 lb. Without MVP Card \$6.99</p>	 <p>\$2.99 4 Count Select Varieties Bagel Chips and Panetini Without MVP Card 2/\$7.00</p>	 <p>FREE Select Varieties New York Style Bagel Chips and Panetini Without MVP Card 2/\$7.00</p>

Home Meal Solutions

 <p>\$6.99 Hot or Cold 8 Piece Fried Chicken Everyday Low Price</p>	 <p>\$6.29 3 Lbs. Select Varieties Food Lion Deli Salads Everyday Low Price</p>	 <p>\$2.99 16 Count Regular Club Rolls Everyday Low Price</p>
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Dairy & Frozen

 <p>2/\$4 12 Ounce Yellow or White Kraft American Singles Without MVP Card \$2.99 Each</p>	 <p>10/\$4 6 Ounce Select Varieties Dannon Singles Yogurt Without MVP Card 10/16.00</p>	 <p>10/\$10 5.75-10.5 Ounce Select Varieties Banquet Dinners Without MVP Card 4/55.00</p>	 <p>33% off 9.2-15 Ounce Select Varieties Boston Market Dinners Or 9.5-12.3 Ounce Select Varieties Healthy Choice Dinners or Steamers Without MVP Card Regular Retail</p>
 <p>2/\$5 5-8 Ounce Select Varieties Sargento Shredded Cheese or Cabot Chunks Without MVP Card Regular Retail</p>	 <p>2/\$5 32 Ounce Select Varieties Coffee-mate Flavored Creamer Without MVP Card \$3.99 Each</p>	 <p>2/\$11 12 Inch Select Varieties DiGiorno Pizza Without MVP Card \$8.49 Each</p>	 <p>\$2.99 21-23 Ounce Select Varieties Birds Eye Voila! Without MVP Card \$4.99</p>
 <p>2/\$3 12-16 Ounce Select Varieties Dean's Dips Without MVP Card \$1.99 Each</p>	 <p>2/\$4 1 Dozen Grade A Egg-Land's Best Large Eggs Without MVP Card \$2.49 Each</p>	 <p>FREE 19-24.6 Ounce Select Varieties Mrs. Paul's Seafood Without MVP Card \$5.99 Each</p>	 <p>FREE 19-19.5 Ounce Select Varieties Pepperidge Farm Cakes Without MVP Card \$3.99 Each</p>
 <p>2/\$4 59 Ounce Select Varieties Simply Aides or Minute Maid Lemonade or Tea Without MVP Card \$2.99 Each</p>	 <p>\$1.99 32 Ounce Select Varieties Food Lion Half & Half Without MVP Card \$2.49</p>	 <p>\$1.69 10 Ounce Regular Pie Crusts Without MVP Card \$1.49</p>	 <p>2/\$4 9.5-11.25 Ounce Select Varieties Pepperidge Farm Garlic and Cheese Toast Without MVP Card Regular Retail</p>

Health & Beauty

 <p>\$4.49 1 Liter Select Varieties Listerine Without MVP Card \$5.19</p>	 <p>\$3.49 4.25-32 Ounce Select Varieties TRESemmé Hair Care Without MVP Card Regular Retail</p>	 <p>\$1.49 8 Ounce Select Varieties Healthy Accents Hand Sanitizer Without MVP Card \$1.97</p>	 <p>FREE 1-1.5 Ounce Select Varieties Healthy Accents Nasal Spray or 30 Count Tablets Healthy Accents Allergy Relief Without MVP Card Regular Retail</p>
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FOOD LION NEWS! September 30 - November 24, 2009

NEW! Participation is easier and more convenient, so more paper tickets to collect. Just use your personal MVP Card.

FREE TURKEY

- Shop 6 of 8 weeks.
- Present your Free Turkey Card and personal MVP Card to receive.
- Spend \$45 per visit with your MVP Card.
- Earn 6 different weekly Electronic Turkey Credits (on your cash register receipt) and receive \$20 off your next shopping order electronically at the cash register.

***Shop your way to a \$20 coupon!**

Sept. 30 - Nov. 24, 2009

- Shop 6 of 8 weeks.
- Use this card and your personal MVP Card.
- Spent \$45 per visit with your MVP Card.
- Earn 6 different weekly Electronic Turkey Credits and receive \$20 off your next shopping order electronically at the cash register.
- No other offers may apply for details. Expires 11/24/09.

FREE TURKEY



quality Meats & Seafood



\$1.29 lb.

Holly Farms Value Pack Chicken Drumsticks
Without MVP Card \$1.59

Value Pack **Holly Farms Chicken Thighs** **\$1.19** lb. Without MVP Card \$1.49



\$2.99 lb.

Center Cut Ham Slices
Without MVP Card \$4.99



\$1.07 lb.

Value Pack **Boston Butt Steaks**
Without MVP Card \$2.99

Boston Butt Pork Roast **87¢** lb. Without MVP Card \$1.89



\$2.49 lb.

Value Pack **73% Lean Ground Beef**
Everyday Low Price



\$3.99 lb.

Sold in 2 Lb. Box **Silver Classic Beef Ribeye or New York Strip Steaks**
Without MVP Card \$9.99



2/\$10

Available in Most Stores
1.5 Lb. **Ocean Eclipse Salmon Fillet**
Without MVP Card \$5.99 Each



2/\$4

12 Ounce **Food Lion Imitation Crabmeat**
Without MVP Card \$2.69 Each



FREE

Limit 2 Free

10 Ounce **Small Shrimp Ring with Cocktail Sauce**
Without MVP Card \$7.99 Each



2/\$6

9.6 Ounce Links or Patties **Jimmy Dean Fully Cooked Sausage**
Without MVP Card \$3.49 Each



2/\$5

20-24 Ounce Select Varieties **TGI Friday's Side Dishes**
Without MVP Card \$3.99 Each



79¢

16 Ounce Select Varieties **Gwaltney Great Dogs**
Without MVP Card \$1.14



2/\$4

16 Ounce **Carolina Pride Meat Cocktail Smokies**
Without MVP Card \$3.69 Each



2/\$4

17 Ounce **Smart Option Chicken Nuggets**
Without MVP Card \$3.29 Each



FREE

Limit 2 Free

12 Ounce Select Varieties **Plumrose Premium Ham**
Without MVP Card \$3.99 Each

fresh Produce



\$1.99 each

Large, Ripe **Western Cantaloupes**
Without MVP Card 2/\$5.00



\$1.29 lb.

New Crop **Bartlett Pears**
Without MVP Card \$1.99



\$2.99

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



\$2.99

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



\$1.29 each

Imported **Hot House Cucumbers**
Without MVP Card \$2.29



\$2.79 lb.

Seasonal Fresh **Asparagus**
Without MVP Card \$3.99



\$1.99

Dry Flat **Grape Tomatoes**
Without MVP Card \$3.29

Beverages



\$9.29

12 Pack, 12 Ounce Bottles **Michelob Ultra or Michelob Light**



\$6.29

12 Pack, 12 Ounce Cans **Pabst Blue Ribbon**



\$12.99

12 Pack, 12 Ounce Cans or Bottles **Heineken**



\$4.99

NEW 12 Ounce Bottles **Bud Light Wheat**



\$8.99

6 Pack 3 Ltr. Select Varieties **Livingston Cellars**



\$7.99

6 Pack 12 Ounce Bottles **Ramos House**

We reserve the right to limit quantities and correct typographical errors. Transactions 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

• Constar 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