



We are  
**LOWERING  
PRICES**  
on thousands of products you buy most



**LOOK FOR THIS TAG**

Plus save even more with additional MVP Savings in your weekly flyer.

**\$4.99**  
lb.

Value Pack  
**T-Bone or  
Porterhouse  
Steaks**

Without MVP Card  
Regular Retail



Boneless Half  
**Pork Loin**

Without MVP Card \$3.99 Lb.

Value Pack  
**Boneless Pork Chops**

**\$3.49**  
lb.

Without MVP Card \$4.49



**2/ \$4**

1 Lb. Package  
Fresh, Ripe  
**Strawberries**

Without MVP Card \$2.99 Each



**\$3.99**  
lb.

**Snow Crab  
Clusters**

Without MVP Card \$6.99



**FREE**  
Limit 2 Free

16 Ounce, 26/30 Count  
Box of Cooked  
**Food Lion  
Jumbo Shrimp**

Without MVP Card \$10.99-\$14.99 Each



**\$13.99**

24 Pack, 12 Ounce Cans  
**Budweiser  
or Yuengling**

See and enjoy this tag in participating stores. Offer good while supplies last.



**FREE**  
Limit 2 Free

10.5-12.5 Ounce  
Select Varieties  
**Lay's Chips**

Without MVP Card \$3.99 Each



**3/ \$9**

12 Pack, 12 Ounce Cans  
Select Varieties  
**Coke Products**

Without MVP Card Regular Retail



**FREE**  
Limit 2 Free

16-18 Ounce, Select Varieties  
**Nabisco Chips Ahoy!**

Without MVP Card \$3.60 Each

**SAVE \$3**

When you buy any 3 participating products below in a single transaction. (Mix & Match)

Limit one reward per transaction



**\$8.99**

6 Quilted Soft  
**Bounty Paper Towels**

Without MVP Card \$14.49



**\$9.99**

9 Rolls of 18 Double Soft  
Select Varieties  
**Charmin Bath Tissue**

Without MVP Card \$11.99



**\$9.99**

100 Ounce Liquid  
or 100 Ounce Liquid  
Gain

Without MVP Card \$11.79-\$15.99

*Health & Beauty Savings*



Limit 4  
**\$4.99**

Select Varieties  
**Dove 6 Bar Soap or  
24 Ounce Body Wash**

Without MVP Card Regular Retail



**\$2.99**

7.6-32 Ounce  
Select Varieties  
**TRESemmé  
Hair Care Products**

Without MVP Card \$4.09



**\$6.99**

1 Count - Select Varieties  
Available in Select Stores  
**Gillette Fusion or  
Fusion Power Razor**

Without MVP Card \$10.99-\$11.99



**\$2.49**

1 Count - 5.2 Ounce  
Select Varieties  
**Crest Premium  
Toothpaste or  
Oral-B Advantage  
Toothbrush**

Without MVP Card Regular Retail



**\$6.89**

5 Pack, 8 Ounce  
Select Varieties  
**Ensure**

Without MVP Card \$7.99



**\$6.49**

6 Pack, 8 Ounce  
Select Varieties  
**Nutrifit Plus**



**\$10.99**

14 Count Capsules  
**Prevacid 24 Hour**

Without MVP Card \$11.99

**Good neighbors. Great prices.**

Week of 03/03/10 - 03/09/10

# frozen food sale



BUY ONE, GET ONE  
**FREE**  
Limit 2 Free

21-23 Ounce  
Select Varieties  
**Birds Eye Voila!**

Without MVP Card \$4.99 Each



**40% OFF**

5.25-12.5 Ounce  
Select Varieties  
**Lean Cuisine  
Dinners and Entrees**

Without MVP Card Regular Retail



**4/\$10**

6-11 Ounce  
Select Varieties  
**Weight Watchers  
Smart Ones Entrees**

Without MVP Card Regular Retail



**10/\$10**

16-12 Ounce  
Select Varieties  
**Birds Eye  
Steamfresh  
Vegetables**

Without MVP Card \$1.99 Each



**\$3.99**

12.4-16 Ounce  
Select Varieties  
**Jimmy Dean  
Breakfast Sandwiches**

Without MVP Card \$5.99



**\$4.99**

25.5-29 Ounce  
Select Varieties  
**Tyson Family Pack Chicken**

Without MVP Card \$6.99

Food Lion's **TRADITION** of low prices continues as we **LOWER PRICES** on products you buy most

7.5-9 Ounce  
Select Varieties  
**Keebler Cheez-It**  
Or 11-16.5 Ounce  
Select Varieties  
**Nabisco Premium  
Saltine Crackers**

**FREE**  
Limit 2 Free

Without MVP Card \$2.79-\$2.99 Each

14 Ounce Cheerios,  
12.25 Ounce  
Honey Nut Cheerios,  
11.25 Ounce Cookie Crisp  
12 Ounce Golden Grahams  
**General Mills  
Cereals**

**FREE**  
Limit 2 Free

Without MVP Card Regular Retail

2 Liter, Select Varieties  
**Coke Products**

**4/\$5**

Without MVP Card Regular Retail

6 Pack, 5 Liter Bottles  
Select Varieties  
**Coke Products**

**2/\$5**

Without MVP Card Regular Retail

29 Ounce, Select Varieties  
**Glaceau Vitamin Water**

**5/\$5**

Without MVP Card Regular Retail

5-6.2 Ounce  
Select Varieties  
**Kellogg's  
Rice Krispies Treats**

**FREE**  
Limit 2 Free

Without MVP Card \$2.79 Each

2-4 Pack  
Select Varieties  
**Orville  
Redenbacher's  
Popcorn**

**FREE**  
Limit 2 Free

Without MVP Card \$2.99 Each

7-Piece  
Food Lion  
Microwave Popcorn

**FREE**  
Limit 2 Free

Without MVP Card \$2.99 Each

4-7.2 Ounce  
Select Varieties  
**Pepperidge  
Farm  
Goldfish**

**FREE**  
Limit 2 Free

Without MVP Card \$2.19 Each

10/\$10

16-18.25 Ounce  
Select Varieties  
**Betty Crocker  
Cake Mix**

Without MVP Card Regular Retail

14-15-17.25 Ounce  
Select Varieties  
**Food Lion  
Canned  
Vegetables**

**5/\$3**

Without MVP Card 79c Each

5 Ounce  
In Water or Oil  
**Bumble Bee  
Chunk Light Tuna**

**2/\$1**

Without MVP Card 79c Each

10 Pack  
4 Ounce Pouches  
Select Varieties  
**Capri Sun  
Coolers**

**3/\$6**

Without MVP Card \$2.79 Each

16 Ounce, Select Varieties  
**Betty Crocker  
Frostings**

**\$1.99**

Without MVP Card Regular Retail

26 Pack  
5 Liter Bottles  
**Food Lion  
Purified Drinking Water**

**\$2.99**

Without MVP Card \$9.29

11 Ounce  
**Campbell's  
Pork & Beans**

**2/\$1**

Without MVP Card 89c Each

14.8-16 Ounce  
Select Varieties  
**Little Debbie Big Packs**

**2/\$5**

Without MVP Card \$2.49 Each

14-16 Count  
**Huggies Jumbo Diapers  
and Training Pants**

**\$8.99**

Without MVP Card Regular Retail

2 Pack, 2 Ounce  
Select Varieties  
**Gerber 2nd Foods**

**10/\$10**

Without MVP Card \$1.29 Each

60-200 Count  
Select Varieties  
**Kleenex  
Tissues**

**\$1.69**

Without MVP Card \$2.79

82-96 Ounce  
Select Varieties  
**Clorox Bleach**

**2/\$3**

Without MVP Card \$1.99 Each

**PURCHASE THREE ITEMS (Mix & Match)...**

**2/\$6** 10.7 Ounce Pils, 11.8 Ounce  
Coke Pils, 12.8 Ounce  
Christmas Toast Crunch or  
11.8 Ounce Lucky Charms  
**General Mills Cereals**

**2/\$4** Multi-Packs  
Select Varieties  
**Yoplait Kids  
and Trix Yogurt**

**2/\$4** 10-11.5 Ounce  
Select Varieties  
**Pillsbury  
Toaster Strudel**

**...AND RECEIVE**

64 Ounce  
**Food Lion  
Orange Juice**

**FREE**  
Limit 1 Free  
Per Transaction

Without MVP Card Regular Retail

**Spam & Mac & Cheese**

**a Meal for under \$10**

7.25 Ounce  
Select Varieties  
**Kraft Macaroni  
& Cheese Dinner**

**5/\$3**

Without MVP Card Regular Retail

12 Ounce  
Select Varieties  
**SPAM  
Luncheon Meat**

**2/\$5**

Without MVP Card \$2.99 Each

11-11.25 Ounce  
Select Varieties  
**Green Giant  
Vegetables**

**5/\$4**

Without MVP Card \$1.99 Each

16.3-19.5 Ounce  
Select Varieties  
**Betty Crocker  
Traditional Brownies**

**10/\$10**

Without MVP Card \$1.99 Each

**Beverages**

12 Pack, 12 Ounce Bottles  
**Busch Family**

**\$11.99**

12 Pack, 12 Ounce Bottles  
Miller Family  
or MGD 54

**\$8.99**

11 Pack, 12 Ounce Bottles  
**Corona or Modelo**

**\$11.99**

12 Pack, 12 Ounce Bottles  
**Pilsner**

**\$11.99**

12 Pack, 12 Ounce Bottles  
**Fat Tire or Biggie Hat**

**\$7.29**

12 Pack, 12 Ounce Bottles  
**Corbett Canyon**

**2/\$11**

12 Pack, 12 Ounce Bottles  
**Corbett Canyon**

**\$7.99**

12 Pack, 12 Ounce Bottles  
**Mor del Sur**

**\$7.99**

12 Pack, 12 Ounce Bottles  
**Alice White**

**\$7.99**

12 Pack, 12 Ounce Bottles  
**Blackstone**

# LOOK FOR THIS TAG



Plus save even more with additional MVP Savings in your weekly flyer.

## fresh Deli & Bakery

Available In Most Stores



**\$4<sup>88</sup> lb.**  
Food Lion Fresh Deli Virginia or Honey Ham, Canadian Maple or Black Forest Ham  
Without MVP Card \$5.88



**\$1<sup>19</sup>**  
Select Varieties French Bread  
Without MVP Card Regular Retail



**\$3<sup>99</sup>**  
Excludes Pecan Select Varieties 8 Inch Fruit Pies  
Without MVP Card \$4.99

**\$3<sup>88</sup> lb.**  
White or Yellow Food Lion American Cheese  
Without MVP Card \$4.88

## ON THE GO Bistro

New Varieties, New Sizes



**\$4<sup>99</sup>**  
16 Ounce On The Go Bistro Arroz Con Pollo or Chicken Noodle Casserole  
Everyday Low Price

**Home Meal Solutions**  
10 Ounce Select Varieties On The Go Bistro Soups  
**2/ \$5**  
Without MVP Card \$2.99 Each

## Dairy & Frozen

**\$1<sup>98</sup>**  
64 Ounce Select Varieties Smart Option Orange Juice  
Everyday Low Price  
**\$5<sup>89</sup>**  
12 Ounce Select Varieties Trianglera Premium Orange Juice  
Without MVP Card \$6.99

**20/ \$10**  
4.6 Ounce Select Varieties Yoplait Yogurt  
Without MVP Card \$5.52 Each  
**2/ \$5**  
12 Pack, 3.5 Ounce Select Varieties Cleanse Artisan  
Without MVP Card \$6.99 Each

**3/ \$8**  
88-96 Ounce Select Varieties Edy's Ice Cream  
Without MVP Card Regular Retail

**88¢**  
5.75-10.5 Ounce Select Varieties Banquet Dinners  
Without MVP Card \$3.50

**FREE**  
22 Ounce or 6 Pack Select Varieties Kozy Shack Puddings  
Without MVP Card \$2.99 Each

**\$1<sup>89</sup>**  
12 Ounce Select Varieties Food Lion Singles  
Without MVP Card \$1.99

**FREE**  
29-32 Ounce Value Pack Select Varieties Farm Rich Snacks  
Without MVP Card \$6.99 Each

**FREE**  
14-18.7 Ounce Select Varieties Hungry-Man Dinners  
Without MVP Card \$3.99 Each

**BUY MORE! - SAVE MORE!**  
5.6 Ounce Kraft Shredded, Cubed or Chunk Cheese  
**1/ \$2<sup>99</sup>** **2/ \$5**  
**3/ \$6** **4/ \$7**  
Purchases of 5 or more are \$2.99 Each Without MVP Card Regular Retail

**3/ \$5**  
4 Count Select Varieties Pillsbury Biscuits  
Without MVP Card \$2.29 Each

**FREE**  
9.2-16 Ounce Select Varieties Boston Market Dinners  
Without MVP Card Regular Retail

**FREE**  
12 Inch Select Varieties Palermo's Thin Crust Pizza  
Without MVP Card \$6.49 Each

**99¢**  
64 Ounce Bright & Early Breakfast Drink  
Without MVP Card \$1.54

**2/ \$4**  
25-32 Ounce Select Varieties Food Lion Frozen Vegetables  
Without MVP Card \$2.79 Each

**FREE**  
19.6 Ounce Select Varieties Pepperidge Farm Cakes  
Without MVP Card \$1.99 Each

## Health & Beauty

**\$2<sup>59</sup>**  
2.6-4 Ounce Select Varieties Secret Solid or Aerosol Deodorant  
Without MVP Card Regular Retail

**FREE**  
30 Count Select Varieties Pond's Cleansing and Exfoliating Towelettes  
Without MVP Card \$5.49 Each

**\$6<sup>99</sup>**  
36 Count Select Varieties Playtex Gentle Glide or Sport Tampons  
Without MVP Card \$8.29

**\$10<sup>99</sup>**  
16-20 Count Select Varieties Depend Pants  
Without MVP Card \$13.19



**Support Easter Seals**  
And Help Children and Adults with Disabilities in Your Community  
Buy Specially Marked Products and Make a \$1 Donation at Checkout • www.shopandcare.com



**We are LOWERING PRICES**  
on thousands of products you buy most

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## quality Meats

**\$3.29** lb.  
Bottom Round Roast or Value Pack Steak  
Without MVP Card \$4.59

**\$1.29** lb.  
Holly Farms Roasting Chicken  
Without MVP Card \$1.49

**\$3.29** lb.  
Value Pack Cube Steak  
Everyday Low Price

**\$1.29** lb.  
Value Pack Holly Farms Drumsticks  
Everyday Low Price

**\$3.99** lb.  
Whole or Half Eye of Round Roast or Value Pack Steak  
Without MVP Card Regular Retail

**\$1.19** lb.  
Value Pack Holly Farms Chicken Thighs  
Everyday Low Price

**2/\$5**  
16 Ounce Select Varieties Gwaltney Bacon  
Without MVP Card \$2.79 Each

**\$5.99**  
24 Ounce Butcher's Brand 93% Lean Beef Patties  
Without MVP Card \$6.49

**\$3.69**  
15 Ounce Select Varieties Johnsonville Ground Sausage  
Without MVP Card \$4.29

**2/\$4**  
10 Ounce Select Varieties Bar-S Lunch Meats  
Without MVP Card \$2.99 Each

**2/\$5**  
16 Ounce Select Varieties Jimmy Dean Roll Sausage  
Without MVP Card \$2.99 Each

**2/\$3**  
9-10 Ounce Select Varieties Smart Option Chicken Nuggets  
Without MVP Card \$1.99 Each

## SEAFOOD sale

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

**\$6.99**  
Without MVP Card Regular Retail  
16 Ounce Pasteurized Claw Crab Meat

**FREE**  
12 Ounce Great American Catfish or Tilapia Fillets  
Without MVP Card \$5.99 Each

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

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

## fresh Produce

**\$1.29** lb.  
Fresh, Crisp Fuji Apples, Braeburn Apples or Jumbo D'Anjou Pears  
Without MVP Card \$1.69

**2/\$1**  
Sweet, Ripse Kiwi Fruit  
Without MVP Card \$1.64 Each

**\$2.49** lb.  
Premium, Ripse On-the-Vine Cluster Tomatoes  
Without MVP Card \$2.99

**99¢** Each  
Micro-waveable Russet or Sweet Potatoes  
Without MVP Card \$1.39

**\$4.99**  
4 Lb. Bag Mixed Fruit  
Without MVP Card \$5.99

**\$2.99** Each  
Large, Sweet Del Monte Gold Pineapples  
Without MVP Card \$3.99

**\$1.29** lb.  
Garden Fresh, Tender Zucchini or Yellow Squash  
Without MVP Card \$2.19

### ULTIMATE FAN EXPERIENCE

Enter to Win One of 5 Grand Prizes

PROUD PARTNER OF THE NASCAR HALL OF FAME

ONLY FROM FOOD LION

**Grand Prize (5):** Attend The Inaugural NASCAR Hall of Fame® Induction Ceremony, Private VIP Tour, Tickets to the NASCAR® Sprint All-Star Race at Charlotte Motor Speedway, \$1,000 Cash and much more!

**March 3 - 30, 2010 • See Food Lion Display For Details.**

For more information on the NASCAR Hall of Fame go to [WWW.NASCARHALL.COM](http://WWW.NASCARHALL.COM) or call (704) 854-4420

### ULTIMATE FAN EXPERIENCE

ONLY FROM FOOD LION

PROUD PARTNER OF THE NASCAR HALL OF FAME

**MARCH 3 - 30, 2010**

PARTICIPATING BRANDS

**USE THIS ENTRY CARD**

- SCAN YOUR PERSONAL MVP CARD
- PURCHASE ANY OF THE PARTICIPATING BRANDS AND YOU'RE AUTOMATICALLY ENTERED TO WIN!

See store office for Official Rules.

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

- Gelateria 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