

Paper Sale!

2²⁵
each
with card



**Lowes Foods
bath tissue**

4 double rolls

save at least
89c ea

4⁴⁹
each
with card



**Lowes Foods
paper towels**

2 ply 6 rolls

save at least
\$1.00 ea

6⁹⁹
each
with card



**Charmin
bath tissue**

12 big rolls or 6 mega rolls

save at least
\$1.00 ea

4⁴⁹
each
with card



**Charmin
bath tissue**

9 large rolls

save at least
\$1.50 ea

6⁹⁹
each
with card



**Bounty
paper towels**

8 regular rolls or 6 big rolls

save at least
\$1.99 ea

2⁴⁹
each
with card



**Bounty
paper napkins**

200 count

save at least
\$1.00 ea

1⁷⁹
each
with card



**Bounty
paper towel**

single roll

save at least
89c ea

5 for \$5
with card



**Puffs
facial tissue**

60 - 132 count

save at least
\$3.30 on 5



8⁹⁹
each
with card



**Paws
cat food**
18 lb

save at least
17c each

2⁴⁹
each
with card



**Paws
cat litter**

unscented 20 lb bag

save
at least
30c each

3 for 3⁹⁹
with card



**Paws
cat food**
5.5 oz cans

save
at least
36c on 3

1⁹⁹
each
with card



**Paws
beefhide chew**
selected 1 - 20 count

save
at
least
\$1.00
each

2⁹⁹
each
with card



**Paws dog
biscuits**
4 lb bag

save
at
least
\$1.00
each

6⁹⁹
each
with card



**Paws dry
dog food**

selected 17.6 lb bag

save
at least
82c each

5 for \$3
with card



**Paws
dog food**
13.2 oz cans

save
45c on 5

9⁹⁹
each
with card



**Paws
pet beds**
selected

save
\$3.00
each



Only available at Lowes Foods

Good September 30 - October 6, 2009

good for you FOR LESS

ONLINE OFFERS



Lowes Foods soda 12 pack 12 oz cans



WHEN YOU ENROLL IN E-OFFERS AND ADD OFFER TO YOUR CARD Already a member? Just log in and select offer.

4 for \$7 with card LIMIT 4



2.49 pound with card

boneless top round London broil

Lowes Foods premium USDA Choice beef product of USA

save at least \$2.80 lb



1.99 pound with card

fresh ground beef

80% lean premium product of USA

save at least \$1.00 lb



.99 lb with card

Sanderson Farms split chicken breast

fresh 100% natural bone-in product of USA

save at least \$1.00 lb



buy one, get one free with card

Oscar Mayer sliced bacon

regular 16 oz or center cut 12 oz

regular retail \$5.49 ea YOU PAY \$2.74 ea

Something fresh and rewarding is coming to Lowes Foods!



buy one, get one free with card

premium white potatoes

5 lb

regular retail \$3.99 ea YOU PAY \$1.99 ea



10.99 each

Budweiser, Miller or Coors

18 pack 12 oz cans

where available



3 for \$4.98 with card

Kraft shredded cheese

or cubes 5.8 - 8 oz

save at least \$3.99 on 3



buy one, get one free with card

Kellogg's cereal

frosted bite size mini wheats 24 oz, raisin bran crunch 18.2 oz or raisin bran 25.5 oz

save at least \$3.75 on 2 each one will be charged at full price



buy one, get one free with card

Thomas' English muffins

original 12 oz

regular retail \$2.99 ea YOU PAY \$1.49 ea



1.98 each with card

Smart Ones entrees

5.6 - 11.5 oz

save at least 78c ea



buy one, get one free with card

Nabisco snack crackers

7 - 10 oz

save at least \$3.37 on 2 each one will be charged at full price



2 for \$6 with card

pumpkin or apple pie

8 inch - from the bakery

save at least \$3.98 on 2



buy one, get one free with card

Wisk laundry detergent

liquid 2X 32 use

save at least \$6.98 on 2 each one will be charged at full price



2.99 each with card

Aquarius spring! water

24 pack 16.9 oz bottles

save at least \$3.00 ea



buy one, get one free with card

cinnamon rolls

6 count - from the bakery

regular retail \$2.99 ea YOU PAY \$1.49 ea

fresh triple inspected seafood



5.99
pound

fresh cod fillets
wild product of USA

where available

Grilled African Seasoned Cod
4 servings

1 lb fresh frozen cod fillets, thawed
2 tsp cumin
1 tsp ground coriander
1 tsp ground cumin
1 tsp ground cinnamon
1 garlic clove, minced
1/2 tsp salt
1/2 tsp black pepper
1 onion, sliced into narrow rings

Directions:
Preheat grill. Rinse, pat dry and set aside cod. Mix oil with cumin, coriander, cinnamon, garlic, salt and pepper in bowl. Coat cod with mixture and place each fillet in a piece of aluminum foil. Top cod with onion rings. Form a tent over the fish with foil and fold foil to create closed pocket. Grill for 10 minutes per 1" thickness. Pour juices and onions on top.

regular price \$3.49 ea
YOG FRY \$3.74 ea

buy one get one **free**

Naturally Fresh cocktail or tartar sauce
12 oz



5.99 ea
Virginia Pride fresh standard oysters
8 oz wild product of USA



5.99 ea
Gorton's classic grilled shrimp
8 oz wild product of USA



where available
7.49 lb
sashimi tuna steaks
wild product of Indonesia



premium meat at great prices

3.99
pound

boneless thin sliced top round steak
Lowe's Foods premium USDA choice beef product of USA



5.99
each

Laura's Lean Beef ground round
96% lean 16 oz



8.99
pound

Laura's Lean Beef sirloin steak
boneless



3.99 lb
fresh ground meatballs
seasoned



2 for \$7
Lowe's Foods premium honey ham
thin sliced cooked ham, turkey breast or honey turkey breast 16 oz



2.99 lb
boneless top round steak
Lowe's Foods Premium USDA choice beef product of USA



.99 lb
Perdue chicken thighs or drumsticks
value pack product of USA



3.99 lb
Sanderson Farms boneless chicken breast
thin sliced 100% natural product of USA



2.79 lb
Lowe's Foods premium bratwurst
hot or mild baked sausage



2.99 lb
Perdue boneless skinless chicken breast
value pack product of USA



3.49 lb
Grobbe! corned beef brisket



8.99 ea
boneless ribeye steak
16 oz Lowe's Foods Premium USDA choice beef product of USA - leak proof pack



4.29 lb
boneless sirloin tip roast
Lowe's Foods Premium USDA choice beef product of USA



2.79 ea
Lowe's Foods premium sliced bacon
regular or low sodium 16 oz



3.79 lb
fresh ground beef patties
6 oz patties product of USA



4.79 lb
center cut boneless pork chops
12 chops per pack all natural family pack



2.79 lb
fresh ground Italian sausage



3.79 lb
fresh meatloaf mix



frozen and dairy

10 for \$5

Yoplait yogurt
4 - 6 oz



2 for \$6

Simply Orange juice
59 oz



buy one, get one **free**

Edy's ice cream
48 oz



buy one, get one **free**

Aunt Jemima pancakes
entrees or french toast 5.25 - 14.98 oz



5 for \$5

Oikos greek yogurt
5.3 oz



2 for \$5

Trop50 orange juice
59 oz



5 for \$5

Michelin's dinners
4.65 - 8.5 oz



4 for \$10

Healthy Choice complete dinners
or cafe steamers 10 - 12.5 oz



2 for \$4

Country Crock spread
45 oz



2 for \$4

Kraft chunk cheese
or cracker cuts 5 - 8 oz



5.99 ea

California Pizza Kitchen
11.9 - 14.1 oz



5.99 ea

Stouffer's entrees
family size 28 - 40 oz



2 for \$3

Kraft Philadelphia cream cheese
8 oz bar



2 for \$5

Kraft American cheese singles
16 oz pre-portioned \$3.19 ea



5.99 ea

Home Run Inn pizza
26 - 31 oz



4 for \$5

Savannah Classics hushpuppies
16 oz



together.com
Make a Purchase, Make a Donation!
 Lowes Foods will donate \$1 for every \$10 worth of participating cereal products in our shopping baskets. Offer good through 10/31/09. See our website for participating products. Shop like a Pro at www.LowesFoods.com

2 for \$5
 General Mills cereal
 multi grain cheerios, cinnamon toast crunch 12.8 oz, cheerios 14 oz, fiber one 16.2 oz or total whole grain 16 oz

buy one, get one free
 Betty Crocker fruit snacks
 9 oz

2 for \$3
 Nature Pride 100% wheat bread or honey wheat 20 oz

buy one, get one free
 Hershey's king size candy bars
 these 3 peanut butter cups or 4 of any single count

2 for \$5
 Fiber One chevy bars
 7 oz

5 for \$5
 Green Giant specialty corn
 11 oz

4 for \$5
 Kraft barbecue sauce
 16.25 - 18 oz

buy one, get one free
 Lowes Foods animal cookies
 12 oz

2 for \$4
 Betty Crocker muffin mix
 15.2 - 18.25 oz

2 for \$4
 Aunt Jemima pancake mix
 32 oz

2.99 ea
 Ragù pasta sauce
 45 oz

2 for \$4
 Hunt's ketchup
 46 oz

2 for \$4
 Lowes Foods salad dressing
 Italian or ranch 24 oz

buy one, get one free
 Sweet Sixteen donuts
 12 - 13 oz

2.99 each
 Marie Callender's homestyle creations
 6.49 - 7.95 oz

4 for \$5
 Ronzoni healthy harvest pasta
 12 - 13.25 oz

3 for .99
 Jiffy corn muffin mix
 8.5 oz

2 for \$5
 Fritos, Tostitos or Ruffles dips
 15 - 15.75 oz

4 for \$5
 Progresso soup
 selected 18.5 - 19 oz

2 for \$3
 Minute ready to serve rice
 8.8 oz

4 for \$5
 Van Camp's baked beans
 28 oz

.99 ea
 Lowes Foods worcestershire sauce
 10 oz

2 for \$5
 Kool-Aid jammers
 60 oz 10 pack

2 for \$6
 Maxwell House coffee
 brick 11 - 13 oz

2 for \$5
 Capri Sun fruit drinks
 60 oz 10 pack

4.99 ea
 Starbucks frappuccino
 4 pack 9.5 oz glass bottles

.99 ea
 Deer Park water
 gallon jug

2 for \$7
 Tostitos chips
 9 - 15.63 oz

4 for \$5
 Pepsi products
 2 liter bottles

6.99
 Maxwell House coffee
 31.5 - 34.5 oz can
 Maxwell House decaf coffee 7.99

4.99 ea
 Aquafina water
 24 pack 16.9 oz bottles

4.99 ea
 Aquafina water
 24 pack 16.9 oz bottles

4 for \$5
 Pepsi products
 2 liter bottles

4 for \$5
 Pepsi products
 2 liter bottles

drinks & snacks

5.99 each
 Cats Pride cat litter
 scoopable 14 lb

5.99 ea
 Purex 3 in 1 laundry sheets
 20 - 24 count

9.99 ea
 Hefty cinch sack trash bags
 tall 65 count or large 55 count

1.29 each
 Lowes Foods plastic cups
 20 count 16 oz

2.29 ea
 Lowes Foods dishwasher detergent
 automatic gel or powder 45 oz

buy one, get one free
 Lowes Foods fabric softener sheets
 40 count

2 for \$5
 Palmolive dish soap
 20 - 25 oz

2.99 ea
 2000 flushes toilet cleaner
 1.25 - 3.5 oz

5.99 ea
 Glade sense & spray
 starter kit 43 oz

2 for \$4
 Lowes Foods plates
 selected 15 - 48 count

non-food

5.99 ea
 Purex 3 in 1 laundry sheets
 20 - 24 count

2.29 ea
 Lowes Foods dishwasher detergent
 automatic gel or powder 45 oz

2.99 ea
 2000 flushes toilet cleaner
 1.25 - 3.5 oz

5.99 ea
 Glade sense & spray
 starter kit 43 oz

2 for \$4
 Lowes Foods plates
 selected 15 - 48 count

buy one, get one free
 Lowes Foods fabric softener sheets
 40 count

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 Palmolive dish soap
 20 - 25 oz

2.99 ea
 2000 flushes toilet cleaner
 1.25 - 3.5 oz

5.99 ea
 Glade sense & spray
 starter kit 43 oz

2 for \$4
 Lowes Foods plates
 selected 15 - 48 count

these are online offers only, not manufacturer's coupons

More savings Only at Lowes Foods!

ONLINE OFFERS
 sign up at www.lowesfoods.com/instantave

offers
 1. Sign up! It's fast! It's free!
 2. Select your offers
 3. Save at checkout

75¢ off
 on any one (1) Lowes Foods 2X laundry detergent
 regular or clean boost 100 oz
 Limit 1
 Expires 10/13/09

\$1.00 off
 on any one (1) Lowes Foods string cheese
 24 pack
 Limit 1
 Expires 10/13/09

\$1.00 off
 on any one (1) Lowes Foods string cheese
 24 pack
 Limit 1
 Expires 10/13/09

	 2 for \$5 with card grape tomatoes 1 pint		 3.99 each Better Valu red delicious apples 5 lb bag
	1.29 lb with card jumbo sweet onions		2.99 ea jumbo western cantaloupes or sweet honeydew melons
	1.29 lb with card Washington D'Anjou pears		2 for \$3 with card Hot House cucumbers
	1.69 ea with card Fresh Express shredded lettuce 8 oz or garden 12 oz		1.99 lb with card crown broccoli
8.99 ea dozen rose bouquet 40 cm with baby's breath			1.69 lb with card roma tomatoes
	2.99 ea with card Fresh Express white button mushrooms 8 oz		2.69 lb with card red tomatoes or 1.69 ea with card Grimmway baby carrots 1 lb

fresh deli

Boar's Head where available Boar's Head uses only the finest quality ingredients. • no artificial colors • no artificial flavors • no cereals • no fillers • no by-products.						
4.99 ea Rutherford & Meyer fruit paste all varieties 4 oz	5.99 ea President brie 8 oz log	4.99 lb mild cheddar	9.99 lb Dutch Vincent	8.99 lb BelGioioso parmesan		
						
6.99 lb blazing buffalo™ style roasted chicken breast	7.99 lb deluxe low sodium cap-off choice top round roast beef medium or rare	1.99 ea Reser's salads macaroni, potato or coleslaw 15 - 16 oz	4.99 lb old fashioned off the bone honey ham Kretschmar	4.99 lb American cheese white or yellow Land O' Lakes	3.49 lb baked potato salad Simply Delicious	
						
4.99 lb Monterey jack cheese regular or mild slices - Boar's Head	2.99 ea pepperoni pizza 12" - Boar's Head	1.99 ea gallon tea sweet or unsweet	4.99 lb chicken wings barbecue, buffalo or kettle fried	6.99 lb chicken grape salad Simply Delicious	2.99 lb creamy creamy cole slaw Simply Delicious	

fresh bakery

				
2 for \$5 ea Naan flatbread	4.99 ea carrot cake for two	2 for \$5 ea mousse torte lemon, strawberry or chocolate	2.49 ea classic breadsticks 1/2 lb & 1 lb	2.99 ea with card round rosemary olive oil bread
				
4.99 each chocolate cream cheese blast cake single layer	2.99 ea ciabatta rolls take & bake	7.99 ea key lime pie	2.99 ea with card in store glazed donuts 12 count	1.99 ea with card pastry bites apple or strawberry cream cheese 10 count
				
1.79 each pane Italiano bread	4.99 ea chocolate cream cheese blast cake	8.99 ea chocolate cream cheese blast cake		

*5% discount on 6 - 11 750 ml bottles of wine • 10% discount on 12 or more 750 ml bottles of wine where available

beer and wine

					
7.99 each Sam Adams Octoberfest 6 pack 12 oz bottles	7.99 ea Spaten Octoberfest 6 pack 12 oz bottles	5.99 ea Turning Leaf 750 ml	9.99 ea Chateau Ste Michelle 750 ml	8.99 ea Robert Mondavi private selection 750 ml	8.99 each Lindemans 1.5 liter
					
12.99 each Beck's Octoberfest 12 pack 12 oz bottles	8.49 ea New Belgium Hoptober 6 pack 12 oz bottles	7.99 ea Brooklyn Octoberfest 6 pack 12 oz bottles			

PRICES IN THIS AD EFFECTIVE AT THESE LOCATIONS:

Apex, Archdale, Asheboro, Banner Elk, Bethlehem, Boone, Burlington, Cape Fear, Cary, Chapel Hill, Charlotte, Clemmont, Clayton, Clemmons, Cornelius, Davidson, Denton, Dobson, Fort Mill SC, Garner, Gastonia, Graham, Greensboro, Harrisburg, Hickory, Holly Springs, Huntersville, Jamestown, Kennerlyville, Kinston, King, Knightdale, Lenoir, Lewisville, Little River SC, Lumberton, Matthews, Melbane, Mint Hill, Mooresville, Mt Airy, Morehead City, Newland, North Wilkesboro, Oak Ridge, Ocean Isle Beach, Pilot Mountain, Pinehurst, Raleigh, Randleman, Reidsville, Robbins, Sanford, Shakotts, Southport, Sparta, Stuart VA, Sunset Beach, Thomasville, Wake Forest, Walkertown, West Jefferson, Wilkesboro, Winston, Winston-Salem & Yadkinville

Visit www.lowesfoods.com for street addresses

prices good September 30 - October 6 2009

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