



Week of 06/13/12 - 06/19/12
CELEBRATE FATHER'S DAY
 WITH GREAT PRICES

BUTCHER'S BRAND
 PREMIUM BEEF

U.S.D.A. CHOICE

\$6⁹⁹ lb.

Value Pack
T-Bone or Porterhouse Steaks
 Without MVP Card Regular Retail

Holly Farms
 FRESH CHICKEN

\$1⁹⁹ lb.

Boneless
Holly Farms Chicken Breasts
 Without MVP Card Regular Retail

\$1⁹⁹ lb.

Whole
Pork Spare-Ribs
 Without MVP Card Regular Retail

\$1²⁷ lb.

Ripe and Ready To Eat
Yellow or White Flesh Peaches
 Without MVP Card Regular Retail

\$4⁹⁹ ea.

Red, Ripe, Whole
Seedless Watermelon
 Without MVP Card Regular Retail

BUY MORE! SAVE MORE!
 with your MVP Card

99¢ Ea.
 Must buy 4 \$3.96 Total

\$1⁰⁹ Ea.
 Must buy 3 \$3.27 Total

\$1²⁵ Ea.
 Must buy 2 \$2.50 Total

2 Liter, Select Varieties
Coke Products
 Limit 4 • Less than 2 or more than 4 are \$1.49 Ea.

BUY ONE GET ONE FREE
 Limit 2 Free

48 Ounce Select Varieties
Edy's Ice Cream
 Without MVP Card \$6.99 Each

BUY ONE GET ONE FREE
 Limit 2 Free

32 Ounce Select Varieties
Powerade
 Without MVP Card \$1.39 Each

\$4⁹⁹ lb.

Food Lion Fresh Deli Turkey or Provolone Cheese
 Without MVP Card \$5.99 Lb.

2/\$5

8-9.6 Ounce Select Varieties
Kraft Chunk Cheese
 Without MVP Card \$3.23 Each

2/\$4

Available in Most Stores
 12 Ounce
Merita Hot Dog and Hamburger Buns
 Without MVP Card Regular Retail

BUY ONE GET ONE FREE
 Limit 2 Free

18 Ounce Cheerios, 16.2 Ounce MultiGrain Cheerios, 17 Ounce Honey Nut Cheerios, or 18 Ounce Reese's Peanut Butter Puffs
General Mills Cereal
 Without MVP Card \$4.69 Each

\$2⁷⁹

12 Pack 12 Ounce Cans Select Varieties
My Essentials Soda
 Without MVP Card \$3.49 Each

3/\$5

23-26 Ounce Select Varieties
Prego Pasta Sauce
 Without MVP Card \$2.39 Each

4/\$5

12-16 Ounce Select Varieties
Ronzoni Pasta
 Without MVP Card \$1.79 Each

BUY ONE GET ONE FREE
 Limit 2 Free

18 Ounce Select Varieties
KC Masterpiece BBQ Sauce
 Without MVP Card \$2.19 Each

2/\$4

14-16 Ounce Select Varieties
Kraft Salad Dressing
 Without MVP Card 2/\$5.00

3 DAY SALE STARTS FRIDAY @ 8AM

69¢
 2 Liter Select Varieties
My Essentials Soda
 Without MVP Card Regular Retail

Rest Of Week... 88¢

2/\$4
 Limit - 4
 11-12 Ounce Select Varieties
Doritos Tortilla Chips
 Without MVP Card \$4.29 Each

Rest Of Week... 2/\$6

\$7⁹⁹
 Limit - 4
 15.7-16.6 Lb. Bag Select Varieties
Kingsford Charcoal
 Without MVP Card \$10.99 Each

Rest Of Week... \$9⁹⁹

\$10⁹⁹
 Limit - 4
 16 Lb. Select Varieties
Purina Cat Chow
 Without MVP Card \$13.99 Each

Rest Of Week... \$12⁹⁹

SUMMER COOKOUT GIVEAWAY
 June 6th thru July 10th

FREE*
 48-Page Recipe Book
 Available While Supplies Last.

Chance to Win*
 VIP Trip to Southern Living Test Kitchen

***Spend \$35**
 and purchase any (2) participating products from
 Pepsi, Tide, Bounty, GAIN, AQUAFINA

(1) Recipe Book and (1) sweeps entry per qualifying purchase. See store office for official rules.

Your **SAVINGS** Start Here!

PURCHASE 2...

2/\$5
 8 Pack Select Varieties
Lance Crackers
 Without MVP Card \$3.19 Each

...AND RECEIVE 1

FREE
 2 Liter, Select Varieties
My Essentials Soda
 Without MVP Card 99¢ Each

Limit - 1 Reward per shopping visit.

PURCHASE 4...

4/\$5
 15.25-18.4 Ounce Select Varieties
Betty Crocker Cake Mix
 Without MVP Card \$1.89 Each

...AND RECEIVE

a 5th Betty Crocker Cake Mix
 15.25-18.4 Ounce Select Varieties

FREE
 Limit - 1 Reward per shopping visit.

PURCHASE 2...

2/\$6
 6 Pack 12 Ounce
Gatorade
 Without MVP Card \$3.89 Each

...AND RECEIVE 1

FREE
 6.7 Ounce, Select Varieties
Quaker Chewy Bars
 Without MVP Card \$2.99 Each

Limit - 1 Reward per shopping visit.

PURCHASE 1...

\$3⁷⁹
 16.5 Ounce Select Varieties
Hellmann's Easy Squeeze Mayonnaise
 Without MVP Card \$4.19 Each

...AND SAVE

\$2 Off
 1 lb. of Food Lion Fresh Deli Turkey Meat
 (Select Varieties - with your MVP Card)

PURCHASE 3...

3/\$10
 12 Pack, 12 Ounce Cans Select Varieties
7UP, Diet Rite or Canada Dry
 Without MVP Card Regular Retail

...AND SAVE

\$3 Off
Butcher's Brand Beef
 (Select Varieties - with your MVP Card)

3 DAY SALE

STARTS FRIDAY @ 8AM



MVP
\$3.99
Limit - 4

50 Ounce Liquid or 63-73 Ounce Powder Select Varieties
Gain Laundry Detergent
Without MVP Card Regular Retail

Rest Of Week...
\$4.99



MVP
\$3.99
Limit - 4

41-51 Ounce Select Varieties
Gain Liquid Fabric Softener
Without MVP Card Regular Retail

Rest Of Week...
\$4.99



MVP
\$5.99
Limit - 4

6 Mega, 12 Double or 16 Basic Double Rolls Select Varieties
Charmin Bath Tissue
Without MVP Card Regular Retail

Rest Of Week...
\$6.99



MVP
\$5.99
Limit - 4

6 Big Rolls Select Varieties
Bounty Paper Towels
Without MVP Card Regular Retail

Rest Of Week...
\$6.99



MVP
\$1.00
Limit - 4

6.4 Ounce Select Varieties
Crest Base Toothpaste
Or 3 Pack
Ivory Bar Soap
Without MVP Card Regular Retail

Rest Of Week...
\$1.49



MVP
2/\$5
Limit - 4

6-17 Ounce Select Varieties
Herbal Essences Shampoo, Conditioner or Hair Care Products
Without MVP Card Regular Retail

Rest Of Week...
\$2.99

NEW WAYS TO FUEL YOUR DAYS!

From breakfast to afternoon snacks!

<p>2/\$5 6.6-15 Ounce Select Varieties Keebler Sandies or Fudge Shoppe Cookies Without MVP Card \$3.69 Each</p>	<p>2/\$5 Select Varieties Kellogg's Rice Krispies Treats Cereal or Frosted Mini-Wheats Cereal Without MVP Card \$3.99 Each</p>	<p>2/\$5 12.6 Ounce Kellogg's Froot Loops With Marshmallows Without MVP Card \$3.99 Each</p>	<p>2/\$4 8 Count Select Varieties Kellogg's Pop-Tarts Without MVP Card \$2.49 Each</p>
<p>2/\$5 Select Varieties Kellogg's Fiber Plus Bars Without MVP Card \$3.29 Each</p>	<p>2/\$4 8 Ounce Select Varieties Kellogg's Fruit Snacks Without MVP Card Regular Retail</p>	<p>2/\$5 8-10 Count Select Varieties Kellogg's Eggo Waffles Without MVP Card Regular Retail</p>	<p>2/\$5 9.75-14 Ounce Select Varieties Sunshine Cheez-It Without MVP Card \$3.99 Each</p>

<p>\$2.99 24 Pack .5 Liter Bottles My Essentials Drinking Water Without MVP Card \$4.29 Each</p>	<p>2/\$4 10-10.5 Ounce Select Varieties My Essentials Potato Chips Without MVP Card \$2.99 Each</p>
<p>\$4.99 12 Pack 12 Ounce Cans Select Varieties Coke Products Without MVP Card Regular Retail</p>	<p>4/\$11 6 Pack 16.9 Ounce Bottles Select Varieties Pepsi Products Without MVP Card Regular Retail</p>
<p>3/\$11 8 Pack 12 Ounce Bottles Select Varieties Coke Products Without MVP Card Regular Retail</p>	<p>\$5.99 12 Pack .5 Liter Bottles Select Varieties Lipton Tea Without MVP Card Regular Retail</p>
<p>BUY ONE GET ONE FREE Limit 2 Free MVP 24 Ounce Mt. Olive Pickle Spears Without MVP Card \$2.99 Each</p>	<p>2/\$5 16.3 Ounce Select Varieties Planters Peanut Butter Without MVP Card \$3.49 Each</p>
<p>2/\$4 Select Varieties Hostess Sweet Sixteen Donuts or Donettes Without MVP Card Regular Retail</p>	<p>3/\$5 12-16 Ounce Select Varieties Betty Crocker Frosting Without MVP Card \$1.99 Each</p>
<p>\$3.99 1.62 Ounce Select Varieties MiO Water Enhancer Without MVP Card \$4.19 Each</p>	<p>\$6.99 24 Pack 12 Ounce Cans Select Varieties Pepsi Products Without MVP Card Regular Retail</p>
<p>\$4.99 4 Lb. Select Varieties Iams Dog Food Without MVP Card \$7.49 Each</p>	<p>2/\$1 11 Ounce Campbell's Pork & Beans Without MVP Card 69¢ Each</p>
<p>\$2.99 100 Count Select Varieties My Essentials Freeze Pops Without MVP Card \$3.79 Each</p>	<p>BUY ONE GET ONE FREE Limit 2 Free MVP 5-20 Ounce Select Varieties Solar Radiance or Healthy Accents Sun Care Without MVP Card Regular Retail</p>

Beverages

<p>10/\$10 24 Ounce Select Varieties Propel Without MVP Card Regular Retail</p>	<p>2/\$4 87-2.10 Ounce Select Varieties Crystal Light Drink Mix Without MVP Card Regular Retail</p>	<p>\$3.79 6 Pack, 12 Ounce Bottles Select Varieties IBC or Crush Soda Without MVP Card Regular Retail</p>	<p>2/\$5 6 Pack, 10 Ounce Bottles Select Varieties Hawaiian Punch Without MVP Card Regular Retail</p>
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fresh Deli & Bakery

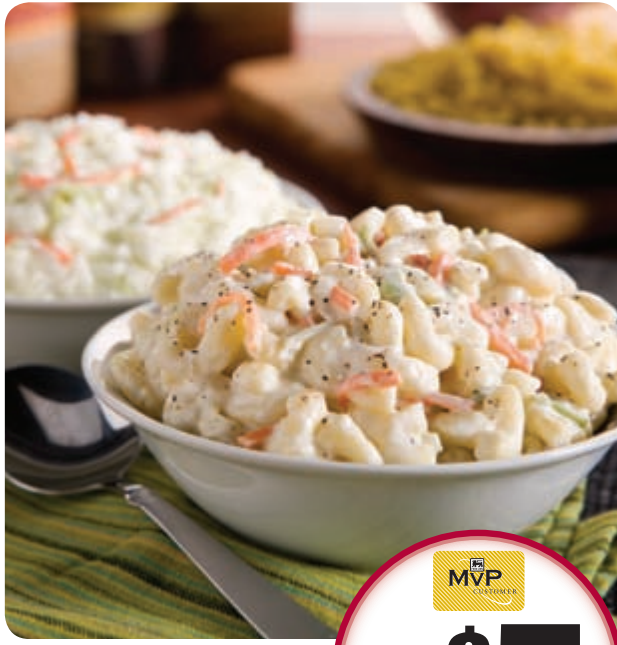
Available In Most Stores



Kretschmar
Select Varieties
Kretschmar Ham

Without MVP Card \$7.99 Lb.

\$7.49
lb.



15-16 Ounce
Select Varieties
Food Lion Deli Salads

Without MVP Card \$2.99 Each

2/\$5



16 Ounce Bread
or 12 Ounce Rolls
King's Hawaiian Bread Or Rolls

Without MVP Card \$3.99 Each

2/\$7



Hot or Cold
10 Count
Wing Dings & Zings

Without MVP Card \$3.99 Each

\$2.99



Select Varieties
Taste of Inspirations Crumbled Cheese

Without MVP Card Regular Retail

\$2.49



5 Count
Select Varieties
Crème Twirls

Without MVP Card \$2.99 Each

2/\$5



4 Count
Select Varieties
Bagels

Without MVP Card \$3.49 Each

2/\$6

Dairy & Frozen



88¢
59 Ounce
Select Varieties
Bright & Early Drink

Without MVP Card 5/\$5.00



\$2.79
6 Pack, Refrigerated
Select Varieties
Jell-O Pudding Or Temptations Cups

Without MVP Card \$3.39 Each



4/\$10
4.9-11.5 Ounce
Select Varieties
Smart Ones Dinners and Entrees

Without MVP Card \$3.19 Each



\$3.99
10-23 Ounce
Select Varieties
Birds Eye Voila!

Without MVP Card \$4.99 Each



2/\$5
15 Ounce
Select Varieties
Shedd's Spread Country Crock

Without MVP Card \$2.69 Each



\$2.79
6 Pack, Refrigerated
Select Varieties
Jell-O Pudding or Gelatin

Everyday Low Price



2/\$4
9.25-11.8 Ounce
Select Varieties
Pepperidge Farm Garlic or Cheese Toast

Without MVP Card \$2.99 Each



\$3.29
12 Count
Select Varieties
Popsicles

Without MVP Card \$3.49 Each



10/\$6
4-6 Ounce
Select Varieties
Yoplait Yogurt

Without MVP Card 10/\$7.00



\$1.39
16 Ounce
Select Varieties
Food Lion Jumbo Biscuits

Without MVP Card 4/\$6.00



10/\$10
5-10 Ounce, Select Varieties
Michelin's or Lean Gourmet Dinners

Without MVP Card 4/\$5.00



2/\$8
12 Inch
Select Varieties
TombStone Pizza

Without MVP Card \$4.79 Each



\$3.99
16 Ounce
Sargento Shredded Cheese

Without MVP Card \$4.99 Each



2/\$4
16 Ounce
Select Varieties
Breakstone's Sour Cream

Without MVP Card \$2.29 Each



\$4.99
26-32 Ounce
Select Varieties
Tyson Family Pack Chicken

Without MVP Card \$5.99 Each



2/\$5
16-28 Ounce
Select Varieties
Nathan's Famous Fries

Without MVP Card \$2.99 Each

CLEAN UP with these SAVINGS!



\$2.79
19-24 Ounce
Select Varieties
Dawn Dishwashing Liquid

Without MVP Card \$2.99 Each



\$3.99
20 Count, Select Varieties
Cascade Action PACS
Or 75 Ounce, Select Varieties
Cascade Powder

Without MVP Card Regular Retail



\$5.99
1 Count, Select Varieties
Nice 'N Easy Hair Color Or Root Touch-Up

Without MVP Card Regular Retail



\$3.79
16-18 Ounce
Select Varieties
Old Spice Body Wash

Without MVP Card \$4.45 Each

NOW OPEN

VERBOLTEN

A TOTALLY TWISTED MULTI-LAUNCH COASTER

verbolten.com

GET \$12 OFF A SINGLE-DAY TICKET TO BUSCH GARDENS

Visit your Food Lion customer service counter for a coupon or show your MVP card at Busch Gardens.

Some restrictions apply. Must have in-store coupon or MVP card to receive offer. See in-store coupon for offer details. Visit verbolten.com for attraction details. © 2012 SeaWorld Parks & Entertainment, Inc. All rights reserved.

quality Meat & Seafood



\$3.79
lb.

Fresh Ground Round
Without MVP Card Regular Retail



\$3.99
lb.

Pork Back Ribs
Without MVP Card Regular Retail



\$3.99
lb.

Sirloin Tip Roast
Without MVP Card Regular Retail



\$1.39
lb.

10 Lb. Box
Pork Riblets
Without MVP Card Regular Retail



\$4.99
lb.

Great For The Grill
Sirloin Kabobs
Without MVP Card Regular Retail



\$6.49
ea.

40 Ounce, Boneless,
Individually Quick Frozen
**My Essentials Boneless
Chicken Breasts or Tenders**
Everyday Low Price



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

16 Ounce
16/20 Count Raw or
26/30 Count Cooked
Food Lion Shrimp
Without MVP Card Regular Retail



\$6.99
lb.

Fresh
Flounder Fillets
Without MVP Card Regular Retail



\$5.99
lb.

**Snow Crab
Clusters**
Without MVP Card Regular Retail



2/\$7

12-16 Ounce
Select Varieties
Oscar Mayer Sliced Bacon
Without MVP Card Regular Retail



2/\$6

4.2-4.5 Ounce, Select Varieties
**Oscar Mayer
Complete Lunchables**
Without MVP Card Regular Retail



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

16 Ounce
Oscar Mayer Meat Bologna
Without MVP Card Regular Retail



2/\$6

6 Ounce, Select Varieties
**Oscar Mayer
Chicken Breast Strips**
Without MVP Card Regular Retail



\$2.99

16 Ounce, Select Varieties
**Land O' Frost
Premium Lunch Meats**
Without MVP Card Regular Retail



2/\$5

16 Ounce
Ball Park Beef Franks
Without MVP Card Regular Retail



2/\$5

13.5-14 Ounce, Select Varieties
**Hillshire Farm
Smoked Sausage**
Without MVP Card Regular Retail



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

13-14 Ounce, Select Varieties
Hillshire Farm Sausage
Without MVP Card Regular Retail

fresh Produce



\$3.99
lb.

Red, Ripe,
California
Cherries
Without MVP Card Regular Retail



8-10 Ounce
**Dole or Fresh
Express Angel
Hair Coleslaw
or Shredded
Lettuce**
Without MVP Card Regular Retail

2/\$3



\$1.47
lb.

**Hot House
Tomatoes**
Without MVP Card Regular Retail



79¢
lb.

Large
Sweet Onions
Without MVP Card Regular Retail



2/\$1

Lemons
Without MVP Card Regular Retail



5/\$1

Limes
Without MVP Card Regular Retail



69¢
lb.

**Sweet
Potatoes**
Without MVP Card Regular Retail



\$7.99

**Summer
Begins
Bouquet**
Everyday Low Price

June 6 - 26, 2012
**Buy a Miracle Balloon
to Help Local Kids**

Proceeds support your local Children's Miracle Network Hospital.



Receive \$5 in money saving
coupons with the purchase
of \$1 Miracle Balloon and
specially marked products.
See store for details.



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

All Stores
Accept



Prices in this ad good at stores conveniently located in these cities:

Accokeek, Bryan's Road, California, Callaway, Charlotte Hall, Frederick, Gaithersburg, LaPlata,
Leonardtown, Lexington Park, Lusby, Mitchellville, Mount Airy, New Market, Prince Frederick,
Rockville, Solomon's Island, Upper Marlboro, Waldorf

- Coinstar and Western Union Available At Many Stores
- Deli/Bakery Items May Not Be Available At All Stores
- Stamps Available At All Stores
- Sale Begins Wednesday at 8 AM In 24 Hour Stores