

Food Lion (8/21 -8/27) MoolaSavingMom.com

Title	Description	Price	Coupon	Final Price	% Saved
Buy 5, Save \$5					
Cheez-It Family Size Crackers, 19 -21 oz (2)	\$1.00/2 Printable	\$7.98	\$3.00	\$4.98	38%
Keebler Tray Packs, 5.4 - 15 oz		\$4.49	\$1.00	\$3.49	22%
Kellogg's Nutri Grain Bars, 13 - 20.8 oz		\$4.49	\$1.00	\$3.49	22%
Kellogg's Nutri Grain Bites, 13 - 20.8 oz		\$4.49	\$1.00	\$3.49	22%
Kellogg's Pop Tarts Cereal, 11.2 oz	\$0.50/1 Printable	\$3.29	\$0.50	\$2.79	15%
Kellogg's Pop Tarts, 12 ct (3)	\$1.00/3 Printable	\$8.97	\$4.00	\$4.97	45%
Pringles Snack Stacks, 12 pk		\$4.49	\$1.00	\$3.49	22%

Old El Paso Refried Beans, 16 oz (2)	\$1.00/2 Printable	\$1.98	\$1.00	\$0.98	51%
Gain Fabric Care Sheets, 105 ct	\$2.00 Off One In-Store Kiosk Coupon	\$3.99	\$2.00	\$1.99	50%
Doritos Tortilla Chips (\$4.29)		\$2.14		\$2.14	50%
Food Lion Shrimp, 16 oz		B1G1			50%
Keebler Chips Deluxe Cookies, 8.5 - 16.4 oz (\$4.49)		\$2.24		\$2.24	50%
Keebler Fudge Shoppe Cookies, 8.5 - 16.4 oz (\$4.49)		\$2.24		\$2.24	50%
Smithfield Marinated Pork Loin Filets, 27 oz (\$9.99)		\$4.99		\$4.99	50%
Tastycake Donuts, 8 - 16.5 oz		B1G1			50%
Tatsykake Snack Cakes, 8 - 16.5 oz		B1G1			50%
Sheba Perfect Portions Wet Cat Food, 2.6 oz (10)	RMN 07/21	\$7.50	\$3.75	\$3.75	50%
Frigo String Cheese, 6 - 12 oz	SS 08/18	\$3.00	\$1.00	\$2.00	33%
Pillsbury Grands! Juniors, 5 ct (3)	\$1.00/3 Printable	\$3.00	\$1.00	\$2.00	33%
Old El Paso Taco Bells, 4.6 - 6.6 oz (2)	\$1.00/2 Printable	\$3.00	\$1.00	\$2.00	33%
Rachael Ray Soup Bones, 6 ct	\$1.50/1 Printable	\$5.49	\$1.50	\$3.99	27%
Tylenol Extra Strength Gelpcaps, 100 ct	\$3/1 Printable	\$10.99	\$3.00	\$7.99	27%
Gain Liquid Softener, 42 - 44 oz	\$2.00 Off One In-Store Kiosk Coupon	\$3.99	\$1.00	\$2.99	25%
Jimmy Dean Breakfast Bowls, 7 - 9 oz (2)	RMN 08/18	\$4.00	\$1.00	\$3.00	25%
Quaker Cap'N Crunch Cereal, 11 - 14 oz (2)	SS 08/04	\$4.00	\$1.00	\$3.00	25%
Bounty Paper Towels, 4 - 6 rolls	\$2.00 Off One In-Store Kiosk Coupon	\$8.99	\$2.00	\$6.99	22%
Charmin Bath Tissue, 4 - 6 mega rolls	\$2.00 Off One In-Store Kiosk Coupon	\$8.99	\$2.00	\$6.99	22%
Gain Flings, 16 ct	\$2.00 Off One In-Store Kiosk Coupon	\$4.99	\$1.00	\$3.99	20%
Gain Laundry Detergent, 50 oz	\$2.00 Off One In-Store Kiosk Coupon	\$4.99	\$1.00	\$3.99	20%
Tide Laundry Detergent, 37 - 40 oz	\$2.00 Off One In-Store Kiosk Coupon	\$4.99	\$1.00	\$3.99	20%
Tide Pods, 12 - 16 ct	\$2.00 Off One In-Store Kiosk Coupon	\$4.99	\$1.00	\$3.99	20%
Egglands Best Eggs, 12 ct	SS 06/30	\$2.50	\$0.50	\$2.00	20%
Campbell's Chicken Noodle Soup, 10.75 oz (5)	\$1.00 Off 5 In-Store Kiosk Coupon	\$5.00	\$1.00	\$4.00	20%
Campbell's Tomato Soup, 10.74 oz (5)	\$1.00 Off 5 In-Store Kiosk Coupon	\$5.00	\$1.00	\$4.00	20%
Skippy Peanut Butter, 15 - 16.3 oz (2)	\$1.00/2 Printable	\$5.00	\$1.00	\$4.00	20%
Tums, 28 - 96 ct	\$0.75/1 Printable	\$3.99	\$0.75	\$3.24	19%
Farm Rich Snacks, 16 - 26 oz	\$0.75/1 Printable	\$4.99	\$0.75	\$4.24	15%
SeaPak Frozen Seafood, 8.25 oz	\$0.75/1 Printable	\$4.99	\$0.75	\$4.24	15%
Dixie Plates, 44 - 54 ct	\$0.75/1 Printable	\$4.99	\$0.75	\$4.24	15%
Poise Pads, 27 - 66 ct	\$2/1 Printable	\$13.39	\$2.00	\$11.39	15%
Purina One Dry Dog Food, 16.5 lb	\$3/1 Printable	\$21.99	\$3.00	\$18.99	14%
Arm & Hammer Clumping Litter, 28 - 40 lb	\$2/1 Printable	\$15.99	\$2.00	\$13.99	13%
General Mills Cocoa Puffs, 10.4 - 11.8 oz (3)	\$1.00/3 Printable	\$8.97	\$1.00	\$7.97	11%
General Mills Trix Cereal, 10.4 - 11.8 oz (3)	\$1.00/3 Printable	\$8.97	\$1.00	\$7.97	11%
Huggies Wipes Refill, 168 - 216 ct (2)	\$1/2 Printable	\$9.98	\$1.00	\$8.98	10%
Fiber One Bars, 4.1 - 8.98 oz (2)	\$0.50/2 Printable	\$5.00	\$0.50	\$4.50	10%
Nature Valley Granola Bars, 4.1 - 8.98 oz (2)	SS 08/04	\$5.00	\$0.50	\$4.50	10%
Huggies Training Pants, 52 - 148 cct	\$2/1 Printable	\$25.99	\$2.00	\$23.99	8%
Dole Fruit Cups, 12 pk	\$0.50/1 Printable	\$6.79	\$0.50	\$6.29	7%
Huggies Snug & Dry Diapers, 52 - 148 ct	\$1.50/1 Printable	\$25.99	\$1.50	\$24.49	6%
80% Lean Ground Beef, per lb		\$2.99		\$2.99	0%
93% Lean Ground Turkey, 16 oz		\$3.49		\$3.49	0%
Boneless Beef Chuck Roast, per lb		\$4.49		\$4.49	0%
Boneless Sirloin Steaks, per lb		\$5.99		\$5.99	0%
Boneless Sirloin Strip Steaks, per lb		\$5.99		\$5.99	0%
Food Lion Hickory Smoked Ham Steak, per lb		\$2.99		\$2.99	0%

Food Lion Sausage, 9 - 12 oz		\$2.48		\$2.48	0%
Hillshire Sausage, 12 - 14 oz		\$2.50		\$2.50	0%
Inland Market Citrus Herb Salmon, 16 oz		\$11.99		\$11.99	0%
Nature's Promise 86% Lean Angus Ground Beef, 16 oz		\$5.99		\$5.99	0%
Nature's Promise Small Cut Boneless Chicken Breasts, per lb	<small>©2019 by The Nature's Promise®. All Rights Reserved. Chicken Breast and Cut Data 12. All Items of Inspiration. Material 18/08/2019</small>	\$4.99		\$4.99	0%
Oscar Mayer Basic Lunchables, 3.5 - 4.5 oz		\$1.00		\$1.00	0%
Oscar Mayer Deli Fresh Lunch Meats, 7 - 9 oz		\$2.99		\$2.99	0%
Schweid & Sons Chuck Brisket Patty, 1.3 lb		\$6.99		\$6.99	0%
Smithfield Bacon, 16 oz		\$4.99		\$4.99	0%
Sweet & Smoky Baby Back Pork Ribs, 32 oz		\$9.99		\$9.99	0%
Tilapia Filets, 10 oz		\$3.99		\$3.99	0%
Blueberries, pint		\$2.50		\$2.50	0%
Cauliflower, ea		\$2.29		\$2.29	0%
Celery, bunch		\$1.49		\$1.49	0%
Eastern Peaches, per lb		\$0.99		\$0.99	0%
Food Lion Baby Bella Mushrooms, 8 oz		\$2.00		\$2.00	0%
Green Cabbage, per lb		\$0.59		\$0.59	0%
Hass Avocados, ea		\$0.79		\$0.79	0%
Mangoes, ea		\$0.79		\$0.79	0%
Nature's Place Organic Salad Mix, 5 oz	FREE Nature's Promise Organic Dressing wyb 1	\$2.99		\$2.99	0%
Organic Baby Peeled Carrots, 1 lb		\$2.19		\$2.19	0%
Organic Strawberries, 1 lb		\$3.19		\$3.19	0%
Rainbow Bell Peppers, 4 ct		\$3.79		\$3.79	0%
Red Vine Cluster Tomatoes, per lb		\$1.29		\$1.29	0%
Strawberries, per lb		\$2.49		\$2.49	0%
Yellow Nectarines, per lb		\$1.89		\$1.89	0%
Athenos Feta cheese, 3.5 - 4 oz		\$2.99		\$2.99	0%
Babybel Cheese, 10 ct		\$4.99		\$4.99	0%
Food Lion Boneless Chicken Wings, ea		\$4.99		\$4.99	0%
Food Lion Ham, per lb		\$4.99		\$4.99	0%
Food Lion Swiss Cheese, per lb		\$4.99		\$4.99	0%
Food Lion Take N Bake Pizzas, 12 in		\$5.00		\$5.00	0%
Geraldine's Cheese Straws, 4.5 oz		\$2.50		\$2.50	0%
Gourmet Cookies, 6 ct		\$2.50		\$2.50	0%
Joseph's Flatbread, 10 oz		\$3.00		\$3.00	0%
Rotisserie Chicken, ea	FREE FL Steam Fresh Vegetables, 12 oz, wyb 1	\$4.99		\$4.99	0%
Taste of Inspirations Angus Roast Beef, per lb		\$8.99		\$8.99	0%
Almond Breeze Almondmilk, 64 oz		\$2.99		\$2.99	0%
Chobani Flip Yogurt, 5.3 oz		\$1.00		\$1.00	0%
Chobani Greek Yogurt, 5.3 oz		\$1.00		\$1.00	0%
Daisy Cottage Cheese, 16 oz		\$2.00		\$2.00	0%
Daisy Sour Cream, 16 oz		\$2.00		\$2.00	0%
Florida's Natural Grapefruit Juice, 52 oz		\$3.00		\$3.00	0%
Florida's Natural Orange Juice, 52 oz		\$3.00		\$3.00	0%
Food Lion American Singles, 6 - 12 oz		\$2.00		\$2.00	0%
Food Lion Natural Cheese Slices, 6 - 12 oz		\$2.00		\$2.00	0%
Frigo Cheese Bites, 6 - 12 oz		\$3.00		\$3.00	0%
Gold Peak Iced Tea, 52 oz		\$2.00		\$2.00	0%
Kraft Chunk Cheese, 6 - 8 oz		\$2.50		\$2.50	0%
Kraft Shredded Cheese, 6 - 8 oz		\$2.50		\$2.50	0%
Simply Ades, 52 oz		\$2.00		\$2.00	0%
Simply Punches, 52 oz		\$2.00		\$2.00	0%
Yoplait Go-Gurt, 8 pk		\$2.00		\$2.00	0%
Birds Eye Corn on the Cob, 12 ct		\$2.99		\$2.99	0%
Birds Eye Voila! Family Size, 42 oz		\$5.99		\$5.99	0%
Food Lion Ice Cream, 48 oz		\$1.88		\$1.88	0%
Frozen Turkey Breast, per lb		\$1.29		\$1.29	0%
Healthy Choice Steamers, 9.5 - 18 oz		\$2.50		\$2.50	0%
Marie Callender's Dessert Pies, 25.6 - 40 oz		\$4.99		\$4.99	0%
Marie Callender's Dinners, 9.5 - 18 oz		\$2.50		\$2.50	0%
Mars Ice Cream Bars, 6 ct		\$3.00		\$3.00	0%
Pillsbury Toaster Strudel, 11.5 - 11.7 oz		\$2.00		\$2.00	0%
Red Baron 12" Pizza, 14.76 - 23.45 oz		\$3.33		\$3.33	0%

Shrimp, 8 oz		\$5.99		\$5.99	0%
Totino's Party Pizza, 9.8 - 10.9 oz		\$1.00		\$1.00	0%
Bisquick Baking Mix, 2.5 lb		\$3.49		\$3.49	0%
Cafe Bustelo Coffee K-Cups, 12 ct		\$5.99		\$5.99	0%
Campbell's Chunky Soup, 18.5 -19 oz		\$2.50		\$2.50	0%
Canada Dry Products, 6 pk		\$2.75		\$2.75	0%
Capri Sun Juice Drinks, 10 pk		\$2.00		\$2.00	0%
Chicken of the Sea Infusions, 2.8 - 5 oz		\$1.00		\$1.00	0%
Chicken of the Sea Solid White Tuna, 2.8 - 5 oz		\$1.00		\$1.00	0%
Coca Cola Products, 2 L		\$0.99		\$0.99	0%
Dasani Water, 24 pk		\$3.99		\$3.99	0%
Dave's Killer Bread Thin Sliced Organic, 20.5 oz		\$5.19		\$5.19	0%
Duncan Hines Perfect Size Heat & Eat Cups, 2.4 oz		\$1.50		\$1.50	0%
Folgers Coffee K-Cups, 12 ct		\$5.99		\$5.99	0%
Folgers Ground Coffee, 22.6 - 33.9 oz		\$6.99		\$6.99	0%
Food Lion Bagged Cereal, 28 oz		\$3.39		\$3.39	0%
Food Lion Cooking Spray, 5 - 6 oz		\$2.29		\$2.29	0%
Food Lion Enchilada Sauce, 10 oz		\$1.49		\$1.49	0%
Food Lion Instant Oatmeal, 10.9 - 15.1 oz		\$1.69		\$1.69	0%
Food Lion Vanilla Wafers, 11 oz		\$2.00		\$2.00	0%
Gatorade Variety Pack, 18 pk		\$9.99		\$9.99	0%
Gatorade, 32 oz		\$0.89		\$0.89	0%
Glaceau Smart Water, 6 pk		\$4.99		\$4.99	0%
Good Health Veggie Stix, 6.75 oz		\$3.00		\$3.00	0%
Hellmann's Mayonnaise, 20 - 30 oz	Get \$1.00 OFF FL Reusable Bag wyb 1	\$3.49		\$3.49	0%
Hidden Valley Salad Dressing 12 - 16 oz		\$3.00		\$3.00	0%
Hostess Cinnamon Rolls, 16.5 oz		\$3.00		\$3.00	0%
Hostess Danish Rolls, 16.5 oz		\$3.00		\$3.00	0%
Kraft Macaroni & Cheese Dinner, 7.25 oz		\$0.89		\$0.89	0%
Lay's Potato Chips, 5 - 8 oz		\$2.00		\$2.00	0%
Little Debbie Big Snacks, 16.8 - 31.78 oz		\$2.50		\$2.50	0%
Mars Fun Size Candy, 9 - 11.5 oz		\$3.00		\$3.00	0%
Martha White Muffin Mix, 7 - 7.6 oz		\$1.00		\$1.00	0%
Nathan's Famous Extra Long Hot Dog Buns, 6 ct		\$3.00		\$3.00	0%
Nathan's Mustard, 12 oz		\$2.00		\$2.00	0%
Nature's Own Perfectly Crafted Bread, 22 oz		\$2.99		\$2.99	0%
Nature's Promise Organic Pasta Sauce, 14.5 - 24 oz	FREE Nature's Promise Organic Pasta, 16 oz, wyb 1	\$2.59		\$2.59	0%
Pace Picante Sauce, 16 oz		\$2.00		\$2.00	0%
Pace Salsa, 16 oz		\$2.00		\$2.00	0%
Pepperidge Farm Cookies, 4.75 - 8.6 oz		\$2.99		\$2.99	0%
Pepperidge Farm Goldfish Resealable Bag, 11 - 11.5 oz		\$3.00		\$3.00	0%
Pepsi Products, 12 pk		\$3.00		\$3.00	0%
Post Pebbles Cereal, 11 - 14 oz		\$2.00		\$2.00	0%
Prego Cooking Sauce, 14.5 - 24 oz		\$2.00		\$2.00	0%
Prego Pasta, 14.5 - 24 oz		\$2.00		\$2.00	0%
Pure Leaf Tea, 6 pk		\$4.99		\$4.99	0%
Red Bull Energy Water, 4 pk		\$5.99		\$5.99	0%
Utz Variety Snack Pack, 12 oz		\$3.50		\$3.50	0%
Atkins Bars, 5 pk		\$5.99		\$5.99	0%
Atkins Shakes, 4 pk		\$5.99		\$5.99	0%
Right Guard Twin Pack, 5.2 - 8 oz		\$5.99		\$5.99	0%
Softsoap Liquid Hand Soap, 7.5 oz		\$1.00		\$1.00	0%
Ajax Liquid Dish Soap, 28 - 34 oz		\$1.99		\$1.99	0%
Bounty Paper Towels, 6 - 12 ct		\$13.99		\$13.99	0%
Charmin Bath Tissue, 8 - 12 rolls		\$13.99		\$13.99	0%
Food Lion Aluminum Foil, 50 - 75 sq ft		\$2.50		\$2.50	0%
Glade Plugins Scented Oil Refills, 2 pk		\$4.99		\$4.99	0%
Beech-Nut Baby Food Pouches, 3.5 oz		\$0.92		\$0.92	0%
Gerber Graduates Fruit Bars, 5.5 oz		\$2.99		\$2.99	0%
Alpo Wet Dog Food, 13 - 13.2 oz		\$0.80		\$0.80	0%
Companion Deluxe Training Pads, 50 ct		\$8.99		\$8.99	0%
Fancy Feast Appetizers, 1 oz		\$1.00		\$1.00	0%
Meow Mix Dry Cat Food, 3 - 3.47 lb		\$3.99		\$3.99	0%