

Food Lion (10/2 - 10/8) MoolaSavingMom.com

Title	Description	Price	Coupon	Final Price	% Saved
1 Day Hot Sale! Oct 5					
Kellogg's Froot Loops Cereal, 10.1 - 13.7 oz (4)	\$2.00/4 Printable	\$6.64	\$2.00	\$4.64	30%
Kellogg's Frosted Flakes Cereal, 10.1 - 13.7 oz (4)	\$2.00/4 Printable	\$6.64	\$2.00	\$4.64	30%
Nathan's Famous Franks, 11 - 14 oz		\$1.99		\$1.99	0%
Caique Cheese, 10 oz (\$4.99)	\$1/1 (SS 09/15/19)	\$2.49	\$1.00	\$1.49	70%
Margaritaville Shrimp, 8 - 10 oz (\$7.99)	\$1.00/1 Printable	\$3.99	\$1.00	\$2.99	63%
Cheez-it Crackers, 8 - 12.5 (\$4.29)		\$2.14		\$2.14	50%
Cocina Fresca Salsa, 16 oz (\$3.99)		\$1.99		\$1.99	50%
Doritos Tortilla Chips, .25 - 11.25 oz (\$4.29)		\$2.14		\$2.14	50%
Entenmann's Donuts - B1G1		\$0.00			50%
Entenmann's Little Bites, 7.4 - 22 oz - B1G1		B1G1			50%
Food Lion Cooked Shrimp, 16 oz - B1G1		B1G1			50%
Food Lion Fish Fillets, 12 oz (\$4.99)		\$2.49		\$2.49	50%
Food Lion Raw Shrimp, 16 oz - B1G1		B1G1			50%
Fritters, 3 ct (\$2.99)		\$1.49		\$1.49	50%
General Mills Honey Nut Cheerios Cereal, 14.9 - 15.4 oz - B1G1	SS 08/25	B1G1			50%
General Mills Lucky Charms Cereal, 14.9 - 15.4 oz - B1G1	SS 08/25	B1G1			50%
Gourmet Cookies, 6 ct (\$2.99)		\$1.49		\$1.49	50%
Juicy Juice 100% Fruit Juice, 64 oz - B1G1	SS 08/18	B1G1			50%
Juicy Juice 100% Juice, 8 pk - B1G1	SS 08/18	B1G1			50%
Keebler Club Crackers, 8.8 - 13.8 oz - B1G1		B1G1			50%
Keebler Town House Crackers, 8.8 - 13.8 oz - B1G1		B1G1			50%
Ruffles Party Size Potato Chips, 13 - 14 oz (\$4.49)		\$2.24		\$2.24	50%
Wise Potato Chips 6 - 25.7 oz (\$2.99)		\$1.49		\$1.49	50%
Swiffer Refills, 10 - 16 ct	P&G 09/29	\$4.49	\$2.00	\$2.49	45%
Gillette Mach3 Disposable Razors, 3 ct	P&G 09/29	\$6.99	\$3.00	\$3.99	43%
Venus Disposable Razors, 3 ct	P&G 09/29	\$6.99	\$3.00	\$3.99	43%
Excedrin, 20 - 24 ct	\$1.50/1 Printable	\$3.99	\$1.50	\$2.49	38%
Febreze Air Effects, 8.8 oz	\$1.00 Off One In-Store Kiosk Coupon	\$2.99	\$1.00	\$1.99	33%
Febreze Car Vent Clips, .06 oz	\$1.00 Off One In-Store Kiosk Coupon	\$2.99	\$1.00	\$1.99	33%
Ragu Pasta Sauce 16 - 24 oz (2)	\$1.00/2 Printable	\$3.00	\$1.00	\$2.00	33%
Rachael Ray Dry Cat Food, 3 lb	\$2.00/1 Printable	\$6.49	\$2.00	\$4.49	31%
Downy Liquid Fabric Softener, 129 oz	\$3.00 Off One In-Store Kiosk Coupon	\$9.99	\$3.00	\$6.99	30%
Downy Scent Booster, 14.8 - 19.5 oz	\$3.00 Off One In-Store Kiosk Coupon	\$9.99	\$3.00	\$6.99	30%
Gain Scent Booster 14.8 - 19.5 oz	\$3.00 Off One In-Store Kiosk Coupon	\$9.99	\$3.00	\$6.99	30%
Softsoap Body Wash, 10 - 16 oz	\$0.75/1 Printable	\$2.99	\$0.75	\$2.24	25%
Splenda Sweetener, 40 - 100 ct	\$1.00/1 Printable	\$3.99	\$1.00	\$2.99	25%
Land O'Frost Sub Kits, 18 - 20 oz	SS 08/25	\$4.99	\$1.25	\$3.74	25%
Boost, 6 pk	\$2.00/1 Printable	\$7.99	\$2.00	\$5.99	25%
Totino's Pizza Rolls, 24.8 oz (2)	\$1.50/2 Printable	\$6.00	\$1.50	\$4.50	25%
Pace Picante Sauce	\$0.50/1 Printable	\$2.00	\$0.50	\$1.50	25%
Pace Salsa	\$0.50/1 Printable	\$2.00	\$0.50	\$1.50	25%
M&M's Fun Size, 9.9 - 11.23 oz (3)	RMN 09/22	\$9.00	\$2.00	\$7.00	22%
Mars Fun Size Candy, 9 - 11.5 oz (3)	RMN 09/22	\$9.00	\$2.00	\$7.00	22%
Eight O'Clock Coffee, 11 - 12 oz	\$1.00/1 Printable	\$4.99	\$1.00	\$3.99	20%
Tide Laundry Detergent 50 - 75 oz	\$2.00 Off One In-Store Kiosk Coupon	\$9.99	\$2.00	\$7.99	20%
Tide Pods, 23 - 31 ct	\$2.00 Off One In-Store Kiosk Coupon	\$9.99	\$2.00	\$7.99	20%
Pillsbury Grands! Frozen Biscuits, 12 ct (2)	\$1.00 Off Two In-Store Kiosk Coupon	\$5.00	\$1.00	\$4.00	20%
Kellogg's Froot Loops Cereal, 10.1 - 13.7 oz (4)	\$2.00/4 Printable	\$10.00	\$2.00	\$8.00	20%
Kellogg's Frosted Flakes Cereal, 10.1 - 13.7 (4)	\$2.00/4 Printable	\$10.00	\$2.00	\$8.00	20%
SeaPak Frozen Seafood, 8 - 25 oz	\$0.75/1 Printable	\$3.99	\$0.75	\$3.24	19%
Irish Spring Body Wash, 15 -16 oz	\$0.75/1 Printable	\$3.99	\$0.75	\$3.24	19%
Vicks DayQuil, 12 oz (2)	P&G 09/29	\$15.98	\$3.00	\$12.98	19%
Vicks DayQuil, 24 ct (2)	P&G 09/29	\$15.98	\$3.00	\$12.98	19%
Vicks NyQuil, 12 oz (2)	P&G 09/29	\$15.98	\$3.00	\$12.98	19%
Vicks NyQuil, 24 ct (2)	P&G 09/29	\$15.98	\$3.00	\$12.98	19%
General Mills Cookie Crisp Cereal, 10.6 - 11.25 oz (2)	SS 08/25	\$5.98	\$1.00	\$4.98	17%
General Mills Golden Grahams Cereal, 10.6 - 11.25 oz (2)	SS 08/25	\$5.98	\$1.00	\$4.98	17%
Mr Clean Multi-Purpose Cleaners, 45 oz (2)	P&G 09/29	\$6.00	\$1.00	\$5.00	17%
Puffs Facial Tissues, 48 - 56 oz	P&G 09/29	\$1.50	\$0.25	\$1.25	17%
Challenge Creamery Butter Quarters, 16 oz	\$0.50/1 Printable	\$3.99	\$0.50	\$3.49	13%

Gerber Graduates Lil' Crunchies, 1.46 oz (4)	\$1.00/4 Printable	\$8.36	\$1.00	\$7.36	12%
Pampers Cruisers Super Pack, 52 - 104 ct	P&G 09/29	\$25.49	\$3.00	\$22.49	12%
Cascade Dishwasher Detergent, 14 - 25 ct	\$.50 Off One In-Store Kiosk Coupon	\$4.99	\$0.50	\$4.49	10%
Sargento Shredded Cheese, 5 - 8 oz (2)	SS 08/25	\$5.00	\$0.50	\$4.50	10%
Fiber One Bars, 4.1 - 8.98 oz (2)	SS 08/18	\$5.00	\$0.50	\$4.50	10%
Nature Valley Granola Bars, 4.1 - 8.98 oz (2)	\$.50/2 Printable	\$5.00	\$0.50	\$4.50	10%
Old Spice Deodorant, 5.3 oz (2)	P&G 09/29	\$10.98	\$1.00	\$9.98	9%
Secret Deodorant, 5.3 oz (2)	P&G 09/29	\$10.98	\$1.00	\$9.98	9%
Bounty Paper Towels, 6 huge rolls	P&G 09/29	\$13.99	\$1.00	\$12.99	7%
Charmin Bath Tissue, 8 - 12 rolls	P&G 09/29	\$13.99	\$1.00	\$12.99	7%
Skippy Peanut Butter (Buy 1, Get 1 Skippy PB Bites FREE) (2)	\$.55/2 Printable	\$8.38	\$0.55	\$7.83	7%
Luvs Baby Wipes, 168 - 216 ct (2)	P&G 09/29	\$11.98	\$0.50	\$11.48	4%
Pampers Baby Wipes, 168 - 216 ct (2)	P&G 09/29	\$11.98	\$0.50	\$11.48	4%
85% Lean Fresh Ground Round, per lb		\$3.99		\$3.99	0%
Boneless Beef Chuck Roast, per lb		\$3.49		\$3.49	0%
Boneless Pork Loin, per lb		\$1.69		\$1.69	0%
Boneless Sirloin Steaks, per lb		\$5.99		\$5.99	0%
Boneless Sirloin Strip Steaks, per lb		\$5.99		\$5.99	0%
Boneless Stew Beef, per lb		\$5.49		\$5.49	0%
Boneless, Center Cut Pork Chops, per lb		\$2.49		\$2.49	0%
Dockside Crab, 12 oz		\$4.99		\$4.99	0%
Flounder Fillets, 10 oz		\$4.99		\$4.99	0%
Food Lion Boneless Chicken Breast, per lb		\$1.79		\$1.79	0%
Fresh 93% Lean Ground Turkey, 16 oz		\$2.99		\$2.99	0%
Hillshire Beef Smoked Sausage, 12 - 14 oz		\$2.50		\$2.50	0%
Hillshire Farm Meat Sausage, 12 - 14 oz		\$2.50		\$2.50	0%
Hillshire Farm Tin Sliced Lunchmeat, 7 - 8 oz		\$3.00		\$3.00	0%
Hormel Bacon, 12 - 16 oz		\$5.29		\$5.29	0%
Inland Market Garlic and Herb Cedar Flank Salmon, 16 oz		\$11.99		\$11.99	0%
Johnsville Sausage, 12 oz		\$3.00		\$3.00	0%
Kingsford Fully Cooked Ribs, 24 oz		\$9.99		\$9.99	0%
Lobster Cakes, 12 oz		\$4.99		\$4.99	0%
Nathan's Famous Franks, 11 - 14 oz		\$3.99		\$3.99	0%
Nature's Place 86% Lean Ground Beef, 16 oz		\$5.99		\$5.99	0%
Broccoli Crowns, per lb		\$1.69		\$1.69	0%
California Yellow Peaches, per lb		\$1.79		\$1.79	0%
European Cucumbers, ea		\$0.89		\$0.89	0%
Fresh Express Chopped Salad Kits, 6.4 - 13 oz		\$2.50		\$2.50	0%
Golden Delicious Apples, per lb		\$0.99		\$0.99	0%
Granny Smith Apples, per lb		\$0.99		\$0.99	0%
Green Cabbage, per lb		\$0.49		\$0.49	0%
Green Seedless Grapes, per lb		\$0.99		\$0.99	0%
Hard Squash, per lb		\$0.99		\$0.99	0%
Mandarins, 3 lb bag		\$3.99		\$3.99	0%
Mini Watermelons, ea		\$2.99		\$2.99	0%
Nature's Place Organic Salad Mix, 10 oz		\$4.99		\$4.99	0%
Organic Green Seedless Grapes, per lb		\$2.89		\$2.89	0%
Organic Red Seedless Grapes, per lb		\$2.89		\$2.89	0%
Red Delicious Apples, per lb		\$0.99		\$0.99	0%
Roma Tomatoes, per lb		\$1.29		\$1.29	0%
Russet Potatoes, 5 lb bag		\$2.50		\$2.50	0%
Yellow Onions, per lb		\$0.69		\$0.69	0%
8 Piece Fried Chicken		\$7.49		\$7.49	0%
Bulkie Rolls, ea		\$2.99		\$2.99	0%
Food Lion Chicken, per lb		\$4.99		\$4.99	0%
Food Lion Deli Salads, 8 oz		\$1.50		\$1.50	0%
Food Lion Provolone Cheese, per lb		\$4.99		\$4.99	0%
Food Lion Turkey, per lb		\$4.99		\$4.99	0%
Hoagie Rolls, ea		\$2.99		\$2.99	0%
Mini Pudding Cake, 15 oz		\$3.50		\$3.50	0%
Taste of Inspirations Ham, per lb		\$6.99		\$6.99	0%
Yellow Corn Tortilla Chips, 14 oz		\$2.50		\$2.50	0%
Borden Natural Cheese Slices, 6 - 8 oz		\$2.50		\$2.50	0%
Borden Shredded Cheese, 6 - 8 oz		\$2.50		\$2.50	0%
Cabot Chunk Cheese, 5 - 8 oz		\$2.50		\$2.50	0%
Coffee Mate Flavored Creamer, 32 oz		\$3.00		\$3.00	0%

Danish Creamery Butter Quarters, 16 oz		\$3.99		\$3.99	0%
Food Lion Cheese Singles, 12 oz		\$2.00		\$2.00	0%
Food Lion Cinnamon Rolls, 6 - 12.4 oz		\$1.25		\$1.25	0%
Food Lion Crescent, 6 - 12.4 oz		\$1.25		\$1.25	0%
Food Lion Shredded Cheese, 8 oz		\$2.00		\$2.00	0%
Food Lion Sour Cream, 16 oz		\$1.50		\$1.50	0%
Food Lion Yogurt, 6 oz		\$0.50		\$0.50	0%
Gold Peak Iced Tea, 52 oz		\$2.00		\$2.00	0%
Jell-O Gelatin, 4 pk		\$2.00		\$2.00	0%
Jell-O Pudding, 4 pk		\$2.00		\$2.00	0%
Minute Maid Premium Orange Juice, 59 oz		\$2.50		\$2.50	0%
Smart Balance Spread, 13 - 15 oz		\$2.50		\$2.50	0%
Bertolli Classic Frozen Meals, 22 - 24 oz		\$5.99		\$5.99	0%
Boston Market Frozen Dinners, 13 - 16 oz		\$2.00		\$2.00	0%
California Pizza Kitchen Pizza, 13.4 - 31.5 oz		\$5.00		\$5.00	0%
DiGiorno Pizza, 13.4 - 31.5 oz		\$5.00		\$5.00	0%
Food Lion Ice Cream, 48 oz		\$2.00		\$2.00	0%
Hot Pockets Family Pack, 51 - 54 oz		\$9.99		\$9.99	0%
Jimmy Dean Breakfast Sandwiches, 27.2 - 36.8 oz		\$8.99		\$8.99	0%
Marie Callender's Dessert Pies, 25.6 - 40 oz		\$4.99		\$4.99	0%
Mrs Paul's Frozen Seafood, 11.6 - 24.6 oz		\$3.50		\$3.50	0%
PF Chang's Home Menu Meals, 22 - 24 oz		\$5.99		\$5.99	0%
Steak-umm Sliced Steaks, 24 oz		\$6.99		\$6.99	0%
Stouffer's Family Size Dinners, 25 - 40 oz		\$5.99		\$5.99	0%
A&W Products, 6 pk		\$2.75		\$2.75	0%
Bragg Organic Apple Cider Vinegar, 32 oz		\$5.99		\$5.99	0%
Campbell's Condensed Soup, 10.5 - 11.5 oz		\$1.25		\$1.25	0%
Campbell's Tomato Soup, 4 pk		\$3.99		\$3.99	0%
Campbells Homestyle Chicken Noodle Soup, 4 pk		\$3.99		\$3.99	0%
Capri Sun Juice Drinks, 10 pk		\$2.00		\$2.00	0%
Castleberry's Food Truck Chili, 16 oz		\$2.00		\$2.00	0%
Coca Cola Products, 12 pk		\$3.67		\$3.67	0%
Coca Cola Products, 2 L		\$0.99		\$0.99	0%
College Inn Broth, 32 oz		\$2.00		\$2.00	0%
Deer Park Spring Water, 24 pk		\$3.49		\$3.49	0%
Food Lion Canned Beans, 15 - 15.5 oz		\$0.54		\$0.54	0%
Food Lion Pancake Syrup, 24 oz		\$1.69		\$1.69	0%
Food Lion Seasoned Coating Mix		\$1.59		\$1.59	0%
Food Lion Taco Seasoning Mix, 1.25 oz		\$0.89		\$0.89	0%
Gatorade, 32 oz		\$1.00		\$1.00	0%
Hershey's Snack Size Candy, 9.8 - 22 oz		\$3.49		\$3.49	0%
Kellogg's Nutri Grain Bites, 13 oz		\$4.89		\$4.89	0%
Kellogg's Pop Tarts, 12 ct		\$2.99		\$2.99	0%
Kellogg's Single Serve Minis, 20 - 21.20 oz		\$6.99		\$6.99	0%
Kraft Deluxe Shells & Dinner, 9.4 - 14 oz		\$2.50		\$2.50	0%
Kraft Mayonnaise, 30 - 32 oz		\$3.00		\$3.00	0%
Little Debbie Fall Snack Cakes, 6 - 13.13 oz		\$2.00		\$2.00	0%
Luck's Southern Style Beans, 20 oz		\$1.29		\$1.29	0%
Maxwell House Coffee, 22 - 30.65 oz		\$5.99		\$5.99	0%
Monster Energy Drink, 15.5 - 16 oz		\$2.00		\$2.00	0%
Nabisco Oreo Cookies, 6 - 19 oz		\$2.99		\$2.99	0%
Nabisco Snack Crackers, 8.5 - 9.1 oz		\$2.50		\$2.50	0%
Nabisco Triscuit Crackers, 8.5 - 9.1 oz		\$2.50		\$2.50	0%
Nature's Own Butterbread, 20 oz		\$2.99		\$2.99	0%
Nestle Fun Size Bag, 10 oz		\$3.00		\$3.00	0%
On the Border Tortilla Chips, 10 - 12 oz		\$2.50		\$2.50	0%
Orville Redenbacher's Gourmet Popping Corn, 13.96 - 19.7		\$3.00		\$3.00	0%
Pepperidge Farm Cookies Tray Packs, 7.2 - 7.5 oz		\$4.99		\$4.99	0%
Pepperidge Farm Crackers Tray Packs, 7.2 - 7.5 oz		\$4.99		\$4.99	0%
Pepperidge Farm Hamburger Buns		\$2.99		\$2.99	0%
Pepperidge Farm Hot Dog Buns		\$2.99		\$2.99	0%
Pepsi Products, 12 pk		\$3.00		\$3.00	0%
Pillsbury Funfetti Cake Mix, 15.25 oz		\$1.00		\$1.00	0%
Progresso Bread Crumbs, 15 oz		\$1.79		\$1.79	0%
Red Bull Energy Drink, 4 pk		\$5.99		\$5.99	0%
Spice Islands Spices		\$2.50		\$2.50	0%

Starbucks Frappuccino		\$2.50		\$2.50	0%
Starkist Chunk Light Tuna Pouch		\$1.00		\$1.00	0%
Sunmaid Sour Raisin Snacks, 5 oz		\$3.29		\$3.29	0%
Swanson Broth, 24 - 32 oz		\$2.00		\$2.00	0%
Swanson Stock, 24 - 32 oz		\$2.00		\$2.00	0%
Taste of Inspirations Salsa, 16 oz		\$2.99		\$2.99	0%
Tostitos Dips, 9.9 - 15.75 oz		\$3.50		\$3.50	0%
Tostitos Salsa, 9.9 - 15.75 oz		\$3.50		\$3.50	0%
Velveeta Cheesy Potatoes, 8.95 - 9.5 oz		\$2.50		\$2.50	0%
Velveeta Shells & Cheese Dinner, 9.4 - 14 oz		\$2.50		\$2.50	0%
Velveeta Skillets Dinner Kit, 8.6 - 15.66 oz		\$3.00		\$3.00	0%
Welch's Concord Grape Jelly		\$1.99		\$1.99	0%
Wesson Canola Oil, 48 oz		\$2.50		\$2.50	0%
Wesson Vegetable Oil, 48 oz		\$2.50		\$2.50	0%
Wise Variety Pack, 24 ct		\$6.99		\$6.99	0%
CareOne Nasal Spray, 1 oz		\$2.99		\$2.99	0%
Irish Spring Bar Soap, 8 ct		\$3.99		\$3.99	0%
Listerine, 33.8 - 50.72 oz		\$5.39		\$5.39	0%
OGX Conditioner, 13 - 19.5 oz		\$5.49		\$5.49	0%
OGX Shampoo, 13 - 19.5 oz		\$5.49		\$5.49	0%
Bounce Dryer Sheets, 70 - 80 ct		\$3.99		\$3.99	0%
Gain Fabric Softener, 129 oz		\$9.99		\$9.99	0%
Kingsford Charcoal, 12 - 16 lb		\$8.99		\$8.99	0%
Match Light Charcoal, 12 - 16 lb		\$8.99		\$8.99	0%
Happy Baby Organic Jar Baby Food, 4 oz		\$1.19		\$1.19	0%
Pedigree Dry Dog Food, 5.9 - 20.4 lb		\$14.99		\$14.99	0%
Purina Beneful Prepared Meals Wet Dog Food, 10 oz		\$1.69		\$1.69	0%
Tidy Cats Clumping Litter, 20 lb		\$8.99		\$8.99	0%