

Food Lion (9/11 - 9/17) MoolaSavingMo

Item	Coupon	Price
3 Day Sale! 9/13 - 9/15		
Cheetos, 7 - 9.75 oz (\$3.79) - B1G1		\$1.89
Chef Boyardee Pasta, 7.25 - 15 oz		\$0.80
Cottonelle Bath Tissue, 6 mega or 12 dbl rolls	SS 09/08	\$5.99
Friendly's Ice Cream, 48 oz		\$2.00
Fritos, 7 - 9.75 oz (\$3.79) - B1G1		\$1.89
General Mills Honey Nut Cheerios Cereal, 10.8 - 12.4 oz - B1G1	SS 08/25	B1G1
General Mills Toast Crunch Cereal, 19.8 - 12.4 oz - B1G1	SS 08/25	B1G1
Hormel Bacon, 12 - 16 oz (\$6.49) - B1G1		\$3.24
Ore-Ida Frozen Potatoes, 28 - 32 oz		\$1.50
Pepsi Products, 2 L		\$0.79
Scott Bath Tissue, 8 reg or 6 giant rolls	\$0.75/1 Printable	\$5.99
Scott Paper Towels, 8 reg or giant rolls	\$1.00/1 Printable	\$5.99
Buy 2 Get 1 FREE		
Borden Naturals Slices, 6 - 8 oz (3)	SS 08/25 (3)	\$7.50
Borden Shredded Cheese, 6 - 8 oz (3)	SS 08/25 (3)	\$7.50
Duke's Mayonnaise, 32 oz (3)		\$10.47
Keebler Tray Packs (3)	\$1.00/2 Printable	\$11.97
Land O Frost Premium Lunchmeat, 8 - 10 oz (3)	SS 08/25 (3)	\$11.97
Sara Lee Honey Wheat Bread (3)		\$8.37
Sunbelt Bakery Granola Bars (3)		\$7.50
Sunny D Original Citrus Punch Drink, 18 pk (3)	SS 08/04 (3)	\$17.97
Ziploc Sandwich Bags (3)	\$1.00/2 Printable	\$10.77
Ziploc Snack Bags (3)	\$1.00/2 Printable	\$10.77
Doritos Tortilla Chips, 9.25 - 11.25 oz (\$4.29)		\$2.14
Food Lion Creme Twirls, 4 ct (\$2.99)		\$1.49
Lofthouse Cookies, 10.5 - 13.5 oz (\$3.99)		\$1.99
Nabisco Chips Ahoy! Cookies, 7 - 15 oz - B1G1	SS 08/11	B1G1
Nabisco Ritz Crackers, 7 - 15 oz - B1G1	SS 08/11	B1G1
Panera Soups, 16 oz (\$4.99)		\$2.49
Tatsykake Donuts, 8 - 16.5 oz - B1G1		B1G1
Tatsykake Snack Cakes, 8 - 16.5 oz - B1G1		B1G1
Wise Potato Chips. 6.25 - 7 oz (\$2.99)		\$1.49
Bush's Best Baked Beans, 22 - 28 oz	\$1/1 Printable	\$2.00
Ocean Spray Cranberry Juice Cocktail, 64 oz	SS 08/25	\$2.50
Tropicana Premium Orange Juice, 32 - 52 oz	\$1.00/1 Printable	\$3.00
Jimmy Dean Simple Scrambles, 5.25 oz	RMN 08/18	\$2.50
New York Texas Toast, 11.25 - 13.5 oz	\$0.75/1 Printable	\$2.50
Huggies Wipes, 56 - 64 ct	\$0.50/1 Printable	\$1.99
Huggies Snug & Dry Jumbo Pack Diapers, 21 - 44 ct	\$2.00/1 Printable	\$7.99
Jimmy Dean Breakfast Bowls, 7 - 9 oz (2)	RMN 08/18	\$4.00

General Mills Honey Nut Cheerios Cereal, 10.8 - 12.4 oz (2)	SS 08/25	\$4.00
General Mills Toast Crunch Cereal, 10.8 - 12.4 oz (2)	SS 08/25	\$4.00
Scrubbing Bubbles Bathroom Cleaners, 20 oz (2)	SS 08/04	\$6.58
Goodnite Pants, 11 - 27 ct	\$2.00/1 Printable	\$8.99
Pull-Ups Training Pants, 11 - 27 ct	\$2.00/1 Printable	\$8.99
Sargento Balanced Breaks, 4.5 oz	SS 08/04	\$3.50
Glade Plugins Scented Oil Refills, 2 pk	\$1.00/1 Printable	\$4.99
Gain Laundry Detergent, 100 oz	\$2.00 Off One In-Store Kiosk Coupon	\$9.99
Tide Laundry Detergent, 50 - 75 oz	\$2.00 Off One In-Store Kiosk Coupon	\$9.99
Dannon Danimals Smoothie, 4 - 6 pk (2)	SS 08/11	\$5.00
Healthy Choice Steamers, 9.5 - 10 oz (92)	\$1.00 Off Two In-Store Kiosk Coupon	\$5.00
Marie Callender's Frozen Meals, 9.5 - 10 oz (2)	\$1.00 Off Two In-Store Kiosk Coupon	\$5.00
Quaker Cap'N Crunch Cereal, 11.4 - 10 oz (2)	SS 08/04	\$5.00
Ragu Pasta Sauce, 45 oz (2)	\$1.00 off Two In-Store Kiosk Coupon	\$5.00
Snyder's of Hanover Pretzels, 16 oz (2)	SS 07/28	\$5.98
Perdue Perfect Portions, 24 oz	\$1.00/1 Printable	\$5.99
Scott Paper Towels, 8 reg 6 giant roll	\$1.00/1 Printable	\$5.99
Always Discreet, 9 - 66 ct	\$2.00 Off One In-Store Kiosk Coupon	\$11.99
Kraft Deluxe Shells & Dinners 9.4 - 14 oz (2)	\$1.00 off Two In-Store Kiosk Coupon	\$6.00
SeaPak Frozen Seafood, 8 - 25 oz	\$0.75/1 Printable	\$4.99
Cottonelle Bath Tissue, 6 mega or dbl rolls	SS 09/08	\$6.99
Jimmy Dean Breakfast Sandwiches, 12.4 - 18.4 oz (2)	RMN 08/18	\$7.98
Scott Bath Tissue, 8 reg or 6 giant rolls	\$0.75/1 Printable	\$6.99
Kibbles 'N Bits Dry Dog Food, 16 - 17.6 oz	\$1.00/1 Printable	\$9.99
Gerber Graduates Yogurt Melts (4)	\$1.00/4 Printable	\$11.16
Gerber Yogurt Blends (4)	\$1.00/4 Printable	\$11.16
Lysol Disinfecting Wipes, 75 - 80 ct (2)	\$0.75/2 Printable	\$8.98
Adaptable Meals Pork Roast, 1.75 lb		\$4.99
Bob Evans Side Dishes, 12 - 24 oz		\$2.50
Boneless Beef Chuck Roast, per lb		\$4.49
Boneless Ribeye Steak, per lb		\$7.99
Boneless Stew Beef, per lb		\$5.49
Brookwood Farms Smoked Beef Brisket, 16 oz		\$7.99
Brookwood Farms Turkey, 16 oz		\$7.99
Cod Fillets, 10 oz		\$5.49
Food Lion Bone-In Chicken Breast, per lb		\$1.49
Food Lion Whole Chickens, per lb		\$0.99
Haddock Fillets, 10 oz		\$5.49
Hormel Bacon, 12 - 16 oz		\$3.99
Inland Market Citrus Herb Salmon, 16 oz		\$11.99
Johnsonville Breakfast Sausage, 12 oz		\$3.00
Nature's Promise Organic Ground Beef, 16 oz		\$6.99
Oscar Mayer Meat Franks, 16 z		\$2.50
Smithfield Smoked center Cut Ham Steak, per lb		\$2.99
Whole Pork Boston Butt, per lb		\$1.59
Whole Pork Spare Ribs, per lb		\$1.79

Black Plums, per lb		\$1.79
Blueberries, pint		\$2.00
Cantaloupes, ea		\$2.79
Food Lion Feeds Gala Apples, 3 lb bag		\$2.99
Food Lion Portabella Mushrooms, 6 oz		\$1.69
Fresh Express Flat Spinach, 8 oz		\$2.00
Fresh Express Salad Blends, 9 - 11 oz		\$2.00
Green Cabbage, per lb		\$0.59
Honeydew Melons, ea		\$2.79
Hot House Tomatoes, per lb		\$1.49
Mandarins, 3 lb bag		\$3.99
Nature's Promise Organic Cucumbers, ea		\$0.99
Organic Nectarines, 2 lb bag		\$3.49
Organic Peaches, 2 lb bag		\$3.49
Rainbow Bell Peppers, 3 ctc		\$3.49
Red Potatoes, 5 lb bag	Buy (1), Get (1) Taste of Inspirations Ham Steak, 8 oz FREE	\$3.99
Sweet Onions, per lb		\$0.89
Yellow Squash, per lb		\$0.99
Zucchini Squash, per lb		\$0.99
Babybel Cheese, 10 ct	Buy (1), Get (1) The Laughing Cow Dippers, 6.17 oz, FREE	\$5.99
Food Lion Bagels, 4 t	Buy (1), Get (1) Food Lion Cream Cheese, 8 oz, FREE	\$2.50
Food Lion Roast Beef, per lb		\$6.99
Large Croissants, 4 ct		\$2.50
Palmetto Chicken Salad, 10 oz		\$4.99
Palmetto Pimento Cheese, 12 oz		\$3.99
Rotisserie Chicken, ea		\$7.99
Strip Danish, 14 oz		\$3.50
Taste of Inspirations Fresh In-Store Made Subs, 12 - 13.15 oz		\$2.99
Taste of Inspirations Turkey Breast, per lb		\$6.99
Blue Bonnet Quarters, 16 oz		\$0.99
Coffee Mate Natural Bliss, 16 oz		\$2.50
Dannon Light & Fit Two Good Yogurt, 5.3 oz		\$1.25
Dannon YoCrunch Yogurt, 4 - 6 pk		\$2.50
Fairlife DHA Milk, 52 oz		\$3.50
Fairlife Original Milk, 52 oz		\$3.50
Food Lion Chunk Cheese, 6 - 8 oz		\$2.00
Food Lion Cottage Cheese, 16 oz		\$1.50
Food Lion Cracker Cuts, 10 oz	Buy (1), Get (1) Taste of Inspirations Assorted Entertainment Crackers, 9 oz, FREE	\$3.59
Food Lion Natural Cheese Slices, 6 - 8 oz		\$2.00
Food Lion Shredded Cheetos, 6 - 8 oz		\$2.00
Food Lion Sour Cream, 16 oz		\$1.50
Milo's Tea, 128 oz		\$2.50
Pillsbury Ready to Bake Cookies, 14 - 16.5 oz		\$2.50
Taco Bell Shredded Cheese, 7 oz		\$2.50
Tropicana Probiotics Juice, 32 - 52 oz		\$3.00
Bertolli Classic Frozen Meals, 22 oz		\$5.99

California Pizza Kitchen Pizza, 13.4 - 31.5 oz		\$5.00
DiGiorno Pizza, 13.4 - 31.5 oz		\$5.00
Food Lion Chicken Wings, 2.5 lb		\$6.99
Food Lion Cooked Shrimp, 16 oz		\$7.99
Food Lion Fish Fillets, 40 - 48 oz		\$9.99
Food Lion Raw Shrimp, 16 oz		\$5.99
Friendly's Ice Cream, 48 oz		\$2.50
Frozen Turkey Breast, per lb		\$1.79
Nestle Drumstick Ice Cream Cones, 5 - 12 ct		\$4.99
Ore-Ida Frozen Potatoes, 28 - 32 oz		\$2.50
PF Chang's Home Menu, 22 oz		\$5.99
Pet Ice Cream Bars, 10 - 12 ct		\$3.00
Pet Ice Cream Sandwiches, 10 - 12 ct		\$3.00
Stouffer's Family Size Dinners, 25 - 40 oz		\$5.99
TGI Fridays, 22.3 - 30 oz		\$7.99
A&W Products, 6 pk		\$2.75
Betty Crocker Boxed Potatoes, 4.7 - 5 oz		\$1.00
Betty Crocker Crispy Skillet Potatoes, 4.7 - 5 oz		\$1.00
Betty Crocker Hamburger Helper, 4.7 - 12.2 oz		\$1.50
Bush's Chili & Savory Beans, 16 oz		\$1.39
Bush's Grillin' Beans, 22 - 28 oz		\$2.00
Cheetos, 7 - 9.75 oz		\$3.50
Chef Boyardee Pasta, 7.25 - 15 oz		\$1.00
Coca Cola Products, 12 pk		\$3.44
Dave's Killer Bread Organic Bagels		\$3.99
Dave's Killer Bread Organic English Muffins		\$3.99
Deer Park Spring Water, 24 pk		\$3.99
Dr Pepper Products, 12 pk		\$3.00
Folgers Ground Coffee, 22.6 - 33.9 oz		\$5.99
Food Lion Canned Vegetables, 14.5 - 15.25 oz		\$0.99
Food Lion Fruit Snacks, 8 oz		\$1.89
Food Lion Maple Syrup, 8.5 oz	Buy (1), Get (1) Food Lion Buttermilk & Pancake Waffle Mix, 32 oz, FREE	\$4.29
Food Lion Pasta, 12 - 16 oz		\$0.89
Food Lion Taco Seasoning Mix, 1.25 oz		\$0.89
Food Lion Vanilla Wafers, 11 oz		\$2.00
Frito, 7 - 9.75 oz		\$3.50
Gatorade, 8 pk		\$5.00
GoGo Squeez Applesauce, 12 pk		\$6.99
Hi-C Juice Drinks, 8 pk		\$1.50
Hunt's Snack Pack Gels, 4 pk		\$1.00
Hunt's Snack Pack Pudding, 4 pk		\$1.00
Hunt's Tomatoes, 14.5 oz		\$1.00
Jell-O Gelatin Mix, .3 - 3.9 oz		\$1.00
Jell-O Instant Pudding, .3 - 3.9 oz		\$1.00
Jif Peanut Butter, 15.5 - 16 oz	\$1.25 OFF wyb Jif and Smuckers	\$2.29
Keebler Zesta Crackers, 11 - 16 oz		\$2.00

Lawry's Marinade, 12 oz		\$2.19
Lipton Tea, 12 pk		\$4.99
Little Debbie Honey Buns, 10.6 - 16.2 oz		\$1.66
Little Debbie Snack cakes, 10.6 - 16.2 oz		\$1.66
Malt O Meal Bagged Cereal, 21 - 26.5 oz		\$4.29
Martha White Muffin Mix, 7 - 7.6 oz		\$0.88
Maxwell House Coffee K-Cups, 12 ct		\$5.99
McCafe Premium Ground Coffee, 10 oz		\$8.99
Mt Olive Peppers, 12 oz		\$1.89
Nature's Place Veggie Snacks, 6 oz	Buy (1), Get (1) Nature's Promise Organic Apple Juice, 64 oz, FREE	\$2.99
Orville Redenbacher's Gourmet Popping Corn, 13.96 - 19.74 oz		\$3.00
Pasta Roni, 1.9 - 7.2 oz		\$1.00
Pepperidge Farm Cookies, 4.75 - 6.6 oz		\$2.99
Pepperidge Farm Hamburger Buns, 14 - 15 oz		\$2.99
Pepperidge Farm Hot Dog Buns, 14 - 15 oz		\$2.99
Pepsi Products, 12 pk		\$3.67
Pepsi Products, 2 L		\$0.99
Progresso Soup, 18.5 - 19 oz		\$1.50
Quaker Chewy Granola Bars		\$2.00
Rice-A-Roni, 1.9 - 7.2 oz		\$1.00
Ro-Tel, 10 oz		\$1.00
Shake 'N Bake Coating Mix, 3.8 - 5 oz		\$3.00
Smucker's Grape Jelly, 20 - 32 oz	\$1.25 OFF wyb Jif and Smuckers	\$2.39
Sour Patch Kids, 7.2 - 8 oz		\$1.69
Splenda Sweetener		\$5.99
Starbuck's Double Shot, 11 - 15 oz		\$2.50
Swedish Fish, 7.2 - 8 oz		\$1.69
Sweet Baby Ray's Barbecue Sauce, 18 oz		\$1.99
Texas Pete Hot Sauce, 12 oz		\$1.79
Wish-Bone Dressing, 15 oz		\$1.99
CareOne Allergy Tablets, 30 ct		\$6.99
Caress Bar Soap, 3 ct		\$2.39
Not Your Mother's Hair Care, 4 - 8 oz		\$4.99
Palmer's Cocoa Butter Lotion, 8.5 oz		\$4.79
Ajax Liquid Dish Soap, 28 - 34 oz		\$1.99
Arm & Hammer Laundry Detergent, 43.75 - 50 oz		\$3.00
Arm & Hammer Laundry Pacs, 17 ct		\$3.00
Gerber Natural 2nd Foods, 4 oz		\$1.00
Luv's Clean Scent Wipes, 216 ct		\$5.99
Luv's Family Pack Diapers, 54 - 92 ct		\$13.99
Nature's Place Organic Pouches, 3.5 oz		\$0.89
Meow Mix Dry Cat Food, 3 - 3.47 oz		\$3.99
Tidy Cats Lightweight Cat Litter, 8.5 lb		\$12.99

m.com

Coupon	Final Price	% Saved
	\$1.89	50%
	\$0.80	0%
\$1.00	\$4.99	17%
	\$2.00	0%
	\$1.89	50%
	\$3.24	50%
	\$1.50	0%
	\$0.79	0%
\$0.75	\$5.24	13%
\$1.00	\$4.99	17%
\$5.50	\$2.00	73%
\$5.50	\$2.00	73%
\$3.49	\$6.98	33%
\$4.99	\$6.98	42%
\$6.24	\$5.73	52%
\$2.79	\$5.58	33%
\$2.50	\$5.00	33%
\$7.49	\$10.48	42%
\$4.59	\$6.18	43%
\$4.59	\$6.18	43%
	\$2.14	50%
	\$1.49	50%
	\$1.99	50%
		50%
		50%
	\$2.49	50%
		50%
		50%
	\$1.49	50%
\$1.00	\$1.00	50%
\$1.00	\$1.50	40%
\$1.00	\$2.00	33%
\$0.75	\$1.75	30%
\$0.75	\$1.75	30%
\$0.50	\$1.49	25%
\$2.00	\$5.99	25%
\$1.00	\$3.00	25%

\$1.00	\$3.00	25%
\$1.00	\$3.00	25%
\$1.50	\$5.08	23%
\$2.00	\$6.99	22%
\$2.00	\$6.99	22%
\$0.75	\$2.75	21%
\$1.00	\$3.99	20%
\$2.00	\$7.99	20%
\$2.00	\$7.99	20%
\$1.00	\$4.00	20%
\$1.00	\$4.00	20%
\$1.00	\$4.00	20%
\$1.00	\$4.00	20%
\$1.00	\$4.00	20%
\$1.00	\$4.98	17%
\$1.00	\$4.99	17%
\$1.00	\$4.99	17%
\$2.00	\$9.99	17%
\$1.00	\$5.00	17%
\$0.75	\$4.24	15%
\$1.00	\$5.99	14%
\$1.00	\$6.98	13%
\$0.75	\$6.24	11%
\$1.00	\$8.99	10%
\$1.00	\$10.16	9%
\$1.00	\$10.16	9%
\$0.75	\$8.23	8%
	\$4.99	0%
	\$2.50	0%
	\$4.49	0%
	\$7.99	0%
	\$5.49	0%
	\$7.99	0%
	\$7.99	0%
	\$5.49	0%
	\$1.49	0%
	\$0.99	0%
	\$5.49	0%
	\$3.99	0%
	\$11.99	0%
	\$3.00	0%
	\$6.99	0%
	\$2.50	0%
	\$2.99	0%
	\$1.59	0%
	\$1.79	0%

	\$1.79	0%
	\$2.00	0%
	\$2.79	0%
	\$2.99	0%
	\$1.69	0%
	\$2.00	0%
	\$2.00	0%
	\$0.59	0%
	\$2.79	0%
	\$1.49	0%
	\$3.99	0%
	\$0.99	0%
	\$3.49	0%
	\$3.49	0%
	\$3.49	0%
	\$3.99	0%
	\$0.89	0%
	\$0.99	0%
	\$0.99	0%
	\$5.99	0%
	\$2.50	0%
	\$6.99	0%
	\$2.50	0%
	\$4.99	0%
	\$3.99	0%
	\$7.99	0%
	\$3.50	0%
	\$2.99	0%
	\$6.99	0%
	\$0.99	0%
	\$2.50	0%
	\$1.25	0%
	\$2.50	0%
	\$3.50	0%
	\$3.50	0%
	\$2.00	0%
	\$1.50	0%
	\$3.59	0%
	\$2.00	0%
	\$2.00	0%
	\$1.50	0%
	\$2.50	0%
	\$2.50	0%
	\$2.50	0%
	\$3.00	0%
	\$5.99	0%

	\$5.00	0%
	\$5.00	0%
	\$6.99	0%
	\$7.99	0%
	\$9.99	0%
	\$5.99	0%
	\$2.50	0%
	\$1.79	0%
	\$4.99	0%
	\$2.50	0%
	\$5.99	0%
	\$3.00	0%
	\$3.00	0%
	\$5.99	0%
	\$7.99	0%
	\$2.75	0%
	\$1.00	0%
	\$1.00	0%
	\$1.50	0%
	\$1.39	0%
	\$2.00	0%
	\$3.50	0%
	\$1.00	0%
	\$3.44	0%
	\$3.99	0%
	\$3.99	0%
	\$3.99	0%
	\$3.00	0%
	\$5.99	0%
	\$0.99	0%
	\$1.89	0%
	\$4.29	0%
	\$0.89	0%
	\$0.89	0%
	\$2.00	0%
	\$3.50	0%
	\$5.00	0%
	\$6.99	0%
	\$1.50	0%
	\$1.00	0%
	\$1.00	0%
	\$1.00	0%
	\$1.00	0%
	\$1.00	0%
	\$2.29	0%
	\$2.00	0%

	\$2.19	0%
	\$4.99	0%
	\$1.66	0%
	\$1.66	0%
	\$4.29	0%
	\$0.88	0%
	\$5.99	0%
	\$8.99	0%
	\$1.89	0%
	\$2.99	0%
	\$3.00	0%
	\$1.00	0%
	\$2.99	0%
	\$2.99	0%
	\$2.99	0%
	\$3.67	0%
	\$0.99	0%
	\$1.50	0%
	\$2.00	0%
	\$1.00	0%
	\$1.00	0%
	\$3.00	0%
	\$2.39	0%
	\$1.69	0%
	\$5.99	0%
	\$2.50	0%
	\$1.69	0%
	\$1.99	0%
	\$1.79	0%
	\$1.99	0%
	\$6.99	0%
	\$2.39	0%
	\$4.99	0%
	\$4.79	0%
	\$1.99	0%
	\$3.00	0%
	\$3.00	0%
	\$1.00	0%
	\$5.99	0%
	\$13.99	0%
	\$0.89	0%
	\$3.99	0%
	\$12.99	0%