Your Shoppers' Companion

Week of 7/29/2009

FOOD LION

STORE COUPON | Expires August 11, 2009

$2.00 off Tide Laundry Detergent Liquid or Powder

(32 loads or larger)

LIMIT 1 (ONE) PRINT PER CUSTOMER

Good only at Food Lion. Limit 1 (one) coupon per item. Limit one use per purchase of specified product, per transaction, per person, per day. Void if copied, sold, or exchanged. Do not double or triple. Void if coupon value exceeds retail value of item. Not applicable towards the purchase of tobacco, alcohol, gift cards, postage stamps or services. No cash value.

Website Coupon - www.FoodLion.com

0 00000 19540 9

STORE COUPON | Expires August 11, 2009

$1.00 off Ruth's Chunky Chicken Salad or Pimento Cheese Spread

LIMIT 1 (ONE) PRINT PER CUSTOMER

Good only at Food Lion. Limit 1 (one) coupon per item. Limit one use per purchase of specified product, per transaction, per person, per day. Void if copied, sold, or exchanged. Do not double or triple. Void if coupon value exceeds retail value of item. Not applicable towards the purchase of tobacco, alcohol, gift cards, postage stamps or services. No cash value.

Website Coupon - www.FoodLion.com

0 00000 19542 3

STORE COUPON | Expires August 11, 2009

$1.00 off any flavor Hi-C 10 pack

LIMIT 1 (ONE) PRINT PER CUSTOMER

Good only at Food Lion. Limit 1 (one) coupon per item. Limit one use per purchase of specified product, per transaction, per person, per day. Void if copied, sold, or exchanged. Do not double or triple. Void if coupon value exceeds retail value of item. Not applicable towards the purchase of tobacco, alcohol, gift cards, postage stamps or services. No cash value.

Website Coupon - www.FoodLion.com

0 00000 19544 7

STORE COUPON | Expires August 11, 2009

$1.00 off Food Lion Oatmeal (Instant or Old Fashion Oats)

LIMIT 1 (ONE) PRINT PER CUSTOMER

Good only at Food Lion. Limit 1 (one) coupon per item. Limit one use per purchase of specified product, per transaction, per person, per day. Void if copied, sold, or exchanged. Do not double or triple. Void if coupon value exceeds retail value of item. Not applicable towards the purchase of tobacco, alcohol, gift cards, postage stamps or services. No cash value.

Website Coupon - www.FoodLion.com

0 00000 19545 4

Shopping List

	Coupon
Tide Laundry Detergent Liquid or Powder (32 loads or larger)	✓
Ruth's Chunky Chicken Salad or Pimento Cheese Spread	✓
any flavor Hi-C 10 pack	✓
Food Lion Oatmeal (Instant or Old Fashion Oats)	✓