

# 3 Easy Steps to Savings at



1. Come in and sign up for a Food Lion MVP card in-store or visit us on-line at [www.foodlion.com](http://www.foodlion.com) for an application



2. Purchase your favorite brands at Food Lion and start saving today

3. Save even more with these money-savings coupons!

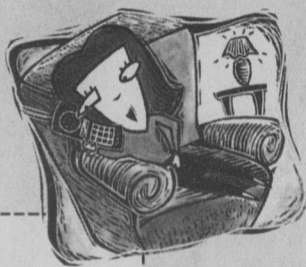


### Big date tonight? Soap works!

Save \$1<sup>00</sup>  
on any  
Caress or Lever 2000  
bar or body wash

MANUFACTURER'S COUPON EXPIRES: 12/31/02  
Limit one coupon per purchase of specified product(s); no other coupon may be used with this coupon. Void if copied, sold, exchanged, or transferred. Good only at Food Lion stores. Cash value .001¢

MVP Available at Food Lion



### Phone home!

Save \$1.00  
off any \$10.00  
MCI Phone Card

STORE COUPON EXPIRES: 12/31/02

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### Study, eat, study, eat... Nissin Cup Noodles

Buy 3 packages  
Nissin  
Cup Noodles  
Get 1 Free

MANUFACTURER'S COUPON EXPIRES: 12/31/02  
DEALER: Invoices proving purchase of sufficient stock to cover coupons presented must be shown on request. Failure to do so voids all coupons. Coupons may not be transferred or reproduced. Sales tax must be paid by the customer. Void wherever taxed or restricted. Nissin Foods will redeem this coupon for face value plus \$4 handling, if used to redeem one package of Nissin Cup Noodles. For payment, mail this coupon to Nissin Foods, Dept. #70662, 1 Fawcett Drive, Del Rio, TX 78840. Cash redemption value 1/100th cent. No photocopies.

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### Nose running so much it's beating you to class?

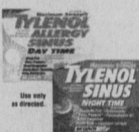
Save 50¢  
on any (except trial size)  
Tylenol® Allergy Sinus or  
Tylenol® Sinus

MANUFACTURER'S COUPON EXPIRES: 12/31/02

This coupon good only on purchase of product indicated. Any other use constitutes fraud. COUPON CANNOT BE BOUGHT, TRANSFERRED OR SOLD. LIMIT — ONE COUPON PER PURCHASE. VOID IF TAXED, RESTRICTED OR PROHIBITED BY LAW. To the Retailer: McNeil Consumer & Specialty Pharmaceuticals will reimburse you for the face value of this coupon plus \$4 if submitted in compliance with McNeil Consumer & Specialty Pharmaceuticals Coupon Redemption Policy and incorporated herein by reference. Cash value 1/20th of one cent. Send coupons to McNeil Consumer & Specialty Pharmaceuticals, CMS Department 00045, 1 Fawcett Drive, Del Rio, TX 78840. © McNeil-PPC, Inc. '02



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### Looking to slim down? Don't sweat it!

Save \$1.00  
on 36 count  
Metab-O-LITE  
Plus

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### Midnight Munchies?

Save \$1.00  
on any Food Lion Pizza Bites,  
Burger Bites or Bagel Snacks

MANUFACTURER'S COUPON EXPIRES: 11/05/02

Limit one coupon per purchase of specified product(s); no other coupon may be used with this coupon. Void if copied, sold, exchanged, or transferred. Good only at Food Lion stores. Cash value .001¢

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Saving you time & money is our business, what you do with the savings is yours.



Your local Food Lion store is located at:  
Jones Ferry Rd. Willow Creek, Carrboro