



Food Lion Announces Five Ways to Save on Thanksgiving Dinner

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Grocer Also Offers Customers Tips for Preparing Holiday Meals Safely

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Low prices throughout Food Lion's 1,100 stores will help customers save on their Thanksgiving dinner and other important meals this holiday season. In order to help customers save even more on their turkey and all the fixings, Food Lion today announced five tips for saving throughout the holidays:

Use Your MVP Card: Food Lion's customer loyalty card helps customers save on thousands of weekly specials at Food Lion stores.

Read the Weekly Flyer in Print or Online: The weekly flyer highlights the best deals in the store. Customers can stock-up on their favorite items for the holiday season at promotional prices. Food Lion has recently made improvements to its digital flyer to make browsing for deals even easier. Visit the new digital flyer at <http://www.foodlion.com/WeeklySpecials>.

Try a New Brand: Customers can save big by purchasing store brand items, which are backed by a double-your-money-back guarantee. These items include my essentials, Home 360, Nature's Place, Taste of Inspirations and Food Lion brands.

Check Your Inbox: Customers can enroll in Food Lion's weekly e-mail, Shoppers' Companion, to receive additional coupons, recipes and weekly specials at Food Lion stores. To enroll in the weekly email, visit <http://www.foodlion.com/Savings/ShoppersCompanion>

Take Advantage of Coupons: Take advantage of Food Lion's MVP Savings Center coupon kiosks in most stores for additional personalized savings. Don't forget to also bring manufacturer coupons to the store to use on items that you plan to purchase. As a bonus, you'll receive coupons at check-out to use on your next shopping trip.

In addition to saving big this holiday season at Food Lion, we encourage customers to prepare and store their holiday meals safely at home. Safety tips for cooking a holiday turkey include:

Always wash your hands with warm water and soap for 20 seconds before and after handling the turkey.

Never defrost the turkey on the counter!

The turkey can be thawed in the refrigerator at 40 °F or below, or in cold water. The refrigerator method is the safest and will result in the best finished product. When thawing your turkey in the refrigerator leave the bird in the original packaging and place in a shallow pan. Allow 24 hours for every four to five pounds the bird weighs.

Always wash hands, utensils, the sink and anything else that comes in contact with raw turkey and its juices with soap and water.

The single most important thing to know is that the turkey must be cooked to the safe internal temperature of 165 °F, as measured with a food thermometer. A stuffed turkey will take additional time to cook.

Cook the turkey in an oven set no lower than 325 °F.

Safety tips for storing leftovers include:

Discard any turkey, stuffing and gravy left out at room temperature longer than two hours; one hour in temperatures above 90 °F.

Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers for quicker cooling.

Use refrigerated turkey and stuffing within three to four days. Use gravy within one to two days.

Reheat cooked leftovers to 165 °F, as measured with a food thermometer. Sauces, soups and gravies should be reheated by bringing them to a boil.

Safety tips were provided by the USDA and The Partnership for Food Safety. For a complete list of holiday safety tips, visit the Lion's Tale Blog on Food Lion's newsroom at www.foodlion.com/newsroom.

About Food Lion

Food Lion, based in Salisbury, N.C., is a company of Delhaize America, the U.S. division of Brussels-based Delhaize Group (NYSE: DEG). Food Lion, with a longstanding heritage of low prices and convenient locations, operates more than 1,100 supermarkets in 10 Southeastern and Mid-Atlantic states, and employs approximately 57,000 associates. For more information, visit www.foodlion.com.

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