

The Virginian Pilot 01/02 Insert Variation

Red-Not in insert

Blue-Variation

RedPlum Coupon Insert #1

Aquafresh Premium Toothpastes (advances, extreme clean, white & shine or sensitive) 5.6oz or larger Save \$.75/1 (2/28/11)*

Aquafresh iso-active Foaming gel Save \$1.00/1 (2/28/11)*

Beano product 30ct or larger Save \$1.00/1 (4/30/11)*

Beano Meltaways Save \$1.00/1 (4/30/11)*

Disney vitamins Save \$1.00/1 (2/12/11)*

Emerald 100 Calorie Pack Save \$.50/1 DND5 (2/13/11)*

Emerald Cocoa Roast or Cinnamon roast canister Save \$1.00/1 DND5 (2/13/11)*

Ester powders, tablets or gummies Save \$1.00/1 (2/12/11)**

FiberChoice fiber supplements 90ct Save \$4.00/1 (3/06/11)

Flex-a-min tablets Save \$3.00/1 (2/12/11)*

Ideal 50 ct free when you buy any Ideal value Save \$2.99 (2/15/11)*

Jimmy Dean d-lights bowls Save ~~\$1.00/1~~ \$0.55/1 DND5 (6/30/11)

Jimmy Dean d-light sandwich Save \$1.00/1 DND5 (6/30/11)*

L'Oreal Cosmetic any Save \$2.00/1 (2/27/11)*

L'Oreal Cosmetic any Save \$5.00/2 (2/27/11)*

L'Oreal EverSleek, EverPure or Ever Strong Shampoo or Conditioner Save \$1.00/1 (2/27/11)*

L'Oreal Ever Sleek, Ever Pure, or Ever strong Treatment Save \$1.00/1 (2/27/11)*

L'Oreal haircolor except root rescue Save \$2.00/1 (2/27/11)*

L'Oreal Root Rescue product Save \$1.00/1 (2/27/11)*

L'Oreal Skincare product Save \$2.00/1 (2/27/11)*

Nature's Bounty vitamins Save \$1.00/1 (2/12/11)*

Nature's Bounty Your life Multi Save \$2.00/1 (2/12/11)*

Nivea Body lotion (8.4oz- 16.9 oz) Save \$2.00/1 (2/28/11)*

Nivea Body lotion (8.4oz – 16.9oz) Save \$5.00/2 (2/28/11)8

Nivea Body wash for women 8.4 -16.9oz Save \$1.00/1 (2/28/11)*

Nivea Good-bye Cellulite smoothing cellulite gel-cream & serum Save \$2.00/1 (2/28/11)

Buy one Nivea lip care Get one Nivea Lip Care product FREE value to Save \$3.99 (1/15/11)*

Nivea for men body wash 16.9oz 500ml Save \$1.00/1 (2/28/11)*

Osteo Bi-flex caplet, softgel or powder excludes liquids Save \$4.00/1 (2/12/11)*

Osteo Bi-flex liquid joint aid Save \$1.00/1 (2/12/11)*

Get 1 Pasta Roni Free up to Save \$2.00 value when you buy any 3 Rice-A-Roni (4/30/11)

Poligrip Save \$1.00/1 (2/13/11)*

Polident Save \$1.00/1 (2/13/11)*

Pop Secret Products Save \$.50/2 DND #5 (2/13/11)*

Quaker Instant Oatmeal, Quick or Old Fashioned Oats Save \$1.00/1 (4/30/11)*

Sensodyne ProNamel Toothpaste any Save \$1.00/1 (3/31/11)*

Sensodyne Toothpaste any Save \$.75/1 (3/31/11)*

Slim Fast Snack bar multi pack Free up to Save \$4.99 value when you buy TWO Slim-fast Meal replacements (powder, shakes, meal bars) (1/30/11)

Sundown & Marvel vitamins any Save \$1.00/1 (2/12/11)*

Wisk Laundry detergent any Save \$2.00/1 (2/13/11)

Additions

Goody's \$1/1 (03/15)

BC Powder \$1/1 (03/15)

Nicoderm CQ \$15/1 (02/06)

RedPlum #2

Carbona 2-in-1 oxy-powered carpet cleaner Save \$1.00/1 (4/2/11)*

Carbona 2-in-1 oxy-powered steam carpet cleaner Save \$1.50/1 (4/2/11)*

Caltrate no 30 ct Save \$2.00/1 (3/31/11)*

Centrum Cardio or Centrum Performance Save \$2.00/1 (3/31/11)*

Centrum , Centrum Ultra or Centrum Kids no 60 count Save \$1.00/1 (3/31/11)*

Centrum Silver or Centrum Silver Ultra no 60 count Save \$1.00/1 (3/31/11)*

Children's Dimetapp Save \$1.00/1 (2/28/11)*

Goodlife Recipe treats for cats Save \$.50/1 (2/26/11)*

Goodlife Recipe food for cats Save \$1.50/1 (2/26/11)*

Hefty Waste Bags Save ~~\$1.00/2~~ \$0.55/1 (3/31/11)

i-flex 120 count Save \$3.00/1 (2/28/11)*

Kellogg's Special K Cereals 11.4 oz or larger any flavor mix or match Save ~~\$1.00/2~~ \$1/3 (2/13/11)

Kellogg's Special K Cereal Bars and/or Special K Fruit Crisps Save \$1.00/2 (2/27/11)*

Kellogg's Special K Crackers 4.62 oz or larger any flavor mix or match Save \$1.00/2 (2/27/11)*

Kellogg's Special K Protein Meal Bars, Special K Protein Snack bars, Special K Protein Shakes and/or Special K2O Protein Water mixes 4 ct or larger any flavor mix or match Save \$2.00/2 (2/27/11)*

Olay Age Defying Series Facial Moisturizer or Facial Cleanser Save \$2.00/1 (1/31/11)

Pedigree Goodbites treats for dogs Save \$1.00/1 (2/12/11)*

Robitussin 4oz or larger no To Go 2ct Save \$1.00/1 (2/28/11)*

Slimshots liquid portion control Save \$3.00/1 (2/28/11)*

Truvia natural sweetener Save \$1.00/1 (3/27/11)*

Additions

Trop 50 \$1/2 (03/15)

Marcel Small Step Free or \$1/1 (02/05)

McCormick Spice or Herb \$0.75/1 (02/06)

Smartsources coupon insert

Air Wick Freshmatic Compact i-motion Starter Kit Save \$3.00/1 (2/13/11)*

Air Wick Freshmatic refill Buy One Get One FREE (2/13/11)*

Air Wick Freshmatic Ultra Starter Kit Save \$4.00/1 (2/13/11)*
 Air Wick Scented Oil on any 1 twin refill pack or 2 single refills Save \$1.00 (2/13/11)*
 Air Wick Warmer unit FREE when you buy your favorite Air Wick Scented Oil refill fragrance (2/13/11)*
 Aleve 40ct or larger (excludes Aleve -D Cold products) Save \$1.00/1 (3/31/11)*
 Aleve -D product \$1.00/1 (3/31/11)*
 Alka-Seltzer or Alka-Seltzer Plus product 10ct or larger Save \$2.00/1 (3/31/11)*
 Bayer AM or any Extra Strength product 24ct or larger Save \$1.00/1 (3/31/11)*
 Bayer Aspirin Low Dose or 325mg 32ct or larger Save \$1.00/1 (3/31/11)*
 Breakstone's 16oz tubs of New Low Sodium OR any other Cottage Cheese tubs \$1.00/2 (2/2/11)
 Breakstone's Cottage Cheese 4-packs Save \$1.50/2 (2/2/11)
 Campbell's Chunky or Select Harvest Healthy Request soups Save .50/2 (2/13/11)*
 Campbell's Condensed soups (excluding Chicken Noodle, Tomato and Great for Cooking soups) Save .40/3 (3/15/11)*
 Campbell's Healthy Request condensed soups Save .40/2 (2/13/11)*
 Campbell's Select Harvest can or bowl variety Save ~~.50/3~~ \$0.50/2 (2/13/11)
 Campho-Phenique product \$1/1 (3/31/11)*
 Citracal product Save \$2.00/1 (3/31/11)*
 DiGiono 200 Calorie Portions Save \$1.00/2 (2/28/11)*
 Flintstones product \$1.00/1 (3/31/11)*
 Icy Hot Aspercrem Capzasin, Sportscreme or Flexamil product \$1.00/1 (3/31/11)*
 Lean Cuisine Market Creations varieties. Save \$1.00/2 (4/3/11)*
 Lightlife Veggie Entrée \$1.00/1 (2/28/11)*
 Like Lean Cuisine on Facebook and get another \$1.00/2 offer expires January 15. Visit facebook.com/LeanCuisine
 Lysol All Purpose Cleaner Triggers or Antibacterial Kitchen Cleaners Save \$1.00/2 (2/1/11)
 Lysol Bathroom Cleaners or Mildew Remover Save \$1.00/2 (2/1/11)*
 Lysol Disinfectant Spray 12oz or larger Save \$1.00/1 (2/1/11)*
 Lysol Disinfecting Wipes Save \$1.00/2 (2/1/11)*
 Lysol Multi-Surface Cleaner Pourables Save \$1.00/2 (2/1/11)*
 Lysol Toilet Bowl Cleaners Save \$1.00/2 (2/1/11)*
 Neo Synephrine product Save \$1.00/1 (3/31/11)*
 One A Day product 12ct or larger Save \$1.00/1 (3/31/11)*
 Phillip's product \$2.00/1 (2/28/11)*
 Planters Big Nut Bars 5ct box or Planters NUTrition Bars 5ct box Save \$1.00/1 (3/31/11)
 Prego Italian sauce 24 oz or larger Save ~~.35/2~~ \$0.60/2 (3/31/11)
 V8 100% Low Sodium Vegetable Juice 46 oz or larger ~~Save .35/4~~ \$0.50/1 (2/13/11)
 V8 100% Vegetable Juice 46 oz or larger ~~Save .50/2~~ \$0.60/2 (2/13/11)
 V8 Splash beverage Save \$1.00/2 (2/13/11)*
 V8 V-Fusion juice variety 46 oz or 8 oz 6 pack Save ~~.75/4~~ \$1/2 (2/13/11)
 V8 V-Fusion tea beverage 46 oz variety ~~Save .75/4~~ \$1/1 (2/13/11)

Additions

Buitoni Pasta & Sauce \$1/1 (03/31)
Buitoni Frozen Meal \$1.50/1 (03/31)
boost nutritional Drinks \$3/1 Multipack (02/13)
Carnation Breakfast \$1/1 (02/13)
Pepperidge Farm Deli Flat Rolls \$0.40/1 (02/27)
Pepperidge Farm \$Deli Flat Thin Bagels \$0.60/1 (02/27)
energizer Batteries \$1/1 (02/28)
Resolve In-wash Stain Solver \$1/1 (02/13)
Resolve Laundry Pre-treatment \$0.50/1 (02/13)
Finish Quantum 10-12 ct \$1/1 (02/21)
finish Quantum 20ct, Powerball or Gelpacs \$2.25/1 (02/21)

Smart Source Insert #2

Atkins Bar 5-packs \$1.50/2 (3/31/11)
Atkins Shake 4-packs \$1.50/2 (3/31/11)
Best Life Diet and Fitness Plan. Save \$10.00 off enrollment of 3 month membership Save \$10.00 (4/2/11)*
Bestlife Buttery Spread, Buttery Spray, or Buttery Baking Sticks \$1.00/1 (3/2/11)*
Chuck E Cheese coupons (can list if needed)
Colgate 360 Sonic Power or Colgate adult or kids manual toothbrush (excluding Colgate Plus and Colgate Extra Clean) \$1.00/2*
Colgate Toothpaste 4.0 or larger \$1.00/1 (1/22/11)*
Colgate Total, Max White, Max Fresh or Colgate Sensitive Toothpaste 4.0oz or larger \$1.00/1 (1/22/11)*
Cortizone 10 Hydratensive Lotion \$1.00/1 (3/31/11)
Dannon Light & Fit Single-Serve 6oz Cups or any 2 Light & Fit 4-packs ~~\$1.00~~ off \$0.40/6 (2/2/11)
Egg Beaters any variety ~~35¢~~ \$1/2 (2/28/11)
Energizer Brand batteries or Energizer Brand flashlight \$1.00/1 (2/28/11)
Friendly's coupons (can list if wanted?)
Glucerna Products (includes shakes, bars, and cereals) \$2.50/2 (2/27/11)
Gold Bond Ultimate Hand Sanitizer Moisturizer excludes 1oz Size \$1.00/1 (3/31/11)
Gold Bond Ultimate Lotion any excludes 1oz Size \$1.00/1 (3/31/11)
Greens Ice Cream 1.5qt \$1.50/2 (2/6/11)
Halls drops 30ct or larger bags ~~35¢~~ \$1/2 (2/5/11)
Kemp's Frozen Yogurt 1.5qt \$1.50/2 (2/6/11)
Kleenex Facial Tissue ~~\$1.00/4~~ \$0.50/3 (2/27/11)
Kleenex hand towels \$1.00/1 (2/27/11)*
Olive Garden \$4.00 on Two Dinners (2/27/11)*
Palmolive Dish liquids 20oz or larger \$2.00/2 (1/22/11)*
Palmolive Ultra Antibacterial liquid 20oz or larger \$1.00/1 (1/22/11)*
Pepperidge Farm Deli Flats thin rolls or Bagel Flats thin bagels \$1.00/2 (2/27/11)
Schiff Move Free 80ct or more \$5/1 (3/31/11)
Sorrento Stringsters or Sticksters Snack Cheese 8oz or larger \$1/2 (3/31/11)
SoyJoy single bar only Buy 2 Get 1 FREE (2/28/11)*

Additions

Facelife \$5/1 (02/28)
Sargento Fridge Pack \$1/1 (02/15)
Sargento Cheese Snacks \$1/2 (02/15)
Rubbermaid Containers \$1/1 (02/19)
Zergid OTC \$3/1 (02/28)
Zergid OTC 42 ct \$6/1 (02/28)
Healthy Choice Free Meal wyb 5 (02/28)
Marchun Yakisoba \$0.50/1 (03/31)
Chef Boyadree \$1/5 (02/28)
Peter Pan Peanut Butter \$1/2 (02/28)
Softspao Hand Soap \$1/2 (01/22)
Softspao Hand soap refills \$1/2 (01/22)
Hunts Snack Pack \$1/2 (02/28)
Tena \$1.50/1 (04/30)
ACT mouthwash \$1/1 (02/16)
Ziploc Big Bags or Flexible Totes \$1/1 (02/26)
afrin \$3/1 (01/30)
Muellers Whole Wheat Pasta \$0.55/1 (01/31)
Muellers Pasta \$1/2 (01/31)
Trident Gum \$1/3 (02/26)
Tyson Frozen Grilled Chicken Fillets \$1/1 (03/31)
Tyson Frozen Griller Strips \$1/1 (03/31)
Blink Gel Tears \$1/1 (02/28)
Complete Multi-Purpose Contact Solution \$1/1 (02/28)
complete Drops \$1/1 (02/28)
Playtex Gentle Glide Tampons \$2/1 (02/28)

(thanks, thecouponchallenge)