

Frederick News Post Frederick County, MD

Black = You got this coupon!

Red = Not in this insert

Blue = A Change in value or a new coupon not in the preview.

RedPlum 7/10

.50/1 Cheer product (exp 8/31)

.50/1 Era product (exp 8/31)

\$3 off Flex-a-min supplement (exp 8/23)

.25/1 Folgers coffee, 3 oz +, excl Gourmet Selection k-cups (exp 8/14)

\$1 off Folgers Black Silk coffee, 10.3 oz + (exp 8/14)

.50/1 Gain detergent (exp 8/31)

.50/1 Gain Fabric Softener liquid or sheets (exp 8/31)

.55/1 Jimmy Dean D-Lights bowls (exp 8/31)

\$1 off Jimmy Dean D-Lights sandwich (exp 8/31)

\$1 off L'Oreal Age Perfect Hydra-Nutrition (exp 9/4)

\$1 off L'Oreal Paris cosmetic (Target coupon), excl trial size (exp 9/10)

\$1 off L'Oreal Paris skin care (exp 9/4)

\$1 off L'Oreal Studio Line or Vive Pro stylant (exp 9/4)

\$2 off L'Oreal Shade of Preference (exp 9/4)

.75/1 L'Oreal Vive Pro shampoo or conditioner (exp 9/4)

\$1 off Nature's Bounty vitamin or supplement (exp 8/23)

\$2 off Noxzema Spa Shave, Super Smooth, Premium-Pivot, or bikini (exp 7/17)

\$1 off Paseo bath tissue 12 roll or towels 8 roll (exp 10/31)

.50/1 Pounce cat treats (exp 9/10)

\$2 off Nature's Bounty Your Life multivitamin (exp 8/23)

SmartSource 7/10

\$4.00/1 Air Wick Freshmatic Compact starter kit exp 08/21/2011

\$4.00/1 Air Wick Freshmatic Ultra starter kit exp 08/21/2011

\$1.00/1 Ball accessory item exp 10/31/2011

\$2.00/1 Ball canning discovery kit exp 10/31/2011

\$3 off Bic Soleil disposable or Syste, razor (exp 8/21)

\$2 off Biotrue multi-purpose solution, 10 oz + (exp 9/10)

\$4 off Biotrue multi-purpose solution, 10 oz 2 pk. (exp 9/10)

\$0.50/1 Colgate toothpaste, 4 oz + exp 07/30/2011

\$0.75/1 Colgate Sensitive toothpaste, 4 oz + exp 07/30/2011

\$0.75/1 General Mills FiberOne 80 cal cereal exp 08/20/2011

\$0.50/1 General Mills Sweet 'n Salty Chex mix, 4.5 oz + 09/03/2011

\$0.50/1 General Mills Bugles corn snacks, 5 oz + 09/03/2011

\$0.50/1 Lucky Charms, Golden Grahams or Chex Mix or Milk 'n Cereal bars exp 09/03/2011

\$1.00/2 General Mills select cereal exp 08/20/2011

\$1.00 off Infusium 23 hair care exp 08/31/2011

\$1 off Lime-A-Way cleaner (exp 9/10)

\$1.00/1 Mentos bottle, 45 pc. + exp 09/10/2011

\$1.00/2 Mentos UP2U product exp 09/10/2011

\$1.00/3 Mentos bottles, 15 pc. + exp 09/10/2011

\$10 off OneTouch product wyb Ultra Meter (exp 8/6)

\$5/2 OneTouch Delica lancets (exp 8/6)

\$2 off OneTouch Delica lancets (exp 8/6)

\$1 off OPI Nicole nail lacquer (exp 9/3)

\$2 off Pilgrim's Chicken frozen fully cooked, max 32 oz (exp 12/31)

\$1 off Purina Cat or Kitten chow, 16-18 oz (exp 9/14)

\$2.00/1 Purina Chef Michael's Canine Creations dry food, 4.5 lb exp 08/07/2011

\$2.00/6 Purina Chef Michael's Canine Creations cans exp 08/07/2011

\$4.00/1 off Purina Chef Michael's Canine Creations dry food, 11.5 lb exp 08/07/2011

\$1 off Raid Max Spider & Scorpion killer (exp 9/3)

\$1.00/2 ~~.75/2~~ Scotch-Brite scrub sponges, scour pads, dishwands or refills exp 08/31/2011

.55/1 Shout product (exp 8/21)

.50/1 Smart Balance Omega-3 eggs (exp 8/24)

.75/1 Smart Balance cooking spray or oil (exp 8/24)

.75/1 Smart Balance popcorn (exp 8/24)

.75/1 Smart Balance Rich Roast peanut butter (exp 8/24)

\$1 off Smart Balance milk (exp 8/24)

\$1/2 Smart Balance Buttery spreads or sticks (exp 8/24)

.75/1 St Ives body wash (exp 8/17)

\$1 off Waggin Train Chicken Jerky Tenders dog treats, 2 oz + (exp 8/28)

\$1 off Waggin Train dog treats, 2 oz +, excl Chicken Jerky Tenders (exp 8/28)

\$1 off WhoNu? Nutrition Rich cookies (exp 9/4)

\$0.75/2 Yoplait Go-Gurt, Kids Cups, Trix or Splitz yogurt exp 09/03/2011

\$0.75/2 Yoplait Go-Gurt, Kids Cups, Trix or Splitz yogurt exp 09/03/2011

\$1.00/10 Yoplait yogurt cups exp 09/03/2011