

The Virginian Pilot 01/08/12 Insert Variation

www.thecouponchallenge.com

Red-Not in insert

Blue-Variation

RedPlum

Always/Tampax Save \$1/2 items TARGET COUPON (4/1)*

Arrowhead Save \$1/1 .5-liter 6pk or Save \$1/2 1-liter bottles of sparkling mountain spring water (2/19)

Axe Save \$1/1 4oz bodyspray, 2.7oz anti-perspirant and deodorant or 3oz deodorant ETS (2/4)*

Axe B1G1 free shower gel or detailer up to Save \$5.99 (1/22)*

Beano Save \$1/1 Meltaways (3/31)*

Beano Save \$1/1 product (3/31)*

Clearblue Save \$2.50/1 7-20ct ovulation test or 2-5ct [pregnancy](#) test TARGET COUPON (4/1)*

Diabetic Tussin Save \$1/1 8oz product (3/31) [Save \\$2.00/1](#)

Emerald Save \$.75/1 Breakfast on the go! or canister 7.5oz+ (3/4)*

Emerald Save \$1/2 100 calorie packs (3/4)*

FiberChoice Save \$2/1 product 90ct (2/28)*

Garnier Save \$2/1 moisturizer (4/8)*

Garnier Save \$3/1 HerbaShine color creme (2/19)*

Jimmy Dean Save \$.55/1 product excluding rolls dnd (2/19)*

Jimmy Dean Save \$.55/2 rolls dnd (2/19)*

Kettle Save \$1/1 4oz bag Baked Potato Chips (3/17)

Kettle Save \$1/1 8oz bag Reduced Fat Potato Chips (3/17)

Kibbles 'n Bits Save \$1/1 dry dog food (2/4)

L'Oreal Save \$3/1 shade of Preference (3/4)*

Maybelline New York Save \$1/1 mascara (3/8)*

Maybelline New York Save \$2/1 face product (3/8)*

MET-Rx Save \$1/2 Big 100 or Protein Plus bars (2/29)*

Multi-betic Save \$2/1 diabetes multi-vitamin/mineral (3/31)*

Nature's Bounty Save \$7/1 Co Q-10 Ubiquinol (2/21)*

Newman's Own Save \$.75/1 lite salad dressing (2/18)*

Pepto/Vicks/Prilosec Save \$1/1 Pepto-Bismol, Vicks DayQuil, Vicks Vapo, Prilosec OTC or Vicks NyQuil
TARGET COUPON (4/1)*

PUR Save \$5/both faucet-mount filter system AND 2pk replacement filter TARGET COUPON (4/1)

Pure Protein Save \$1/1 powder or drink (2/18)*

Pure Protein Save \$1/2 bars (2/18)*

Suave Save \$.75/1 deodorant product ETS (2/5) [Save \\$.50/1](#)

Suave Save \$1/1 body lotion product 18oz+ ETS (2/5) [Save \\$1/2](#)

Suave Save \$1/2 Kids hair products ETS (2/5)*

Suave Save \$1/2 Men hair products ETS (2/5)*

Suave Save \$1/2 Professionals hair products ETS (2/5)*

Suave B2G1 free Naturals or Men body wash ETS up to Save \$4 (2/5)*

Truvia Save \$.75/1 natural sweetener (5/31)*

Truvia Save \$1/1 natural sweetener (3/31)*

ADDITIONS:

Deer Park Save \$1.00/1 .5 liter 6 pack or two(2) 1-liter bottles (2/19/12)
DelMonte Save \$1.00/2 fruit cup snacks (3/31/12)
Dove Save \$1.00/1 Dove promises chocolate bag 8.5-9.5oz (2/19/12)
Hunt's Manwich Save \$1.00 when you buy (1) 15.5oz manwich and (1) package Sara Lee Soft & Smooth whole grain white or wheat buns (2/18/12)
Kellogg's Save \$1.00/3 cereals 10oz+ any flavor (2/19/12)
Perdue Save \$1.00/1 Simply Smart Chicken product (3/4/12)
Scotties Save \$.50/3 boxes or 1 multipack facial tissues (2/11/12)
Temptations Save \$1.00/1 treats for cats (2/18/12)
Uncle Ben's B3G1 free (up to 1.40) buy any 3 variety Ready rice pouches and get 1 Country Inn rice dish free (3/5/12)
9 Lives Save \$1.00 wet cat food (one 12-can variety pack, 12 individual cans, or three four packs) (3/10/12)

Smartsources coupon insert #1

Afrin Save \$2/1 nasal spray (2/5)*
Airborne Save \$2/1 product (4/1)*
Barilla Save \$.55/1 whole grain pasta (3/4)
Bausch+Lomb Save \$5/1 OcuVite product (3/31)*
Benefiber Save \$1/1 product (2/25)*
Benefiber Save \$5/2 products (2/25)*
Benefiber/Gas-X/Prevacid 24HR/Maalox Advanced Save \$3/2 products (2/29)*
BIC B1G1 free disposable razor up to Save \$6.99 (2/5)*
Biotrue Save \$1/1 multi-purpose solution (2/8)*
Biotrue Save \$3/1 twin pack multi-purpose solution (2/8)*
Bob Harper's Save \$5/1 Smart Weight Loss 72ct (3/8)*
Boca Save \$1/2 packages of meatless product (3/4)
Cepacol Save \$1/1 product (2/19)
Cream of Wheat Save \$1/2 packages 11oz+ (3/31)*
Delsym Save \$1/1 children's or adult product (2/29)*
Dole Save \$.75/1 All Natural Fruit in 100% Juice (3/31)*
Dole Save \$.75/2 Fruit Bowls Fruit in 100% Juice (3/31)*
Dole Save \$1/2 frozen fruit single-serve cups (4/1)*
Eatsmart Save \$1/1 4oz+ naturals snack (2/29) **Save \$.75/1**
Excedrin Save \$1.50/1 80ct+ product (2/25)*
Excedrin Save \$1/1 20ct+ product (2/25)*
Foster Farms Save \$1/1 boneless & skinless fresh chicken breast item dnd (3/31)
Gas-X Save \$1/1 Prevention product (4/14)*
Gas-X Save \$1/1 product (4/14)*
Glucerna Save \$2.50/2 products (2/29)*
Glucerna Save \$3/1 Hunger Smart product (2/29)*
Hershey's Save \$1/2 Kisses 9.4oz+ (2/8)*
Hershey's Free Air Delight aerated milk chocolate bar wyb any milk chocolate bar up to Save \$1.19 (2/8)*
Hormel Save \$.50/1 Natural Choice deli sandwich meat (3/2)*

Hunt's/Sara Lee Save \$1/both Manwich 15.5oz can AND Soft & Smooth whole grain white or wheat buns (2/28)

International Delight Save \$.75/1 pint or quart (2/28)

International Delight Save \$1/1 coffee creamer singles (2/28)

Jamba Save \$1/2 8oz frozen smoothies (3/31)

JELL-O Save \$.60/1 refrigerated snacks (2/28)*

Ken's Save \$1/1 16oz dressing (2/28) **Save \$1.00/2**

La Victoria Save \$1.50/3 products 12pz+ (3/4)

Maalox Advanced Save \$1/1 product (4/7)*

Maalox Advanced Save \$2.50/2 products (4/7)*

Mariani Save \$.50/1 dried fruit snack dnd (2/29)*

Method Save \$1/1 dish product (3/31)

Method Save \$2/1 laundry product (3/31)

Mitchum Save \$.75/1 men or women ets (2/12)

Nabisco Save \$2/3 Honey Maid, Newtons, Ritz Crackerfuls, Teddy Grahams, Snack Well's, Wheat Thins, 100 Cal and Triscuit dnd (1/27)

Nature's Bounty Save \$1/1 vitamin or supplement (2/21)*

Nature's Bounty Save \$2/1 Hair, Skin and Nails (2/21)*

Nature's Bounty Save \$3/1 Fish Oil supplement (2/21)*

Odwalla Save \$.15/1 bar (4/15)

Odwalla Save \$.55/1 12 fl oz beverage (4/15)

Planters Save \$1/1 NUT-rition product 8.75-10.25oz dnd (3/31)*

Prevacid Save \$7/2 28ct or 42ct 24HR products (1/28)*

Purina Save \$1.50/10 cans of ALPO (2/20)*

Purina Save \$2/1 8ct+ variety pack of ALPO (2/20)*

Purina Save \$2/2 Beggin' (4/8)*

Purina Save \$2/2 Busy (4/8)*

Resolve Save \$.75/1 carpet cleaner (2/29) **Save \$1.00/2**

Resolve Save \$3/1 Easy Clean carpet cleaner (2/29)*

Scrubbing Bubbles Save \$2/2 One Step Toilet Bowl cleaner refills (2/28)*

Scrubbing Bubbles Save \$4/1 One Step Toilet Bowl Cleaner starter kit (2/18)*

Smart Balance Save \$.75/1 cooking oil or cooking spray (2/22)

Smart Balance Save \$.75/1 omega plus light mayonnaise dressing (2/22)

Smart Balance Save \$.75/1 rich roast peanut butters (2/22)

Smart Balance Save \$1/1 enhanced milk (2/22)

Smart Balance Save \$1/2 buttery spreads or buttery sticks (2/22)

Sunsweet Save \$.55/1 Plumsmart or Plumsmart Light dnd (3/31/11)

TENA Save \$1/1 product (4/30)*

The Laughing Cow/Mini Babybel Save \$1/2 (3/31)

Trident Save \$1/3 single packs (3/4)*

ADDITIONS:

Chi-Chi's Save \$.50/1 Salsa jar or Snackers Salsa and cheese cups 12oz+ (3/4/12)

Chi-Chi's Save \$.50/1 package Tortillas any variety (3/4/12)

Ensure Save \$2.00/1 any 4-pack (3/4/12)

Ensure Save \$3.00/2 multi-packs (3/4/12)

EPT Save \$3.00/1 any product (4/9/12)

Dentek Save \$.55/1 Flosser or Interdental cleaner \$2 or more (3/4/12)

Dentek Save \$2.00/1 Dental Guard (3/4/12)
 Friendship Save \$.55/1 Cottage Cheese or Sour Cream 16oz dnd (2/29/12)
 Ken's \$1.00/1 any marinade (2/28/12)
 Ken's \$1.00/2 9oz dressings (2/28/12)
 Land O' Lakes Save \$.50/1 Fresh Buttery Taste Spread product (3/31/12)
 Land O' Lakes Save \$.50/1 margarine (3/31/12)
 Monistat Save \$3.00/1 any product (4/9/12)
 Mueller's Save \$1.00/2 100% whole grain pasta 13.25oz (2/29/12)
 Musselman's Save \$.75/2 packages of single serve apple sauce (2/28/12)
 Planters Save \$.75/1 NUT-rition bars (5ct) or Big Nut Bars(5ct) dnd (3/31)
 Resolve Save \$.50/1 Laundry Pre-treat product(2/19/12)
 Silk Save \$1.25/2 any quarts or larger or multi-packs (2/8/12)
 Tetley Save \$.75/1 box tea (2/29/12)
 Tyson Save \$1.00/1 any Grilled & Ready frozen product (4/8/12)
 Tyson Save \$.55/1 any Grilled & Ready refrigerated product (4/8/12)
 Valley Fresh Save \$1.00/2 Natural Chicken Breast (2/29/12)

Smartsources coupon insert #2

Aveeno Save \$1/1 hand & body lotion or Baby product excludes trial and 2.5oz sizes (2/29)*
 Aveeno Save \$2/1 facial care product excludes trial sizes and cleansing bars (2/29)*
 Aveeno Save \$2/1 hair care or body wash product ets (2/29)*
 Band-Aid/Neosporin Save \$1.50/both Neosporin AND Band-Aid products ets (3/31)*
 Bengay Save \$2/1 product ets (4/1)*
 BIC Save \$1/1 stationery product (2/15)*
 Birds Eye Save \$.50/1 Steamfresh Chef's favorites variety (2/26)*
 Campbell's Save \$.40/2 condensed soups excluding chicken noodle, tomato and Great for Cooking coups (3/15) **Save \$.40/3**
 Campbell's Save \$.40/4 condensed chicken noodle & tomato soups (3/15)*
 Campbell's Save \$.50/2 microwavable bowls or Soup at Hand varieties (3/15)*
 Campbell's Save \$1/1 Slow Kettle style soup (2/19)*
 Campbell's Save \$1/2 cans or bowls of Chunky soup or Chunky Chili (2/19) **Save \$.50/4**
 Campbell's **Save \$1/2** cans or bowls of Select Harvest soup (2/19) **Save \$.50/2**
 Carefree Save \$.50/1 product excludes 18-22ct (2/15)*
 Clean & Clear Save \$2/1 product ets (2/29)*
 Cortaid Save \$3/1 product ets (3/31)*
 Destin Save \$1/1 product ets (2/19)*
 Golden Grain Save \$1/2 pasta (2/29)
 Green Works Save \$.50/1 product (2/19)*
 Johnson & Johnson Red Cross Save \$3/3 products ets and first aid kits (3/31)*
 Johnson's Save \$1/1 **baby** product excludes 1oz-4oz sizes (2/19)*
 K-Y Save \$3/1 product ets (3/31)*
 Lactaid Save \$2.50/1 Fast Act dietary supplement 32ct+ (3/31)*
 Listerine Save \$.50/1 Antiseptic 1L+ or Zero mouthwash 1L+ (3/31)*
 Listerine Save \$1/1 Total Care mouthwash 1L, Restoring mouthwash 1L or Advanced mouthwash 1L+ (3/31)*
 Listerine Save \$1/1 Whitening rinse product 16 fl oz+ (3/31)*

Listerine/Reach Save \$1/1 Smart Rinse mouthwash 500mL, Agent Cool Blue tinting rinse 500mL or Reach kids toothbrush (3/31)*
 Lubriderm Save \$2/1 16 fl oz, 13.5 fl oz or 8 fl oz product ets (2/29)*
 Marzetti Save \$1.50/1 Simply Dressed salad dressing (2/29) **Save \$1.00/1**
 Nature Made Save \$2/1 fish oil 1200mg (2/15)*
 Neosporin Save \$1/1 lip health product ets (3/31)*
 Neutrogena Save \$1.50/1 skin care or hair care product excluding suncare, bar soap and facial moisturizing treatments (3/31)*
 Neutrogena Save \$1/1 lip or eye makeup product ets (3/31)*
 Neutrogena Save \$2/1 face makeup product ets (3/31)*
 Neutrogena Save \$2/1 facial moisturizing treatment ets (3/31)*
 o.b. Save \$1/1 product ets (2/15)*
 Onetouch Save \$10/2 Meter (3/31) **Save \$10/1**
Onetouch Save \$4/1 Ultra Blue test strips 25ct (3/31)
 Philips Sonicare Save \$10/1 rechargeable toothbrush or AirFloss excludes Xtreme (3/31)*
 Philips Sonicare Save \$15/1 DiamondClean, FlexCare+ or FlexCare rechargeable toothbrush (3/31)*
 Philips Sonicare Save \$5/1 brush heads or Xtreme toothbrush (3/31)*
 POM Save \$1/1 Wonderful dnd (3/31)*
 Post Save \$.55/1 Pebbles treats (2/26)*
 Post-it Save \$1 off Super Sticky notes purchase of Save \$5 or more (3/5)*
 Post-it Save \$2 off Label Product purchase of Save \$5 or more (3/5)*
 Post-it Save \$2 off Note Dispenser purchase of Save \$5 or more (3/5)*
 Post-it Save \$2 off Tab, Flag, or Pocket product purchase of Save \$5 or more (3/5)*
 Prego Save \$.75/2 jars of Italian sauce (3/31)*
 Prego Save \$.75/2 jars of Smart Italian sauce (3/31)*
 RoC Save \$3/1 anti-aging product ets (2/29)*
 Rogaine Save \$10/1 hair re-growth treatment product ets (4/1)*
 Schick Save \$1/1 disposable razor pack No cash back if coupon value exceeds retail price, not valid on 2 count (2/29) **Save \$2.00/1**
 Schick Save \$3/2 disposable razor packs No cash back if coupon value exceeds retail price, not valid on 2 count (2/19)*
Schiff Save \$5/1 Move Free product (4/30)
 Science Diet Save \$1/4 13oz cans or Save \$1/4 5.5oz light cans or Save \$1/1 Simple Essentials Light treats (2/29)*
 Science Diet Save \$3/1 light cat food 7lb+ or light dog food 15.5lb+ (2/29)*
 Science Diet 3 cans free wyb any dry cat food up to Save \$3.90 (3/15)*
 Science Diet 3 cans free wyb any dry dog food up to Save \$6 (3/15)*
 Scotch-Brite Save \$.75/2 scrub sponge 3-packs (2/29)*
 Splenda Save \$1/1 sugar blend, brown sugar blend or 200ct/9.7oz+ sweetener dnd (2/20)*
 Splenda Save \$2/1 Essentials No Calorie Sweetener product dnd (2/20)*
 Stayfree B1G1 free on any product ets up to Save \$4.49 (2/15)*
Sunny Save \$.55/2 products (3/31)
 Swanson Save \$.40/2 broth or stock cartons (3/31) **Save \$.1.00/3**
 Swanson Save \$1/1 Flavor Boost concentrated broth (3/31)*
Traditional Medicinals Save \$1/1 tea (4/30)
 Viactiv Save \$2/1 Soft Chews dietary supplement product (3/31)*
 Visine Save \$2/1 0.5 fl oz+ or Soothing Wipes product ets (4/1)*

ADDITIONS:

Dole Save \$1.00/1 Real Fruit Bites (4/1/12)
Dulcolax Save \$1.00/1 any product (4/30/12)
Dulcolax Save \$3.00/2 any two products (4/30/12)
Pepperidge Farm Save \$.40/1 Deli Flats rolls, Bagel Flats, Light Style or Very Thin Breads (3/11/12)
V8 V-fusion Save \$1.00/1 any 36oz Smoothie (2/19/12)
V8 V-fusion Save \$1.00/2 any two 46oz Regular, Tea or 8oz 6 pk can beverages (2/19/12)

General Mills Coupon Insert

Betty Crocker Save \$.50/2 Fruit Shapes, Fruit by the Foot, Fruit Gushers or Fruit Roll-Ups (3/3)*
Cereal Save \$1/3 all varieties (2/18)*
Chex Save \$.50/2 4.5oz+ Mix or 100 Calorie Snack (3/3)*
Fiber One Save \$.40/1 90 Calorie Chewy Bars or 90 Calorie Brownies (3/3)*
Fiber One Save \$.40/1 Chewy Bars, 90 Calorie Chewy Bars or 90 Calorie Brownies (3/3)*
Green Giant Save \$.40/1 Just for One vegetables (3/3)*
Green Giant Save \$.60/3 frozen boxed vegetables (3/3)*
Hamburger Helper Save \$1/5 Home Cooked Skillet Meals (3/3)*
Nature Valley Save \$.75/2 Granola Bars 6ct+, Granola Nut Clusters or Granola Thins (3/3)*
Pillsbury Save \$.30/1 Sweet Rolls or Grands! Sweet Rolls (3/31)*
Pillsbury Save \$.30/2 Refrigerated Grands! Biscuits (3/31)*
Pillsbury Save \$.40/1 Crescent Dinner Rolls when you buy any Pizza crust, Breadsticks, Loaves or Dinner Rolls (3/31)*
Pillsbury Save \$.40/2 Crescent Dinner Rolls (3/31)*
Pillsbury Save \$.50/2 Toaster Strudel, Toaster Scrambles Pastries or Pancakes (3/31)*
Pillsbury Save \$.75/2 Refrigerated Cookie Dough (3/31) **Save \$1.00/3**
Progresso Save \$.50/1 Panko Crispy Bread Crumbs (3/3)*
Progresso Save \$1/4 soup cans (3/3)*
Totino's Save \$.35/1 Rolls snacks (3/31) **Save \$.40/2**
Totino's Save \$.75/3 Crisp Crust Party Pizza products (3/31) **Save \$.60/3**
Treats Save \$.50/1 Lucky Charms Treats, Golden Grahams Treats, Chex Mix Treats or Milk 'n Cereal Bars (3/3)*
Yoplait Save \$.40/6 yogurt (3/3)*
Yoplait Save \$.75/1 Frozen Smoothie (3/3)*
Yoplait Save \$.75/1 Light Yogurt with Granola (3/3)*
Yoplait Save \$.75/2 Go-GURT, Kids Cup, Trix multipack or Splitz (3/3)*

Target Johnson & Johnson Insert Coupons (Expire 1/14/12)

ACUVUE Buy 9 months of OASYS contact lenses, get 3 months free
Aveeno Save \$1/1 18oz [baby](#) item
Aveeno/Neutrogena Save \$1/1 hair care item ETS
Aveeno/Neutrogena Save \$2/1 facial moisturizer item ETS
Aveeno/Neutrogena/Clean & Clear Save \$1/1 facial cleanser or acne treatment excludes bars and trial sizes

Aveeno/Neutrogena/Lubriderm Save \$1/1 hand or body skin care item ETS
Band-Aid Save \$.25/1 6ct+ adhesive bandages ETS
Bengay Save \$.50/1 3oz Zero Degrees menthol pain relief gel
Carefree Save \$1/1 feminine care item ETS
Cortaid Save \$.50/1 1.5oz advanced 12 hour anti-itch cream
Desitin Save \$.50/1 4oz+ [diaper](#) rash treatment
Johnson's Baby Save \$.50/1 8oz+ bath or skin care item excludes shampoo and natural items
K-Y Save \$.50/1 intimacy item
Lactaid Save \$1/1 60ct ultra caplets
Listerine Save \$.75/1 1 liter+ mouthwash
Neosporin Save \$.50/1 original antibiotic ointment
Neutrogena Save \$2/1 face cosmetic item excludes eye and lip items
o.b. Save \$1/1 feminine care item ETS
OneTouch Save \$10/1 blood glucose meter
Red Cross First Aid Save \$.50/2 10yd 1/2" waterproof tape
RoC Save \$3/2 skin care items
Rogaine Save \$3/1 topical solution or foam ETS
Splenda Save \$1/1 80 or 100ct sweetener packs
Stayfree Save \$1/1 feminine care item ETS
Tylenol Save \$1.50/1 Precise pain relief item ETS
Viactiv Save \$1/1 100ct calcium milk chocolate soft chews
Visine Save \$.25/1 Totality multi-symptom eye drops
Zyrtec Save \$2/1 12ct+ adult allergy relief item

WALMART INSERT

Huggies Save \$2/1 Snug & Dry Diapers ets dnd (2/4)
PULL-UPS Save \$2/1 Training Pants ets dnd (2/4)
Huggies Save \$3/1 Little Movers Slip-On Diapers 64ct+ dnd (2/4)
Goodnites Save \$2/1 Underwear ets dnd (2/4)