

Coupon Variations for The Post and Courier for Sunday, 9/09, you will have (3) inserts in your Sunday newspaper.

(1) Red Plum

(2) Smart Source

Red Plum 9/09

\$1.50 off Beneful Baked Delights dog snacks (exp 12/9)

\$2.00 off Beneful dog food (exp 10/9)

\$3/6 Beneful prepared meals tubs or (1) variety pack, 6 ct. (exp 10/9)

\$3 off Body Fortress powder (exp 10/28)

.55/1 Butterball turkey bacon or turkey breakfast sausage (exp 11/11)

\$1 off Carbona color and dirt grabber (exp 12/8)

\$1 off Carbona color run remover (exp 12/8)

\$1 off Carbona stain devils (exp 12/8)

\$1 off Carbona service-it washing machine cleaner (exp 12/8)

\$1/2 DiGiorno large pizzas (exp 10/9)

\$5 off Effaclar duo (exp 12/31)

\$5 off Effaclar K (exp 12/31)

.50/1 Emerald Nuts Breakfast on the go!, 7.5 oz+ (exp 10/21)

\$1 off Fergie or Wet 'n Wild nail polish (exp 9/22)

.25/1 Folgers coffee (exp 10/23)

.75/2 Friskies cat treat packages (exp 12/9)

\$1/2 Frush (exp 12/9)

\$2 off Garnier moisturizer (exp 12/9)

Free Garnier Fructis shamp. or cond., 13 oz wyb Family Size, 25.4 oz (exp 10/20)

\$2 off Garnier Nutrisse item (exp 10/21)

\$1/2 Hungry Jack premium hash brown potatoes (exp 11/3)

\$1 off L'Oreal EverCreme, Sleek, Pure, or Strong shamp. or cond. (exp 11/4)

\$2 off L'Oreal EverStyle item (exp 11/4)

\$2 off L'Oreal EverCreme, Sleek, Pure, or Strong treatment (exp 11/4)

\$2 off L'Oreal Sublime Mousse haircolor (exp 11/4)

.60/1 Lipton Tea & Honey To-Go or pitcher size box, excl trial size (exp 11/4)

\$1 off Listerine Ultraclean antiseptic, 1 L+ (exp 10/20)

\$1 off Listerine antiseptic, Zero, Total Care, or Fluoride rinse, 1 L+ (exp 10/20)

\$1 off Listerine Whitening rinse item, 16 oz+ (exp 10/20)

\$1 off Listerine Original gel, 4.2 oz (exp 10/20)

\$1 off Maybelline lip item (exp 11/9)

\$1 off Maybelline mascara (exp 11/9)

\$1 off Nature's Bounty vitamin or supplement (exp 10/9)

\$2 off Nature's Bounty Optimal Solutions item (exp 10/9)

\$1/2 Nestle Toll House morsels (exp 11/30)

.50/2 Pop Secret products (exp 10/21)

\$1.50/2 Purina Busy Chew treat, 9 oz or smaller (exp 12/9)

\$1 off Purina Busy Bone w/ real chicken & cheese (exp 12/9)

\$1 off Purina Cat Chow Healthy Weight, 3.15 lb (exp 11/14)

\$1/2 Purina T-Bonz or Tiny T-Bonz, 10 oz+ (exp 12/9)

\$3/2 Purina Busy Chew treat, 12 oz+ (exp 12/9)

B3G3 Renuzit Adjustables (Exp 9/23)

\$2/2 Right Guard Total Defense 5 deodorant, body wash or bar soap (exp 10/7)

\$1/2 Stouffer's single-serve entrees, max 21 oz (exp 12/31)

Free Uncle Ben's rice cup wyb (3) ready rice items, max \$1.40 (exp 11/10)

\$1/4 Uncle Ben's rice item (exp 11/10)

\$1 off Wisk Laundry Detergent 45 oz + (exp 10/2)

Smart Source 9/09

.25/1 Ajax Dish Liquid (exp 9/29)

.50/1 Ajax All Purpose Cleaner (exp 9/29)

.50/1 Ajax Auto Dish Packs (exp 9/29)

\$2/2 Almay cosmetic items, excl trial size (Target coupon) (exp 12/30)

\$3 off Bausch+Lomb OcuVite item (exp 11/30)

\$1 off Beano Meltaways 30 ct. + (Exp 11/30)

.50/1 Betty Crocker box muffin mix (exp 11/3)

.50/2 Betty Crocker boxed potatoes, excl Potato Buds and pouch (exp 11/3)

.75/1 Betty Crocker Shake-N-Pour desserts (exp 11/3)

.50/1 Betty Crocker Fun da-middles cupcake mix (exp 11/3)

.75/3 Betty Crocker Hamburger Helper home cooked skillet meals (exp 11/3)

\$1 off Brut fragrance, 3.5 oz+ or deodorant, 2 oz+ (exp 10/9)

.50/2 Chex Mix, 4.5 oz+ or 100 calorie snack (exp 11/3)

\$10 off Claritin product, 70 ct. (exp 9/16)

\$2 off Claritin product, 4 oz or 10 ct.+ (exp 10/7)

\$4 off Claritin product, 24 ct.+ (exp 10/7)

\$1 off Colgate 360 manual toothbrush (exp 9/29)

\$1 off Colgate Optic White mouthwash, 8 oz+ (exp 9/29)

\$1 off Colgate Optic White, Total Advanced or Sensitive Pro-Relief (exp 9/29)

\$1 off Delimex product (exp 10/7)

.55/1 Dreamfields pasta (exp 11/17)

.50/1 Easy-Off cooktop or barbecue grill cleaner (exp 10/21)

.50/1 Easy-Off oven cleaner (exp 10/21)

\$5 off Eclos product (exp 12/31)

\$1 off Efferdent product (exp 11/30)

\$3/2 Ensure Multi-packs (exp 11/4)

\$2 off Ensure Clear (Exp 11/4)

\$2 off Enzymatic Therapy Probiotic Pearls (exp 12/31)

\$1.50 Fiber Choice 90 ct. + (exp 11/30)

.50/2 Fiber One chewy bars, 90 calorie chewy bars or brownies (exp 11/3)

.40/1 French's honey, honey mustard sauce or horseradish mustard (exp 12/31)

.50/1 French's dijon or honey dijon mustard (exp 12/31)

.50/1 General Mills Cinnamon select Treat bars or Milk 'n Cereal bars (exp 11/3)

\$1/3 General Mills cereals (exp 10/20)

.55/1 Hormel bacon toppings (exp 11/5)

\$1/2 Hormel chili (exp 11/5)

\$1 off Infusium 23 shampoo, conditioner or leave-in-treatment, 6 oz+ (exp 10/9)

\$1/2 Knudsen cottage cheese, 16 oz+ (exp 10/9)

.50/1 Lime-A-Way cleaner (exp 10/21)

\$2 off MidNite regular, for Menopause or PM (exp 3/31/2013)
\$1 off MiraLax product, 10 ct. or 14 dose (exp 10/21)
\$4 off MiraLax product, 30 dose (exp 10/21)
\$5 off MiraLax product, 30 dose (exp 9/16)
.50/1 Mop & Glo product (exp 10/21)
.50/2 Nature Valley granola bars, 5 ct.+ or granola thins (exp 11/3)
\$2 off Nature's Way Alive! multivitamin (exp 12/31)
.25/1 Nissin Spoon it (exp 12/9)
\$1/4 Nissin big cup noodles (exp 12/9)
.60/3 Old El Paso products, excl refrigerated, frozen or soup (exp 11/3)
.75/1 Old English product (exp 10/21)
\$1.50/2 Pert Plus 2-in-1 item, 13.5 oz+ (exp 10/9)
.30/2 Pillsbury refrigerated Grands! biscuits (exp 12/1)
.40/2 Pillsbury Crescent dinner rolls (exp 12/1)
.50/2 Pillsbury Toaster Strudel or Scrambles Pastries or pancakes (exp 12/1)
.50/1 Progresso Recipe Starters cooking sauce (exp 11/3)
\$1/4 Progresso soup cans (exp 11/3)
\$1 off Rachael Ray Nutrish Super Premium treats for dogs (exp 12/9)
\$2 off Rachael Ray Nutrish Super Premium food for dogs (exp 12/9)
B2G1 Rachael Ray Nutrish Naturally Delish, max \$2.19 (exp 12/9)
\$2 off RevitaLens OcuTec multi-purpose disinfecting solution (exp 10/15)
\$2 off Revlon Moon Candy or FrenchMix nail art (Target coupon) (exp 10/8)
\$5 off Revlon foundation, powder, primer, blush or concealer (exp 10/14)
\$2 off Similasan product (exp 11/30)
\$2 off St. Joseph Aspirin \$4.49 + (exp 10/31)
\$3.50 off St. Joseph Aspirin \$9.99 + (10/31)
\$1.50 off Starbucks coffee bag, 11 oz+ (exp 11/15)
\$1 off Starbucks k-cup packs (exp 11/15)
\$1 off Starbucks VIA Ready Brew, excl 3 pk. (exp 11/15)
.75/1 Sunsweet juicers (exp 12/8)
.75/1 Sunsweet Plumsmart or Plumsmart Light (exp 12/8)
.75/1 Sunsweet prune juice (exp 12/8)
\$1/2 Sure deodorant, 2.6 oz+ (exp 10/9)
.50/1 Tide detergent, excl PODS and trial size (exp 10/31)
.75/3 Totino's rolls (exp 12/1)
.40/6 Yoplait yogurt cups (exp 11/3)
.50/2 Yoplait Greek yogurt (exp 11/3)
.50/8 Yoplait yogurt cups (exp 11/3)
.75/2 Yoplait Go-Gurt, Kids Cup yogurt, Trix multi-pk. or Splitz (exp 11/3)

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\$7 off Allegra regular 30 ct.+, D 12 hr 20 ct.+ or D 24 hr 10 ct.+ (exp 9/16)
\$1 off Aveeno product, excl bars, 2.5 oz lotion, and trial size (exp 10/15)
\$2/2 Aveeno products, excl bars, 2.5 oz lotion, and trial size (exp 10/15)
\$4 off Bengay Zero Degrees, Cold Therapy or Pain Relief + Massage (exp 9/23)
.40/3 Campbell's condensed soups (exp 10/21)
.40/3 Campbell's Spaghetti's (exp 10/21)
.40/4 Campbell's condensed Chicken Noodle or Tomato soups (exp 10/21)

.75/2 Campbell's microwaveable bowls or soup on-the-go cups (exp 10/31)
\$2 off Clear Care cleaning and disinfecting solution, 12 oz+ (exp 10/31)
.75/1 Dole fruit smoothie shaker (exp 11/30)
\$1/2 Hershey's chocolates bags, 9.4 oz+ (exp 10/20)
\$1/2 Hershey's stand-up bags, 8 oz+ (exp 11/23)
.75/1 Johnson's baby product, excl 1-4 oz, Buddies, and Kids 1 ct. bar (exp 11/4)
.50/1 off Johnsonville Italian sausage (exp 10/31)
.75/1 Lance Cracker Creations (exp 11/30)
\$1 off Neutrogena acne item (exp 11/4)
\$2 off Neutrogena All-in-1 acne control facial treatment (exp 11/4)
\$2 off Neutrogena Rapid Tone Repair moisturizer (exp 11/4)
\$2 off Neutrogena ultra gentle daily cleaner (exp 10/13)
\$3.50 off Neutrogena ultra gentle cleaner AND lotion or cream (exp 10/13)
\$2 off Opti-Free PureMoist contact lens solution, 10 oz+ (exp 10/31)
.75/1 Pepperidge Farm Baked Naturals (exp 12/2)
.75/1 Pepperidge Farm Goldfish bread (exp 12/2)
.40/1 Pepperidge Farm Frozen Bread or Rolls (Exp 11/18)
.40/2 Prego sauces (exp 10/6)
.35/2 Swanson premium white chunk chicken breast (exp 11/15)
\$1.50/2 YoCrunch Greek multi-pks. (exp 12/31)
\$1/2 YoCrunch yogurt multi-pks. (exp 12/31)
\$1/4 YoCrunch yogurt cups, 6 oz (exp 12/31)
\$1 off V-Fusion + Energy (Exp 10/31)
\$1 off V-Fusion 36 oz smoothie (Exp 10/31)
.75/2 V8 100 % Vegetable Juice (46 oz +) exp 10/21
.75/1 V8 Vegetable Juice 5.5 oz or 11.5 oz 6 pk. can exp 10/21