

Coupon Variations for The Post and Courier for 3/24, you will have (2) coupon inserts in your newspaper. Be on the lookout for:

(1) RedPlum

(1) Smart Source

RedPlum 3/24

\$1/2 A Taste of Thai peanut items (exp 5/31)

\$1 off Advil children's item (exp 6/22)

\$1 off Advil migraine, 20 ct. + (exp 6/22)

\$1 off Advil PM, 16 ct. + (exp 6/22)

\$1 off Advil product, 20 ct. + (exp 6/22)

\$1 off Alavert product, excl 6 ct. (exp 5/12)

.45/1 Angel Soft double roll bathroom tissue, 4 pk. + (exp 4/30)

\$1 off Axe bodyspray 4 oz or deodorant 2.7-3 oz (exp 4/21)

\$1 off Axe face wash, shave gel or hydrator, excl trial size (exp 4/21)

\$3 off Axe Schick razor or disposable (exp 6/30)

\$3 off Axe Schick refill (exp 6/30)

\$1 off Axe shampoo or stylant, excl trial size (exp 4/21)

\$1 off Axe shower gel 16 oz or detailer tool (exp 4/21)

.50/1 Best Foods or Hellmann's mayonnaise, 22 oz + (Target coupon) (exp 5/5)

.50/1 Best Foods product, 22 oz + (exp 4/21)

\$1 off Bounty DuraTowel paper towels, 6 pk. + (Target coupon) (exp 4/30)

\$10 off Breeze 2 meter (exp 6/26)

\$20 off Breeze 2 test strips (exp 6/26)

.75/1 Cascade Platinum ActionPacs dishwasher detergent (Target) (exp 4/30)

.50/1 Dawn dish detergent, excl trial size (Target coupon) (exp 4/30)

.75/2 Degree Men's motionSense, excl trial size (exp 4/21)

.75/2 Degree Women motionSense, excl trial size (exp 4/21)

\$5 off DermaSilk product, excl trial size (exp 4/6)

.75/1 Dove bar pack, 6 pk. +, excl Men+Care and trial (exp 4/21)

\$1 off Dove body wash, 12 oz +, excl Men+Care and trial (exp 4/21)

\$1.50/2 Dove go sleeveless, go fresh, ClearTone, Clinical Protection (exp 4/21)

\$1 off Dove Men+Care body wash 13.5 oz + or bar soap 6 pk. + (exp 4/21)

\$1 off Dove Men+Care deodorant 2.7-3 oz (exp 4/21)

\$1 off Dove Men+Care face care, excl trial size (exp 4/21)

\$1 off Dove Men+Care hair care, excl trial size (exp 4/21)

.55/1 Dunkin Donuts bag coffee 11 oz + (exp 5/12)

\$1/2 Hanover Gold or Silver Line Frozen Vegetables (exp 4/30)

\$1/2 Hanover Canned Green Beans 38 oz + (exp 4/30)

\$1/2 Hanover Frozen Soft Pretzels (exp 4/30)

\$1/2 Hanover Canned Baked Beans (Exp 4/30)

\$1 off Hellmann's product 22 oz + (exp 4/21)

\$1/2 I Can't Believe It's Not Butter spread (exp 4/21)

\$1 off Invisible Glass Premium Glass Cleaner (Exp 4/30)

\$1/2 Keebler Crackers 8 oz + (exp 5/19)

Free Eggs half dozen wyb King's Hawaiian round bread, max \$1.50 (exp 5/19)

.55/1 Kibbles 'n Bits dry dog food (exp 5/25)
\$1/2 King's Hawaiian product, excl 4 pk. dinner rolls (exp 5/19)
.50/2 Knorr rice and pasta sides (exp 4/21)
.50/2 Knorr Recipe/Sauce/Gravy Mix Products (exp 4/31)
.75/2 Knorr vegetable recipe mix packets (Target coupon) (exp 5/5)
\$2 off L'Oreal Excellence shade or Richesse (exp 5/18)
\$1 off L'Oreal eye item (exp 5/18)
\$3 off L'Oreal Telescopic Shocking Extensions mascara (exp 5/18)
.50/1 Lever 2000 bar soap, excl trial size (exp 4/21)
\$1.50 off Lever 2000 body wash, excl trial size (exp 4/21)
.60/2 Lipton Recipe Secrets soup and dip mix packets (exp 5/5)
.75/1 Nalley pickles, 16 oz + (exp 5/17)
\$1/2 Nestle Nesteggs, 8 oz + (exp 3/31)
\$1 off Noxzema Perfect Pivot 5-blade razor, excl trial size (exp 5/24)
.75/1 Noxzema skin care, excl trial size (exp 4/21)
\$1 off Pond's cream, towelettes or cleansing item, excl trial size (exp 4/21)
\$1 off Pond's Luminous Moisture, Luminous cleanser or towelette (exp 4/21)
\$1.50 off Purina Beneful Baked Delights dog snacks (exp 6/24)
Free Purina Busy package max 7 oz, wyb (1) Busy package (exp 4/24)
B3G3 Renuzit Adjustables 7 oz (exp 4/30) DOLLAR GENERAL COUPON
\$1 off Soft Scrub Total 25.4 oz or Cleanser with Bleach 24 oz (Exp 4/30) DOLLAR GENERAL COUPON
\$1 off Splenda Nectresse no cal sweetener (exp 6/24)
\$2 off Splenda Nectresse no cal sweetener canister, 5.9 oz (exp 6/24)
\$1/2 Suave Men's body wash, excl trial size (exp 4/21)
.50/2 Suave Professionals hair items, excl trial size (exp 4/21)
\$4 off TheraTears eye care, excl Contact Lens Comfort Drops (exp 6/30)
\$1 off ThermaCare ColdWrap 1 ct. or HeatWrap 2 ct. + (exp 6/22)
\$3/2 TresEmme Platinum, Keratin, Split Remedy or Naturals (exp 4/21)
\$1.50 off Tums freshers, 50 ct. (exp 5/24)
\$1.50/2 Tums product, 24 ct. + (exp 5/24)
\$1/2 Vanity Fair napkins (exp 6/24)
Free Vaseline lotion 10 oz wyb lotion 20.3 oz, excl Spray & Go (exp 4/7)
\$2 off Vaseline Spray & Go moisturizer, 6.5 oz (exp 4/21)
\$1 off Weber seasoning bottle, BBQ sauce or (2) marinade pkgs (exp 5/31)
\$1 off Wisk laundry detergent, 45 oz + (exp 5/5)
\$1.50 off Wisk PowerBlasts, 24 loads + (exp 5/5)
\$1/2 Wonka jelly beans, 10 oz + (exp 3/31)

Smart Source 3/24

\$1 off Air Wick Freshmatic Ultra refill (exp 4/21)
\$1 off Air Wick Freshmatic Ultra starter kit or gadget only pk. (exp 4/21)
\$1 off Air Wick reed diffuser (exp 4/21)
\$1 off Air Wick Scented Oil twin refill pk. or (2) single refills (exp 4/21)
.50/1 Almond Accents product, 3.5 oz+ (exp 5/24)
\$1 off Barber Foods product (exp 5/31)
.75/2 Betty Crocker select dessert mixes (exp 5/18)
\$2 off Bio-Oil product, 2 or 4.2 oz (exp 5/31)

\$4 off Bio-Oil product, 6.7 oz (exp 5/31)
.50/2 Birds Eye C&W varieties (exp 4/30)
.50/2 Birds Eye Steamfresh (exp 4/30)
.50/1 Bisquick Original or Heart Smart baking mix, 40 oz+ (exp 5/18)
.35/1 Bob Evans Refrigerated Side Dish (exp 5/23)
.75/2 Bob Evans Refrigerated side dish (exp 5/23)
\$1/2 Bruce's Baked Sweet Potatoes 20 oz (exp 5/26)
.25/2 Bruce's Yams (exp 5/26)
\$1 off Brut deodorant, 2 oz+ (exp 4/24)
\$1 off California Olive Ranch extra virgin olive oil (exp 7/31)
\$10 off Claritin product, 70 ct. (exp 3/31)
\$5 off Claritin product, 15 ct.+ (exp 4/21)
\$1 off Clean & Clear Advantage item, excl trial size (exp 4/30)
\$2 off Clean & Clear Advantage Daily Soothing item, excl trial size (exp 4/30)
\$1 off Cooked Perfect Meatballs (exp 6/16)
.50/1 Cuties product, 2, 3 or 5 lb (exp 4/24)
\$5 off Dr. Scholl's Custom Fit Orthotic Inserts (Exp 4/28)
.50/1 Easy-Off product (exp 5/5)
.50/1 Energizer batteries, flashlight or usb wall or car charger (exp 4/20)
\$1.50 off Excedrin product, 100 ct.+ (exp 4/21)
\$1 off Excedrin product, 24 ct.+ (exp 4/21)
\$1 off Fast Fixin regular or restaurant style item, 20 oz+ (exp 5/31)
.50/1 Fiber One protein chewy bars (exp 5/18)
\$1/2 Friskies cat treats (exp 5/24)
\$1/2 General Mills Big G cereals (exp 5/14)
.50/2 General Mills select snacks, 4.5 oz+ (exp 5/18)
.50/1 General Mills Total Whole Grain or Raisin Bran cereal (exp 5/4)
.35/1 Glass Plus product (exp 5/5)
.55/2 Hormel Chili Pour-Overs (Exp 5/20)
\$1.50/2 House Foods Organic tofu (exp 6/30)
\$1.50/2 House Foods tofu shirataki or shirataki (exp 6/30)
\$1/2 House Foods premium tofu (exp 6/30)
\$1 off Irish Spring body wash, excl trial size (exp 4/14)
.50/1 Kaboom Foam-Tastic foaming cleaner (exp 5/31)
.50/1 Kaboom shower, tub and tile spray cleaner (exp 5/31)
\$1 off Kaboom no drip foam or BowlBlaster cleaner (exp 5/31)
\$2 off Kerasal product (Exp 5/12)
.50/1 Kotex U item, excl 14-22 ct. liners (exp 5/4)
\$1/2 Kotex Natural Balance Lightdays pantliners, excl 14-22 ct. (exp 5/4)
\$1/2 Kotex Natural Balance Security tampons, excl trial size (exp 5/4)
\$2/2 Kotex Natural Balance pads, excl trial size (exp 5/4)
\$1/2 Kraft Velveeta cheesy potatoes (exp 4/21)
.50/1 Lime-A-Way product (exp 5/5)
\$1/2 Litehouse products (exp 12/31)
.50/1 Lysol Power & Fresh multisurface cleaner (Target coupon) (exp 4/30)
.50/1 Mountain High yoghurt, 32 oz (exp 5/18)
.50/2 Nature Valley select bars and brownies (exp 5/18)
\$1 off Neutrogena lip or eye makeup (exp 4/30)

\$1 off Neutrogena Naturals acne, excl trial size (exp 6/23)
\$2 off Neutrogena face makeup (exp 4/30)
.75/1 Old English product (exp 5/5)
.50/1 Palmolive dish liquid, 14 oz + (exp 4/13)
.75/1 Palmolive soft touch dish liquid, 14 oz + (exp 4/13)
\$1 off People exp 4/26
\$1/2 Pepperidge Farm bread or rolls (exp 6/02)
.30/2 Pillsbury refrigerated Grands biscuits (exp 6/15)
.40/2 Pillsbury crescent rolls, excl twin pk. (exp 6/15)
.40/2 Pillsbury sweet rolls (exp 6/15)
.50/6 Purina Friskies Rise & Shine cat food cans (exp 6/24)
\$1/2 Purina Friskies packages (exp 5/24)
\$1/2 Purina Friskies Rise & Shine dry cat food bags (exp 6/24)
\$1/2 Red Baron Singles (Exp 5/1)
\$1 off Revlon hair color (exp 4/28)
\$3/\$6 Revlon beauty tools purchase (exp 4/23)
\$3 off SebaMed skin care product excl trial sizes (exp 5/15)
\$3 off SebaMed hair care product excl trial sizes (Exp 5/15)
\$4 off Schick Hydro Silk disposable razor pk. (exp 5/5)
\$4 off Schick Hydro Silk razor or refill, excl single (exp 5/5)
\$1.50 off Seattle's Best coffee, 20 oz bag (exp 5/24)
\$1.50 off Sharpie fine or ultra fine, 8 ct. + (exp 4/28)
\$2 off Similac large powder (exp 5/31)
.75/1 Sister Schubert's Sweet Hawaiian Rolls or Mini Loaves (Exp 5/24)
.75/1 Sister Schubert's product (Exp 5/24)
.55/1 Skintimate shave gel or creme, excl 2.75 oz can (exp 5/5)
.50/1 Smart Balance cooking oil (exp 5/8)
.50/1 Smart Balance non-stick cooking spray (exp 5/8)
.50/1 Smart Balance Rich Roast peanut butter (exp 5/8)
\$1 off Smart Balance spreadable butter or blended butter sticks (exp 5/8)
\$1/2 Smart Balance buttery spread (exp 5/8)
\$1 off Smithfield Ham (Exp4/30)
\$1 off Southern Living next issue (exp 6/21)
\$2 off Splenda sweetener (exp 6/30)
\$1 off Sure deodorant, 2.6 oz + (exp 4/24)
.75/2 Swanson cartons, broth or stock, 26 oz + (exp 4/28)
.40/5 Swanson broth cans (exp 4/28)
\$1 off Tomcat Mole product (Exp 5/31)
.50/1 Totino's roll snacks (exp 6/15)
.50/1 Treasure Cave cheese, 4 oz + (exp 6/30)
\$1/2 Weight Watchers Smart Ones frozen desserts (exp 4/30)
\$3/10 Weight Watchers Smart Ones frozen items (exp 4/30)
\$3 off Woolite product, 50 oz + (exp 5/5)
.40/6 Yoplait yogurt cups (exp 5/18)
.50/2 Yoplait Greek yogurt (exp 5/18)
.50/8 Yoplait yogurt cups (exp 5/18)

Food Lion Coupons (all expire 4/2)

\$1 off Gevalia Coffee

\$1/2 Velveeta Dinners or Kraft Deluxe Macaroni & Cheese Dinners

\$1/2 Keebler Cookies

\$1/2 Kellogg's Cereals 9 oz +

\$1/2 Kellogg's Nutri-Grain Bars

.55/1 Brawny 3 roll +

.50/2 V8 Fusion Juice Drink Boxes or V8 V-Fusion Sparkling Drink