

The Virginian Pilot Insert Variation 9/8/13

<http://www.thecouponchallenge.com/>

Red-not in insert

Blue-variation

*-in insert

REDPLUM:

A Taste of Thai \$1/2 pad thai products (10/31)*

Allegra \$1.50/1 anti-itch 1oz cream (10/5)*

Allegra \$2/1 Children's or Allergy 15ct or smaller (10/5)*

Allegra \$6/1 D or Allergy 30ct+ (9/14)*

Body Fortress \$3/1 powder (11/3)*

Boost \$2.50/1 nutritional product (11/4)

C&H \$.40/1 2lb brown or powdered sugar bag (10/31)

C&H \$.50/1 sugar product 2lb+ (10/31)

Centrum \$3/1 ProNutrients Omega 3 (11/14)*

Centrum \$3/1 regular or Silver multivitamin 65ct+, Specialist or Flavor Burst multivitamin (11/14)*

DermaSilk \$5/1 full size product (9/21)*

Dial/Tone \$1/2 Dial, Dial for Men or Tone body was 6oz+, foaming hand wash or bar soap 3 bar pk+ (10/5)*

Emerald \$.50/2 Breakfast on the go! products 7.5oz+ (10/20)*

Fleischmann's \$.40/1 yeast jar or strip (12/24)*

Garnier \$2/1 moisturizer (11/2)*

Garnier Fructis \$1/1 shampoo, conditioner or treatment (10/19) ETS*

Garnier Fructis \$1/1 styling product (11/2) ETS *

Garnier Nutrisse \$2/1 haircolor (11/2)*

Gerber \$1/2 regular or Graduates products (9/30)

Gillette \$.75/1 shave prep (10/31) ETS*

Gillette \$2/1 disposable razor (10/31) ETS*

Gillette \$3/1 Mach3 razor (10/31) ETS*

Gold Bond \$1/1 powder 7 or 10oz (10/12) TARGET COUPON*

Gold Bond \$3/2 13oz lotions (10/12) TARGET COUPON*

Jack's \$.75/1 pizza 15-30.5oz (10/8)*

Joint Juice \$1.50/1 product (1/31)

Karo \$.40/1 16oz+ syrup (11/27)*

Land O'Frost \$1/1 premium minis (10/8)*

L'Oreal \$1/1 EverCurl, EverCreme,, EverSleek, EverPure or EverStrong shampoo or conditioner (11/2)*

L'Oreal \$1/1 EverCurl, EverCreme,, EverSleek, EverPure or EverStrong treatment (11/2)*

L'Oreal \$1/1 EverStyle product (11/2)*

L'Oreal \$3/1 11oz Elnett hairspray (11/2)*

Maybelline New York \$1/1 mascara (11/2) ~~(2 coupons)~~*

Neilmed \$3/1 product (10/31) (2 coupons)*

Polident \$1/1 tablets 84ct+ (10/8)*

Pop Secret \$.50/2 products (10/20)*

Pringles \$.50/1 snack stacks or stix 70ct or 8pk (10/20)*

Pringles \$1/2 fat free/light cans 150g+ (10/20)*

Pringles \$1/4 full size cans 160g+ (10/20)*

Purina \$5/2 24ct+ Fancy Feast wet cat food, 40oz+ dog treats, 11lb+ dry dog food, 13lb+ dry cat food or 35lb+ cat litter (10/20) TARGET COUPON*

Purina Beneful \$1.50/1 6oz+ Baked Delights dog snack (12/8)

Purina Beneful \$1.50/1 6oz+ Healthy Smile dog snack (12/8)

Renuzit B3G1 free adjustables air fresheners up to \$4.17 (9/22)*

Sensodyne \$.50/1 Precision toothbrush (11/3)

Sensodyne \$1/1 ProNamel toothpaste (11/3) ETS

Sensodyne \$1/1 toothpaste (11/3) ETS

Snickers \$1.50/2 miniatures 11oz+ (10/20) DND*

Stouffer's \$1/1 family, large family or party size entree 32-96oz (11/30)

Stouffer's \$1/2 Entrees for One 6-20oz (11/30)

Super Poligrip \$1/1 product 2.1oz+ (10/8)*

Venus/Daisy \$2/1 disposable razor (10/31) ETS*

Weight Watchers \$1/1 Sweet Baked Good (12/31)

ADDITIONS:

Domino \$.40/1 2lb brown or powdered sugar bag (10/31)

Domino \$.75/2 Sugar product 2lb+ (10/31)

Kellogg's \$1.00/3 Krave, Frosted Flakes, Apple Jacks, Froot Loops, Corn Pops, Honey Smacks and/or Frosted Mini-wheats Little Bites 8.7oz+ (10/20)
Kellogg's \$1.00/2 Frosted Mini-wheats and/or Frosted Mini-wheats Crunch 14oz+ (10/20)
Kellogg's \$1.00/3 Pop-Tarts toaster pastries and/or Pop-Tarts mini crisps 6ct+ (10/20)
Listerine \$1.00/1 Antiseptic , Ultraclean Antiseptic, Zero, Total Care, or Flouride Defense Anticavity Mouthwash products (9/30)
Listerine \$1.00/1 Whitening Refresh, Whitening Restoring, or Whitening Vibrant Rinse 16oz+ (9/30)
Mahatma \$.75/2 Rice Mixes (12/31)
Maybelline New York \$2/1 Super Stay 24 Lipcolor or any lip product (11/2)
Maybelline New York \$1/1 Fit Me or any Face product (11/2)
McCormick \$.75/1 Perfect Pinch Seasoning Blend 11/3)
Minute Rice \$.50/1 product (11/30)
Minute Rice \$.50/1 Ready to Serve product (11/30)

SMARTSOURCE #1

Bausch+Lomb \$3/1 OcuVite product (10/31)
Bausch+Lomb \$5/1 OcuVite Healthy Tears product (10/31)
Beano \$1/1 meltaways or tablets 30ct+ (11/2)
Bengay \$2/1 pain relief product (9/22) ETS*
Campbell's ~~\$.40/2~~ condensed soups excluding chicken noodle, tomato and cream of mushroom (10/31) **\$.40/3**
Campbell's \$.40/4 condensed chicken noodle, tomato or cream of mushroom soups (10/31)*
Campbell's ~~\$1.25/3~~ microwavable bowls or soup on the go cups (10/31) **\$1.50/4**
Claritin \$/1 45ct+ (9/15)*
Claritin \$2/1 syrup 4oz (10/6)*
Claritin \$3/1 D 15ct+ (10/6)*
Claritin \$4/1 30ct+ (10/6)*
Claritin \$4/1 children's chewables 20ct+ (10/6)*
Claritin \$5/1 D 15ct+ (9/15)*

Classico \$1/3 products (10/19) DND*

Colgate \$1/1 360 manual toothbrush excluding Plus, Triple Action, Extra Clean and Classic (9/28)

Colgate \$1/1 Total, Optic White, Max Fresh or Sensitive toothpaste 4oz+ (10/5)

Colgate \$2/1 mouthwash 8oz+ (10/5)

Dreamfields \$.55/1 pasta (11/16)*

Efferdent \$1/1 (10/31)

Enzymatic Therapy \$2/1 probiotic pearls product (12/31)*

Fiber Choice \$3/1 90ct+ gummies or chewables (11/2)

Hershey's \$1/2 stand up bags of Kit Kat Minis, Rolo Minis, Hershey's milk chocolate Drops, Hershey's cookies 'n' creme Drops, Reese's Minis, Hershey's Pieces milk chocolate with almonds, Reese's Pieces, York Pieces, Almond Joy Pieces, Jolly Rancher Bites or Twizzlers Bites candies 9oz+ (11/22) *

Johnson & Johnson \$3/3 Neosporin first aid, Eczema Essentials, Band-Aid bandages, Benadryl topical or Johnson & Johnson Red Cross tape or gauze products (9/22) ETS*

Johnsonville \$1/2 fresh italian sausage products (10/19) DND*

Knudsen \$1/2 cottage cheese 16oz+ (10/8)

Mean Green \$.75/1 mildew destroyer, anti-bacterial or orange cleaner 32oz+ (10/20)*

Mean Green \$.75/1 super strength 32oz+ (10/20)*

MiraLAX \$1/1 10ct or 14 dose (10/20)

MiraLAX \$3/1 30 dose+ (10/20)

Mitchum \$1/1 men or women product excluding trial and multipacks (10/13)*

Nature's Way \$2/1 Alive! multivitamin product (12/31)*

Purina Friskies \$1.50/3 dry cat food bags (12/8)

Purina Friskies \$1/2 cat treats (12/8)

Purina Friskies \$1/24 5.5oz cans or 2 12ct or 1 24 ct variety pack wet cat food (12/8)

Revlon \$2/1 ColorStay eye or nail product (9/22)*

Revlon \$2/1 ColorStay lip product (9/22)*

Revlon \$3/1 luxurious colorsilk buttercream (9/22)*

Revlon \$4/1 ColorStay face product (9/22)*

Starbucks \$1.50/1 K-Cup pack 10 or 16 count (11/30)

Starbucks \$2/2 11oz+ bags (11/3)

Starbucks \$4/2 K-Cup packs 10 or 16 count (11/30)

Swisse \$3/1 liver detox, sleep or mood (11/1)*

Torani \$1/1 syrup (10/31) DND

Torani \$2.50/2 syrups (10/31) DND

V8 ~~\$1.50/1~~ V-Fusion 100% juice or V-Fusion Refreshers 46oz bottle (10/20) **\$1.00/2**

V8 \$2/1 complete nutrition bars 6pk (9/14)*

ADDITIONS:

Bausch+Lomb \$4/1 Soothe Lubricant Eye Drops (10/31)

Benefiber \$2/1 product (11/9)

Biz \$1.50/1 product (10/6)

Campbell's \$.50/4 Chunky Soup and/or Chili (10/31)

Pepperidge Farm \$.40/1 Frozen Bread or Rolls (11/17)2 coupons

Prego \$.40/2 Italian Sauces (10/31)

Snyder's\$.75/1 Tortilla Chips 14oz+ (11/10)

Tyson \$1.50/1 package of All Natural Individually Frozen Boneless Skinless Chicken Breasts (1/7)

Tyson \$.75/1 Mini Chicken Sandwiches, Stuffed Mini Bread Bowls, or Breakfast Bread Bowls (12/8)

YoCrunch \$.25/1 Yogurt cup 6oz (11/30)

YoCrunch \$.75/1 Yogurt multipack (11/30)

SMARTSOURCE #2

Air Wick \$1/1 scented oil twin refill pack or 2 single refills (10/6)*

Air Wick \$2/2 candles (10/6)*

Alberto V05 \$1/1 salon series shampoo or conditioner 14.2oz (10/20)*

Alberto V05 \$1/1 salon series styling treatment or hot oil product (10/20)*

Alberto V05 \$1/4 shampoo or conditioner 15oz+ (10/6)*

Barilla \$.55/2 pasta boxes (11/2)

Benefiber \$2/1 product (11/9)

Betty Crocker \$.50/2 boxed potatoes except potato buds and pouch (11/2)*

Chicken Helper \$.50/1 (11/2)*

Covergirl \$2/1 flamed out mascara (10/31) ETS*

Energizer \$1.50/1 batteries or flashlight (9/28)

Energizer \$2/1 EZ Turn & Lock hearing aid batteries 8pk+ (10/26)

Energizer \$3/1 Ultra Lithium, Advanced Lithium, Recharge Power Plus or Recharge Universal, AA/AAA 4pk+ (9/28)

Franks \$.35/1 redhot sauce (11/30)*

Ghirardelli .75/1 bag or bar 3oz+ (10/31)*

Hamburger Helper \$.75/3 hamburger, tuna or chicken helper (11/2)*

Hormel \$.55/2 chili products (10/28)*

Lysol \$1/2 cleaning items (10/13) TARGET COUPON*

Mrs. Dash \$.75/2 seasoning packets (12/31)

Nature Valley/Fiber One \$.50/2 NW granola bars 5ct+, NW granola thins, NW soft-baked oatmeal squares, FO chewy bars or FO 90 calorie products (bars, brownies, cakes) (11/2)*

Nature's Bounty \$2/1 vitamin or supplement excludes Eye-Vites and Lutein (10/13)

Nissin \$1/3 chow mein or chow noodles (12/8)*

Nissin \$1/4 Big Cup noodles (12/8)*

Old El Paso \$.60/3 products excluding refrigerated, frozen or soup products (11/2)*

Progresso \$.25/1 light soup can (11/2)*

Progresso \$.50/2 soup cans (11/2)*

Rachael Ray Nutrish \$2.50/1 super premium food for dogs (12/8)*

Rachael Ray Nutrish B1G1 free super premium treats for dogs up to \$3.99 (12/8)*

Smart Balance \$.50/1 peanut butter (10/16)*

Smart Balance \$.50/1 spreadable butter or blended butter sticks (10/16)*

So Delicious \$1/1 dairy free product (11/30)

Totino's \$.40/2 rolls snacks (11/30)*

Yoplait \$.75/2 go-gurt, kids cup, trix multipack, pro-force multipack or baby (11/2) (2 coupons)*

ADDITIONS:

Ajax \$.35/1 Dish Liquid 30 oz+ or any Dish Pacs (9/28)

Ajax \$.35/1 Laundry Detergent (9/28)

Colgate \$1/1 360 manual toothbrush excluding Plus, Triple Action, Extra Clean and Classic (9/28)

Colgate \$1/1 Total, Optic White, Max Fresh or Sensitive toothpaste 4oz+ (10/5)

Colgate \$2/1 mouthwash 8oz+ (10/5)

Cooked Perfect Meatballs \$1.00/1 any bag (12/1)

Fruitables \$.75/1 Juice Boxes 8-pack

Hormel \$1.00/2 cans Premium Chicken Breasts (10/28)

Lysol \$.50/1 Touch of Foam Antibacterial Hand Wash (10/9)

Starbuck's \$1.50/1 K-cups pack 10 or 16 ct (11/30)

Starbuck's \$4.00/2 K-cups pack 10 or 16 ct (11/30)

Summer's Eve \$.55/1 External product DND (10/31)

TheraTears \$4.00/1 Eye care product excludes Contact Lens Comfort Drops (12/15)

