

Coupon Variations for The Post and Courier 6/22 below. This weekend you will have (2) coupon inserts in your newspaper! Be on the lookout for:

(1) Redplum

(1) Smart Source

Redplum 6/22

\$1 off Al Fresco Gourmet Grillers (Exp 5/31)

\$2 off Aveeno sun care, excl trial size (exp 7/31)

\$1 off Best Foods product, 16.5 oz + (exp 7/20)

\$2.50 off Clear Scalp & Hair item, excl trial size (exp 7/20)

\$1 off Cortizone-10 intensive healing feminine anti-itch creme (exp 9/28)

.55/1 Fleischmann Simply Homemade cornbread (exp 7/26)

\$1 off Gillette disposable razor, excl trial size (exp 7/31)

\$3/2 Gillette disposable razor, excl trial size (exp 7/31)

.25/1 Heinz tomato ketchup, 13 oz + (exp 8/10)

\$1 off Hellmann's Product 16.5 oz + (exp 7/20)

\$2 off I-cool Menopause or I-cool Bone Builder +D (Exp 9/30)

\$1 off Kayem Franks (Exp 9/1)

\$2 off L'Oreal haircolor (exp 7/19)

\$5/2 L'Oreal haircolor (exp 7/19)

.75/1 L'Oreal kids item (exp 7/19)

.50/1 Lea & Perrins worcestershire sauce, 10 oz + (exp 8/10)

\$1/2 Mars M&M's, Snickers, Twix, 3 Musketeers, Milky Way or Dove (exp 8/3)

\$3 off Metamucil product (Rite Aid coupon) (exp 7/5)

\$2 off Nature's Bounty Product (Exp 8/23)

\$2 off Nature's Bounty Hair Skin and Nails product (exp 8/23)

\$1 off Nestea iced tea, 0.5 L 12 pk. bottles or 12 oz 12 pk. cans (exp 8/3)

\$2 off Nivea Q10 skin firming lotion 6.8-16.9 oz, skin firming gel cream 6.7 oz, serum 2.5 oz or Sun-Kissed Radiance lotion 13.5 oz (exp 7/20)

\$2 off Nivea reg or Men's body lotion, 6.8-21 oz (exp 7/20)

.50/1 Red Vines cherry or strawberry vines, 5 or 10 oz (exp 8/17)

.50/1 Safeway Select hazelnut spread (exp 7/31)

\$1 off Safeway Select pre-packaged coffee (exp 7/31)

\$1 off Tone body wash 18 oz + or Tone Bar Soap 2 pk (Exp 7/14) FAMILY DOLLAR COUPON

\$1/2 Smucker's Toppings (Exp 7/20)

\$1.50 off Tums Freshers or Chewy Delights, 25 ct. + (exp 8/21)

\$1/2 Tums product, 24 ct. + (exp 8/21)

.50/1 Zatarain's Rice or Pasta Mixes (Exp 8/3)

.50/1 Zatarain's Frozen Entree (Exp 8/3)

Smart Source 6/22

.50/1 All You Magazine (Exp 9/19)

.50/2 Betty Crocker or other select fruit snacks (exp 8/16)

\$2 off Blink tears or gel tears (exp 7/28)

\$1/2 Bull's Eye BBQ sauce, 17.5 oz + (exp 7/20)

.50/1 Cheerios Original Cereal in the yellow box (exp 8/2)

\$1 off Complete Blink-n-Clean lens drops or Blink contacts drops (exp 7/28)

\$1 off Complete multipurpose solution, 12 oz + (exp 7/28)

\$1 off Coppertone suncare item, 2 oz + (exp 8/10)

\$3/2 Coppertone suncare item, 2 oz + (exp 8/10)

.50/2 Cottonelle toilet paper, 9 pk. + or (2) 4 pk. (exp 8/3)

.75/1 Cottonelle upright dispenser (exp 8/3)

\$1 off Drops flavor enhancers (exp 8/17)

\$5 Dr. Scholl's Custom Fit Orthotic Inserts (Exp 7/31)

\$.1/2 Edwards singles, 5.2 oz + (exp 7/31)

\$1.25 off Expo Ultra Fine item, 4 ct. + (exp 8/17)

\$1 off Farmer John hot dogs (exp 8/24)

\$1 off Farmer John sliced lunch meats (exp 8/24)

\$1 off Fat Hair stylers or finishers, excl trial size (exp 9/30)

.50/1 Fiber One Chewy, 90 cal, Protein Chewy, Streusel or Meal bar (exp 8/16)

.50/1 General Mills Original Cheerios cereal (exp 8/2)

\$1 off Grey Poupon mustard bottle or jar, 8 oz + (exp 7/20)

\$1/2 Hershey's milk chocolate, 6 pk. (exp 8/2)

\$1/2 Hershey's syrup or Hershey's, York, Reese's or Heath toppings (exp 8/17)

\$1/2 Hidden Valley Products (exp 9/15)

\$5 off inSync natural probiotic (exp 9/30)

\$1/2 Kikkoman sauce (exp 9/30)

.20/2 Kraft Jet-Puffed marshmallows, 8 oz + (exp 8/2)

\$1 off MagniLife sciatica or tinnitus relief (exp 7/21)

\$1/2 Nabisco BelVita breakfast biscuits, 8.8 oz + (exp 8/9)

\$1/2 Nabisco Honey Maid grahams, 14 oz + (exp 8/2)

\$1 off OGX hair item, 3.3-25.4 oz (exp 8/22)

\$3/2 OGX hair items, 3.3-25.4 oz (exp 8/22)

\$4 Premier Protein Shake 4 pk. Or Premier Protein Fruit Smoothie 4 pk (Exp 9/22)

\$1/2 off Premier Bar or Premier Crisp Bars (Exp 9/22)

\$1/2 Sauer's Marinades (Exp 7/20)

\$1 off Sauer's Griller or Rub (Exp 7/20)

.75/2 Sargento Tastings cheese (exp 9/30)

.75/1 Scott Towels Bundle Pack Mega Roll Choose A Size 6 Roll (Exp 7/22) PUBLIX COUPON

.75/1 Scott Bath Tissue Mega Roll 12 ct. 1000 ct or Scott Extra Soft 12 rolls (Exp 7/22) PUBLIX COUPON

.55/1 Scott Naturals Flushable Cleaning Cloths Tub or Refill 51 ct. PUBLIX COUPON

\$1 off Southern Living Magazine (exp 9/19)

\$1 off Spice Hunter product (Exp 7/20)

\$1 off Sunsweet Smart Juice cocktail, 64 oz (exp 8/31)

\$1.25 off Tom's of Maine deodorant or bar soap, excl trial size (exp 8/2)

\$1 off Tom's of Maine kids toothpaste 4 oz + or rinse, excl trial size (exp 8/2)

\$1.50 off Tom's of Maine Naturally Dry deodorant, excl trial size (exp 8/2)

\$1.25 off Tom's of Maine toothpaste 4 oz + or mouthwash (exp 8/2)

.50/3 Twizzlers or Jolly Rancher candy, 10.5 oz + (exp 8/17)

.40/2 Van Camp's baked beans (exp 8/2)

.50/1 Wonderful pistachios, 4.5 oz + (exp 8/22)

.50/1 Wonderful Almonds 5 oz + (exp 8/22)

\$3 off Zegerid OTC, 14 ct. (exp 7/27)

\$6 off Zegerid OTC, 42 ct. (exp 7/27)