

Coupon Variation for the Post and Courier for 3/1 below. This weekend you will have (4) coupon inserts in your newspaper! Be on the lookout for:

- (1) Smart Source
- (2) RedPlum
- (1) Proctor & Gamble

Smart Source 3/1

\$1 off Arm & Hammer cat litter (exp 5/31)

\$2 off Arm & Hammer Clump & Seal Lightweight cat litter (exp 5/31)

\$1 off Arm & Hammer Clump & Seal naturals or Essentials litter (exp 5/31)

\$1/2 Atkins bars, shakes or treats (exp 5/31)

\$1/2 Atkins frozen products (exp 5/31)

\$1 off Ban total refresh Cooling body cloth pack (exp 3/31)

.75/1 ban antiperspirant deodorant (exp 3/31)

\$1 off Banana Boat Suncare product (Exp 4/11)

\$1 off Barber Foods products (exp 6/12)

.50/1 Betty Crocker Helper or Ultimate Helper (exp 4/25)

\$2 off biore Cleanser excl. pore strips (exp 3/31)

\$1 off Biore pore strip (exp 3/31)

\$4 off Claritin product, 30 ct. + (exp 3/22)

\$10 off Claritin product, 70 ct. (exp 3/8)

\$3 off Clear Care solution, 12 oz + (exp 3/7)

.50/1 Colgate toothpaste, 3 oz + (exp 3/14)

\$2 off Depend bed or seat protectors, 8 ct. + (exp 3/28)

\$2 off Depend product, 8 ct. + (exp 3/28)

\$2 off Depend shields or guards for men, 8 ct. + (exp 3/28)

\$1/2 Dinty Moore (exp 4/27)

\$3 off Dr. Scholl's Freeze Away Wart Removal item (exp 4/10)

\$3 off Dr. Scholl's Massaging Gel, Odor-X Ultracool, Active Series replacement, P.R.O. pain relief orthotics or Dreamwalk insoles purchase, \$7.95 + (exp 4/10)

.50/1 off Energizer batteries or flashlight (exp 3/28)

\$1.50 off Energizer Ecodvanced batteries, AA or AAA, 4-pk. + (exp 3/28)

\$1.50 off Energizer EZ Turn & Lock hearing aid battery pkg., or Ultimate Lithium, Advanced Lithium, Recharge Power Plus or Recharge Universal aa or aaa, 4 pk. + (exp 3/28)

\$3/2 Ensure multipacks (exp 4/26)

.75/1 General Mills Cheerios protein cereal (exp 4/11)

.50/1 General Mills Chex cereal (exp 4/11)

.50/2 General Mills fruit flavored snacks by Betty Crocker, Ocean Spray, Mott's, Sunkist or Fiber One (exp 4/25)

\$3 off GenTeal product (exp 4/12)

\$1 off Hawaiian Tropic (exp 4/15)

\$1/2 Hormel Compleats breakfast items (exp 4/27)

\$1/2 Hormel Compleats microwave meals (exp 4/27)

\$1/2 Hormel Mary Kitchen Hash Products (exp 4/27)

\$1 off Hormel Snackers dip (exp 4/27)

\$5 off ICaps eye vitamins (exp 4/12)

\$1 off Jergens Moisturizer 3.5 oz+ (exp 3/31)

\$1.50 Jergens Natural Glow lotion excl. instant sun sunless tanning moisturizer (exp 3/31)

\$2 off Jergens Natural Glow instant sun sunless tanning mousse (exp 3/31)

\$2.50 off Jergens BB Body Cream (Exp 9/31)

\$3/2 John Frieda products (Exp 4/4)

\$3 off any new John Frieda products listed (Exp 4/4)

\$3 off Kerasal Neurocream foot cream (exp 4/30)

.75/1 Land O'Frost Premium, Bistro Favorites or Canadian bacon (exp 4/1)

\$1 off Land O'Frost sub sandwich kit (exp 4/1)

\$1 off McCafe coffee item (exp 4/11)

\$3 off Miralax 3 dose +(exp 4/12)

\$1 off Miralax 10 ct or 14 dose (Exp 4/12)

.40/1 New York Brand or mamma Bella's Recipe Garlic bread (exp 5/10).

50/1 New York Garlic Bread (exp 5/10)

\$5 off Omron Electrotherapy pain relief device PM3030 or PM 3031 (Target Coupon) (exp 4/4)

\$2 off Opti-Free or Clear Care solution, 10 oz + (exp 4/12)

\$3 off Opti-Free solution, 10 oz + (exp 3/7)

\$2 off OxiClean laundry detergent (exp 4/26)

\$2 off Poise pads or liners, excl 14-26 ct. liners and 10 ct. pads (exp 3/28)

\$1 off Purina Alpo Wholesome biscuits or Variety Snaps dog snacks, 24 oz + (exp 6/1)

\$1.50 off Purina Beneful Baked Delights dog snack pouch, 6 oz + (exp 6/1)

\$1 off Purina Cat Chow, 15 lb. bag + (exp 6/1)

.50/1 Rid-X septic system treatment (exp 4/15)

\$1 off rid-X septic systems (4/15)

.75/1 Smithfield anytime favorites(Exp 4/30)

\$2 off Stopain product (exp 5/24)

\$3 off Systane product (exp 4/12)

\$1 off tyson any'tizers snacks (exp 6/1)

.50/1 Wonderful Sweet Scarletts, 5 lb. + (exp 4/1)

\$4 off Xenadrine product, excl drink mix (exp 5/31)

\$3 off Zadiator eye drops, 5 ml +. (exp 4/12)

\$5 off Zadiator or Naphcon-A eye drops 5 ml + (exp 3/7)

\$4 off Zantac product, 24 ct. + (exp 4/30)

RedPlum 3/1 #1

\$1 off ACT product, excl trial size (exp 3/31)

\$1 off all laundry items, excl trial size (exp 4/12)

\$2/2 all or Snuggle laundry items, excl trial size (exp 4/12)

\$3 Allegra Childrens product (Exp 3/28)

\$3 off Allgera D Allergy & Congestion products (exp 3/28)

\$10/2 Allegra 24 ct+ or Children's Allegra or 8 oz (exp 3/8)

\$10 off Allegra 70 ct. (exp 3/8)

\$2 off Arm & Hammer Clump & Seal Lightweight Cat litter (Exp 5/31)

\$1 off Arm & hammer Clump & seal Naturals or Essentials litter (exp 5/31)

\$1 off Arm & hammer Cat Litter (Exp 5/31)

\$5 off AZO Bladder Control item (exp 5/31)

\$1 off Bob Evans frozen breakfast item (exp 4/30)

\$3 off Boost multipack or cansister (exp 5/3)

\$4 Claritin 30ct + (exp 3/22)

\$10 off Claritin 70 ct+ (exp 3/8)

\$2 off Degree Woman dry spray, excl trial size (exp 3/29)

\$1.25/2 Dole frozen fruit items (exp 5/3)

\$3/2 Dove Go Fresh beauty bar, 6-pk. +, excl trial size (exp 3/21)

\$3/2 Dove Go Fresh body wash items, 22 ct. + (exp 3/21)

\$1 off Dove beauty Bar 6 bar + (exp 3/21) excl. trial and travel size and Men+Care

\$2 off Garnier Fructis shampoo, conditioner or treatment, excl trial size (exp 3/28)

\$2 off Garnier Fructis style item, excl trial size (exp 3/28)

\$3 off Garnier moisturizer or cleanser, excl trial size (exp 3/28)

\$2 off Garnier Nutrisse haircolor or color styler (exp 3/28)

\$3 off Garnier Olia oil powered haircolor (exp 3/28)

\$1 off Gold Bond lotion or cream, 2.4-8.1 oz (exp 3/28)

\$1.50 off Gold Bond Strength & Resilience, Eczema Relief, Rough & Bumpy Skin, Diabetic's Dry Skin Relief, or lotion 13 oz +, excl hand creams (exp 3/28)

\$1/2 off Hormel Complete (exp 4/27)

\$1/2 Hormel Compleats Breakfast products (Exp 4/27)

\$1 off Hormel snackers (esp. exp 4/27)

\$1 off InnovAsian Cuisine product (exp 5/31)

.75/1 Jimmy Dean Delights Breakfast Sandwich or (2) Delights Breakfast Bowls (exp 4/12)

\$1/2 Jose Ole snacks (exp 3/31)

\$1 off Land O Frost Sub Sandwich Kit (Exp 4/1)

.75/1 Land O frost Premium, Bistro Favorites, or Canadian Bacon (exp 4/1)

\$1.50 of Marcal Bath or Towel 6 rolls + (Exp 4/11)

\$1/2 Marcal Napkins (Exp 4/11)

\$1/2 Muller Greek 100 yogurts (exp 4/12)

\$1/3 Muller yogurts (exp 4/12)

\$8 off Nasacort 24HR multi-pack 2x120 spray (exp 3/15)

\$5 off Nasacort Allergy 24HR, 120 spray (exp 4/25)

\$3 off Nasacort Allergy 24HR, 60 spray (exp 4/25)

\$1/2 On-Cor family sized entrees (exp 5/31)

.50/2 Orbit gum, 14-piece packs or 3-pk multi-packs (exp 5/29)

\$3 off Pedigree Dry Food for dog 10 lb (exp 4/25)

\$1/6 off Pedigree Wet Food for Dogs 13.2 oz + (exp 4/25)

\$2 off Preparation H product (exp 4/11)

\$4 off Revlon foundation, powder, concealer, primer, blush, BB or CC cream (exp 3/15)

\$1 off revlon beauty tool (exp 3/31)

.75/1 Rosina meatballs, 20-64 oz (exp 5/31)

\$1 off Sara Lee Snack Cakes (Exp 6/1)

.55/1 Sara Lee 20 oz breads (exp 6/1)

\$1 off Selsun Blue product, excl trial size (exp 5/31)

B10g10 Sheba perfect portions food for cats (exp 3/28)

B5G5 Sheba brand cans or perfect portions food for cats (Exp 3/28)

\$1 off (1) Sheba Perfect portions 24 ct. or (2) 12 ct. multipack (Exp 3/28)

\$2 off Snuggle or all products (exp 4/12)

.75/1 Tyson Chicken Nuggets (exp 6/1)

\$4 off xenadrine products (exp 5/31)

\$1 off Zatarain's frozen item (exp 4/11)

RedPlum 3/1 #2

\$1 off Advil children's item, excl 1 oz suspension (exp 6/1)

\$3 off Advil film coated, 80 ct. + (exp 3/28)

\$2 off Advil PM, 20 ct. + (exp 3/15)

\$1 off Advil regular or film coated, 40 ct. + (exp 3/28)

.45/1 Angel Soft bathroom tissue (exp 4/1)

\$1 off Angel Soft with Fresh Lavender scent 12 roll + (exp 4/1)

\$5 off AZO Bladder control (exp 5/31)

\$1/2 Dial regular or for men body washes 11.75oz+, bar soaps 6pk+, lotions 12oz+, kids or baby body washes, or Acne Control body washes, bar soaps, face washes or face scrubs (3/21) (exp 3/21)

\$1/2 Dial regular or For Men or Tone bar soaps, 3 pk. +, or Dial foaming hand soaps, Deep Cleansing hand soaps 8 oz+, or hand soap refills, 32 oz + (exp 3/21)

\$2 off Dry Idea deodorant (exp 3/28)

\$2 off Got2B styling item (exp 4/4)

.50/1 Minute ready to serve rice (exp 4/25)

\$1 off Nexium 24HR item (exp 5/30)

\$3 off Nexium 24HR item, 28-42 ct. (exp 5/30)

\$2 off Noxema 4 or 3 blade shavers 3 ct. +, or twin blade 12 ct. + (exp 3/29)

\$2/2 Purex liquids 128 oz, Ultrapacks 54 ct., or Powershot detergent 90 oz. (exp 3/8)

B2G1 Renuzit Adjustables, of the same size, 7 oz +, up to \$1.39 (exp 3/14)

\$2 off Renuzit Pearl scent 9 oz + (exp 3/14)

\$2/2 Right Guard deodorant or body wash, excl Sport (exp 3/28)

\$2 off Right Guard Xtreme Heat Shield deodorant (exp 3/28)

\$3 off Schwarzkopf Color Ultime or Keratin Color hair coloring item (exp 3/31)

\$2 off Schwarzkopf Essence Ultime hair care item (exp 3/31)

\$2 off Schwarzkopf Styliste Ultime styling item (exp 3/31)

.50/1 Soft Scrub 4-in-1 toilet care item (exp 3/29)

\$1 off Soft Scrub product, 20 oz + (exp 3/29)

.45/1 Sparkle paper towels pkg, 2 giant rolls + (exp 4/1)

\$1 off Thermacare Heatwrap 2 ct. +, or Cold Wrap 1 ct. (exp 4/26)

Proctor & Gamble 3/1

(all expire 3/31 unless specified, all exclude trial size)

\$3 off Always Discreet liner or pad item, excl 24-26 ct. liners and trial size

\$3 off Always Discreet underwear item, excl trial size
.50/1 Always pad or feminine wipes, excl Discreet and trial size (exp 3/15)
.50/1 Always pantliners, 30 ct. +, excl Discreet and trial size
\$1 off Always Radiant or Infinity pads, excl trial size
.50/1 Bounty Basic item, excl trial size
.25/1 Bounty napkin, excl trial size
.25/1 Bounty product, excl trial size
\$1 off Cascade Actionpacs, excl trial size
.25/1 Charmin product, excl trial size
\$1.50/2 Clairol Aussie shampoos, conditioners or styler items, excl trial size
\$3/3 Clairol Aussie shampoos, conditioners or styler items, excl trial size
Free Clairol Herbal Essences (1) body wash, 22.1 oz or smaller, up to \$4.99, WYB (2)
shampoo, conditioner or styler items, excl color, hair care and trial size (exp 3/15)
\$3/3 Clairol Herbal Essences shampoo, conditioner or styling item, excl color and body wash
and trial size
\$2 off Clairol Herbal Essences Wild Naturals Collection item, \$5.99 +, excl color and body
wash and trial size
\$2 off Clairol Natural Instincts hair color, excl trial size
Free Clairol Root Touch Up, up to \$5.99, WYB Nice 'n Easy hair color, excl trial size (exp
3/15)
\$3 off CoverGirl Lashblast Mascara, excl accessories and trial size
\$3 off CoverGirl Ultrasmooth Foundation, excl accessories and trial size
\$2 off Crest and Oral B Sensi-Stop + Brush combo pack, or 3D Whitening Duo, excl trial size
.75/1 Crest Rinse, 237 ml +, excl trial size
\$3 off Crest Sensi-Stop, 6-12 ct., excl trial size (exp 3/15)
.75/1 Crest toothpaste, 3 oz +, or Liquid Gel or Pro-Health Stages, For Me or Jr or Kid's
toothpaste 4.2 oz +, excl Cavity, Baking Soda and Tartar Control, and trial size
.50/1 Dawn Hand Renewal, Power Clean, Bleach Alternative and Oxi, excl trial size
.25/1 Dawn product, excl Hand Renewal, Power Clean, Bleach Alternative and Oxi, and trial
size
\$2/2 Downy Unstopables items, excl trial size
.50/1 Duracell Coppertop, Quantum, Ultra Photo Lithium or specialty batteries, excl trial size
\$1.50 off Duracell Rechargeable batteries, charger, or 6-pk + hearing aid batteries, excl trial
size
B1G1 Febreze car vent clip, up to \$3.49, excl trial size (exp 3/15)
\$1 off Febreze fabric refresher, excl trial size
\$1.50 off Fixodent adhesive, 1.4 oz +, excl trial size
\$5 off Gillette (1) male razor, WYB (1) male cartridge pack, excl trial size
\$1/2 Gillette body washes or deodorants, excl trial size
\$1/1 Gillette Clinical deodorant, excl trial size
\$2 off Gillette Fusion shave gel, excl trial size

\$5 off Gillette Venus, (1) razor AND (1) Blade refill, excl disposables and trial size (exp 3/15)

\$1/2 Head & Shoulders full size products, excl trial size

\$1/2 Luvs bags or (1) box diapers, excl trial size

\$1 off Metamucil Meta product, excl Meta Health Bar 1 ct. and trial size

\$6/2 Metamucil MetaBiotic product, excl Meta Health Bar 1 ct. and trial size (exp 3/15)

\$1 off Mr. Clean Liquid Muscle or Magic Eraser, excl trial size

\$5 off Olay (1) Pro-X or Regenerist Facial Moisturizer AND (1) facial cleanser, excl trial size (exp 3/15)

\$1 off Olay body wash, bar 4-ct. +, or Hand & Body lotion, excl trial size

\$3/2 Olay body washes, or bars 4-ct. +, excl trial size

\$1.50 off Olay facial moisturizer or facial cleanser, excl Pro-X, Regenerist, Total Effects or Age Defying and trial size

\$2 off Olay Total Effects or Age Defying facial moisturizer, excl trial size

Free Old Spice body spray, up to \$3.99, WYB (2) products, excl trial size

.75/1 Oral-B Glide Floss 35 M +, or Glide Floss Pics, 30 ct. +, excl trial size

.75/1 Oral-B Pulsar, 3D White, Pro-Health, Complete, Sensi-Soft or Pro-Health Stages, For Me or Jr or Kids manual toothbrush, excl trial size

\$1.50 off Pampers diapers or pants, excl trial size

\$5/3 Pantene products, excl 6.7 oz and trial size

\$2/2 Pantene products, excl trial size

\$2 off Pantene styler or treatment item, excl trial size

\$1 off Prilosec OTC item, excl trial size

.25/1 Puffs 3-pk. +, excl trial size

Free Secret body spray, up to \$3.99, WYB (2) Outlast, Scent Expressions or Destinations deodorants, excl .5 oz and trial size (exp 3/15)

\$2 off Secret Clinical deodorant, excl .5 oz and trial size

.50/1 Swiffer refill or solution, excl trial size

\$1.50/2 Swiffer refills or solutions, excl trial size

\$1 off Swiffer Sweeper or Dust Starter Kit, excl trial size

\$3 off Swiffer WetJet, Sweep & Trap, or SweeperVac Starter Kit, excl trial size

\$2 off Tampax Pearl or Radiant tampon, 16 ct. +, excl trial size

.50/1 Tampax product, 16 ct. +, excl trial size

.50/1 Tide detergents, Boost, To Go, Washing Machine Cleaner, or Downy or Bounce, excl Tide detergent 10 oz, Simply Clean & Fresh, Pods, or Downy Libre Enjuague or Unstopables or Bounce Bursts, or trial size

\$1/2 Tide detergents, Boost, To Go, Washing Machine Cleaner, or Downy or Bounce, excl Tide detergent 10 oz, Simply Clean & Fresh, Pods, or Downy Libre Enjuague or Unstopables or Bounce Bursts, or trial size

\$2/3 Tide detergents, Boost, To Go, Washing Machine Cleaner, or Downy or Bounce, excl Tide detergent 10 oz, Simply Clean & Fresh, Pods, or Downy Libre Enjuague or Unstopables or Bounce Bursts, or trial size

\$1 off Tide Washing Machine Cleaner, excl trial size

\$1 off Vicks DayQuil or NyQuil Severe item, excl trial size

\$1 off Vicks product, excl VapoDrops and ZzzQuil and trial size

\$5 off Vicks QlearQuil 24 Hour Allergy item, 30-45 ct., excl Nighttime Allergy and Sinus and Congestion and trial size (exp 3/15)

\$3 off Vicks QlearQuil item, excl trial size

\$2 off Vicks ZzzQuil item, excl trial size

\$3 off Vidal Sassoon Salonist hair color, excl trial size

\$1.50/2 Vidal Sassoon shampoos, conditioners or stylers, excl trial size