

Coupon Variations for The Post and Courier for 8/2 below. You will get (3) inserts in your paper.

Be on the lookout for:

(2) RedPlum

(1) Smart Source

RedPlum 8/2 #1

\$1 off ACT product, excl trial size (exp 9/26)

\$2/2 all or Snuggle product, excl trial size (exp 9/13)

\$10/2 Allegra allergy, 24 ct. +, excl D and children's (exp 8/9)

\$10 off Allegra allergy, 70 ct., excl D and children's (exp 8/9)

\$2 off Allegra D or children's item (exp 9/26)

\$1 off Balance Bar multipack (exp 11/2)

\$1/2 Balance Bar single bar (exp 11/2)

.55/1 Ball Park hot dogs (exp 9/13)

.75/1 Ball Park Park's Finest (exp 9/13)

\$1 off Cortizone 10 product, 1 oz + (exp 9/26)

\$1 off Disney or Marvel gummy vitamins (exp 9/2)

\$3 off Ester-C tablet (exp 9/1)

\$2 off Ester-C To Go or Gummies (exp 9/1)

.55/1 Fiora bath tissue 12 roll +, or paper towels 6 roll + (exp 9/30)

.55/2 Fiora facial tissue (exp 9/30)

\$1 off Gold Bond product, excl 1 oz travel (exp 9/26)

\$1 off Icy Hot or Aspercreme, Capzasin, Arthritis Hot, Flexall or Sportscreme product, excl 1 ct. patch (exp 9/26)

.50/2 Jif Peanut Butter Products (Exp 9/13)

.55/1 Jimmy Dean breakfast item, excl pancakes and sausage items, single count sandwiches, and turkey items (exp 8/30)

.75/1 Jimmy Dean pancakes & sausage item (exp 8/30)

.55/1 Jimmy Dean Fully Cooked product excl. turkey items (Exp 8/30)

\$1.50 off Kaopectate product, excl trial and 14 ct. (exp 9/26)

\$2 off L'Oreal Advanced hairstyle item, excl 1.7 oz trial (exp 8/29)

\$2 off L'Oreal Everstrong, Oleotherapy, Everpure, Evercurl, Eversleek, or Evercreme shampoo, conditioner or treatment (exp 8/29)

\$3 off L'Oreal Preference Mousse Absolue haircolor (exp 8/29)

\$2/2 Met-RX bars (exp 9/16)

\$2 off Nasacort product (exp 9/26)

\$1 off Nature's Bounty Optimal Solutions hair, skin and nails (exp 10/2)

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

\$3 off Nature's Bounty probiotic (exp 10/3)

\$1 off Nature's Bounty quick dissolve item (exp 10/3)

\$1 off Nature's Bounty vitamin supplement (exp 10/3)

\$3 off Osteo Bi-Flex Edge item (exp 9/1)

\$3 off Osteo Bi-Flex product, 28-60 ct. (exp 9/1)

\$5 off Osteo Bi-Flex product, 70 ct. + (exp 9/1)

\$2 off Pure Protein shakes 23 g, 4 pk., powder or bar value pack (exp 10/2)

\$1/2 Pure Protein single bars (exp 10/2)

Free Purina (1) Beneful Baked Delights 6 oz +, up to \$4.49, WYB (1) dog snack 6 oz + (exp 9/30)

B1G1 Purina Beneful dog food, 3.5 lb. or smaller, up to \$6.55 (exp 8/31)

B1G1 Purina Beneful dog food, 6.3-7 lb. up to \$10.49 (exp 9/30)

B1G1 Roloids tablets, 60 ct. + bottle, up to \$5.50 (exp 8/31)

.35/1 Smucker's Jam, Jelly, Preserve or Fruit Spread product (Exp 9/13)

\$1 off Smucker's Fruit-Fulls pure blended fruit 4 ct or 8 ct. (Exp 9/13)

\$2/2 Snuggle products (Exp 9/13)

\$1 off Star Wars gummy vitamins (exp 9/2)

.55/1 State Fair Corn dog product (exp 9/13)

.55/1 Stauffer's Animal Crackers, Animal Cookies or Baked Cheese Crackers 14 oz + (exp 10/31)

\$2 off Sundown Naturals adult gummies (exp 10/2)

\$1 off Sundown Naturals vitamin supplement (exp 10/2)

RedPlum 8/2 #2

\$1 off Caltrate calcium & vitamin D3 item (exp 10/3)

\$2 off Clairol Nice 'N Easy Root touch-up, excl trial size (exp 8/29)

.75/1 Crizo organic coconut oil (exp 9/30)

.75/1 Crisco Saute Solutions product (Exp 9/30)

\$1 off Dial acne bar wash, bar soap, face wash or face scrub (exp 8/22)

\$1/2 Dial regular or For Men, or Tone bar soap 3 pk. +, or Dial Complete Foaming Hand soap 8 oz, and refill hand soap, excl gel pumps (exp 8/22)

\$2/2 Dial regular, For Men, Kids or Baby body wash, or Dial, Dial for Men or Tone bar soap 6-pk. +, or Dial lotion, excl trial size (exp 8/22)

\$2 off Flonase allergy relief (Exp 9/13)

\$2 off got2b styling item (exp 8/29)

\$2 off Noxzema 3-5 blade shavers 3 ct. +, or (1) twin blade 1 ct. (exp 8/30)

\$1 off Persil ProClean laundry detergent (exp 8/30)

\$2 off Persil ProClean Power-liquid 75 oz+, Power-Pearls 2 lb. 12 oz +, or Power-caps 40 ct. + (exp 8/30)

\$1.50 off Polident denture cleanser tablets, 84 ct. + (exp 9/2)

.50/1 Purex crystals fragrance booster (exp 8/16)

\$3/2 Purex crystals fragrance booster (exp 8/16)

\$1 off Purex liquid, ultrapacks or powershot detergent, 30 oz/18 ct. + (exp 8/9)

\$2/\$10 Purina, Cesar or IAMS dog treat purchase [TARGET COUPON](#) (exp 8/30)

B3G1 Renuzit Adjustables air fresheners of the same size, 7 oz +, up to \$3.30 (exp 8/15)

\$1 off Renuzit Pearl Scent, 9 oz (exp 8/25)

\$2/2 Right Guard body wash (exp 9/2)

\$2/2 Right Guard deodorants, excl Sport (exp 9/2)

\$2 off Schwarzkopf Essence Ultime hair color (exp 9/6)

\$5/2 Schwarzkopf hair care or styling items (exp 9/6)

\$2 off Schwarzkopf Styliste Ultime hair color (exp 9/6)

\$1.50/2 Snickers, Twix, 3 Musketeers and Milky Way unwrapped bites 6-8 oz (Exp 9/13)

.50/1 Soft Scrub 4-in-1 toilet care item (exp 8/23)

\$1 off Soft Scrub product, 20 oz + (exp 8/23)

\$1 off Super Poligrip product, 2 oz + (exp 9/2)

\$1/\$5 off Temptations or Snacky Mouse Cat Treat purchase **TARGET COUPON** (Exp 8/30)

\$1 off Vita Bone biscuits (exp 12/31)

Smart Source 8/2

.75/1 Ban deodorant (exp 9/15)

\$1 off Ban Total Refresh cooling body cloth pack (exp 9/15)

.50/2 Betty Crocker fruit snacks (exp 9/26)

\$3 off Bic disposable razor, excl trial size (exp 8/29)

\$1/2 Bic stationery items (exp 9/15)

\$2 off Bio-Oil product (exp 10/31)

.75/1 Blue Bunny premium ice cream or novelty, excl Personals and pints (exp 9/30)

\$1 off Bon Appetit pizza, 12.16 oz (exp 9/26)

\$2 off Brita on the go bottle (exp 10/30)

\$4 off Brita pitcher, filter, faucet mount or faucet mount filter, excl 1 ct. filters (exp 10/30)

\$3/3 Clairol Aussie shampoo, conditioner or styling items, excl trial size (exp 8/29)

\$3/3 Clairol Herbal Essences shampoo, conditioner or styling items, excl color, body wash and trial size
(exp 8/29)

\$3 off Compound W Freeze Off Advanced (exp 9/28)

\$1 off Compound W product (exp 9/28)

.50/1 Daisy cottage cheese (exp 11/30)

\$2 off Depend product, 8 ct. + (exp 8/29)

\$1 off Dole Dippers – pineapple, strawberry, banana, or banana with almonds (exp 10/11)

\$1 off Efferdent product, 24 ct. + (exp 8/30)

\$2 off Efferdent product, 48 ct. + (exp 8/9)

\$3/2 Enfamil large powders (Exp 8/30)

\$1 off Ready to use product (Exp 8/30)

\$2 off Ensure Active Light multipack (exp 9/27)

\$2/2 Ensure multipack (exp 9/27)

.50/1 Fiber One cheesecake bars (exp 9/26)

.50/1 Fiber One chewy bars, 90 calorie items, protein chewy bars, streusel bars, cheesecake bars or cookies (exp 9/26)

\$2 off Five Star binder (exp 9/30)

\$1/2 Five Star products (exp 9/30)

\$2/2 Five Star reinforced filler paper and reinforced printer paper (exp 9/30)

.75/1 Franganzia Multi purpose cleaners (Exp 9/12)

[\\$2 off Freestyle Precision Neo Meter \(Exp 9/19\)](#)

\$1 off Fungi-Nail product (exp 10/31)

\$1/3 General Mills Big G cereals (exp 9/13)

.50/1 General Mills snacks from Chex Mix, Bugles or Gardetto's, 3.7 oz + (exp 9/26)

\$1/2 GoGo SqueeZ product, 4-pk + (exp 9/30)

.75/3 Helper regular or Ultimate skillet dishes (exp 9/26)

\$1/2 Hershey's milk chocolate, 6-pk. (exp 9/27)

\$1/2 Hershey's or Reese's spreads, 13 oz (exp 9/27)

\$1/2 Hershey's snack size, 9-22 oz (exp 9/27)

\$1/2 Hershey's syrup 17 oz +, or toppings 4 oz + (exp 9/27)

[\\$1.50/3 off Hormel Compleats microwave meal \(Exp 9/28\)](#)

[\\$½ Hormel Compleats breakfast products \(exp 9/28\)](#)

[\\$1 off Hormel Snackers dip \(Exp 9/28\)](#)

.20/2 Kraft Jet-Puffed marshmallows, 8 oz + (exp 8/22)

.75/2 Kraft salad dressings, 15.8-16 oz (exp 9/27)

\$1 off Land O'Frost Simply Delicious lunchmeat (exp 10/3)

.50/1 Lysol disinfecting spray 12.5 oz + (exp 9/15)

.50/2 Lysol disinfecting wipes, 35 ct. + (exp 9/15)

\$1 off Lysol No-Touch hand soap system starter kit (exp 9/15)

.50/2 Lysol toilet bowl cleaners (exp 9/15)

\$1/2 Nabisco Honey Maid grahams, 14 oz + (exp 9/12)

.75/1 Nature Valley nut crisp bars, roasted nut crunch bars, protein bars or simple nut bars (exp 9/26)

\$2 off Nature's Truth vitamins or aromatherapy (exp 10/4)

\$1.50 off Neo Synephrine purchase (Exp 9/25)

\$2 off O-Cedar MicroTwist MicroFiber twist mop (exp 8/31)

\$1/3 Old El Paso products, excl refrigerated, frozen and soup items (exp 9/26)

\$3/2 Oxy products (Exp 9/13)

\$1 off Oxy product (Exp 9/13)

\$4/2 Pantene products, excl trial size (exp 8/16)

\$2 off Pantene styler or treatment item, excl trial size (exp 8/29)

\$2 off Phazyme products, 180 mg. softgels (exp 9/30)

\$2 off Phazyme products, 180-250 mg softgels (exp 11/30)

\$2 off Phazyme products, 250 mg. softgels (exp 9/30)

.50/1 Pillsbury Toaster Strudel, Toaster Scrambles, pastries or pancakes, excl Heat-N-Go mini pancakes

(exp 10/24)

\$2 off Poise pads or liners, excl 14-26 ct. liners and 10 ct. pads (exp 8/29)

.50/1 POM beverage (exp 9/30)

Free Purina Friskies Party Mix cat treats 10 oz or smaller, WYB Tidy Cats Summer Twist Clumping Litter, 20 lb. (Target coupon) (exp 9/2)

\$3 off Purina Purpose clumping litter, 23 lb. (Target coupon) (exp 9/2)

\$3 off Purina Waggin' Train treats for adult dogs, 8 oz + (exp 11/2)

\$3 off RevitaLens OcuTec item, 10 oz (exp 9/7)

\$5 off RevitaLens OcuTec item, 20 oz + (exp 9/7)

\$3/2 Seattle's Best Coffee Ground or Whole Bean 12 oz or 20 oz or KCup Pods 10 or 16 ct (exp 10/2)

.45/3 Snack Pack Pudding, Super snack pack pudding or juicy gels (Exp 9/13)

\$3 off Stopain Migraine (exp 9/20)

\$2 off Stopain product (exp 9/20)

Free Target \$5 gift card WYB (2) Purina Tidy Cats lightweight litters (Target coupon) (exp 9/2)

\$1/2 Twizzlers or Jolly Rancher, 8 oz + bags (exp 9/27)

\$1.50 off White Cloud Bath Tissue 4 ct (exp 10/1)

.35/1 Yoplait Go-Gurt, Kids Cup yogurt or Trix yogurt (exp 9/26)

.75/2 Yoplait Go-Gurt, Kids Cup yogurt or Trix yogurt (exp 9/26)

\$1/10 Yoplait yogurt cups (exp 9/26)

\$1/2 Ziploc bags (exp 9/26)

\$1/2 Ziploc containers (exp 9/26)