

Coupon Variations for the Post and Courier for 8/30 below. You will get (3) inserts in your paper.

Be on the lookout for:

(1) RedPlum

(1) Smart Source

(1) Proctor & Gamble

RedPlum 8/30

\$3 off Allegra Allergy & Congestion item (exp 9/12)

\$5 off Allegra allergy 24 ct. +, excl D and children's (exp 9/12)

\$3 off Allegra children's allergy item (exp 9/12)

\$1 off Alouette Le Bon Dip (Exp 10/15)

\$1 off Alouette Le Petite Fromage Variety (Exp 10/15)

.50/1 Best Foods Real Mayonnaise item, 30 oz + jar (exp 9/27)

\$1 off Best Foods Real Mayonnaise squeeze item, 11.5-20 oz bottle (exp 9/27)

\$3 off Boost Nutritional Drink multipack or Canister (Exp 10/25)

B1G1 Eckrich rope or links smoked sausage, 11-14 oz, up to \$2.50 (exp 9/20)

.55/1 Florida Crystals natural cane, organic or demerara sugar item (exp 11/4)

\$2 off Garnier Fructis shampoo, conditioner, treatment or style item, excl 1.7-3 oz (exp 9/26)

\$2 off Garnier Olia oil powered haircolor (exp 9/26)

\$1/2 Good Health products, 3.5 oz + (exp 2/29/2016)

.50/1 Hellmann's Real Mayonnaise item, 30 oz + jar (exp 10/31)

\$1 off Hellmann's Real Mayonnaise squeeze item, 11.5-20 oz bottle (exp 10/31)

\$1 off I Can't Believe It's Not Butter! product (exp 9/27)

\$1/2 International Delight creamer, singles or larger (exp 10/11)

.55/1 International Delight pumpkin pie spice coffee creamer (exp 10/11)

.55/1 Jimmy Dean Breakfast, Lunch or Dinner product excl. single count sandwiches (Exp 9/27)

\$3 off L'Oreal Advanced haircare family size shampoo or conditioner, 25.4 oz (exp 9/12)

\$2 off L'Oreal Advanced haircare shampoo or conditioner, excl 1.7 oz trial size (exp 9/12)

\$1.50 off L'Oreal Advanced hairstyle item, excl 1.7 oz trial size (exp 9/12)

.75/1 Libby's 100% Pure Pumpkin 15 oz can, AND (1) Carnation evaporated milk 12 oz can (exp 10/31)

\$1 off McCormick (1) spice AND (1) extract, excl Grill Mates (exp 10/31)

.75/1 McCormick skillet sauce (exp 10/4)

\$2/6 Muller yogurts (exp 10/11)

\$5 off Nasacort allergy 24HR, 120+ spray (exp 9/12)

.50/1 Nellie's Free Range Eggs (Exp 10/11)

\$2/6 Pedigree 13.2 oz cans, or (1) multipack (exp 10/24)

.50/1 Pete and Gerry's ORganic Eggs (Exp 10/11)

\$1 off Promise or Brummel & Brown product (exp 9/27)

\$1.50 off Quilted Northern bath tissue, 24 roll + (exp 9/30)

.25/1 Quilted Northern Ultra Plush bath tissue, 6 double roll + (exp 9/30)

.55/1 Quilted Northern Ultra Soft & Strong bath tissue, 6 double roll + (exp 9/30)

\$1/3 Scotties Facial Tissues or (1) multipack (Exp 10/03)

\$1 off Seventh Generation dish liquid (exp 10/15)

\$1 off Seventh Generation handwash (exp 10/15)

\$2 off Seventh Generation laundry detergent (exp 10/15)

\$1 off SheaMoisture bar soap (exp 10/25)

\$2 off SheaMoisture bubble bath, body, baby or hair items (exp 10/25)

\$1/2 Skittles or Starburst bags, 9 oz + (exp 11/22)

\$1.50 off Zing Stevia sweetener (exp 11/30)

Smart Source 8/30

\$1 off Afrin nasal spray (exp 9/26)

\$3 off Afrin nasal spray (exp 9/26)

\$1 off Alka-Seltzer product, 12 ct. + (exp 10/10)

\$2 off Alka-Seltzer product, 32 ct. + (exp 9/12)

\$2 off Arm & Hammer Power Paks Laundry Detergent (Exp 9/20)

\$2/2 Aveeno baby care and other products, excl cleansing bars, moisturizing bars, trial size and 2.5 oz lotion (exp 10/15)

\$2 off BIC disposable razor pack, excl trial size (exp 9/27)

\$2 off BIC Soleil disposable razor pack, excl trial size (exp 9/27)

\$3 off Claritin children's product, 4 oz or 20 ct. + (exp 9/27)

\$4 off Claritin product, 30 ct. + (exp 9/27)

\$10 off Claritin product, 70 ct. (exp 9/6)

\$6 off Claritin regular or children's chewables, 30 ct. + (exp 9/6)

\$3 off Claritin-D product, 15 ct. + (exp 9/27)

\$5 off Claritin-D product, 15 ct. + (exp 9/6)

.75/1 Clorox Bleach Crystals or packs (exp 11/1)

\$1/2 Clorox Bleach items, excl 16 oz (exp 11/1)

\$1 off Colgate 360 or Slim soft manual toothbrush (exp 9/19)

\$1 off Colgate mouthwash or mouth rinse, 8 oz+ (exp 9/26)

\$1 off Colgate Total, Optic White, Enamel Health, or Max Fresh, 3 oz + (exp 9/12)

\$1.50 off Cooked Perfect meatballs (exp 10/31)

\$1 off Cottonelle bath tissue 9 pk. +, Scott 1000 bath tissue 15 pk. +, Viva paper towels 8 pk. +, or Kleenex facial tissue 4 pk. +, excl trial size (Target coupon) (exp 10/3)

\$3/2 Cottonelle bath tissue 9 pk. +, Scott 1000 bath tissue 15 pk. +, Viva paper towels 8 pk. +, or Kleenex facial tissue 4 pk. +, excl trial size (Target coupon) (exp 10/3)

\$1 off Del Monte Fusions, 4-pk. (exp 11/12)

\$3 off Depend product, 8 ct. + (exp 9/26)

\$8 off Dr. Scholl's (1) Dreamwalk Insole AND (1) Express Pedi device, excl replacement rollers (exp 9/6)

\$3 off Dr. Scholl's insoles, \$7.95 + (exp 9/27)

.75/1 Dukes pouch (exp 9/27)

\$2/2 Ensure multipacks (exp 10/25)

\$1 off Ever Clean litter, 25 lb. + (exp 9/30)

\$2 off Excedrin product, 20 ct. + (exp 9/12)

\$4 off Excedrin product, 200 ct. (exp 10/17)

.50/1 Fiber One Chewy Bars 90 Calorie items, Protein Chewy Bars, Streusel bars, Cheesecake Bars or Cookies (exp 10/24)

.50/1 Fiji multipack, 33 mL + (exp 10/30)

.35/1 off Frank's RedHot Sauce, 12 oz + (exp 10/31)

\$1 off Frank's RedHot Slammin' Sriracha, Sweet Chili or Rajili Sauce (exp 10/31)

\$2 off FreeStyle Precision Neo Meter (exp 10/17)

\$1 off Fresh Step scoop litter, 15.4 lb (exp 9/30)

\$3 off Fresh Step Ultracare litter (exp 9/30)

.75/3 Helper regular or Ultimate Skillet dishes (exp 10/24)

.75/1 Good Table product (Exp 10/24)

\$4 off K-Y Liquibeads, Love, or Yours+Mine (exp 10/31)

\$2 off K-Y product (exp 10/31)

.75/1 LA Looks styling gel, 20-26 oz (exp 10/31)

\$.1 off Land O'Frost Premium, Bistro Favorites, or Canadian bacon (exp 10/31)

\$1 off Land O'Frost Pure and Simple Lunchmeat (exp 10/24)

\$1 off Land O'Frost Sub Sandwich Kit (exp 10/31)

.75/1 Marie Callender's Frozen Dessert Pie 26 oz+ (exp 10/31)

\$5 off Nature Made Digestive Probiotics (exp 9/30)

.50/2 Nature Valley Granola Bars 5 ct. +, Nut Crisp Bars, Granola Thins, Soft Baked Oatmeal Squares, Breakfast Biscuits, Futeria or Simple Nut Bars (exp 10/24)

.75/1 Nature Valley Protein Crunchy Granola, Toasted Oats Muesli or Protein Soft Baked Granola Bites bag (exp 10/10)

.40/1 New York Brand or Mamma Recipe Frozen Product (Exp 10/31)

.50/1 Old El Paso Bold Flavored Stand 'N Stuff taco shells or dinner kit (exp 10/24)

\$1 off OxiClean Laundry detergent (exp 9/26)

\$1 off OxiClean Odor Blasters or Versatile Stain Remover, 3 lb. + (exp 9/26)

.50/1 OxiClean Pre-treater (exp 9/26)

\$1 off OxiClean Washing Machine Cleaner (exp 9/26)

\$1.50 off OxiClean White Revive Laundry Stain Remover (exp 9/26)

\$4 off PeroxiClear product, 12 oz + (exp 10/3)

\$8 off PeroxiClear Twinpack (exp 10/3)

.50/1 Pillsbury Toaster Strudel or Toaster Scrambles Pastries or Pancakes, excl Heat-N-Go mini pancakes (exp 11/21)

\$3 off Poise pads or liners, excl 14-26 ct. liners and 10 ct. pads (exp 9/26)

\$1 off PUrina Cat Chow 3.15lb (Exp 11/30)

.50/1 Sargento Natural Cheese Snack 4.5 oz + (exp 10/11)

.50/2 Sargento Shredded Natural Cheese, 5 oz + (exp 10/4)

.50/2 Sargento Sliced Natural Cheese (exp 10/11)

.75/1 Sargento Tastings (exp 10/25)

\$1 off Seattle's Best Coffee Kcup pack 10 or 16 ct (Exp 11/1)

.55/1 Smithfield ANYtime Favorites product (exp 10/31)

\$1.50 off Splenda no calorie sweetener, 80 ct. + packets, 9.7 oz + granulated or sugar or brown sugar blend (exp 10/31)

\$3 off THERATEARS product (Exp 11/30)

\$1 off Wright Brand Bacon (Exp 10/11)

Proctor & Gamble 8/30

(all expire 9/26 unless otherwise marked)

\$2 off Always Discreet liner or pad, excl trial size

\$2 off Always Discreet underwear, excl trial size

\$1 off Always pads, 12 ct. +, or feminine wipes, excl Discreet and trial size

\$1 off Always pantiliner, 30 ct. +, excl Discreet and trial size

.50/1 Bounty or Charmin Basic item, excl trial size

.25/1 Bounty product, excl single rolls

.25/1 Charmin product, excl single rolls and trial size

\$3 off Clairol Natural Instincts hair color, excl trial size (exp 9/13)

Free Clairol Root Touch Up box, up to \$5.99, WYB Clairol Nice 'N Easy hair color box, excl Age Defy, Natural Instincts, Balsam, Textures & Tones, and trial size (exp 9/13)

\$1 off Covergirl eye item, excl accessories and trial size

\$3/2 Covergirl products, excl accessories and trial size

.50/1 Crest mouthwash 237 mL+, or Pro-Health Jr mouthwash, 458 mL+, excl trial size

\$3 off Crest Pro-Health HD or 3D White Brilliance 2-step system kit

\$3 off Crest Sensi-Soft 6-12 ct., excl trial size

.50/1 Crest toothpaste 3 oz +, or liquid gel, Pro-Health Stages or Jr or (1) kid's toothpaste 4.2 oz +, excl Cavity, Baking Soda, Tartar Control and trial size

\$1.50/2 Crest toothpaste 3 oz +, or liquid gel, Pro-Health Stages or Jr or (1) kid's toothpaste 4.2 oz +, excl Cavity, Baking Soda, Tartar Control and trial size

.50/1 Downy products, excl Libre Enjuague, Unstopables, liquid 12 load and trial size

\$5 off Duracell 4-pk + AND Hasbro Nerf N-Strike Modulus ECS-10 Blaster (sku #b1538) (exp 10/2)

.25/1 Duracell Coppertop, Quantum, Ultra Photo Lithium, specialty batteries, rechargeable batteries, charger or 6 pk. _ hearing aid batteries, excl 1 ct. and trial size

.50/1 Febreze fabric refresher, Air Effects or Noticeables, excl trial size

B1G1 Febreze product, up to \$3.49 (exp 9/13)

\$2.50 off Fixodent adhesive twin pack, 1.4 oz, excl trial size

\$1 off Fixodent adhesive, 1.4 oz +, excl trial size

.75/1 Gillette Clear Gel deodorant, 2.85 oz +, excl trial size (exp 9/13)

\$2/2 Gillette Clear Gel deodorants, 2.85 oz +, excl trial size (exp 9/13)
B2G1 Gillette or Venus disposable pack, 2 ct. +, up to \$9.99, excl Sensor2 or Daisy 2 ct. (exp 9/13)
\$3 off Gillette or Venus razor 1 ct. +, excl disposables
\$3/2 Head & Shoulders full size products, 380 ml/12.8 oz +, excl treatments and trial size
.25/1 Ivory body wash 12 oz, or bar 3 pk (exp 9/13)
.50/1 Ivory or Safeguard bar, or Safeguard body wash (exp 9/13)
\$1/2 Luvs bags, or (1) box diapers, excl trial size
\$2 off Meta Health Bar, excl 1 ct.
\$1 off Meta product, excl Health Bar 1 ct.
\$2 off MetaBiotic product, excl Health Bar 1 ct.
B2G1 Mr. Clean Liquid Muscle, Liquid or Spray, up to \$3.49 (exp 9/13)
B2G1 Mr. Clean Magic Eraser, up to \$3.49 (exp 9/13)
.75/1 Olay body wash, bar 2 ct. +, or in-shower body lotion, excl 1 bar and trial size (exp 9/13)
\$2/2 Olay body wash, bar 2 ct. +, or in-shower body lotion, excl 1 bar and trial size (exp 9/13)
\$1 off Olay facial moisturizer or cleanser, excl Pro-X, Regenerist, Total Effects, Age Defying and trial size
\$5/2 Olay Pro-X or Regenerist facial moisturizers or facial hair removals, excl trial size (exp 9/13)
\$2 off Olay Total Effects or Age Defying facial moisturizers, excl trial size
.75/1 Old Spice product, excl trial size (exp 9/13)
\$2/2 Old Spice products, excl trial size (exp 9/13)
\$3/2 Old Spice shampoo, 2-in-1 or styling items, excl trial size (exp 9/13)
.50/1 Oral-B Glide Floss 35 m+, or Glide Floss Picks 30 ct. +, excl trial size
.50/1 Oral-B Pulsar, 3D White, Pro-Health, Complete, Sensi-Soft, Indicator or Cavity Defense toothbrush or Kids Manual or Power toothbrush, excl trial size
\$3/2 Pampers bags or (1) box diapers or pants, excl trial size
.50/1 Pampers wipes, 56 ct. +, excl trial size
\$1 off Pantene Expert Collection item, excl trial size
\$2/2 Pantene products, must include shampoo and conditioner or styler, excl 6.7 oz and trial size
\$5/3 Pantene products, must include shampoo and conditioner or styler, excl 6.7 oz and trial size
\$1.50 off Pantene styler or treatment item, excl trial size
\$1 off Prilosec OTC item
\$2 off Prilosec OTC item, 14 ct.
\$2 off Secret or Gillette Clinical, 1.6 oz +, excl trial size (exp 9/13)
.75/1 Secret Outlast, Scent Expressions, Destinations deodorants or body spray, excl 1.6-1.7 oz and trial size (exp 9/13)
\$2/2 Secret Outlast, Scent Expressions, Destinations deodorants or body spray, excl 1.6-1.7 oz and trial size (exp 9/13)
\$2 off Sinex product, excl trial size
\$3 off Swiffer WetJet, Sweep & Trap or SweeperVac starter kit, excl SteamBoost and trial size
\$1 off Tampax Pearl or Radiant tampon, 16 ct. +, excl trial size
\$1 off Tide detergent, excl Simply Clean & Fresh, Simply Clean & Sensitive, PODS, 10 oz detergent and trial size

\$3/3 Tide detergents or Downy products, excl Tide Simply Clean & Fresh, Simply Clean & Sensitive, PODS, 10 oz detergent, or Downy Libre Enjuague, Unstopables, liquid 12 load, and trial size

\$1 off Tide Oxi Multi Purpose Stain Remover, Washing Machine Cleaner, or Boost 18-37 ct., or Gain Washing Machine Cleaner, excl trial size

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

\$3/2 Vicks products, excl VapoDrops, ZzzQuil and trial size

\$2 off Vicks QlearQuil item, excl trial size

\$1 off Vicks ZzzQuil item, excl trial size

\$5 off Vidal Sassoon Salonist hair color, excl trial size (exp 9/13)