

Coupon Variation for the Post and Courier for 1/03 below. You will get (4) inserts in your paper.

Be on the lookout for:

(2) RedPlum

(2) Smart Source

RedPlum 1/3 #1

.45/1 Angel Soft bathroom tissue package (exp 2/3)

\$1 off Axe body wash or detailer, excl trial size (exp 1/30)

\$2 off Axe dry spray deodorant, excl trial size (exp 1/17)

\$1 off Axe hair care item, excl trial size (exp 1/30)

\$1/3 Barilla Gluten-free, ProteinPlus, whole grain, veggie or white fiber pasta (exp 2/28)

\$1 off Best Foods mayonnaise, 30 oz jar or 20 oz squeeze bottle (exp 1/30)

.25/1 Brawny paper towels (exp 2/3)

\$1 off Caress bar 6-pk.+, or body wash 12 oz+ (exp 1/30)

\$2 off Degree Men dry spray deodorants, excl trial size (exp 1/17)

\$2 off Degree Women dry spray deodorants, excl trial size (exp 1/17)

\$1 off Disney or Star Wars or Marvel gummy vitamin (exp 3/3)

\$1 off Dove beauty bar, 4-pk.+, excl trial size and Men+Care (exp 1/30)

\$1 off Dove body wash, 22 oz+, excl trial size and Men+Care (exp 1/30)

\$2 off Dove Clinical protection deodorant, excl trial size and Men+Care (exp 1/31)

\$1 off Dove deodorant, excl trial size and Men+Care (exp 1/31)

\$3/2 Dove hair items, excl trial size and Men+Care (exp 1/30)

\$2 off Dove Men+Care body and face bar, 6-pk.+, excl trial size (exp 1/30)

\$2 off Dove Men+Care body wash, 13.5 oz + (exp 1/30)

\$2 off Dove Men+Care dry spray deodorant, excl trial size (exp 1/17)

\$2 off Dove Men+Care face care item, excl trial size (exp 1/30)

\$2 off Dove Men+Care hair care or hair care styling item, excl trial size (exp 1/30)

\$2 off Dove Women dry spray deodorants, excl trial size (exp 1/17)

\$3 off Ester-C product (exp 3/3)

\$1 off Hellmann's product 30 ct + (Exp 1/30)

\$1 off Jimmy Dean Delights Breakfast Sandwich or any (2) Jimmy Dean Delights breakfast bowls (Exp 1/31)

.55/1 Jimmy Dean Breakfast, lunch or dinner product (excl single ct sandwiches) (exp 1/31)

.50/2 Knorr rice sides or pasta sides (exp 1/30)

\$3 off Nature's Bounty fish oil item (exp 3/3)

\$2 off Nature's Bounty Optimal Solutions item (exp 3/3)

\$2 off Nature's Bounty Probiotic item (exp 3/3)

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

\$1 off Nature's Truth product (exp 3/3)

.25/1 Northern Ultra Plush bath tissue 4 dbl rolls + (Exp 2/3)

.55/1 Northern Ultra Soft & Strong bath tissue 4 dbl roll+ (Exp 2/3)

\$4 off Osteo Bi-Flex Ease item (exp 3/3)

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

\$5 off Osteo Bi-Flex product, 70 ct. + (exp 3/3)

.25/1 Quilted Northern Ultra Plush bath tissue double roll 4-ct.+ (exp 2/3)

.55/1 Quilted Northern Ultra Soft & Strong bath tissue, double roll 4-ct.+ (exp 2/3)

\$1 off St. Ives body wash, excl trial size (exp 1/31)

\$1 off St. Ives lotion, excl trial size (exp 1/31)

\$1 off Suave body lotion, 10 oz+, excl trial size (exp 1/30)

.75/1 Suave body wash, 12 oz +, excl Professionals and trial size (exp 1/30)

.60/1 Suave Clinical protection or deodorant stick, excl trial size (exp 1/30)

\$1 off Suave Kids hair care item, excl trial size (exp 1/30)

\$1 off Suave Men hair care item, excl trial size (exp 1/30)

\$1.50 off Suave Professionals Gold hair care item, excl Luxe stylers and 2 oz (2 coupons) (exp 1/30)

\$2 off Suave Professionals Luxe Styler, excl trial size (exp 1/30)

\$1 off Suave Professionals shampoo or conditioner, 28 oz (exp 1/30)

\$2 off Sundown Naturals adult gummies (exp 3/3)

\$1 off Sundown Naturals vitamin or supplement (exp 3/3)

\$3/2 TRESemme shampoo and conditioner items, excl trial size (exp 1/31)

\$1 off TRESemme styling item, excl trial size (exp 1/31)

\$2 off Vaseline lotion, 10 oz +, excl trial size (exp 1/30)

RedPlum 1/3 #2

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

\$1 off Advil PM item, 20 ct.+ (exp 3/3)

\$2 off Advil PM item, 40 ct.+ (exp 3/3)

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

\$2 off Advil regular, film coated or migraine, 80 ct.+ (exp 3/3)

\$1 off Advil Sinus Congestion & Pain, Advil Allergy & Congestion Relief, Advil Cold & Sinus, Advil Allergy Sinus product 10 ct+ (Exp 4/3)

\$1 off All product, excl trial size (exp 2/14)

\$1.50 off Biotene product, excl trial size (exp 2/3)

\$4 off Caltrate Calcium and Vitamin D3 item (exp 1/17)

\$4 off Centrum MultiGummies, 70-ct. + (exp 1/31)

\$4 off Centrum regular or Silver multivitamin 60-ct.+, excl MultiGummies and Vitamins (exp 1/31)

\$4 off Centrum Vitamins, 60-ct. + (exp 1/31)

\$1 off Children's product (Children's/Infants Advil, Dimetapp or Children's Robitussin (Exp 4/3)

\$1.50 off Community Coffee Kcup box or bag (Exp 2/29)

\$4/2 Community Coffee Kcup boxes or bags (Exp 1/24)

\$1 off Cortizone Diabetics' Skin or Eczema lotion (exp 1/31)

\$1 off Cortizone product, incl 1-2 oz items (exp 1/31)

.25/1 Duracell Coppertop, Quantum, Ultra Photo Lithium, specialty batteries, rechargeable batteries or charger, or hearing aid batteries 6-pk.+, excl 1-ct. and trial size (exp 1/30)

.55/1 Fiora bath tissue 12-roll +, or paper towels 6-roll + (exp 2/29)

.55/2 Fiora facial tissue (exp 2/29)

\$1 off Gold Bond anti-itch cream or lotion, incl Friction Defense and 1 oz items (exp 1/31)

\$1 off Gold Bond cream, 2.4-8.1 oz (exp 1/30)

\$1.50 off Gold Bond Diabetics' Dry Skin Relief, Eczema Relief, Rough & Bumpy Skin, Strength & Resilience or Dark Spot Minimizing, excl hand creams (exp 1/30)

\$1.50 off Gold Bond lotion, 13 oz + (exp 1/30)

\$1 off Hefty large black trash bags (exp 2/29)

\$1 off Hefty tall kitchen trash bags (exp 2/29)

\$4/2 L'Oreal Advanced haircare shampoo or conditioner, excl 1.7 oz trial size (exp 1/16)

\$3 off L'Oreal Advanced haircare treatment item, excl 1.7 oz (exp 1/16)

\$2 off L'Oreal cosmetic face item, excl Magic Perfecting Base 0.17 oz mini size (exp 1/30)

\$1 off L'Oreal cosmetic face powder, blush, concealer or primer (exp 1/30)

\$2 off L'Oreal hair color item (exp 1/30)

\$5/2 L'Oreal hair color item (exp 1/30)

\$2 off L'Oreal hairstyle item, excl 1.7 oz (exp 1/16)

\$3 off L'Oreal Revitalift Volume Filler, Triple Power or Miracle Blur, or Age Perfect Cell Renewal or Glow Renewal, excl BB cream and trial size (exp 1/30)

\$3 off Nexium 24HR item (exp 1/17)

\$15 off NicoDerm CQ 7 ct + (Exp 2/17)

B3G3 Renuzit adjustables air fresheners, 7 oz + (exp 1/10)

\$1 off Reynolds Wrap Foil 200 sq ft or 75 sq ft + Heavy Duty package of Reynolds Wrap Foil (Exp 2/29)

\$1 off Robitussin product (exp 1/30)

\$1 off Selsun Blue products, excl trial size (exp 3/31)

\$1 off Sensodyne regular or ProNamel toothpaste, excl 0.8 oz (exp 2/14)

.50/1 Snuggle product, excl trial size (exp 2/14)

\$2 off Thermacare heatwraps 2 ct. +, or cold wrap 1 ct. (exp 3/5)

\$5/2 Thermacare heatwraps 2 ct. +, or cold wrap 1 ct. (exp 1/16)

\$1.50 off Truvia Natural Sweetener, Truvia Baking Blend or Truvia Brown Sugar Blend (Exp 3/31)

Smart Source 1/3 #1

\$1/2 Air Wick candles or wax melts (exp 1/31)

\$1.50/2 Air Wick Freshmatic Ultra refills (exp 1/31)

\$1 off Air Wick scented oil twin refill, or (2) single refills (exp 1/31)

\$1 off Airborne product (exp 4/3)

\$3 off Aquaphor Healing Ointment or Baby Care (exp 1/30)

\$1.50 off Aquaphor Lip Care item .35oz (Exp 1/30)

B1G1 BIC disposable razor, up to \$7.99, excl trial size (exp 1/31)

\$1 off BIC stationery item (exp 2/13)

\$3 off Boost canister or multipack (exp 3/6)

\$1.50 off Boost Compact Complete nutritional drink or Calories Smart 100 calories balanced nutritional drink (exp 3/6)

\$1.50/2 Carnation Breakfast Essentials boxes, canisters or multipacks (exp 1/31)

.55/2 Carnation evaporated milk, 12 oz can (exp 3/31)

\$2 off Curel Lotion or Body Wash 10 oz + (exp 2/29)

\$2 off Curel Itch Defense Spray (Exp 2/29)

\$2 off Delsym product (exp 2/14)

\$1 off Digestive Advantage product (exp 4/3)

\$1.50/2 DiGiorno pizzas, 10.6 oz (exp 2/29)

\$1/2 Dreamfields pasta (exp 3/5)

\$1 off Dulcolax or DulcoEase 25-ct.+, or Dulcolax suppositories 4 ct. +, or Dulcogas item 18 ct. + (exp 1/31)

.75/1 Easy Off product (exp 2/14)

.75/1 Energizer batteries or flashlight (exp 2/27)

\$1.50 off Energizer EZ Turn & Lock hearing aid batteries (exp 2/27)

\$2 off Finish Powerball, Max in 1 or Quantum, 14 ct. + (exp 2/6)

\$1.50/4 Gerber graduates food packages, excl formula (exp 1/31)

\$1 off Glad Odorshield with Febreze trash bag, 13 gal. drawstring (exp 4/3)

.35/1 Glass Plus product (exp 2/14)

\$3 off Jergens Wet Skin Moisturizer 10 oz + (exp 1/30)

\$2 off Jergens Moisturizer 16.8 oz + (Exp 1/30)

\$2 off Jergens Natural Glow Moisturizer (Exp 1/30)

\$1/2 La Victoria salsas, or taco or enchilada sauce (exp 2/29)

\$1.50/5 Lean Cuisine products, 5-18 oz (exp 3/31)

.75/1 Lime-A-Way product (exp 2/14)

.50/1 Lysol disinfectant spray, 12.5 oz (exp 2/16)

.50/2 Lysol disinfecting wipes, 35 ct. + (exp 2/16)

\$1 off Lysol No-Touch hand soap system starter kit (exp 2/16)

.50/2 Lysol toilet bowl cleaners (exp 2/16)

.50/1 Mop & Glo product (exp 2/14)

\$2 off Mucinex 12HR item (exp 2/14)

\$2 off Mucinex product (exp 2/14)

\$3 off Natrol biotin product (Exp 3/3)

\$2 off Natrol vitamin or supplement (Exp 3/3)

\$1 off Nestea iced tea (exp 1/31)

.50/1 Nestle chocolate stand-up bag, 8-11 oz (exp 4/30)

.50/2 Nestle Coffee-Mate liquid coffee creamers (exp 3/2)

.35/1 Nestle La Lechera sweetened condensed milk (exp 3/31)

\$1 off Nestle Nesquik powder, any size, or lowfat chocolate milk 10-pk. 8 oz (exp 6/3)

\$1.50 off Nestle Nido fortified milk or kinder 1+ powder (exp 3/31)

\$1.50/2 Nestle Pure Life purified water, case-packs 15-ct. + (exp 1/31)

\$1/2 Nestle Splash, 6-pk. 0.5 L (exp 1/31)

.50/1 Nestle Toll House frozen cookie dough (exp 6/30)

.75/1 Old English product (exp 2/14)

\$½ Post Cereals Listed (Exp 2/14)

\$1/2 Premier Protein 30 g or fiber bars (exp 4/3)

\$4 off Premier Protein shake, 4-pk. (exp 4/3)

\$1.50 off Purina Beneful dry dog food, 6.3 lb. bag (exp 6/3)

\$1.50/24 Purina Friskies (24) single wet cat food cans, or (1) variety pack, 24 or 32 ct. (exp 2/29)

\$1 off Purina Friskies dry cat food, 3 lb. + bag (exp 3/31)

\$1 off Purpose bar soap (exp 3/31)

\$2 off Purpose cleanser or moisturizer (exp 3/31)

\$5 off Refresh Optive gel drops or Advanced item (exp 1/17)

\$3/2 Refresh products, 5-18 oz (exp 2/14)

\$2 off Resolve carpet cleaner machine solution, 48-60 oz (exp 3/3)

.50/1 Resolve pet stain remover or pet high traffic foam (exp 3/3)

.50/1 Resolve stain remover or high traffic foam item (exp 3/3)

\$2 off Revlon Luxurious Colorsilk Buttercream (exp 2/6)

\$1 off Rid-X septic system treatment item (exp 2/14)

\$1 off Schiff Megared item (exp 4/3)

\$2 off Schiff Move Free item (exp 4/3)

\$1 off Slim Fast product (exp 3/5)

\$2/2 SlimFast Snacks (Exp 3/5)

\$1.50/2 Skinny Cow boxes, 4.65-6 oz (exp 2/28)

\$1.25 off Skinny Cow creamy iced coffee drink, 4-pk. (exp 2/28)

.75/1 Skinny Cow creamy iced coffee drink, 8 oz single (exp 2/28)

\$1 off Skinny Cow frozen snacks, 4-6 ct. (exp 2/28)

\$1 off Splenda sweetener (exp 2/7)

\$1.50/3 Stouffer's entrees, 6-20 oz (exp 3/30)

\$1.50 off Stouffer's family, large family or party size entree, 25-96 oz (exp 3/30)

\$1.50/3 Stouffer's Fit Kitchen meals, 13-14 oz (exp 3/30)

\$½ Van De Kamp's or Mrs. Pauls Products (Exp 2/17)

\$1.50 off Wholly Guacamole product (exp 2/29)

.75/1 Wish-Bone dressing, 16 oz + (exp 2/2)

\$1 off Woolite detergent, 50-100 oz (exp 3/3)

\$3 off Zantac product, 24-ct. + (exp 1/31)

Smart Source 1/3 #2

\$1 off Afrin nasal spray (exp 1/31)

\$3 off Afrin nasal spray (exp 1/10)

\$4 off Aleve product, 150 ct.+ (exp 1/10)

\$3 off Aleve regular or PM item, 40 ct. +, excl Aleve-D (exp 2/15)

\$3 off Aleve-D product (exp 2/15)

\$2 off Alka-Seltzer Plus item (exp 1/31)

\$3 off Alka-Seltzer Plus liquid item (exp 1/10)

\$1 off Alka-Seltzer product (exp 1/31)

\$1 off Atkins bars, treats or shakes (exp 3/31)

\$1 off Atkins frozen entrees (exp 3/31)

\$3/2 Bayer aspirin item, 200 ct.+ (exp 1/10)

\$1 off Bayer aspirin item, 50 ct.+ (exp 1/31)

\$3 off Bayer Pro Ultra Omega-3 item, excl aspirin (exp 1/10)

\$1 off Butterball boneless roast or frozen meatballs (exp 3/27)

.55/1 Butterball refrigerated ground turkey (Exp 2/28)

.55/1 Butterball Every Day turkey bacon (exp 3/27)

.55/1 Butterball Every Day turkey dinner sausage (exp 3/27)

\$1 off Butterball frozen turkey burgers (exp 3/27)

.55/1 Butterball Natural Inspirations item (exp 3/27)

\$2/2 Carefree product, excl 20-22 ct. (exp 2/14)

\$3 off Citracal calcium supplement (exp 1/31)

\$4 off Claritin product, 30 ct.+ (exp 1/31)

\$9 off Claritin product, 70 ct. (exp 1/10)

.50/1 Colgate adult or kids manual toothbrush, excl Plus, Extra Clean and Classic Clean (exp 1/23)

.50/1 Colgate toothpaste, 3 oz + (exp 1/16)

.50/1 Cottonelle flushable cleansing cloths (exp 2/14)

.50/1 Cottonelle toilet paper, 6+ rolls (exp 2/14)

\$¼ Dannon Light and Fit single cup or (1) 4 pk (exp 2/3)

\$2 off Depend product, 8-ct. + (exp 2/13)

\$2 off Depend Real Fit or Silhouette item, 8 ct. + (exp 2/13)

\$2 off Depend Shields, Guards for Men, or bed or seat protectors, 8-ct.+ (exp 2/13)

\$½ Dinty Moore (Exp 2/26)

.50/1 Dole Jarred fruit (Exp 2/28/)

\$2 off Efferdent product, 78-ct. + (exp 2/14)

.75/1 Energizer Brand Batteries or Energizer Brand Flashlight (Exp 2/27)

\$1.50 off Energizer EZ Turn & Lock Hearing Aid Batteries (Exp 2/27)

\$4 off Ensure high protein, clear or light multipack (exp 1/17)

\$2/2 Ensure multipacks (exp 2/28)

\$5/2 Flintstones multivitamin items (exp 1/31)

\$2 off Flintstones multivitamin items, 150 ct. + (exp 1/31)

\$1 off Glad Odorshield with Febreze Trash bag 13 gallon drawstring (Exp 4/3)

\$1 off Hormel Mary Kitchen hash products (Exp 2/29)

\$4 off I-Caps eye vitamins (exp 2/13)

\$8 off I-Caps eye vitamins (exp 1/9)

.50/3 Kleenex facial tissue, (3) boxes, or (1) bundle pack, excl trial size (exp 2/6)

\$1/2 Kleenex hand towels (exp 2/6)

\$5 off MiraLax product, 30 dose+ (exp 1/10)

.40/1 New York Bakery Frozen Garlic Bread (exp 2/29)

.40/1 New York Bakery Crouton or Salad Topping (Exp 2/29)

\$2 off One A Day product (exp 1/31)

\$4 off One A Day product 120 ct. +, or Prenatal 30 ct. +, excl 65+ and women's petites (exp 1/10)

\$2 off Opti-Free or Clear Care solution, 10 oz + (exp 2/13)

\$4 off Opti-Free or Clear Care solution, 10 oz + (exp 1/9)

.55/1 Oroweat sandwich thins rolls items (exp 3/31)

.55/1 Oroweat sliced bread items (exp 3/31)

\$1 off Oscar Mayer P3 Portable Protein Packs (exp 2/29)

.50/1 Palmolive dish liquid, 12.6 oz + (exp 1/23)

.75/1 Paper Mate Inkjoy pen, 2 ct.+ (exp 2/28)

.75/1 Paper Mate mechanical pencils, pack (exp 2/28)

\$2 off Phillips Colon Health or Fiber Good Gummies (exp 1/31)

\$4/2 Playtex Gentle Glide tampons, excl 4-8 ct. (exp 2/14)

\$4/2 Playtex Sport pads, liners or combo packs, excl 20-ct. liners (exp 2/14)

\$2 off Poise Impressa bladder supports sizing kit, or size 1-3 6 ct. (exp 2/6)

\$2 off Poise pads or liners, excl 14-26 ct. liners or 10 ct. pads (exp 1/30)

.50/1 Pom antioxidant super tea (exp 2/29)

.50/1 Pom juice (exp 2/29)

\$2 off Schick disposable razor pack, excl 2-ct (exp 2/14)

.75/1 Scott bath tissue, 8+ roll pack. (exp 1/31)

.75/1 Scott Naturals flushable cleansing cloths (exp 1/31)

.75/1 Scott towels, 6+ rolls (exp 1/31)

\$4 off Similasan product (exp 1/31)

\$3/2 Stayfree products, excl 10 ct. (exp 2/14)

\$4 off Systane eye drops, 5 mL + (exp 1/9)

\$3 off Systane or GenTeal eye drops, 5 mL + (exp 2/13)

\$3 off TruBiotics or TruHeart product (2 coupons) (exp 1/31)

.55/1 Tyson Refrigerated Grilled & Ready product (Exp 3/6)

\$1 off Tyson Grilled & Ready product (Exp 3/6)

\$1 off Viva regular or Vantage paper towels, 6-pk.+ (exp 2/14)

.50/1 Wonderful Sweet Scarletts, 5-lb. + (exp 2/3)

\$3 off Zegerid OTC item, 14-ct. (exp 1/31)

\$6 off Zegerid OTC item, 42-ct. (exp 1/31)