

Coupon Variations for the Post and Courier for 1/10 below. You will get (4) inserts in your paper.

Be on the lookout for:

(2) RedPlum

(2) Smart Source

RedPlum 1/10 #1

\$3 off Arnicare gel 2.6 oz, cream 2.5 oz, or arthritis tablets (exp 3/15)

\$2 off Excedrin product, 20 ct. + (exp 1/23)

\$1.50 off Excedrin product, 80 ct. + (exp 2/6)

\$1 off Garnier Fructis style item (exp 2/6)

\$2 off Garnier Olia oil powered haircolor (exp 2/6)

\$5/2 Garnier Olia oil powered haircolor (exp 2/6)

\$2 off Garnier shampoo, conditioner or treatment, excl trial size, 1.7-3 oz (exp 1/30)

\$2 off Garnier skincare item, excl trial size (exp 2/6)

\$2 off L'Oreal Everstrong, Oleotherapy, Everpure, Evercurl, Eversleek or Evercreme shampoo, conditioner or treatment (exp 2/6)

\$3 off L'Oreal Preference Mousse Absolue haircolor, excl original superior preference (exp 2/6)

\$2 off L'Oreal Superior Preference haircolor, excl Preference Mousse Absolue (exp 2/6)

\$½ Quaker Old Fashioned Quick or Instant (Exp 2/29)

\$1/3 Quaker Popped Rice Crisp or Quaker Rice Cakes (Exp 3/6)

\$3 off Purina Pro Plan cat food, bag 3.2 lb. +, or (15) cans (exp 3/7)

\$3 off Purina Pro Plan cat food, bag 3.2 lb. +, or (15) cans (exp 4/4)

\$4 off Purina Pro Plan cat litter (exp 3/7)

\$1 off Purina Pro Plan cat snacks or chews (exp 3/7)

B2G1 Purina Pro Plan dog food can or tub, up to \$2.49 (exp 3/7)

\$3 off Purina Pro Plan dog food, bag 4 lb. + (exp 3/7)

\$3 off Purina Pro Plan dog food, bag 4 lb. + (exp 4/4)

\$2 off Purina Pro Plan dog snacks (exp 3/7)

\$1.50 off Zing Stevia sweetener (exp 2/21)

RedPlum 1/10 #2

\$2 off Always Discreet liner or pad, excl trial size (exp 2/6)

\$2 off Always Discreet underwear, excl trial size (exp 2/6)

\$2 off Clairol Age Defy hair color or Vidal Sassoon Pro-Series hair color, excl trial size (exp 2/6)

\$2/2 Clairol Aussie shampoo, conditioner or styling items, excl trial size (exp 2/6)

\$8/2 Clairol hair color, excl Age Defy, Balsam, Textures & Tones and trial size (exp 1/24)

\$3/2 Clairol Herbal Essences shampoo, conditioner or styling items, excl trial size (exp 2/6)

\$1/2 Dial or Dial Kids or Tone Foaming hand soaps 7.5 oz +, Dial liquid hand soap refills, or Dial, Dial for Men or Tone bar soaps 3-pk. +, Dial Advanced bar soaps 2-pk. +, or Dial acne items (exp 1/31)

B2G1 Dial or Dial Kids, Dial Baby, Dial for Men or Tone body wash, 12 oz, or Dial, Dial for Men or Tone 6-pk.+ bar, or Dial or Dial for men lotion 12 oz +, up to \$4.49 (exp 1/31)

\$1 off Downy Fresh Protect, Bounce Bursts, Dreft Blissfuls or Gain Fireworks, excl Unstopables and trial size (exp 1/24)

\$2.50/2 Downy Fresh Protect, Bounce Bursts, Dreft Blissfuls or Gain Fireworks, excl Unstopables and trial size (exp 1/24)

\$1.50/2 Dunkin' Donuts coffee items (exp 2/14)

.75/1 Dunkin Donuts refrigerated coffee Creamers (Exp 3/6)

\$1 off Dunkin Donuts single serve coffee creamer singles 24 ct (Exp 3/9)

.50/1 Gain detergents, liquid fabric enhancers or dryer sheets, excl dryer sheets 20 ct. or less, Fireworks, Flings and trial size (exp 1/24)

\$1/2 Gain detergents, liquid fabric enhancers or dryer sheets, excl dryer sheets 20 ct. or less, Fireworks, Flings and trial size (exp 1/24)

\$1.50/2 Keebler Sunshine, Famous Amos, Murray and/or Mothers multipacks 12 ct+ (exp 2/21)

\$1/3 Kellogg's cereals, 8.7 oz + (exp 2/21)

\$1/3 Kellogg's Special K cereal bars, pastry crisps, chewy snack bars, chewy nut bars, brownies, protein granola bars or Special K Moments Bites 5 ct. + (exp 2/21)

\$2/12 Pedigree cans 13.2-22 oz, or (1) multipack 12-ct. (exp 3/5)

\$1 off Pedigree dry dog food (exp 3/5)

\$1.50 off Psoriasin product (Exp 4/30)

\$2 off Schwarzkopf Essence Ultimate Hair Care or Styliste Ultim Styling Product Exp 2/1

\$4/2 Schwarzkopf Essence Ultimate Hair Care or Styliste Ultim Styling product exp 2/1

B5G5 Sheba regular or Perfect Portions cat food cans, up to \$4.45 (exp 2/6)

\$1/4 Uncle Ben's rice items (exp 3/6)

\$1 off Vicks product, excl VapoDrops, ZzzQuil and trial size (exp 2/6)

Smart Source 1/10 #1

\$1 off Aveeno product, excl cleansing bars, moisturizing bars, trial size and body lotion 2.5 oz (exp 3/6)

\$1/2 Bush's Cocina Latina or refried beans (exp 3/12)

\$1 off Clean & Clear product, excl trial size (exp 3/6)

\$1 off Energems product, 21-ct. bottle (exp 4/30)

\$1.50 off General Electric GE LED bright stik lighting item (exp 3/9)

\$1 off General Electric GE lighting item, \$4+ (exp 3/9)

\$1 off Goody's Headache Relief Shot or Back & Body Pain Relief (Exp 2/28)

\$1/2 Halls Drops single bags, 17 ct. + (exp 2/20)

\$1.50 off Huggies diapers jumbo pack + (exp 2/6)

\$2 off Huggies Little Snugglers, Little Movers or Overnites diapers, jumbo pk. + (exp 2/6)

.50/1 Huggies wipes, 56 ct. + (exp 2/6)

.50/1 Jolly Time popcorn, excl single microwave bags (exp 2/29)

\$2 off Kotex U Cleanwear Ultra Thin pads, Barely There or Curves liners, excl liners 14-22 ct. and trial size (exp 2/20)

\$2 off Kotex U Security tampons (exp 2/20)

\$2 off Kotex U Security Ultra Thin pads or Lightdays liners, excl liners 14-22 ct. and trial size (exp 2/20)

\$2 off Kotex U Sleek or Click tampons (exp 2/20)

\$1/2 Lance sandwich cracker, 8.4-30.3 oz (exp 2/29)

\$1 off Listerine adult mouthwash, 1 L+, or Healthy White 16 oz + (exp 2/6)

\$1 off Listerine floss or flosser (exp 3/6)

\$1 off Listerine Smart Rinse Anticavity fluoride rinse, 500 mL (exp 3/6)

\$2 off Lubriderm product, 8 oz + (exp 3/6)

\$1 off McCafe coffee items (exp 2/21)

.35/1 Morton sea salt rub (exp 2/6)

\$1 off Motrin IB, PM, children's or infant's item (exp 3/6)

\$3/2 Motrin IB, PM, children's or infant's items (exp 3/6)

\$2 off Mylicon infants' drops (exp 3/6)

\$2 off Nature's Way Alive! multivitamins (exp 2/28)

\$4 off Nature's Way Primadophilus Fortify probiotic (exp 2/28)

\$3/3 NeoSporin products, or Band-Aid bandages or first aid items, excl trial, first aid kits, bandages 10 ct., first aid to go kits; must buy two brands (exp 3/6)

\$2/2 Neutrogena products, excl trial size, clearance, foot cream, body oil and bar soap (exp 3/6)

\$1 off Odwalla beverage, 59 oz (exp 2/28)

\$1/2 Odwalla beverages, 15.2 oz (exp 2/28)

\$1 off Purell Advanced hand sanitizer bottle 8 oz, or hand sanitizing wipes 35-ct. + (exp 3/6)

\$1/2 Purell products (exp 3/6)

\$3 off RoC anti-aging item, excl trial size (exp 3/6)

\$10 off Rogaine men's or women's hair regrowth treatment, 2-ct. + (exp 3/6)

\$1 off Rubbermaid Fasten+Go item (exp 2/28)

.40/1 Sargento natural cheese snack, 4.5 oz + (exp 2/20)

\$1/3 Starkist tuna or salmon pouches (exp 3/6)

\$1 off Sudafed regular, PE or children's item (exp 3/6)

\$2 off Tena product (exp 1/31)

\$1 off Trop50 Orange Juice Beverage 59 oz (exp 3/5)

\$1 off Tylenol 8 Hour Arthritis item or Bengay product (exp 3/6)

\$2.50/2 Tylenol 8 Hour Arthritis items or Bengay products (exp 3/6)

\$1 off Tylenol or Simply Sleep product, excl trial size and Tylenol 8 hour arthritis pain items (exp 3/6)

\$2.50/2 Tylenol or Simply Sleep products, excl trial size and Tylenol 8 hour arthritis pain items (exp 3/6)

\$1/2 Welch's fruit snacks, fruit 'n yogurt snacks, or pb&j snacks, 8-ct +, excl 80 ct. box (exp 2/20)

\$2 off Zim's Max Vapor, Zim's Max Cold Sore or any Zim's Brand product (Exp 2/29)

\$4 off Zyrtec regular or D product, 24 ct. + (exp 3/6)

Smart Source 1/10 #2

\$4 off AcneFree 24 Hour Acne Clearing System, Deep Cleansing Duo or Sonic Advanced Cleansing Duo
(exp 3/31)

\$2 off AcneFree product, excl 24 hour Acne Clearing system, Deep Cleansing Duo or Sonic Advanced
Cleansing Duo, and trial size (exp 3/31)

\$1/2 Always or Tampax feminine care items, excl trial size (Target coupon) (exp 1/30)

\$5 off Bausch+Lomb OcuVite eye health Gummies (exp 2/29)

\$5 off Bausch+Lomb OcuVite item (exp 2/29)

\$2 off Bausch+Lomb Soothe lubricant eye drops (exp 3/31)

\$1 off BC product 18 ct + (exp 12/31)

\$1 off Bubba Burger (Exp 4/30)

\$2 off BioTrue contact lens solution, 10 oz + (exp 3/10)

\$4 off BioTrue contact lens solution, twin pack (exp 3/10)

\$1.50 off Birds Eye Steam Fresh Flavor Full Variety (exp 2/28)

\$1 off Birds EYe Steamfresh Protein Blends Variety (Exp 2/28)

.50/1 Bounty paper towels, 8-pk. + (Target coupon) (exp 1/30)

\$2 off Brita On The Go bottle (exp 3/6)

\$4 off Brita Pitcher, filter 3 ct., faucet mount, or faucet mount filter excl 1 ct. (exp 3/6)

\$4 off CeraVe baby product (exp 3/19)

\$4 off CeraVe healing ointment (exp 2/20)

\$3 off CeraVe product (exp 2/20)

.50/1 Charmin bath tissue 8-pk. + (Target coupon) (exp 1/30)

\$2 off Chloraseptic product, 15-ct.+ or 1 oz + (exp 1/24)

\$1/2 CoverGirl cosmetic items, excl clearance (Target coupon) (exp 1/30)

\$1 off Crest Complete twin pack, 3D White twin pack, Pro-Health twin pack, or Pro-Health or 3D White Brilliance 2-step toothpaste system, excl single toothpastes and trial size (Target coupon) (exp 1/30)

\$1 off Dole Fruit & Veggie Blends (exp 3/28)

\$1/2 Febreze air care or fabric care items, excl trial size (Target coupon) (exp 1/30)

\$4 off Florastor product, 20-ct. blister pack or Kids 20 ct. sachet (exp 1/24)

\$6 off Florastor product, 50 ct. (exp 1/24)

.35/1 Frank's RedHot Sauce (exp 3/31)

.75/1 Frank's RedHot Slammin Sriracha Chili Sauce, Frank's RedHot Rajili Sweet Ginger Sauce or Frank's RedHot Sweet Chili Sauce (Exp 3/31)

\$5 off FreeStyle Precision Neo Meter (exp 3/5)

\$1.50 off Galbani snack cheese, 6 oz + (exp 4/30)

\$1/3 General Mills Big G cereals (exp 2/20)

\$3 off Gerber Good Start formula, 22-26 oz (exp 2/28)

\$1/2 Gerber regular or Graduates items, excl formula (exp 2/28)

.75/3 Helper or Ultimate Helper skillet dishes (exp 3/5)

.75/1 Ken's Caesar or Balsamic dressing, 16 oz + (exp 2/29)

\$1/2 Ken's dressing, 16 oz + (exp 2/29)

\$½ Ken's Dressing 9 oz (exp 2/29)

\$1 off Land O'Frost Simply Delicious lunchmeat (exp 2/28)

\$1 off Land O'Frost Simply Delicious lunchmeat (exp 3/27)

\$1 off Lypsyl lip care item (exp 2/21)

\$1 off Metamucil fiber supplement, excl trial size (Target coupon) (exp 1/30)

\$1 off Milk-Bone Good Morning daily vitamin treats (exp 3/6)

\$2 off Mitchum Clinical (Exp 2/14)

\$1 off Mitchum product (excl. trial and twin packs) Exp 2/14)

\$2 off Nature Valley Bistro Cups Oatmeal KCup (exp 3/5)

\$2/2 Neogyn products (exp 6/30)

.50/1 Old El Paso Taco Boats dinner kit or soft flour tortillas (exp 3/5)

\$1 off Old Spice or Secret deodorant or body wash, excl trial size (Target coupon) (exp 1/30)

\$3 off Oral-B rechargeable toothbrush head refills, 3-ct. + (Target coupon) (exp 1/30)

\$2 off Pampers wipes 192-ct.+, WYB diapers 21 ct. +, excl trial size (Target coupon) (exp 1/30)

\$1 off PediaCare product, excl gas relief and saline items (exp 4/6)

\$2 off PeroxiClear product, 12 oz + (exp 3/12)

\$4 off PeroxiClear twin pack (exp 3/12)

.50/1 Peter Pan Simply Ground 15 oz (exp 3/5)

.40/1 Peter Pan jar 16.3 oz + (Exp 3/5)

\$1/3 Pillsbury refrigerated baked goods (exp 4/2)

.50/2 Pillsbury Toaster Strudel, toaster scrambles pastries or pancakes, excl heat-n-go mini pancakes (exp 4/2)

.50/2 Progresso products, excl pasta bowls (exp 3/5)

.50/1 Puffs facial tissue 3-pk.+, excl trial size (Target coupon) (exp 1/30)

\$1.25/2 Ragu pasta sauces (exp 2/7)

\$2 off Schick Hydro Silk disposable pack (exp 2/29)

\$2 off Schick Hydro Silk razor or refill, excl disposables (exp 2/29)

.50/1 Scrubbing Bubbles all purpose cleaner with fantastik (exp 2/21)

.50/1 Scrubbing Bubbles bathroom cleaner (exp 2/21)

.50/1 Scrubbing Bubbles toilet cleaning gel (exp 2/21)

\$1 off Skintimate or Edge or Schick Hydro shave gel, excl 2.7 oz (exp 2/7)

\$1 off SlimFast product (exp 3/5)

\$2.50/2 SlimFast snacks (exp 3/5)

\$1 off Snapware food or home storage item (exp 3/31)

.75/1 The Good Table product (exp 3/5)

\$3/2 Theraflu products (exp 1/16)

\$1/2 Tide or Downy or Bounce laundry care items, excl Tide 10 oz, Bounce 34 ct. and trial size (Target

coupon) (exp 1/30)

\$1 off Vicks DayQuil or NyQuil item (Target coupon) (exp 1/30)

\$1/4 Yardley bar soaps, or (1) shower gel or body wash 16 oz, or (1) Natural Artisan bar soap 3-pk. (exp 2/21)