

Coupon Variation for the Post and Courier for insert preview 8/14 below. You will get (3) inserts in your paper.

Be on the lookout for:

(1) Proctor & Gamble

(1) Red Plum

(1) Smart Source

Proctor & Gamble 8/14

\$3/2 Always pads 11-ct.+, liners 30-ct.+, or feminine wipes, excl Discreet and trial size (exp 8/27)

\$2 off Clairol hair color, excl Age Defy and trial size (exp 8/27)

\$3 off Clairol Age Defy, Vidal Sassoon, or Natural Instincts hair color, excl trial size (exp 8/27)

\$5/2 Clairol hair color, excl Age Defy, Balsam and Tintures & Tones, and trial size (exp 8/27)

\$3 off Gillette razor or disposable 2-ct.+, excl Sensor2 2-ct. and trial size (exp 8/27)

\$2/2 Head & Shoulders full size products 380 mL/12.8 oz +, excl treatments and trial size (exp 8/27)

\$2 off Luvs diapers, excl trial size (exp 8/27)

\$1.50/2 Pampers bags, or (1) box diapers or pants, excl trial size (exp 8/27)

\$3/2 Pampers bags or (1) box Easy Ups or Underjams, excl trial size (exp 8/27)

\$3/2 Tampax Pearl or Radiant tampons 16-ct. +, excl trial size (exp 8/27)

\$3/3 Tide detergents, Tide Pods, Downy Products, Bounce Sheets 70 ct + or Dreft Blissfuls (Exp 8/27)

\$3 off Venus razor, or Venus or Daisy disposable 2-ct.+, excl Daisy2 2-ct. and trial size (exp 8/27)

Red Plum 8/14

\$3 off Arnicare Gel 2.6 oz, Cream 2.5 oz or Arnicare ARthritis (Exp 10/15)

.55/2 Barilla Blue Box pasta item (exp 10/9)

\$1.50 off Birds Eye Viola Beef, Pork or Shrimp variety 21 oz only, excludes chicken varieties (Exp 10/14)

\$1 off Birds Eye Viola Variety 21 oz + (Exp 10/14)

\$½ Birds Eye Chef Favorites, Marvel, Disney, Star Wars Protein Blends or Flavor full varieties (Exp 10/2)

\$4 off Blink lid wipes (exp 9/19)

\$3 off Blink Revitalens, 10 oz + (exp 9/19)

\$3 off Blink Tears, Tears Preservative Free, Geltears or Contacts or Blink-n-clean (exp 9/19)

\$½ Bush's Cocina Latina (Exp 9/30)

\$2/2 Carnation Breakfast Essentials boxes, canisters or multipacks, excl 8 oz single serve bottles (exp 10/8)

\$1.50 off Carnation Breakfast Essentials Light Start, box or multipack (exp 10/8)

\$2 off Clearasil product (Exp 9/26)

.50/1 Colgate Toothpaste 3 oz + (Exp 8/27)

\$3 off Complete product, 12 oz + (exp 9/19)

\$1 off CoverGirl eye item, excl accessories and trial size (exp 9/10)

\$2 off CoverGirl TruBlend item, excl trial size (exp 9/10)

.75/1 Dannon Oikos Single serve cups, (1) multipack or (1) quart (Exp 9/14)

\$1 off Dannon activia multipack or any (4) single serve (exp 9/14)

\$2 off Dirt Devil stick, hand or upright vacuums (exp 9/10)

.55/1 Duke's Product (Exp 9/11)

.55/1 Duke's pouch (Exp 9/11)

.60/1 Jolly Time Microwave Pop Corn (Epx 9/30)

.55/1 Land o Lakes Eggs (Exp 11/14)

\$½ Lunchables uploaded walking tacos or any Lunchables with drink (Exp 10/9)

\$2 off Mitchum excl. Trial Size and twin packs (Exp 9/17)

.75/1 McCormick Grill Mates links and loops, 14 oz (exp 9/30)

\$½ Maruchan Bowl (Exp 11/30)

\$⅓ Maruchan Yakisoba Products (Exp 11/30)

.75/2 Nabisco Cookie or Cracker products 4.5 oz + (Exp 9/25)

.75/2 Newton's Cookies (exp 9/24)

.25/1 Palmolive dish liquid 10 oz + (exp 9/3)

.50/1 Palmolive Dish liquid 22 oz + (Exp 9/3)

\$1/2 Pantene products, excl 6.7 oz and trial size (exp 8/27)

\$½ Pet Frozen Novelty items (Exp 10/31)

.55/1 Pet Ice Cream 1.75 qt item (Exp 10/31)

\$1 off Revlon haircolor (Exp 9/18)

\$½ Sara Lee Breads or Snack Cakes (Exp 11/30)

\$2 off SheaMoisture Hair Care product (Exp 10/31)

\$2 off SHeaMoisture Bath, Body or Baby Care product (Exp 10/31)

\$1 off SheaMoisture Bar Soap (Exp 10/31)

\$1.25/2 Shout Products (Exp 9/11)

\$½ Sprayway products 15 oz + (Exp 11/30)

\$⅓ Stonyfield Organic single serve products OR (1) 30 oz + or Stonyfield Organic YoKids, YoBaby, or YoTot 4 pk + (Exp 9/25)

.50/1 Tide Simply or Cheer or Era detergent, Downy fabric enhancer, or Bounce sheet, excl Tide detergent or PODs, Downy libre enjuague or sheets, Era detergent 6 load, and trial size (exp 8/27)

\$3 off Ultimate Flora probiotic fizzy drink mix or gummies (exp 10/29)

\$5 off Ultimate Flora probiotic, 30-ct.+ (exp 10/29)

\$½ Welch's fruit snacks or Fruit in Yogurt Snacks (Exp 9/24)

.50/1 Zatarain Rice or Pasta Dinner Mixes (Exp 9/25)

.50/1 Zatarian Frozen Entree (Exp 9/25)

Smart Source 8/14

\$1 off Activia Greek or regular, multipack (exp 9/14)

\$15 off Amope Electronic Nail Care System (exp 8/28)

\$15 off Amope Pedi Perfect Electronic foot file (exp 8/28)

\$25/2 Amope products over \$24 (exp 8/28)

\$1/2 Bush's Cocina Latina, excl baked beans, grillin' beans, variety beans, chili beans, hummus made easy and chili magic (exp 9/30)

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

.50/1 Colgate toothpaste, 3 oz + (exp 8/27)

\$1 off Dole 100% juice item, 59 oz (exp 10/9)

.50/1 Dole Jarred Fruit (Exp 10/15)

\$1/2 General Mills Cheerios cereal, boxes (exp 9/24)

.50/1 General Mills Chex cereal (exp 9/24)

.50/1 Jolly Time microwave popcorn (exp 9/30)

.50/1 Kaboom Foam-tastic or No Drip Foam or Bowlblaster cleaner (Exp 10/31)

.50/1 Kaboom Shower, Tub & Tile or Daily SHower or Disinfex Cleaner (Exp 10/31)

\$1/2 Lunchables Uploaded Walking Taco, or any Lunchables with drink (exp 10/9)

\$1/2 Maruchan bowls (exp 11/30)

\$1/3 Maruchan Yakisoba items (exp 11/30)

\$1 off Milk-Bone Good Morning daily vitamin treats (exp 10/9)

.75/2 Nabisco cookie or cracker item, 4.5 oz + (exp 9/25)

\$1 off Nature Nate's product (exp 2/14/2017)

.75/2 Newton's cookies, 10 oz + (exp 9/24)

\$1/2 Nonni's Biscotti (exp 10/14)

.25/1 Palmolive dish liquid, 10 oz + (exp 9/3)

.50/1 Palmolive dish liquid, 22 oz + (exp 9/3)

\$1.50/2 Pearl Black Olives to Go! 4 pk or (1) 16 ct Club Pack (Exp 11/15)

\$1 off Pearl Kalamata,Pimento Stuffed Or Sliced Olives to Go! 4 pk (Exp 11/15)

\$1/2 Revlon haircolor items (exp 9/18)

\$3 off Rubbermaid Premier Container or Set (exp 10/2)

\$1 off Seattle's Best Coffee Ground or Whole Bean 12 oz or 20 oz or K-Cup Packs 10 or 16 ct (exp 10/14)

\$3 off Schick Intuition, Quattro for Women or Quattro titanium razor or refill, excl disposables (exp 9/4)

\$1 off Sharpie Extreme pack (exp 10/8)

\$1.25/2 Shout products, excl trial size (exp 9/11)

\$1 off Tyson Fun Nuggets (exp 10/9)

\$1 off Uni-Ball product, 2-ct. (exp 10/8)

\$1/2 Welch's fruit snacks or fruit 'n yogurt snacks 8-ct.+, excl 80-ct. box (exp 9/24)

\$2 off Zarbee's Naturals toddler or children's complete multivitamins (exp 9/30)