

Coupon Variation for the Post and Courier 10/2 below. You will get (4) inserts in your paper.

Be on the lookout for:

(2) Red Plum

(2) Smart Source

RedPlum 10/2 #1

\$2 off Abreva product (exp 1/2/17)

\$3 off Advil children's item (exp 10/9)

\$3 off Advil Cold & Sinus, Sinus Congestion & Pain, Allergy Sinus or Allergy & Congestion Relief (exp 10/9)

\$3 off Advil PM, 80-ct.+ (exp 10/9)

\$3 off Advil product, 160-ct.+ (exp 10/9)

\$1 off Advil regular, menstrual pain or film-coated 40-ct.+ or PM20-ct.+ (exp 10/9)

\$2 off Always Discreet incontinence liner or pad, excl trial size (exp 10/29)

\$2 off Always Discreet underwear, excl trial size (exp 10/29)

\$1.50 off Biotene product (exp 11/2)

\$2 off Breathe Right product (exp 10/31)

\$4 off Centrum MultiGummies 70 ct + (Exp 10/17)

\$4 off Centrum Vitamins 60 ct (exp 10/17)

\$4 off Centrum or Centrum Silver multivitamin 60 ct + (Exp 10/17)

\$2/2 Clairol Aussie shampoo, conditioner or styling items, excl trial size (exp 10/15)

\$3/3 Clairol Aussie shampoo, conditioner or styling items, excl trial size (exp 10/15)

\$4/2 Clairol Herbal Essences shampoo, conditioner or styling items, excl trial size (exp 10/15)

\$3 off Culturelle Probiotics (exp 1/31/17)

\$1/2 Dial Complete or kids foaming hand wash 7.5 oz +, liquid hand soap refills 32 oz +, Advanced bar 2-pk+, or bar 3-pk.+ (exp 10/23)

\$1/2 Dial or Tone body wash 12 oz +, Dial or Tone bar soap 6-pk. +, or Dial lotion 12 oz +, excl trial size (exp 10/23)

\$3 off Dimetapp Children's item (exp 10/9)

\$1 off Dry Idea deodorant (exp 10/23)

\$2 off Flonase and Childrens Flonase 60 spray (Exp 10/30)

\$4 off Flonase 120 spray + (Exp 10/30)

\$2 off Got2b styling item, excl trial size (exp 11/5)

\$1/2 International Delight coffee creamer singles, pints, quarts + (exp 12/31)

\$1 off International Delight iced coffee (exp 12/31)

.55/1 Jimmy Dean breakfast item, excl single serve sandwiches (exp 10/30)

\$1 off Jimmy Dean frozen breakfast item, excl single serve sandwiches (exp 10/30)

\$1 off Nexium 24HR item (exp 11/27)

\$10/2 Nexium 24HR item, 42-ct (exp 10/16)

.55/2 Pioneer Gravy Mixes (Exp ½)

.55/2 Pioneer Gluten Free Gravy Mixes (Exp ½)

\$2 off Polident denture cleanser tablets, 120-ct.+ (exp 11/2)

\$1 off Purex liquid detergent, 128 oz + (exp 10/12)

B4G2 Renuzit adjustables air fresheners, up to \$2.20 (exp 10/16)

\$1 off Renuzit oils or pearl scents (exp 10/16)

\$1 off Right Guard Xtreme Odor Combat deodorant, excl Sport (exp 10/23)

\$3 off Robitussin adult item (exp 10/9)

\$3 off Robitussin children's item (exp 10/9)

\$3 off Schwarzkopf Color Ultime or Keratin color hair color item (exp 11/5)

\$5/2 Schwarzkopf Essence Ultime or Styliste Ultime hair care or styling items (exp 11/5)

.75/1 Scott's Liquid Gold wood care (exp 12/31)

\$1/2 Skittles or Starburst or LifeSavers gummies, 7 oz + bags (exp 10/31)

\$1 off Soft Scrub 4-in-1 toilet care item (exp 10/22)

\$1 off Soft Scrub product, 20 oz + (exp 10/22)

\$1 off Super Poligrip product, 2 oz + (exp 11/2)

\$3/2 Thermacare heatwraps 2-ct.+ , or coldwrap 1-ct. (exp 10/9)

\$1.50 off Truvia Nectar (exp 11/30)

\$1.50 off Truvia Natural Sweetener exc 7 ct, Truvia Baking Blend or Truvia Brown Sugar Blend (Exp 11/30)

RedPlum 10/2 #2

\$1 off ACT kids rinse, 16.9oz (exp 11/30)

\$1 off ACT product, excl trial size (exp 11/30)

\$4 off Allegra allergy 24HR, 24-ct.+ (exp 10/29)

\$10 off Allegra allergy 24HR 70-ct.+ , or gelcaps 60-ct.+ (exp 10/8)

\$4 off Allegra children's allergy item (exp 10/29)

\$3 off Allegra-D allergy & congestion item (exp 10/29)

\$1/3 Balance individual bars (exp 11/30)

\$1.50 off Balance product, 6 or 10-ct box (exp 11/30)

.55/2 Bar-S franks, bologna, or ham or turkey lunchmeat (exp 11/13)

.75/1 Bar-S sausage, hot link or bacon (exp 11/13)

\$1 off Brach's or Trolli trick or treat pack or mixed bag, 10 oz + (exp 10/31)

\$4/3 Cesar or Sheba, Iams or Pedigree pet food multipacks (Target coupon) (exp 11/30)

B3G1 Cesar or Sheba, Iams, Dentastix or Temptations dog or cat treats or food, up to \$16.99 (Target coupon) (exp 11/30)

\$1.50 off Community Coffee K-Cups or Bag (exp 11/24)

\$4/2 Community Coffee Bags or K-Cups (Exp 1/31)

\$1 off Cortizone-10 products, 1 oz + (exp 10/29)

\$1.50 off Curly's Kansas City Style Seasoned Brisket Burnt Ends, Rio Grande Style Pulled Pork * Chorizo Sausage or West Coast IPA Style Pulled Pork (exp 12/31)

\$1.50 off Curly's Pulled Pork, Bold & Spicy Pulled Pork, Pulled Chicken, Pulled Beef Steak, Sauceless Pulled Pork, Sauceless Pulled Chicken or Baby Back Ribs (Exp 12/31)

\$1 off Disney or Star Wars or Marvel gummy vitamins (exp 11/30)

\$3 off Ester-C product (exp 11/30)

\$1 off Garnier cleanser, excl trial size (exp 10/29)

\$1 off Garnier Fructis shampoo, conditioner or treatment, excl 2.9-3 oz (exp 10/29)

\$1 off Garnier Fructis styling item, excl 2 oz (exp 10/29)

\$3 off Garnier moisturizer, excl trial size (exp 10/29)

\$2 off Garnier Nutrisse or color styler (exp 10/20)

\$2 off Garnier Olia oil-powered haircolor (exp 10/29)

\$1 off Gold Bond anti-itch item (exp 10/29)

\$1 off Gold Bond cream or lotion 2 oz +, excl 1 oz (exp 10/29)

\$1.50 off Gold Bond Eczema, Diabetics', Rough & Bumpy, Neck & Chest, Dark Spot Minimizing, or 13 oz Strength & Resilience, excl hand creams and 1 oz (exp 10/29)

\$1.50 off Gold Bond lotion 13 oz +, excl hand creams and 1 oz (exp 10/29)

.55/1 Land O Lakes Eggs (Exp 1/2/17)

\$1/2 MET-Rx bars, or (1) value pack (exp 11/30)

\$2 off Nature's Bounty Optimal Solutions item (exp 11/30)

\$1 off Nature's Bounty product (exp 11/30)

\$5 off Osteo Bi-Flex Ease item, 28 ct.+ (exp 11/30)

\$5 off Osteo Bi-Flex item, 70-ct.+ (exp 11/30)

.50/1 Pure Protein bar (exp 11/30)

\$1.50/2 Pure Protein bars, or (1) bar or shake multipack, or (1) powder (exp 11/30)

\$1.50 off Roloids bottle tablets or liquid (exp 10/29)

\$3/2 Sundown Naturals adult gummies (exp 11/30)

\$1 off Sundown Naturals vitamin or supplement (exp 11/30)

Smart Source 10/2 #1

.50/1 Alberto VO5 Oil, Salon Series Shampoo, Conditioner or Styling (exp 11/13)

.50/2 Alberto VO5 Shampoos or Conditioners (exp 11/13)

.50/2 Alberto VO5 Solutions Shampoos or Conditioners (exp 11/13)

\$½ Alexia Frozen Potatoes or Onion Rings (Exp 11/20)

\$2 off Bausch+Lomb Soothe (exp 12/31)

\$4 off Bausch+Lomb BioTrue Contact Lens Solution, Twin Pack (exp 12/2)

\$2 off Bausch+Lomb BioTrue Contact Lens Solution (exp 12/2)

\$1 off Blue Diamond Almonds 10 oz (Exp 12/4)

\$½ Blue Diamond Almonds 4 oz (Exp 12/4)

.50/1 Campbell's Skillet, Slow Cooker or Oven Sauces (Exp 11/27)

\$1/2 Chicken of the Sea Salmon Items (exp 11/30)

\$1 off ClariSpray product (exp 10/30)

\$4 off Claritin product, 30-ct.+ (exp 10/30)

\$4 off Claritin Children Syrup, or Chewables 20-ct.+ (exp 10/30)

\$4 off Claritin-D product, 15-ct.+ (exp 10/30)

\$4 off Claritin-D product, 15-ct.+ (exp 11/30)

\$1.50/2 Clorox Clean-Up, Disinfecting Wipes, Liquid Bleach or Toilet Bowl Cleaner (exp 11/2)

\$1 off Colgate Total, Colgate Optic White, Colgate Enamel Health, Colgate Max Fresh or Colgate Sensitive

Toothpaste 3 oz)Exp 10/15

\$1 off Colgate 360 or Colgate Floss Tip manual toothbrush (exp 10/8)

\$1 off Colgate Mouthwash or mouthrinse 236 ml + (exp 10/29)

\$1½ Contadina Sauce or Paste (Exp 11/26)

\$1/5 Dannon Greek Single Serve Cups, or (2) 4-pk.+ or (1) Quart (exp 11/12)

B2G1 Dannon Whole Milk or Light & Fit Single serve yogurts 5.3 oz (exp 11/2)

\$1/4 Del Monte Diced, Stewed or Whole Tomatoes (exp 11/26)

.50/1 Evian water, 750 ml, 1L, Single 1.5L or Multipack (exp 11/12)

.60/1 Jolly Time Pop Corn (exp 11/30)

.50/1 Minute Ready to Serve Rice Product (exp 12/24)

.40/2 Pace Salsa or Picante 16 oz + (exp 11/27)

\$1 off Palmer's Product (exp 12/31)

\$2 off Bausch+Lomb PeroxiClear, 12 oz+ (exp 11/19)

\$4 off Bausch+Lomb PeroxiClear, Twin Pack (exp 11/19)

\$4 off PreserVision Areds 2 (exp 11/30)

\$4 off PreserVision product (exp 11/30)

.25/1 Reddi Wip whipped topping 6.5 oz or 13 oz (exp 11/05)

\$3 off Revlon Eye, Face or Lip Cosmetics (exp 10/16)

\$1 off Revlon Haircolor products (Exp 11/6)

.55/1 Ritter Bar, 3.5oz (exp 10/30)

\$1 off Tai Pei Single serve entree or Multi serve appetizer (exp 12/31)

B1G1 Tic Tac Mints or Mixers, Single Pack 60-ct., up to \$1.79 (exp 1/2/2017)

Smart Source 10/2 #2

\$1.50 off Air Wick Freshmatic Ultra Refills (exp 10/30)

\$1.25 off Air Wick Scented Oil, Twin or Triple Refill (exp 10/30)

\$1/2 Air Wick products (exp 10/30)

\$1 off Ban Deodorant (exp 10/22)

\$1 off Ban Total Refresh Cooling Body Cloths Pack (exp 10/22)

\$1 off Biore Cleanser (exp 11/14)

\$1 off Biore Pore Strips (exp 11/14)

\$1.50 off Curel product (exp 10/29)

\$½ Chicken of the Sea Salmon items (Exp 11/30)

\$3 off Depend product (exp 10/28)

\$2 off Delsym 12 hour adults or kids (Exp 11/13)

\$2 off Delysm Cough + adult or kids product (Exp 11/13)

\$½ Dinty Moore products (Exp 11/28)

\$2/2 Ensure Multipacks (Exp 11/27)

\$1 off Fisher Recipe Nut item 10 oz + (Exp 12/5)

.55/1 Fiore Bath Tissue Rolls 12pk, or Paper Towel Rolls 6pk (exp 11/18)

.55/2 Fiore Facial Tissue (exp 11/18)

\$3 off Fleet Rectal Care Pain Relief Wipes (exp 11/30)

.40/1 Fleischmann's Yeast (exp 11/15)

\$4 off Florastor product, 20-ct (exp 10/17)

\$6 off Florastor product 50-ct., or Sachet 30-ct. (exp 10/17)

\$5 off FreeStyle Precision Neo Meter (Exp 11/27)

\$1.50 off Jergen's Moisturizer, 7.5 oz+ (exp 10/30)

\$1 off Jergen's Natural Glow item (exp 10/30)

\$2 off Jergen's Wet Skin Moisturizer, 10 oz+ (exp 10/30)

\$3 off John Frieda Frizz Ease 10 Day Tamer (exp 10/29)

\$1 off John Frieda Frizz Ease item (exp 10/29)

\$3 off John Frieda Luxurious Volume (exp 10/29)

\$1 off John Frieda Sheer Blonde, Brilliant Brunette or Radiant Red (exp 10/29)

.40/1 Karo Syrup (exp 11/15)

.50/1 Lysol Disinfectant Spray or Max Cover Mist (exp 11/15)

.50/2 Lysol Disinfecting Wipes (exp 11/15)

\$1 off Lysol N-Touch Hand Soap System Starter Kit or Refill (exp 11/15)

.50/1 Lysol Toilet Bowl Cleaner (exp 11/15)

\$2 off MagniLife Pain & Fatigue Relief or Tablets (exp 11/21)

\$1½ Mean Green products 32 oz + (Exp 12/31)

.50/1 Minute Ready to Serve Rice product (Exp 12/24)

\$2 off Mucinex Fast-Max (exp 11/13)

\$2 off Mucinex product (exp 11/13)

\$1/2 No Yolks Noodles Bags (exp 12/3)

\$2 off Phazyme product (exp 11/30)

\$1 off Purina One Dry Cat Food Bag, 3.5lb (exp 1/31/2017)

\$3 off Poise Pads or Liners (not valid on 14-26 ct liners, or 10 ct pads) exp 10/29

\$3 off Poise Impressa bladder supports (Exp 10/29)

\$5 off Refresh Optive Advanced or Gel Drops (exp 10/18)

\$4 off Refresh PM Nighttime Protective Ointment (exp 10/16)

\$3/2 Refresh Product (exp 11/13)

\$1.50 off Rich Bakery Item 9.5 oz + (Exp 11/30)

\$1 off Roto-Rooter product (Exp 12/31)

\$1 off Tai Pei Single Serve Entrée or Multi Serve Appetizer (exp 12/31)