

Coupon Variations for the Post and Courier 01/22 below. You will get (2) inserts in your paper.

Be on the lookout for:

(1) Red Plum

(1) Smart Source

Red Plum 01/22

\$3 off Abreva product, 2g pump or tube (exp 4/22)

\$3 off Arnicare gel 2.6 oz, cream 2.5 oz or arthritis tablets (exp 3/31)

\$1/5 Beech-Nut naturals or organic jars (exp 3/5)

.75/2 Beech-Nut organic coldpuree pouches (exp 3/5)

\$5 off Estroven Maximum Strength+Energy or Weight Management (exp 4/30)

\$3 off Estroven Sleep Cool or Stress plus Mood & Memory (exp 4/30)

\$5 off FDgard product, 8 or 24-ct (exp 1/20/2018)

\$1/2 Hefty Foam items (exp 3/31)

\$2 off Konsyl fiber (exp 4/30)

\$6/2 Konsyl fibers (exp 4/30)

\$3 off L'Oreal cosmetic face product, excl Magic Perfecting base .17 oz mini size (exp 2/18)

\$1 off L'Oreal eye shadow or eye liner (exp 2/18)

\$1 off L'Oreal Hair Expert shampoo, conditioner, treatment, or Advanced hairstyle products, excl 3 oz trial size (exp 2/4)

\$3/2 L'Oreal Hair Expert shampoo, conditioner, treatment, or Advanced hairstyle products, excl 3 oz trial size (exp 2/4)

\$5/3 L'Oreal Hair Expert shampoo, conditioner, treatment, or Advanced hairstyle products, excl 3 oz trial size (exp 2/4)

\$2 off L'Oreal Hydra Genius product, excl trial size (exp 2/18)

\$2 off L'Oreal Infallible lip product (exp 2/18)

\$1 off L'Oreal lip product, excl Infallible lipcolor (exp 2/18)

\$1 off L'Oreal Micellar cleansing water (exp 2/18)

\$2 off L'Oreal skincare product, excl Hydra Genius, Micellar cleansing water and trial size (exp 2/18)

\$2 off L'Oreal Superior Preference or Excellence haircolor product (exp 2/18)

\$6/2 L'Oreal Superior Preference or Excellence haircolor products (exp 2/4)

\$3 off L'Oreal Voluminous Feline mascara (exp 2/18)

\$1/2 Mars valentine's products, 3 oz+ (exp 2/14)

.50/2 McCormick dry seasoning mixes (exp 2/26)

\$1 off O'Keeffe's product (exp 3/31)

\$2.50 off O'Keeffe's Skin Repair item (exp 3/31)

\$1 off Persil ProClean laundry detergent, excl trial size (exp 2/19)

\$2 off Persil ProClean Power-Liquid 75 oz+, Power-Pearls 3 lb. 11 oz, or Power-Caps 38-ct.+ (exp 2/19)

.25/1 Quilted Northern Ultra Plush bath tissue, 6+ double roll (exp 2/20)

.50/1 Quilted Northern Ultra Soft & Strong bath tissue, 6+ double roll (exp 2/20)

B1G1 Right Guard body wash, or Dry Idea deodorant products (exp 2/5)

B1G1 Right Guard xtreme deodorant products, excl sport (exp 2/5)

\$2 off Right Guard xtreme precision dry spray, excl sport (exp 2/5)

\$2 off Sarna anti-itch lotion (exp 4/15)

\$1 off SheaMoisture bar soap, excl African block soap (exp 4/30)

\$2 off SheaMoisture bath, body or baby care product, excl hand and body lotion, single use packets and trial size (exp 4/30)

\$2 off SheaMoisture hair care product, excl single use and trial size (exp 4/30)

\$1 off Superpretzel product, frozen (exp 3/22)

\$1 off Wisk product (exp 2/19)

Smart Source 01/22

.55/1 2000 Flushes AUtomatic Toilet Bowl Cleaner (Exp 4/22)

\$2 off Alka-Seltzer heartburn relief gummies or heartburn reliefchews product, 32-ct+ (exp 2/19)

\$1 off Alka-Seltzer product, 12-ct+ (exp 2/19)

\$4 off Almay cosmetic item, excl trial size and deodorant (exp 2/5)

.55/1 Arnold buns (exp 4/22)

\$2 off Balmex diaper rash cream (exp 3/31)

\$3 off Blink lid wipes (exp 3/5)

\$3 off Blink Revitalens solution 10 oz, or Complete solution 12 oz+ (exp 3/5)

\$5 off Blink Revitalens solution 20 oz, or Complete solution 24 oz (exp 3/5)

\$3 off Blink Tears, Tears Preservative free, Geltears drops, -n-clean drops or contacts drops (exp 3/5)

\$1 off Blue Diamond shelf stable almond breeze, 64 oz (exp 3/26)

\$1/2 Blue Diamond shelf stable almond breeze, 32 oz+ (exp 3/26)

.40/2 Campbell's SpaghettiO's, 15.6 oz+ cans (exp 4/9)

\$1/2 Cascadian Farm granola bars, protein bars or soft-baked oatmeal squares (exp 3/18)

\$2 off Colace capsules, clear soft gels or peri tablets (exp 3/31)

\$2 off Cottonelle toilet paper 6-pk. Mega Roll + or 12-pk. Double roll+, WYB Cottonelle flushable cleansing cloths, tub or refill 42-ct.+ (Publix coupon) (exp 2/16)

\$1.50/2 Crunchmaster products (exp 4/22)

\$1 off Dole Mixations (exp 3/19)

\$5/2 Enfamil or Enfagrow Large Powders, 19-33.2 oz incl refill boxes (Publix coupon) (exp 2/16)

\$1.50 off Eucerin baby product, 2-13.5oz (exp 2/4)

\$1.50 off Eucerin body lotion or creme product, 2-16.9oz, excl trial size (exp 2/4)

\$1.50 off Farm Rich Cheddar Cheese Curds, 9.5 oz+ (exp 3/22)

\$1.50 off Farm Rich meatballs, 28 oz+ (exp 3/22)

\$1 off Farm Rich product, 9.5oz+ (exp 3/22)

\$1 off Farmer John California natural fresh pork product (exp 3/22)

\$1 off Farmer John ground pork product (exp 3/22)

\$1/3 Furmano's tomatoes, cans (exp 2/18)

.75/2 General Mills Cheerios cereal, any variety (exp 3/4)

\$1 off Harvest Stone purchase (exp 4/22)

.55/2 Hormel Chili (exp 3/20)

.50/1 Hormel REV bites (exp 3/20)

.50/1 Hormel REV wrap (exp 3/20)

\$1 off Huggies baby wipes refills, 168-792 ct. (Publix coupon) (exp 2/16)

\$2 off Huggies Diapers box 42-172 ct, or Pull-Ups training pants box 56-74 ct., or Goodnites youth pants big pack 25-33 ct. (Publix coupon) (exp 2/16)

\$1.50 off InnovAsian Cuisine product (exp 3/10)

\$2.50/2 InnovAsian Cuisine products (exp 3/10)

.55/1 Kikkoman product, 10 oz+ (exp 3/31)

\$1/2 Kraft dressings, 16 oz+ (exp 2/16)

\$1/2 Kraft Mayo or Miracle Whip dressing, 22 oz+ (exp 2/26)

\$1 off Land O'Frost premium, bistro favorites or Canadian bacon (exp 2/19)

.50/1 Land O'Frost Premium, bistro favorites or Canadian bacon (exp 2/19)

.75/1 Land O'Frost Simply Savory sausages (exp 2/19)

\$1 off Land O'Frost sub sandwich kit (exp 2/19)

\$2.50 off Lemon Grass Kitchen entree (exp 3/10)

\$1 off Lorissa's Kitchen premium protein snacks , 2.25 oz (exp 4/16)

.50/2 Louisiana Brand hot sauce or wing sauce, 12 oz+ (exp 3/31)

\$1/3 Maruchan bowls (exp 3/31)

\$1/3 Maruchan yakisoba products (exp 3/31)

\$1 off McCafe coffee (exp 3/5)

.50/1 Minute Rice product (exp 3/18)

\$2 off Mucinex Fast-Max product (exp 3/5)

\$2 off Mucinex product (exp 3/5)

\$2 off Neo-Synephrine spray (exp 1/30)

\$1.50 off Neo-Synephrine spray (exp 3/6)

\$1.50 off Nivea body lotion, creme or oil product, 2.6-21 oz, excl trial size (exp 2/4)

\$4/2 Nivea body lotion, creme or oil products, 2.6-21 oz, excl trial size (exp 2/4)

\$3/2 Nivea lip care products, .17oz stick, .59oz tin (exp 2/4)

\$1 off Nonni's Biscotti (exp 3/22)

\$1 off Nonni's ThinAddictives (exp 3/22)

\$1 off Pilot Frixion clicker pens, 2-pk.+ (exp 4/15)

\$1.50 off Pilot Frixion colorsticks or colors marker pens, 5-pk.+ (exp 4/15)

\$1 off Pilot G2 gel ink pens, 4-pk.+ (exp 4/15)

.75/1 Red Robin seasoned fries or onion rings, frozen (exp 4/17)

\$3 off Renew Life Ultimate Flora probiotic, 30-ct.+ (exp 2/18)

B1G1 Revlon eye cosmetic item (exp 2/5)

\$1/2 Revlon hair color (exp 2/5)

\$1/2 Sauer's seasoning mixes (exp 2/19)

\$1 off Snack Factory pretzel crisps, 5 oz (exp 3/31)

.55/1 Spot Shot Instant Carpet Stain and Odor Eliminator (Exp 4/22)

\$2 off Sticky Fingers barbecue sauce (exp 2/28)

\$1 off Stonyfield Organic, (3) single serve items, OR (1) 24-32 oz large cup or (1) multipack 4-pk+, incl YoBaby, YoTot and YoKids (exp 3/4)

\$1 off Sunsweet fruit & nut clusters product (exp 4/30)

\$1 off Tabasco Sriracha sauce, 20 oz bottle (exp 3/31)

.75/1 Viva or Viva Vantage towels, 6-pk.+ (Publix coupon) (exp 2/16)

\$1/2 Vlasic pickles, peppers or relish (exp 3/16)

.50/1 Wonderful Pistachios, 5-8 oz (exp 3/22)

\$1 off Wonderful Pistachios, 16 oz+ (exp 3/22)