

Coupon Variations for the Post and Courier for 1/29 below. You will get (4) inserts in your paper.

Be on the lookout for:

(1) Smart Source

(2) Red Plum

(1) Proctor & Gamble

Note: The coupons for the two Red Plum inserts have been combined into one list below.

Proctor & Gamble 01/29

all expire 2/11 or 2/25

\$2 off Always Discreet incontinence liner or pad, excl trial size (exp 2/11)

\$2 off Always Discreet underwear, excl trial size (exp 2/11)

\$3/2 Always pads 11-ct+, liners 30-ct+ or wipes 20-ct+, excl Discreet, and trial size (exp 2/11)

.25/1 Bounty product, excl trial size (exp 2/25)

.25/1 Charmin product, excl trial size (exp 2/25)

\$5 off Crest 3d White Glamorous White, 1hr Express, Professional Effects, Flexfit, Gentle Routine or Monthly Whitening Boost whitestrips, excl trial size (exp 2/11)

\$1 off Crest mouthwash 437ml 16oz+, excl trial size (exp 2/11)

\$1 off Crest toothpaste 3oz+, liquid gel or kids toothpaste, excl Cavity, Baking Soda, Tartar Control, and trial size (exp 2/11)

.50/1 Downy fabric softener or enhancer, Unstopables fabric care, Bounce sheets and Bursts, Downy Fresh Protect, Dreft Blissfuls or Gain Fireworks In Wash Scent Boosters, excl Downy Libre Enjuague, Downy liquid 12 load, and dryer sheets 25-ct. or less, and trial size (exp 2/11)

B1G1 Febreze product up to \$3.29, excl Unstopables, and trial size (exp 2/11)

\$1 off Febreze Unstopables product, excl in-wash scent booster, and trial size (exp 2/25)

\$2.50 off Fixodent adhesive twin pack 1.4 oz+, excl trial size (exp 2/11)

\$1 off Gain detergent, excl Fabric Enhancer, Fireworks, Flings, and trial size (exp 2/11)

\$1 off Gillette deodorant 1.6 oz+, excl trial size (exp 2/11)

\$3 off Gillette razor or disposable 2-ct+ excl sensor2 2-ct., and trial size (exp 2/25)

\$2 off Head & Shoulders 380ml/12.8oz+ or clinical solutions, excl trial size (exp 2/11)

\$5/2 Head & Shoulders 380ml/12.8oz+ or clinical solutions, excl trial size (exp 2/11)

\$2 off Luvs diapers, excl trial size (exp 2/11)

\$2 off Meta appetite control product, excl trial size (exp 2/25)

\$2 off Metamucil product excl meta health bar, excl trial size (exp 2/25)

\$1 off Olay bar 4-ct.+ or body wash, excl trial size (exp 2/11)

\$1 off Olay facial moisturizer or cleanser, excl trial size (exp 2/25)

\$2 off Olay ProX, Regenerist or Luminous facial moisturizer or Eyes, excl trial size (exp 2/25)

\$1 off Olay Regenerist facial moisturizer .5 oz or smaller excl Eyes, and trial size (exp 2/25)

\$1 off Olay Total Effects facial moisturizer, excl Eyes, and trial size (exp 2/25)

\$1 off Old Spice deodorant, body wash or bar soap, excl trial size (exp 2/11)

\$2 off Old Spice or Olay or Ivory duo dual-sided body cleanser, excl trial size (exp 2/11)

\$1 off Old Spice shampoo, 2-in-1 or styling product, excl trial size (exp 2/11)

\$1 off Oral-B adult or kids manual toothbrush, excl Healthy Clean, Cavity Defense and Indicator, and trial size (exp 2/11)

\$2 off Pampers Easy Ups training underwear or UnderJams absorbent night wear, excl trial size (exp 2/11)

Free Pampers wipes, 72-ct. or less up to \$3.99, WYB (1) Pampers diapers or easy ups training underwear, excl trial size (exp 2/11)

\$1 off Pantene Expert or Gold series product, excl trial size (exp 2/11)

\$2/2 Pantene products, must include shampoo and conditioner or styler excl 6.7 oz, and trial size (exp 2/11)

\$5/3 Pantene products, must include shampoo and conditioner or styler excl 6.7 oz, and trial size (exp 2/11)

\$1.50 off Pantene styler or treatment product, excl trial size (exp 2/11)

\$1/2 Pepto-Bismol products (exp 2/25)

\$3 off Prilosec OTC, 28-ct+ (exp 2/25)

Free Puffs tissue pack, up to \$2, WYB (2) Vicks products, excl Vicks inhalers, and trial size (exp 2/11)

\$1 off Secret Outlast, Fresh Collection, Scent Expressions, Destinations deodorant or body spray, excl 1.6 and 1.7 oz, and trial size (exp 2/11)

\$1 off Swiffer refill, solution or dust & shine, excl trial size (exp 2/25)

\$2 off Swiffer starter kit excl 1-ct and 2-ct duster 360, and trial size (exp 2/25)

\$3/2 Tampax Pearl or Radiant tampons 16 ct+, excl trial size (exp 2/11)

\$2 off Tide detergent, or Tide PODs or Gain Flings 31-ct or less, excl Tide Simply Clean & Fresh and Simply Clean & Sensitive, and detergent 10 oz, and trial size (exp 2/11)

\$3 off Tide PODs or Gain Flings, 32-ct+, excl Tide Simply Clean & Fresh or Simply Clean & Sensitive, Gain Flings or Tide PODs 5-ct. , and trial size (exp 2/11)

\$3 off Venus razor or Venus/Daisy disposable 2-ct+, excl Daisy2 2-ct., and trial size (exp 2/25)

\$1 off Vicks product, excl Sinex, VapoRub, VapoDrops and ZzzQuil, and trial size (exp 2/25)

\$1 off Vicks Sinex product, excl trial size (exp 2/25)

\$1 off Vicks ZzzQuil , excl trial size (exp 2/25)

Red Plum 01/29

(Coupons for the two Red Plum inserts have been combined into one list)

\$1 off ACT product, excl trial size (exp 3/18)

\$4 off Advil Cold, Sinus or Allergy item 10-ct.+ AND (1) adult 40-ct.+, PM 20-ct.+, or children's product, excl trial size (exp 2/12)

\$2 off Advil infants' item, or Advil, Robitussin or Dimetapp children's item (exp 2/5)

\$5 off Align adult chewables, 24-ct.+ (exp 2/11)

\$5 off Align kids chewables, 24-ct.+ (exp 2/11)

\$3 off Allegra -D or children's item (exp 2/11)

\$10 off Allegra allergy 24hr, 60 or 70-ct. product (exp 2/4)

\$5 off Allegra allergy 24hr, 24-ct.+ (exp 2/11)

\$1 off Arrowhead 100% mountain spring water, multi-pack 12-pk.+ (exp 3/12)

Free Axe (1) shampoo item WYB (1) body spray, up to \$6.50 (exp 2/12)

\$1 off Axe body wash, excl trial size (exp 2/12)

\$1 off Axe fresh or dry deodorant stick, excl twin packs and trial size (exp 2/12)

\$2 off Axe signature dry spray or stick deodorant, excl trial size (exp 2/26)

.25/1 Azteca tortilla, salad shell or chps (exp 3/3)

.75/3 Bar-S franks (exp 2/12)

.75/1 Bar-S sausage or hot link (exp 2/12)

\$2 off Benefiber product (exp 2/18)

.50/1 Best Foods mayonnaise jar 30 oz, squeeze 20 oz, organic 15-24 oz or vegan carefully crafted 24 oz item (exp 2/26)

\$1/4 Canine Carry Outs dog snacks (exp 3/26)

\$1 off Caress beauty bar 6-pk.+ or body wash 12 oz+ (exp 2/12)

\$1 off Citrucel product (exp 2/18)

\$2 off Clairol hair color, excl Balsam, Age Defy and trial size (exp 2/11)

\$5/2 Clairol hair color, excl Age Defy, Balsam, Textures & Tones and trial size (exp 2/11)

\$1 off Cortizone 10 product, 1 oz+ (exp 3/18)

.60/1 Country Crock buttery spread or buttery sticks (exp 2/26)

.75/1 Country Crock buttery spread or buttery sticks (exp 2/26)

\$3 off Covergirl product, excl 1 kit eyeshadows, cheekers blush, accessories and trial (exp 2/25)

\$3 off Covergirl+Olay family product, excl accessories and trial (exp 2/25)

\$1 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 3/31)

\$1 off Deer Park 100% Natural Spring Water, 12-pk.+ (exp 3/12)

\$1.25 Degree Men dry spray deodorant, clinical protection, motionsense or extra fresh deodorant, excl twin packs and trial size (exp 2/26)

.50/1 Degree Men dry protection or fresh deodorant product, excl twin pack and trial (exp 2/26)

\$1.25 off Degree Men dry protection or fresh deodorant product, excl twin packs and trial (exp 2/26)

\$1.25 off Degree Women dry spray, clinical protection, motionsense or ultra clear deodorant product, excl twin packs and trial (exp 2/26)

B2G1 DiGiorno pizzas, , up to \$6.70 (exp 2/6)

\$1.50/2 Dixie everyday plates 9" 85-ct.+ or 10" 50-ct.+ or ultra plates 9" 64-ct. or 10" 44-ct.+ (exp 2/28)

\$1/2 Dixie plates (exp 2/28)

\$1/2 Dixie plates, any size (exp 2/28)

\$1.25 off Dove advanced care or clinical protection deodorant, excl Men+Care and trial size (exp 2/12)

\$1 off Dove beauty bar, 4-pk+ excl Men+Care and trial size (exp 2/12)

\$1 off Dove body wash, 22 oz+ excl Men+Care and trial size (exp 2/12)

\$2 off Dove body wash 22 oz+ or shower foam 13.5 oz, WYB (1) beauty bar 4-ct.+ , excl Men+Care and trial size (exp 2/12)

\$2 off Dove Dermacare product, excl Men+Care and trial size (exp 2/25)

\$3/2 Dove hair care products, excl Men+Care and trial size (exp 2/25)

\$1 off Dove Men+Care bar soap 6-pk.+ or body wash, 13.5 oz+ (exp 2/26)

\$1 off Dove Men+Care elements deodorant, excl trial size (exp 2/12)

\$2 off Dove Men+Care hair care or styling product, excl trial size (exp 2/26)

.55/1 Eggland's Best cage free eggs (exp 4/29)

.35/1 Eggland's Best Hard-cooked ad peeled eggs, or cage free hard-cooked and peeled eggs (exp 4/29)

.55/1 Eggland's Best organic eggs (exp 4/29)

.55/1 Eggland's Best cage free eggs (exp 4/29)

.50/1 Eggland's Best eggs (exp 4/29)

\$1.50 off Ex-Lax or PerDiem product (exp 2/18)

\$5 off Flonase 120 spray+ (exp 2/26)

\$3 off Flonase 60 spray, or Children's items (exp 2/26)

\$2 off Garnier cleanser, excl trial size (exp 2/25)

\$2 off Garnier Fructis shampoo, conditioner or treatment, excl 2.9 and 3 oz (exp 2/11)

\$2 off Garnier Fructis style product, excl 2 oz (exp 2/25)

\$3 off Garnier moisturizer, excl trial size (exp 2/25)

\$2 off Garnier Nutrisse or color styler (exp 2/25)

\$4/2 Garnier Nutrisse or color styler (exp 2/25)

\$1.50 off Gas-X product, 18-ct.+ (exp 2/18)

\$1 off Gaviscon product, 12 oz+ (exp 2/18)

\$1 off Gold Bond product, excl 1 oz powder and healing lotion (exp 3/4)

.50/1 Hellmann's mayonnaise jar 30 oz, squeeze 20 oz, organic 15-24 oz or vegan carefully crafted 24 oz item (exp 2/26)

.55/1 Hillshire Farm Lit'l Smokies cocktail links (exp 3/12)

.60/1 I Can't Believe It's Not Butter product (exp 2/26)

.50/1 I Can't Believe It's Not Butter! product (exp 2/26)

\$1 off Icy Hot or Aspercreme, Capzasin, Arthritis Hot, Flexall product, excl icy hot and aspercreme 1-ct. patch, 1.25 oz creams, or 1.75 oz lidocaine creams (exp 3/18)

\$1 off Kansas City style seasoned brisket Burnt Ends, Rio Grande Style Pulled Pork and Chorizo Sausage, West Coast IPA style pulled port, or Alabama Style Pulled Pork Belly (exp 3/31)

\$1.50 off Kaopectate product (exp 3/18)

.60/2 Lipton Recipe Secrets items (exp 2/26)

\$1 off Lipton tea bags, k-cup, liquid or powdered iced tea mix product, excl bottled teas (exp 2/26)

\$1 off Litehouse blue cheese or ranch dressing (exp 2/28)

.50/1 Mahatma or Water Maid rice (exp 4/30)

\$3 off Maybelline Dream foundation item (exp 2/25)

\$3 off Maybelline mascara (exp 2/25)

\$1 off Maybelline shadow or liner (exp 2/25)

\$1/2 Milk-Bone dog snacks (exp 3/26)

\$1/2 Milo's Kitchen dog treats (exp 3/26)

\$10 off Nasacort product, 2×120 spray (exp 2/4)

\$2 off Nasacort product (exp 3/18)

\$1.50/2 New England coffee items (exp 3/31)

\$2 off Noxzema 5 or 4-blade, triple blade 4, 8 or 10-ct., twin blade 12-ct. or sonic beauty wand (exp 2/28)

\$2 off Polident cleanser tablets, 120-ct. (exp 3/1)

\$3 off Prevacid 24HR product (exp 2/18)

\$1/3 Pringles full size cans 146 g+, excl 100 calorie and trial size (exp 3/12)

\$1/2 Pup-Peroni dog snacks (exp 3/26)

\$3/2 Purina Beggin' dog snack, 23 oz+ (exp 3/29)

\$3/2 Purina Beneful dog treats, 6 oz+ (exp 3/29)

\$1/2 Purina Busy or Waggin' Train dog treats (exp 3/29)

\$1/2 Purina DentaLife dog treats (exp 3/29)

\$2.50 off Purina Dog Chow Natural or Puppy Chow Natural, 15.5 lb+ (exp 2/25)

\$2 off Purina dog or puppy chow, 15.5 lb+ (exp 2/25)

\$1.50 off Purina Fancy Feast or Beyond cat treats (exp 3/29)

\$1/3 Purina Friskies, DentaLife, or Whisker Lickin's cat treats (exp 3/29)

\$1 off Purina ONE dry cat food, 3.5 lb+ (exp 4/30)

\$3 off Purina ONE Smartblend dry dog food (exp 4/30)

.75/4 Purina ONE Smartblend wet dog food (exp 4/30)

B2G1 Purina ONE wet cat food cans 3 oz, up to \$.89 (exp 4/30)

\$2 off Purina Tidy Cats cat litter, 20-lb or smaller jug (exp 4/30)

\$2 off Robitussin adult product (exp 2/5)

\$1.50 off Roloids tablets or liquid bottle (exp 3/28)

\$2 off Seventh Generation diaper (exp 3/31)

.50/1 Seventh Generation dish liquid (exp 3/31)

\$1 off Seventh Generation laundry detergent or laundry detergent packs (exp 3/31)

\$1.50 off Suave and Suave Professionals hair styling product, excl trial size (exp 2/25)

.75/1 Suave body wash, 12 oz+, excl trial size (exp 2/25)

\$1/2 Suave body wash items 12 oz +, incl Essentials, Professionals, Naturals, Men and Kids; excl trial size (exp 2/25)

.50/1 Suave deodorant stick or clinical protection, excl 1.4 oz, twin packs and trial (exp 2/26)

\$2 off Suave Kids disney hair care product (exp 2/25)

\$1 off Suave Kids hair care product (exp 2/25)

\$3/2 Suave Professionals gold hair care products, excl 2 oz trial size (exp 2/25)

\$3/2 Suave Professionals shampoo, conditioner or treatment, 28 oz (exp 2/25)

\$1 off Super Poligrip product, 2 oz+ (exp 3/1)

\$1.50 off Tums Chewy Delights, 32-ct. (exp 2/13)

\$1.50/2 TUMS products, 32-ct.+ (exp 2/18)

\$1 off Unisom product (exp 3/18)

\$2 off Vaseline lotion, 10 oz+ (exp 2/25)

\$1 off Wright brand bacon (exp 3/12)

Smart Source 01/29

\$2 off Aleve product, 40-ct.+, excl Aleve-D items (exp 3/5)

\$4 off Aleve product, 80-ct.+, excl Aleve-D items (exp 2/5)

\$1 off Ban Roll-On deodorant, excl trial size (exp 2/26)

\$1 off Ban Solid deodorant (exp 2/26)

\$4 off Bausch+Lomb Preservision Areds 2 formula + multivitamin (exp 3/31)

\$4 off Bausch+Lomb Preservision item (exp 3/31)

\$2 off Bausch+Lomb Renu fresh or Renu sensitive, 12 oz (exp 3/31)

\$4 off Bausch+Lomb Renu fresh twin pack, 2×12 oz (exp 3/31)

\$1 off Bayer Aspirin, 50-ct.+ (exp 2/28)

\$2 off Bayer Aspirin, 200-ct.+ (exp 2/6)

.55/2 Blistex lip care items (exp 2/28)

\$1.50/2 Blue Diamond Almonds, 4 oz+ cans or bags (exp 4/2)

\$1 off Blue Diamond almonds bag, 10 oz+ (exp 4/2)

\$1 off Blue Diamond almonds can or bag, 4 oz+ (exp 4/2)

\$1/3 Bumble Bee Seasoned Tuna pouches, 2.5 oz (exp 4/8)

.75/1 Bush's chili beans, variety beans or organic beans (exp 3/12)

\$1 off Bush's hummus made easy AND (1) garbanzo beans or black beans (exp 3/12)

.55/1 Cape Cod Kettle Chips, 6.5 oz + bag (exp 2/28)

\$1.75/3 Cape Cod product 6.5 oz+, or Snyder's of Hanover product 8 oz+, or Pop Secret 6-ct.+ (exp 2/28)

\$½ Carolina Pride Smoked Sausage, Cocktail Smokies or Bacon (Exp 2/28)

\$3 off Carvel Ice Cream Cakes (Exp 3/31)

\$1 off Chock full o'Nuts coffee (exp 3/31)

.50/1 Colgate toothpaste, 3 oz+, excl 2.8 and 2.8 oz bonus, and trial size (exp 2/11)

\$1.50 off Cooked Perfect. meatballs (exp 3/29)

\$2 off Coricidin HBP, 16-ct.+ or 10 oz+ (exp 2/26)

\$1 off Cottonelle mega roll toilet paper 6-pk.+ , or (1) 12-pk. double rolls, excl big roll (exp 3/12)

\$1.50 off Cottonelle toilet paper, 18+ rolls (exp 3/12)

\$1 off Dannon Oikos (3) single serve cups or drinks, or (1) multipack or (1) quart (exp 2/28)

\$2 off Depend product, 8-ct.+ (exp 2/25)

\$2 off Depend real fit or silhouette product, 8-ct.+ (exp 2/25)

\$2 off Depend shields or guards for men or bed protectors, 8-ct.+ (exp 2/25)

\$1 off Duracell coppertop or quantum, 6-pk.+ (exp 2/25)

\$2/2 Ensure multipacks (exp 3/26)

\$1/2 Fisherman's Friend products (exp 4/23)

\$1 off Fisherman's Friend sugar free cherry item, 40-ct. (exp 2/12)

\$5 off FreeStyle Precision Neo meter (exp 3/26)

.50/1 French's crispy jalapenos (exp 3/31)

.50/1 French's dijon or horseradish mustard (exp 3/31)

.50/1 French's ketchup (exp 3/31)

\$1/2 French's Specialty Mustards, 12 oz (exp 3/31)

.25/1 French's spicy brown mustard (exp 3/31)

.50/1 French's spicy brown mustard (exp 3/31)

\$1/3 General Mills cereals (exp 3/11)

\$3/2 Glucerna multipacks (exp 3/26)

\$1 off Go Organically fruit snacks, 8-ct.+ (exp 3/25)

\$1 off Hershey's Cookie Layer Crunch, (1) bag 6.3 oz, or (2) bars 1.4 oz+ (exp 3/25)

.75/2 Honey Maid grahams, 14.4 oz boxes (exp 3/11)

\$1.50/2 Jose Ole taquitos or snacks, 16 oz+ (exp 3/31)

\$1 off Jose Ole taquitos or snacks, 16 oz+ (exp 3/31)

.75/1 Jose Ole taquitos or snacks, 16 oz+ (exp 3/31)

.75/2 Nabisco Chips Ahoy! thins packages, 7 oz+ (exp 3/18)

.50/2 Nature Valley 5-ct.+ granola bars, backpacker chewy oatmeal bites or granola cups (exp 3/25)

\$1/2 Olive Garden Dressings (exp 4/30)

\$3 off Olly product (exp 7/29)

\$3 off Pepcid or Imodium, or Lactaid Fast Act item, excl trial size (exp 3/5)

\$2 off Poise Impressa bladder supports sizing kit or size 1, 2 or 3 6-ct.+ (exp 2/25)

\$2 off Poise pads or liners, excl 14-26 ct. liners or 10-ct. pads (exp 2/25)

.55/1 Pop Secret box, 6-ct.+ (exp 2/28)

.50/2 Progresso products, excl pasta bowls (exp 3/25)

\$2 off Rachael Ray Nutrish dry cat food, 3 lb+ (exp 3/26)

\$3 off Rachael Ray Nutrish dry dog food, 3.5 lb+ (exp 3/26)

B2G1 Rachael Ray Nutrish wet dog food tubs (exp 3/26)

\$1 off Riceworks Gourmet Rice Snacks 5.5 oz + (Exp 4/30)

.40/2 Sargento Shredded Natural Cheese (exp 3/12)

.40/2 Sargento Sliced Natural Cheese (exp 3/12)

.55/1 Snyder's of Hanover pretzel bag, 8 oz+ (exp 2/28)

\$1.50 off Springer Mountain Fresh Whole Chicken or Boneless Skinless Breast (Exp 3/31)

\$1.50/2 Summer's Eve external products (exp 3/1)

\$1 off Sunsweet Prune Juice or PlumSmart item (exp 4/30)

\$1 off Sweet Baby Ray's barbecue sauce, 28 oz+ (exp 2/28)

\$1/2 Sweet Baby Ray's barbecue sauce, 28 oz+ (exp 2/28)

\$1 off Sweet Baby Ray's Dipping Sauce (exp 2/28)

\$1.50 off Sweet Baby Ray's wing sauce/marinade, 16 oz (exp 2/28)

\$1 off Sweet Baby Ray's wing sauce/marinade, 16 oz (exp 2/28)

.60/1 Texas Pete CHA! Sriracha Sauce, 18 oz (exp 2/28)

.60/1 Texas Pete wing sauce, 12 oz (exp 2/28)

\$2 off Theraflu powder, 12-ct. (exp 2/4)

\$1 off Theraflu product (exp 2/25)

\$1/3 Totino's Crisp Crust Party Pizza (exp 3/25)

.75/3 Totino's pizza rolls, blasted crust rolls, pizza sticks or stuffed nachos, 12.3 oz+ (exp 3/25)

\$1 off Trojan condoms, 10-ct.+ (exp 2/28)

\$2 off Trojan premium lubricant, 3-3.38 oz (exp 2/28)

\$2 off Trojan vibrations (exp 2/28)

\$1 off White Castle microwaveable hamburgers or cheeseburgers, 16-ct. (exp 3/20)

.55/1 White Castle microwaveable hamburgers, cheeseburgers or jalapeno cheeseburger 6-ct., or 4-ct.
chicken breast sandwiches (exp 3/20)

.50/1 Wonderful Halos, 2 lbs+ (exp 3/1)