

Coupon Variation for the Post and Courier 09/10 below. You will get (3) inserts in your paper.

Be on the lookout for:

(2) Red Plum

(1) Smart Source

Note: Coupons for the two RedPlum inserts have been combined into one list

Red Plum 09/10

\$2 off Advil liqui-gels minis, 20-ct+ (exp 9/24)

\$1 off Advil Infant or Childrens, Childrens Robitussin or Childrens Dimetapp (Exp 9/17)

\$10 off Allegra allergy, 60 or 70-ct (exp 9/16)

\$4 off Allegra allergy 24HR, 24-ct+ (exp 9/30)

\$3 off Allegra-D product (exp 9/30)

.50/1 Angel Soft bath tissue, 4 double roll+ (exp 10/10)

\$1 off Angel Soft bath tissue, 12 roll+, or 6 mega roll+ (exp 10/10)

\$2/2 Aussie shampoo, conditioner or styling items, excl trial size (exp 9/23)

\$3/3 Aussie shampoo, conditioner or styling items, excl trial size (exp 9/23)

\$1 off Benadryl product (exp 10/8)

\$2 off Carnation Breakfast Essentials Nutritional products (excl 8 oz single serve bottles) exp 11/10

\$3/2 Carnation Breakfast Essentials Powder Drink Mix Nutritional Products (Exp 11/10)

\$4 off Centrum MultiGummies or VitaMints, 60-ct+ (exp 9/25)

\$4 off Centrum or Centrum Silver multivitamin, 60-ct+, excl MultiGummies and VitaMints (exp 9/25)

\$3 off Clairol Age Defy, or Vidal Sassoon or Natural Instincts Crema Keratina hair color, excl Vidal Sassoon shampoo, conditioner, styler, and trial size (exp 9/23)

\$3 off Clairol Natural Instincts hair color, excl trial size (exp 9/23)

\$1 off Coleman Natural Foods product, excl fresh chicken and deli items (exp 11/13)

\$1.50 off Community Coffee bag or K-cup box (exp 10/31)

\$4/2 Community Coffee bags or K-Cup boxes (exp 10/31)

\$2 off Covergirl eye item, excl 1-kit eyeshadows, accessories & trial size (exp 10/7)

\$2 off Covergirl face item, excl Cheekers, accessories & trial size (exp 10/7)

\$1 off Covergirl product, excl accessories and trial size (exp 10/7)

\$3/2 Covergirl products, excl accessories and trial size (exp 10/7)

\$1/2 Dial foaming hand wash, liquid hand soap refill, bar soap 3-pk+, or Advanced soap 2-pk+ (exp 10/1)

\$2/2 Dial for Men body wash, or bar soap 6-pk+, excl trial size (exp 10/1)

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

\$3 off Dimetapp Dye Free or Childrens Robitussin 12 hour (exp 9/17)

.75/1 Eggland's Best cage free eggs (exp 12/10)

.55/1 Eggland's Best Cage Free eggs (exp 12/10)

.55/1 Eggland's Best eggs (exp 12/10)

.55/1 Eggland's Best Organic eggs (exp 12/10)

.35/1 Eggland's Best Regular or Cage Free Hard-Cooked & Peeled Eggs (exp 12/10)

\$1/2 EZ Foil Disposable Bakeware (exp 11/30)

\$2 off Gain Flings 25-ct or less, or Detergen, excl Fireworks, Flings 5-ct & trial size (exp 9/23)

\$3 off Gain Flings 26-ct+, or Detergent 75 oz+, excl Fireworks, Flings 5-ct & trial size (exp 9/23)

\$2 off Gain liquid fabric softener 48-load+, excl laundry detergent, dryer sheets, Fireworks, Fling & trial size (exp 9/23)

\$3 off Gain liquid fabric softener 52-load+, excl laundry detergent, dryer sheets, Fireworks, Fling & trial size (exp 9/23)

\$2 off Garnier cleansers, excl trial size (exp 10/7)

\$3/2 Garnier Fructis shampoo, conditioner or treatment over 3 oz (exp 10/7)

\$2 off Garnier moisturizer, excl trial size (exp 10/7)

\$2 off Garnier Nutrisse item (exp 10/7)

\$1 off Garnier Whole Blends shampoo, conditioner or treatment (exp 10/7)

\$3 off Gillette or Venus or Daisy disposables 2-ct+, excl Sensor2 and Daisy2 2-ct (exp 10/7)

\$3 off Gillette or Venus razor, excl disposables (exp 10/7)

\$1 off Gold Bond cream or lotion, 2 oz+ (exp 10/31)

\$1.50 off Gold Bond Eczema Relief, Rough & Bumpy, Diabetics' Dry Skin Relief, Strength & Resilience 13 oz, Dark Spot, Neck & Chest, Psoriasis or lotion 13 oz+, excl hand creams and 1 oz sizes (exp 10/31)

Free Herbal Essences bio:renew styler/treatment up to \$6, WYB (2) bio:renew products, excl color, body wash & trial size (exp 9/23)

\$2/2 Herbal Essences shampoo, conditioner or styling items, excl bio:renew, color, body wash and trial size (exp 9/23)

\$3/3 Herbal Essences shampoo, conditioner or styling items, excl bio:renew, color, body wash and trial size (exp 9/23)

\$1 off IcyHot or Aspercreme, Capzasin, Sportscreme, Arthritis Hot or Flexall product, excl 1-ct patches and 1.25-1.75 oz creams (exp 10/31)

\$5 off IcyHot SmartRelief pain therapy kit, excl refill (exp 9/30)

\$1/2 Kellogg's cereals (Publix coupon), 7 oz+ (exp 9/22)

\$1/2 Kellogg's Pop-Tarts toaster pastries (Publix coupon), 8-ct+ (exp 9/22)

\$1/2 Kellogg's Special K Pastry Crisps, Rice Krispies Treats, or Nutri-Grain Bars (Publix coupon), 5-12 ct box (exp 9/22)

\$2 off L'Oreal cosmetic face item, excl Magic Perfecting Base .17 oz mini size (exp 10/7)

\$2 off L'Oreal Ever haircare item (exp 10/7)

\$1 off L'Oreal eye shadow or eyeliner item (exp 10/7)

\$5/3 L'Oreal Hair Expert shampoo, conditioner, treatment , excl 3 oz (exp 9/30)

\$2 off L'Oreal Hair Expert shampoo, conditioner, treatment or Advanced Hairstyle item, excl 3 oz (exp 9/30)

\$2 off L'Oreal Hydra Genius item, excl trial size (exp 10/7)

\$2 off L'Oreal Infallible lip item (exp 10/7)

\$2 off L'Oreal lip item, excl Infallible Lip Color (exp 10/7)

\$1 off L'Oreal Magic Root Cover Up spray (exp 10/7)

\$2 off L'Oreal Revitalift Age Perfect Skincare item, excl cleansers and trial size (exp 10/7)

\$2 off L'Oreal Superior Preference, Excellence or Age Perfect by Excellence haircolor (exp 10/7)

\$5/2 L'Oreal Superior Preference, Excellence or Age Perfect by Excellence haircolor (exp 10/7)

\$2 off L'Oreal Voluminous Lash Paradise mascara (exp 10/7)

\$1 off Mahatma Jasmine, 5 lb (exp 12/31)

\$2/3 Mars Fall Festival bags, 7.94-21.5 oz (exp 10/31)

.50/1 Mars Fall Festival variety bag, 25.4 oz+ (exp 10/31)

\$1 off Maybelline face item (exp 10/7)

\$2 off Maybelline mascara (exp 10/7)

\$1 off Maybelline shadow or liner (exp 10/7)

\$1/2 MorningStar Farms products (Publix coupon) (exp 9/22)

\$10 off Nasacort Allergy 24HR, 2×120 spray (exp 9/16)

\$2 off Nasacort Allergy 24HR, 60 spray (exp 9/30)

\$4 off Nasacort Allergy 24HR, 120 spray (exp 9/30)

\$2/3 Nestle fun-size bags, 10.5-30 oz (exp 11/1)

\$2 off Nexium 24HR item (exp 11/5)

\$5 off Nexium 24HR item, 28 or 42-ct (exp 9/17)

\$1.50 off Nudges dog treats, 10 oz+ (exp 10/31)

\$3 off Okocat litter (exp 10/31)

B1G1 Okocat litter, up to \$14.99 (exp 10/31)

\$4/2 Pantene products, excl 6.7 oz & trial size (exp 9/23)

\$2 off Persil Proclean laundry detergent, excl trial size (exp 10/8)

\$2 off Purina ONE dry cat food bag (exp 12/31)

\$2 off Purina ONE Smartblend dry dog food (exp 10/22)

\$1/4 Purina ONE Smartblend wet dog food cans (exp 10/22)

\$1/4 Purina ONE wet cat food cans (exp 12/31)

B3G1 Renuzit Adjustables air freshener cones, up to \$1.10 (exp 9/24)

\$1.50/2 Renuzit Adjustables multipk, 3-pk+ (exp 9/24)

.25/1 Renuzit Pearl Scents air freshener (exp 9/24)

\$1 off Reynolds Disposable Bakeware (exp 11/30)

.55/1 Reynolds Wrap Foil, 35 sq. ft.+, excl Wrappers or foil sheets (exp 10/15)

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

\$1 off Right Guard Xtreme Precision dry spray, excl Sport (exp 10/1)

\$2 off RoC anti-aging item (exp 10/10)

\$1 off Sally Hansen Miracle Gel item, \$7.45+ (exp 10/10)

\$1 off Sally Hansen Miracle Gel top coat or value pack, \$7.45+ (exp 10/10)

B1G1 Schwarzkopf on Gliss products, WYB (1) Gliss hair repair, up to \$6.99 (exp 10/1)

\$1 off Seventh Generation feminine care item (exp 12/10)

\$10 off Synodrin Complete Joint Health Triple Action or Advanced formula (exp 10/31)

\$10 off Synodrin topical pain relief, 3 oz+ (exp 10/31)

\$1 off Tide Simply detergent 27 oz+, or Bounce sheets, excl Tide detergent or PODS and trial size (exp 10/7)

\$1 off Tylenol children's cold item (exp 10/31)

\$1 off Tylenol Rapid Release Gels (exp 10/31)

\$3/2 Unisom product 24-ct+, or liquid (exp 10/8)

\$2 off Unisom Sleep + Immune Support item (exp 10/8)

\$1.50 off Visine product, .5 oz (exp 10/8)

\$½ Welch's 59 oz Refrigerated Juice Cocktails (Exp 12/10)

\$1 off Welch's 46 oz Natural 100% Juice (Exp 12/10)

\$1.50 off Whole Earth Sweetener Co product (exp 11/10)

\$4 off Zyrtec or Rhinocort children's item (exp 10/8)

\$4 off Zyrtec product 24-30 ct, or Rhinocort allergy 60-spray (exp 10/8)

\$10 off Zyrtec product 70-ct, or Rhinocort 120 spray (exp 9/17)

Smart Source 09/10

\$3 off Aleve Direct Therapy refill gel pads (exp 10/8)

\$3 off Aleve PM items, 20-ct+, excl Aleve-D items (exp 10/8)

\$2 off Aleve product, 40-ct+, excl Aleve-D items (exp 10/8)

\$5/2 Aleve regular or PM, 80-ct+, excl Aleve-D items (exp 9/17)

\$3 off Alka-Seltzer Heartburn Relief Gummies, or ReliefChews, 24-ct+ (exp 10/8)

\$1 off Alka-Seltzer product, 12-ct+ (exp 10/8)

\$3 off AmLactin product, excl Foot Repair Cream and trial size (exp 10/14)

\$7/2 AmLactin product, excl Foot Repair Cream and trial size (exp 9/18)

.55/1 Arnold bread (exp 12/10)

\$1 off Atkins bar, shake or treat (exp 11/30)

\$3 off Bausch+Lomb OcuVite item (exp 10/14)

\$1 off Bayer aspirin, 50-ct+ (exp 10/8)

\$2 off Bayer aspirin, 200-ct+ (exp 9/24)

\$2 off BIC disposable razor pack, excl trial size (exp 10/6)

\$3 off Blink lid wipes or Omega 3 fish oil supplement (exp 10/16)

\$3 off Blink Revitalens 10 oz, or Complete 12 oz (exp 10/16)

\$5 off Blink Revitalens 20 oz, or Complete 24 oz (exp 10/16)

\$3 off Blink Tears, Tears Preservative Free, GelTears Lubricating Eye Drops, Blink-N-Clean lens drops or Contacts lubricating eye drops (exp 10/16)

\$1/2 Bob Evans refrigerated side dishes (exp 10/29)

\$1/2 Bob's Red Mill Oatmeal Cups (exp 11/30)

\$1 off C&H flip-top canister (exp 11/19)

.40/1 C&H organic 24 oz, or washed raw sugar 32 oz (exp 11/19)

\$1 off C&H organic blue agave nectar (exp 11/19)

.50/1 C&H sugar, 2 lb+ (exp 11/19)

.40/4 Campbell's condensed soups (exp 11/5)

.50/1 Campbell's Slow Kettle style soup (exp 11/5)

\$1 off Cat's Pride Fresh & Light item (exp 12/31)

\$2 off Cat's Pride Fresh & Light Ultimate Care item (exp 12/31)

\$3 off Citracal product, excl petites 100-ct, and maximum 60-ct (exp 9/24)

\$10 off ClariSpray product, 120-spray (exp 9/17)

\$4 off ClariSpray product (exp 10/8)

\$10 off Claritin Non-Drowsy, 70-ct+ (exp 9/17)

\$4 off Claritin Non-Drowsy children's, 8 oz or 20-ct+ (exp 9/17)

\$2 off Claritin non-drowsy children's, 4 oz or 20-ct+ (exp 10/8)

\$6 off Claritin-D non-drowsy, 15-ct+ (exp 9/17)

.50/1 Clorox Scentiva item (exp 10/8)

\$2 off Colgate adult or kids battery powered toothbrush (exp 9/23)

.50/1 Colgate adult or kids manual toothbrush, excl Plus, Extra Clean and Classic Clean (exp 9/23)

.50/1 Colgate mouthwash or mouth rinse, 200 mL+ (exp 9/23)

\$2 off Colgate Optic White, Total Advanced, Enamel Health or Sensitive toothpaste, 3 oz+ (exp 9/23)

.50/1 Colgate toothpaste, 3 oz+ (exp 9/23)

\$1.50 off Cooked Perfect Fire Grilled Chicken, frozen (exp 10/31)

\$1 off Cottonelle flushable cleansing cloths, 42-ct+ (exp 10/7)

\$1 off Cottonelle toilet paper, 6-roll+ (exp 10/7)

\$3 off CVS Health belted shields, briefs or men's and women's underwear (CVS coupon) (exp 10/1)

\$3 off CVS Health protective pads, male guards or underpads 27-ct+ (CVS coupon) (exp 10/1)

.50/2 Dole canned Mandarin oranges or tropical fruit (exp 11/30)

.50/2 Dole canned pineapple (exp 11/30)

.75/2 Dole Canned Pineapple (exp 11/30)

.50/1 Dole Fruitocracy squeezable fruit pouches, 4-ct (exp 12/3)

\$1 off Dole Fruitocracy squeezable fruit pouches, 4-ct (exp 12/3)

.75/1 Domino organic blue agave nectar (exp 11/19)

.40/1 Domino Organic or Demerara Sugar, 24 oz (exp 11/19)

.40/1 Domino 4 lb Granulated Sugar (exp 11/19)

.50/2 Domino Brown Sugar or Confectioners Sugar 1 lb boxes (Exp 11/19)

.75/1 Domino product in a Flip Top Canister (exp 11/19)

.65/2 Domino Sugar, 2 lb+ (exp 11/19)

.50/1 Energizer batteries or flashlight (exp 10/21)

.75/1 Energizer hearing aid batteries (exp 10/21)

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

\$1/3 General Mills Cheerios, any variety (exp 10/21)

.75/2 General Mills Fiber One, Chex, Multi-Grain Cheerios, Wheaties, Basic 4, Raisin Nut Bran, Oatmeal Crisp, Total or Nature Valley boxed cereal (exp 10/21)

\$1/3 General Mills Lucky Charms, Reese's Puffs, Cinnamon or French Toast or Apple Cinnamon or Strawberry or Blueberry Toast Crunch, Cocoa Puffs, Trix, Cookie Crisp, Golden Grahams, Kix, Dora the Explorer, or Girl Scout cereals (exp 10/21)

\$1 off Glade Atmosphere collection (exp 10/22)

\$1/2 Glade PlugIns car refills (exp 10/22)

\$1.50 off Glade PlugIns car starter kit (exp 10/22)

\$2/3 Glade products, excl PlugIns warmers, room spray 8 oz, and solid air fresheners (exp 10/22)

\$1/2 Halls drops, 16-ct+ (exp 10/21)

\$1/2 Halls Kids Pops, 10-ct+ (exp 10/21)

\$1 off Hi-Chew Peg Bag (Exp 3/8/18)

Free Hormel Natural Choice snack up to \$1.99, WYB (1) Hormel Natural Choice lunchmeat (exp 11/6)

\$1 off Kleenex bundle pack, or (3+) facial tissue boxes, excl trial size (exp 10/7)

.30/1 Kleenex Multicare tissue, Ultra Soft Go-Anywhere Packs, or other Kleenex facial tissue, excl trial size (exp 10/7)

\$2 off MiraLAX product (exp 10/8)

\$1 off Mitchum product, excl twin pk & trial size (exp 10/14)

.40/1 New York Bakery Garlic Bread, frozen (exp 11/5)

\$3/2 Nivea or Nivea Men body wash, excl 8.4 oz (exp 9/24)

\$2 off Nivea Silk Mousse body wash (exp 9/24)

\$2 off One A Day product (exp 10/8)

.55/1 Oroweat bread (exp 12/10)

\$2 off Phillips Colon Health or Fiber Good Gummies (exp 10/8)

.75/1 Prego Farmers' Market (exp 11/5)

B2G1 Purina Beggin, Beneful, Busy or Dentalife dog treats, up to \$4.49 (exp 10/10)

B2G1 Purina cat treats, up to \$2.29 (exp 10/10)

Free Revlon mascara, WYB Revlon eye cosmetic (exp 9/24)

\$2 off Revlon Tweezer or Lash Curler (exp 9/24)

\$6/2 Schwarzkopf Color Ultime or Keratin Color haircolor (exp 10/1)

\$1 off Scott bath tissue, 8-roll+ (exp 10/8)

\$1/2 Scott flushable cleansing cloths (exp 10/8)

\$1 off Scott towels, 6-roll+ (exp 10/8)

\$1.25 off Seattle's Best Coffee ground or whole bean, 12 or 20 oz (exp 11/10)

\$1 off Seattle's Best Coffee ground or whole bean, 12 or 20 oz (exp 11/10)

\$1.25 off Seattle's Best Coffee K-cup pod pack, 10 or 18-ct (exp 11/10)

\$1 off Seattle's Best Coffee K-cup pod pack, 10 or 18-ct (exp 11/10)

\$3 off Similasan eye drops (exp 10/10)

\$5 off Similasan eye drops (exp 10/10)

.55/1 Smithfield Anytime Favorites (exp 11/30)

\$1 off Sue Bee honey (exp 11/30)

\$1 off SweetSpot Labs product (exp 12/31/18)

\$3 off Trubiotics product, 30 or 45-ct (exp 9/24)

\$6 off Trubiotics product, 60-ct (exp 9/24)

\$1 off Viva regular or Vantage paper towels, 6-pk+ (exp 10/22)

\$1 off Welch's Fruit Rolls, 6-ct box (exp 10/21)

.50/1 Wonderful Pistachios, 4.5 oz+ (exp 11/10)

.25/1 Yoplait Custard Yogurt or Yoplait Mix-Ins (exp 11/4)

.50/5 Yoplait Yogurt (exp 11/4)

\$6 off Zegerid OTC item, 42-ct+ (exp 10/8)