

1/30 Sunday Insert Variations for Greensboro News & Record

Red = Not in this insert

Blue = A Change in Value or a new coupon not in the preview

RedPlum 1/30

\$1 off Advil PM , 16 ct + (exp 4/3)

\$1 off Advil product , 40 ct + (exp 3/31)

\$1 off Advil Children's or Infants , 0.5 oz + (exp 3/31)

\$2 off Advil Congestion Relief product (exp 3/31)

\$1/2 Bar-S franks or bologna , 16 oz (exp 4/25)

\$1.50/2 Bertolli frozen meal (exp 2/27)

.75/1 Caress body wash 12 oz + or bar pk 6 ct + (exp 2/27)

.75/1 Caress Tahitian Renewal or Cashmere Luxury body wash , 12 oz + (exp 2/27)

\$1 off Cesar treats (exp 3/5)

B1G1 ~~B3G4~~ Cesar Canine Cuisine entree (exp 4/9)

\$1/2 ~~.75/4~~ Degree Men or Women deodorant or body mist (exp 2/27)

\$2 off Degree Men or Women Clinical Protection deodorant (exp 2/27)

.75/1 ~~\$1.25 off~~ Dove Beauty bar , 6 pk +, excl men+ care (exp 2/27)

\$1 off Dove body wash , 10 oz +, excl men+ care (exp 2/27)

\$2 off Dove deodorant or body mist , excl trial size (exp 2/27)

\$1 off Dove hair care (exp 2/27)

\$1 off Dove Men+ Care bar 6 pk + or wash 13.5 oz + or shower tool (exp 2/27)

\$1 off Dove Visible Care body wash , 10 oz + (exp 2/27)

\$10 off Everlast Nutritional supplement (exp 4/30)

B1G1 Everlast Nutrition bar , max \$2.49 (exp 4/30)

.25/1 ~~.40/2~~ Hellmann's product , 16.5 oz + (exp 2/27)

\$1 off Grain Berry Antioxidant snack crackers (exp 3/31)

\$1 off Grain Berry pancake or muffin mix (exp 3/31)

\$1 off Grain Berry Antioxidant cereal (exp 3/31)

B1G1 I Can't Believe It's Not Butter tub 15 oz, stick or spray , max \$2.99 (exp 2/27)

.75/1 I Can't Believe It's Not Butter product (exp 2/27)

\$1/2 Keebler crackers or Sunshine Cheez-it crackers , 7.7 oz + (exp 3/27)

\$2 off Kibbles 'n Bits dry dog food (exp 3/19)

.50/1 Knorr Recipe or Sauce or Gravy mix (exp 2/27)

.50/2 Knorr Rice and Pasta sides (exp 2/27)

.55/1 Land O Frost Premium lunchmeat , 1 lb (exp 4/30)

.25/1 ~~.50/4~~ Lever 2000 bar soap , 2 bar + (exp 2/27)

.75/2 Lipton Cup-A-Soup or Soup Secrets (exp 2/27)

.60/2 Lipton Recipe Secrets (exp 2/27)

.60/1 Lipton tea bags (exp 2/27)

.50/1 ~~.75/2~~ Lipton tea bags, To-Go, or iced tea mix (exp 2/27)

\$2 off L'Oreal Excellence Reg or To Go shade (exp 3/27)

\$1 off L'Oreal facial cleanser (exp 3/27)

\$1 off L'Oreal facial moisturizer (exp 3/27)

\$1 off L'Oreal lip product (exp 3/27)

\$3 off L'Oreal face cosmetic (exp 3/27)

\$1/2 Mars Valentine's Day products (exp 2/14)

\$1 off ~~\$1/3~~ Mrs. T's Pierogies boxes (exp 4/30)

\$2 off Pedigree Dentastix dog treats (exp 3/19)

\$1/2 Perdue Boneless Skinless Chicken Breast (exp 3/27)

\$1 off Psoriasis product (exp 3/31)

.30/1 Q-tips cotton swabs (exp 2/27)
\$1.25/3 ~~\$1/2~~ Ragu pasta sauce (exp 2/27)
\$1 off Robitussin product , 4 oz +, excl to-go 2 ct (exp 3/31)
.50/1 ~~.75/2~~ Skippy peanut butter , 15 oz + (exp 2/27)
.35/1 Spikes salsa (exp 2/28)
\$1 off Suave body lotion , 18 oz + (exp 2/27)
.25/1 Suave body wash (exp 2/27)
B2G1 Suave body wash (exp 2/27)
.50/1 ~~.75/4~~ Suave deodorant , excl sweet pea and violet (exp 2/27)
.50/1 Suave Men's shampoo or conditioner (exp 2/27)
.50/2 ~~\$1/2~~ Suave Professionals shampoo or conditioner (exp 2/27)
.50/2 ~~\$1/2~~ Suave Professional stylant (exp 2/27)
\$1 off ThermaCare product , 2 ct + (exp 3/30)
\$1 off Vaseline Intensive Rescue product (exp 2/27)
\$1 off Vaseline lotion (exp 2/27)
\$1/2 Voortman sugar free packs (exp 5/31)
\$1 off ~~\$1/2~~ Wish-Bone dressing (exp 2/27)
\$3 off Zegerid OTC (exp 2/26)
\$8 off Zegerid OTC , 42 ct (exp 2/13)

Redplum 1/30 (not included)

\$3 off Abreva product 8/15)
\$1.50 off Advantage product (exp 3/31)
\$1.50 off Breathe Right product , max 12 ct (exp 3/31)
\$2.50 off Breathe Right product , 25 ct + (exp 3/31)
\$2 off Citrucel Bulk Fiber Therapy (exp 3/31)
\$1/2 Dickinson's Sweet 'n Hot Pepper & Onion relish (exp 4/30)
\$2 off Ecotrin product (exp 3/31)
\$1.50/2 Emerald Nuts product 5 oz + (exp 3/13)
\$1/24 Fancy Feast cans , 3 oz (exp 4/30)
\$1/3 Fancy Feast Appetizers for cats (exp 4/30)
\$1/8 Fancy Feast Elegant Medleys , 3 oz (exp 4/30)
\$1 off Fancy Feast Gourmet dry cat food (exp 4/30)
\$1.50 off Jimmy Dean Fully Cooked product (exp 3/6)
\$1/2 Jimmy Dean sausage rolls (exp 4/17)
\$1 off Naturally Deliscious dressing (exp 4)
\$1 off Naturally Deliscious mayonnaise (exp 4)
\$1 off Naturally Deliscious Barbecue sauce (exp 4)
\$1/2 Nestle Coffee-Mate liquid creamer (exp 4/30)
\$1/2 Nestle Coffee-Mate powder creamer (exp 4/30)
\$1 off Nestle Toll House cookie dough (exp 2/14)
\$1/2 Nestle or Wonka candy , 9 oz + fun size (exp 2/28)
\$2 off Os-cal calcium supplement (exp 3/31)
\$1/2 Pop Secret product (exp 3/13)
\$1/8 Purina Alpo cans (exp 3/14)
B1G1 Purina Alpo cans , max 13.2 oz, max .89 (exp 3/14)
B4G2 Purina Beneful prepared meals , max \$4.58 (exp 4/1)
\$1 off Purina Beneful Snackin slices
Purina One Dry Cat food any size-variety \$2 (exp 2/28) Purina One dry cat food (exp 2/28)
\$2 off One dry dog food
\$1 off Fit & Trim adult dog food , 4.5 lb + (exp 2/26)
\$2 off Purina Mighty Dog cans , 12 singles or 12 ct pk

\$1 off Purina (exp 4/24)
\$1.50 off Purina Tidy Cat (exp 4/30)
\$5 off Purina Tidy Cat Breeze litter system (exp 4/30)
\$1/2 Purina Whisker Lickin's
\$1 off Rimmel product (exp 3/31)
\$3 off Sarna anti-itch (exp 3/31)
\$1 off Stouffer's family or party size entree , 28 oz + (exp 2/28)
\$1/2 Tums product , 24 ct + (exp 3/31)

Procter & Gamble 1/30

\$1/2 Aussie or Herbal Essences product , excl trial (exp 2/28)
.50/1 Bounce dryer bar (exp 2/28)
\$1 off Bounce dryer bar (exp 2/28)
.25/1 Bounce dryer sheets (exp 2/28)
.75/1 Bounce dryer sheets (exp 2/28)
.25/1 Bounty towels or napkins (exp 2/28)
.25/1 Charmin product (exp 2/28)
\$3 off Clearblue ovulation kit (exp 2/28)
\$1 off Clearblue pregnancy test (exp 2/28)
\$1 off CoverGirl product (exp 2/28)
\$2 off CoverGirl Lip Perfection product (exp 2/28)
\$10 off Crest 3D White 2 hr Express or Professional Effects whitestrips (exp 2/28)
.75/1 Crest Pro-Health for Me floss (exp 2/28)
\$1 off Crest Pro-Health for Me toothpaste (exp 2/28)
\$2 off Crest Rinse mouthwash , 946 mL + (exp 2/28)
\$1 off Crest Rinse Pro-Health , 440-500 mL (exp 2/28)
.75/1 Crest toothpaste 4 oz + or liquid gel (exp 2/28)
.50/1 Downy liquid fabric softener or sheets (exp 2/28)
\$2 off Gillette bodywash , excl trial (exp 2/28)
B1G1 Gillette deodorant , excl trial (exp 2/28)
.75/1 Glide floss 25 m + or picks 30 ct + or Oral-B (exp 2/28)
\$1 off Head & Shoulders shampoo or conditioner , excl trial (exp 2/28)
\$2 off Metamucil product (exp 2/28)
\$2 off Natural Instincts hair color (exp 2/28)
Free Olay Complete facial moisturizer wyb body wash, max \$6 (exp 2/28)
Free Old Spice APDO wyb Fresh Collection product (exp 2/28)
\$1/2 Old Spice product , 1.7 oz + (exp 2/28)
.75/1 Oral-B manual brush, Pulsar, CrossAction, Advantage or (2) Cavity Defense (exp 2/28)
B1G1 Oral-B Power Brush Vitality Rechargeable toothbrush (exp 2/28)
B1G1 Oral-B CrossAction power battery toothbrush (exp 2/28)
\$1 off Oral-B Pro-Health for Me CrossAction or Pulsar manual brush (exp 2/28)
.75/1 Oral-B Pro-Health for Me floss (exp 2/28)
\$2 off Pampers diapers or pants AND wipes 60 ct + (exp 2/28)
\$3 off Pampers diapers or pants AND wipes 60 ct + (exp 2/28)
\$1.50 off Pampers Pampers Easy Ups trainers or UnderJams night wear (exp 2/28)
\$1 off Pantene hairspray, styler or treatment (exp 2/28)
\$1/2 Pantene product (exp 2/28)
.50/1 Pepto Bismol product (exp 2/28)
\$3 off Prilosec product (exp 2/28)
\$8/2 Prilosec product , 42 ct (exp 2/28)
\$1/2 Pringles fat free product , 165 g + (exp 2/28)
\$1/2 Pringles product , 180 g + (exp 2/28)

.50/1 Pringles Snack Stax or Stix (exp 2/28)
\$2 off ProGlide Fusion cartridge , 4 ct + (exp 2/28)
\$4 off ProGlide manual or Power Fusion razor (exp 2/28)
Free ~~\$3 off~~ Secret base deodorant wyb Olay bar or body wash (exp 2/28)
Free Swiffer Duster refill wyb starter kit , max \$4.99 (exp 2/28)
.50/1 Swiffer refill or Dust & Shine (exp 2/28)
.35/1 Tide detergent (exp 2/28)
\$1 off Tide Stain Release (exp 2/28)
\$3 off Tide Stain Release 26-50 oz powder, 15-34 ct duo pk or 36-68 oz liquid (exp 2/28)
\$3 off Venus razor cartridges 6-8 ct (exp 2/28)
\$1.50 off Vicks NyQuil product (exp 2/28)
\$1.50 off Vicks DayQuil product (exp 2/28)
\$1 off Vicks product (exp 2/28)

Smart Source 1/30

\$1 off Activia Dessert, 4 pk., (exp 2/27)
\$1 off Air Wick Candle (exp 3/13)
Free Air Wick Warmer Unit wyb Scented Oil Fragrance (exp 3/13)
\$1 off Air Wick Scented Oil Twin Refill Pack (exp 3/13)
\$1 off Alka-Seltzer Antacid or Alka-Seltzer Plus Cold Product, 10 ct+, (exp 3/31)
.55/1 Armour Meatballs (exp 3/31)
Baskin Robbins 2 for \$5 Small 31deg Below (exp 3/5)
B1G1 Baskin Robbins Cone (exp 3/5)
\$1 off Baskin Robbins Frozen Beverage (exp 3/5)
\$2 off Baskin Robbins Cake (exp 3/5)
\$1 off Bayer Am or Extra Strength Product, 24 ct+, (exp 4/30)
\$1 off Bayer Low Dose or Bayer 325 mg Aspirin Product (exp 4/30)
\$1 off Bestlife Buttery Spread, Spray or Baking Sticks (exp 3/31)
.75/1 Betty Crocker Super Moist Cake Mix and Betty Crocker Frosting (exp 3/26)
.55/1 Blue Diamond Almond Breeze, 1/2 gallon (exp 4/30)
.55/1 Blue Diamond Shelf Stable Almond Breeze (exp 4/30)
\$10 off Bob Green's Best Life diet and fitness plan enrollment (exp 5/2)
\$1 off Boston Market Create Your Meal (exp 2/27)
\$1 off Boston Market Create Your Meal (exp 2/27)
\$15 off \$75 Boston Market Catering (exp 2/27)
\$2 off \$10 purchase from Boston Market (exp 2/27)
\$4 off \$20 purchase from Boston Market (exp 2/27)
\$1/4 Budding, 2 oz. (exp 4/30)
\$1 off Budding Deli Cuts, 12 oz.+ (exp 4/30)
\$3 off Carvel Celebration Cake (exp 3/31)
.50/2 Chex Mix, 4.5 oz.+ (exp 3/26)
.50/1 Chex Mix, Golden Grahams or Milk n' Cereal Bars Treats (exp 3/26)
.55/1 Chinet Comfort Cup package, 12 or 16 oz (exp 3/31)
.75/1 Chock Full O'nuts (exp 3/15)
\$1 off Colgate 360 Sonic Power or Adult or Kids Manual Toothbrush (exp 2/19)
\$1 off Colgate 360 Sonic Power Toothbrush (exp 2/19)
.75/1 ~~\$1 off~~ Colgate Toothpaste, 4.0 oz.+ (exp 2/19)
.40/6 Dannon Light & Fit Yogurt or (1) 4-pack (exp 3/30)
.75/2 Dole Gels (exp 3/31)
.75/2 Dole Parfaits (exp 3/31)
.35/1 Eggland's Best Cage Free Dozen or Organic Dozen Eggs (exp 6/30)
.35/1 Eggland's Best Eggs (exp 6/30)

.35/1 Eggland's Best Hard-Cooked & Peeled Eggs (exp 6/30)
\$1 off El Monterey Mexican Snacks, Taquitos, Tamales, Mini Chimis, or Quesadillas (exp 4/30)
.40/1 Fiber One Chewy Bars 90 Calorie (exp 3/26)
.40/1 Fiber One Chewy bars (3/26)
\$1 off Frigo Cheese Heads String Cheese (exp 3/31)
\$1/3 Furmano's Tomatoes (exp 3/31)
\$1/2 General Mills Cereals (exp 3/12)
\$3 off Harmony Farms chicken and brown rice adult dry dog food (exp 4/30)
\$2 off Harmony Farms dry cat food or variety pack for dogs or cats (exp 4/30)
\$1 off Icy Hot No Mess Vapor Gel product (exp 4/30)
.50/1 \$1/2 Irish Spring Body Washes or 2 Multi-Bar packs (exp 2/19)
.50/1 Johnsonville Deli Bites (exp 2/28)
.50/1 Krusteaz Pancake Mix (exp 4/30)
\$4 off Ky Brand Couples Lubricant, Intense Kissable Sensations & Intrigue Product (exp 4/30)
\$2 off KY Brand Product (exp 4/30)
\$1 off Lloyd's barbeque Product (exp 3/28)
.75/1 Marzetti Salad Dressing (exp 4/30)
.60/1 Marzetti Veggie Dip (exp 4/30)
.50/1 Mean Green Product (exp 3/13)
\$1/2 Mean Green Trigger or 1 Gallon (exp 2/6)
\$1 off Moore's Wing Sauce (exp 4/3)
.50/1 MT. Olive Pickles, peppers or relishes (exp 4/2)
\$1/2 Nabisco Crackers, 6 - 16.5 oz (exp 3/31)
\$2 off Nature Made Cholestoff (exp 2/28)
\$5 off Nature Made CoQ10 (exp 2/28)
\$2 off Nature Made Fish Oil (exp 2/28)
\$1 off Nature Made Vitamin D (exp 2/28)
\$1 off Nature Made Vitamins (exp 2/28)
.50/1 Pagoda Express egg roll or appetizer (exp 4/3)
\$1 off Palmolive Antibacterial Dish Liquid, 20 oz+ (exp 2/19)
.50/1 \$1/2 Palmolive Ultra Dish Liquid, 20 oz+ (exp 2/19)
.50/1 Paseo product, excl. single roll bath tissue (exp 6/30)
.40/1 Pillsbury Crescent Dinner Rolls wyb Italian Meal Bread (exp 4/23)
.40/1 Pillsbury Refrigerated Pizza Crust wyb Italian Meal Bread (exp 4/23)
.40/2 Pillsbury Crescent Rolls (exp 4/23)
\$1/2 Pillsbury Savorings (exp 4/23)
\$1 off Reynolds Slow Cooker Liners (exp 5/31)
.75/1 ~~\$1 off~~ Reynolds Wrap Foil (exp 2/28)
.40/2 \$1/2 Sargento Shredded Cheese Products (exp 3/5)
\$2 off Schick Hydro Razor (exp 3/13)
.75/1 Schick Hydro Shave Gel (exp 3/13)
\$1 off Seapak Popcorn Fish (exp 3/31)
\$1 off Snapple, 6 pk., (exp 3/14)
\$2 off Snickers Brand or Carvel Cake (exp 2/28)
.75/1 ~~\$1 off~~ Soft-soap Brand Body Wash, 12 oz+ (exp 2/19)
.35/1 \$1/2 Soft-soap Liquid Hand Soaps, 8 oz+ (exp 2/19)
.50/1 \$1/2 Speed Stick Deodorant or Lady Speed Stick (exp 2/19)
.50/1 ~~.75/4~~ Tabasco Brand (exp 3/15)
.50/1 ~~.55/4~~ Texas Toast Croutons (exp 4/30)
.55/1 Tostitos Chips, 9 oz.+ (exp 2/28)
.55/1 Tostitos Salsa, 15 oz+ (exp 2/28)
.40/2 Totino's Pizza Rolls Snacks (exp 4/23)
\$1.25/4 ~~.75/2~~ Totino's Pizza (exp 4/23)
\$1 off Tyson Bagged Breaded Chicken Strips (exp 4/30)

.40/1 Wacky Mac (exp 6/30)

.75/2 Yoplait Go-Gurt, or Trix Multipack Yogurt (exp 3/26)

.50/1 Yoplait Kids Cup Yogurt (exp 3/26)