

Coupon Variations for The Post and Courier for Sunday, 9/30, you will have (4) inserts in your Sunday newspaper.

(1) Procter & Gamble

(1) Red Plum

(1) Smart Source

(1) Pepsico Moments to Save

Procter & Gamble 9/30

(all exp 10/31, all excl trial sizes)

\$1/2 Always pads or liners

\$2.50/2 Always Infinity pads, Radiant Infinity pads, or Radiant liners

.50/1 Bounce product

.25/1 Bounty napkins

.25/1 Bounty towels or napkins

\$1 off Cascade ActionPacs

.25/1 Charmin product

\$2 off Clairol Natural Instincts or Nice 'n Easy hair color

\$1 off CoverGirl product

\$3 off CoverGirl Simply Ageless and Serum Primer

\$3/2 CoverGirl products

.50/1 Crest toothpaste, 4 oz+, or liquid gel

\$1.50 off Crest Rinse, 458 mL+

\$1 off Downy product

.50/1 Duracell CopperTop, Ultra Power or Photo Lithium or Specialty batteries

\$3 off Duracell rechargeable batteries, charger or hearing aid batteries, 6pk+

\$1 off Febreze candle, 5.5 oz

\$1 off Febreze Air Effects

\$1 off Febreze car

\$1 off Febreze Fabric Refresher

\$1 off Febreze Set & Refresh

\$1/2 Febreze candles, 3 oz

\$2/2 Febreze products

Free Febreze Noticeables warmer wyb Noticeables refill, max \$3.50

.75/1 Fixodent cleanser

\$1 off Fixodent adhesive, 1.05 oz+

\$1/2 Gillette body washes or deodorants

\$3 off Gillette Venus refillable razor or bikini razor AND (1) refill

\$2 off Head & Shoulders product

.50/1 Ivory or Safeguard personal cleansing product, excl dish, laundry

\$1/2 Luvs bags or (1) diapers box

\$2 off Olay complete facial moisturizer, daily facial or cleansers

\$3 off Olay Total Effects facial moisturizer or facial hair removal

\$5 off Olay ProX or Regenerist facial moisturizer or ProX cleansing device

\$2 off Olay bath, bar, body wash or in-shower body lotion wyb facial cleaners

\$1/2 Old Spice products

.50/1 Oral-B Glide floss, 35 m+ or Glide floss picks, 30 ct.+

.50/1 Oral-B select electric toothbrushes or (2) Indicator or Cavity Defense

\$1/2 Pampers bags or (1) diapers or pants box
\$1/2 Pantene products
\$1 off Prilosec OTC
.25/1 Puffs single or 3 pk.+
.75/1 Scope mouthwash, 710 mL+
.75/1 Secret Outlast
\$1/2 Secret products
B1G1 Swiffer Dust & Shine, max \$3.89
\$2 off Swiffer starter kit wyb refill
\$2.50/2 Tampax Pearl or Radiant tampons including Compak, 16 ct.+
\$1 off Tide detergent, excl PODS
\$1 off Tide washing machine cleaner or boost
\$1 off Vicks product, excl VapoDrops, ZzzQuil
\$3/2 Vicks products, excl VapoDrops, ZzzQuil
\$1 off Vicks ZzzQuil

Red Plum 9/30

\$2 off Adams, Comfort Zone, or Avoderm product (exp 10/31)
\$1 off Advil Children's item (exp 11/30)
\$1 off All Mighty Pacs, 24 loads+ (exp 11/11)
\$2/2 All liquid, powder or Mighty Pacs laundry detergent, 24 loads+ (exp 11/11)
.40/1 Argo corn starch, 16 oz or Fleischmann's yeast strip (exp 1/6/2013)
\$1 off Arrowhead Spring Water or w/ natural flouride, 8 oz multi-pk. (exp 11/11)
\$2 off Arrowhead Spring Water, 700 mL multipk. wyb 24 pk 1.5 L ea (exp 11/11)
Free Axe shampoo, 12 oz wyb styling product, excl trial size (exp 10/28)
.55/1 Ball Park Angus product (Exp 10/28)
.75/2 Ball Park Franks (Exp 10/28)
.75/1 Bar S deli shaved lunchmeat (exp 11/30)
\$1 off Bertolli meal soup (exp 10/28)
\$1 off Bertolli meal soup, frozen meal or risotto (exp 10/28)
\$1/2 Brillo Estrcell Sponge products(Exp 12/1)
.55/1 Brillo Heavy Duty Soap Pads 10ct or 18 ct (exp 12/1)
.50/2 Carnation evaporated milk, 12 oz cans (exp 12/31)
B1G1 Cesar Meaty Selects Can (exp 11/25)
\$1/2 Cesar Treats (Exp 11/25)
B3G1 Cesar Canine Cuisine Tray (Exp 11/25)
\$3 off Centrum Flavor Burst chews, 60 ct.+ (exp 11/24)
Free Clear Men Scalp Therapy wyb Degree Men item (exp 10/28)
.75/2 Degree Men Adrenaline Series item, excl trial sizes (exp 10/28)
.75/2 Degree Women Expert Protection item, excl trial size (exp 10/28)
\$1 off Dimetapp Children's item (exp 11/11)
\$1 off Disney Marvel vitamin item (exp 11/14)
.25/1 Dove hair care item, excl trial size (exp 10/28)
.50/1 Dove beauty bar, 6 pk.+ , excl Men+Care and trial size (exp 10/28)
.75/1 Dove Go Sleeveless, ClearTone, Go Fresh or Clinical (exp 10/28)
\$2 off Dove body wash, 18 oz+, excl Men+Care and trial size (exp 10/28)
Free Dove styling product wyb shampoo AND conditioner (exp 10/28)
\$1 off Dove Men+Care antiperspirant, 2.7 oz or deodorant, 3 oz (exp 10/28)

\$2 off Dove Men+Care body and face bar, 6 pk.+ , excl trial size (exp 10/28)
\$2 off Dove Men+Care body and face wash or shower tool (exp 10/28)
\$1 off Feline Greenies Smartbites cat treats or dental treats (exp 11/18)
.40/1 Fleischmann's pizza crust yeast strip (exp 1/6/2013)
.40/1 Fleischmann's yeast strip (exp 1/6/2013)
\$1 off Fleischmann's jar yeast (exp 1/6/2013)
.50/1 Francesco Rinaldi Pasta Sauce (any glass jar) exp 10/27
.40/1 Karo Syrup 16 oz + (exp 11/22)
.40/1 Karo syrup, 16 oz+ (exp 3/31/2013)
\$2 off Kaytee, Aqueon, or Zilla product (exp 10/31)
\$1 off Knorr Homestyle Stock (Exp 10/28)
\$1 off L'Oreal eye item (exp 11/25)
\$2 off L'Oreal Preference shade (exp 11/25)
.55/1 Mazola Oil or Spray product (exp 11/25)
.75/1 Meow Mix dry cat food, 3 lb+ (exp 11/24)
\$1/6 Meow Mix single cat food cups or (1) variety pk. (exp 11/24)
\$2 off Nylabone, Four Paws, or Pet Select product (exp 10/31)
.50/1 Paseo or Fiora product, excl single-roll bath tissue (exp 12/31)
\$1 off Paseo or Fiora bath tissue or towel, large pk. (exp 12/31)
\$1 off Pedigree dry food for dogs, 3.5 lb+ (exp 11/24)
\$1 off Pedigree Little Champions pouches (exp 11/24)
\$1 off Perdue Frozen Fully Cooked Product (Exp 11/26)
\$1 off PF Changs Home Menu spring rolls or dumplings (exp 10/28)
\$1 off Pond's cream, towelettes or cleansing item (exp 10/28)
\$1 off Pond's Luminous Clean item, excl trial size (exp 10/28)
.50/1 Pringles Snack Stacks, excl trial size (exp 10/31)
\$1/4 Pringles Super Stack cans, 180 g+, excl trial size (exp 10/31)
\$3 off Reditussin product (exp 11/24)
\$1 off Sara Lee Pound Cake (exp 12/23)
\$2 off Simple product, excl trial size (exp 10/28)
Free Suave Professionals styling item wyb shamp AND cond (exp 10/28)
\$1 off Sundown Naturals vitamin or supplement, excl adult multi (exp 10/30)
\$1/2 Superpretzel products (exp 10/20)
\$1 off Surf laundry detergent (exp 11/11)
Free Tresemme styling product wyb shampoo AND conditioner (exp 10/28)
\$2 off Vaseline lotion including Men, 20.3 oz+, excl trial size (exp 10/28)
\$1 off Weight Watchers Sweet bakery item (exp 12/31)
.75/1 Welch's 100% juice, 64 oz or multi-pk. (exp 11/15)
\$1/2 Welch's jams, jellies or spreads (exp 12/31)
.50/1 Wildwood Organic tofu (exp 12/31)
.50/1 Wildwood or Emerald Valley Kitchen Organic hummus (exp 12/31)

Smart Source 9/30

\$1 off Barilla pasta box AND sauce jar (exp 11/24)
\$3 off Claritin D, 15 ct.+ (exp 10/28)
\$4 off Claritin product, 24 ct.+ (exp 10/28)
\$5 off Claritin D, 15 ct.+ (exp 10/7)
.40/1 Colgate adult or kids manual toothbrush Plus or Extra clean (exp 10/20)

.75/1 Colgate toothpaste, 4 oz+ (exp 10/20)
\$1 off Colgate Optic White mouthwash, 8 oz+ (exp 10/20)
\$2 off Colgate 360 battery powered toothbrush refill (exp 10/20)
\$5 off Dr. Scholl's Custom Fit orthotics (exp 11/9)
.55/1 Drano clog remover item (exp 11/11)
\$1 off Drano advanced septic treatment (exp 11/11)
\$1 off Drano Snake Plus item (exp 11/11)
.50/1 Eggland's Best eggs (exp 12/31)
.50/1 Eggland's Best cage free or organic eggs, dozen (exp 12/31)
.35/1 Eggland's Best Hard Cooked & Peeled Eggs (exp 12/31)
\$1.50/2 Farm Rich snacks (exp 12/4)
.75/1 Franks Redhot sauce (exp 11/30)
.75/1 Franks Redhot Sweet Chili or Thick sauce (exp 11/30)
\$1.50/2 Freschetta pizza items (exp 11/15)
.55/1 Frigo Cheese Heads string cheese, 10 oz+ (exp 11/30)
\$1.50 off Green Mountain Coffee bag, 10 or 12 oz (exp 10/31)
\$1 off Green Mountain Coffee K-Cup, 12 ct. (exp 10/31)
.75/1 Gwaltney Bacon Item (Exp 11/11)
.45/1 Gwaltney Bologna Item (exp 11/11)
.45/1 Gwalyney Hot Dog Item (exp 11/11)
.55/1 Hefty waste bags (exp 12/31)
.55/2 Hefty cups (exp 12/31)
\$1/2 Hefty plates or bowls (exp 12/31)
\$1/2 Hefty slider bags (exp 12/31)
\$1 off Icy Hot product, excl 1 ct. (exp 12/31)
\$1 off Icy Hot, Aspercreme, Capzasin, Sportscreme or Flexall item (exp 12/31)
.50/1 Irish Spring bar 3 pk.+ or body wash, excl 2.5 oz (exp 10/20)
\$1 off Joint Juice product (exp 12/31)
.30/1 Kleenex tissues, bundle pk. or (3) 50 ct. + boxes (exp 10/28)
.75/1 Kleenex hand towels (exp 11/25)
\$1 off Neutrogena Naturals cleanser, excl trial size (exp 12/31)
\$2 off Neutrogena Naturals moisturizer, excl trial size (exp 12/31)
\$1 off Oxy product (exp 11/23)
\$2 off Oxy clinical product (exp 11/23)
\$1 off Pepperidge Farm Jingos snacks (exp 12/23)
\$1 off Purina Puppy or Dog Chow, and other select varieties, 4 lb + (exp 12/30)
\$2 off Purina Mighty Dog canned food, 12 ct. or (12) singles (exp 11/19)
.50/1 Reynolds slow cooker liners (exp 12/31)
.55/1 Reynolds Wrap foil, 35 sq ft. +, excl Wrappers (exp 12/31)
\$3 off RoC anti-aging product, excl trial size (exp 11/15)
.75/1 SeaPak product (exp 11/11)
.50/1 Smart Balance spreadable butter or blended butter sticks (exp 11/14)
\$1.50 off Smart Balance enhanced milk carton (exp 11/14)
.35/1 Softsoap liquid hand soap pump 8 oz + or refill 28 oz + (exp 10/20)
.50/1 Softsoap body wash 12 oz + or bar soap 4 pk. + (exp 10/20)
.50/1 Softsoap Citrus Splash or Berry Fusion body wash, 12 oz + (exp 10/20)
\$1 off SoyJoy bars, multipk. (exp 10/31)
B3G1 SoyJoy bars (exp 10/31)

.55/1 Splenda no calorie sweetener (exp 11/10)

\$2 off Splenda Nectresse Natural no calorie sweetener (exp 11/10)

.40/2 Swanson broth or stock cartons, 26 oz + (exp 10/27)

\$1 off Tena product (exp 12/31)

Pepsico Moments to Save 9/30

(all exp 10/20)

\$1/3 Crush bottles, 2 L

.55/1 Doritos Jacked chips, 10.5 oz+

\$1 off Frito-Lay variety pk., 20 ct.+

.55/3 Lay's Stax, 5 oz+

\$1/2 Lay's Kettle Cooked bags, 8 oz+

\$1 off Lay's potato chips, 10 oz+ AND dips, 14 oz+

\$1/2 Lipton 100% Natural iced tea, 64 oz

\$1/2 Lipton iced tea plastic bottle, 12 pk. or (2) Pure Leaf pastic bottle, 6 pk.

\$1/2 Pepsi Next bottles, 2 L

\$2/2 Pepsi cans, 18, 20, 24, or 30 pk. 12 oz ea.

\$1/2 Quaker instant oatmeal, standard oatmeal or Real Medleys

\$1/2 Rold Gold Pretzels, any variety 7 oz+

\$1/2 Sabra hummus, salsa, guacamole, or veggie dips

\$1/3 Sierra Mist bottles, 2 L

\$1/2 Smartfood popcorn, 7 oz+

\$1/2 Smartfood Selects snacks, 3.25 oz+

\$2/2 Starbucks Frappuccino or Doubleshot espresso, 4 pk.

\$1 off Tostitos tortilla chips, 14 oz+ or (1) salsa, 23 oz+