

Coupon Variation for the Post and Courier 1/8 below. You will get (4) inserts in your paper.

Be on the lookout for:

(2) Red Plum

(2) Smart Source

RedPlum 01/08 #1

\$1/2 Angel Soft bathroom tissue (exp 2/8)

\$3 off Boiron Oscillococcinum 6 or 12 dose, or ColdCalm or Chestal item (exp 3/31)

\$1.50 off Carmex cold sore treatment (exp 3/31)

\$2/2 Clairol Aussie shampoo, conditioner or styling items, excl trial size (exp 1/21)

\$3/3 Clairol Aussie shampoo, conditioner or styling items, excl trial size (exp 1/21)

\$2 off Clairol hair color, excl balsam, age defy and trial size (exp 1/21)

\$5/2 Clairol hair color, excl age defy, balsam, textures & tones and trial size (exp 1/21)

\$2/2 Clairol Herbal Essences shampoo, conditioner or styling items, excl color, body wash and trial size
(exp 1/21)

\$3/3 Clairol Herbal Essences shampoo, conditioner or styling items, excl color, body wash and trial size
(exp 1/21)

\$3 off Contac cold & flu day and night, 28-ct. (exp 1/31)

\$1 off Cortizone 10 product, 1-2 oz (exp 3/5)

\$1 off Cortizone 10 psoriasis or eczema lotion (exp 3/5)

\$1 off Covergirl cosmetics (Target coupon) (exp 2/8)

\$1 off Covergirl lip item, excl accessories and trial size (exp 1/28)

\$3 off Covergirl outlast face item, excl accessories and trial size (exp 1/28)

\$1 off Covergirl outlast face item (Target coupon) (exp 2/8)

\$1/2 Dial foaming hand wash, liquid hand soap refills, bar soap 3-pk.+ , or advanced bar 2-pk.+ (exp 1/29)

B2G1 Dial or Tone body wash, or bar soap 6-pk.+ up to \$4.49, excl trial size (exp 1/29)

\$1.50/2 Dunkin' Donuts coffee items, not redeemable in Dunkin Donuts restaurants (exp 3/15)

\$1/2 Dunkin' Donuts creamers, not redeemable in Dunkin Donuts restaurants (exp 3/31)

\$2/2 Earthbound Farm products (exp 2/28)

\$3/3 Gain Flings, liquid or powder detergents, or Fireworks dryer sheets or liquid fabric enhancers; must include detergent and fabric enhancer, excl dryer sheets 60-ct. or less, Flings 5-ct, and trial size (exp 1/21)

\$1 off Gold Bond anti-itch cream, lotion or Friction Defense, 1 oz+ (exp 3/5)

\$1 off Jimmy Dean frozen breakfast item, excl single serve sandwiches (exp 2/5)

.55/1 Jimmy Dean frozen breakfast item, excl single serve sandwiches (exp 2/5)

\$1/3 Kellogg's cereals, 8.7 oz+ (exp 2/19)

\$1/3 Kellogg's Pop-Tarts toaster pastries, 6-ct. (exp 2/19)

\$1/2 Kellogg's Special K Nourish Chewy Nut Bars or Bites, or Protein Snack Bars or Protein Bites, 5.5 oz+
(exp 2/19)

\$3 off LipClear Lysine+ cold sore treatment (exp 3/31)

\$1/2 Mars Snickers, M&M's, Twix, 3 Musketeers or Milky Way fun size or mini laydown bags, 8 oz+ (exp 2/19)

\$1 off Maybelline Fit Me item (exp 2/4)

\$3 off Maybelline The Colossal Big Shot mascara (exp 2/4)

\$2 off Maybelline Volum' Express mascara (exp 2/4)

\$1 off Milk-Bone treat (exp 2/28)

\$1/2 Nature's Truth aromatherapy items (exp 3/8)

.50/2 Orbit or 5 Gum, Extra or Juicy Fruit gum, 14-15 stick packs (exp 4/01)

\$1/2 Orbit or 5 Gum, Extra or Juicy Fruit gum, 3-ct. multipacks (exp 4/1)

\$3 off Princeton Research Health Apple Lean (exp 3/8)

\$1/4 Quaker Popped Rice Crisps (exp 3/31)

.55/1 Reynolds Slow Cooker Liners, 4-ct.+ (exp 2/28)

\$1 off Reynolds Wrap Foil, 95 sq. ft., excl Wrappers foil sheets (exp 2/28)

\$3 off Sambucol product (exp 3/31)

\$2/2 Silk or So Delicious dairy free, half gallons+ (exp 2/28)

.55/1 Silk or So Delicious dairy free creamer (exp 2/28)

\$1/2 Silk or So Delicious dairy free yogurt alternatives (exp 2/28)

\$3 off Similasan kids item (exp 2/28)

\$1/2 Skittles or Starburst bags, 14 oz+ (exp 2/19)

.55/1 So Delicious dairy free ice cream or novelty (exp 2/28)

\$1 off Tyson any'tizers snacks or crispy chicken strips (exp 3/5)

\$2.50/2 Tyson any'tizers snacks or crispy chicken strips (exp 4/2)

\$1/4 Uncle Ben's rice items (exp 3/5)

\$5 off Vega protein powder tub (exp 2/28)

\$3 off Xlear nasal spray 1.5 oz, neti pot, sinus care rinse bottle, or sinus care solution packets (exp 3/8)

RedPlum 01/08 #2

.45/1 Angel Soft bathroom tissue (exp 2/8)

\$1 off Angel Soft mega bathroom tissue, 6+ roll (exp 2/8)

\$1.50 off Biotene product (exp 2/8)

\$1 off Garnier cleanser, excl trial size (exp 2/4)

\$3/2 Garnier Fructis shampoo, conditioner or styling items, excl 2-3 oz trial size (exp 2/4)

\$1 off Garnier Fructis shampoo, conditioner or treatment, excl 2.9-3 oz trial size (exp 2/4)

\$1 off Garnier Fructis style item, excl 2 oz trial size (exp 2/4)

\$3 off Garnier moisturizer, excl trial size (exp 2/4)

\$2 off Garnier Olia haircolor (exp 2/4)

\$5/2 Garnier Olia haircolor (exp 2/4)

\$2 off Garnier Whole Blends shampoo, conditioner or treatment (exp 2/4)

\$3 off Gillette cartridges, 4-ct.+, excl trial size (exp 1/31)

\$1 off Nature's Bounty Optimal Solutions item (exp 3/8)

\$1 off Nature's Bounty product (exp 3/8)

\$2 off Olay or Ivory or Old Spice duo product, excl trial size (exp 1/31)

\$3 off Osteo Bi-Flex product (exp 3/8)

B4G2 Renuzit adjustables air freshener cones, up to \$2.20 (exp 1/22)

\$1/2 Ricola bags (exp 2/8)

\$1 off Selsun Blue product, excl trial size (exp 3/5)

\$1 off Sundown Naturals product (exp 3/8)

\$2 off up & up healthcare item, excl vitamins and cough drops (Target coupon) (exp 2/18)

Smart Source 01/08 #1

\$1 off Airborne product (exp 4/8)

\$1 off Al Fresco product (exp 2/28)

\$1 off Atkins bars, treats or shakes (exp 3/31)

\$1 off Atkins frozen entrees (exp 3/31)

\$½ off Aunt Jemima Frozen Waffles, Pancakes or French Toast (Exp 4/8)

\$1 off Aunt Jemima Griddle Poppers (Exp 4/8)

\$2 off Bausch+Lomb Biotrue contact lens solution, 10 oz+ (exp 3/11)

\$4 off Bausch+Lomb Biotrue twin pack contact lens solution (exp 3/11)

\$5 off Bausch+Lomb OcuVite eye+multi (exp 3/11)

\$5 off Bausch+Lomb OcuVite product (exp 3/11)

\$2 off Bausch+Lomb Soothe eye drops (exp 3/11)

\$5/2 Bausch+Lomb Soothe eye drops (exp 3/11)

B1G1 BIC disposable razor up to \$7.99, excl trial size (exp 1/29)

\$1/2 Birds Eye Varieties (exp 2/27)

\$1 off Butterball boneless roast (exp 3/12)

\$1 off Butterball Deli Meats (exp 3/12)

.55/1 Butterball dinner sausage (exp 3/12)

.55/1 Butterball ground turkey (exp 3/12)

.55/1 Butterball turkey bacon or breakfast sausage (exp 3/12)

\$1 off Butterball turkey burgers (exp 3/12)

\$1/2 Celestial Seasonings Tea (exp 3/19)

\$3 off CeraVe baby product (exp 2/11)

\$3 off CeraVe cream, lotion or cleanser (exp 2/11)

\$4 off CeraVe healing ointment (exp 2/25)

\$4 off CeraVe skin renewing day cream, skin renewing gel oil, skin renewing retinol serum or skin renewing night cream (exp 2/11)

\$2 off Delsym 12 hour adult or cough+ product (exp 2/19)

\$2 off Delsym 12 hour kids or cough+ product (exp 2/19)

\$1 off Digestive Advantage product (exp 4/8)

\$1/2 Dole frozen fruit pkg. (exp 3/5)

.75/1 Dole fruit in gel packages (exp 4/2)

.50/2 Dole fruit in gel packages (exp 4/2)

\$2 off Dulco Lax or Ease 25-ct.+ , or Lax suppositories 4-ct+ (exp 1/30)

\$1.50 off Excedrin product, 100-ct+ (exp 2/4)

\$2 off Excedrin product, 20-ct+ (exp 1/23)

.50/2 Fiber One bars, cookies and 90 calorie products (exp 3/4)

.40/1 Fleischmann's Yeast (exp 3/15)

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

\$2 off General Electric GE LED or Reveal lighting item (exp 3/8)

.50/2 General Mills Betty Crocker, Game Up, Mott's, Sunkist or Fiber One fruit snacks (exp 3/4)

\$1/3 General Mills Big G cereals (exp 2/18)

.50/2 General Mills chex mix regular, muddy buddies, popped or xtreme, or bugles or gardetto's, 3.7 oz+ (exp 3/4)

B3G1 Glade 8oz room sprays or solid air fresheners up to \$1 (exp 2/12)

.55/1 Glade product, excl solid air freshener and 8oz room spray (exp 2/12)

\$1/2 Glade products, excl solid air freshener and 8oz room spray (exp 2/12)

\$2/3 Glade products, excl solid air freshener and 8oz room spray (exp 2/12)

\$1 off GoGo squeeze product, 4-pk.+ (exp 3/5)

.55/2 Golden Grain Pasta or Noodles (exp 2/22)

.75/3 Helper regular or Ultimate skillet dishes (exp 3/4)

.55/1 Honeysuckle White ground turkey (exp 2/25)

\$ off Honeysuckle White turkey breast cutlets, tenderloins, sausages, thighs or breasts (exp 2/25)

\$1.50 off Huggies diapers , 10-ct.+ (exp 2/4)

\$1.50 off Huggies wipes 56-ct+ AND (1) Little Snugglers or Little Movers diapers 10-ct+ (exp 2/4)

.50/1 Jolly Time microwave pop corn (exp 2/28)

.55/1 Juicy Juice product, excl 4-pk. juice boxes (exp 2/20)

.40/1 Karo Syrup (exp 3/15)

\$1.50 off Ken's Dressing, 24 oz+ (exp 2/15)

\$1 off Ken's dressing , 16 oz+ (exp 2/15)

\$1/2 Ken's Dressings, 9 oz (exp 2/15)

\$1/2 Ken's Dressings, 16 oz+ (exp 2/15)

.75/1 Ken's ranch or Italian dressing , 16 oz+ (exp 2/15)

\$2 off Kotex U Cleanwear ultra thin pads, Barely There or Curves liners, excl liners 14-22 ct. and trial size (exp 2/18)

\$2 off Kotex U Security tampons (exp 2/18)

\$2 off Kotex U Security ultra thin pads or Lightdays liners, excl liners 14-22 ct and trial size (exp 2/18)

\$2 off Kotex U Sleek or Click tampons (exp 2/18)

\$1/2 Lance sandwich cracker varieties , 8.4-35 oz (exp 2/28)

.55/1 Mazola oil or spray item (exp 2/4)

\$1 off Megared product (exp 4/8)

\$2 off Move Free product (exp 4/8)

\$2 off Mucinex 12 hour product (exp 2/19)

\$2 off Mucinex product (exp 2/19)

.55/2 Mueller's pasta or noodles (exp 2/22)

.50/1 Muir Glen product (exp 3/4)

\$2 off Nature Made adult gummies (exp 2/8)

\$2/2 Nature Made products (exp 2/8)

.50/2 Nature Valley 5ct+ granola bars, backpacker chewy oatmeal bites or granola cups (exp 3/4)

\$2 off Nutella & Go! Breadsticks , 4-pk. (exp 3/4)

.50/2 Progresso products, excl pasta bowls (exp 3/4)

Free Purina Beggin' dog snack 7 oz or less up to \$3.99, WYB (1) Beggin' dog snacks 5.5 oz+ (exp 2/8)

\$2 off Purina Beggin' dog snacks, 23.5 oz+ (exp 2/8)

\$2 off Purina Beneful dry dog food, 13 lb.+ (exp 4/8)

B4G1 Purina Beneful wet dog food items up to \$2.49 , excl variety packs (exp 4/8)

\$2 off Purina Cat Chow, 3.15lb+ bag (exp 4/30)

\$1/10 Purina Fancy Feast broths gourmet cat complement (exp 4/30)

B10G2 Purina Pro Plan cans or tubs up to \$5.98 (exp 3/5)

\$2 off Purina Pro Plan dog snacks (exp 3/5)

\$3 off Purina Pro Plan dry dog food bag (exp 3/5)

\$1/10 Purina Purely Fancy Feast wet cat food trays (exp 4/30)

\$2 off Purina Tidy Cats lightweight cat litter jug, 8.5lb or smaller (exp 3/31)

\$1.50 off Rubbermaid Easy Find lid product (exp 2/26)

\$1/2 Rubbermaid Takealong products (exp 2/26)

.55/1 Sara Lee bread (exp 3/11)

.50/3 Scotties facial tissues, or (1) multipack (exp 2/5)

.50/1 Scrubbing Bubbles all purpose cleaner heavy duty with fantastik (exp 2/18)

.50/1 Scrubbing Bubbles bathroom cleaning product (exp 2/18)

\$1 off Scrubbing Bubbles toilet cleaning product (exp 2/18)

.55/1 Simply Potatoes cut potato item (exp 2/28)

\$1 off The Good Table freezer to plate kit for frozen chicken (exp 3/4)

\$1/4 Totino's crisp crust party pizza (exp 3/4)

\$1 off Trop50 Orange Juice Beverage, 59 oz (exp 3/11)

\$1.50 off Truvia Natural Sweetener, Baking Blend, Brown Sugar Blend, or bottled Nectar (exp 3/31)

\$6 off Valvoline Full Synthetic, Full Synthetic High Mileage or MaxLife motor oil, (2) 5-qt. jugs OR (10) individual quarts (exp 2/10)

\$1.50/2 Windex products, excl trial size (exp 2/19)

\$1/4 Yardley bar soaps single or multipack, (1) 16oz body wash, or (1) Natural Artisan bar soap 3-pk. (exp 2/19)

\$3 off Zantac product 24-ct.+ , or Duo Fusion 20-ct.+ (exp 1/30)

Smart Source 01/08 #2

\$2 off Aveeno body lotion or wash product , excl cleansing bars, moisturizing bars, trial sizes and 2.5oz body lotion sizes (exp 1/22)

\$1 off Aveeno product, excl cleansing bars, moisturizing bars, trial sizes and 2.5oz body lotion sizes (exp 2/25)

\$1 off BIC stationery item (exp 2/18)

\$2 off Brita on the go bottle (exp 2/8)

\$4 off Brita pitcher, or pitcher filter 3-ct.+ , excl slim pitcher (exp 2/8)

\$1 off Clean & Clear product , excl trial size (exp 2/25)

\$1/4 Del Monte diced, stewed or whole tomatoes cans (exp 3/4)

\$1 off Dole Dippers (exp 3/5)

\$1 off Dole fruit and veggie blends package, frozen (exp 3/5)

\$1/2 Dole fruit in gel packages (exp 4/2)

\$1 off Dole fruit n spice package, frozen (exp 3/5)

\$1/2 Dole fruit packages (exp 3/5)

\$1/2 Frigo Cheese Heads snack cheese products , 12-ct.+ (exp 3/16)

.55/1 Hills Bros cappuccino, 12 oz+ canister (exp 2/28)

\$1 off Hills Bros cappuccino, single-serve box (exp 2/28)

\$1.50/2 Johnson's or Desitin products, excl johnson's 1-4 oz and desitin 1 oz (exp 3/5)

.55/1 Land O'Frost simply delicious lunchmeat, 8 or 13 oz (exp 2/5)

.75/1 Listerine adult mouthwash 1 L+, or healthy white product 16,oz+ (exp 1/31)

\$1 off Listerine floss or flosser product (exp 1/31)

\$1 off Listerine Smart Rinse anticavity fluoride rinse product , 500 mL (exp 1/31)

\$2 off Lubriderm product, 8 oz+ (exp 2/25)

\$2 off Mitchum Clinical, excl smart solid (exp 2/11)

\$1 off Mitchum product, excl clinical, trial size or twin packs (exp 2/11)

\$1 off Motrin IB or PM, or Bengay product, excl children's and infants' (exp 3/5)

.50/1 Mrs. Butterworth's lite, original or sugar free syrup (exp 3/31)

\$2 off Mylicon infants' gas drops product (exp 3/5)

\$1/2 Nabisco multipacks, 12 oz+ (exp 2/18)

B2G1 Neuro products (exp 1/15)

\$2/2 Neutrogena products, excl trial sizes, clearance products, baby oil or bar soap (exp 2/25)

\$1 off Patak's sauce (exp 2/15)

\$1/2 Premier Protein 30g bars (exp 4/1)

\$3 off Premier Protein shake , 4-pk. (exp 4/1)

\$3 off RoC anti-aging product , excl trial size (exp 2/25)

\$10 off Rogaine women's or men's hair regrowth treatment product , 2-ct.+ (exp 2/25)

\$1 off Sudafed regular, PE or children's product (exp 3/5)

\$1 off Tabasco product, 5 oz + (exp 3/31)

.75/1 Tree Top apple sauce pouches, 4 or 12-pk. (exp 2/18)

\$1 off Tylenol cold or sinus product (exp 3/5)

\$1 off Tylenol or Motrin children's or infants' product (exp 3/5)

\$1 off Tylenol or Simply Sleep product, excl tylenol cold, sinus and children's and infants' (exp 3/5)

\$1 off Tyson frozen grilled & ready product , 19-22 oz (exp 3/5)

.55/1 Tyson refrigerated grilled & ready product, 6-8 oz (exp 3/5)

\$1/2 Welch's fruit snacks or fruit 'n yogurt snacks, 8 oz+ bag or 8-ct.+ box excl 80-ct. (exp 2/18)

\$1 off Werther's Original caramel popcorn (exp 3/8)

\$1/2 Wish-Bone dressings, 12 oz + (exp 2/8)