

2022

COUPON INSERT SCHEDULE

January

2 — (2) Save & (2) SS
9 — (1) Save & (1) SS
16 — (1) Save & (1) SS
23 — (1) Save, (1) SS
30 — (1) Save, (1) SS, & P&G

February

6 — (1) Save & (1) SS
13 — (1) Save
20 — (1) Save & (1) SS
27 — (1) Save, (1) SS, & P&G

March

6 — (1) Save & (1) SS
13 — (1) Save & (1) SS
20 — (1) Save & (1) SS
27 — (1) Save & (1) SS, & P&G

April

3 — (1) Save & (1) SS
10 — (1) Save & (1) SS
17 — **No Inserts, Easter**
24 — (1) Save & (1) SS, & P&G

May

1 — (2) Save & (1) SS
8 — (1) Save & (1) SS
15 — (1) Save & (1) SS
22 — (1) Save & (1) SS
29 — (1) Save & P&G

June

5 — (1) Save & (1) SS
12 — (1) Save & (1) SS
19 — (1) Save
26 — (1) Save & (1) SS

July

3 — P&G
10 — (1) Save & (1) SS
17 — (1) Save & (1) SS
24 — (1) Save & (1) SS
31 — (2) Save & (1) SS, & P&G

August

7 — (1) Save & (1) SS
14 — (1) Save & (1) SS
21 — (1) Save & (1) SS
28 — (1) Save & (1) SS, & P&G

September

4 — (1) Save
11 — (1) Save & (2) SS
18 — (1) Save & (1) SS
25 — (1) Save & (1) SS, & P&G

October

2 — (1) Save & (1) SS
9 — (1) Save & (1) SS
16 — (1) Save & (1) SS
23 — (1) Save, (1) SS
30 — (1) Save, (1) SS, & P&G

November

6 — (1) Save & (1) SS
13 — (1) Save & (1) SS
20 — (1) Save & (1) SS
27 — P&G

December

4 — (1) Save & (1) SS
11 — (1) Save & (1) SS
18 — **No Inserts**
25 — P&G



UNIVERSITY OF CENTRAL FLORIDA

**Wellness and Health
Promotion Services**

