



Click here
to see
SAVINGS
deals!

08 July - 22 July 2024 ONLY



SIGN UP FOR MORE!
MORE SAVINGS. MORE WINS. MORE FOR YOU.



That's why
we **SHOP** at



R1 BILLION in savings

with **SPAR** Rewards

MORE SAVINGS
with your Rewards card

NOW ON!



That's why
we **SHOP** at
SPAR

Flora
Regular or Light
Medium Fat
Spread Tub
1 kg

BUY ANY 2 FOR 110⁰⁰
WITH Rewards CARD

Crosse & Blackwell
Tangy
Mayonnaise
750 g

37⁹⁹ each
WITH Rewards CARD

JACOBS
GOLD
SMOOTH & MILD
100% Premium Blend Instant Coffee

JACOBS
KRÖNUNG
100% Premium Blend Instant Coffee
200 g + 30 g extra!

149⁹⁹ each
WITH Rewards CARD

Bulk Stewing Beef
(Consists of Chuck, Brisket, Neck, Blade, Shortrib and Shin)

84⁹⁹ per kg

Excella
Sunflower Oil
2 litre

59⁹⁹ each
WITH Rewards CARD

SPAR Tender & Tasty Texan Steaks

104⁹⁹ per kg

TASTIC
LONG GRAIN PARBOILED RICE
Perfect. Every Time.

41⁹⁹ each
WITH Rewards CARD

Sunlight
2 in 1
Hand Washing Powder
2 kg Assorted

58⁹⁹ each
WITH Rewards CARD

HUGGIES
dry comfort
diapers

complete skin protection*
up to 12 HOURS OF PROTECTION

199⁹⁹ per pack
WITH Rewards CARD

Maxi 4 66s,
Junior 5 56s,
Maxi+4+ 60s,
Midi 3 76s,
Mini S2 94s or 96s,
Size 1

SPAR Tender & Tasty Chicken Spatchcock
Peri Peri or BBQ

79⁹⁹ per kg

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SPAR Rewards More for You

SIGN UP FOR MORE! MORE SAVINGS. MORE WINS. MORE FOR YOU.
SPAR Rewards deals. While stocks last.



Baker's Selection



SPAR Bakery Pita Bread White or Brown 6s

29⁹⁹ per pack



SPAR Bakery Croissants 8s

79⁹⁹ per pack



SPAR Bakery Filled Muffins 6s Assorted

49⁹⁹ per pack



SPAR Bakery Dessert Topping Cakes Assorted

69⁹⁹ each

Fresh Produce



SPAR freshline Potjie Pack 1 kg

36⁹⁹ per pack



SPAR freshline Soup Greens 700 g

26⁹⁹ per pack



SPAR freshline Sweet Potato 1 kg

15⁹⁹ per pack



SPAR freshline Soft Citrus 1 kg and SPAR freshline Bananas Snack Pack 500 g

BUY BOTH FOR **30⁰⁰**



SPAR freshline Avocados Ripe and Ready 2s

29⁹⁹ per pack

Butcher's Best



SPAR Tender and Tasty Buffalo Chicken Wings BBQ / Peri-Peri

89⁹⁹ per kg



SPAR Tender & Tasty Pork Neck Roast

129⁹⁹ per kg



Ox Tail (Previously Frozen)

109⁹⁹ per kg



Your Butcher Beef Silverside Roast

99⁹⁹ per kg



Your Butcher By SPAR Chicken Star Pack 4 Drumsticks and 4 Thighs

69⁹⁹ per kg

Take away



CHIKKA CHICKEN 6 STICKY WINGS AND 100 G CHIPS

49⁹⁹ per combo



BUY ANY 1 FOR

159⁹⁹ each

SPAR The Food Stall Meals 1 kg Assorted



The FOOD STALL at SPAR

SPAR The Food STALL

Fridge Savings



SPAR Cheddar or Gouda Cheese Vacuum Packed 240 g

35⁹⁹ each

WITH RewardsCARD As good as the best for less



SPAR Gouda or Cheddar Processed Cheese Slices 200 g

29⁹⁹ per pack

WITH RewardsCARD As good as the best for less



Lancewood Cheddar, Gouda or White Gouda Vacuum Packed Cheese 900 g

129⁹⁹ each

WITH RewardsCARD



Rainbow Simply Chicken Polony 700 g / 1 kg Assorted

62⁹⁹ each



SPAR Prepacked Sliced Cold Meat 200 g Assorted

23⁹⁹ per pack

WITH RewardsCARD As good as the best for less



Rainbow Simply Chicken Original or Cheese Viennas 1 kg Assorted

89⁹⁹ per pack



SPAR Hot Doggers Smoked, Red or Chicken Viennas 1 kg

59⁹⁹ per pack

As good as the best for less

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It's not just

SPAR
Frozen Mixed
Chicken Portions
4 kg

149⁹⁹ per pack

WITH **Rewards CARD**
As good as the best for less



It's so much more!

That's why
we SHOP at
SPAR

Fridge Savings

Blue Ribbon
Classic White Sliced Bread
700 g

16⁹⁹ each

WITH **Rewards CARD**
As good as the best for less

Sunshine D
Margarine Brick
500 g

18⁹⁹ each

WITH **Rewards CARD**
As good as the best for less

The Laughing Cow
Cheese Wedges
120 g Assorted

27⁹⁹ each

SPAR South African Feta
200 g Assorted

28⁹⁹ each

As good as the best for less



SPAR 100% Pressed and Squeezed Fruit Juice Blend
2 litre Assorted

54⁹⁹ each

As good as the best for less

SPAR Squillo's Flavoured Milk
300 ml Assorted

12⁹⁹ each

WITH **Rewards CARD**
As good as the best for less

Clover Classic
Smooth Low Fat Yoghurt (Excl. Fruits Of The Forest)
6 x 100 g Assorted

34⁰⁰

BUY ANY 2 FOR

WITH **Rewards CARD**
As good as the best for less

SPAR Indulge
Double Cream Yoghurt Strawberry & White Chocolate Flavoured

36⁹⁹ each

WITH **Rewards CARD**
As good as the best for less

Danone NutriDay
Plain, Fruit or Smooth Yoghurt
900 g Assorted

29⁹⁹ each

WITH **Rewards CARD**
As good as the best for less

Clover Full Cream Milk or Ultra Pasterised Milk Jug
2 litre

34⁹⁹ each

WITH **Rewards CARD**
As good as the best for less

SPAR Extra Large Eggs
18s

57⁹⁹ per tray

As good as the best for less

Freezer Savings

I&J Out O' The Oven Hake Portions
400 g Assorted

75⁹⁹ per pack

Simply Chicken
Original or Cheese Nuggets, Fingers, Bites, Burgers, Steaklets or Chickees Moons & Stars or Dino Original
350 g / 360 g / 400 g

45⁹⁹ per pack

WITH **Rewards CARD**
As good as the best for less

McCain Stew Mix Vegetable or Stir Fry
250 g Assorted

27⁰⁰

BUY ANY 2 FOR

WITH **Rewards CARD**
As good as the best for less

Nature's Garden hawaiian stir fry
700 g Assorted

35⁹⁹ each

WITH **Rewards CARD**
As good as the best for less

SPAR Crumbed Hake Fish Fingers
400 g

39⁹⁹ per pack

WITH **Rewards CARD**
As good as the best for less

McCain Slap Chips or Skinny Fries
1 kg Assorted

46⁹⁹ per pack

Mama's Frozen Pies or Sausage Rolls
6s Assorted

102⁹⁹ per pack

SPAR Mini Puffs
40s Assorted

72⁹⁹ per pack

As good as the best for less

Ola Gino Ginelli Ice Cream
1,4 litre Assorted

92⁹⁹ each

WITH **Rewards CARD**
As good as the best for less



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It's not just

SPAR
Macaroni or
Spaghetti
500 g

BUY ANY
2
FOR
28⁰⁰
WITH Rewards CARD
As good as the best for less



It's so much more!

That's why
we SHOP at
SPAR

Pantry Savings



SPAR
Corned Meat
300 g

27⁹⁹
each

As good as the best for less



Rhodes
Baked Beans
in Tomato
Sauce
410 g

13⁹⁹
each

WITH Rewards CARD



Rhodes
Butter Beans
in Brine or Curry Sauce 410 g,
Chakalaka
Hot & Spicy 400 g
or Mild & Spicy 400 g
or Creamstyle
Sweetcorn 420 g

18⁹⁹
each

WITH Rewards CARD



Rhodes
Tomato & Onion
Mix or Gravy
410 g

15⁹⁹
each

WITH Rewards CARD



Nando's
Peri-Peri
Bag & Bake
20 g
Assorted

19⁹⁹
each



SPAR
Flavoured
Stock Cubes
12s
Assorted

BUY ANY
2
FOR
18⁰⁰

As good as the best for less



Imana
Cook in Sauce
48 g / 58 g
Assorted

BUY ANY
4
FOR
38⁰⁰



Maggi
2 Minute Noodles
5s
Assorted

BUY ANY
2
FOR
64⁰⁰

WITH Rewards CARD



Imbo
Red Speckled
Beans
500 g

25⁹⁹
each



White Star
Super
Maize Meal
5 kg

62⁹⁹
each



Baking Savings



Snowflake
Cake, White
or Brown
Wheat Flour
2.5 kg

36⁹⁹
each

WITH Rewards CARD



Parmalat
Vanilla Flavoured Custard
(Excl. Easygest)
1 litre

BUY 2
FOR
45⁰⁰

WITH Rewards CARD



Clover
Sweetened
Condensed
Milk
385 g

32⁹⁹
each



Moir's
Desiccated
Coconut
200 g

23⁹⁹
each



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It's not just

SPAR
Golden
Corn Flakes
1 kg

47⁹⁹ each
WITH RewardsCARD
As good as the best for less



It's so much more!

That's why
we SHOP at
SPAR

Breakfast Savings

Kellogg's
Coco Pops, Chocos, Big 5 or
Strawberry Pops Cereal
(Excl. Froot Loops)
340 g/ 350 g

BUY ANY 2 FOR 90⁰⁰
WITH RewardsCARD

Selati
Golden Brown
Sugar
2 kg

42⁹⁹ each
WITH RewardsCARD

Laager
Pure Rooibos
Laager
Rooibos or
Tea 4 Kidz
Tagless Teabags
40s

23⁹⁹ per pack

SPAR
Instant Maize
Porridge
1 kg
Assorted

21⁹⁹ each
As good as the best for less

DOUBLE MONEY BACK
QUALITY GUARANTEED

Tetley
Premium
Tea Blend
Teabags
102s

32⁹⁹ per pack

Nescafé
Ricoffy Tin
(Excl. Mild and Decaf)
250 g

59⁹⁹ each
WITH RewardsCARD

Ellis Brown
Coffee Creamer
750 g

52⁹⁹ each
WITH RewardsCARD

Snacks and Beverages

SPAR
Savoury Snack
Puffs
100 g
Assorted

BUY ANY 3 FOR 27⁰⁰
As good as the best for less

DOUBLE MONEY BACK
QUALITY GUARANTEED

5star
Lunch Bar
Cadbury
Crunchie, 40 g
Astros 40 g,
5 Star 48.5 g,
or Oreo
Enrobed 32.9 g

BUY ANY 2 FOR 22⁰⁰
WITH RewardsCARD

Bakers
Topper Biscuits
125 g
Assorted

11⁹⁹ per pack
WITH RewardsCARD

Tasty Treats
Flavoured
Biscuits
80 g
Assorted

BUY ANY 3 FOR 15⁰⁰

SPAR
Sliced Rusks
450 g
Assorted

39⁹⁹ per pack
WITH RewardsCARD
As good as the best for less

Doritos
Corn Chips
145 g
Assorted

BUY ANY 3 FOR 55⁰⁰
WITH RewardsCARD

SPAR
Flavoured Snack
100 g
Assorted

BUY ANY 2 FOR 42⁰⁰
As good as the best for less

Lay's
Potato Chips
120 g
Assorted

BUY ANY 2 FOR 40⁰⁰
WITH RewardsCARD

Red Bull
Energy Drink
(Incl. Sugar Free)
250 ml
Assorted

BUY ANY 2 FOR 26⁰⁰
WITH RewardsCARD

Rhodes
100%
Fruit Juice
Blend
6 x 200 ml
Assorted

42⁹⁹ per pack
WITH RewardsCARD

Pepsi
Max, 7up or
Pepsi Light
2 litre

BUY ANY 2 FOR 24⁰⁰
WITH RewardsCARD

Wine Selection

Shortwood
Dry Red Wine
750 ml

BUY ANY 2 FOR 70⁰⁰

Laborie
Merlot
750 ml

74⁹⁹ each

Cabriere
Tranquille
Dry
750 ml

74⁹⁹ each

La Motte
Millennium or
Rosé
Wine
750 ml

109⁹⁹ each

Namaqua
Cabernet
Sauvignon
750 ml

BUY ANY 2 FOR 100⁰⁰

#N16 aware!org Not For Persons Under The Age Of 18.
www.aware.org.za

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It's not just

SPAR
Germex
Hygiene Hand Sanitiser
or Hand Wash
250 ml
Assorted

31⁹⁹
each

As good as the best for less



It's so much more!

That's why
we SHOP at
SPAR

Personal Care Savings

15⁹⁹
each

Aquafresh
Fresh & Minty,
Mild & Minty,
Lemon Mint or
Herbal Toothpaste
100 ml

WITH Rewards CARD

26⁰⁰

Protex
Hygiene Soap
150 g
Assorted

BUY ANY 2 FOR

WITH Rewards CARD

33⁰⁰

SPAR
Germex
Hygiene Soap
175 g
Assorted

BUY ANY 3 FOR

WITH Rewards CARD

25⁹⁹
each

Nivea
Anti-perspirant
Roll-on Deodorant
or
Male or Female
50 ml
Assorted

WITH Rewards CARD

23⁹⁹
each

Clere
Body Cream
300 ml or
Lotion 400 ml
for Male or Female
Assorted

WITH Rewards CARD

77⁹⁹
each

Organics
Shampoo,
Conditioner
or 2in1
1 litre
Assorted

WITH Rewards CARD

50⁰⁰

SPAR
Rainbow
Facial Tissues
200s
Assorted

BUY ANY 2 FOR

WITH Rewards CARD

As good as the best for less

32⁰⁰

Stayfree
Maxi Pads
With Wings
10s or
Pantyliners
20s
Assorted

BUY BOTH FOR

WITH Rewards CARD

34⁰⁰

Lillets
Maxi
Sanitary Pads
Assorted
7s / 8s / 10s

BUY ANY 2 FOR

WITH Rewards CARD

Medicinal Essentials

29⁹⁹
each

Lennon
Drops
20 ml
Assorted

57⁹⁹
each

One-Day
Flu Cure
100 ml

39⁹⁹
each

Benlyn
Cough Syrup
50 ml
Assorted

43⁹⁹
per pack

Panado
Headache
Capsules
20s or
Effervescent
16s

WITH Rewards CARD



AVAILABLE FREE ON Available on the App Store GET IT ON Google Play

WE ARE NOW ONLINE
READY TO DELIVER TO YOUR DOOR

DOWNLOAD

THE SPAR2U APP TODAY!



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It's not just

SPAR
goodliving
Exam Pad
100 page

19⁹⁹
each

WITH RewardsCARD
As good as the best for less



It's so much more!

That's why
we SHOP at
SPAR

Back to School Savings

Pritt
Original
Glue Stick
43 g

45⁹⁹
each

WITH RewardsCARD

Staedtler
Traditional Pencil
3s

24⁹⁹
per pack

BIC
Clic Blue,
Red or Black Pens
2s

22⁹⁹
per pack

WITH RewardsCARD

BIC
Orange Fine
Black, Blue or
Red Pens
2s

15⁹⁹
per pack

WITH RewardsCARD

SPAR
goodliving
A4
counter book
2 quire feint & margin
192 Pages

25⁹⁹
each

WITH RewardsCARD
As good as the best for less

SPAR
goodliving
A4 College Exercise
Book Feint & Margin,
Quad & Margin or
Irish & Margin
72 page A4

8⁹⁹
each

WITH RewardsCARD
As good as the best for less

Cleaning Essentials

SPAR
Aluminium
Light Weight
Foil
5 meter

19⁹⁹
each

As good as the best for less

SPAR
Large Sandwich Bags
50s

35⁹⁹
per pack

As good as the best for less

Jeyes
Homeguard
Thick Bleach
750 ml
Assorted

23⁹⁹
each

WITH RewardsCARD

Comfort
Fabric Conditioner
Pouch
800 ml
Assorted

39⁹⁹
each

WITH RewardsCARD

SPAR
Fire Wood
10 kg

56⁹⁹
per pack

WITH RewardsCARD
As good as the best for less

Airwick
Air Freshener
280 ml
Assorted

24⁹⁹
each

DURACELL
PLUS
AAA 8
100% EXTRA LIFE

99⁹⁹
per pack

Duracell
Mainline Batteries
AA or AAA
8s

Home care Essentials

Gift Barrel
Lunch Box
1'S

29⁹⁹
each

Gift Barrel
Maxi Meal Box
1'S

22⁹⁹
each

Yanaka
Terry
Dish Swab

19⁹⁹
each

Yanaka
Face Cloths
1s
Assorted

18⁹⁹
per pack

Pet Care Savings

Marltons
Crystal Litter
for Cats
1.8 kg

119⁹⁹
each

Pedigree
Dog Food in Gravy
or Tasty Mini Bites
100 g / 125 g
Assorted

13⁹⁹
each

HUSKY
Dog Food
775 g
Assorted

31⁹⁹
each

WITH RewardsCARD

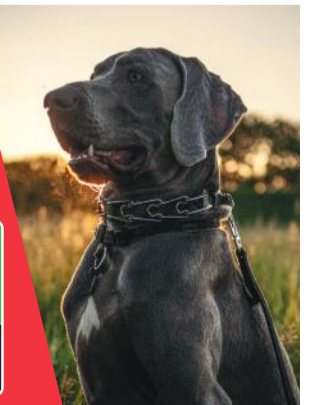
Pedigree
Tasty Minis
Junior
125 g

29⁹⁹
per pack

CANINE CUISINE
SPECIALISED DIET
GRAIN-FREE
ADULT

269⁹⁹
each

WITH RewardsCARD



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It's not just

SPAR
Toilet Tissue
2 ply
9s

67⁹⁹
per pack

WITH **Rewards** CARD
As good as the best for less

AS SEEN ON TV

DOUBLE MONEY BACK
QUALITY GUARANTEED



It's so much more!

That's why we SHOP at
SPAR

Even More Savings

AS SEEN ON TV

BOKOMO WEET-BIX
WHOLEGRAIN WHEAT BISCUITS
High in Fibre
High in Vitamins B1, B2 & B3
Source of Iron

24 Biscuits
450 g

26⁹⁹ each

Save **R10** WITH **Rewards** CARD

Bokomo Weet-bix Original Only 450 g

AS SEEN ON TV

Black Cat
Peanut Butter
(Excl. No Sugar Free Range)
400 g Assorted

36⁹⁹ each

Save **R13** WITH **Rewards** CARD

AS SEEN ON TV

Liqui-Fruit
100% Fruit Juice
1 litre Assorted

22⁹⁹ each

Save **R12** WITH **Rewards** CARD

Coca-Cola
ORIGINAL TASTE
SOFT DRINK

6 x 300ml

BUY 2 FOR 90⁰⁰

WITH **Rewards** CARD

VALPRE
Still or Sparkling Mineral Water
500 ml

BUY ANY 2 FOR 20⁰⁰

AS SEEN ON TV

Vaseline
Body Cream or Lotion
Male or Female
(Excl. Q10 Range)
400 ml

49⁹⁹ each

Save **R27** WITH **Rewards** CARD

AS SEEN ON TV

Sunlight
Dishwashing Liquid Refill
750 ml

23⁹⁹ each

Save **R6** WITH **Rewards** CARD

PRO WASH
Auto Washing Powder
2 kg or Auto Liquid
1.5 lt Assorted

52⁹⁹ each

WITH **Rewards** CARD

Baby Essentials

PURITY
Banana Custard
Yoghurt with Peach Pieces

BUY ANY 2 FOR 31⁰⁰

WITH **Rewards** CARD

Purity 3rd Foods 200 ml Assorted

PURITY
CREAM OF MAIZE
Baby's Soft Porridge

Original

21⁹⁹ each

WITH **Rewards** CARD

Purity Cream of Maize 400 g Assorted

PURITY
Just Add Milk
Instant Oats

Original

21⁹⁹ each

WITH **Rewards** CARD

Purity Baby Cereal 250 g Assorted

PURITY
Baby Cereal
Strawberry Flavour

21⁹⁹ each

WITH **Rewards** CARD

Purity 2nd or 3rd Baby Cereal 200 g Assorted

PURITY
baby aqueous cream

42⁹⁹ each

WITH **Rewards** CARD

Purity Baby Aqueous Cream or Petroleum Jelly 325 ml / 450 ml Assorted

SPAR
Women's CHALLENGE
10/5km

Tshwane

ENTRIES ARE OPEN
www.sparwomenstshwane.co.za

3 AUGUST 2024

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SPAR
Rewards
More for You

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SPAR Rewards deals. While stocks last.

Let's chat **0860 313 141**

Say "hello" to get specials, store details, SPAR Rewards & more!
For more info: www.spar.co.za or Find us on /myspar

SPAR

SUPERSPAR