

Get more for
EVEN LESS
with **SPAR**

**SHOP
RED.**

**SAVE
GREEN.**



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

COMBO DEAL

SPAR or A1
Super Maize Meal 12.5 kg,
Fatti's & Moni's Macaroni 2 kg,
Farm Foods or Pasta King
Macaroni 3 kg,
SPAR Long Grain Parboiled Rice
10 kg,
SPAR Sunflower Oil 2 litre,
All Gold Tomato Sauce 700 ml
PLUS Crosse & Blackwell Tangy
Mayonnaise 750 ml

BUY ALL FOR
354⁹⁵
WITH **Rewards**CARD

COMBO DEAL

SPAR Super Maize Meal 5 kg,
SPAR Long Grain Parboiled Rice 2 kg,
SPAR Sunflower Oil 750 ml,
SPAR Tomato Sauce 700 ml,
SPAR Mayonnaise Tangy or Original
750 g,
SPAR Macaroni, Elbows or Spaghetti
500 g

BUY ALL FOR
150⁰⁰
WITH **Rewards**CARD
As good as the best for less

SPAR
Super Maize Meal
5 kg

47⁹⁵
each
As good as the best for less

OR

SPAR
Super Maize Meal
12.5 kg

109⁹⁵
each
As good as the best for less

TASTIC
LONG GRAIN
PARBOILED RICE
Perfect Every time

34⁹⁵
each
Tastic
Long Grain
Parboiled
Rice
2 kg

FATTI'S & MONI'S
MACARONI
SPAGHETTI

11⁹⁵
per pack
Fatti's &
Moni's
Macaroni
or Spaghetti
500 g
WITH **Rewards**CARD

SPAR
REFINED
WHITE
SUGAR

66⁹⁵
each
SPAR
White or
Brown
Sugar
5 kg
As good as the best for less

BOKOMO
Corn Flakes

46⁹⁵
per pack
Bokomo
Corn
Flakes
1 kg

NOLA
Original
Mayonnaise

27⁹⁵
each
Nola
Mayonnaise
Assorted
750 g / 780 g
WITH **Rewards**CARD

WELLINGTON'S
FULL FLAVOUR
TOMATO
SAUCE

21⁹⁵
each
Wellington's
Tomato
Sauce
700 ml

HUGGIES
dry comfort
diapers
complete
skin
protection

129⁹⁵
per pack
Huggies
Dry Comfort
Disposable Nappies
or Pants
Jumbo Pack
WITH **Rewards**CARD

Sunlight
Handwashing
Powder
Assorted
2 kg

44⁹⁵
per pack
Sunlight
Hand Washing
Powder
Assorted
2 kg
WITH **Rewards**CARD

SPAR
TOILET TISSUE
ULTRA SOFT & GENTLE

89⁹⁵
per pack
SPAR
Toilet
Tissue
2 Ply
18s
As good as the best for less

Specials available at selected SPAR and SUPERSPAR stores in Botswana from 05 May up to and including 18 May 2025, while stocks last. We reserve the right to limit quantities. Prices include VAT. E&OE. Rewards Prices Only Valid for Rewards Card Holders.

SPAR
Rewards
More for You



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

SPAR



Butcher's Best

Fresh Produce

Serving suggestion

Whole Fresh Chicken

52⁹⁵ per kg

Chicken Star Pack

65⁹⁵ per kg

Sweet Potato 1 kg

20⁹⁵ per pack

Butternut 7 kg

76⁹⁵ per pack

Onions 1 kg

14⁹⁵ per pack

SPAR Country Value Banana's 650 g

17⁹⁵ per pack

Large Bag of Oranges

49⁹⁵ per pocket

Beetroots 1 kg

17⁹⁵ per pack

Serving suggestion

Delicious made easy

Baker's Selection

Serving suggestion

Battered Hake & Chips 150 g

95⁰⁰ per kg

Chicken Curry & Rice or Pap

25⁹⁵ per meal

Beef Wrap

25⁹⁵ each

4 Sticky Wings & Chips 150 g

34⁹⁵ per combo

Serving suggestion

Pizza Slices Assorted

10⁹⁵ each

Jumbo Pies Assorted

15⁹⁵ each

Cocktail Scones 10s

21⁹⁵ per pack

Rock Bun 2s

9⁹⁵ per pack

Chocolate Brownies

19⁹⁵ per pack

SPAR or Bobbies Frozen Chicken Mixed Portions 2 kg

79⁹⁵ per pack

SPAR French Polony 1 kg

30⁹⁵ each

Senn Foods Russians Assorted 500 g

34⁹⁵ per pack

Sea Harvest Hake Fillets 600 g

79⁹⁵ per pack

Romi 37% Fat Spread Brick 500 g

9⁹⁵ each

SPAR Crumbed Fish Fingers 400 g

34⁹⁵ per pack

As good as the best for less

Choice Grade Potato Chips Straight Cut

31⁹⁵ per pack

As good as the best for less

Choice Grade Mixed Vegetables

10⁹⁵ per pack

As good as the best for less

Choice Grade Mixed Vegetables

32⁹⁵ per pack

As good as the best for less

SPAR Oven Chips Assorted 1 kg

31⁹⁵ per pack

As good as the best for less

SPAR Daily 40% Fat Spread Tub 1 kg

31⁹⁵ each

As good as the best for less

SPAR Vacuum Pack Cheese Assorted 400 g

52⁹⁵ per pack

As good as the best for less

Parmalat Processed Cheese Assorted 200 g

22⁹⁵ per pack

Senn Foods Viennas Assorted 500 g

30⁹⁵ per pack

Dairymaid Farmhouse Ice Cream Assorted 2 litre

37⁹⁵ each

Parmalat Cabana Dairy Fruit Blend Assorted 200 ml

4⁹⁵ each

SPAR Full Cream Fresh Milk 2 litre

31⁹⁵ each

As good as the best for less

SPAR Burst Dairy Blend Assorted 2 litre

19⁹⁵ each

As good as the best for less

SPAR Full Cream Maas 2 kg

27⁹⁵ each

As good as the best for less

SPAR Size 2 Eggs 24s

53⁹⁵ per pack

As good as the best for less

Parmalat YogoFun Dairy Snack Assorted 350 g

9⁹⁵ each

SPAR Medium Fat Yoghurt Assorted 6 x 75 g

12⁹⁵ per pack

Parmalat Smooth Low Fat Yoghurt Assorted 6 x 100 g

17⁹⁵ per pack

Danone Nutriday Snax Yoghurt Assorted 6 x 70 g

12⁹⁵ per pack

Parmalat Low Fat or Double Cream Yoghurt Assorted 500 g

19⁹⁵ each

SPAR Mageu Cream Flavoured 1 litre

13⁹⁵ each

As good as the best for less

SPAR Rewards deals available while stocks last.

Have a Break





Real Tea
Loose Black
Tea Leaves
250 g

23⁹⁵
per pack



Five Roses
Loose
Leaf Tea
125 g

19⁹⁵
per pack



Laager
Pure Rooibos

Laager
Rooibos
Tea Bags
80s

31⁹⁵
per pack



FIVE ROSES
SUPERIOR QUALITY TEA
CEYLON
BLEND TEA
26 TEA BAGS

Five Roses
Tagless
Teabags
26s

17⁹⁵
per pack



frisco
GRANULES
INSTANT CHERRY & COFFEE

Frisco
Instant
Coffee
Assorted
250 g

44⁹⁵
each



SPAR
Long Life Full Cream Milk
1 litre

18⁹⁵
each

As good as the best for less 



SPAR
Long Life Full Cream Milk
1 litre

or

109⁹⁵
each

As good as the best for less 



SPAR
Long Life Full Cream Milk
500 ml

9⁹⁵
each

As good as the best for less 



MORVITE
ORIGINAL FLAVOUR
INSTANT PORRIDGE

Morvite
Flavoured
Instant
Porridge
Assorted
2 kg

43⁹⁵
per pack



BOKOMO
Traditional
Oats

Bokomo
Oats
1 kg

25⁹⁵
per pack



MABELE
MEAL
FINELY GROUND SORGHUM

SPAR
Mabele
Meal Fine
Sorghum
5 kg

49⁹⁵
each

As good as the best for less 



Clover
Creamel
Coffee and Tea
Creamer
750 g

33⁹⁵
each



SPAR
WHITE
WHEAT
FLOUR

SPAR
White Bread Flour
5 kg

58⁹⁵
each

As good as the best for less 



SPAR
White Bread Flour
12.5 kg

or

122⁹⁵
each

As good as the best for less 



SPAR
SPECIAL
MAIZE
MEAL

SPAR
Special Maize Meal
12.5 kg

79⁹⁵
each

As good as the best for less 



SPAR
LONG GRAIN WHITE
PARBOILED RICE

SPAR
Parboiled
Long
Grain
Rice
5 kg

65⁹⁵
each

As good as the best for less 



FUTURELIFE
Granola Assorted
700 g

51⁹⁵
per pack



Royco
SOUP
MINISTRONE

Royco
Packet Soup
Assorted
50 g

4⁹⁵
per pack



HINDS
STEAK & CHOPS
SPICE

Hinds
Herbs & Spice
Assorted
12 g - 90 g

10⁹⁵
per pack



SaveMor
BAKED BEANS
IN TOMATO SAUCE

SaveMor
Baked Beans
in Tomato
Sauce
410 g

8⁹⁵
each



SPAR
Sunflower
Oil
750 ml

21⁹⁵
each

WITH  **REWARDS CARD**



SaveMor
Cooking Oil
2 litre

44⁹⁵
each

WITH  **REWARDS CARD**



B-Well
Omega3
Cooking Oil
Blend
2 litre

59⁹⁵
each



SPAR
instant noodles
beef flavour

SPAR
Instant
Noodles
Assorted
5s

15⁹⁵
per pack

As good as the best for less 



SPAR
VANILLA
FLAVOURED
CUSTARD

SPAR
Vanilla Flavoured
Custard
1 litre

23⁹⁵
per pack

As good as the best for less 



YUM
YUM
Smooth
PEANUT BUTTER

Yum Yum
Peanut Butter
Assorted
400 g

28⁹⁵
each



SPAR
HONEY
Choice Grade

SPAR
Choice Grade
Honey
375 g

42⁹⁵
each

As good as the best for less 



SPAR
MIXED FRUIT
JAM

SPAR
Mixed Fruit
Jam
450 g

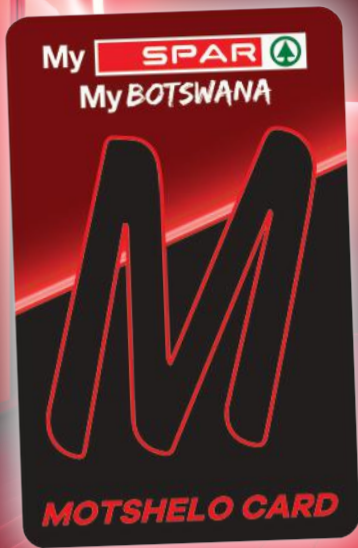
22⁹⁵
each

As good as the best for less 



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Sign up for your SPAR Motshelo Card and start saving.

My **SPAR**  My Botswana



SPAR
Carbonated
Soft Drink
Assorted
2 litre

10⁹⁵
each

WITH **Rewards** CARD

As good as the best for less 



Refreshhh
Carbonated Soft Drink
Assorted
2 litre

9⁹⁵
each



SPAR
100% Fruit
Juice Blend
Assorted
1 litre

21⁹⁵
each

WITH **Rewards** CARD

As good as the best for less 



Rhodes
100% Fruit Juice
Blend
Assorted
6 x 200 ml

39⁹⁵
each



SPAR
Smoothie
Concentrate
Assorted
1 litre

8⁹⁵
each

As good as the best for less 



Reboost
Energy Drink
Assorted
500 ml

6⁹⁵
each



Bakers
Tennis Biscuits
Assorted
200 g

20⁹⁵
per pack



SaveMor
Cream Biscuits
Assorted
100 g

4⁹⁵
per pack



SPAR
Foam Bath
Assorted
2 litre

34⁹⁵
each

As good as the best for less 



Dettol
Hygiene
Soap
Assorted
175 g

9⁹⁵
each



Vaseline
Petroleum Jelly
Assorted
100 ml

15⁹⁵
each

WITH **Rewards** CARD



Dolly Varden
Glycerine
100 ml

13⁹⁵
each



Clere
Body Lotion
Assorted
400 ml

19⁹⁵
each



Care by SPAR
Deodorant
For Men
Assorted
150 ml

21⁹⁵
each

As good as the best for less 



Care by SPAR
Roll On
For Men or
Women
Assorted
50 ml

11⁹⁵
each

As good as the best for less 



Protex
Hygiene
Soap
Assorted
200 g

12⁹⁵
each



SaveMor
Toilet Tissue
1 Ply
10s

21⁹⁵
per pack



Home Care by SPAR
All Purpose Cleaner
Assorted
750 ml

19⁹⁵
each

As good as the best for less 



Sta-Soft
Fabric Conditioner
Assorted
500 ml

23⁹⁵
each



Sunlight
Dishwashing
Liquid
Refill
750 ml

19⁹⁵
each

WITH **Rewards** CARD



Pro-Wash
Laundry Bar
Assorted
500 g

13⁹⁵
each

WITH **Rewards** CARD



Husky
Tin Dog Food
Assorted
775 g

24⁹⁵
each

SaveMor
Dry Dog Food
Assorted
8 kg

94⁹⁵
each



SPAR Rewards deals available while stocks last.