



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**

AS SEEN ON TV



**149<sup>99</sup>** per pack

**SPAR** Frozen Mixed Chicken Portions 4 kg

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



Sunshine D Margarine Brick 500 g

**18<sup>99</sup>** each

WITH **Rewards** CARD



Excella Sunflower Oil 2 litre

**59<sup>99</sup>** each

WITH **Rewards** CARD



White Star Super Maize Meal 5 kg

**62<sup>99</sup>** each



Sunlight 2 in 1 Hand Washing Powder 2 kg Assorted

**58<sup>99</sup>** each

WITH **Rewards** CARD



Tastic Long Grain Parboiled, Wholegrain or Soft & Absorbing Rice 2 kg

**41<sup>99</sup>** each

WITH **Rewards** CARD

## COMBO DEAL



SaveMor Parboiled Rice 2 kg + SaveMor Macaroni 1 kg + SaveMor Baked Beans 410 g

BUY ALL FOR **69<sup>00</sup>**



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

**84<sup>99</sup>** 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.

# SPAR



# Fresh Produce



# Bakers Selection



**SPAR Country Value Potatoes**  
1 kg  
**15<sup>99</sup>** per pack

**SPAR Country Value Oranges**  
2.5 kg  
**32<sup>99</sup>** per bag

**Country Value Rock Buns**  
1's  
**12<sup>99</sup>** each

**SPAR Country Value Queenies**  
10s  
**21<sup>99</sup>** per pack

**SPAR Bakery Dessert Topping Cakes Assorted**  
**69<sup>99</sup>** each  
As good as the best for less

# Fridge Savings

**SPAR Cheddar or Gouda Cheese Vacuum Packed**  
240 g  
**35<sup>99</sup>** each  
WITH RewardsCARD  
As good as the best for less

**SPAR Hot Doggers Smoked, Red or Chicken Viennas**  
1 kg  
**59<sup>99</sup>** per pack  
As good as the best for less

**SPAR Prepacked Sliced Cold Meat Assorted**  
200 g  
**23<sup>99</sup>** per pack  
WITH RewardsCARD  
As good as the best for less

# Butchers Best

**Bulk Cow Heels (Previously Frozen)**  
**34<sup>99</sup>** per kg

**SPAR Country Value Black Tripe (Previously Frozen)**  
500 g  
**24<sup>99</sup>** each

**Chicken Feet (Previously Frozen)**  
**44<sup>99</sup>** per kg

**SPAR Country Value Fresh Chicken Livers**  
500 g  
**22<sup>99</sup>** each

# Delicious made easy

**29<sup>99</sup>** per combo  
1 x Econo Russian and 100 g Chips  
The FOOD STALL at SPAR  
Available at The FOOD STALL. Only at SPAR.

**iPLATE LASE SPAR**  
**35<sup>00</sup>** per combo  
GET THAT HEARTY AND HEALTHY TASTE OF HOME FROM YOUR FAVOURITE SPAR.  
TASTES JUST LIKE IPLATE LASE KHAYA.  
Available at The FOOD STALL. Only at SPAR. Sides may vary between stores.  
The FOOD STALL at SPAR



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**It's not just**

Danone  
Nutriday Plain,  
Fruit or Smooth  
Yoghurt  
900 g

**29<sup>99</sup>**  
each  
WITH Rewards CARD



**It's so much more!**

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

**Fridge Savings**

Albany  
Superior or Thick Slice  
Brown Bread  
700 g

**14<sup>99</sup>**  
each  
WITH Rewards CARD

SPAR  
Extra Large  
Eggs  
18s

**57<sup>99</sup>**  
per tray  
As good as the best for less

Sunshine D  
60% Fat Spread or  
40% Lite  
Tub  
1 kg

**38<sup>99</sup>**  
each  
WITH Rewards CARD

Danup  
Blend of Multigrain  
& Yoghurt  
(Excl. 3 in 1)  
Assorted  
950 g

**19<sup>99</sup>**  
each

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

BUY ANY  
2  
FOR

**34<sup>00</sup>**  
WITH Rewards CARD

SPAR  
Squillo's  
Flavoured Milk  
300 ml  
Assorted

**12<sup>99</sup>**  
each  
WITH Rewards CARD  
As good as the best for less

Clover  
Full Cream  
Fresh  
Ultra Past  
2 litre

**34<sup>99</sup>**  
each  
WITH Rewards CARD

**Freezer Savings**

SPAR  
Crumbed  
Hake  
Fish Fingers  
400 g

**39<sup>99</sup>**  
per pack  
WITH Rewards CARD  
As good as the best for less

SPAR  
Mini Cheese Puffs  
40s  
Assorted

**72<sup>99</sup>**  
per pack  
As good as the best for less

Sea Harvest  
Fish Friday  
Battered Hake  
Portions  
600 g  
Assorted

**89<sup>99</sup>**  
per pack

SPAR  
Frozen  
Chicken  
Necks  
1 kg

**25<sup>99</sup>**  
per pack  
As good as the best for less

SPAR  
Frozen  
Chicken  
Head & Feet  
1 kg

SPAR  
Frozen  
Mala  
1 kg

BUY BOTH  
FOR

**32<sup>00</sup>**  
As good as the best for less

Sup R  
Frozen Chicken  
Feet or Chunks  
2 kg

**64<sup>99</sup>**  
per pack

SPAR  
Sishebo  
Frozen Mixed  
Chicken  
Portions  
4 kg

**139<sup>99</sup>**  
per pack  
As good as the best for less

McCain  
Stew Mix  
Vegetable  
or Stir Fry  
250 g  
Assorted

BUY ANY  
2  
FOR

**27<sup>00</sup>**  
WITH Rewards CARD

Rich n Creamy  
Vanilla Flavoured  
Ice Cream  
1.8 litre  
Assorted

**52<sup>99</sup>**  
WITH Rewards CARD

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**It's not just**

SPAR  
Macaroni or  
Spaghetti  
500 g

BUY ANY  
**2**  
FOR  
**28<sup>00</sup>**  
WITH RewardsCARD  
As good as the best for less



DOUBLE MONEY BACK  
QUALITY GUARANTEED

macaroni  
500 g  
macaroni

**It's so much more!**

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

**Pantry Savings**

Rhodes  
Tomato & Onion  
Mix or Gravy  
410 g

**15<sup>99</sup>**  
each  
WITH RewardsCARD

Rhodes  
Chakalaka  
Hot & Spicy  
400 g

Rhodes  
Cream Style  
Sweetcorn  
420 g

**18<sup>99</sup>**  
each  
WITH RewardsCARD

Rhodes  
Baked Beans  
in Tomato  
Sauce  
410 g

**13<sup>99</sup>**  
each  
WITH RewardsCARD

SPAR  
Beef  
Flavour  
12 STOCK CUBES

SPAR  
Chicken  
Flavour  
12 STOCK CUBES

SPAR  
Flavoured  
Stock Cubes  
12s  
Assorted

BUY ANY  
**2**  
FOR  
**18<sup>00</sup>**  
As good as the best for less

Maggi  
Beef  
Flavoured  
2 Minute Noodles  
5s

Maggi  
Chicken  
Flavoured  
2 Minute Noodles  
5s

Maggi  
2 Minute  
Noodles  
5s  
Assorted

BUY ANY  
**2**  
FOR  
**64<sup>00</sup>**  
WITH RewardsCARD

SPAR  
CORNED MEAT  
CONTAINS 26% MECHANICALLY DEBONED  
MEAT AND 14% VEGETABLE PROTEIN WITH  
20% MINIMUM ACT. FAT MEAT

SPAR  
Corned  
Meat  
300 g

**27<sup>99</sup>**  
each  
As good as the best for less

IMANA  
MILD M  
CURRY  
COOK-IN-  
SAUCE

IMANA  
SPAGHETTI  
BOLOGNAISE  
COOK-IN-  
SAUCE

IMANA  
APRICOT  
CHUTNEY  
COOK-IN-  
SAUCE

Imana  
Cook in Sauce  
48 g / 58 g  
Assorted

BUY ANY  
**4**  
FOR  
**38<sup>00</sup>**

Crosse & Blackwell  
Tangy Mayonnaise  
750 g

**37<sup>99</sup>**  
each  
WITH RewardsCARD

IMBO  
RED SPECKLED  
BEANS  
SIMPLY AMAZING IN  
Stews, Curries, Salads  
and Vegetarian Dishes

Imbo  
Red Speckled  
Beans  
500 g

**25<sup>99</sup>**  
each

Clover  
Sweetened  
Condensed Milk  
385 g

**32<sup>99</sup>**  
each

Parmalat  
Vanilla Flavoured  
Custard  
(Excl. Easygest)  
1 litre

BUY  
**2**  
FOR  
**45<sup>00</sup>**  
WITH RewardsCARD

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# It's not just

Cadbury  
Crunchie, 40 g  
Astros 40 g,  
5 Star 48.5 g,  
Top Deck 36 g or  
Oreo Enrobed 32.9 g

BUY ANY  
2  
FOR  
**22<sup>00</sup>**  
WITH Rewards CARD



# It's so much more!

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

## Snacks and Beverages

SPAR  
RIN  
STEAK  
FLAVOURED SNACK  
100 g Assorted

BUY ANY  
2  
FOR  
**42<sup>00</sup>**  
WITH Rewards CARD

As good as the best for less

SPAR  
FRUIT CHUTNEY  
PUFFS  
100 g Assorted

BUY ANY  
3  
FOR  
**27<sup>00</sup>**  
WITH Rewards CARD

As good as the best for less

Lay's  
Potato Chips  
120 g Assorted

BUY ANY  
2  
FOR  
**40<sup>00</sup>**  
WITH Rewards CARD

Doritos  
Corn Chips  
145 g Assorted

BUY ANY  
3  
FOR  
**55<sup>00</sup>**  
WITH Rewards CARD

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

BUY ANY  
2  
FOR  
**26<sup>00</sup>**  
WITH Rewards CARD

Pepsi  
Max, 7up or Light  
2 litre

BUY ANY  
2  
FOR  
**24<sup>00</sup>**  
WITH Rewards CARD

Rhodes  
100%  
Fruit Juice Blend  
6 x 200 ml Assorted

**42<sup>99</sup>**  
per pack  
WITH Rewards CARD

Bakers  
Topper  
Biscuits  
125 g Assorted

**11<sup>99</sup>**  
per pack  
WITH Rewards CARD

SPAR  
SLICED  
BUTTERMILK  
RUSKS  
450 g Assorted

**39<sup>99</sup>**  
per pack  
WITH Rewards CARD

As good as the best for less

SaveMor  
Marie, Lemon  
Creams, Strawberry  
or Choc Creams  
150 g Assorted

**8<sup>99</sup>**  
each

## Breakfast Savings

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

**59<sup>99</sup>**  
each  
WITH Rewards CARD

Trinco  
Tagless  
Teabags  
100s

**26<sup>99</sup>**  
per pack

Laager  
Rooibos or  
Tea4Kidz  
Tagless  
Teabags  
40s

**23<sup>99</sup>**  
per pack

SPAR  
INSTANT MAIZE  
PORRIDGE  
ORIGINAL  
1 kg Assorted

**21<sup>99</sup>**  
each  
WITH Rewards CARD

As good as the best for less

SPAR  
Golden  
Corn Flakes  
1 kg

**47<sup>99</sup>**  
each  
WITH Rewards CARD

As good as the best for less

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**It's not just**

**SPAR**  
Rainbow Facial  
Tissues  
200s

**BUY ANY 2 FOR 50<sup>00</sup>**  
WITH **Rewards CARD**  
As good as the best for less

**DOUBLE MONEY BACK**  
QUALITY GUARANTEED



**It's so much more!**

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

**Personal Essentials**



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

**23<sup>99</sup>** each  
WITH **Rewards CARD**



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

**15<sup>99</sup>** each  
WITH **Rewards CARD**



**Stayfree**  
Maxi Pads  
With Wings  
10s  
+  
Pantyliners  
20s  
Assorted

**BUY BOTH FOR 32<sup>00</sup>**  
WITH **Rewards CARD**



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

**25<sup>99</sup>** each  
WITH **Rewards CARD**



**Protex**  
Hygiene  
Soap  
150 g  
Assorted

**BUY ANY 2 FOR 26<sup>00</sup>**  
WITH **Rewards CARD**

**Baby Essentials**



**Cuddlers**  
Comfort  
Jumbo Pack  
Disposable  
Nappies

Midi 3 70s,  
Junior 5 56s,  
Maxi 4 66s,  
Maxi 4+ 60s  
or Mini 2 66s

**164<sup>99</sup>** per pack



**Purity**  
Cream of  
Maize  
400 g  
Assorted

**21<sup>99</sup>** each  
WITH **Rewards CARD**



**Purity**  
Baby  
Cereal  
250 g  
Assorted

**21<sup>99</sup>** each  
WITH **Rewards CARD**



**Purity**  
2nd or 3rd  
Baby Cereal  
200 g  
Assorted

**21<sup>99</sup>** each  
WITH **Rewards CARD**



**Purity**  
3rd Foods  
200 ml  
Assorted

**BUY ANY 2 FOR 31<sup>00</sup>**  
WITH **Rewards CARD**



**SaveMor**  
Disposable  
Nappies  
15s  
Assorted

**34<sup>99</sup>** per pack



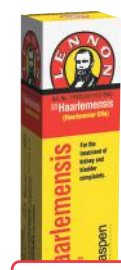
**Purity**  
Baby Aqueous  
Cream or  
Petroleum Jelly  
325 ml / 450 ml  
Assorted

**42<sup>99</sup>** each  
WITH **Rewards CARD**



**Benylin**  
Cough Syrup  
50 ml  
Assorted

**39<sup>99</sup>** each



**Lennon**  
Drops  
20 ml  
Assorted

**29<sup>99</sup>** each



**Panado**  
Headache  
Capsules  
20s or  
Effervescent  
16s

**43<sup>99</sup>** per pack  
WITH **Rewards CARD**

**SPAR Rewards deals. While stocks last.**

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It's not just

SaveMor Toilet Tissue  
1 ply  
18's

45<sup>99</sup> per pack



It's so much more!

That's why we SHOP at SPAR

## Household Savings



SPAR Fire Wood 10 kg

56<sup>99</sup> each  
WITH RewardsCARD  
As good as the best for less



Yanaka Face Cloths 1s Assorted

18<sup>99</sup> per pack



Vim Multi-Purpose Cleaning 500 g Assorted

31<sup>99</sup> each



Yanaka Terry Dish Swab each

19<sup>99</sup> each



SaveMor All Purpose Cleaner 750 ml Assorted

18<sup>99</sup> each  
WITH RewardsCARD



Jeyes Homeguard Thick Bleach 750 ml Assorted

23<sup>99</sup> each  
WITH RewardsCARD



SPAR Large Sandwich Bags 50s

35<sup>99</sup> per pack



SPAR Aluminium Light Weight Foil 5 meter

19<sup>99</sup> each  
As good as the best for less

## Stationery Savings



SPAR goodliving Exam Pad 100 page

19<sup>99</sup> each  
WITH RewardsCARD  
As good as the best for less



SPAR goodliving A4 Counter Book 2 Quire 192 Pages

25<sup>99</sup> 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

8<sup>99</sup> each  
WITH RewardsCARD  
As good as the best for less



Pritt Original Glue Stick 43 g

45<sup>99</sup> each  
WITH RewardsCARD



BIC Clic Blue, Red or Black Pens 2s

22<sup>99</sup> per pack  
WITH RewardsCARD



Staedtler Traditional Pencil 3s

24<sup>99</sup> per pack

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

8<sup>99</sup> each  
WITH RewardsCARD  
As good as the best for less



BIC Orange Fine Black, Blue or Red Pens 2s

15<sup>99</sup> per pack  
WITH RewardsCARD

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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Sign up for  
**MORE SAVINGS** with **SPAR Rewards**

Exclusive to SPAR Rewards customers

**Even More Savings**



**AS SEEN ON TV**

**SPAR SUPER MAIZE MEAL**

**89<sup>99</sup>** each

WITH **Rewards** CARD

As good as the best for less

**Ellis Brown Coffee Creamer** 750 g

**52<sup>99</sup>** each

WITH **Rewards** CARD

**Selati SPRINKLE JOY GOLDEN BROWN SUGAR**

**42<sup>99</sup>** each

WITH **Rewards** CARD

**Valprè Still or Sparkling Mineral Water** 500 ml

**BUY 2 FOR 20<sup>00</sup>**

**AS SEEN ON TV**

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

**36<sup>99</sup>** each

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

**AS SEEN ON TV**

**Sunlight Dishwashing Liquid Refill** 750 ml

**23<sup>99</sup>** each

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

**Coca-Cola Regular** 6 x 300 ml

**BUY 2 FOR 90<sup>00</sup>**

WITH **Rewards** CARD

**AS SEEN ON TV**

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

**49<sup>99</sup>**

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

**AS SEEN ON TV**

**Liqui-Fruit 100% Fruit Juice** 1 litre Assorted

**22<sup>99</sup>**

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

**AS SEEN ON TV**

**Bokomo Weet-bix Original Only** 450 g

**26<sup>99</sup>**

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

**SPAR Women's CHALLENGE** 10/5km

**Tshwane**

**ENTRIES ARE OPEN**  
[www.sparwomenstshwane.co.za](http://www.sparwomenstshwane.co.za)

**3**

**AUGUST 2024**

**SPAR Rewards** More for You



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

**SPAR:** • BARCLAY SQUARE • BON ACCORD • DOBSONVILLE • DIEPKLOOF • EMALAHLENI • JACOBSDAL • LIMPOPO • MAFIKENG • MATHAMBO/SPRUITVIEW • MALULEKE • MNANDI • MODJADISKLOOF • NZHELELE • OGIES • ROSSLYN • SANTINHOS • SESALAMANI • SIBASA • SOSHANGUVE • STRETFORD • THOHYANDOU • TSHAKUMA • VRYSTAAT • VUWANI

**SUPERSPAR:** • BLOED STREET • BOTSHABELO • BRONKHORSPRUIT • CITY CENTRE • CLAYVILLE • DENLYN • EBONY PARK • ELIM • ELIM MALL • EVATON • FICKSBURG • FORO • GIYANI • JUBILEE • KATHORUS • KATHU • KENWORTH • KOPANONG • LEBOWAKGOMO • LOUIS TRICHARDT • MAMS MALL • MARAPONG • MESSINA • MIDRAND • MOPANI • NKUNA KRAAL • PALEDI • PHOLA PARK • RENBRO • SOSHANGUVE CROSSINGS • STAR HYPER (CARLETONVILLE) • TSBET • TEMBISA • THAVANI • TSAKANE MALL • TZANEEN • WESTPARK

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Let's chat **0860 313 141**

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

