

SHOP RED. SAVE GREEN.

R150 million
in savings

Competition runs 11 March - 22 April 2024



AS SEEN ON TV

DOUBLE MONEY BACK
QUALITY GUARANTEED

SPAR
EXTRA SHELF LIFE
FULL CREAM FRESH MILK
ULTRA PASTEURISED
KEEP REFRIGERATED

SPAR Extra Shelf Life Full Cream or Low Fat Milk 2 litre

32⁹⁹ each
Save R5

As good as the best for less

AS SEEN ON TV

Nescafe
Gold or Expresso (Excl. Decaf)
200 g / 220 g Assorted

119⁹⁹ each

Save R55
WITH Rewards CARD

AS SEEN ON TV

BOKOMO
VEET-BIX
WHOLEGRAIN WHEAT BISCUITS

Bokomo Weet-bix Original Only 450 g

25⁹⁹ each

Save R11
WITH Rewards CARD

AS SEEN ON TV

SPAR
Full Fat Margarine Brick
500 g

19⁹⁹ each

Save R8
WITH Rewards CARD

As good as the best for less

AS SEEN ON TV

REFINED WHITE SUGAR

SPAR Refined White Sugar 2.5 kg

49⁹⁹ each

As good as the best for less

AS SEEN ON TV

SPAR
Sunflower Oil
2 litre

58⁹⁹ each

Save R11
As good as the best for less

Give your family the best for less

Bulk Chicken Fillets

69⁹⁹ per kg

SPAR Rewards More for You

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

Specials available at selected SUPERSPAR and SPAR stores (excluding KWIKSPAR and SPAR Express stores) from 11 March up to and including 24 March 2024, while stocks last. We reserve the right to limit quantities. Prices include VAT. TV products available nationwide. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington or Keimoes area, the Lowveld or Belfast area. Errors and Omissions Excepted (E&OE).



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Baker's Selection



SPAR Bakery Filled Muffins 6s Assorted

49⁹⁹ per pack



SPAR Bakery Croissants 4s

42⁹⁹ per pack



SPAR Bakery White or Brown Wraps 6s

29⁹⁹ each



SPAR Bakery Baked Milk Tart 1.2 kg

99⁹⁹ each



SPAR Bakery White Bread 700 g

16⁹⁹ each

Fresh Produce



SPAR freshline Blueberries 125 g

32⁹⁹ each



SPAR freshline Green Pears 1.5 kg

24⁹⁹ per pack



SPAR freshline Potatoes 2 kg + Onions 1 kg

BUY BOTH FOR 60⁰⁰



SPAR freshline Aqua Leaf Lettuce Head 400 g

17⁹⁹ each



SPAR freshline Green Beans 350 g

14⁹⁹ each

Butcher's Best



SPAR Tender and Tasty Braai Buster 330 g Assorted

BUY ANY 2 FOR 79⁹⁹ WITH RewardsCARD



SPAR Your Butcher Pork Loin Chops

79⁹⁹ per kg



SPAR Tender and Tasty Rib Eye Top Roast

134⁹⁹ per kg



SPAR Tender and Tasty Spatchcock Chicken BBQ or Peri-Peri

74⁹⁹ per kg



SPAR Your Butcher Chicken Braai Pack 5s / 8s

64⁹⁹ per kg

Delicious Made Easy



CHIKKA CHICKEN Chikka 2 and Chips 100 g

32⁰⁰ per combo



Grilled Drumsticks, Cut Thigh & Chips or Pap

35⁰⁰ per combo



Available at The FOOD STALL. Only at SPAR.



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It's not just

It's so much more!

That's why we SHOP at SPAR

AS SEEN ON TV

DOUBLE MONEY BACK QUALITY GUARANTEED

SPAR French Polony 2 kg

FOR ONLY

59⁹⁹ each
Save R17

As good as the best for less

Fridge Savings



Sunshine D Lite 40% Fat Spread 1 kg **38⁹⁹** each



Flora Regular 50% Fat Spread 500 g

36⁹⁹ each



D'Lite 37% Fat Spread 1 kg

32⁹⁹ each



Clover Mooi River Salted Choice Butter Brick 500 g

74⁹⁹ each



SPAR Gouda or Cheddar Processed Cheese Slices 12s

29⁹⁹ per pack

As good as the best for less



SPAR Cheddar or Gouda Vacuum Packed Cheese 240 g

37⁹⁹ each

As good as the best for less



SPAR South African Feta Cheese 400 g Assorted

49⁹⁹ each

As good as the best for less



SPAR Large Eggs 30s **89⁹⁹** each

As good as the best for less



Parmalat Smooth Yoghurt Low Fat or Medium Fat (Incl. Yum Chum) 6s Assorted

36⁰⁰

BUY ANY 2 FOR



SPAR Full Cream, Double Cream or Indulge Yoghurt 1 kg Assorted

34⁹⁹ each

As good as the best for less



Lancewood Double Cream Yoghurt 1 kg Assorted

39⁹⁹ each



SPAR Processed Meat Hamper 4.2 kg

149⁹⁹ each

As good as the best for less



39⁹⁹ each

Save R13

As good as the best for less



SPAR Cheese Griller 425 g or Continental Russians 450 g

64⁹⁹ per pack

As good as the best for less



Rainbow Simply Chicken Polony 700 g / 1 kg Assorted

62⁹⁹ each

As good as the best for less



SPAR Prepacked Sliced Cold Meat 200 g Assorted

23⁹⁹ each

As good as the best for less



Parmalat Steri Stumpie Flavoured Milk 350 ml Assorted

26⁰⁰

BUY ANY 2 FOR



SPAR Burst Dairy Fruit Juice Blend 2 litre Assorted

21⁹⁹ each

As good as the best for less



SPAR Medium Fat Maas 2 kg

26⁹⁹ each

As good as the best for less

Freezer Savings



SPAR Puff or Shortcrust Pastry 400 g

23⁹⁹ each

As good as the best for less



McCain Hawaiian, African, Asian, French or Mexican Stir Fry 700 g

34⁹⁹ each



McCain Frozen Vegetable 250 g Assorted

40⁰⁰

BUY ANY 3 FOR



29⁹⁹ each

As good as the best for less



SPAR Frozen Mixed Chicken Portions 4 kg

139⁹⁹ per pack

As good as the best for less



SPAR Crumbed Hake Fish Fingers 400 g

39⁹⁹ each

As good as the best for less



SPAR Ocean Crisp Hake Portions 480 g Assorted

75⁹⁹ each

As good as the best for less



SPAR Hawaiian Pizza 250 g / 300 g Assorted

46⁹⁹ each

As good as the best for less



SPAR Quick Cuisine Frozen Meals 320 g - 500 g Assorted

44⁹⁹ each

As good as the best for less



Cadbury 5 Star 80ml, Crunchie 90 ml, Dairy Milk 90 ml, Oreo 90 ml or Lunch Bar 100 ml Ice Cream Stick

50⁰⁰

BUY ANY 2 FOR



Dairymaid Country Fresh Ice Cream 1.8 litre Assorted

56⁹⁹ each

WITH Rewards CARD

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It's not just

That's why we SHOP at SPAR

AS SEEN ON TV

DOUBLE MONEY BACK QUALITY GUARANTEED

It's so much more!

SPAR Macaroni or Spaghetti 500 g

FOR ONLY

BUY ANY 2 FOR

28⁰⁰ Save R10

As good as the best for less

Pantry Essentials

DOUBLE MONEY BACK QUALITY GUARANTEED

SPAR SUPER MAIZE MEAL

Naturally High in Energy
Source of Vitamins & Minerals
Source of Dietary Fibre

SPAR Super Maize Meal 5 kg

39⁹⁹ each

As good as the best for less

Excelsa Parboiled Rice 2 kg

32⁹⁹ each

SPAR CAKE WHEAT FLOUR

SPAR Cake Wheat Flour 5 kg

59⁹⁹ each

As good as the best for less

Snowflake Self Raising Wheat Flour 1 kg

BUY 2 FOR 40⁰⁰

WITH Rewards CARD

Super Maize Meal ACE

Ace Super Maize Meal 10 kg

109⁹⁹ each

SPAR Instant Noodles 5 x 70 g Assorted

BUY ANY 2 FOR 40⁰⁰

As good as the best for less

B-well Canola & Olive Oil Blend 1 litre

69⁹⁹ each

Breakfast Favourites

SPAR Rooibos Tagless Teabags 40s

22⁹⁹ per pack

As good as the best for less

JACOBS Instant Cappuccino Sticks (Incl. Ice Range) 8s / 10s Assorted

64⁹⁹ per pack

SPAR Hot Chocolate 500 g

59⁹⁹ each

As good as the best for less

Nestle KLIM Full Cream Instant Milk Powder 500 g

79⁹⁹ each

SPAR Peanut Butter 400 g Assorted

32⁹⁹ each

As good as the best for less

DOUBLE MONEY BACK QUALITY GUARANTEED

SPAR GOLDEN CORN FLAKES

SPAR Golden Corn Flakes 1 kg

46⁹⁹ each

WITH Rewards CARD

As good as the best for less

Rhodes Smooth Apricot Jam 900 g

34⁹⁹ each

WITH Rewards CARD

Futurelife Smart Food Granola 600 g / 700 g Assorted

58⁹⁹ each

Future Life Smart Food (Excl. Hi Protein) Instant Cereal 375 g / 500 g Assorted

39⁹⁹ each

SPAR QUICK COOKING OATS high in fibre 1 kg

34⁹⁹ each

As good as the best for less

ACE Instant Porridge 1 kg Assorted

23⁹⁹ each

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

42⁹⁹ each

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That's why we SHOP at SPAR

SPAR PILCHARDS IN TOMATO SAUCE

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SPAR Pilchards in Tomato Sauce 400 g

FOR ONLY

BUY 2 FOR

44⁰⁰
Save R6

As good as the best for less

Pantry Must Haves

SPAR Baked Beans in Tomato Sauce 410 g

BUY 2 FOR 25⁰⁰

As good as the best for less

SPAR Tomato & Onion Mix 410 g

16⁹⁹ each

As good as the best for less

SPAR Diced Tomatoes 400 g

16⁹⁹ each

As good as the best for less



SPAR Light Meat Shredded Tuna in Oil or Water 170 g

18⁹⁹ each

As good as the best for less

SPAR Whole Peeled Tomatoes 410 g

18⁹⁹ each

As good as the best for less

SPAR Corned Meat 300 g Assorted

27⁹⁹ each

As good as the best for less

Rhodes Tomato Paste 50 g

BUY 5 FOR 20⁰⁰

WITH Rewards CARD

Rhodes Cream Style Sweetcorn 420 g

BUY 2 FOR 36⁰⁰

WITH Rewards CARD

Imana Flavoured Stock Cubes 12s Assorted

BUY ANY 2 FOR 24⁰⁰

Robertson's Braai and Grill BBQ or All in One Spice 200 g

16⁹⁹ each

SPAR Beetroot Sliced or Grated 780 g

29⁹⁹ each

As good as the best for less

Crosse & Blackwell Tangy or Creamy Mayonnaise 750 g

39⁹⁹ each

SPAR Tomato Sauce 700 ml

27⁹⁹ each

As good as the best for less

SPAR Chutney 460 g Assorted

26⁹⁹ each

As good as the best for less



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DOUBLE MONEY BACK QUALITY GUARANTEED

It's so much more!

SPAR Carbonated Soft Drink 2 litre Assorted

FOR ONLY

BUY ANY 3 FOR

30⁰⁰ Save R9

As good as the best for less

Drinks & Snacks Savings

Wild Island Concentrated Juice Blend 1 litre Assorted

18⁹⁹ each

SPAR 100% Fruit Juice Blend 6 x 200 ml Assorted

41⁹⁹ per pack

As good as the best for less

SPAR 100% Fruit Juice Blend 1 litre Assorted

50⁰⁰

BUY ANY 2 FOR

As good as the best for less

SPAR Still Mineral Water 5 litre

44⁰⁰

BUY 2 FOR

As good as the best for less

Parmalat Vanilla Flavoured Custard (Excl. Easygest) 1 litre

24⁹⁹ each

Energade Sports Drink (Incl. Zero) 500 ml

20⁰⁰

BUY ANY 2 FOR

Monster Energy Drink 500 ml Assorted

32⁰⁰

BUY ANY 2 FOR

Pepsi, Regular Pepsi Lite, Miranda, Mountain Dew or 7UP Soft Drink 12 x 330 ml

59⁹⁹ per pack

Risi Marie Biscuits Multipack 3 x 150 g

21⁹⁹ per pack

SPAR Sliced Buttermilk Rusks 450 g Assorted

42⁹⁹ per pack

As good as the best for less

Bakers Salticrax Salted Crackers 200 g Assorted

24⁹⁹ each

Willards Cheas Naks 5s, Cheese Curls 4s, Big Korn Bites 5s, or Flings 4s

28⁰⁰

BUY ANY 2 FOR

Cadbury Crunchie 40 g, Astros 40 g, 5 Star 48.5 g, Caramel Slab 39 g, Top Deck 36 g, Dairymilk 37 g or Oreo Enrobed 32.9 g

20⁰⁰

BUY ANY 2 FOR

WITH Rewards CARD

Doritos Corn Chips 145 g Assorted

57⁰⁰

BUY ANY 3 FOR

Lay's Potato Chips Spring Onion & Cheese Flavour 120 g Assorted

28⁰⁰

BUY ANY 2 FOR

Wine Route savings

Leopard's Leap Sauvignon Blanc, Chardonnay, Chenin Blanc or Chardonnay Pinot Noir Wine 750ml

64⁹⁹ each

Jakkalsvlei White, Pink or Red Moscato 750ml

79⁹⁹ each

Tokara Sauvignon Blanc 750ml

99⁹⁹ each

Drostdy Hof Adelpracht 3L

124⁹⁹ each

Du Toitskloof Merlot, Shiraz, Pinotage or Sauvignon Cabernet 750ml

140⁰⁰

BUY ANY 2 FOR

Pongracz Cap Classic Rosé, Cap Classique, Rosé Light or Noble Nectar 750ml

159⁹⁹ each



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

It's not just

Pro Wash Laundry Bar 500 g Assorted

15⁹⁹ each

Household Savings



Sunlight Dishwashing Liquid Refill Pouch 750 ml

27⁹⁹ each



Harpic Active Cleaning Gel 750 ml or Fresh Power 35 g

29⁹⁹ each



Pro Wash Hand Washing Powder 2 kg Assorted

39⁹⁹ each

As good as the best for less



Sunlight Auto 2in1 Washing Powder 2 kg or Auto Liquid 1.5 lt Assorted

64⁹⁹ each



Sunlight Fabric Conditioner Refill 500 ml Assorted

22⁹⁹ each



Airwick Air Freshener 280 ml Assorted

BUY ANY 2 FOR **50⁰⁰**



Dyroach, Dyant or Dyflor Insecticide 300 ml Assorted

44⁹⁹ each



SPAR Toilet Tissue 2 ply 9s

59⁹⁹ per pack

Save R15 WITH REWARDS CARD

As good as the best for less



Tuffy Interleaved Budget Refuse Bags 750 mm x 950 mm 20s

35⁹⁹ each



Energizer Batteries Max AA or AAA 4s

69⁹⁹ per pack



SPAR Good Living Household Candles 6s

25⁹⁹ per pack



Etosha Triquettes 4 kg

69⁹⁹ each



Gift Barrel Lock Box 4 litre

35⁹⁹ each



Philips Led Bulb 7 watt or 10 watt

21⁹⁹ each



SPAR Good Living Wine Glass Assorted

26⁹⁹ each

As good as the best for less

Pool Essentials

Pet Savings



Poolbrite Monthmate Super Plus Floater 1.5 kg

119⁹⁹ each



Catmor Cat Food in Jelly or Gravy 70 g Assorted

BUY ANY 4 FOR **28⁰⁰**



Feline Cuisine Cat Food 1.5 kg / 2 kg Assorted

136⁹⁹ each



Marltons Crystal Litter for Cats 1.8 kg

119⁹⁹ each



Vitagen Dry Dog Food 8 kg Assorted

179⁹⁹ each



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It's so much more!

Protex Hygiene Soap 150 g Assorted

FOR ONLY

BUY ANY 2 FOR

30⁰⁰

Family Favourites



Colgate Maximum Protect, Herbal White, Winterfresh Gel, Herbal 100 ml or Triple Action 150 ml Toothpaste

23⁹⁹ each



Dove Body Wash 450 ml / 500 ml Assorted

76⁹⁹ each



Revlon Body Spray for Men or Women 90 ml / 120 ml Assorted

27⁹⁹ each



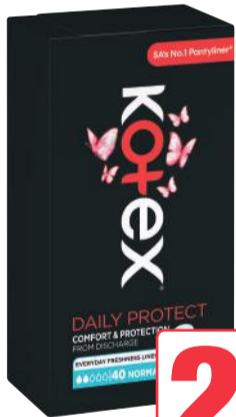
Playboy or Playgirl Roll On 50 ml Assorted

16⁹⁹ each



Ingram's Cream 450 ml, Lotion 400 ml or Tissue Oil Cream 300 ml (Excl. Tissue Oil 450 ml / 500 ml) Assorted

56⁹⁹ each



Kotex Pantyliners 40s Assorted

24⁹⁹ per pack



Kotex Maxi Pads 16s/20s

34⁹⁹ per pack



Lil-lets Smartfit Mini, Regular, Heavy, Light, Medium, Super or Super Plus Tampons 16s / 20s

21⁹⁹ per pack

Health Essentials



Rennie Antacid Tablets 24s

39⁹⁹ per pack

Baby Essentials



Purity Mabele Baby's Soft Porridge 350 g

18⁹⁹ each



Huggies Baby Wipes Natural or Pure 4 x 56s

89⁹⁹ per pack



Huggies Dry Comfort Jumbo Packs Diapers or Pants

Jumbo Pack Maxi 4 66s, Junior 5 56s, Maxi+4+ 60s, Midi 3 76s or Mini S2 94s Pants Size 3 68s, Size 4 56s, Size 5 50s or Size 6 46s

199⁹⁹ per pack



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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 or Find us on f /myspar

