



Click here  
to see  
**SAVINGS**  
deals!

**10 June - 23 June 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**

**SPAR Products** as good as the best for less



SPAR Choice Butter 500 g

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

WITH **Rewards** CARD

As good as the best for less

AS SEEN ON TV



SPAR Sunflower or Canola Oil 2 litre

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

Save **R15** WITH **Rewards** CARD

As good as the best for less

AS SEEN ON TV



SPAR Toilet Tissues 2 ply 18s

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

Save **R40** WITH **Rewards** CARD

As good as the best for less



Lancewood Cheddar, White Cheddar or Gouda Vacuum Packed Cheese 600 g

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

WITH **Rewards** CARD



Spekko Long Grain Parboiled Rice 2 kg

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

WITH **Rewards** CARD

AS SEEN ON TV



Crosse & Blackwell Tangy Mayonnaise 750 g

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

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



Huggies Gold Value Pack or New Baby

Gold Value Pack  
Size 3 58s,  
Size 4 50s,  
Size 4+ 44s or  
Size 5 42s

New Baby Size 2 66s

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

WITH **Rewards** CARD



Give your family the best for less



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

**84<sup>99</sup>** per kg

**SPAR** Rewards  
More for You



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

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**SPAR**





# Baker's Selection



SPAR Bakery Iced Tray Cakes Assorted

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

SPAR Bakery Scotch Pancakes 8s

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

Alettes Rusk 450 g / 500 g Assorted

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

SPAR Bakery Panini 6s

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

# Fresh Produce



SPAR freshline Avocados 1 kg

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

SPAR freshline Oranges 1.5 kg

**24<sup>99</sup>** each

SPAR freshline Golden Delicious Apples or Red Apples 1 kg

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

SPAR freshline Peeled Onions 1 kg

**24<sup>99</sup>** each

SPAR freshline Sweetcorn 4s

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

# Butcher's Best



Your Butcher By SPAR Tenderised Steak

**99<sup>99</sup>** per kg

SPAR Tender & Tasty Rib Eye Top Roast

**129<sup>99</sup>** per kg

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

**69<sup>99</sup>** per kg

Your Butcher By SPAR Outback Boerewors

**99<sup>99</sup>** per kg

Your Butcher By SPAR Pork Rashers

**84<sup>99</sup>** per kg

# Take Away



**Hot Deal**

Available at The FOOD STALL. Only at SPAR.

## Grilled Rib Burger

**28<sup>00</sup>** each

With Chips  
**38<sup>00</sup>** per combo

PROMOTION VALID FROM 10 JUNE - 07 JULY 2024.



The Food Stall at SPAR Griller (BBQ / Peri Peri / Salt & Pepper)

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



Available at The FOOD STALL. Only at SPAR.

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# It's not just

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

AS SEEN ON TV



**34<sup>99</sup>** each

Save R5  
WITH RewardsCARD

As good as the best for less



# It's so much more!

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

## Fridge and Freezer Savings

Albany Superior White Sliced or Thick Sliced Bread 700 g

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

As good as the best for less

Lurpak Salted Butter 250 g

**64<sup>99</sup>** each

As good as the best for less

SPAR Processed Individually Wrapped Cheddar or Gouda Cheese Slices 400 g

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

WITH RewardsCARD

As good as the best for less

SPAR South African Feta Cheese 400 g Assorted

**56<sup>99</sup>** each

As good as the best for less

SPAR Beechwood Smoked Cheese Grillers

SPAR Cheese Griller 425 g or Continental Russians 450 g

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

As good as the best for less

SPAR Quick Cuisine Frozen Meals 320 g - 500 g Assorted

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

As good as the best for less

SPAR Chicken and Beef Burger 600 g

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

As good as the best for less

SPAR Frozen Chicken Liver Tub 250 g

BUY 2 FOR **24<sup>00</sup>**

As good as the best for less

SPAR Frozen Carrots, Corn and Peas Mix 1 kg

**43<sup>99</sup>** each

As good as the best for less

Nature's Garden Frozen Vegetables 250 g Assorted

BUY ANY 2 FOR **30<sup>00</sup>**

McCain Skinny Fries or Slap Chips 1 kg

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

WITH RewardsCARD

As good as the best for less

Clover Super M Flavoured Milk 300 ml Assorted

BUY ANY 2 FOR **26<sup>00</sup>**

Danone Yogi Sip Drinking Yoghurt 250 g Assorted

BUY ANY 2 FOR **22<sup>00</sup>**

Lancewood Double Cream Yoghurt 1 kg

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

Ola Rich n Creamy Ice Cream 1.8 litre Assorted

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

WITH RewardsCARD

As good as the best for less

SPAR Puff or Shortcrust Pastry 400 g

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

As good as the best for less

## SPAR Products as good as the best for less

SPAR Full Fat Margarine Brick 500 g

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

WITH RewardsCARD

As good as the best for less

SPAR Daily Spread 40% Fat Spread 1 kg

**34<sup>99</sup>** each

Save R10 WITH RewardsCARD

As good as the best for less

SPAR French Polony 1 kg

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

WITH RewardsCARD

As good as the best for less

SPAR Prepacked Sliced Cold Meat 200 g Assorted

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

WITH RewardsCARD

As good as the best for less

SPAR Back, Lean, Shoulder, Streaky, Diced Bacon or Chicken Rashers 200 g

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

WITH RewardsCARD

As good as the best for less

SPAR Smoked or Red Viennas (Excl. Chilli, Cheese and Chicken) 500 g

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

Save R14 WITH RewardsCARD

As good as the best for less

SPAR Crumbed Chicken Burgers, Strips, Bites, Fillets, Wings or Schnitzels 500 g / 520 g

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

WITH RewardsCARD

As good as the best for less

SPAR Extra Large Eggs 18s

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

WITH RewardsCARD

As good as the best for less

SPAR Frozen Chicken Mixed Portions with a Brine Based Mixture 4 kg

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

Save R40 WITH RewardsCARD

As good as the best for less

SPAR Chicken Crumbed Strips, Nuggets or Bites 400 g Assorted

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

WITH RewardsCARD

As good as the best for less

SPAR Medium Fat Smooth Yoghurt 6 x 75 g Assorted

BUY ANY 2 FOR **30<sup>00</sup>**

WITH RewardsCARD

As good as the best for less

SPAR Low Fat Strawberry Yoghurt 1 kg Assorted

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

WITH RewardsCARD

As good as the best for less



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**It's not just**

SPAR  
Macaroni or Spaghetti  
500 g

AS SEEN ON TV



BUY ANY 2 FOR **28<sup>00</sup>**  
Save R10  
WITH Rewards CARD  
As good as the best for less

It's so much more!

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

**Grocery Savings**

SPAR QUICK COOKING OATS high in fibre 1 kg

SPAR Quick Cooking Oats 1 kg

**34<sup>99</sup>** each

As good as the best for less

FUTURELIFE High Protein Cereal 500 g Assorted

Future Life High Protein Cereal 500 g Assorted

**69<sup>99</sup>** each

WITH Rewards CARD

SPAR Instant Noodles 5 x 70 g Assorted

instant noodles beef flavour  
instant noodles chicken flavour

BUY ANY 2 FOR **38<sup>00</sup>**

As good as the best for less

YUM YUM Peanut Butter (Excl. Caramel & Chocolate Dreams) 400 g Assorted

YUM YUM PEANUT BUTTER SMOOTH

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

IMBO Red Speckled Beans 500 g

IMBO RED SPECKLED BEANS

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

WITH Rewards CARD

Clover Numel Medium Fat Dairy Liquid Blend 6 x 1 litre

Clover Numel Medium Fat Dairy Blend 6 x 1 litre

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

**SPAR Products as good as the best for less**

SPAR Black Tea Blend Tagless Teabags Pouch 100s

SPAR Black Tea Blend Tagless Teabags Pouch 100s

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

WITH Rewards CARD

As good as the best for less

SPAR Rooibos Tagless Teabags 80s

SPAR Rooibos Tagless Teabags 80s

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

WITH Rewards CARD

As good as the best for less

SPAR Apricot or Mixed Fruit Jam 900 g

SPAR APRICOT JAM MIXED FRUIT JAM

**35<sup>99</sup>** each

WITH Rewards CARD

As good as the best for less

SPAR Refined White Sugar 2.5 kg

REFINED WHITE SUGAR

**54<sup>99</sup>** each

WITH Rewards CARD

As good as the best for less

SPAR Super Maize Meal 5 kg

SUPER MAIZE MEAL

**48<sup>99</sup>** each

WITH Rewards CARD

As good as the best for less

AVAILABLE FREE ON

**WE ARE NOW ONLINE  
READY TO DELIVER TO YOUR DOOR**

**DOWNLOAD**

**THE SPAR2U APP TODAY!**



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**It's not just**

**SPAR**  
Pilchards In Tomato  
or Chilli Sauce  
400 g

**AS SEEN  
ON TV**



**It's so much more!**

**BUY ANY  
2  
FOR**  
**44<sup>00</sup>**  
**Save R6**  
WITH **Rewards** CARD  
As good as the best for less

**DOUBLE MONEY BACK**  
**QUALITY GUARANTEED**

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

**SPAR Products as good as the best for less**

**SPAR**  
Baked Beans  
in Tomato Sauce  
410 g

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

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

**SPAR**  
Tomato & Onion  
Mix 410 g  
or Diced 400 g

**17<sup>99</sup>**  
each

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

**SPAR**  
Light Meat  
Shredded  
Tuna in Oil or  
Water  
170 g

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

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

**SPAR**  
Cake  
Wheat Flour  
5 kg

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

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

**Pantry Savings**

**Rhodes**  
Chakalaka  
400 g  
Assorted

**21<sup>99</sup>**  
each

**SPAR**  
Whole Peeled  
Tomatoes  
410 g

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

As good as the best for less

**Robertsons**  
Spice Refill  
(Brown Box Only)  
64 g - 100 g

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

**Robertsons**  
Rajah Curry Powder  
50 g  
Assorted

**12<sup>99</sup>**  
each

WITH **Rewards** CARD

**KNORROX**  
CUBES  
BEEF FLAVOUR

**Royco**  
SAUCE  
CHEDDAR CHEESE

**Royco**  
MARINADE  
SPARE RIB FLAVOUR

**Royco**  
GRAVY  
FOR ROASTY CHICKEN

**Royco**  
Sauce, Gravy or Marinade  
32 g - 48 g  
Assorted

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

**AS SEEN  
ON TV**

**Knorr**  
MINISTRONE  
SOUP

**Knorr**  
TASTY  
BROWN ONION

**Knorr**  
BROWN  
ONION  
SOUP

**Knorr**  
CHAKALAKA  
SOUP

**Knorr**  
Packet Soup  
(Incl. Tasty  
Range)  
50 g  
Assorted

**BUY ANY  
4  
FOR**  
**20<sup>00</sup>**  
**Save R10**  
WITH **Rewards** CARD

**KNORROX**  
CUBES  
BEEF FLAVOUR

**Knorrox**  
Flavoured  
Stock Cubes  
24s  
Assorted

**21<sup>99</sup>**  
each

**Maggi**  
Lazenby  
Worcestershire  
Sauce  
250 ml

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

**STEERS**  
Sauce or  
Salad Dressing  
375 ml  
Assorted

**28<sup>99</sup>**  
each

WITH **Rewards** CARD

**SPAR**  
Tomato Sauce  
700 ml

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

As good as the best for less

**Baking Essentials**

**Snowflake**  
Easy Mix  
Pancake, Muffin  
or Scone Mix  
500 g

**16<sup>99</sup>**  
each



**parmalat**  
vanilla  
flavoured  
custard

**parmalat**  
vanilla  
flavoured  
custard

**parmalat**  
Vanilla Flavoured Custard  
(Excl. Easygest)  
1 litre

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

**Snowflake**  
Baking Powder  
Refill  
200 g

**27<sup>99</sup>**  
each

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# It's not just

**SPAR**  
Carbonated Soft Drinks  
2 litre  
Assorted

BUY ANY 2 FOR **22<sup>00</sup>**  
WITH RewardsCARD  
As good as the best for less



# It's so much more!

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

## Snack and Beverages Savings

**Nestlé**  
Mini Bags  
Bar One 189 g,  
Kit Kat 180 g,  
Smarties 135 g or  
Tex 182 g

BUY ANY 2 FOR **42<sup>99</sup>** each  
WITH RewardsCARD

**Cadbury**  
Crunchie, 40 g,  
Astros 40 g, 5 Star 48.5 g,  
Lunch Bar 48 g,  
PS 48 g or Oreo Enrobed  
(Excl. PS Duo, Bubbly  
& Caramel Slab)

BUY ANY 2 FOR **22<sup>00</sup>**

**Manhattan** or  
Mr Sweet  
Gums or Jelly  
100 g / 125 g  
Assorted

BUY ANY 2 FOR **21<sup>99</sup>** per pack

**Niki**  
Cashew & Coconut  
Smoothie Milk Chocolate  
80 g

**TV BAR**  
Beacon  
Chocolate Slabs  
(Excl. Heavenly  
Range)  
80 g

BUY ANY 2 FOR **30<sup>00</sup>**  
WITH RewardsCARD

**Lindt**  
Excellence  
Chocolate Slab  
(Incl. Singles)  
100 g  
Assorted

BUY ANY 2 FOR **39<sup>99</sup>** each

**Simba**  
Nik Naks  
135 g  
Assorted

BUY ANY 2 FOR **25<sup>00</sup>**  
WITH RewardsCARD

**SPAR**  
Snack  
Puffs  
100 g  
Assorted

**FRUIT CHUTNEY PUFFS**  
**CHEESE PUFFS**

BUY ANY 2 FOR **20<sup>00</sup>**  
As good as the best for less

**Bakers**  
Provita  
250 g  
Assorted

BUY ANY 2 FOR **29<sup>99</sup>** each  
WITH RewardsCARD

**SPAR**  
Sliced  
Buttermilk Rusks  
450 g  
Assorted

BUY ANY 2 FOR **39<sup>99</sup>** per pack  
As good as the best for less

**Coca Cola**  
Regular  
(Incl. Fanta,  
Sprite and  
Coca Cola  
Zero)  
6 x 300 ml

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

**SPAR**  
100 % Fruit Juice  
1 litre  
Assorted

BUY ANY 2 FOR **52<sup>00</sup>**  
WITH RewardsCARD  
As good as the best for less

**Pepsi Max,**  
**Pepsi Lite** or **7up**  
Sugar Free  
2 litre

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

**SPAR**  
Smoothie  
Dairy Blend  
1 litre  
Assorted

BUY ANY 2 FOR **20<sup>00</sup>**  
As good as the best for less

**SPAR**  
Still or Sparkling  
Water  
1.5 litre

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

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## Wine Collection

**Swartland**  
Pinotage  
750ml

**69<sup>99</sup>** each

**Cabriere**  
Tranquille Dry  
750 ml

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

**KWV**  
Roodeberg  
750ml

**119<sup>99</sup>** each

**4th Street**  
Natural Sweet  
White, Red, Rosé  
or Sweet Late  
Harvest  
3 litre

**139<sup>99</sup>** each

**Four Cousins**  
Dry Red or White  
1.5L

**109<sup>99</sup>** each

**Jakkalsvlei**  
Merlot  
750ml

**129<sup>99</sup>** each

**Anthonij**  
Rupert Optima  
750ml

**269<sup>99</sup>** each



SPAR Rewards deals: Maximum 10 per customer. While stocks last.

**#NO18** aware!org  
www.aware.org.za

Not For Persons Under The Age Of 18.



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

Exclusive to SPAR Rewards customers



## Home Care Savings

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

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

WITH **SPAR Rewards** CARD

Pro Wash Hand Washing Powder 2 kg Assorted

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

Sunlight Hand Washing Powder 2 kg Assorted, Dishwashing Liquid 750 ml and Laundry Bar 400 g / 500 g Assorted

**BUY ALL FOR 99<sup>00</sup>**

Home Care By SPAR Thin Bleach 750 ml Assorted

**14<sup>99</sup>** each

As good as the best for less

Sunlight Fabric Conditioner Refill 500 ml Assorted

**21<sup>99</sup>** each

Pro Wash Laundry Bar 500 g Assorted

**BUY ANY 2 FOR 30<sup>00</sup>**

SPAR goodliving Abrasive Anti Bacterial or non-scratch Sponge Scourer 4s

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

As good as the best for less

SPAR goodliving Black Refuse Bags 20s

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

As good as the best for less

Golden Marc Rubber Gloves Small, Medium or Large

**17<sup>99</sup>** each

Shield Sheen Vinyl, Plastic and Rubber Care 300 ml

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

Duracell Plus Batteries AA or AAA 6s

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

Gift Barrel Rectangular Plastic Snap It Container 1,2 litre or Otima Round Container 1 litre

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

## Pet Care Essentials

Vitagen Dry Dog Food 8 kg Assorted

**179<sup>99</sup>** each

WITH **SPAR Rewards** CARD

Whiskas Cat Food In Jelly or Gravy 85 g Assorted

**BUY ANY 3 FOR 36<sup>00</sup>**

Marltons Micro Crystal Litter for Cats 1.5 kg

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

SPAR Purr-fect Dry Cat Food 2 kg Assorted

**76<sup>99</sup>** each

As good as the best for less

## SPAR Products as good as the best for less

Home Care By SPAR Dishwashing Liquid Refill 750 ml

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

WITH **SPAR Rewards** CARD

As good as the best for less

Home Care By SPAR All Purpose Cleaner 750 ml Assorted

**21<sup>99</sup>** each

WITH **SPAR Rewards** CARD

As good as the best for less

SPAR Mini Toilet Tissues 1 ply 18s

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

WITH **SPAR Rewards** CARD

As good as the best for less



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# It's not just

Little Munchkins  
By SPAR  
Disposable Nappies  
Assorted

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

As good as the best for less



# It's so much more!

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

## Personal Care Savings

Colgate Total Range 75 ml Assorted

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

WITH Rewards CARD

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

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

WITH Rewards CARD

Lux Soap 175 g Assorted

BUY ANY 2 FOR

**25<sup>00</sup>**

WITH Rewards CARD

Protex Hygiene Soap 150 g Assorted

BUY ANY 2 FOR

**24<sup>00</sup>**

WITH Rewards CARD

SPAR Petals Tampons 16s Assorted

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

As good as the best for less

Axe Deodorant for Men 150 ml Assorted

**31<sup>99</sup>** each

Dove Anti Perspirant Roll On for Male or Female 50 ml Assorted

**27<sup>99</sup>** each

Kotex Maxi Sanitary Pads (Excl. Bio Care) 8s / 10 s or Pantyliners 16s / 20s Assorted

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

WITH Rewards CARD

Assure Adult Incontinence Diaper Slips or Pants 10s Assorted

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

## Baby Savings

Purity Yoghurt with Peach Pieces or Apple & Banana 200 ml Assorted

**16<sup>99</sup>** each

Nestlé Nestum Stage 1, 2, 3 250 g Assorted

**27<sup>99</sup>** each

WITH Rewards CARD

Rhodes Squish 100% Fruit Puree 110 ml Assorted

BUY ANY 3 FOR

**32<sup>00</sup>**

WITH Rewards CARD

Johnson's Baby Jelly Scented Assorted 250 ml

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

Vaseline BLUESEAL Petroleum Jelly 100 ml Assorted

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



## Medicine

Lennon Borsdruppels or Turlington 20 ml

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

WITH Rewards CARD

Lennon Cough Mixture 100 ml

**44<sup>99</sup>** each

WITH Rewards CARD

Gaviscon Antacid Liquid or Sachet 150 ml / 12s

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

Cepacol Plus Cough & Cold Syrup 100 ml

**69<sup>99</sup>** each

SPAR Women's CHALLENGE 10/5km

Tshwane

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

3 AUGUST 2024



SPAR Rewards deals: Maximum 10 per customer. While stocks last.

Specials available at selected SUPERSPAR and SPAR stores (excluding KWIKSPAR and SPAR Express stores) from 10 June up to and including 23 June 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).

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 [f /lmyspar](https://www.facebook.com/lmyspar)

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