



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!**



**AS SEEN ON TV**

**SPAR** FROZEN CHICKEN  
MIXED PORTIONS WITH A BRINE BASED MIXTURE

**139<sup>99</sup>** per pack  
**Save R40** WITH RewardsCARD  
As good as the best for less

**AS SEEN ON TV**

**SPAR** Full Fat Margarine Brick 500 g

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

**AS SEEN ON TV**

**Crosse & Blackwell** Tanga Mayonnaise 750 g

**36<sup>99</sup>**  
**Save R13** WITH RewardsCARD

**SPAR** TOILET TISSUE  
SUPER SOFT & SUPER STRONG

**SPAR** Mini Toilet Tissues 1 ply 18s

**59<sup>99</sup>** per pack  
**WITH RewardsCARD**  
As good as the best for less

**AS SEEN ON TV**

**Selati** GOLDEN BROWN SUGAR

**Selati** Golden Brown Sugar 2 kg

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



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.**

MA\_SSR3320

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# SPAR



# Bakers Selection

SPAR  
**COUNTRY VALUE**

# Fresh Produce



SPAR  
Country Value  
Dessert  
Topping Buns  
6s

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



SPAR  
Country Value  
Raisin Buns  
6s

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



SPAR  
Country Value  
Onions  
1 kg

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



COUNTRY VALUE  
CHOC CHIP BISCUITS  
200 g

SPAR  
Country Value  
Biscuits  
200 g  
Assorted

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



COUNTRY VALUE  
BLACK FOREST CAKE  
1 kg

SPAR  
Country Value  
Blackforest  
Cake

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



SPAR  
Country Value  
Avocados  
800 g

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

# Butchers Best



Turkey  
Drumsticks  
(Previously  
Frozen)

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



Chicken Leg  
Quarters  
(Previously  
Frozen)

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



SPAR  
Country Value  
Mzansi Braai  
Wors

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



SPAR  
Country Value  
Black Tripe  
(Previously Frozen)  
500 g

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

**More Savings,  
More flavour**



# Delicious made easy



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

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

The  
**FOOD STALL**  
at SPAR

Available at The FOOD STALL. Only at SPAR.



iPLATE  
LASE SPAR

**200 G COW HEELS  
AND 300 G PAP**

FOR ONLY  
**35<sup>00</sup>** per combo

GET THAT HEARTY AND HEALTHY TASTE  
OF HOME FROM YOUR FAVOURITE SPAR.

**TASTES JUST LIKE  
IPLATE LASE KHAYA.**

The  
**FOOD STALL**  
at SPAR

Available at The FOOD STALL. Only at SPAR.



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**It's not just**

**SPAR**  
Daily Spread Tub  
40% Fat Spread  
1 kg

**34<sup>99</sup>** each  
**Save R10**  
WITH RewardsCARD  
As good as the best for less



**It's so much more!**

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

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

<p><b>59<sup>99</sup></b> each WITH RewardsCARD As good as the best for less</p> <p><b>SPAR</b> Choice Butter 500 g</p>	<p><b>48<sup>99</sup></b> per pack WITH RewardsCARD As good as the best for less</p> <p><b>SPAR</b> Processed Individually Wrapped Cheddar or Gouda Cheese Slices 400 g</p>	<p><b>32<sup>99</sup></b> each WITH RewardsCARD As good as the best for less</p> <p><b>SPAR</b> French, Chilli or Garlic Polony 1 kg</p>	<p><b>23<sup>99</sup></b> each WITH RewardsCARD As good as the best for less</p> <p><b>SPAR</b> Prepacked Sliced Cold Meat 200 g Assorted</p>	<p><b>57<sup>99</sup></b> per pack WITH RewardsCARD As good as the best for less</p> <p><b>SPAR</b> Extra Large Eggs 18s</p>
<p><b>32<sup>99</sup></b> each WITH RewardsCARD As good as the best for less</p> <p><b>SPAR</b> Low Fat or Fat Free Smooth or Fruit Yoghurt (Excl. Aloe &amp; Seeded, Double Cream or Indulge Range) 1 kg Assorted</p>	<p><b>34<sup>99</sup></b> each WITH RewardsCARD As good as the best for less</p> <p><b>SPAR</b> Extra Shelf Life Full Cream or Low Fat Milk 2 litre</p>	<p><b>32<sup>99</sup></b> per pack WITH RewardsCARD As good as the best for less</p> <p><b>SPAR</b> Back, Lean, Shoulder, Streaky, Diced Bacon or Chicken Rashers 200 g</p>	<p><b>42<sup>99</sup></b> per pack WITH RewardsCARD As good as the best for less</p> <p><b>SPAR</b> Chicken Crumbed Strips, Nuggets or Bites 400 g Assorted</p>	<p><b>52<sup>99</sup></b> per pack WITH RewardsCARD As good as the best for less</p> <p><b>SPAR</b> Crumbed Chicken Burgers, Strips, Fillets, Wings or Schnitzels 500 g / 520 g</p>
<p><b>39<sup>99</sup></b> per pack WITH RewardsCARD As good as the best for less</p> <p><b>SPAR</b> Smoked or Red Viennas (Excl. Chilli, Cheese and Chicken) 500 g</p>	<p><b>42<sup>99</sup></b> per pack WITH RewardsCARD As good as the best for less</p> <p><b>SPAR</b> Chicken and Beef or Chakalaka Individually Quick Frozen Chicken Bangers 1 kg</p>	<p><b>52<sup>99</sup></b> per pack WITH RewardsCARD As good as the best for less</p> <p><b>SPAR</b> Individual Quick Frozen Fully Cooked Smokey or Chilli Russians 1 kg</p>	<p><b>30<sup>00</sup></b> WITH RewardsCARD As good as the best for less</p> <p><b>BUY ANY 2 FOR</b></p> <p><b>SPAR</b> Medium Fat Smooth Yoghurt 6 x 75 g Assorted</p>	

**Fridge & Freezer Savings**

<p><b>47<sup>99</sup></b> per pack As good as the best for less</p> <p><b>SPAR</b> Frozen Whole Tilapia 800 g</p>	<p><b>24<sup>00</sup></b> As good as the best for less</p> <p><b>BUY 2 FOR</b></p> <p><b>SPAR</b> Frozen Chicken Liver Tub 250 g</p>	<p><b>99<sup>99</sup></b> each WITH RewardsCARD</p> <p><b>Lancewood</b> Cheddar, White Cheddar or Gouda z Vacuum Packed Cheese 600 g</p>	<p><b>16<sup>99</sup></b> per pack</p> <p><b>Albany</b> Superior White Sliced or Thick Sliced Bread 700 g</p>
<p><b>22<sup>00</sup></b> As good as the best for less</p> <p><b>BUY ANY 2 FOR</b></p> <p><b>Danone</b> Yogi Sip Drinking Yoghurt 250 g Assorted</p>	<p><b>49<sup>99</sup></b> each WITH RewardsCARD</p> <p><b>McCain</b> Slap or Skinny Chips 1 kg</p>	<p><b>52<sup>99</sup></b> each WITH RewardsCARD</p> <p><b>Ola</b> Rich n Creamy Ice Cream 1.8 litre Assorted</p>	

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It's not just

AS SEEN ON TV

SPAR  
Macaroni or Spaghetti  
500 g

BUY ANY 2 FOR **28<sup>00</sup>**  
Save R10 WITH Rewards CARD

DOUBLE MONEY BACK  
QUALITY GUARANTEED



It's so much more!

That's why we SHOP at SPAR

Pantry Savings

SPAR Instant Noodles 5 x 70 g Assorted

BUY ANY 2 FOR **38<sup>00</sup>**  
As good as the best for less

Rhodes Chakalaka 400 g Assorted

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

Iwisa or Super Sun Super Maize Meal 5 kg

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

SPAR SUPER MAIZE MEAL

SPAR Super Maize Meal 5 kg

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

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

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

Imbo Red Speckled Beans 500 g

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

Spekko Long Grain Parboiled Rice 2 kg

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

Breakfast Savings

SPAR Quick Cooking Oats 1 kg

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

MORVITE ORIGINAL FLAVOUR INSTANT PORRIDGE

Morvite Instant Porridge 1 kg Assorted

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

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

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

Glen Tagless Teabags 100s

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

Clover Numel MEDIUM FAT DAIRY LIQUID BLEND 6 x 1 litre

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

SPAR Products as good as the best for less

SPAR Rooibos Tagless Teabags 80s

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

SPAR Black Tea Blend Tagless Teabags Pouch 100s

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

SPAR Apricot or Mixed Fruit Jam 900 g

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

SPAR Refined White Sugar 2.5 kg

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



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# Sign up for MORE SAVINGS with Rewards

Exclusive to SPAR Rewards customers

SPAR Products as good as the best for less



<p>SPAR Tomato &amp; Onion Mix or Diced 400 g / 410 g</p> <p><b>17<sup>99</sup></b> each</p> <p>WITH Rewards CARD</p> <p>As good as the best for less</p>	<p>SPAR Light Meat Shredded Tuna in Oil or Water 170 g</p> <p><b>18<sup>99</sup></b> each</p> <p>WITH Rewards CARD</p> <p>As good as the best for less</p>	<p>SPAR Baked Beans in Tomato Sauce 410 g</p> <p><b>13<sup>99</sup></b> each</p> <p>WITH Rewards CARD</p> <p>As good as the best for less</p>	<p>SPAR Pilchards in Tomato or Chilli Sauce 400 g</p> <p><b>44<sup>00</sup></b></p> <p>BUY ANY 2 FOR</p> <p>Save R6 WITH Rewards CARD</p> <p>AS SEEN ON TV</p>
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<p>SPAR Whole Peeled Tomatoes 410 g</p> <p><b>19<sup>99</sup></b> each</p> <p>As good as the best for less</p>	<p>Steers Sauce or Salad Dressing 375 ml Assorted</p> <p><b>28<sup>99</sup></b> each</p> <p>WITH Rewards CARD</p>	<p>SPAR Tomato Sauce 700 ml</p> <p><b>26<sup>99</sup></b> each</p> <p>As good as the best for less</p>	<p>Maggi Lazenby Worcestershire Sauce 250 ml</p> <p><b>22<sup>99</sup></b> each</p>	<p>Knorrox Flavoured Stock Cubes 24s Assorted</p> <p><b>21<sup>99</sup></b> each</p>
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<p>Robertson's Rajah Curry Powder 50 g Assorted</p> <p><b>12<sup>99</sup></b> each</p> <p>WITH Rewards CARD</p>	<p>Robertson's Spice Refill (Brown Box Only) 64 g - 100 g</p> <p>BUY ANY 2 FOR</p> <p><b>19<sup>00</sup></b></p> <p>WITH Rewards CARD</p>
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## Baking Savings

<p>Parmalat Vanilla Flavoured Custard (Excl. Easygest) 1 litre</p> <p>BUY 2 FOR</p> <p><b>45<sup>00</sup></b></p> <p>WITH Rewards CARD</p>	<p>SPAR Cake Wheat Flour 5 kg</p> <p><b>59<sup>99</sup></b> each</p> <p>WITH Rewards CARD</p> <p>As good as the best for less</p>	
<p>Snowflake Baking Powder Refill 200 g</p> <p><b>27<sup>99</sup></b> each</p>	<p>Snowflake Easy Mix Pancake, Muffin or Scone Mix 500 g</p> <p><b>16<sup>99</sup></b> each</p>	<p>Golden Cloud Cake Wheat Flour 10 kg</p> <p><b>129<sup>99</sup></b> each</p>

<p>Top Class Flavoured Soup 400 g Assorted</p> <p><b>13<sup>99</sup></b> each</p>	<p>Royco Sauce, Gravy or Marinade 32 g - 48 g Assorted</p> <p>BUY ANY 2 FOR</p> <p><b>30<sup>00</sup></b></p> <p>WITH Rewards CARD</p>
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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**

**Snacks and Treats**



SPAR Sliced Rusks 450 g Assorted

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



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



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

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



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

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



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

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



Beacon Chocolate Slabs (Excl. Heavenly Range) 80 g

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



SPAR Snack Puffs 100 g Assorted

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



Simba NikNaks 135 g Assorted

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



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

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



SPAR 100 % Fruit Juice 1 litre Assorted

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

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

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



It's so much more!

That's why we SHOP at SPAR

Household Savings



Home Care By SPAR Dishwashing Liquid Refill 750 ml

23<sup>99</sup> each

WITH Rewards CARD



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

15<sup>99</sup> per pack



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>



Jeyes Homeguard Thick Bleach 750 ml Assorted

23<sup>99</sup> each

WITH Rewards CARD



Home Care By SPAR All Purpose Cleaner 750 ml Assorted

21<sup>99</sup> each

Save R6 WITH Rewards CARD

As good as the best for less



Home Care By SPAR Thin Bleach 750 ml Assorted

14<sup>99</sup> each



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>



Pro Wash Hand Washing Powder 2 kg Assorted

42<sup>99</sup> each

Only at



Plate Up LIKE A MasterChef

SAVE UP TO 70%



MasterChef THE TV SERIES

Collect the full range



Terms and conditions apply. Full promotion details also on collector cards in store now. Promotion valid 25 March to 7 July 2024. Completed collector cards can be redeemed until 21 July 2024. Exclusive to SPAR stores in South Africa, Namibia, Botswana and Eswatini. © 2024 Shine TV Limited. MasterChef and the MasterChef logo are registered trademarks of Shine TV Limited and its affiliates. Licensed by Banijay Group. All Rights Reserved.



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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**

Baby care savings



Vaseline  
Petroleum Jelly  
100 ml  
Assorted

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



Johnson's  
Baby Jelly  
250 ml  
Assorted

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



Rhodes  
Squish  
110 ml  
Assorted

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



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



Purity  
3rd Baby Food  
200 ml  
Assorted

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



Nestle  
Nestum Stage 1, 2, 3  
250 g  
Assorted

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

Personal care savings



Lux  
Soap  
175 g  
Assorted

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



Protex  
Hygiene  
Soap  
150 g  
Assorted

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



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

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



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

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



Assure  
Adult Incontinence  
Slips or Pants  
10s

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



Axe  
Deodorant for  
Men  
150 ml  
Assorted

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



Clere  
Body Lotion  
or Creams  
For Male or Female  
300 ml / 400 ml  
Assorted

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



Stay Free  
Maxi  
Sanitary Pads 20s  
or Pantyliners 76s  
Assorted

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



Kotex  
Maxi Sanitary  
Pads  
(Excl. Bio  
Care)  
8s / 10s

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



SPAR  
Petals  
Tampons  
16s  
Assorted

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

SPAR  
Women's  
CHALLENGE  
10/5km

Tshwane

ENTRIES ARE OPEN  
www.sparwomenstshwane.co.za

3 AUGUST 2024



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

SPAR: • BARCLAY SQUARE • BON ACCORD • DOBSONVILLE • DIEPKLOOF • EMALAHLENI • JACOBSDAL • LIMPOPO • MAFIKENG • MATHAMBO/SPRUITVIEW • MALULEKE • MNANDI • MODJADJISKLOOF • NZHELELE • OGIES • ROSSLYN • SANTINHOS • SESALAMANI • SIBASA • SOSHANGUVE • STRETFORD • THOHAYANDOU • 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) • TASHBET • 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 or Find us on /myspar

