

UNLEASH YOUR INNER CHEF™

with **nutrifresh**

nutrifresh™ is a registered trademark used under license by TCC Global N.V. Ts & Cs apply.



BUY
me for a
BONUS
sticker!



SPAR
French
or Chicken
Polony
2 kg

49⁹⁹
each



Save **R20**
WITH **RewardsCARD**

BUY
me for a
BONUS
sticker!

LOOK OUT FOR
BONUS STICKER PRODUCTS



SPAR
Frozen
Mixed
Chicken
Portions
5 kg

199⁹⁹
per pack

WITH **RewardsCARD**

BUY
me for a
BONUS
sticker!



SPAR
Long Life
Full Cream,
Low Fat
or Fat Free Milk
(Excl. Lactose
Free)
6 x 1 litre

92⁹⁹
per pack

WITH **RewardsCARD**

BUY
me for a
BONUS
sticker!



Tastic
Parboiled
Rice
2 kg
Assorted

29⁹⁹
each

Save **R8**
WITH **RewardsCARD**

BUY
me for a
BONUS
sticker!



Crosse & Blackwell
Tangy
Mayonnaise Only
750 g

39⁹⁹
each

Save **R10**
WITH **RewardsCARD**



SPAR
Super
Maize
Meal
12.5 kg

86⁹⁹
each

WITH **RewardsCARD**



Sunlight
Hand
Washing
Powder
2 kg
Assorted

59⁹⁹
each

WITH **RewardsCARD**

Quality Meat.

Unbeatable
Value.

Bulk Pork Packs

59⁹⁹
per kg



MA_SSR5831_1

SPAR



Real Value

on your Family Favourites



11⁹⁹ each



29⁹⁹ per pack



21⁹⁹ per pack



29⁹⁹ per box



99⁹⁹ each



16⁹⁹ each



15⁹⁹ each



17⁹⁹ each



32⁰⁰ BUY 2 FOR

Bulk Cow Heels (Previously Frozen)

44⁹⁹ per kg



34⁹⁹ per kg

Tilapia (Frozen)



99⁹⁹ per kg

Super Value, Ready Meals

Chikka Strips

8 CHIKKA STRIPS & 100 g CHIPS Plain or Cheesy* **79⁹⁰**



SERVING SUGGESTION

CHIKKA CHICKEN

*FLAVOUR AVAILABILITY MAY VARY BETWEEN STORES.

ATE & LEFT NO CRUMBS

Your roast is ready!

Chikka Chicken Roast Chicken* x 1 & Coca-Cola Regular Only 1.5 litre

*Available in BBQ, Peri-Peri or Salt & Pepper



*Flavour availability may vary between stores.

100⁰⁰ per combo

ATE & LEFT NO CRUMBS

CHIKKA CHICKEN



SPAR Rewards deals available while stocks last.

Maximum 10 deals per customer on all **SAVE EXTRA** products. **SAVE EXTRA** products are only available in-store and not on the SPAR2U App. Special available at selected **SPAR** and **SUPERSPAR** (Excluding KWIKSPAR and SPAR Express stores). Promotion valid from **24 August** up to and including **07 September 2026**, while stocks last. We reserve the right to limit quantities. Prices include VAT. Please visit your nearest store to see if these specials apply. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington, Keimoes, Lowveld, Belfast, Limpopo and Pretoria. Errors and Omissions Excepted (E&OE).

Fridge and Freezer Super Savers



SPAR
Processed
Meat
Hamper
4.2 kg

159⁹⁹
per pack

WITH RewardsCARD



Parmalat
or Melrose
Processed
Cheese Slices
(Melrose
Melts or
Maxi Slices)
400 g
Assorted

62⁹⁹
per pack

WITH RewardsCARD



119⁹⁹
each

Save R49
WITH RewardsCARD

Parmalat
Pre-Packaged Cheese
850 g
Assorted



Flora
Regular,
Light or
Gold
Fat Spread
or
Rama
Original
60% Fat
Spread
Tub
1 kg

52⁹⁹
each

WITH RewardsCARD



26⁹⁹
each

WITH RewardsCARD

SPAR
Prepacked
Cold Meat
200 g
Assorted

46⁹⁹
each

WITH RewardsCARD

SPAR
Red or Smoked
Viennas
500 g



Parmalat
Smooth
Dairy
Snack or
Kids
6 x 100g
Assorted

21⁹⁹
per pack

WITH RewardsCARD



Clover
Full Cream Fruit
of the Forest,
Double Cream
Plain Yoghurt
or Double
Cream
Sweetened
Plain Yoghurt
1 kg
Assorted

36⁹⁹
each

WITH RewardsCARD



Clover
Tropika
Dairy Fruit
Mix
2 litre
Assorted

34⁹⁹
each

WITH RewardsCARD



SPAR
Frozen
Carrots,
Corn and Peas
Mix or
Mediterranean
Roast Mix
1 kg

44⁹⁹
each

WITH RewardsCARD



39⁹⁹
each

WITH RewardsCARD

SPAR
Frozen Mixed Vegetables,
Corn or Country Mix
1 kg



36⁹⁹
each

WITH RewardsCARD

SPAR
Frozen Skinny,
Slap Fries, Oven Bake
Crinkle or Straight Cut
Chips
1 kg



56⁹⁹
per pack

WITH RewardsCARD

SPAR
Everyday Chicken
and Beef Burgers
1.2 kg



SPAR
Full Cream
Maas
2 kg

29⁹⁹
each

WITH RewardsCARD



Dairymaid
Country Fresh
Ice Cream
1.8 litre
Assorted

64⁹⁹
each

WITH RewardsCARD



55⁰⁰

WITH RewardsCARD

Ola
Magnum
Ice Cream
90 ml / 100 ml
Assorted



SPAR
Crumbed
Chicken
Burger
Patties
Original
or Cheese
520 g

43⁹⁹
each

WITH RewardsCARD



SPAR
Large
Eggs
60s

124⁹⁹
per pack

WITH RewardsCARD



SPAR
Frozen
Chicken
Drumsticks
5 kg

329⁹⁹
per pack

WITH RewardsCARD



SPAR
Frozen
Chicken
Thighs
5 kg

239⁹⁹
per pack

WITH RewardsCARD



SPAR
Frozen
Chicken
Heads &
Feet
1 kg

30⁰⁰

WITH RewardsCARD



106⁹⁹
each

WITH RewardsCARD

I&J
Deep Water Hake or
Haddock Medallions 450 g
or
Light & Crispy Hake
Portions 600 g
Assorted



Shop, chop, slice
and dice your way
up to



80% off
nutrifresh™
Kitchen Essentials



**30
STICKERS
IS ALL IT
TAKES**

Find out more

Ends 8 Nov 2026

nutrifresh™ is a registered trademark used under license by TCC Global N.V.

LOVE IT? SPAR GETS IT DELIVERED



Download now!



Maximum 10 deals per customer on all **SAVE EXTRA** products. **SAVE EXTRA** products are only available in-store and not on the SPAR2U App.

Special available at selected **SPAR** and **SUPERSPAR** (Excluding KWIKSPAR and SPAR Express stores). Promotion valid from **24 August** up to and including **07 September 2026**, while stocks last. We reserve the right to limit quantities. Prices include VAT. Please visit your nearest store to see if these specials apply. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Uptington, Keimoes, Lowveld, Belfast, Limpopo and Pretoria. Errors and Omissions Excepted (E&OE).

MA_SSR5831_3

Breakfast Value Buys

FIND THE FULL RANGE IN-STORE

nutrifresh

UNLEASH YOUR INNER CHEF at **SPAR**

SHOP COLLECT SAVE UP TO 80% on **nutrifresh** Kitchen Essentials

COLLECT THE FULL RANGE

Buy any participating product and receive a BONUS sticker!

SAVE UP TO 80% on **nutrifresh** Kitchen Essentials

SPAR

UNLEASH YOUR INNER CHEF with **nutrifresh**

22 July - 8 November. See in-store for details.

nutrifresh™ is a registered trademark used under license by TCC Global N.V.

BUY me for a BONUS sticker!

BOKOMO WEET-BIX

WHOLEGRAIN WHEAT BISCUITS

High in Fibre
High in Vitamins B1, B2 & B3
Source of Iron

48 Biscuits

SINCE 1929

Bokomo Weet-Bix 900 g

49⁹⁹ each

WITH **RewardsCARD**

BUY me for a BONUS sticker!

FUTURELIFE

Smart nutrition for life

GRANOLA CRUNCH

RENEW

Source of Protein
Energy
Dietary Fibre

Delicious GRANOLA Clusters With Real Cocoa

CHOCOLATE FLAVOUR

45⁹⁹ each

WITH **RewardsCARD**

Futurelife
Instant Cereal
Original or Zero
(Incl. Crunch and Kids, Excl. high Protein)
375 g - 500 g
Assorted

WHITE STAR

INSTANT MAIZE PORRIDGE

ORIGINAL FLAVOURED

THE CLEVER CHOICE

850 g

22⁹⁹ each

WITH **RewardsCARD**

White Star
Instant Maize Porridge
850 g / 1 kg
Assorted

SPAR

SLICED BUTTERMILK RUSKS

CONDENSED MILK & FUDGE RUSKS

Slow Baked
High in Energy

450 g

44⁹⁹ each

WITH **RewardsCARD**

SPAR
Rusks
450 g / 500 g
Assorted

BUY me for a BONUS sticker!

SPAR

BROWN SUGAR

Pure Cane Sugar
Cultivated in Lush South African Soil

2 kg

39⁹⁹ each

WITH **RewardsCARD**

SPAR
Brown Sugar
2 kg

Cremora

COFFEE AND TEA CREAMER WITH PALM OIL

750 g

49⁹⁹ each

WITH **RewardsCARD**

Cremora
Coffee and Tea Creamer
750 g

Pantry Super Savers

SPAR

LONG GRAIN WHITE PARBOILED RICE

Premium Grade
High in Energy
Ready in 10 Minutes

10 kg

109⁹⁹ each

WITH **RewardsCARD**

SPAR
Long Grain Parboiled Rice
10 kg

SPAR

MAIZE SAMP

High in Fibre
Suitable for Vegans

2.5 kg

22⁹⁹ each

WITH **RewardsCARD**

SPAR
Samp
2.5 kg

SPAR

SUNFLOWER OIL

2L

69⁹⁹ each

WITH **RewardsCARD**

SPAR
Sunflower or Canola Oil
2 litre

BUY me for a BONUS sticker!

Super BUNDLE DEAL

5 PACKS Kellogg's Instant Noodles

Cheese Flavour

70 g x 5

50⁰⁰

WITH **RewardsCARD**

Kelloggs
Instant Noodles (Excl. Stir Fry Range)
5 x 70 g
Assorted

SPAR Rewards deals available while stocks last.

Maximum 10 deals per customer on all **SAVE EXTRA** products. **SAVE EXTRA** products are only available in-store and not on the SPAR2U App. Special available at selected **SPAR** and **SUPERSPAR** (Excluding KWIKSPAR and SPAR Express stores). Promotion valid from **24 August** up to and including **07 September 2026**, while stocks last. We reserve the right to limit quantities. Prices include VAT. Please visit your nearest store to see if these specials apply. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington, Keimoes, Lowveld, Belfast, Limpopo and Pretoria. Errors and Omissions Excepted (E&OE).

4_MA_SSR5831

30 STICKERS IS ALL IT TAKES

BUY
me for a
BONUS
sticker!



SAVE
EXTRA



119⁹⁹
each

Save R29
WITH RewardsCARD

Nescafé
Classic
Coffee Granules or Doy
Pack
(Excl. Decaf)
200 g / 230 g
Assorted

Breakfast Value Buys



Laager
Rooibos
Tagless
Tea Bags
80s

39⁹⁹
per pack

WITH RewardsCARD

BUY
me for a
BONUS
sticker!



Nescafé
Cappuccino
Sticks
8s / 10s
Assorted

BUY
ANY
2
FOR

110⁰⁰

WITH RewardsCARD



Nescafé
Ricoffy
Original Instant
Coffee
(Excl. Decaf)
750 g / 800 g

144⁹⁹
each

WITH RewardsCARD



Joko
Tagless Teabags
100s

54⁹⁹
each

WITH RewardsCARD



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

36⁹⁹
each

WITH RewardsCARD

SAVE
EXTRA



Rhodes
Smooth Apricot
or Mixed Fruit Jam
900 g

36⁹⁹
each

WITH RewardsCARD



Nestlé
Hot
Chocolate
500 g

89⁹⁹
each

WITH RewardsCARD

Bulk Super Savers



SPAR
Sunflower
Oil
4 litre

134⁹⁹
each

WITH RewardsCARD



SPAR
Refined
White
Sugar
10 kg

227⁹⁹
each

WITH RewardsCARD



SPAR
Cake
Wheat
Flour
10 kg

109⁹⁹
each

WITH RewardsCARD



Iwisa or
Super
Sun
Super
Maize
Meal
10 kg

89⁹⁹
each

WITH RewardsCARD

LOVE IT? SPAR GETS IT DELIVERED 2U



Download now!

Available on the
App Store

GET IT ON
Google Play

Maximum 10 deals per customer on all **SAVE EXTRA** products. **SAVE EXTRA** products are only available in-store and not on the SPAR2U App.

Special available at selected **SPAR** and **SUPERSPAR** (Excluding KWIKSPAR and SPAR Express stores). Promotion valid from **24 August** up to and including **07 September 2026**, while stocks last. We reserve the right to limit quantities. Prices include VAT. Please visit your nearest store to see if these specials apply. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington, Keimoes, Lowveld, Belfast, Limpopo and Pretoria. Errors and Omissions Excepted (E&OE).

M_SSR5831_5

LOOK OUT FOR PARTICIPATING PRODUCTS TO GET BONUS STICKERS

Super
BUNDLE
DEAL



BUY
ANY
5
FOR

20⁰⁰

WITH RewardsCARD

Imana
Packet Soup
45 g / 50 g
Assorted

Fill Your Pantry for Less

BUY me for a BONUS sticker!

All Gold
Tomato
Sauce
700 ml

34⁹⁹
each

WITH RewardsCARD

SAVE EXTRA

Rhodes
Boerewors
Relish
410 g

21⁹⁹
each

WITH RewardsCARD

NEW LOOK

Bull Brand
Curried Mince
400 g
Assorted

26⁹⁹
each

WITH RewardsCARD

NEW LOOK

Bull Brand
Corned
Meat
300 g
Assorted

27⁹⁹
each

WITH RewardsCARD

Mrs Ball's
Chutney
470 g
Assorted

33⁹⁹
each

WITH RewardsCARD

Nando's
Vusa
125 ml,
Peri-Peri Sauce
250 ml
or
Perinaise
265 g
Assorted

42⁹⁹
each

WITH RewardsCARD

BUY me for a BONUS sticker!

Koo
Baked Beans
in Tomato
Sauce
400 g

14⁹⁹
each

WITH RewardsCARD

All Gold
Tomato & Onion
Mix
410 g

18⁹⁹
each

WITH RewardsCARD

SAVE EXTRA

Pakco
Atchar
385 g
Assorted

39⁹⁹
each

WITH RewardsCARD

Super
BUNDLE
DEAL

Knorr
Aromat
Seasoning
70 g / 75 g
Assorted

BUY ANY
2
FOR

29⁰⁰

WITH RewardsCARD

Robertson's
Spice Bottles
(Excl. Grinders,
Crushed Garlic,
Pepper Range,
Crushed Chilli
& Ground Cloves)
100 ml
Assorted

23⁹⁹
each

WITH RewardsCARD

Knorrox
Flavoured
Stock Cubes
24s
Assorted

21⁹⁹
per pack

WITH RewardsCARD

Parmalat
Vanilla
Flavoured
Custard
1 litre

27⁹⁹
each

WITH RewardsCARD

Maizena
Cornflour
500 g

31⁹⁹
each

WITH RewardsCARD

Robertson's
Rajah
Curry Powder
100 g
Assorted

19⁹⁹
each

WITH RewardsCARD

Super
BUNDLE
DEAL

Imana
Cook-in-Sauce
48 g
Assorted

BUY ANY
2
FOR

22⁰⁰

WITH RewardsCARD



SPAR Rewards deals available while stocks last.

Maximum 10 deals per customer on all **SAVE EXTRA** products. **SAVE EXTRA** products are only available in-store and not on the SPAR2U App.

Special available at selected **SPAR** and **SUPERSPAR** (Excluding KWIKSPAR and SPAR Express stores). Promotion valid from **24 August** up to and including **07 September 2026**, while stocks last. We reserve the right to limit quantities. Prices include VAT. Please visit your nearest store to see if these specials apply. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington, Keimoes, Lowveld, Belfast, Limpopo and Pretoria. Errors and Omissions Excepted (E&OE).

SHOP

Get a sticker
for every R100
you spend.



COLLECT

Fill your
collector's card
with 30 stickers
and hand it in at
the till.

SAVE UP TO 80%

on **nutrifresh** Kitchen Essentials



Bite-Sized Savings

Super BUNDLE DEAL

Willard's Cheasnaks 135 g Assorted

BUY ANY 2 FOR

26⁰⁰

WITH RewardsCARD

BUY me for a BONUS sticker!

Lays Potato Chips 120 g Assorted

BUY ANY 2 FOR

40⁰⁰

Save R10 WITH RewardsCARD

Super BUNDLE DEAL

Oreo Biscuits 128.8 g / 129 g Assorted

BUY ANY 2 FOR

30⁰⁰

WITH RewardsCARD

De Vries Ginger Biscuits 200 g

13⁹⁹ each

WITH RewardsCARD

Super BUNDLE DEAL

Reboost Energy Drink 500 ml Assorted

BUY ANY 2 FOR

18⁰⁰

WITH RewardsCARD

BUY me for a BONUS sticker!

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

BUY ANY 2 FOR

30⁰⁰

Save R12 WITH RewardsCARD

Super BUNDLE DEAL

Beacon Nosh 56 g, Jelly Tots Bar 48 g, TV Bar 47 g, Damascus Nougat 40 g or Black Cat Bar 56 g / 48 g

BUY ANY 2 FOR

24⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

Cadbury Dairy Milk Top Deck Assorted Chocolate Slabs (Incl. Bubbly) 136 g / 150 g

BUY ANY 2 FOR

40⁹⁹ each

WITH RewardsCARD

Super BUNDLE DEAL

Manhattan or Mister Sweet Gums or Jellies 50 g / 60 g Assorted

BUY ANY 2 FOR

24⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

SPAR Smoothie Fruit Concentrate 1 litre Assorted

BUY ANY 2 FOR

20⁰⁰

WITH RewardsCARD

SPAR 100% Fruit Juice Blend 6 x 200 ml Assorted

41⁹⁹ per pack

WITH RewardsCARD

aQuellé Still or Sparkling Natural Spring Water 6 x 500 ml

36⁹⁹ per pack

WITH RewardsCARD

Coca-Cola Zero, Fanta, Sprite or Stoney 6 x 300 ml

49⁹⁹ per pack

WITH RewardsCARD

Brookes Oros Squash Concentrate 2 litre Assorted

36⁹⁹ each

WITH RewardsCARD

BUY me for a BONUS sticker!

Liqui-Fruit 100% Fruit Juice Blend 2 litre Assorted

49⁹⁹ each

WITH RewardsCARD

Super BUNDLE DEAL

Fanta, Sprite or Stoney Soft Drink 2 litre Assorted

BUY ANY 2 FOR

38⁰⁰

WITH RewardsCARD

SAVE EXTRA

Coca Cola Regular Only 2 litre

BUY 2 FOR

47⁰⁰

WITH RewardsCARD

LOVE IT? SPAR GETS IT DELIVERED **SPAR2U**



Download now!



Maximum 10 deals per customer on all **SAVE EXTRA** products. **SAVE EXTRA** products are only available in-store and not on the SPAR2U App.

Special available at selected **SPAR** and **SUPERSPAR** (Excluding KWIKSPAR and SPAR Express stores). Promotion valid from **24 August** up to and including **07 September 2026**, while stocks last. We reserve the right to limit quantities. Prices include VAT. Please visit your nearest store to see if these specials apply. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington, Keimoes, Lowveld, Belfast, Limpopo and Pretoria. Errors and Omissions Excepted (E&OE).

MA_SSR5831_7

Save every time

Super BUNDLE DEAL

Protects against 99.9% of germs**
Preserves natural skin barrier. Protege contra 99.9% de germes.** Preserva a barreira natural da pele.

Protex
NEW SIZE 175 g
Protects against 99.9% of germs**
Preserves natural skin barrier. Protege contra 99.9% de germes.** Preserva a barreira natural da pele.

Protex
Herbal
24h germ protection*
CLINICALLY PROVEN

Protex
Hygiene Soap
175 g
Assorted

BUY ANY 2 FOR 30⁰⁰
WITH *Rewards*CARD

Soft Care & Super Savings

Super BUNDLE DEAL

LUX
Wake Me Up
MINT OIL WITH FLORAL MUSK SCENT
50 g

LUX
Even Tone
PURIFYING CLAY, VITAMIN C & NIACINAMIDE
For Glowing, Even Toned Skin
150 g

BUY ANY 2 FOR 26⁰⁰
WITH *Rewards*CARD

Lux
Beauty Soap
150 g
Assorted

Colgate
Herbal
HEALTHY GUMS
24h germ protection*
CLINICALLY PROVEN

Colgate
Maximum Cavity Protection
WITH CALCIUM
STRENGTHENING
CLINICALLY PROVEN

22⁹⁹ each
WITH *Rewards*CARD

SENSODYNE
CLINICALLY PROVEN
Sensitivity Protection
Cavity + Sensitivity
POWERFUL PROTECTION

31⁹⁹ each
WITH *Rewards*CARD

Sensodyne
Cavity Sensitive
Toothpaste
75 ml

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

Vaseline
Petroleum Jelly
250 ml
Assorted

46⁹⁹ each
WITH *Rewards*CARD

dawn
MEN
REFRESH
FOR ALL SKIN TYPES
WITH MENTHOL EXTRACTS
COOLING BODY LOTION
LOÇÃO CORPORAL REFRESCANTE
400 ml

dawn
SOOTHING BODY LOTION
LOÇÃO CORPORAL ACOMODANTE
Infused with rose water
Gently soothes skin
RICH LANOLIN & ROSEWATER
400 ml

26⁹⁹ each
WITH *Rewards*CARD

Dawn
Body Lotion
for Male or Female
400 ml
Assorted

PLAYgirl
Perfumed
BODY SPRAY
VIP
PARIS glitz

PLAYBOY
DEODORANT
BODY SPRAY
ATLANTIS

Playboy
125 ml or
Playgirl
90 ml
Aerosol
Deodorant
(Excl. Playgirl
150 ml)
Assorted

31⁹⁹ each
WITH *Rewards*CARD

BRUT
PARFUM
CARACTÈRE
ORIGINAL
TIMELESS COLOGNE
FOR MEN

BRUT
PARFUM
CARACTÈRE
TOTAL ATTRACTION
TIMELESS COLOGNE
FOR MEN

Brut
Cologne
Deodorant
120 ml
Assorted

36⁹⁹ each
WITH *Rewards*CARD

Kotex
MAXI P
UP TO 100% COM
NORMA

Kotex
MAXI PROTECT
UP TO 100% COMFORT*
ALL NIGHTER
16 PADS

39⁹⁹ per pack
WITH *Rewards*CARD

Kotex
Maxi Pads
16s / 20s
Assorted

Baby Care Value

BUY me for a BONUS sticker!

HUGGIES
Dry Comfort
Up to 12 hours protection with a runny poo pocket waistband

Huggies
Dry Comfort
Jumbo Pack or
Gold Value Pack
Diapers or
Nappy Pants
Assorted

139⁹⁹ per pack
WITH *Rewards*CARD

HUGGIES
natural care
SOOTHES & COMFORTS SKIN

95⁹⁹ per pack
WITH *Rewards*CARD

Huggies
Baby Wipes
4s
Assorted

Johnson's
baby
aqueous cream
lightly fragranced
0%
Preservatives
And Artificial
Colours
Non GMO

49⁹⁹ each
WITH *Rewards*CARD

Johnson's
Baby
Aqueous Cream
500 ml
Assorted

Nestlé
Nestum
BABY CEREAL
honey
Add milk
8+ months
*Free From
Preservatives
And Artificial
Colours
Non GMO

49⁹⁹ each
WITH *Rewards*CARD

Nestlé
Nestum
No. 1 Baby
Cereal
500 g
Assorted

Super BUNDLE DEAL

PURITY
Mixed
Fruit & Oats
brekki
7 Months
No Preservatives
No Artificial Colours
No GMO

PURITY
Easy Snacks!
Creamy
Sweet Potato
with Cinnamon
veggi
6 Months
No Preservatives
No Artificial Colours
No GMO

42⁰⁰
WITH *Rewards*CARD

Purity
Baby Food
Jar
125 ml
or
Puree
Pouch
110 ml
Assorted



SPAR *Rewards* deals available while stocks last.

Maximum 10 deals per customer on all **SAVE EXTRA** products. **SAVE EXTRA** products are only available in-store and not on the SPAR2U App.

Special available at selected **SPAR** and **SUPERSPAR** (Excluding KWIKSPAR and SPAR Express stores). Promotion valid from **24 August** up to and including **07 September 2026**, while stocks last. We reserve the right to limit quantities. Prices include VAT. Please visit your nearest store to see if these specials apply. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington, Keimoes, Lowveld, Belfast, Limpopo and Pretoria. Errors and Omissions Excepted (E&OE).

8_MA_SSR5831

Soft Care & Super Savings

BUY me for a BONUS sticker!

BUY ANY 2 FOR

48⁰⁰

WITH RewardsCARD

NIVEA

Dry Comfort

0% Alcohol* Dual Protect

Nivea Roll On For Men or Women 50 ml Assorted

Dolly Varden

PURE GLYCERINE B.P.

100 ml

Dolly Varden Glycerine 100 ml

17⁹⁹

each

WITH RewardsCARD

TRESemmé

PRO COLLECTION

LOWER SULPHATE

TEORDE SULFA MAIS REDUZ

72h

SHAMPOO

750 ml

TRESemmé

PRO COLLECTION

72h

CONDICIONADOR

750 ml / 900 ml

Tresemmé Shampoo or Conditioner 750 ml / 900 ml Assorted

109⁹⁹

each

WITH RewardsCARD

INGRAM'S

THE SKIN DOCTOR

Rich Moisture Lotion

MOISTURE PLUS

IMPROVED FORMULA

WITH VITAMIN E

TRIPLE HYDRATION SE

FAST ABSORBING

FOR DRY TO VERY DRY SKIN | BODY

72h MOISTURE

DERMATOLOGICALLY TESTED

INGRAM'S

THE SKIN DOCTOR

Caring Repair Original Camphor

FOR DRY TO VERY DRY SKIN | BODY CREAM

Ingram's Body Cream or Lotion for Men or Women (Excl. Tissue Oil) 400 ml Assorted

44⁹⁹

each

WITH RewardsCARD

BUY me for a BONUS sticker!

Try New & improved

Feel the difference!

Forget me not

TWINSAYER

Classic 2-Ply

with Soft-touch cushions

Softer & Stronger

18 Rolls

2-Ply • 350 Sheets

Twinsaver Toilet Roll Twin Ply Value Pack 18s

109⁹⁹

each

Save R40 WITH RewardsCARD

dawn

SOOTHING BODY CREAM

Infused with rose water

Gently soothes skin

ESSENTIAL OILS

dawn

MEN

ACTIVE

FOR DRY SKIN

WITH ACTIVATED CHARCOAL

FAST ABSORBING BODY CREAM

48h

Dawn Cream for Male or Female 400 ml Assorted

31⁹⁹

each

WITH RewardsCARD

Health Care Value

Benylin

Wet Cough Mucus Relief

Thins and loosens chest mucus

Sugar, Alcohol & Colourant free

AGES 16+

Benylin

Children's Wet Cough Mucus Relief

Thins and loosens chest mucus

Sugar, Alcohol & Colourant free

AGES 6+

Benylin Cough Syrup 100 ml Assorted

54⁹⁹

each

WITH RewardsCARD

38 STICK PACK POWDERS

HALBON

SAME PRODUCT | STICK PACK

GRAND-PA

HEADACHE POWDERS

RELIEVES:

✓ HEADACHE

✓ TOOTHACHE

✓ PAIN AND FEVER

Grandpa Powder Sachets 38s

89⁹⁹

per pack

WITH RewardsCARD

VICKS

VapoRub

VAPORIZING OINTMENT

Relieves 5 Coughs

Verig 5 Hoers

50 g

Vicks Vapo Rub 50 g

48⁹⁹

each

WITH RewardsCARD

nutrifresh™

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Retail Price R399.99

Discounted Price:

79⁹⁹

19 CM BREAD KNIFE

COLLECT 30 STICKERS

CHEF QUALITY AT HOME

Ends 8 November 2026

nutrifresh™ is a registered trademark used under license by TCC Global N.V.

LOVE IT? SPAR GETS IT DELIVERED 2U

Download now!

Available on the App Store

GET IT ON Google Play

Maximum 10 deals per customer on all **SAVE EXTRA** products. **SAVE EXTRA** products are only available in-store and not on the SPAR2U App. Special available at selected **SPAR** and **SUPERSPAR** (Excluding KwikSPAR and SPAR Express stores). Promotion valid from **24 August** up to and including **07 September 2026**, while stocks last. We reserve the right to limit quantities. Prices include VAT. Please visit your nearest store to see if these specials apply. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington, Keimoes, Lowveld, Belfast, Limpopo and Pretoria. Errors and Omissions Excepted (E&OE).

Always-on savings!



199⁹⁹

each

WITH *Rewards*CARD

Sunbeam
Double Spiral
Hotplate
1s

Home Comforts



Charka
Brikettes
5 kg

99⁹⁹

each

WITH *Rewards*CARD



SPAR
goodliving
Everyday
Mug

14⁹⁹

each

WITH *Rewards*CARD



Otima
Plastic
Salad Bowl
and Lid

39⁹⁹

per set

WITH *Rewards*CARD



Otima
Clear Plastic
Jug Set
(Jug with Lid
and 6 Cups)
8 piece

22⁹⁹

per set

WITH *Rewards*CARD



Garbie
Super Saver
Refuse Bags
20s

39⁹⁹

per pack

WITH *Rewards*CARD



SPAR
Kitchen
Towel
2s
Assorted

19⁹⁹

per pack

WITH *Rewards*CARD



BIC
Firelighters
24s

29⁹⁹

per pack

WITH *Rewards*CARD



Price's
Lighthouse
Candles
400 g

31⁹⁹

per pack

WITH *Rewards*CARD



Energizer
Max
AAA or AA
12s

149⁹⁹

per pack

WITH *Rewards*CARD



SPAR
goodliving
LED Opal
5W or 9W
A60 B22

15⁹⁹

each

WITH *Rewards*CARD

Furry Value Picks



Epol
Dog Food
7 kg / 8 kg
Assorted
(Incl. Puppy)

179⁹⁹

each

WITH *Rewards*CARD



Brennco
Wild Bird
Seed
2 kg

32⁹⁹

each

WITH *Rewards*CARD



COMPLETE YOUR COLLECTOR'S CARD TO REDEEM AND

SAVE UP TO 80%

on **nutrifresh** Kitchen Essentials

nutrifresh™ is a registered trademark used under license by TCC Global N.V.



SHOP, SWIPE, COLLECT & SAVE!

SPAR Rewards deals available while stocks last.

Maximum 10 deals per customer on all **SAVE EXTRA** products. **SAVE EXTRA** products are only available in-store and not on the SPAR2U App.

Special available at selected **SPAR** and **SUPERSPAR** (Excluding KWIKSPAR and SPAR Express stores). Promotion valid from **24 August** up to and including **07 September 2026**, while stocks last. We reserve the right to limit quantities. Prices include VAT. Please visit your nearest store to see if these specials apply. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington, Keimoes, Lowveld, Belfast, Limpopo and Pretoria. Errors and Omissions Excepted (E&OE).

10_MA_SSR5831

tops!

at SPAR

TURN UP EPIC

EVERYONE

WINS!!

R500 MILLION

IN GUARANTEED PRIZES



BUY

any participating products and spend R200 or more.

SWIPE

your SPAR Rewards card at the till.

REDEEM

when you scan the QR code and upload your till slip.



EPIC

Competition valid from 8 July - 7 October 2026.

Ts & Cs apply. One entry per till slip.

Deals valid from **24 August** to **7 September 2026**.



499⁹⁹

WITH Rewards CARD

The Glenlivet
Founder's Reserve
Single Malt
Scotch Whisky
750ml



499⁹⁹

WITH Rewards CARD

Jameson
Select Reserve
Irish Whiskey
750ml



349⁹⁹

WITH Rewards CARD

Jameson
Triple Distilled
Irish Whiskey
750ml



249⁹⁹

WITH Rewards CARD

Johnnie Walker
Red Label
Blended
Scotch Whisky
750ml



174⁹⁹

WITH Rewards CARD

Firstwatch
Extra Fine
Whisky
750ml



SAVE EXTRA



AS SEEN ON TV

499⁰⁰

per combo

WITH Rewards CARD

Courvoisier
VS Cognac
750ml and
Appletiser
100% Sparkling Juice
1.25L



529⁹⁹

WITH Rewards CARD

Hennessy
V.S
Cognac
750ml



189⁹⁹

WITH Rewards CARD

KWV
3 Year Old
Brandy
750ml



249⁹⁹

each

Skyy
Vodka
(Incl. Flavours)
750ml



149⁹⁹

each

WITH Rewards CARD

Russian Bear
Triple Distilled
Vodka
(Incl. Variants)
750ml



149⁹⁹

WITH Rewards CARD

Belgravia
London Dry Gin
750ml



179⁹⁹

WITH Rewards CARD

Captain Morgan
Original
Spiced Gold
Rum
750ml



139⁹⁹

each

Wild Africa Cream
Premium Liqueur
(Incl. Variants)
750ml



124⁹⁹

WITH Rewards CARD

Alto
Rouge
750ml



139⁹⁹

WITH Rewards CARD

Diemersfontein
Pinotage
750ml



170⁰⁰

WITH Rewards CARD

Spier
Signature
Cabernet Sauvignon,
Merlot, Pinotage, Shiraz
or Cabernet/Merlot/Shiraz
750ml



129⁹⁹

each

Robertson Winery
Golden Nectar,
Natural Sweet Red,
Natural Sweet White,
Natural Sweet Rosé,
Dry Red, Crisp Dry White,
Extra Light or
Johannisberger Red or White
3L



150⁰⁰

WITH Rewards CARD

Spier
Signature
Sauvignon Blanc,
Chenin Blanc,
Chardonnay or
Chardonnay/Pinot Noir
750ml



99⁰⁰

WITH Rewards CARD

Robertson Winery
Chapel White,
Extra Light,
Sweet White,
Sweet Rosé,
Red or Sweet Red
750ml



84⁹⁹

each

Jakkalsvlei
White, Pink or
Red Moscato
750ml



149⁹⁹

each

Rain Dance
Natural Sweet Red,
Natural Sweet Rosé,
Dry Red or
Johannisberger White
5L



60⁰⁰

WITH Rewards CARD

Coca-Cola
or **Schweppes**
(Incl. Variants)
1L



89⁹⁹

per pack

Annabelle
Cuvée
Sparkling Wine
Cans
6 x 250ml



290⁰⁰

WITH Rewards CARD

Bacardi
Breezer
Spirit Cooler
Cans
6 x 440ml



200⁰⁰

WITH Rewards CARD

Brutal Fruit
Sparkling Spritzer
Cans
6 x 500ml



190⁰⁰

WITH Rewards CARD

Corona
Extra
Cans
6 x 410ml



94⁹⁹

per pack

Hunter's
Iced
Flavoured
Alcoholic Grain
Beverage
Cans
6 x 500ml



199⁰⁰

WITH Rewards CARD

Strongbow
Premium
Apple Cider
Cans
6 x 440ml or
Ultra Strawberry and Lime
Cans
6 x 500ml



170⁰⁰

WITH Rewards CARD

Castle Lite
Original
or Draught
Cans
6 x 500ml



199⁰⁰

WITH Rewards CARD

Windhoek
Premium
Draught or Lager
Cans
6 x 500ml



199⁹⁹

per pack

Savanna
Premium Dry
Cider
Handies
12 x 330ml

WIN



Food Vouchers



Shopping Vouchers



Travel Vouchers



Entertainment Vouchers



Experience Vouchers

WHEN YOU BUY ANY OF THESE PRODUCTS.

200 MB FREE DATA

With each product purchase!

Cross, Ebony Park, Jubilee, Maluleke, Marapyane, Mnandi, Moloto, Renbro, Rosslyn, Soshanguve, Soshanguve Crossing, West Park, Brits, City Centre / Taxi, Elim, Giyani, Tzaneen, Lebogakomo, Levubu, Marula, Modjadji, Mopani, Mofago, Nzhelele, Paledi, Polokwane, Prieska, Sibasa, Siyabuswa, Thohoyandou, Boundary, Braamfischerville, Eadie Street, Eldo, Elsburg, Foro, Fontana Highpoint, Kathorus, Katsheing, Klopper Park, Lanseria, Mathambo, Meiringspark, Randfontein, Sebokeng Corporate, Stretford, Tsakane Mall, Vosloorus, Windsor, Bonus and Kimberley. For your nearest TOPS at SPAR store, visit our website: www.topsatspar.co.za. Specials available at the listed TOPS at SPAR stores from 24 August up to and including 7 September 2026 (including the Free State, Mpumalanga, North West Province and Limpopo) while stocks last. Not available in KwaZulu-Natal, Lowveld, Eastern or Western Cape. We reserve the right to limit quantities. Price and product availability may vary in certain country areas. In the event that an error occurs in an advertisement, or incomplete information is printed, a notice will be displayed in-store with the correct details. Prices include VAT. No traders please. The advertised lines are only available at TOPS at SPAR stores.

TOPS at SPAR

Switch to **SPAR Mobile** now and get guaranteed **FREE DATA** in-store when you buy any participating product. Ts & Cs apply. Visit www.sparmobile.co.za for more information.

#NO13 aware4org
www.aware.org.za

Not For Persons Under The Age Of 18.

PHUZA
ORIGHT

MA_SSR5831_11

SAVE UP TO 80%
on **nutrifresh™**
Kitchen Essentials



COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Ts & Cs Apply



Home Care Value

Sunlight
Dishwashing Liquid
(Excl. Platinum Range)
750 ml

29⁹⁹ each
WITH RewardsCARD

Domestos
Multipurpose
Stain Removal
Thick Bleach
Cleaner
750 ml
Assorted

28⁹⁹ each
WITH RewardsCARD

Sunlight
Laundry Bar
400 g / 500 g
Assorted

23⁹⁹ each
WITH RewardsCARD

Super BUNDLE DEAL

Sta-soft
Fabric Softener
Refill
500 ml
Assorted

50⁰⁰
WITH RewardsCARD

Jik
Bleach
1.5 litre
Assorted

34⁹⁹ each
WITH RewardsCARD

Airoma
Air
Freshener
210 ml
Assorted

19⁹⁹ each
WITH RewardsCARD

Super BUNDLE DEAL

Robertson's
Bicarbonate
of Soda
500 g
+ **Safari**
Spirit
Vinegar
750 ml / 1 litre

40⁰⁰
WITH RewardsCARD

Doom
Blue
Death
Powder
500 g

79⁹⁹ each
WITH RewardsCARD

Handy Andy
All Purpose
Cream
750 ml
Assorted

23⁹⁹ each
WITH RewardsCARD

SPAR
TOILET TISSUE
SUPER SOFT & SUPER STRONG
18 ROLLS
300 SHEETS PER ROLL
1PLY
18x10x108 mm

59⁹⁹ per pack
WITH RewardsCARD

YOU CAN DO IT ALL, RIGHT HERE AT SPAR

DStv **Lesaka EasyPay**
pay@ **AVON**
Pay your bills in a flash

Blu VOUCHER **HOLLYWOOD bets** **betway bucks**
Top up your chances

NETFLIX **Voucher** **Google Play** **ROLEX**
Apple Store Card **PlayStation** **OTT**
Pre-paid entertainment vouchers

Top up pre-paid electricity

MTN **CellC** **vodacom**
Telkom **mobile**
Buy data, airtime and social bundles

Doing more with your money at SPAR

Experience a world of easy top-up options. Now available in-store

at **SPAR**

Ts & Cs apply. For updated terms and conditions, please go to www.spar.co.za



MOVE WITH MORE!

1GB R38
VALID FOR 30 DAYS

Bulk Savings

GREAT DEAL

SPAR
Super Maize Meal
5 kg
+ **SPAR**
Parboiled Rice 2 kg
+ **SPAR**
Sunflower Oil 750 ml
+ **SPAR**
Baked Beans
in Tomato Sauce
400 g
+ **SPAR**
Pilchards
in Tomato or Chilli
Sauce
400 g

129⁰⁰ per combo
WITH RewardsCARD

GREAT DEAL

SPAR
Brown Sugar
2 kg
+ **SPAR**
Super Maize Meal
10 kg
+ **SPAR**
Sunflower Oil
2 litre
+ **Spekko**
Parboiled
Rice
10 kg

329⁰⁰ per combo
WITH RewardsCARD

GREAT DEAL

SPAR
Frozen Chicken
Mixed Portions
5 kg
+ **SPAR**
Eggs Large
60s
+ **SPAR**
Margarine
Brick
500 g

350⁰⁰ per combo
WITH RewardsCARD

SPAR Rewards
More for You



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

Maximum 10 SPAR Rewards deals per product, per customer on all **SAVE EXTRA** products. While stocks last. Ts & Cs apply.

SPAR: • DOBSONVILLE • DIEPKLOOF • EMALAHLENI • JACOBSDAL • MAFIKENG • MATHAMBO/SPRUITVIEW • OGIES • SANTINHOS • WARRENTON

SUPERSPAR: • BOTSHABELO • EVATON • FICKSBURG • FORO • KATHORUS • KATHU • KATLEHONG • KENWORTH • KRIEL • MALVERN • STAR HYPER (CARLETONVILLE) • TASBET • WITFIELD

Maximum 10 deals per customer on all **SAVE EXTRA** products. **SAVE EXTRA** products are only available in-store and not on the SPAR2U App. Special available at selected **SPAR** and **SUPERSPAR** (Excluding KWIKSPAR and SPAR Express stores). Promotion valid from 24 August up to and including 07 September 2026, while stocks last. We reserve the right to limit quantities. Prices include VAT. Please visit your nearest store to see if these specials apply. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington, Keimoes, Lowveld, Belfast, Limpopo and Pretoria. Errors and Omissions Excepted (E&OE).

12_MA_SSR5831

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](https://www.facebook.com/myspar)

SPAR