

6 WEEKS LEFT TO COLLECT STICKERS!

UNLEASH YOUR INNER CHEF

with **nutrifresh**™

Ends 8 November 2026

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

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

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM
Retail Price R399.99
Discounted Price:
79⁹⁹
19cm Cook's Knife
COLLECT 30 STICKERS

BUY me for a BONUS sticker! SAVE EXTRA

200 g + 30 g EXTRA*

JACOBS
KRÖNUNG SIGNATURE
100% FREEZE DRIED INSTANT COFFEE
RICH TASTE GENUINOUS AROMA
127 ♥ 230 g

JACOBS
Krönung Gold Jar 200 g or Refill Pouch 230 g (Excl. Decaf) Assorted

156⁰⁰ each
Save R49 WITH Rewards CARD

SAVE EXTRA BUY me for a BONUS sticker!

Stork
Country Spread 40% Medium Fat Spread Tub 1 kg

44⁹⁹ each
Save R15 WITH Rewards CARD

LANCEWOOD® CHEDDAR FAMILY VALUE

LANCEWOOD® GOUDA FAMILY VALUE PACK 900 g

Lancewood Gouda or Cheddar 900 g

149⁹⁹ per pack
WITH Rewards CARD

BUY me for a BONUS sticker!

TASTIC
LONG GRAIN PARBOILED RICE Perfect Every time
SOFT AND ABSORBING Perfect Every time
WHOLEGRAIN LONG GRAIN BROWN RICE

Tastic Parboiled Rice 2 kg Assorted

29⁹⁹ each
WITH Rewards CARD

Super BUNDLE DEAL BUY me for a BONUS sticker!

Coca-Cola
ORIGINAL TASTE LESS SUGAR

Coca-Cola Regular Only 2 litre

BUY 2 FOR **50⁰⁰**
WITH Rewards CARD

UNBEATABLE STAIN REMOVAL FAST

OMO
SUPERLIFT
AUTO WASHING POWDER
2L

Omo Auto Washing Powder 3 kg, Liquid 2 litre or Capsules 420 ml

109⁹⁹ each
WITH Rewards CARD

BUY me for a BONUS sticker!

Baby Soft
Fresh White
SOFT WAVE TEXTURE SOUTH AFRICA'S NO.1 CLEAN

18 Rolls

Baby Soft Toilet Tissue 2 ply 18s

119⁹⁹ per pack
Save R50

Made For Real Family Moments

Tender cuts. Full of flavour.

Bulk Lamb Packs

179⁹⁹ per kg

SC_SSR5901_1

SPAR



Savings made super!

Super BUNDLE DEAL

BUY ALL FOR 145⁰⁰ per combo

WITH **Rewards CARD**

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

Everyday Pantry Value

SPAR Extra Virgin Italian Olive Oil 1 litre

199⁹⁹ each

WITH **Rewards CARD**

SPAR or Sunfoil Sunflower Oil 2 litre

69⁹⁹ each

WITH **Rewards CARD**

Smash Instant Mash Potato 104 g Assorted

21⁹⁹ each

WITH **Rewards CARD**

Fatti's & Moni's Macaroni or Spaghetti 500 g

29⁰⁰

WITH **Rewards CARD**

SPAR Braaipap Super Maize Meal 2.5 kg

31⁹⁹ each

WITH **Rewards CARD**

Maggi 2 Minute Instant Noodles 5s Assorted

55⁰⁰

WITH **Rewards CARD**

Selati White Sugar 2.5 kg

57⁹⁹ each

WITH **Rewards CARD**

Huletts SunSweet Brown Sugar 3 kg

64⁹⁹ each

WITH **Rewards CARD**

Excella Parboiled Rice 2 kg + Excella Sunflower Oil 750 ml

59⁹⁹

WITH **Rewards CARD**

Miami Braai Relish or Seshebo Mix 410 g

15⁹⁹ each

WITH **Rewards CARD**

Koo Chakalaka 410 g Assorted

18⁹⁹ each

WITH **Rewards CARD**

Bull Brand Corned Meat 300 g Assorted

27⁹⁹ each

WITH **Rewards CARD**

Koo Baked Beans in Tomato Sauce Only (Excl. Lite and Variants) 400 g

30⁰⁰

WITH **Rewards CARD**

Lucky Star Pilchards 400 g Assorted

29⁹⁹ each

WITH **Rewards CARD**

SPAR Shredded Tuna in Oil or Water 170 g

18⁹⁹ each

WITH **Rewards CARD**

Bulk Value

Tastic Long Grain Parboiled Rice 10 kg

129⁹⁹ each

WITH **Rewards CARD**

SPAR Long Grain White Parboiled Rice 10 kg

109⁹⁹ each

WITH **Rewards CARD**

White Star Super Maize Meal 10 kg

96⁹⁹ each

WITH **Rewards CARD**

SPAR Cake Wheat Flour 10 kg

109⁹⁹ each

WITH **Rewards CARD**

TOP UP monthly with SPAR Mobile for ONLY R19 and UNLOCK MULTIPLE FREE DATA deals in-store.
Dial *136# (Ts & Cs apply)



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 **22 September** up to and including **06 October 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).

SC_SSR5901_5

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



Heat. Eat. Save.

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

More Filling

McCOY
Pies or Sausage
Rolls
Assorted



BUY
ANY
2
FOR **65⁰⁰**

Gourmet Recipe
McCOY
REAL DEAL PIES

Fresh & Convenient

Pieman's
Pies or Sausage Rolls
(Excl. Burger Pie)
Assorted



BUY
ANY
2
FOR **55⁰⁰**

EST. 1982
PIEMAN'S
MADE JUST RIGHT

Fire Up Your Hunger

Fire & Grill
BBQ Pork Ribs 500 g*
& Chips 100 g



SERVING SUGGESTION

99⁹⁹
per meal

 **fire & grill**
LET US DO THE GRILLING

Grilled to Perfection

Fire & Grill
Grilled Chicken
Fillet Cheeseburger
and Chips 100 g



SERVING SUGGESTION

48⁹⁰
per meal

 **fire & grill**
LET US DO THE GRILLING



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 **22 September** up to and including **06 October 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 Super Value



SPAR
Choice
Salted
Butter
500 g

69⁹⁹ each
WITH RewardsCARD



BUY
me for a
BONUS
sticker!

Rama
70%
Original
Fat Spread
Brick
500 g

26⁹⁹ each
WITH RewardsCARD
Save R10
WITH RewardsCARD



Clover
Butro
Full Cream
Modified
Butter Spread
500 g

86⁹⁹ each
WITH RewardsCARD



BLUE RIBBON
CLASSIC
WHITE BREAD
700 g

17⁹⁹ per loaf
WITH RewardsCARD



parmalat
cheddar flavoured
full cream processed
cheese slices
900 g

129⁹⁹ per pack
WITH RewardsCARD



SPAR
Gouda Cheese
400 g

66⁹⁹ per pack
WITH RewardsCARD



Rainbow
Simply Chicken
Polony
700 g/ 1 kg
Assorted

74⁹⁹ each
WITH RewardsCARD



SPAR
French or Chicken Polony
2 kg
Assorted

56⁹⁹ each
WITH RewardsCARD



SPAR
EXTRA LARGE EGGS
30 EGGS
GRADE 1-59g

78⁹⁹ per tray
WITH RewardsCARD



LANCEWOOD
LOW FAT
SMOOTH
COTTAGE CHEESE
PLAIN
250 g
Assorted

44⁹⁹ each
WITH RewardsCARD



LANCEWOOD
DIP & TOP
175 g
Assorted

32⁹⁹ each
WITH RewardsCARD



LANCEWOOD
CREAM CHEESE
(EXCL. LOW FAT)
230 g
Assorted

49⁹⁹ each
WITH RewardsCARD



SPAR
SOUTH AFRICAN
FETA CHEESE
PLAIN
400 g
Assorted

62⁹⁹ each
WITH RewardsCARD



Clover
Full Cream
Fresh Milk
2 litre

29⁹⁹ each
WITH RewardsCARD



SPAR
Full Cream Maas
2 kg

29⁹⁹ each
WITH RewardsCARD



Parmalat
Steri
Stumpie
350 ml
Assorted

14⁹⁹ each
WITH RewardsCARD



Clover
Tropika
Dairy
Fruit Mix
2 litre
Assorted

34⁹⁹ each
WITH RewardsCARD



Clover
Double Cream
Bliss Yoghurt
1 kg
(Incl. Authenticos
750 g)
Assorted

39⁹⁹ each
WITH RewardsCARD



Danone
NutriDay
Yoghurt
900 g
Assorted

70⁰⁰
WITH RewardsCARD



Clover
Classic, Smooth,
Nola Lactose
Free Yoghurt
(Excl. Fruits of
the Forest)
6 x 100 g
Assorted

34⁰⁰
WITH RewardsCARD



SPAR
SMOKED RED VIENNAS
BEECHWOOD SMOKED
500 g

46⁹⁹ per pack
WITH RewardsCARD



SPAR
Shoulder or Diced
Bacon
200 g

31⁹⁹ each
WITH RewardsCARD



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

37⁹⁹ each
WITH RewardsCARD



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 **22 September** up to and including **06 October 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 & CHOP

with nutrifresh™



Freezer Super Savers

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



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

109⁹⁹ each

WITH RewardsCARD



I&J Crispy Fish Fingers 800 g

109⁹⁹

WITH RewardsCARD



I&J Beefers or Chicksters Beef Patties 800 g Assorted

99⁹⁹ per pack

WITH RewardsCARD



Fry's Everyday Value Braai, Spicy, Soya Mince, Hot Dogs, Polony or Sausages 300 g - 380 g

38⁹⁹ per pack

WITH RewardsCARD



SPAR Crumbed Chicken Steaklets, Pops, Fries Coated, Nuggets, Strips or Burgers 750 g

56⁹⁹ each

WITH RewardsCARD



Dr. Oetker Nice & Easy Meals (Excl. Plated) 320 g / 350 g Assorted

BUY ANY 2 FOR

110⁰⁰

WITH RewardsCARD



SPAR Country Crop 1 kg

46⁹⁹ each

WITH RewardsCARD



Nature's Garden Slap Chips or Ovenbake Straight Cut Chips 900 g

49⁹⁹ each

WITH RewardsCARD



McCain Mixed Vegetables 250 g Assorted

BUY ANY 2 FOR

33⁰⁰

WITH RewardsCARD



Ola Magnum Mini Ice Cream 5s Assorted

89⁹⁹ per pack

WITH RewardsCARD



BUY me for a BONUS sticker!



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

BUY ALL FOR

365⁰⁰ per combo

WITH RewardsCARD



SPAR Frozen Chicken Mixed Portions 5 kg

199⁹⁹ per pack

WITH RewardsCARD



Dairymaid Country Fresh Ice Cream 1.8 litre Assorted

59⁹⁹ each

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 **22 September** up to and including **06 October 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).

LOOK OUT FOR PARTICIPATING PRODUCTS TO GET BONUS STICKERS

BUY me for a BONUS sticker!



32⁹⁹ each
Save R7 WITH RewardsCARD

All Gold Tomato Sauce 700 ml

Save on Pantry Favourites

Jan Braai Basting Sauce 750 ml Assorted

34⁹⁹ each
WITH RewardsCARD

Jan Braai Potjie Sauce 400 g Assorted

39⁹⁹ per pack
WITH RewardsCARD

Nando's Sauce or Peri-naise 250 ml / 265 g Assorted

41⁹⁹ each
WITH RewardsCARD

Ina Paarman's Concentrated Cooking Paste Flavour Bombs 106 g Assorted

31⁹⁹ each
WITH RewardsCARD

Knorr Aromat Seasoning 70 g / 75 g Assorted

29⁰⁰ each
WITH RewardsCARD

Cerebos Iodated Sea or Table Salt 1 kg

17⁹⁹ each
WITH RewardsCARD

SPAR White or Brown Vinegar 2 litre

26⁹⁹ each
WITH RewardsCARD

SPAR Sliced or Grated Beetroot 780 g

29⁹⁹ each
WITH RewardsCARD

Nola Mayonnaise Original or Tangy 750 g, Sweet & Creamy or Reduced Oil 780 g (Excl. Squeeze Bottle 500 g)

41⁹⁹ each
WITH RewardsCARD

Knorrox Flavour Cubes 24s Assorted

21⁹⁹ per pack
WITH RewardsCARD

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

23⁹⁹ each
WITH RewardsCARD

Spekko Long Grain Parboiled White Rice

300⁰⁰ per combo
WITH RewardsCARD

Knorr Packet Soup (Incl. Tasty Range) 45 g Assorted

21⁰⁰ each
WITH RewardsCARD

Hinds Southern Coating or Grill 200 g Assorted

18⁹⁹ each
WITH RewardsCARD

Royco Gravy, Sauce and Marinade 32 g - 48 g

30⁰⁰ each
WITH RewardsCARD

Super Baking Deals

Snowflake Easy Mix 1 kg Assorted

33⁹⁹ per pack
WITH RewardsCARD

Danone Ultramel Flavoured Custard 1 kg Assorted

54⁰⁰ each
WITH RewardsCARD

Snowflake Corn Flour 500 g, Custard Powder 500 g or Baking Powder 200 g

25⁹⁹ each
WITH RewardsCARD

TOP UP monthly with **SPAR Mobile** for **ONLY R19** and **UNLOCK MULTIPLE FREE DATA** deals in-store.
Dial *136# (Ts & Cs apply)



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 **22 September** up to and including **06 October 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).

Wake Up To Breakfast Deals



nutrifresh™

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Retail Price R399.99

Discounted Price:

79⁹⁹

19 CM COOKS KNIFE

COLLECT 30 STICKERS

A CUT ABOVE THE REST

Ends 8 November 2026

Bakers EET-SUM-MOR
SHORTBREAD BISCUITS
200 g Assorted

Super BUNDLE DEAL

BUY ANY 2 FOR

60⁰⁰

WITH Rewards CARD

Marie MULTIPACK
MARIAWOLFF PACOTES
3 x 150 g

Risi Marie Biscuits
Multipack 3 x 150 g

23⁹⁹ per pack

WITH Rewards CARD

SPAR Rusk
450 g / 500 g Assorted

42⁹⁹ each

WITH Rewards CARD

HUG in a MUG
CREAMY CAPPUCCINO
8s Assorted

71⁹⁹ per pack

WITH Rewards CARD

FIVE ROSES
SUPERIOR QUALITY TEA
CEYLON BLEND TEA
102 TEA BAGS

Five Roses
Tagless Teabags 100s

54⁹⁹ per pack

SAVE EXTRA

Save R18 WITH Rewards CARD

Laager
Pure Rooibos
80s

Laager
Rooibos Tagless Tea Bags 80s

39⁹⁹ per pack

WITH Rewards CARD

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

139⁹⁹ each

WITH Rewards CARD

Ellis Brown
Coffee Creamer
750 g

49⁹⁹ each

WITH Rewards CARD

Nestlé NESPRAY
FortiGrow
850 g

119⁹⁹ each

WITH Rewards CARD

SPAR FULL CREAM MILK
LONG LIFE
UHT PROCESS
6 x 1L

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

92⁹⁹ per pack

WITH Rewards CARD

Kellogg's
The Original CORN FLAKES
TOASTED GOLDEN CEREAL FLAKES

POWER BREAKFAST
HIGH IN ENERGY

Kelloggs
Corn Flakes 1 kg

72⁹⁹ each

WITH Rewards CARD

Jungle
Oats
The original favourite

Jungle
Oats 1 kg

37⁹⁹ each

WITH Rewards CARD

FUTURELIFE
GRANOLA CRUNCH
600 g / 700 g Assorted

65⁹⁹ each

WITH Rewards CARD

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

36⁹⁹ each

WITH Rewards CARD

FUTURELIFE
Instant Cereal Original or Zero
500 g Assorted (Excl. High Protein)

45⁹⁹ each

WITH Rewards CARD

SPAR
APRICOT JAM
900 g

38⁹⁹ each

WITH Rewards CARD

Marmite or Bovril Spread
250 g

99⁰⁰

WITH Rewards CARD

BOKOMO VEET-BIX
WHOLEGRAIN WHEAT BISCUITS
900 g

51⁹⁹ each

WITH Rewards CARD

LOVE IT? SPAR GETS IT DELIVERED 2U

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 22 September up to and including 06 October 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).

PERSONAL CARE BY

SPAR 

YOUR Everyday Elevated



39⁹⁹
each
WITH Rewards CARD

Mitchum
Roll-on for Women
50 ml
Assorted



23⁹⁹
each
WITH Rewards CARD

Dolly Varden
Tissue Oil
100 ml
Assorted



Rexona Shield
Roll on for Women
50 ml
Assorted

21⁹⁹
each
WITH Rewards CARD

Stay Fresh.

Stay Confident.



42⁹⁹
each
WITH Rewards CARD

Yardley
Body Spray
For Female
90 ml
Assorted

31⁹⁹
each
WITH Rewards CARD

Revlon
Charlie Body Spray
90 ml
Assorted

34⁹⁹
each
WITH Rewards CARD

Revlon
Body Spray
for Female
90 ml
Assorted



31⁹⁹
each
WITH Rewards CARD

Playgirl
Body Spray
(Excl. Playgirl
Deodorant 150 ml)
90 ml
Assorted



Vaseline
Intensive Care
Advanced
Dry Skin
Repair
625 ml
Assorted

89⁹⁹
each
WITH Rewards CARD

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

54⁹⁹
each
WITH Rewards CARD

Vaseline
Body Lotion
for Female
(Incl. Argan Oil)
400 ml
Assorted

54⁹⁹
each
WITH Rewards CARD

Vaseline
Cera-Glow Body Gel-Oil
200 ml

149⁹⁹
each
WITH Rewards CARD

99⁹⁹
each
WITH Rewards CARD

Vaseline
Cera-Glow
Even Tone &
Moisture
Body Lotion
or Cream
400 ml
Assorted



Comfort

Your Skin

Ingram's
Male or Female
Body Cream
or Lotion
400 ml
Assorted

47⁹⁹
each
WITH Rewards CARD



39⁹⁹
each
WITH Rewards CARD

Vaseline
Petroleum Jelly
250 ml
Assorted



Bic
Soleil Blades
5 Blades
2s

79⁹⁹
per pack
WITH Rewards CARD



Bic
Pure Lady
Disposable
razors
4+2
6s

59⁹⁹
per pack
WITH Rewards CARD



Smooth Starts Here

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 **22 September** up to and including **06 October 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).

Level Up Your Grooming

Look Sharp.

Feel Fresh



Stay Fresh.

Stay Ready.



Playboy
Aerosol Deodorant
125 ml / 150 ml
Assorted

31⁹⁹
each
WITH Rewards CARD



Revlon
Fire & Ice
Body Spray for Men
120 ml
Assorted

31⁹⁹
each
WITH Rewards CARD



Axe
Fragrance for Men
150 ml
Assorted

48⁹⁹
each
WITH Rewards CARD

34⁹⁹
each
WITH Rewards CARD

Axe
Aerosol Deodorant
for Men
150 ml
Assorted

42⁹⁹
each
WITH Rewards CARD

Yardley
Body Spray For Men
125 ml
Assorted



31⁹⁹
each
WITH Rewards CARD



Status
Deodorant
for Men
130 ml
Assorted

21⁹⁹
each
WITH Rewards CARD

Rexona Shield
Roll on for Men
50 ml
Assorted



50⁰⁰
each
WITH Rewards CARD

Brut
Anti-Perspirant
Roll-On for Men
50 ml
Assorted



Care By SPAR
Roll On Deodorant
for Men
50 ml

32⁰⁰
each
WITH Rewards CARD



Care By SPAR
Shower Gel
500 ml

34⁹⁹
each
WITH Rewards CARD



39⁹⁹
each
WITH Rewards CARD

Mitchum
Roll-On for Men
50 ml
Assorted

Dove

69⁹⁹
each
WITH Rewards CARD

Dove Men
Shower Gel
400 ml
Assorted



Dove Men
Body Cream for Men
400 ml
Assorted

79⁹⁹
each
WITH Rewards CARD



54⁹⁹
each
WITH Rewards CARD

Nivea Men
Body Cream or Lotion
for Men
400 ml
Assorted

69⁹⁹
each
WITH Rewards CARD

Nivea Men
Shower Gel
500 ml
Assorted

Precision Starts Here



56⁹⁹
per pack
WITH Rewards CARD

Bic
3 Sensitive
Shaver 4+2

21⁹⁹
per pack
WITH Rewards CARD

Bic
1 Normal Shaver
5s

112⁹⁹
each
WITH Rewards CARD

Bic
3 Hybrid Easy Razor
6+2

84⁹⁹
per pack
WITH Rewards CARD

Bic
Flex 5
2s

Care By SPAR
Fixed Head
Twin Blade
Disposable Razors
for Men
5s

23⁹⁹
per pack
WITH Rewards CARD



SPAR
Shaving Gel
200 ml
Assorted

59⁹⁹
each
WITH Rewards CARD

Healthy Skin.
Confident You



89⁹⁹
each
WITH Rewards CARD

Vaseline
Lotion for Men
625 ml
Assorted

54⁹⁹
each
WITH Rewards CARD

Vaseline
Body Lotion or Cream
for Men
Incl. Argan Oil
400 ml
Assorted

Vaseline Men
Petroleum
Jelly
250 ml

39⁹⁹
each
WITH Rewards CARD

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 **22 September** up to and including **06 October 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).

Confidence Begins with a Smile



Colgate Total Pro Toothpaste 75 ml

54⁹⁹ each
WITH Rewards CARD



Colgate Bluey Kids Toothbrush 2-5 years 2s

59⁹⁹ per pack
WITH Rewards CARD



Colgate Harry Potter Toothpaste 50 ml

39⁹⁹ each
WITH Rewards CARD



Colgate Bluey Kids Toothpaste 50 ml

29⁹⁹ each
WITH Rewards CARD



Colgate Harry Potter Toothbrush

39⁹⁹ each
WITH Rewards CARD



SPAR Oral-Pro Toothbrush Everyday Clean Soft Assorted

7⁹⁹ each
WITH Rewards CARD

Make Your Smile Part of the Routine



White Glo Toothpaste 75 ml Assorted

21⁹⁹ each
WITH Rewards CARD



Sensodyne

49⁹⁹ each
WITH Rewards CARD



Parodontax

49⁹⁹ each
WITH Rewards CARD



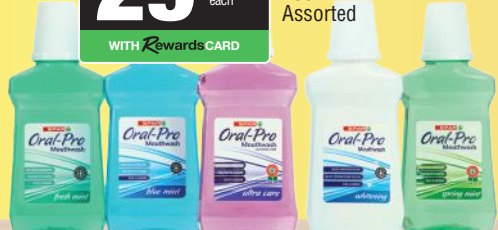
Dove Baby Cotton Wool Ovals 40s or Wands 80s

21⁹⁹ per pack
WITH Rewards CARD



Listerine Cool Mint or Milder Taste, Fresh Burst, Smart Rinse Mint or Smart Rinse Berry Base Range Mouthwash 500 ml

62⁹⁹ each
WITH Rewards CARD



SPAR Oral Pro Mouthwash 250 ml Assorted

29⁹⁹ each
WITH Rewards CARD



Dove Baby Cotton Wool Clouds 60 g

32⁹⁹ per pack
WITH Rewards CARD

Care That Moves With You



Stayfree Maxi Sanitary Pads or Panty Liners 10s / 20s Assorted

17⁹⁹ per pack
WITH Rewards CARD



Lil-lets Intimate Care Wipes 20s Assorted

37⁹⁹ per pack
WITH Rewards CARD



SPAR Petals Pads & Pantyliners Multipack 18s

22⁹⁹ per pack
WITH Rewards CARD



Always Maxi Night Duo 12s

34⁹⁹ per pack
WITH Rewards CARD



Lil-lets Thin Pantyliners 100s Assorted

39⁹⁹ per pack
WITH Rewards CARD



Lil-lets Drylock Pads for Bladder Weakness Long 12s

46⁹⁹ each
WITH Rewards CARD



Lil-lets Intimate Care Crème Wash 150 ml

67⁹⁹ each
WITH Rewards CARD



Lil-lets Maternity Pads 10s Assorted

49⁹⁹ per pack
WITH Rewards CARD



Lil-lets Tampons 32s Assorted

42⁹⁹ per pack
WITH Rewards CARD



Always Maxi Duo Night, Maxi Plus or Maxi Soft Sanitary Pads 14s / 16s / 20s or Pantyliners 40s Assorted

34⁹⁹ per pack
WITH Rewards CARD



Lil-lets Pads Teen Maxi Regular 10s Assorted

15⁹⁹ per pack
WITH Rewards CARD



Lil-lets Maxi Pads 10s Assorted

14⁹⁹ per pack
WITH Rewards CARD



Lil-lets Drylock Pantyliners for Bladder Weakness Regular 34s Assorted

49⁹⁹ per pack
WITH Rewards CARD



Lil-lets Drylock Pantyliners for Bladder Weakness Long 14s

34⁹⁹ per pack
WITH Rewards CARD



Assure Adult Incontinence Diaper Slips or Pants 10s Assorted

149⁹⁹ per pack
WITH Rewards CARD

Your Daily Beauty Reset



Perfect Touch
Hair Spray, Mousse
or Heat Defence
350 ml
Assorted

86⁹⁹
each
WITH Rewards CARD

Pantene
Shampoo or
Conditioner
360 ml / 400 ml
Assorted

64⁹⁹
each
WITH Rewards CARD



CARE By SPAR
Roll On
Deodorant
for Female
50 ml
Assorted

32⁰⁰
WITH Rewards CARD



Care By SPAR
Body Wash
500 ml
Assorted

34⁹⁹
each
WITH Rewards CARD



Nivea
Perfect and Radiant
Face Wash
150 ml
Assorted

129⁹⁹
each
WITH Rewards CARD

Nivea
Micellar Water
Luminous630
Skin Glow
400 ml

109⁹⁹
each
WITH Rewards CARD

Nivea
Wash Gel
Luminous630
Skin Glow
100 ml

129⁹⁹
each
WITH Rewards CARD



Nivea
Luminous
Skin Glow Whip
Cleansing Foam
100 ml

56⁹⁹
each
WITH Rewards CARD

Nivea
Luminous
Skin Glow Liquid Refiner
100 ml

129⁹⁹
each
WITH Rewards CARD

Nivea
Shower Gel
or Cream
for Female
500 ml
Assorted

69⁹⁹
each
WITH Rewards CARD

Nivea
Body Cream
for Women
400 ml
Assorted

56⁹⁹
each
WITH Rewards CARD



Nivea
Rose Care
Face Mist
150 ml

89⁹⁹
each
WITH Rewards CARD



Nivea
Micellar Water
400 ml
Assorted

109⁹⁹
each
WITH Rewards CARD



Nivea
Body Lotion for Female
(Incl. Radiant & Beauty)
400 ml
Assorted

54⁹⁹
each
WITH Rewards CARD

Nivea
Clear
Up
Face
Scrub
75 ml

107⁹⁹
each
WITH Rewards CARD



Dove
Soap Bar
for Female
4s
Assorted

66⁹⁹
per pack
WITH Rewards CARD

Dove
Body Wash
for Female
1 litre
Assorted

179⁹⁹
each
WITH Rewards CARD

Dove
Aerosol
Antiperspirant
for Female
250 ml
Assorted

69⁹⁹
each
WITH Rewards CARD

Dove
Deodorant
Stick
for Female
50 ml
Assorted

67⁹⁹
each
WITH Rewards CARD



Dove
Body Lotion
for Female
400 ml
Assorted

79⁹⁹
each
WITH Rewards CARD



Dove
Body Wash
for Female
400 ml

69⁹⁹
each
WITH Rewards CARD



Dove
Shampoo, 2in1
or
Conditioner
350 ml / 400 ml
Assorted

86⁹⁹
each
WITH Rewards CARD



Dettol
Shower Gel
500 ml
Assorted

49⁹⁹
each
WITH Rewards CARD



Sanex
Skin Therapy
Wash
450 ml
Assorted

86⁹⁹
each
WITH Rewards CARD



SPAR
Germex
Hygiene Soap
175 g
Assorted

23⁰⁰
WITH Rewards CARD



Lifebuoy
Hygiene Soap
Excl. Natural Range
(Charcoal & Mint,
Turmeric & Honey and
Teatree & Aloe)
175 g
Assorted

29⁰⁰
WITH Rewards CARD



Savlon
Antiseptic
Liquid
750 ml

76⁹⁹
each
WITH Rewards CARD

Your Wellness Made Simple

Panado
Headache
Capsules
20s

48⁹⁹
per pack
WITH Rewards CARD

Panado
Paracetamol Tablets
Blister Pack
24s

31⁹⁹
per pack
WITH Rewards CARD

Panado
Paediatric Syrup
100 ml
Assorted

64⁹⁹
each
WITH Rewards CARD



Panado
Paediatric Syrup
Strawberry
12s

48⁹⁹
per pack
WITH Rewards CARD



Bioplus
Sachet
10 ml
Assorted

30⁰⁰
WITH Rewards CARD



Panado
Paracetamol Tablet
Securitaine
24s

36⁹⁹
per pack
WITH Rewards CARD

Calpol
Paediatric Syrup
100 ml
Assorted

64⁹⁹
each
WITH Rewards CARD



Benlyn
Cough Syrup
(Excl. 4-Way)
100 ml
Assorted

54⁹⁹
each
WITH Rewards CARD



Vicks
Acta Plus
Wet & Dry,
Extra Strong
or Honey & Ginger
Syrup
100 ml

49⁹⁹
each
WITH Rewards CARD

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 **22 September** up to and including **06 October 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).

SC_SSR5901_11

GET YOUR COLLECTOR'S CARD & START COLLECTING TODAY



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

nutrifresh UNLEASH YOUR INNER CHEF at SPAR



FIND THE FULL RANGE IN-STORE

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

Simba Super BUNDLE DEAL
MRS H.S. BALL'S ORIGINAL CHUTNEY FLAVOUR POTATO CHIPS
SALT & VINEGAR FLAVOURED POTATO CHIPS
Simba Potato Chips 120 g Assorted
BUY ANY 2 FOR **32⁰⁰**
Save R12 WITH RewardsCARD

Willards Super BUNDLE DEAL
BIG KORN BITES
BBQ FLAVOURED MAIZE CHIPS
SWEET CHILLI
Willards Big Korn Bites 120 g Assorted
BUY ANY 2 FOR **32⁰⁰**
WITH RewardsCARD

Nik Naks Super BUNDLE DEAL
Simba Nik Naks 135 g Assorted
BUY ANY 2 FOR **22⁰⁰**
WITH RewardsCARD

Willards Super BUNDLE DEAL
FLINGS
ORIGINAL FLAVOUR MAIZE SNACK
Willards Cheese Curls or Flings 90 g Assorted
BUY ANY 2 FOR **22⁰⁰**
WITH RewardsCARD

Safari Super BUNDLE DEAL
ROASTED & SALTED PEANUTS
SALTED PEANUTS & RAISINS
Safari Roasted Peanuts, Peanuts & Raisins or Seedless Raisins 450 g / 500 g
each
BUY ANY 2 FOR **49⁹⁹**
WITH RewardsCARD

Pringles Super BUNDLE DEAL
BIG STACK FOR SHARING
SMOKEY BBQ
CHEESY CHEESE
Pringles Potato Chips 165 g Assorted
each
BUY ANY 2 FOR **45⁹⁹**
WITH RewardsCARD

Manhattan Super BUNDLE DEAL
marshmallows
PINK AND WHITE
Manhattan or Mister Sweet Mallows 400 g
per pack
BUY ANY 2 FOR **39⁹⁹**
WITH RewardsCARD

Maynards Super BUNDLE DEAL
original wine gums
blackcurrant wine gums
Maynards Wine Gums Rolls 39 g Assorted
BUY ANY 2 FOR **20⁰⁰**
WITH RewardsCARD

Beacon Super BUNDLE DEAL
LIQUORICE
Allsorts
ORIGINAL MINI LIQUORICE
MINT IMPERIALS
MINT FLAVOURED
Maynards jelly beans
life is juicy
Beacon Liquorice or Mint Imperials 75 g or Maynards Gums or Jellies 60 g Assorted
BUY ANY 2 FOR **23⁰⁰**
WITH RewardsCARD

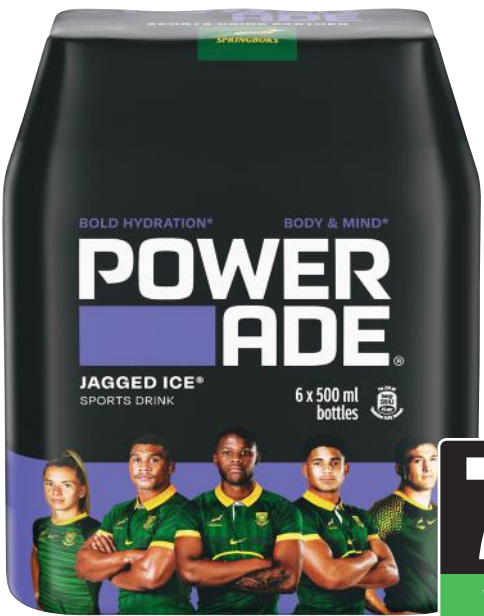
Lindt Super BUNDLE DEAL
EXCELLENCE
EXTRA CREAMY
MILK CHOCOLATE
EXCELLENCE
CARAMELISED HAZELNUT
DARK CHOCOLATE
Lindt Excellence or Lindor Singles 100 g Assorted
each
BUY ANY 2 FOR **79⁹⁹**
WITH RewardsCARD



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 **22 September** up to and including **06 October 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).

Beverage Value



Powerade
Sports
Flavoured Drink
6 x 500 ml
Assorted

75⁹⁹
per pack

WITH RewardsCARD



Cappy
100% Fruit Juice
Blend
1.4 litre
Assorted

BUY ANY
2
FOR

66⁰⁰

WITH RewardsCARD



Appletiser or
Grapetiser
Original
1.25 litre
Assorted

BUY ANY
2
FOR

75⁰⁰

WITH RewardsCARD



Rhodes
100%
Fruit Juice
Blend
6 x 200 ml
Assorted

42⁹⁹
per pack

WITH RewardsCARD



Mr Orange
or
Rascals
Sport
Ready to Drink
6 x 300 ml
Assorted

26⁹⁹
per pack

WITH RewardsCARD



Fanta,
Stony or Sprite
(Excl. Coca-Cola and
Zero or Light Range)
2 litre

BUY ANY
2
FOR

38⁰⁰

WITH RewardsCARD



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

BUY ANY
2
FOR

44⁰⁰

Save R12
WITH RewardsCARD



Valpré
Spring Water
Still or Sparkling
6 x 500 ml

59⁹⁹
per pack

WITH RewardsCARD



aQuellé
Sparkling or Still
Natural Spring Water
1.5 litre

BUY ANY
2
FOR

22⁰⁰

WITH RewardsCARD



Go
Sports Drink
500 ml
Assorted

BUY ANY
2
FOR

18⁰⁰

WITH RewardsCARD



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!

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 22 September up to and including 06 October 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



Everyday Essentials

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



Home Care
By SPAR
Dish Cloth
1s

17⁹⁹
each

WITH RewardsCARD



Scotch-Brite
Scrub Sponge,
Multi-Colored Scrub
Sponge or Delicate
Care Scourers
4s / 5s / 3s

26⁹⁹
each

WITH RewardsCARD



SPAR
Serviettes
1 Ply
100s

19⁹⁹
per pack

WITH RewardsCARD



SPAR
Paper Plates
230 mm
50s

39⁹⁹
per pack

WITH RewardsCARD



SPAR
Poly Cups
20s

29⁹⁹
per pack

WITH RewardsCARD



SPAR
Aluminium Foil
5 m

39⁹⁹
each

WITH RewardsCARD



Home Care
By SPAR
Dustpan & Brush
Black or Grey
1s

49⁹⁹

WITH RewardsCARD



Home Care
By SPAR
Twist Mop
1s

159⁹⁹
each

WITH RewardsCARD



Shield
Sheen
Vinyl, Plastic
and Rubber
Care
300 ml
Assorted

41⁹⁹
each

WITH RewardsCARD



goodliving
Tumbler
Hi Ball,
Whiskey or
Zombie

22⁰⁰

WITH RewardsCARD



SPAR
Mega Roller
Towels
2 Ply
2s
Assorted

44⁹⁹
per pack

WITH RewardsCARD



Hth
Dry Chlorine
4 kg

249⁹⁹
each

WITH RewardsCARD



Poolbrite
Monthmate
Super Plus
Floater
1.5 kg
Assorted

129⁹⁹
each

WITH RewardsCARD



Duracell
Plus AA or AAA
8s

119⁹⁹
per pack

WITH RewardsCARD



SPAR
Firelighters
12s

19⁹⁹
each

WITH RewardsCARD



SPAR
Briquettes
5 kg

79⁹⁹
each

WITH RewardsCARD



goodliving
Large Braai

269⁹⁹
each

WITH RewardsCARD



goodliving
Cooler Box
26 litre
Assorted

199⁹⁹
each

WITH RewardsCARD



Russel Hobbs
Microwave
20 litre

1099⁹⁹
each

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 **22 September** up to and including **06 October 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).

Personal Care Value

**FIND THE
FULL RANGE
IN-STORE**

nutrifresh
UNLEASH
YOUR INNER CHEF
at SPAR



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

SPAR

**UNLEASH
YOUR INNER
CHEF**
with **nutrifresh**



22 July - 5 November.
See in-store for details.

Dettol
Super BUNDLE DEAL
12HR PROTECTIVE SHIELD
ORIGINAL
CLEANS AND PROTECTS AGAINST 99.9% OF GERMS**
HYGIENE BATH SOAP 175 g Assorted
COOL
CLEANS AND PROTECTS AGAINST 99.9% OF GERMS**
HYGIENE BATH SOAP 175 g Assorted
BUY ANY 2 FOR **29⁰⁰**
WITH Rewards CARD

mentadent P
HERBAL
CLINICALLY PROVEN FLUORIDE TOOTHPASTE
mentadent P
PROTECTION
CLINICALLY PROVEN FLUORIDE TOOTHPASTE
31⁹⁹ each
WITH Rewards CARD

Oral B
3 Effect
Classic Medium
Toothbrush
2s
29⁹⁹ per pack
WITH Rewards CARD

Sola
KIDS
CLEAR SUN
SPRAY
CONTINUOUS
CLEAR SPRAY
SPECIAL OFFER!
KIDS 200 ml
plus
ADULTS 70 ml
CONTINUOUS SPRAY
R135 incl. VAT
SPAR
Sola Kids or
Adults Value Pack
270 ml
114⁹⁹ each
WITH Rewards CARD

Libresse
dailies
V-Protection
& Freshness
20 individual pads
or
Pantyliners
20s
Assorted
16⁹⁹ per pack
WITH Rewards CARD

Gillette
Mach3
Razor
2up
109⁹⁹ each
WITH Rewards CARD

Old Spice
Deodorant
Spray
150 ml
Assorted
42⁹⁹ each
WITH Rewards CARD

Dark & Lovely
Relaxer Cream
250 ml
45⁹⁹ each
WITH Rewards CARD

Dark & Lovely
Oil
Moisturising
Spray
250 ml
47⁹⁹ each
WITH Rewards CARD

Head & Shoulders
Anti-Dandruff
Shampoo
or
2in1 Conditioner
360 ml / 400 ml
Assorted
73⁹⁹ each
WITH Rewards CARD

Health Care Value

Rennie
PEPPERMINT
Calcium Carbonate,
Magnesium Carbonate
Fast Relief from
Heartburn, Acidity
& Indigestion
24 Chewable Tablets
42⁹⁹ per pack
WITH Rewards CARD

BIOPLUS
ENERGY
GUMMIES
Berry Boost
High in energy
Biotin, Vitamin B12 & CoQ10
Assorted
17⁹⁹ each
WITH Rewards CARD

BIOPLUS
ENERGY
GUMMIES
Tropical Surge
High in energy
Biotin, Vitamin B12 & CoQ10
Assorted
17⁹⁹ each
WITH Rewards CARD

Vicks
VapoRub
VAPORIZING OINTMENT
Relieves 5 Cough &
Cold Symptoms
Verlig 5 Hoëse en
Verkoude Simptome
50 g
49⁹⁹ each
WITH Rewards CARD

Baby Care Value

Nestlé
NIDO
Powdered Drink
For Growing Children
3+
PRE-SCHOOL
from 3 - 5 years
152⁹⁹ each
WITH Rewards CARD

Nestlé
Cerelac
Baby Cereal
Just Add Water
200 g Assorted
35⁹⁹ each
WITH Rewards CARD

Nestlé
Nestum
No.1
Baby Cereal
Just Add Milk
200 g Assorted
23⁹⁹ each
WITH Rewards CARD

Purity
Baby Food
Jar
125 ml or
Puree Pouch
110 ml Assorted
13⁹⁹ each
WITH Rewards CARD

SPAR
Little Munchkins
Wipe 80s
Assorted
29⁹⁹ each
WITH Rewards CARD

Pampers
ultra skin comfort
pants
6 35
Pampers premium care
4 52
237⁹⁹ per pack
WITH Rewards CARD

HUGGIES
Skin Soft
PANTS
Cloud Soft Waterlock
4 60
219⁹⁹ per pack
WITH Rewards CARD

HUGGIES
extra care
1 76
219⁹⁹ per pack
WITH Rewards CARD

WOODWARD'S
GRIPPE WATER
42⁹⁹ each
WITH Rewards CARD

Vicks
BabyRub
COMFORT FOR BABIES
Contains Aloe Vera & Coconut Oil
Fragrances of Lavender
& Rosemary
45 g
44⁹⁹ each
WITH Rewards CARD

LOVE IT? SPAR GETS IT DELIVERED

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 22 September up to and including 06 October 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).

tops!

at SPAR

TURN UP EPIC

Deals valid from **22 September** to **7 October 2026**.

ALL ITEMS
AS SEEN
ON TV

**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.



Competition valid from 8 July - 7 October 2026.
Ts & Cs apply. One entry per till slip.

SAVE
EXTRA



349⁹⁹

WITH Rewards CARD

Jameson
Triple Distilled
Irish Whiskey
750ml

BUY
BOTH
FOR



199⁰⁰
per combo

WITH Rewards CARD

KWV
3 Year Old
Brandy
750ml and
Coca-Cola
(Incl. Variants)
1L



469⁹⁹

WITH Rewards CARD

Martell
VS
Cognac
750ml



169⁹⁹
each

WITH Rewards CARD

Gordon's
London Dry Gin
(Incl. Variants)
750ml



BUY
ANY
2
FOR

125⁰⁰

WITH Rewards CARD

Tall Horse
Reds or Whites
750ml



129⁹⁹
each

WITH Rewards CARD

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



BUY
ANY
2
FOR

199⁰⁰

WITH Rewards CARD

Windhoek
Premium
Draught or Lager
Cans
6 x 500ml



BUY
ANY
2
FOR

199⁰⁰

WITH Rewards CARD

Strongbow
Gold Apple or Red Berries
Premium Apple Cider
Cans 6 x 440ml or
Ultra Strawberry and Lime
Cans 6 x 500ml
OR
Kix
Sparkling Spritzer
(Incl. Variants)
Cans
6 x 440ml



BUY
ANY
2
FOR

240⁰⁰

WITH Rewards CARD

Savanna
Premium Dry
Cider
Cans
6 x 500ml



BUY
ANY
2
FOR

259⁰⁰

WITH Rewards CARD

Chillers Punch
Spirit Cooler
Cans
6 x 440ml

WIN



Food
Vouchers



Shopping
Vouchers



Travel
Vouchers



Entertainment
Vouchers



Experience
Vouchers

WHEN YOU BUY ANY
OF THESE PRODUCTS.

**200 MB
FREE DATA** **mobile**

With each
product
purchase!

SWIPE WIN! EVERYDAY DEALS!

DELIVERED



Product availability
may vary by store.
While stocks last.

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.

#NO18

aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.

**PHUZA
RIGHT**

WIN



WHEN YOU BUY ANY OF THESE PRODUCTS.

200 MB FREE DATA **SPAR mobile**

With each product purchase!

WINE KULCHA

at **tops!** at SPAR

SCAN HERE TO GET KULCHA'D ON WINE



BUY ANY 3 FOR **180⁰⁰** WITH Rewards CARD

Olive Brook
Shiraz/Cabernet Red Blend, Pinotage, Merlot, Cabernet Sauvignon/Merlot, Malbec, Cinsault, Shiraz, Cabernet Sauvignon, Sauvignon Blanc, Chenin Blanc, Chardonnay, Moscato White or Moscato Rosé 750ml



74⁹⁹ each WITH Rewards CARD

Glühwein
Red Grape 750ml



74⁹⁹ each WITH Rewards CARD

Porcupine Ridge
Sauvignon Blanc, Chenin Blanc, Chardonnay, Merlot, Cabernet Sauvignon, Syrah or Rosé 750ml



79⁹⁹ each WITH Rewards CARD

Du Toitskloof
Selected Shiraz, Merlot, Pinotage, Cabernet Sauvignon, Sandsteen or Cape Blend 750ml

ONLY AT **tops!** at SPAR



89⁹⁹ each WITH Rewards CARD

Darling Cellars
Chocoholic Pinotage, Cabernet Sauvignon, Merlot, Pinotage, Shiraz or Bushvine Malbec 750ml



89⁹⁹ each WITH Rewards CARD

Pierre DuMont
Sauvignon Blanc, Chenin Blanc, Chardonnay, Merlot, Cabernet Sauvignon or Seven Centuries 750ml



119⁹⁹ each WITH Rewards CARD

Hartenberg
Doorkeeper Shiraz, Merlot Malbec, Reserve Red or Shiraz/Mourvèdre/Grenache 750ml



124⁹⁹ each WITH Rewards CARD

Alto
Rouge 750ml



159⁹⁹ WITH Rewards CARD

Roodeberg
Black 750ml



BUY ANY 2 FOR **170⁰⁰** WITH Rewards CARD

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



BUY ANY 2 FOR **390⁰⁰** WITH Rewards CARD

Krone
Cap Classique Borealis Brut, Brut Rosé, Night Nectar Demi-Sec or Night Nectar Rosé 750ml



79⁹⁹ each WITH Rewards CARD

Annabelle
Cuvée Sparkling Wine 750ml



84⁹⁹ each WITH Rewards CARD

Franschhoek Cellar
Chenin Blanc, Sauvignon Blanc, Chardonnay, Rosé, Shiraz, Merlot or Cabernet Sauvignon 750ml



84⁹⁹ each WITH Rewards CARD

Jakkalsvlei
White, Pink or Red Moscato 750ml



BUY ANY 2 FOR **99⁰⁰** WITH Rewards CARD

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



114⁹⁹ each WITH Rewards CARD

Beyerskloof
Chenin Blanc/Pinotage, Pinotage Rosé, Pinotage or Cabernet Merlot 750ml



139⁹⁹ WITH Rewards CARD

Diemersfontein
Pinotage 750ml



Annabelle
Cuvée Sparkling Wine Cans 6 x 250ml **89⁹⁹** per pack WITH Rewards CARD



BUY ANY 2 FOR **150⁰⁰** WITH Rewards CARD

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



BUY ANY 6 FOR **450⁰⁰** WITH Rewards CARD

Nederburg
Classic Chenin Blanc, Lyric, Sauvignon Blanc, Stein, Rosé, Cabernet Sauvignon, Duet or Merlot 750ml



39⁹⁹ each WITH Rewards CARD

Rain Dance
Dry Red, Natural Sweet Red, Natural Sweet Rosé or Johannisberger White 1L



169⁹⁹ each WITH Rewards CARD

Du Toitskloof
Sauvignon Blanc, Pinotage/Merlot/Ruby Cabernet, Pinotage Rosé, Chenin Blanc or Cabernet Shiraz 3L

tops! at SPAR

TURN UP EPIC

DISCOVER MORE WINES FOR SHARED MOMENTS

#NO18

aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.

PHUZA
ORIGHT

WIN



WHEN YOU BUY ANY OF THESE PRODUCTS.

200 MB FREE DATA **SPAR mobile**

With each product purchase!

COCKTAIL KULCHA

at **tops!**
at SPAR



Red Heart
Original Dark Rum
750ml **OR**
Bacardi
Spiced Rum
750ml **PLUS**
Coca-Cola
(Incl. Variants)
1L

219⁰⁰
per combo

WITH Rewards CARD



149⁹⁹
each

WITH Rewards CARD

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



249⁹⁹
each

WITH Rewards CARD

Skyy
Vodka
(Incl. Flavours)
750ml



139⁹⁹
each

WITH Rewards CARD

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



289⁹⁹

WITH Rewards CARD

Bombay
Gin
750ml



309⁹⁹
each

WITH Rewards CARD

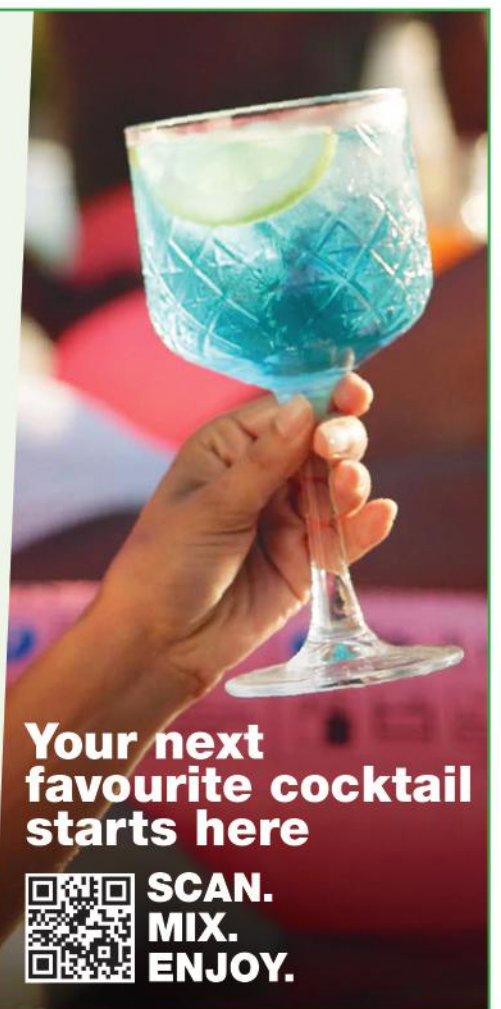
Jägermeister
Herbal or Orange
Liqueur
750ml



899⁹⁹

WITH Rewards CARD

Don Julio
Reposado
Tequila
750ml



Your next favourite cocktail starts here



**SCAN.
MIX.
ENJOY.**

FIND YOUR KULCHA

at **tops!**
at SPAR



BUY ANY 2 FOR

175⁰⁰

WITH Rewards CARD

Castle Lite
Original or Draught
Cans
6 x 500ml



Smirnoff
Twist or Storm
Spirit Cooler
Cans
6 x 440ml

BUY ANY 2 FOR

250⁰⁰

WITH Rewards CARD

SAVE EXTRA



Brutal Fruit
Sparkling Spritzer
Cans
6 x 500ml

BUY ANY 2 FOR

200⁰⁰

WITH Rewards CARD



Hunter's
Iced Cans
6 x 500ml

BUY ANY 2 FOR

94⁹⁹
per pack

WITH Rewards CARD



BUY ANY 2 FOR

290⁰⁰

WITH Rewards CARD

Bacardi Breezer
Spirit Cooler
Cans
6 x 440ml



BUY ANY 2 FOR

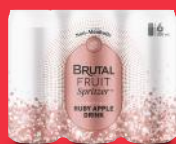
185⁰⁰

WITH Rewards CARD

Corona
Extra
Cans
6 x 410ml

ZERO ZONE

0% Drinks
100% Vibes



79⁹⁹
per pack

WITH Rewards CARD

Brutal Fruit
Ruby Apple 0%
Cans
6 x 300ml



69⁹⁹
per pack

WITH Rewards CARD

Coca-Cola
Original
Cans
6 x 200ml



SAVE EXTRA

65⁰⁰
per pack

WITH Rewards CARD

Red Bull
Energy Drink
Cans
4 x 250ml



80⁰⁰

WITH Rewards CARD

**Appletiser
or Grapetiser**
100% Sparkling
Juice
1.25L



60⁰⁰

WITH Rewards CARD

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

tops!
at SPAR

TURN UP EPIC

SWIPE



WIN!

EVERYDAY DEALS!

#NO18

aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.

**PHUZA
ORIGHT**

WIN



WHEN YOU BUY ANY OF THESE PRODUCTS.

200 MB FREE DATA mobile

With each product purchase!

1



2



3



1. Johnnie Walker
Red Label Blended
Scotch Whisky 750ml

R259,99
WITH Rewards CARD

2. Johnnie Walker
Blonde Blended
Scotch Whisky 750ml

R299,99
WITH Rewards CARD

3. Johnnie Walker
12 Year Old
Black Label Blended
Scotch Whisky 750ml

R389,99
WITH Rewards CARD

WHISKY KULCHA

at **tops!**
at SPAR



579⁹⁹
WITH Rewards CARD

The Glenlivet
12 Year Old
Single Malt
Scotch Whisky
750ml



479⁹⁹
WITH Rewards CARD

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



479⁹⁹
WITH Rewards CARD

Jameson
Select Reserve
Irish Whiskey
750ml



309⁹⁹
each
WITH Rewards CARD

Jack Daniel's
Old No. 7
Tennessee
Whiskey
(Incl. Variants)
750ml



219⁹⁹
WITH Rewards CARD

Bell's
Blended
Scotch Whisky
750ml



179⁹⁹
WITH Rewards CARD

Firstwatch
Extra Fine
Whisky
750ml

COGNAC KULCHA

at **tops!**
at SPAR



499⁹⁹
WITH Rewards CARD

Honor
V.S
Cognac
750ml



519⁹⁹
WITH Rewards CARD

Hennessy
V.S
Cognac
750ml



579⁹⁹
WITH Rewards CARD

Rémy Martin
V.S
Supérieur Cognac
750ml



869⁹⁹
WITH Rewards CARD

Rémy Martin
V.S.O.P
Cognac
750ml



229⁹⁹
WITH Rewards CARD

Klipdrift
Premium
Brandy
750ml

DELIVERED



Product availability
may vary by store.
While stocks last.

For your nearest TOPS at SPAR store, phone our share call number 0860 31 3141 or visit our website: www.topsatspar.co.za.

Specials available at all TOPS at SPAR stores from 22 September up to and including 7 October 2026 (including the Free State, Mpumalanga and North West Province) while stocks last. Not available in KwaZulu-Natal, Lowveld, Limpopo, Eastern, Northern or Western Cape. We reserve the right to limit quantities. Price and product availability may vary by region. 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

#NO18

aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.

PHUZA
RIGHT

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



COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Ts & Cs Apply



Home Care Value



Happy Tails. Super Deals



YOU CAN DO IT ALL, RIGHT HERE AT SPAR

DStv pay@ Lesaka EasyPay AVON

Pay your bills in a flash

Blu VOUCHER HOLLYWOOD bets betway bucks

Top up your chances

NETFLIX Voucher Google Play ROBLOX

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

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: KIBLER PARK • BAILLIE PARK • BEDFORDVIEW • BLAIRGOWRIE • CRAIGHALL • DORINGKRUIJ • FAIRLANDS • FERNDAL VILLAGE • FOURWAY GARDENS • GEELHOUT • HARRISMITH • HENNEMAN • HEUWELSIG • KINGFISHER • LADYBRAND • LANGENHOVEN PARK • MACYS • MEDITAS • MEIRINGSPARK • MIEDRPAK • NORTHCLIFF • OUKLIP • PINESLOPES • RADIOKOP • RANDPARK RIDGE • RIDGEWAY GARDENS • RIVERVIEW • ROBINDALE • SANDRINGHAM • STEPHENSON STREET • STRUBENS VALLEY • SUNWARD PARK • SUPER A NORWOOD • TUSCANY • TYRONE • WALKERVILLE

SUPERSPAR: 2ND AVENUE • ALJOS • ARTEMIS • ATLAS MALL • BEL AIR • VC • BRACKENGATE • BROADACRES • CARLSWALD • CROWTHORNE • EAGLE CANYON • ERMELO • EURO • FIVE STAR • FLORIDA JUNCTION • FLORIDA MARKET • THE WEDGE • FONTANA THE ZONE ROSEBANK • GLEN ACRES • GORDON ROAD • HIGHLAND • HOBART • KANONKOP • KARAGLEN • KENILWORTH • M.C.C. • MAGALIES • MEYERSDAL • MIDWATER • MINI MARKET • MOOI NOOI • NORTHWOLD • OLIVEDALE • PALM COURT • PALMS SANDS • PARKRAND • POLOFIELDS • POTCHEFSTROOM • RANT 'N DAL • RETAIL CROSSING • ROBERTSBROOM • RUIMSIG • RUSTENBURG SQUARE • RYNFIELD • SAFARI • SASOLBURG • SAVEWAYS • SECUNDA • NORTH POINT • SPRINGBOK • ST MICHAEL'S • STANDERTON • STEVE'S BLACKHEATH • SUNNINGHILL • THE ANGELO • THE FALLS • THE SQUARE • TREVENNA MONUMENT • VAALPARK • VORNA VALLEY • WESTWOOD • WONDERPARK • XAVIER • MEYERTON • LANSERIA • KS GARDENIA,

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 **22 September** up to and including **06 October 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).

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

SUPERSPAR