



# UNLEASH YOUR INNER CHEF

with **nutrifresh™**



## GROCERIES



Tastic  
Parboiled Rice  
2 kg Assorted



Sunfoil  
Sunflower Oil  
2 litre



SPAR  
Brown Sugar  
2 kg



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



Nola  
Mayonnaise  
(Excl. 730 g and  
Squeeze bottle 500 g)  
750 g / 780 g Assorted



Crosse & Blackwell  
Tangy Mayonnaise only  
750 g



Wellington's  
Sweet Chilli Sauce  
700 ml Assorted



All Gold  
Tomato Sauce  
700 ml

## GROCERIES



Maggi  
Instant Noodles  
Multipack  
5 x 68 g Assorted



Kellogg's  
Instant Noodles Multipack  
(incl. Hot & Spicy)  
5 x 70 g Assorted



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



Bokomo  
Weet-Bix  
375 g / 450 g Assorted



Bokomo  
Weet-Bix  
900 g



Futurelife  
Smart Food  
Zero, Bran,  
Crunch or Kids  
500 g / 460 g / 475 g / 375 g



Kellogg's  
Cornflakes  
1 kg

## BREAKFAST



SPAR  
Long Life Milk  
6 x 1 litre Assorted



Nescafé Classic  
Coffee Jar or Refill  
(Excl. Decaf)  
200 g / 230 g



Black Cat  
Peanut Butter  
400 g Assorted



Nescafé  
Ricoffy  
Tin or Value Pack  
(Excl. Decaf)  
750 g / 800 g



Jacobs  
Cappuccino Sticks  
8s / 10s Assorted



Nescafé Gold  
Coffee Jar or Refill  
(Excl. Decaf)  
200 g / 220 g



Jacobs Krönung  
Coffee or Refill  
(Excl. Decaf)  
200 g / 230 g Assorted



Douwe Egberts  
Coffee Jar or Pouch  
(Excl. Decaf)  
200 g / 230 g Assorted



Nescafé  
Cappuccino Sticks  
10s Assorted

Campaign valid from 22 July - 8 November 2026. Ts & Cs apply.



# SWIPE, COLLECT & SAVE!

Exclusive to **SPAR Rewards** customers.

# SAVE UP TO 80%

on **nutrifresh™** Kitchen Essentials

BUY these for **BONUS** stickers!



## CHILLED AND FROZEN



Sunshine D  
80% Fat Spread  
Margarine Brick  
500 g



Rama  
Original  
70% Fat Spread Brick  
500 g



Stork  
Country Spread  
40% Fat Spread Tub  
1 kg



D'Lite  
37% Fat Spread  
Tub  
1 kg



Parmalat  
Prepacked Cheese  
(Incl. President  
Mature Cheese 800 g)  
850 g



SPAR  
IQF Chicken  
Mixed Portions  
4 kg



Danone  
NutriDay  
Smooth Yoghurt  
6 x 100 g Assorted



SPAR  
French Polony  
1 kg Assorted



SPAR  
French Polony  
2 kg Assorted



Dairymaid  
Country Fresh  
Ice Cream  
1.8 litre Assorted



Parmalat  
Smooth or Fruit  
Yoghurt  
1 kg Assorted



Danone NutriDay  
Fruit or Double Cream  
Yoghurt  
900 g Assorted



SPAR  
Beechwood Smoked  
Chicken Viennas  
(Incl. Cheese)  
500 g

## BEVERAGES



Coca-Cola  
Regular Only  
2 litre



Spar-letta,  
Twist or Iron Brew  
2 litre Assorted



SPAR  
Carbonated Soft Drink  
2 litre Assorted



Fanta, Sprite or Stony  
Regular Range  
(Excl. Coke Original and  
Zero, Light, No Sugar Range)  
2 litre Assorted



Red Bull  
Energy Drink  
250 ml Assorted



Red Bull  
Energy Drink  
355 ml Assorted



Liqui-Fruit  
100% Fruit Juice Blend  
2 litre Assorted

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# 30 STICKERS IS ALL IT TAKES

BUY  
these for  
BONUS  
stickers!



## SNACKS



Cadbury  
Chocolate Slabs  
80 g Assorted (Excl. Bubbly)



Nestlé  
Kit Kat, Aero, Bar-One,  
Smarties, Tex,  
Chocolate Bars  
40 g / 41,5 g / 52 g

Cadbury  
5 Star, Lunch Bar,  
P.S., Astro's or Crunchie  
48,5 g / 44 g / 48 g / 40 g Assorted



Doritos  
Corn Chips  
145 g Assorted



Lay's  
Potato Chips  
120 g Assorted



Simba  
Potato Chips  
120 g Assorted



Simba  
NikNaks  
135 g Assorted



Ultra Mel  
Custard  
1 litre Assorted

## PET FOOD



SPAR  
Woof  
Dry Dog Food  
8 kg Assorted (Excl. Puppy)

## BABY



Huggies  
Dry Comfort  
Nappies or Pants Jumbo Pack  
(Incl. Gold Value Pack)  
Assorted



Huggies Gold  
Jumbo Pack  
Nappies / Pants  
(Incl. Extra Care Value Pack)  
Assorted

## PERSONAL CARE



Dettol  
Hygiene Soap  
175 g Assorted



Lifebuoy  
Hygiene Soap  
(Excl. Natural Range)  
175 g Assorted



Nivea  
Roll on Deodorant  
50 ml Assorted



Aquafresh  
All-in-one Protection  
Toothpaste  
100 ml Assorted



Rexona Shield  
Roll on Deodorant  
50 ml Assorted

## FAMILY ESSENTIALS



SPAR  
Toilet Rolls  
2 Ply 350 Sheets  
9s



Baby Soft  
Toilet Rolls  
2 Ply 350 Sheets  
18s



Baby Soft  
Toilet Rolls  
2 Ply 350 Sheets  
24s



Twinsaver  
2 Ply Toilet Rolls  
350 sheets  
18s

## HOMECARE



Sunlight  
Dishwashing  
Liquid Pouch  
750 ml Assorted



Sunlight  
5 in 1  
Handwash Powder  
3 kg Assorted



Comfort  
Fabric Conditioner  
Pouch  
800 ml Assorted

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