

MILLIONS in savings

with **SPAR** Rewards

24 FEB – 21 APR 2025



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

More for you every day!

AS SEEN ON TV

SPAR UHT Long Life Milk
6 x 1 litre Assorted

98⁹⁹ per pack

Save E30 WITH Rewards CARD

As good as the best for less

DOUBLE MONEY BACK
QUALITY GUARANTEED

AS SEEN ON TV

Kellogg's
The Original
CORN FLAKES
TOASTED CORN FLAKES

Kellogg's Corn Flakes
1 kg

64⁹⁹ each

Save E15 WITH Rewards CARD

AS SEEN ON TV

VALUE REFILL

Nescafé
Ricoffey Refill Pouch
800 g
(Excl. Decaf)

109⁹⁹ each

Save E30 WITH Rewards CARD

AS SEEN ON TV

KOO
BAKED BEANS IN TOMATO SAUCE
400 g
(Excl. Lite and Variants)

30⁰⁰

BUY ANY 2 FOR

Save E4 WITH Rewards CARD

AS SEEN ON TV

ALL GOLD
Tomato Sauce
700 ml

32⁹⁹ each

Save E7 WITH Rewards CARD

AS SEEN ON TV

NOLA
Mayonnaise
Original, Tangy, Sweet & Creamy, Lite Reduced Oil Dressing
730 g - 780 g
(Excl. Squeeze)

36⁹⁹ each

Save E8 WITH Rewards CARD

AS SEEN ON TV

Sunlight
5in1
Handwash Powder
3 kg Assorted

79⁹⁹ each

Save E25 WITH Rewards CARD

AS SEEN ON TV

Baby Soft
Toilet Tissue
2 Ply
18s

139⁹⁹ per pack

Save E29 WITH Rewards CARD

PRICE PER NAPPY

PAMPERS ACTIVE	PRICE
JP XL	5.57
JP XL S7	5.57
JP XL	5.48
JP XL	5.23
JP XL	5.23

Pampers
Pants Jumbo Pack
35s
(Excl. Pants JP XXL S7)

229⁹⁹ per pack

Save E120 WITH Rewards CARD

PRICE PER NAPPY

PAMPERS ACTIVE	PRICE
JP XL	5.57
JP XL S7	5.57
JP XL	5.48
JP XL	5.23
JP XL	5.23

Pampers
Active Baby Nappies/
Pants Jumbo Pack

229⁹⁹ per pack

Save E105 WITH Rewards CARD

PRICE PER NAPPY

PAMPERS PREMIUM	PRICE
JP XL	5.57
JP XL S7	5.57
JP XL	5.48
JP XL	5.23
JP XL	5.23

Pampers
Premium Care Nappies/
Pants Value Pack

229⁹⁹ per pack

Save E130 WITH Rewards CARD

SPAR
Rewards
More for You

SIGN UP FOR MORE! MORE SAVINGS. MORE WINS. MORE FOR YOU.
SPAR Rewards deals available while stocks last.

Specials available at SPAR Fresh @ Big Bend, Fresh @ Mneni, Matata, Matsapha, Mbabane, Nhlalanga, Piggs Peak or Thekwini from **24 March** up to and including **7 April 2025**, while stocks last. We reserve the right to limit quantities. May not be available in certain country areas.
Prices include VAT. E&OE

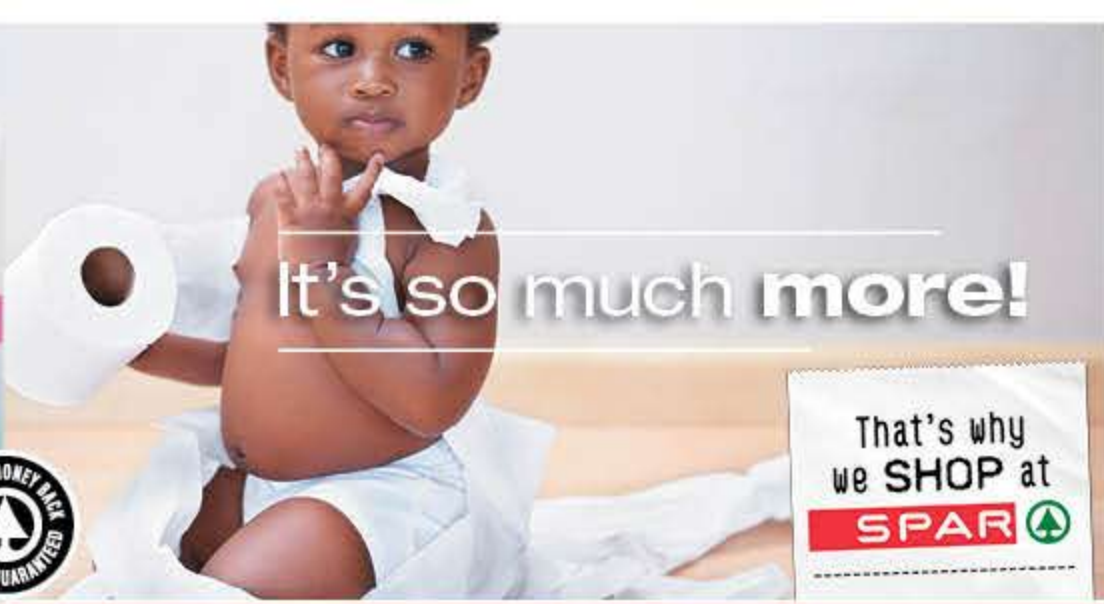
SPAR



It's not just

SPAR
Toilet Tissue Mini
1 Ply
300 Sheets
18s

59⁹⁹ per pack
Save E27
WITH **Rewards CARD**
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



SPAR
Disposable Cups
250 ml
10s
14⁹⁹ per pack
Save E7
WITH **Rewards CARD**
As good as the best for less



SPAR
Paper Plates
50s
39⁹⁹ per pack
Save E20
WITH **Rewards CARD**
As good as the best for less



SPAR
goodliving
Bavaria Beer Glass
1s
21⁹⁹ each
Save E8
WITH **Rewards CARD**



SPAR
Clingwrap
1s
49⁹⁹ per roll
Save E20
WITH **Rewards CARD**
As good as the best for less



SPAR
Large Freezer
Bags
25s
49⁹⁹ each
Save E30
WITH **Rewards CARD**
As good as the best for less



Handy Andy
Cream Bottle
750 ml
Assorted
25⁹⁹ each
Save E6
WITH **Rewards CARD**

More for you every day!



Jik
Liquid Bleach
750 ml
Assorted
19⁹⁹ each
Save E10
WITH **Rewards CARD**



Domestos
Multipurpose
Thick Bleach
750 ml
Assorted
28⁹⁹ each
Save E6
WITH **Rewards CARD**



Sta-Soft
Ultra, Premium
or Base Range
Refill Pouch
500 ml
Assorted
27⁹⁹ each
Save E22
WITH **Rewards CARD**



Kiwi
Shoe Polish
50 ml
Assorted
17⁹⁹ each
Save E4
WITH **Rewards CARD**



Glade
Air Freshener
300 ml
Assorted
29⁹⁹ each
Save E10
WITH **Rewards CARD**



Doom
Insecticides
300 ml
Assorted
37⁹⁹ each
Save E12
WITH **Rewards CARD**



Pro-Wash
Laundry Soap Bar
500 g
Assorted
16⁹⁹ each
Save E3
WITH **Rewards CARD**

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SPAR



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It's not just

SPAR
Heavy Duty Foil
5 meter

37⁹⁹
per roll

Save E17
WITH **Rewards CARD**
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



SPAR
Serviettes
100s

16⁹⁹
per pack

Save E3
WITH **Rewards CARD**
As good as the best for less



SPAR
goodliving
Casserole Foil
2s

25⁹⁹
per pack

Save E54
WITH **Rewards CARD**



SPAR
Regular
Refuse Bags
20s

47⁹⁹
per roll

Save E17
WITH **Rewards CARD**
As good as the best for less



SPAR
goodliving
Household Candles
6s

24⁹⁹
per pack

Save E5
WITH **Rewards CARD**



SPAR
goodliving
Large Braai
1s

289⁹⁹
each

Save E70
WITH **Rewards CARD**



SPAR
goodliving
Cool Cat Cooler box
26 litre
Assorted

199⁹⁹
each

Save E100
WITH **Rewards CARD**

Great Savings every day



Charka
Firelighters
12s

22⁹⁹
per pack

Save E7
WITH **Rewards CARD**



Charka
Briquettes
5 kg

95⁹⁹
per pack

Save E24
WITH **Rewards CARD**

Pet Care



SPAR
Purr-fect
Dry Pellets
Cat Food
2 kg
Assorted

79⁹⁹
each

Save E30
WITH **Rewards CARD**
As good as the best for less



Panda
Paraffin
Stove

169⁹⁹
each

Save E50
WITH **Rewards CARD**



Diamond
Hotplate
Stove

219⁹⁹
each

Save E80
WITH **Rewards CARD**



Diamond
2 Bar Heater

229⁹⁹
each

Save E70
WITH **Rewards CARD**

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SPAR



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MILLIONS in savings

with **SPAR** Rewards

24 FEB - 21 APR 2025



Even More Savings



SPAR
Rewards
More for You

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

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SES128

SPAR



**Delicious
Savings,
in every bite**

SERVING SUGGESTION
Images for advertising purposes only



SPAR Bakery
Gateaux
1s
Assorted **164⁹⁹** each

SPAR Bakery
Multi Coloured
Cupcakes
6s

34⁹⁹ per pack



SPAR Bakery
Cheese and
Onion Ciabatta
350 g

39⁹⁹ each



SPAR Bakery
Croissants
8s

69⁹⁹ per pack



SPAR
freshline
Rainbow
Sponge Cake
1s

49⁹⁹ each



SPAR
Country Value
Raisin Buns
6s

19⁹⁹ per pack



SPAR
Country Value
Black Forest
Cake

BUY 2 FOR 99⁹⁹



freshline

**More Affordability,
More Indulgence
in every bite**



SERVING SUGGESTION
Images for advertising purposes only

SPAR
freshline
Filled Muffins
6s
Assorted

44⁹⁹ per pack



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**Good for you,
Great taste,
good for your wallet**

SERVING SUGGESTION
Images for advertising purposes only



SPAR
freshline
Golden
Delicious or
Red Apples
1.5 kg

BUY ANY
2
FOR **55⁰⁰**



SPAR
freshline
Seasonal Fruit Salad
450 g

44⁹⁹
per tub



SPAR
freshline
Season's
Value Lettuce
220 g

19⁹⁹
per pack



SPAR
freshline
Mini Plum
Tomatoes
200 g

14⁹⁹
per pack



SPAR
freshline
Mediterranean
Cucumber
Value Pack
500 g

19⁹⁹
per pack



SPAR
freshline
Avocados
1 kg

29⁹⁹
per pack



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It's not just

SPAR
Daily Spread
40% Fat Spread Tub
1 kg

36⁹⁹
per tub

Save E10
WITH **Rewards CARD**
As good as the best for less



It's so much more!

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

Fridge and Freezer Favourites



52⁹⁹
per tub
Save E17
WITH **Rewards CARD**



Sunshine D
Full Fat
Margarine
Brick
500 g
16⁹⁹
each
Save E6
WITH **Rewards CARD**



The
Laughing
Cow
Cheese
120 g
Assorted
29⁹⁹
each
Save E5
WITH **Rewards CARD**



Lancewood
Processed
Cheese
Slices
175 g
Assorted
31⁹⁹
per pack
Save E4
WITH **Rewards CARD**



Parmalat
or Melrose
Cheese
Slices
400 g
Assorted

67⁹⁹
per pack



Parmalat
Gouda or
Cheddar
Cheese
850 g

159⁹⁹
each



Danone
Nutriday
Smooth
Yoghurt
6 x 100 g
Assorted
38⁰⁰
BUY ANY 2 FOR



Clover
Fruits of the
Forest Yoghurt
1 kg
Assorted
(Excl. Classic)

38⁹⁹
each



Parmalat
Emvelo
Full Cream
Emasi
2 litre

32⁹⁹
each



Danone
DanUp
Multigrain
and Yoghurt
Blend Cream
950 ml
Assorted

42⁰⁰
BUY ANY 2 FOR



Clover
Krush Nectar
1.5 litre
Assorted

29⁹⁹
each



Clover
Tropika
2 litre
Assorted

34⁹⁹
each



I&J
Light & Crispy
Crumbed Hake
Fillets Portions
450 g/ 500 g

89⁹⁹
per pack
Save E30
WITH **Rewards CARD**

SPAR Products as good as the best for less



SPAR
Hake Fish Fingers
400 g

42⁹⁹
per pack
Save E14
WITH **Rewards CARD**
As good as the best for less



SPAR
Garden Peas
1 kg

56⁹⁹
each
Save E3
WITH **Rewards CARD**
As good as the best for less



I&J
Deep Water
Hake or
Haddock
Medallions
450 g

104⁹⁹
per pack
Save E25
WITH **Rewards CARD**

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It's not just

SPAR
Sliced or Grated
Beetroot
780 g

28⁹⁹ each

Save E11
WITH **Rewards CARD**
As good as the best for less



It's so much more!

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

More Pantry Savings



Iwisa
Instant
Breakfast
Porridge
1 kg
Assorted

23⁹⁹ each
Save E6
WITH **Rewards CARD**



Nestlé
Nespray
FortiGrow
400 g

64⁹⁹ each
Save E11
WITH **Rewards CARD**



Yum Yum
Peanut
Butter
800 g
Assorted

62⁹⁹ each
Save E23
WITH **Rewards CARD**



Thokoman
Peanut
Butter
1 kg or
1.1 kg
Assorted

69⁹⁹ each
Save E25
WITH **Rewards CARD**



Sunny
Thai
Rice
10 kg

139⁹⁹ each



Knorr
Aromat
Seasoning
70 g or
75 g
Assorted

12⁹⁹ each
Save E7
WITH **Rewards CARD**



Robertsons
Spice
Refill Pack
64 g, 80 g,
84 g or 89 g
Assorted

14⁹⁹ each
Save E5
WITH **Rewards CARD**



Robertsons
Rajah Curry
100 g
Assorted

19⁹⁹ each
Save E7
WITH **Rewards CARD**



Top Class
Spice Mix
200 g
Assorted

13⁹⁹ each
Save E4
WITH **Rewards CARD**



Knorr
Packet Soup
50 g
Assorted

20⁰⁰ each
Save E4
WITH **Rewards CARD**



Knorr
Salad
Dressing
340 ml
Assorted
(Excl. Light
Italian and
Sweet Chilli)

29⁹⁹ each
Save E11
WITH **Rewards CARD**



Nola
Street Style
Mayonnaise
750 g
Assorted

29⁹⁹ each
Save E4
WITH **Rewards CARD**



Koo
Chakalaka
410 g
Assorted

42⁰⁰ each
Save E12
WITH **Rewards CARD**



Brookes
Tru-Lem
500 ml

22⁹⁹ each
Save E10
WITH **Rewards CARD**



SPAR
Corned
Meat
300 g
Assorted

29⁹⁹ each
Save E4
WITH **Rewards CARD**



SPAR
Chutney
460 g
Assorted

25⁹⁹ each
Save E6
WITH **Rewards CARD**

SPAR Products as good as the best for less



SPAR
Peach Slices
or Halves in
Syrup
410 g

19⁹⁹ each
Save E5
WITH **Rewards CARD**



SPAR
Apricot or
Mixed
Fruit Jam
900 g

39⁹⁹ each
Save E7
WITH **Rewards CARD**



SPAR
Large
Eggs
60s

129⁹⁹ per pack
Save E12
WITH **Rewards CARD**



SPAR
Light Meat
Shredded
Tuna
170 g
Assorted

50⁰⁰ each
Save E19
WITH **Rewards CARD**



SPAR
Diced
Tomatoes
400 g

15⁹⁹ each
Save E6
WITH **Rewards CARD**



SPAR
Tomato &
Onion Mix
400 g

16⁹⁹ each
Save E5
WITH **Rewards CARD**

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It's not just

SPAR
Rusks
450 g or 500 g
Assorted

41⁹⁹
each

Save E8
WITH **Rewards CARD**

As good as the best for less



It's so much more!

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

Snacks and Treats



Bakers
Romany Creams
or Choc-Kits
200 g
Assorted

29⁹⁹
each

Save E10
WITH **Rewards CARD**



SaveMor
Marie or Lemon
Creams Biscuits
150 g
(Incl. Creams
Range)

15⁰⁰
each

Save E2
WITH **Rewards CARD**



Willards
Cheas Naks
135 g
Assorted

25⁰⁰
each



Simba
Potato Chips
120 g
Assorted

34⁰⁰
each



Moir's
Jelly
80 g
Assorted

17⁰⁰
each

Save E3
WITH **Rewards CARD**



Moir's
Vanilla Custard
Powder
500 g

28⁹⁹
each

Save E11
WITH **Rewards CARD**



Manhattan
Pink and White
Marshmallows
150 g

34⁰⁰
each



Cadbury
Lunch Bar 48 g,
PS 48 g,
Crunchie 40 g,
Astros 40 g or
5 Star 48.5 g

37⁰⁰
each



Nestlé
Chocolate Slabs
80 g/ 85 g
Assorted
(Incl. Milky Range)

38⁰⁰
each



Cadbury
Chocolate Slabs
150 g
Assorted
(Excl. Bubbly)

36⁹⁹
each

SPAR Products as good as the best for less



SPAR
Castor or Icing
Sugar
Refill Pouch
500 g

24⁹⁹
each

Save E5
WITH **Rewards CARD**

As good as the best for less



SPAR
Steak & Caramelised
Onion Flavoured Rings
100 g
Assorted

23⁹⁹
each

Save E5
WITH **Rewards CARD**

As good as the best for less



SPAR
Gummy
Sweets
Range
100 g/ 125 g
(Excl. LDS
Liquorice)

40⁰⁰
each

Save E6
WITH **Rewards CARD**

As good as the best for less

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SWIPE TO SAVE MORE

Exclusive to SPAR Rewards customers.

Refreshments



89⁹⁹ per pack

Save E20
WITH Rewards CARD



19⁹⁹ per pack

Save E5
WITH Rewards CARD



Joko
Loose Leaf
African Blend
50 g

22⁹⁹ per pack

Save E4
WITH Rewards CARD



Joko
Strong Quality
Teabags
100s

54⁹⁹ per pack

Save E8
WITH Rewards CARD



SPAR
Smoothie
Concentrate
5 litre
Assorted

47⁹⁹ each

Save E12
WITH Rewards CARD

As good as the best for less



Nescafé
Cappuccino
Sticks
8s/ 10s
Assorted

BUY
ANY
2
FOR

110⁰⁰

Save E50
WITH Rewards CARD



SPAR
100% Fruit
Juice Blend
6 x 200 ml
Assorted

41⁹⁹ per pack

Save E10
WITH Rewards CARD

As good as the best for less



Rhodes
Nectar Fruit Juice
1 litre
Assorted

BUY
ANY
2
FOR

35⁰⁰

Save E17
WITH Rewards CARD



SPAR
Still or
Sparkling
Water
6 x 1.5 Litre

56⁹⁹ per pack

Save E30
WITH Rewards CARD

As good as the best for less



Coca Cola, Fanta,
Sparletta,
Twist or Stoney
Soft Drinks
300 ml
(Incl. Schweppes
Dry Lemon Only,
Coca Cola light or
Zero, Fanta Orange
Zero and Sprite
Less Sugar)

BUY
ANY
3
FOR

30⁰⁰



Redbull
Energy Drink
6 x 250 ml

89⁹⁹ per pack

Save E20
WITH Rewards CARD

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It's not just

Shield
Roll-On for
Men or Women
50 ml
Assorted

BUY ANY
2
FOR

42⁰⁰

Save **E12**
WITH Rewards CARD



It's so much more!

That's why
we SHOP at
SPAR

Personal Care Favourites



Vicks
Cough Syrup
100 ml

59⁹⁹
each

Save **E45**
WITH Rewards CARD



Vicks
VapoRub
50 g

48⁹⁹
each

Save **E31**
WITH Rewards CARD



Vicks
Acta Plus or Extra
Strong Wet and
Dry Cough Syrup
100 ml

59⁹⁹
each

Save **E45**
WITH Rewards CARD



Aquafresh
Base Range
Toothpaste
100 ml
Assorted

15⁹⁹
each

Save **E7**
WITH Rewards CARD



Mentadent P
Toothpaste
100 ml
Assorted

23⁹⁹
each

Save **E6**
WITH Rewards CARD



Colgate
Toothpaste
100 ml
Assorted
or Triple Action
150 ml

22⁹⁹
each

Save **E7**
WITH Rewards CARD



Dettol
Antiseptic Liquid
750 ml

74⁹⁹
each

Save **E25**
WITH Rewards CARD



Lux
Soap
175 g
Assorted

28⁰⁰
each

Save **E12**
WITH Rewards CARD



Satiskin
Foam Bath
2 litre
Assorted

69⁹⁹
each

Save **E20**
WITH Rewards CARD



Dove
Aerosol Deodorant
150 ml
Assorted

39⁹⁹
each

Save **E10**
WITH Rewards CARD



Ingram's
Body Cream
450 ml
Assorted
(Incl. Cream
Tissue Oil)

49⁹⁹
each

Save **E15**
WITH Rewards CARD



Perfect Choice
Black Charcoal
Range
250 ml

44⁹⁹
each

Save **E30**
WITH Rewards CARD



Organics
Shampoo or Conditioner
1 litre

BUY ANY
2
FOR

150⁰⁰

Save **E50**
WITH Rewards CARD



Always
Pantyliners
40s
Assorted

BUY ANY
2
FOR

64⁰⁰

Save **E28**
WITH Rewards CARD



Always
Maxi Duo,
Plus or Ultra
Sanitary Pads
12s/ 14s/ 16s/
18s or 20s
Assorted

BUY ANY
2
FOR

68⁰⁰

Save **E46**
WITH Rewards CARD

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It's not just

Little Munchkins
by SPAR
Disposable Nappies
Assorted PLUS
Wipes 80s

BUY BOTH FOR

176⁰⁰

Save E27
WITH **Rewards CARD**

As good as the best for less



It's so much more!

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

Baby Care Savings

PURITY

3 COOK IN 3 MINUTES

6 MONTHS

PURITY

Cream of Maize Baby's Soft Porridge
Iphalshi Lengane Elithambile
Banana Flavour

6-36 MONTHS

Purity Cream of Maize
400 g Assorted

22⁹⁹ each

Save E5
WITH **Rewards CARD**

PURITY

NEW

PURITY

Just Add Milk Instant Oats

Baby Cereal Original

6 MONTHS

Purity Baby Cereal
Just Add Milk
1st, 2nd or 3rd
200 g
or Purity Jungle
Instant Oats
250 g
Assorted

23⁹⁹ each

Save E4
WITH **Rewards CARD**

PURITY

Bigger Pack
for Growing Appetites

PURITY

Apple & Mixed Berries

fruiti 8

Purity Puree Pouch
150 ml or
3rd Food Jar
200 ml
Assorted

BUY ANY 2 FOR

33⁰⁰

Save E4
WITH **Rewards CARD**

BabyRub

VICKS

BabyRub

COMFORT FOR BABIES

Vicks BabyRub
45 g

48⁹⁹ each

Save E31
WITH **Rewards CARD**

Johnson's

baby

Johnson's Baby Powder
200 g

44⁹⁹ each

Save E13
WITH **Rewards CARD**

Johnson's

baby

Johnson's Petroleum Jelly
500 ml
Assorted

49⁹⁹ each

Save E20
WITH **Rewards CARD**

Johnson's

gentle all over wipes

4 value pack
288 wipes

Johnson's

extra sensitive wipes
fragrance free

4 value pack
224 or 288s

Johnson's Baby Wipes
Gentle or
Extra Sensitive
224s or 288s

99⁹⁹ per pack

Save E30
WITH **Rewards CARD**

SPAR Rewards deals available while stocks last.

SPAR



Specials available at SPAR Fresh @ Big Bend, Fresh @ Moneni, Matata, Matsapha, Mbabane, Nhlanguano, Piggs Peak or Thekwini from **24 March** up to and including **7 April 2025**, while stocks last. We reserve the right to limit quantities. May not be available in certain country areas. Prices include VAT. E&OE