

# Super Savings

**SHOP SWIPE SAVE**

**WIN A CAR**



Competition ends 10 May 2026.  
T & Cs apply.



**Tastic**  
LONG GRAIN PARBOILED RICE  
Perfect Every Time.

NOW EVEN WHITER AND FLUFFIER

**Tastic**  
Parboiled Rice  
2 kg

**29<sup>99</sup>** each

WITH Rewards CARD



**Sunfoil**  
Pure Sunflower Oil  
2 litre

**69<sup>99</sup>** each

WITH Rewards CARD



Great South African Chicken Every Day!

Tender & Tasty **GOLDI** CHICKEN

**FROZEN CHICKEN MIXED PORTIONS**  
WITH BRINE-BASED MIXTURE

MAX KEEP FROZEN BELOW -18°C

**Goldi**  
IQF Chicken Mixed Portions  
5 kg

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

WITH Rewards CARD



**Stork**  
COUNTRY SPREAD  
40% Fat Spread Tub  
1 kg

**46<sup>99</sup>** each

Save R10



**SPAR**  
FULL CREAM MILK  
LONG LIFE  
UHT PROCESS

**SPAR**  
Long Life Milk  
(excl. Lactose Free Range)  
6 x 1 litre Assorted

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

Save R10



**Hulett's**  
White Sugar  
2,5 kg

**56<sup>99</sup>** each

WITH Rewards CARD



**JACOBS**  
KRÖNUNG  
SIGNATURE

200 G + 30 G EXTRA\*

**JACOBS**  
Krönung  
Coffee Jar or Refill Pack  
(excl. Decaf)  
200 g / 230 g Assorted

**154<sup>99</sup>** each

WITH Rewards CARD



**Kellogg's**  
The Original  
**CORN FLAKES**  
TOASTED GOLDEN CEREAL FLAKES

POWER BREAKFAST

**Kellogg's**  
Corn Flakes  
1 kg

**69<sup>99</sup>** each

WITH Rewards CARD



**Sunlight**  
5 in 1  
Handwash Powder  
3 kg Assorted

**79<sup>99</sup>** each

Save R20



**SPAR**  
TOILET TISSUE  
ULTRA SOFT & GENTLE

18 ROLLS

**SPAR**  
2 Ply Toilet Rolls  
350 sheets  
18s

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

WITH Rewards CARD

# Dazzle your family with Super Savings



Your Butcher  
By SPAR  
Fresh Chicken  
Braai Pack  
8s or 12s or 16s

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



Your Butcher  
By SPAR  
Rooiberg Boerewors

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



SPAR  
Tender & Tasty  
Lamb  
Skilpadjies

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



SPAR  
Tender & Tasty  
Pork Belly  
Roast

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



Your Butcher  
by SPAR  
Beef Rump or  
Sirloin  
Steak

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



SPAR Bakery  
White  
Toaster Bread  
700 g

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

WITH RewardsCARD



Looking for antibiotic and preservative free chicken? Find the best at Your Butcher. Get delicious, tender chicken from SPAR and enjoy a taste you can trust, every time.

Butchery specials available from 22 - 26 April 2026  
Pork products only available at selected stores



SPAR  
Bakery  
Roosterkoek  
4s

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



SPAR  
Bakery  
Cake  
Assorted

**149<sup>99</sup>**  
each



SPAR  
freshline  
Potjie  
Pack  
1 kg

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



SPAR  
freshline  
Seasons Favourite  
Apples  
1.5 kg  
PLUS  
Bananas  
750 g

**45<sup>00</sup>**  
per combo



SPAR  
freshline  
Butternut 3 kg  
PLUS  
Potatoes 3 kg  
PLUS  
Onions 2 kg

**104<sup>99</sup>**  
per combo



SPAR Rewards deals available while stocks last.

Maximum 10 deals per customer on all SAVE EXTRA products.

Specials only available at selected SUPERSPAR stores in the Eastern Cape from 22 April up to and including 10 May 2026 while stocks last.

We reserve the right to limit quantities. Prices include VAT.

# Shop, swipe, and win!

AS SEEN ON TV

BUY ME TO ENTER



Crosse & Blackwell  
Tangy  
Mayonnaise Only  
750 g

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

Save R5

## Pantry Savings

Iwisa Super Maize Meal 2.5 kg  
PLUS Golden Delight Parboiled Rice 2 kg  
PLUS Golden Cloud Cake Flour 2.5 kg

**90<sup>00</sup>** per combo

WITH RewardsCARD

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

BUY ANY 2 FOR

**30<sup>00</sup>**

WITH RewardsCARD

All Gold Tomato Sauce 700 ml

**34<sup>99</sup>** each

WITH RewardsCARD

Jan Braai Basting Sauce 750 ml Assorted

**37<sup>99</sup>** each

WITH RewardsCARD

Eezee Family Pack Noodles 10s Assorted

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

WITH RewardsCARD

Wok Time Noodles 250 g Assorted

**29<sup>99</sup>** each

WITH RewardsCARD

Maggi Lazenby Worcestershire Sauce 250 ml Assorted

**29<sup>99</sup>** each

WITH RewardsCARD

Mrs Balls Chutney 470 g Assorted

**34<sup>99</sup>** each

WITH RewardsCARD

SPAR White or Brown Vinegar 2 litre

**26<sup>99</sup>** each

WITH RewardsCARD

Ina Paarman's Kitchen Pasta Sauce 400 g Assorted

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

WITH RewardsCARD

Snowflake Easy Mix 500 g Assorted

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

WITH RewardsCARD

Rhodes Baked Beans in Tomato Sauce 400 g / 410 g

BUY 2 FOR

**24<sup>00</sup>**

WITH RewardsCARD

SPAR Light Meat Shredded Tuna in Water or Oil 170 g

BUY ANY 2 FOR

**38<sup>00</sup>**

WITH RewardsCARD

Bull Brand Corned Meat 300 g

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

WITH RewardsCARD

SPAR Vanilla Custard 1 litre

BUY ME TO ENTER

**25<sup>99</sup>** each

WITH RewardsCARD

LOVE IT? SPAR GETS IT DELIVERED



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# Super savings super Winnings!

**AS SEEN ON TV** **BUY ME TO ENTER**

**SAVE EXTRA IN-STORE ONLY**

**FIVE ROSES**  
SUPERIOR QUALITY TEA

**CEYLON BLEND TEA**

**54<sup>99</sup>** each

Five Roses Tagless Tea Ceylon Blend Only 100s

**Save R15**

## Breakfast Essentials

**Hello Granola Muesli**  
800 g

**49<sup>99</sup>** each

WITH RewardsCARD

**BOKOMO**  
Traditional Oats  
1 kg

**34<sup>99</sup>** each

WITH RewardsCARD

**SPAR ORIGINAL INSTANT MAIZE PORRIDGE**  
1 kg Assorted

**22<sup>99</sup>** each

WITH RewardsCARD

**Kellogg's** **BUY ME TO ENTER**

**COCO POPS**

Kellogg's Coco Pops or Froot Loops or Rice Krispies Assorted or Crunchers 340 g / 350 g

**52<sup>99</sup>** each

WITH RewardsCARD

**SPAR BUTTERMILK RUSKS**  
450 g / 500 g Assorted

**49<sup>99</sup>** each

WITH RewardsCARD

**AS SEEN ON TV** **BUY ME TO ENTER**

**BOKOMO WEET-BIX**  
900 g

**52<sup>99</sup>** each

Save R12

**JACOBS** **BUY ME TO ENTER**

VANILLA CAPPUCCINO  
DUBAI CHOCOLATE STYLE CAPPUCCINO

Jacobs Cappuccino Sticks 8s / 10s Assorted

**BUY ANY 2 FOR** **120<sup>00</sup>**

WITH RewardsCARD

**Freshpak PURE ROOIBOS** **BUY ME TO ENTER**  
80

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

WITH RewardsCARD

**MELROSE**  
12 wedges  
Cheese Wedges or Spread 200 g / 250 g Assorted

**46<sup>99</sup>** each

WITH RewardsCARD

**AS SEEN ON TV** **BUY ME TO ENTER**

**Black Cat**  
Peanut Butter 400 g Assorted

**36<sup>99</sup>** each

Save R13

**Royco** **BUY ME TO ENTER**

SAUCE  
MARINADE

Royco Sauce, Gravy or Marinade 32 g / 37 g / 38 g / 39 g / 40 g / 48 g Assorted

**BUY ANY 2 FOR** **32<sup>00</sup>**

WITH RewardsCARD

## Spicy Savings

**AS SEEN ON TV** **BUY ME TO ENTER**

**Robertson's Rajah**  
Curry Powder 100 g Assorted

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

Save R8

**KNORROX**  
CUBES  
BEEF FLAVOUR

**Knorrox**  
Stock Cubes 24 Assorted

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

WITH RewardsCARD

**HINDS**  
PAPRIKA

**Hinds**  
Spices, Herbs or Seasoning (excl. Crushed Chillies, Black & White Pepper) 12 g / 15 g / 18 g / 40 g / 48 g / 55 g / 60 g / 65 g / 75 g / 80 g / 85 g / 90 g Assorted

**12<sup>99</sup>** each

WITH RewardsCARD

**Knorr Aromat**  
200 g

**Knorr**  
Aromat Refill Trio Pack 200 g Assorted

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

WITH RewardsCARD

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# Winning prices



SPAR Frozen Country Crop or Mediterranean Mix, Mixed Vegetables, Green Beans or Sweet Corn 1 kg

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

## Stock up and Save



SPAR Southern Style Crumbed Chicken Bites, Strips, Wings Assorted or Fillets 500 g

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



SPAR Crumbed Chicken Burgers 520 g Assorted

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



Farmer Joe's Burger Patties 1,8 kg Assorted

**89<sup>99</sup>** per box  
WITH RewardsCARD



SPAR Frozen Pies Assorted or Sausage Rolls 6s

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



McCain Frozen Skinny Fries or Slap Chips 1 kg

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



Dine In Frozen Meals 800 g / 900 g Assorted

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



Cadbury Dairymilk Assorted, Oreo or Crunchie Stick Ice Cream 90 ml

**BUY ANY 2 FOR 62<sup>00</sup>**  
WITH RewardsCARD



Dairymaid Country Fresh Ice Cream 1,8 litre Assorted

**BUY ANY 2 FOR 120<sup>00</sup>**  
WITH RewardsCARD



SPAR Crumbed Garlic Mussels 400 g

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



Chikka Chicken Whole Grilled Chicken PLUS SPAR Carbonated Soft Drink 2 litre PLUS 6 Instore Rolls

**BUY ALL FOR 100<sup>00</sup>** per combo

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# Win with Super Savings!

**AS SEEN ON TV**



**BUY ME TO ENTER**

**79<sup>99</sup>** each

**Save R15**

Clover Butro Full Cream Modified Butter Spread 500 g

## Fridge & Freezer Favourites



**Clover Super M Flavoured Milk or Bliss Milkshake**  
300 ml Assorted

**BUY ANY 2 FOR**

**29<sup>00</sup>**

WITH RewardsCARD



**Clover Fresh Milk or UP Full Cream or 2% Low Fat**  
2 litre

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

WITH RewardsCARD



**SPAR Maas**  
2 kg

**29<sup>99</sup>** each

WITH RewardsCARD



**Clover Strawberry or Chocolate Flavoured Full Cream Milk**  
1 litre

**29<sup>99</sup>** each

WITH RewardsCARD



**SPAR Low Fat Drinking Yoghurt**  
300 ml Assorted

**14<sup>99</sup>** each

WITH RewardsCARD



**Clover Krush 100% Fruit Juice Blend**  
1,5 litre Assorted

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

WITH RewardsCARD



**Clover Tropika Dairy Fruit Mix**  
2 litre Assorted

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

WITH RewardsCARD

**AS SEEN ON TV**



**BUY ME TO ENTER**

**+100 MB FREE DATA** mobile

**Clover Bliss Double Cream Yoghurt**  
1 kg Assorted

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

**Save R10**

WITH RewardsCARD



**BUY ME TO ENTER**

**Rama Original 70% Fat Spread**  
Brick 500 g

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

WITH RewardsCARD



**SPAR French or Chicken Polony**  
2 kg

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

WITH RewardsCARD



**Parmalat Fruit, Double Cream, Easy Gest or High Protein Yoghurt**  
800 g / 1 kg Assorted

**37<sup>99</sup>** each

WITH RewardsCARD



**BUY ANY 2 FOR**

**Danone Nutriday Smooth Yoghurt**  
6s Assorted

**36<sup>00</sup>**

WITH RewardsCARD



**SPAR Cold Meat Slices**  
200 g Assorted

**BUY ANY 2 FOR**

**50<sup>00</sup>**

WITH RewardsCARD



**SPAR Hot Doggers Red or Smoked**  
1 kg

**72<sup>99</sup>** each

WITH RewardsCARD



**Rainbow Chicken Viennas**  
500 g Assorted

**69<sup>99</sup>** each

WITH RewardsCARD



**SPAR Streaky, Back or Lean Bacon**  
200 g

**36<sup>99</sup>** each

WITH RewardsCARD



**SPAR Shoulder or Diced Bacon**  
200 g

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

WITH RewardsCARD

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# Win Big with Super Savings!

AS SEEN ON TV



Parmalat or  
Président  
Pre-Packed  
Cheese  
800 g / 850 g  
Assorted

**129<sup>99</sup>** each  
Save R20

## Healthy Savings

## Fridge Favourites



SPAR  
Coated  
Cashews  
100 g  
Assorted

**44<sup>99</sup>** each

WITH RewardsCARD



Clover  
Feta  
Cheese  
400 g  
Assorted

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

WITH RewardsCARD



Président  
Creamy Blue  
Cheese  
100 g

**44<sup>99</sup>** each

WITH RewardsCARD



Président  
Traditional  
Camembert or  
Brie Cheese  
125 g

**44<sup>99</sup>** each

WITH RewardsCARD



SPAR  
Full Cream  
Yeast Free  
Kephir  
300 g  
Assorted

**14<sup>99</sup>** each

WITH RewardsCARD



Fairview  
Traditional Brie or  
Camembert Cheese  
125 g

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

WITH RewardsCARD



Fairview  
White Rock  
Cheese  
100 g  
Assorted

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

WITH RewardsCARD



Parmalat  
EasyGest  
Lactose Free  
UHT  
Full Cream  
or Low Fat  
Milk  
1 litre

BUY ANY  
2  
FOR

**48<sup>00</sup>**

WITH RewardsCARD



SPAR  
Processed  
Cheese Slices  
900 g  
Assorted

**109<sup>99</sup>** each

WITH RewardsCARD



SPAR  
Cream  
Cheese  
175 g  
Assorted

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

WITH RewardsCARD

**WIN A CAR**

**50 CARS**

It could be you!

**HOW TO ENTER:**

**STEP 1**  
Buy any participating product.

**STEP 2**  
Swipe your SPAR Rewards card and you could be a WINNER!

From 23 March - 10 May 2026.  
Ts & Cs apply.

LOVE IT? SPAR GETS IT DELIVERED



Download now!



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# Super Savings

**SHOP SWIPE SAVE**

**WIN A CAR**



Competition ends 10 May 2026.  
Ts & Cs apply.

## Stock up on Cool Beverages



**Red Bull Energy Drink**  
355 ml Assorted

**BUY ANY 2 FOR 40<sup>00</sup>**

WITH RewardsCARD



**Switch Immune Booster, Vita C or Energy Drink**  
500 ml Assorted

**BUY ANY 2 FOR 18<sup>00</sup>**

WITH RewardsCARD



**Fruitree Ready to Drink Nectar Fruit Juice Blend**  
6 x 200 ml

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

WITH RewardsCARD

**Hall's Concentrate Fruit Flavoured Drink**  
1 litre Assorted

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

WITH RewardsCARD



**Fanta, Stoney or Sprite Assorted Regular Range or Schweppes Soda Water**  
2 litre

**BUY ANY 2 FOR 38<sup>00</sup>**

WITH RewardsCARD



**Thirsti Sparkling Flavoured Water (incl. Sugar Free)**  
500 ml Assorted

**BUY ANY 2 FOR 16<sup>00</sup>**

WITH RewardsCARD



**aQuellé Still or Sparkling Natural Spring Water**  
6 x 500 ml

**38<sup>00</sup>** per pack

WITH RewardsCARD

**Clover Krush Sparkling Juice Can or Tropika Flavoured Dairy Fruit Mix**  
300 ml Assorted

**9<sup>99</sup>** each

WITH RewardsCARD



**Thirsti Flavoured Sports Drink**  
500 ml Assorted

**BUY ANY 2 FOR 22<sup>00</sup>**

WITH RewardsCARD



**Coca-Cola Regular**  
Only 2 litre

**BUY 2 FOR 47<sup>00</sup>**

WITH RewardsCARD



**Pepsi Lite or Max or 7 Up Sugar Free**  
2 litre

**BUY ANY 2 FOR 28<sup>00</sup>**

WITH RewardsCARD



**Appletiser or Grapetiser Assorted**  
1,25 litre

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

WITH RewardsCARD

**aQuellé Still Spring Water**  
5 litre

**24<sup>99</sup>** 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)**

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# Turn Savings into Winnings!

AS SEEN ON TV

SAVE EXTRA



BUY ME TO ENTER



Cadbury Chocolate Slab (excl. Bubbly) 80 g Assorted

BUY ANY 2 FOR

**36<sup>00</sup>**

Save R14

## Snack and Save



SPAR Sweets, Jellies or Gums 400 g

**52<sup>99</sup>** each

WITH RewardsCARD



Manhattan or Mister Sweet Sweets, Jellies, Gums, Rascals or Lickrish 100 g / 125 g / 150 g Assorted

**22<sup>99</sup>** each

WITH RewardsCARD



AS SEEN ON TV



Nestlé Kit Kat Chunky or 4 Finger Assorted, Aero Assorted, Bar-One, Tex or Smarties 40 g / 41,5 g / 42 g / 52 g

BUY ANY 2 FOR

**24<sup>00</sup>**

Save R8



Lay's Potato Chips (excl. Kettle Range) 120 g Assorted

BUY ANY 2 FOR

**42<sup>00</sup>**

WITH RewardsCARD



Freeze Dried Candy 40 g Assorted

**29<sup>99</sup>** each

WITH RewardsCARD



Beacon Bounty, Mars, Snickers or Twix Mini Chocolate Bars 227 g

**52<sup>99</sup>** each

WITH RewardsCARD



Jungle Energy Bar 40 g / 47 g Assorted

BUY ANY 3 FOR

**34<sup>00</sup>**

WITH RewardsCARD



Truda Pretzels (incl. Fish Shape) 30 g / 40 g Assorted

BUY ANY 6 FOR

**24<sup>00</sup>**

WITH RewardsCARD



Lindt Lindor Cornet Milk Chocolate 200 g Assorted

**149<sup>99</sup>** each

WITH RewardsCARD



Oreo Biscuits 128.8 g Assorted

**15<sup>99</sup>** each

WITH RewardsCARD



Truda Pretzels Assorted or Fish Shape 200 g / 240 g

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

WITH RewardsCARD



SPAR Puffs 100 g Assorted

BUY ANY 2 FOR

**22<sup>00</sup>**

WITH RewardsCARD

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# Win with Super Savings!



SPAR  
Woof  
Dog Food  
Chunks  
8 kg  
Assorted

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

## Home & Outdoor Essentials

## Pet Care

Defy  
Black  
Kettle  
1,7 litre

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

SPAR  
good living  
Cooler Box  
26 litre  
Assorted

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

SPAR  
Aluminium  
Light Foil  
5 m

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

Pamper  
Cat Food  
Pouches  
12 x 85 g  
Assorted

**119<sup>99</sup>**  
per pack  
WITH RewardsCARD

MEGA  
ROLLER TOWELS  
2s  
Assorted

**44<sup>99</sup>**  
per pack  
WITH RewardsCARD

DURACELL  
PLUS  
100% EXTRA LIFE  
POWER BOOST  
Duracell  
Plus  
AA or AAA  
Batteries  
8s

**119<sup>99</sup>**  
per pack  
WITH RewardsCARD

SPAR  
good living  
Kitchen Scissors,  
Pairing Knives,  
Soup Ladle, Skimmer,  
Spatula, Tongs, Whisk,  
Serving or Spaghetti Spoon

BUY ANY  
3  
FOR

**100<sup>00</sup>**  
WITH RewardsCARD

Whiskas  
Dry  
Cat Food  
900 g  
Assorted

BUY ANY  
3  
FOR

**40<sup>00</sup>**  
WITH RewardsCARD

SPAR  
goodliving  
Large  
Portable  
Braai

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

Charka  
Brikettes  
5 kg  
PLUS  
Firelighters  
12s

BUY BOTH  
FOR

**125<sup>00</sup>**  
per combo  
WITH RewardsCARD

Husky  
Canned  
Dog Food  
775 g  
Assorted

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

Dreamies  
Dry Cat  
Treats  
Assorted  
60 g or  
Whiskas  
Dentabites  
40 g

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

## Pool Savings

hth  
Super  
Shock It  
600 g

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

hth  
Pace  
Pool Floater  
1,5 kg

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

hth  
Granular  
Mineralsoft  
Pool Chlorine  
4 kg

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

Whiskas  
Dry  
Cat Food  
900 g  
Assorted

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



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# Win with Super Savings!



Nivea Body Lotion or Cream (incl. Radiant & Beauty) 400 ml Assorted

**52<sup>99</sup>** each  
Save R32

## Personal Care Savings



Sensodyne Multi-Care Soft Toothbrush

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



Sensodyne Rapid Relief Original or White, Repair & Protect Mint or White or Sensitive & Gum Regular or White Toothpaste 75 ml

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



Colgate Maximum Protection, Gel, Herbal, Herbal White Toothpaste 100 ml or Triple Action 150 ml

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



Listerine Mouthwash incl. Kids (excl. Total Pro Range) 500 ml Assorted

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



Dawn Body Lotion for Men or Women 400 ml Assorted

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



Rexona Shield Anti-Perspirant Deodorant 150 ml or Axe Deodorant for Men 150 ml Assorted

BUY ANY 2 FOR **62<sup>00</sup>**  
WITH Rewards CARD



Old Spice Aerosol Deodorant for Men 150 ml or Shower Gel 400 ml or Stick Deodorant 50 ml or Anti-Perspirant Gel 70 ml Assorted

BUY ANY 2 FOR **99<sup>00</sup>**  
WITH Rewards CARD



Dettol Hygiene Soap (excl. Detox variant) 175 g Assorted

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



Radox Body Wash 400 ml Assorted

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



Mum Aerosol Deodorant 120 ml Assorted

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



Pantene 3 in 1, Shampoo, Conditioner, Treatment or Pro-V Conditioner or Shampoo 160 ml / 200 ml / 250 ml / 360 ml / 400 ml Assorted

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



Bioplus Syrup Booster Sachet 10 ml Assorted

BUY ANY 3 FOR **15<sup>00</sup>**  
WITH Rewards CARD



Compral Pain Tablets 100s

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



Vicks Active Plus Wet & Dry Cough Syrup 100 ml

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



Mum Roll On Deodorant 50 ml Assorted

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



Dove Cotton Buds 100s

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



Gillette Blue3 Disposable Razors 4 + 1 Free

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



Lil-Lets Maxi Sanitary Pads (Excl. Lil-Lets Maxi Thick Day & Night 7s) 7s / 8s / 10s Assorted

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



Lil-Lets Pantyliners 20s Assorted

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



Nivea Roll On Deodorant 50 ml Assorted

BUY ANY 2 FOR **44<sup>00</sup>**  
Save R26  
WITH Rewards CARD



Lil-Lets Pantyliners 100s or Tampons 32s Assorted

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



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

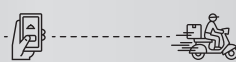
BUY ANY 2 FOR **80<sup>00</sup>**  
WITH Rewards CARD



Always Pantyliners 40s Assorted

BUY ANY 2 FOR **75<sup>00</sup>**  
WITH Rewards CARD

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We reserve the right to limit quantities. Prices include VAT.

# Happy Bottoms

Little Munchkins by SPAR Disposable Nappies 44s / 50s / 58s / 64s

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

WITH RewardsCARD

Huggies Gold Skin Soft PANTS

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

WITH RewardsCARD

Huggies Gold Jumbo Pack Disposable Nappies or Pants Assorted

HUGGIES Dry Comfort PANTS

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

Save R30

Huggies Dry Comfort Disposable Nappies or Pants Jumbo Pack (incl. Gold Value Pack Range) Assorted

**28<sup>99</sup>** each

WITH RewardsCARD

Little Munchkins by SPAR Disposable Nappy Bags 50s

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

WITH RewardsCARD

Little Munchkins by SPAR Cotton Wool Puffs 80 g

Little Munchkins by SPAR Baby Wipes 80s Assorted

**50<sup>00</sup>**

BUY ANY 2 FOR

WITH RewardsCARD

**11<sup>99</sup>** each

WITH RewardsCARD

Little Munchkins by SPAR Baby Soap 175 g

**22<sup>99</sup>** each

WITH RewardsCARD

Little Munchkins by SPAR Cotton Buds 56s

**29<sup>99</sup>** each

WITH RewardsCARD

Little Munchkins by SPAR Cotton Wool Rolls 100 g

Pampers Active Baby Jumbo Pack Disposable Nappies or Pants (incl. Premium Care Value Pack Range) Assorted

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

WITH RewardsCARD

# Top to Toe for Baby. With you

Epi-max Baby & Junior Cream 400 g Assorted

**109<sup>99</sup>** each

WITH RewardsCARD

Pampers Baby Wipes Sensitive 224s or Fresh 256s

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

WITH RewardsCARD

Huggies Baby Wipes Pure or Natural 56s or Simply Clean 72s

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

WITH RewardsCARD

Johnson's Baby Wipes Gentle All Over 72s or Extra Sensitive 56s

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

WITH RewardsCARD

Sudocrem Skin & Baby Care Cream 125 g

**119<sup>99</sup>** each

WITH RewardsCARD

Vaseline Petroleum Jelly 250 ml Assorted

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

WITH RewardsCARD

Savlon Antiseptic Liquid 750 ml

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

WITH RewardsCARD



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# Bubbles and Glow

Purity  
Baby  
Aqueous Cream or  
Petroleum Jelly  
450 ml  
Assorted

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



Johnson's  
Baby  
Powder  
Regular  
400 g

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



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

Johnson's  
Baby Shampoo  
500 ml

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

Johnson's  
Baby  
Petroleum Jelly  
500 ml  
Assorted

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

Johnson's  
Baby  
Aqueous Cream  
500 ml  
Assorted

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

Johnson's  
Baby Wash  
500 ml  
Assorted

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

Johnson's  
Baby Soap  
175 g  
Assorted

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

Johnson's  
Baby Oil  
125 ml

at every stage of their journey

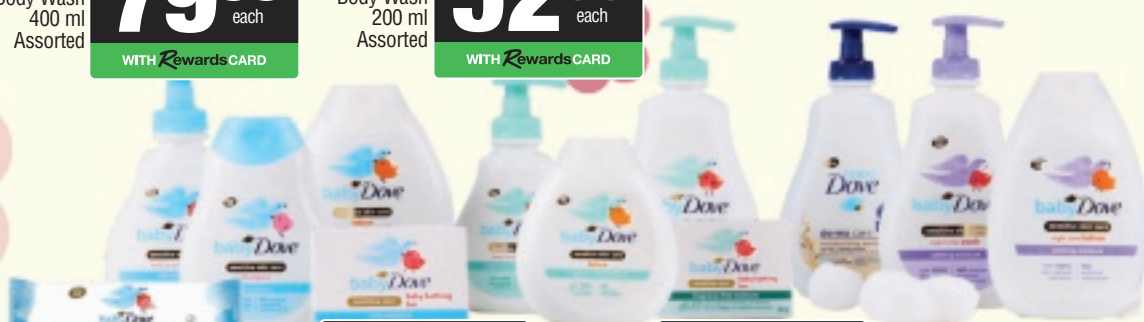


Dove  
Baby  
Body Wash  
400 ml  
Assorted

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

Dove  
Baby  
Body Wash  
200 ml  
Assorted

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



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

Dove  
Baby  
Cotton Wool  
Clouds  
60 g



BUY TO  
ENTER



Dove  
Baby  
Oval  
Pads  
Cotton Wool  
40s

Dove  
Baby  
Soap  
90 g  
Assorted

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

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

Dove  
Baby  
Lotion Assorted or  
Shampoo  
200 ml

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

Dove  
Baby  
Cotton Wool  
Wands  
80s

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

Dove  
Baby  
Cotton  
Wool Circles  
80s

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

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

Aveeno  
Baby  
Hair & Body  
Wash  
400 ml

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

Aveeno  
Baby  
Soothing  
Wash  
250 ml

Aveeno  
Baby  
Dermexa  
Wash  
250 ml

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



Aveeno  
Baby  
Dermexa  
Cream  
150 ml

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

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

Aveeno  
Baby Daily Lotion  
250 ml

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

Aveeno  
Baby  
Soothing  
Relief  
Cream  
150 ml

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# Yummy First Bites



**49<sup>99</sup>** each  
WITH RewardsCARD  
Nestlé Nestum Baby Cereal 500 g Assorted



**46<sup>99</sup>** each  
WITH RewardsCARD  
Purity Just Add Milk Baby Cereal 450 g Assorted



**72<sup>99</sup>** each  
WITH RewardsCARD  
Nestlé Cerelac Baby Cereal 500 g Assorted



**24<sup>99</sup>** each  
WITH RewardsCARD  
Purity Just Add Milk Baby Instant Oats 250 g Assorted



**65<sup>00</sup>**  
WITH RewardsCARD  
Purity Baby Foods Jar 200 ml or Purity Puree Pouches 150 ml Assorted



**55<sup>00</sup>** per combo  
WITH RewardsCARD  
Purity 1st Add Milk Baby Cereal 200 g PLUS ANY 2 Baby Foods Jar 125 ml Assorted



**21<sup>99</sup>** each  
WITH RewardsCARD  
Purity Cream of Maize Baby's Soft Porridge 400 g Assorted



Rhodes Squish Fruit or Vegetable Puree 110 ml Assorted

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



**65<sup>00</sup>**  
WITH RewardsCARD  
Purity Baby 100% Fruit Juice Blend 200 ml Assorted  
BUY ANY 6 FOR

# Tiny Tummies, Happy Hearts



**54<sup>99</sup>** each  
WITH RewardsCARD  
Futurelife Tots Toddler Cereal with Milk 500 g Assorted



**29<sup>99</sup>** each  
WITH RewardsCARD  
Futurelife Tots Toddler Cereal with Milk 250 g Assorted



**35<sup>00</sup>**  
WITH RewardsCARD  
Infacare 100% Fruit Juice Blend 200 ml Assorted  
BUY ANY 4 FOR



**24<sup>99</sup>** per pack  
WITH RewardsCARD  
Laager Tea 4 Kidz Rooibos 40s Assorted

SPAR Rewards deals available while stocks last.

Specials only available at selected SUPERSPAR stores in the Eastern Cape from 22 April up to and including 10 May 2026 while stocks last. We reserve the right to limit quantities. Prices include VAT.

Nestlé LactoKid Creamy Drink for Growing Children Stage 4 900 g

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



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

Nestlé Nido 3+ Powdered Milk 900 g



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



Nestlé Nankid OptiPro Premium Drink for Growing Children Stage 4 900 g



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

Nestlé Nespray FortiGrow Powdered Milk 400 g

Parmalat Growth Milk 3+ Low Fat Dairy Blend 6 x 1 litre

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



Parmalat Growth Milk 3+ Low Fat Dairy Blend UHT Process 6 x 200 ml

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



Parmalat Growth Milk 3+ Low Fat Dairy Blend 1 litre

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



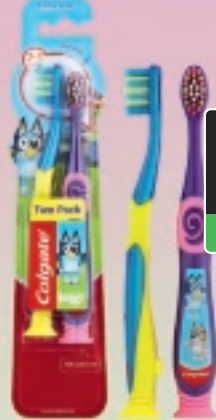
Parmalat Growth Milk 3+ Low Fat Dairy Blend 200 ml

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



Colgate Kids Bluey Toothpaste 50 ml

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



Colgate Extra Soft Bluey Toothbrushes Twin Pack 2s

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



Vicks BabyRub or VapoRub 45 g / 50 g

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



Benylin Wet Cough Syrup 100 ml

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

Aquafresh Milk, Little or Big Teeth Toothpaste 50 ml

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



Aquafresh Kids Advance Toothpaste 75 ml

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



Panado Paediatric Syrup 100 ml Assorted

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



Panado Paediatric Sachets Strawberry 12 x 5 ml

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



Calpol Paediatric Suspension Strawberry 100 ml

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

## Care for Mom

Dove Bar Soap Value Pack 4 x 90 g Assorted

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



Dove Roll On 50 ml Assorted

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

Dove Body Lotion or Cream 400 ml Assorted

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

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

Dove Anti-Perspirant Deodorant 150 ml Assorted

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

Lil-Lets Dry Lock Pantyliners 34s

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

Lil-Lets Maternity Breast Pads 30s

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

Lil-Lets Extra Long Maternity Pads 10s

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

Vaseline Cera-Glow Body Gel Oil 200 ml

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



Vaseline Cera Glow Body Lotion or Cream 400 ml Assorted

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

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

Lil-Lets Essentials Unscented Long Sanitary Pads 7s

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

Lil-Lets Dry Lock Pantyliners 14s

**STAND A CHANCE TO WIN 1 OF 10 SPAR SHOPPING VOUCHERS to the value of R1000**

Enter your winning season with Lil-Lets and Dove Cotton!

Purchase any of the Lil-Lets Incontinence, Maternity or Dove Cotton Baby ranges between 22 April and 10 May 2026 for a chance to win.

To enter, simply email your till slip to [lil-letsSA@lil-lets.com](mailto:lil-letsSA@lil-lets.com) and you could be one of our lucky winners.

Ts & Cs apply.

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# Super Savings

**SHOP SWIPE SAVE**  
**WIN A CAR**  
Competition ends 10 May 2026.

**SPAR Mini Toilet Tissue**  
1 Ply  
300 Sheets  
18s

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

WITH RewardsCARD

**YOU CAN DO IT ALL, RIGHT HERE, AT SPAR**

## Cleaning Essentials

**Glade Secrets Air Freshener**  
180 ml Assorted

**BUY ANY 2 FOR 40<sup>00</sup>**

WITH RewardsCARD

**Sta Soft Fabric Softener**  
Refill or Concentrate Doy Pack  
500 ml Assorted

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

WITH RewardsCARD

**Comfort Fabric Softener**  
1,5 litre Assorted

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

WITH RewardsCARD

**Handy Andy Cleaning Cream**  
Refill Pouch  
750 ml Assorted

**BUY ANY 2 FOR 40<sup>00</sup>**

WITH RewardsCARD

**Albex Thin Bleach**  
750 ml Assorted

**BUY ANY 2 FOR 26<sup>00</sup>**

WITH RewardsCARD

**Finish Auto Dishwashing Tablets**  
45s / 50s / 56s Assorted

**249<sup>99</sup>** each

WITH RewardsCARD

**Sunlight Laundry Bar**  
400 g / 500 g Assorted

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

WITH RewardsCARD

**Domestos Thick Bleach**  
750 ml Assorted

**29<sup>99</sup>** each

WITH RewardsCARD

**Raid Multi Insect Killer**  
300 ml Assorted

**34<sup>99</sup>** each

WITH RewardsCARD

**Tuffy Budget Refuse Bag**  
20s

**39<sup>99</sup>** per roll

WITH RewardsCARD

**Sunlight Original Dishwashing Liquid Bottle**  
(incl. Platinum Range)  
750 ml

**29<sup>99</sup>** each

WITH RewardsCARD

**Home Care By Spar Dustpan & Brush Set**

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

WITH RewardsCARD

**Home Care By SPAR Large Mop**  
200 g

**69<sup>99</sup>** each

WITH RewardsCARD

**Robertson's Bicarbonate of Soda or Epsom Salt**  
500 g

**BUY ANY 2 FOR 50<sup>00</sup>**

WITH RewardsCARD

**BUY DATA, AIRTIME & SOCIAL BUNDLES**

**PAY YOUR BILLS IN A FLASH**  
DStv AVON

**BUY & ENJOY**  
Pre-paid entertainment vouchers  
NETFLIX SHOWMAX FLOBOX

**TOP UP YOUR CHANCES**  
betway bet365 GFT teacher HOLLYWOOD

**TOP UP PRE-PAID ELECTRICITY**

**BOOM!**  
Doing more with your money at SPAR

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

Ts & Cs apply. For updated terms and conditions, please go to [www.spar.co.za](http://www.spar.co.za)

**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.

Available at the following SUPERSPAR stores:  
 · PORT ELIZABETH SUPERSPARS: Bluewater Bay, Despatch, Gelvandale, Hunters Retreat, Mount Pleasant, Newton Park, Our, Summerbreez, Sunridge, Waterfront  
 · EAST LONDON SUPERSPARS: Amalinda, Crossways, Debi Lee, Gonubie, Nahoon, Nick's Food Berea, Southernwood, Spargs Beacon Bay, Vincent · KNYSNA SUPERSPAR: Knysna  
 · GEORGE SUPERSPAR: Heather Park, Outeniqua · JEFFREY'S BAY SUPERSPAR: Jeffrey's Bay · ST. FRANCIS BAY SUPERSPAR: Village Square · PORT ALFRED SUPERSPAR: Rosehill · PLETTENBERG BAY: Melville's · UITENHAGE SUPERSPAR: Levyvale,  
 · SEDGFIELD SUPERSPAR: Sedgfield · GRAAF REINET SUPERSPAR: Spandau · HUMANSDORP SUPERSPAR: Village On Main.

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Let's chat 0860 313 141

Say "hello" to get specials, store details, SPAR Rewards & more!

For more info: [www.spar.co.za](http://www.spar.co.za) or Find us on /myspar

**SUPERSPAR**