

6 WEEKS LEFT TO COLLECT STICKERS!

UNLEASH YOUR INNER CHEF

with **nutrifresh**™

Ends 8 November 2026

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

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM
Retail Price
R399.99
Discounted Price:
79⁹⁹
TAXY
CASHY
TAXY
COLLECT 30 STICKERS

AS SEEN ON TV

SAVE EXTRA



BUY me for a BONUS sticker!

Jacobs
Krönung
Coffee Jar
200 g or
Refill
230 g
(excl. Decaf)
Assorted

156⁰⁰ each
Save R49



Goldi
IQF
Chicken
Mixed
Portions
5 kg

209⁹⁹ each
WITH RewardsCARD

AS SEEN ON TV

SAVE EXTRA



Stork
Country Spread
40% Fat
Spread
Tub
1 kg

44⁹⁹ each
Save R15



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

94⁹⁹ per pack
WITH RewardsCARD



Hulett's
White
Sugar
2,5 kg

56⁹⁹ each
WITH RewardsCARD



SPAR
Sunflower
Oil
2 litre

69⁹⁹ each
WITH RewardsCARD



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

109⁹⁹ each
WITH RewardsCARD

AS SEEN ON TV

BUY me for a BONUS sticker!



Baby Soft
2 Ply
Toilet Rolls
350 Sheets
18s

119⁹⁹ per pack
Save R50



Huggies
Gold
Jumbo Pack
Disposable
Nappies or Pants
Assorted

219⁹⁹ per pack
WITH RewardsCARD

SEC3880

SUPERSPAR



Butchery prices are valid 22 - 27 September 2026 only.

Pork products only available at selected SUPERSPAR stores

Durban-style
Curry on
the Coals

Delicious
Braai broodjies

Fireside feasts to remember

Flaming good meals for less.



49⁹⁹ each
SPAR
freshline
Potjie Pack
1 kg



79⁹⁹ per kg
Your Butcher
By SPAR
Fresh Chicken
Starpack
8s



79⁹⁹ per kg
Your Butcher
By SPAR
Fresh Chicken
Fillets
4s



64⁹⁹ per kg
Your Butcher
By SPAR
Fresh Whole
Chicken in a
Bag/Tray
(No Giblets)



SPAR Rewards deals. 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 September** up to and including **6 October 2026** while stocks last.
We reserve the right to limit quantities. Prices include VAT.



29⁹⁹ each
SPAR
freshline
Mixed
Mushrooms
350 g



19⁹⁹ each
SPAR
freshline
Tomatoes
750 g



99⁹⁹ per kg
SPAR
Tender & Tasty
Deboned Fresh Chicken Thigh
Espetada Sweet Chilli BBQ,
Roasted Garlic Butter,
BBQ or Peri-Peri



35⁹⁹ per pack
SPAR
Bakery
Roosterkoek
6s

Butchery prices are valid 22 - 27 September 2026 only.

Pork products only available at selected SUPERSPAR stores

**Nyama
for Everyone**
made with pork packs

Where
there's
Fire,
there's
meat

Butchery prices are valid 22 - 27 September 2026 only.
Pork products only available at selected SPAR stores



109⁹⁹ per kg
Your Butcher
By SPAR
Grabouw
Boerewors



59⁹⁹ per kg
Your Butcher
By SPAR
Bulk Pork Braai Chops
(May consist of Best End
or Shoulder Chops)



99⁹⁹ per kg
Your Butcher
By SPAR
Pork Belly Roast
or Pork Braai Rashers



89⁹⁹ each
Your Butcher
By SPAR
Ostrich Fillet
or Prime Steak
Portions
400 g



29⁹⁹ each
SPAR
freshline
Potatoes
2 kg



SPAR Rewards deals. While stocks last.

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125⁹⁹ each
SPAR Bakery
Rainbow
Cake



99⁹⁹ each
SPAR Bakery
Large Baked
Milk Tart
1.2 kg



169⁹⁹ per kg
Your Butcher
By SPAR
Beef Rump or
Sirloin Steaks



219⁹⁹ per kg
SPAR
Steak Co.
Beef Bavette
Plankie Steak

Butchery prices are valid 22 - 27 September 2026 only.



**Mini Banana
Bread with a
Caramel Drizzle**

**Skillet
Apple
Crumble**

**Butter Up
Your Steak**
Lemon & Herb or
Cowboy-style



Butchery prices are valid 22 - 27 September 2026 only.
Pork products only available at selected SPAR stores



24⁹⁹ each
SPAR
freshline
Golden Delicious
and Red Apples
1.5 kg



29⁹⁹ each
SPAR
freshline
Bananas
Mini Box
1.2 kg



16⁹⁹ per pack
SPAR
freshline
Italian Salad or
Crisp Lettuce Packs
220 g / 300 g



119⁹⁹ per kg
SPAR
Tender & Tasty
Lamb
Minced Liver
Skilpadjies

The **SPAR & TOPS** you love, now online!

DOWNLOAD NOW ON

Available on the
App Store

GET IT ON
Google Play

Maximum 10 deals per customer on all **SAVE EXTRA** products.

Specials only available at selected **SUPERSPAR** stores in the **Eastern Cape** from **22 September** up to and including **6 October 2026** while stocks last.

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174⁹⁹ per combo

Combo Deal

SPAR
Tender & Tasty
Pork Belly Ribs Sweet &
Sticky or BBQ
1 kg
+
SPAR
Bakery
Garlic Bread
330 g



79⁹⁹ each

SPAR
Pepper Steak or
Slow Roasted
Chicken Pie
550 g



169⁹⁹ each

SPAR
Braai Snoek
With Apricot
Marinade
1.1 kg



59⁹⁹ each

Your Butcher
By SPAR
Ostrich
Burgers
400 g



99⁹⁹ per kg

Your Butcher
By SPAR
Beef Original,
Chargrill or
Cheese Burgers



22⁹⁹ per pack

SPAR
Bakery
Hot Dog or
Hamburger
Rolls
6s



39⁹⁹ per pack

SPAR
Bakery
Garlic, Herb or
Chilli & Garlic
Braai Rolls
6s

Pick your Fireside feast

Flaming good meals for less.

No-prep Ribs & Garlic Bread

Braai-style Sliders

Butchery prices are valid 22 - 27 September 2026 only.

Pork products only available at selected SUPERSPAR stores

The **SPAR & TOPS** you love, now online!



DOWNLOAD NOW ON



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Not For Persons Under The Age Of 18.



Savings made super!



Kellogg's
Corn Flakes
1 kg

69⁹⁹ each

WITH RewardsCARD

Breakfast Savings



SPAR
Rusks
450 g / 500 g
Assorted

44⁹⁹ each

WITH RewardsCARD



Jungle
Oats
1 kg

35⁹⁹ each

WITH RewardsCARD



BUY me for a BONUS sticker!

FUTURELIFE
Smart Food

Future Life
Smart Food
Original or Zero,
Kids, Crunch,
Bran or Pops
(excl. High Protein)
350 g / 375 g / 425 g
/ 450 g / 500 g
Assorted

49⁹⁹ each

WITH RewardsCARD



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

52⁹⁹ each

WITH RewardsCARD



BUY me for a BONUS sticker!

BOKOMO
WEET-BIX
WHOLEGRAIN WHEAT BISCUITS
High in Fibre
High in Vitamins B1, B2 & B3
Source of Iron

Bokomo
Weet-Bix
900 g

49⁹⁹ per pack

WITH RewardsCARD



YUM YUM
Peanut Butter
400 g
Assorted
(excl. Dreams Range
380g / 390g)

39⁹⁹ each

WITH RewardsCARD



SPAR
Smooth Apricot or
Mixed Fruit
Jam
900 g

39⁹⁹ each

WITH RewardsCARD

Combo Deal



IWISA
No. 1
SUPER MAIZE MEAL
2.5 kg



Golden Delight
SIMPLY PERFECT
LONG GRAIN WHITE PARBOILED THAI RICE



SNOWFLAKE
too fresh to flop
cake wheat flour
2.5 kg

BUY ALL FOR

95⁰⁰ per combo

WITH RewardsCARD



SPAR
Filter Coffee or Beans
250 g
Assorted

109⁹⁹ each

WITH RewardsCARD



JOKO
100% PURE ROOIBOS
80 Teabags

39⁹⁹ each

WITH RewardsCARD

Warm Beverages



AS SEEN ON TV

SAVE EXTRA

FIVE ROSES
SUPERIOR QUALITY TEA
CEYLON BLEND TEA
102 TEA BAGS

Five Roses
Tagless Tea Bags
Ceylon Blend
Only 100s

54⁹⁹ each

Save R18



JACOBS
3 in 1
Instant Coffee Sticks
10s / 20s

84⁹⁹ each

WITH RewardsCARD



NESCAFÉ
Ricoffy
Tin
750 g or
Value Pack
800 g
(excl. Decaf)

139⁹⁹ 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.
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More Savings

AS SEEN ON TV

KOO
BAKED BEANS
IN TOMATO SAUCE
400 g

BUY me for a BONUS sticker!

BUY 2 FOR 30⁰⁰
Save R6

Bull Brand
SAVOURY MINCE WITH VEGETABLES
CURRIED MINCE WITH VEGETABLES
400 g

BUY ANY 2 FOR 50⁰⁰
WITH RewardsCARD

SPAR
PILCHARDS
IN TOMATO SAUCE
IN HOT CHILLI SAUCE
400 g Assorted

BUY ANY 2 FOR 48⁰⁰
WITH RewardsCARD

SPAR
LIGHT MEAT
SHREDDED TUNA
170 g

BUY ANY 2 FOR 38⁰⁰
WITH RewardsCARD

FATTI'S & MONI'S
MACARONI
SPAGHETTI
500 g

BUY ANY 2 FOR 32⁰⁰
WITH RewardsCARD

Royco
GARLIC STEAK FLAVOUR
BROWN ONION
32 g / 37 g / 38 g / 39 g / 40 g / 48 g Assorted

BUY ANY 2 FOR 35⁰⁰
WITH RewardsCARD

Knorr
SOUP PACKET
(incl. Tasty Range)
45 g Assorted

BUY ANY 4 FOR 23⁰⁰
WITH RewardsCARD

Pantry Value Buys

PREMIER COARSE BRAAIPAP
2,5 kg

41⁹⁹ each
WITH RewardsCARD

TASTIC
RICES & WORLD
BASMATI
1 kg

66⁹⁹ each
WITH RewardsCARD

Maggi
BEEF
2 MINUTE NOODLES
5 x 68 g

BUY me for a BONUS sticker!

32⁹⁹ per pack
WITH RewardsCARD

SPAR
EXTRA VIRGIN
SPANISH OLIVE OIL
1 litre

239⁹⁹ each
WITH RewardsCARD

Maggi
LAZENBY
WORCESTERSHIRE SAUCE
250 ml Assorted

31⁹⁹ each
WITH RewardsCARD

Ina Paarman's
KITCHEN SALAD DRESSING
300 ml Assorted

41⁹⁹ each
WITH RewardsCARD

Rhodes
QUALITY CHAKALAKA
410 g Assorted

19⁹⁹ each
WITH RewardsCARD

ALL GOLD
BRAAI RELISH
410 g

19⁹⁹ each
WITH RewardsCARD

NOLA
MAYONNAISE
ASSORTED OR SALAD DRESSING
750 g / 780 g (excl 730 g & Squeeze Bottle 500 g)

39⁹⁹ each
WITH RewardsCARD

Nando's
UMLILO
HOT SAUCE
90 ml

13⁹⁹ each
WITH RewardsCARD

Mama's
PERI-PERI, CHILLI, CHIP, PERINNAISE, SWEET CHILLI OR BBQ SAUCE
750 ml

29⁹⁹ each
WITH RewardsCARD

Jan Braai
BASTING SAUCE
750 ml Assorted

39⁹⁹ each
WITH RewardsCARD

AS SEEN ON TV

ALL GOLD
TOMATO SAUCE
700 ml

BUY me for a BONUS sticker!

32⁹⁹ each
Save R7

LOVE IT? SPAR GETS IT DELIVERED **2U**



Download now!



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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

Baking Savings

Danone Ultra Mel Custard
1 kg / 1 litre Assorted

54⁰⁰

WITH RewardsCARD

Golden Cloud Pre Mixes
1 kg Assorted

39⁹⁹ each

WITH RewardsCARD

Snowflake Selfraising Flour
1 kg

21⁹⁹ each

WITH RewardsCARD

Stork Baking Margarine
Brick 500 g Assorted

32⁹⁹ each

WITH RewardsCARD

Combo Deal

Bundle Deal

Trumps Chocolate Flavoured Drops 50 g
+
Nestlé Cocoa Doy Pack 62,5 g
+
SPAR Cake Flour 2,5 kg
+
Sunshine D Original Margarine 80% Fat Spread Brick 500 g
+
Robertson's Vanilla Essence 100 ml

150⁰⁰ per combo

WITH RewardsCARD

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
+
Rhodes Chakalaka 410 g Assorted
+
Premium Coarse Braai Pap 2,5 kg

69⁰⁰ per combo

WITH RewardsCARD

Spice Savings

Imana Stock Cubes
24s Assorted

22⁹⁹ each

WITH RewardsCARD

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

13⁹⁹ each

WITH RewardsCARD

Robertson's Spice, Seasoning or Herbs (excl. Pepper & Grinder Range)
14 g / 100 ml Assorted

26⁹⁹ each

WITH RewardsCARD

Knorr Aromat Seasoning
70 g / 75 g Assorted

15⁹⁹ each

WITH RewardsCARD

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM AND

SAVE UP TO 80%

on **nutrifresh** Kitchen Essentials

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Cheese Savings

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Clover
Feta
Cheese
400 g
Assorted

62⁹⁹ each

WITH RewardsCARD

Clover
Processed
Cheese Slices
950 g
Assorted

119⁹⁹ each

WITH RewardsCARD

Lancewood
Pre-Packed Cheese
900 g
Assorted

139⁹⁹ each

WITH RewardsCARD

SPAR
Marksbyr
Select
Danish Blue
Cheese
100 g

46⁹⁹ each

WITH RewardsCARD

Fairview
Brie or Camembert
Cheese
125 g
Assorted

42⁹⁹ each

WITH RewardsCARD

Fairview
White Rock
Cheese
100 g
Assorted

42⁹⁹ each

WITH RewardsCARD

Lancewood
Dip & Top
175 g
Assorted

34⁹⁹ each

WITH RewardsCARD

Lancewood
Medium Fat
Cream Cheese
230 g
Assorted

49⁹⁹ each

WITH RewardsCARD

Lancewood
Cottage
Cheese
250 g
Assorted

44⁹⁹ each

WITH RewardsCARD

Healthy Savings

Canderel
Milk
Chocolate Bar
27 g / 30 g
Assorted

BUY ANY 2 FOR

38⁰⁰

WITH RewardsCARD

Canderel
Sweetener
Sticks
50s

41⁹⁹ each

WITH RewardsCARD

The Master
Pure
Honey
500 g

64⁹⁹ each

WITH RewardsCARD

Slimsy
Iced Tea or
Squash
1 litre
Assorted

32⁹⁹ each

WITH RewardsCARD

SPAR
Signature Selection
Espresso
Coffee Beans
250 g

109⁹⁹ each

WITH RewardsCARD

SPAR
Signature Selection
Stuffed
Olives
340 g
Assorted

51⁹⁹ each

WITH RewardsCARD

SPAR
Signature Selection
Cheese Slices
150 g
Assorted

59⁹⁹ each

WITH RewardsCARD

SPAR
Signature Selection
Smoked Mussels
in Vegetable Oil
85 g

24⁹⁹ each

WITH RewardsCARD

LOVE IT? SPAR GETS IT DELIVERED 2U



Download now!

Available on the App Store

GET IT ON Google Play

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Fridge Essentials



nutrifresh™

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Retail Price R399.99

Discounted Price:

79⁹⁹

19 CM COOK'S KNIFE

COLLECT 30 STICKERS

A CUT ABOVE THE REST

Ends 8 November 2026

nutrifresh™ is a registered trademark used under license by TCC Global NCC



Clover Tropika Eazy Dairy Fruit Mix
or
Krush Nectar Fruit Juice Blend
or
Super M Flavoured Milk
6 x 200 ml Assorted

39⁹⁹ per pack

WITH RewardsCARD



Clover Krush Nectar Blend
3 litre Assorted

52⁹⁹ each

WITH RewardsCARD



SPAR Full Cream Maas
4 kg

59⁹⁹ each

WITH RewardsCARD



Parmalat Steri Stumpie Flavoured Milk or Iced Coffee
350 ml Assorted

BUY ANY 2 FOR

30⁰⁰

WITH RewardsCARD



Parmalat Protein Pouches Protein or Kids
100 g Assorted

BUY ANY 5 FOR

40⁰⁰

WITH RewardsCARD



Clover Low Fat Smooth Dairy Snack
6s Assorted

BUY ANY 2 FOR

34⁰⁰

WITH RewardsCARD



Clover Bliss Bliss or Authentikos Double Cream Yoghurt
750 g / 1 kg Assorted

42⁹⁹ each

WITH RewardsCARD



Darling Low Fat Smoothie
300 ml Assorted

24⁹⁹ each

WITH RewardsCARD



Clover Butro Full Cream Modified Butter Spread
500 g

86⁹⁹ each

WITH RewardsCARD



SPAR Red, Smoked or Smoked with Cheese Viennas
500 g

BUY me for a BONUS sticker!

49⁹⁹ each

WITH RewardsCARD



Rainbow Simply Chicken Premium Polony
1 kg Assorted

79⁹⁹ each

WITH RewardsCARD



Eskort Cheese, Bacon or Pepperoni Grillers
500 g

69⁹⁹ each

WITH RewardsCARD



Eskort Cold Meat Slices
125 g Assorted

26⁹⁹ each

WITH RewardsCARD



AS SEEN ON TV

BUY me for a BONUS sticker!

Rama Original 70% Fat Spread Brick
500 g

26⁹⁹ each

Save R10



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

39⁹⁹ each

WITH RewardsCARD



SPAR Diced, Round or Shoulder Bacon
200 g

32⁹⁹ each

WITH RewardsCARD

SPAR Rewards deals available while stocks last.

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Freezer Favourites



Dine-In
Frozen
Meal
800 g / 900 g
Assorted

159⁹⁹
each

WITH RewardsCARD



Dine-In
Frozen
Macaroni
& Cheese
900 g

125⁹⁹
each

WITH RewardsCARD



Dr Oetker
Ital Pizza
305 g / 320 g / 335 g
Assorted

BUY
ANY
2
FOR

120⁰⁰

WITH RewardsCARD



McCain
Stir Fry
700 g
Assorted

39⁹⁹
each

WITH RewardsCARD



McCain
Mixed
Vegetables
1 kg

46⁹⁹
each

WITH RewardsCARD



Rainbow
Simply Chicken
Crumbed Chicken Steaklets,
Nuggets or Burgers
Assorted or Fingers
350 g / 400 g

54⁹⁹
each

WITH RewardsCARD



Eskort
Crumbed Pork
Fingers, Frikkadel,
Nuggets, Sliders or
Mini Cheese Viennas or
Potato & Bacon Balls
400 g

41⁹⁹
each

WITH RewardsCARD



I&J
Crumbed
Hake Fillets
600 g
Assorted

119⁹⁹
per pack

WITH RewardsCARD



SPAR
Braai Snoek
With Apricot
Marinade
1,1 kg

169⁹⁹
each

WITH RewardsCARD



Today
Puff Pastry
400 g

25⁹⁹
each

WITH RewardsCARD



Magnum
Mini
Ice Cream Sticks
5s
Assorted

99⁹⁹
each

WITH RewardsCARD



Dairymaid
Country Fresh
Ice Cream
1,8 litre
Assorted

64⁹⁹
each

WITH RewardsCARD

Combo Deal



Coca Cola
Regular Drink
1,5 litre

+
McCain
Skinny or Slap
Frozen Chips
1 kg

+
SPAR
Crumbed Hake Fillets
480 g
Assorted

BUY
ALL
FOR

150⁰⁰
per combo

WITH RewardsCARD



**CHEF
QUALITY
AT
HOME**

Ends 8 November 2026

LOVE IT? SPAR GETS IT DELIVERED **2U**



Download now!

Available on the
App Store

GET IT ON
Google Play

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Everyday savings!

AS SEEN ON TV

BUY me for a BONUS sticker!

Red Bull Energy Drink
355 ml
Assorted

BUY ANY 2 FOR

44⁰⁰

Save R12

Cool Beverage Savings

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

Coca Cola Regular Only 2 litre

BUY 2 FOR

47⁰⁰

WITH RewardsCARD

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

BUY ANY 2 FOR

39⁰⁰

WITH RewardsCARD

Bon Aqua Still Water 1,5 litre

BUY 2 FOR

25⁰⁰

WITH RewardsCARD

aQuelle Viv Sports Drink 500 ml Assorted

BUY ANY 2 FOR

22⁰⁰

WITH RewardsCARD

Schweppes Soft Drink Mixer 1 litre Assorted

BUY ANY 2 FOR

39⁰⁰

WITH RewardsCARD

Tsitsikamma Still Spring Water 5 litre

BUY 2 FOR

46⁰⁰

WITH RewardsCARD

Bundle Deal

Buy ANY 2 Sprite Fanta or Stoney Regular Range or Schweppes Soda Water 2 litre
+ Buy ANY 2 Dr Oetker Ital Pizza 305 g / 320 g / 335 g
+ Buy ANY 2 Willards Big Korn Bites 120 g
+ Buy ANY 2 Nestlé Kit Kat, Aero, Bar-One, Tex or Smarties 40 g / 41,5 g / 42 g / 52 g

BUY ALL FOR

199⁰⁰ per combo

WITH RewardsCARD

Brookes Oros Squash 2 litre Assorted

37⁹⁹ each

WITH RewardsCARD

Liqui-Fruit 100% Fruit Juice Blend 1 litre Assorted

32⁹⁹ each

WITH RewardsCARD

Cappy 100% Fruit Juice Blend 1,5 litre Assorted

34⁹⁹ each

WITH RewardsCARD

SPAR Rewards deals available while stocks last.



SLICE & DICE WITH EASE

nutrifresh™

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Retail Price R399.99

Discounted Price:

79⁹⁹

16.5cm Sandwich Slicer

COLLECT 30 STICKERS

Sweets & Treats Savings

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Maynards
Jellies or Gums 100 g
Assorted or Allsorts Liquorice 150 g

BUY ANY 2 FOR

42⁰⁰

WITH RewardsCARD



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

24⁰⁰

WITH RewardsCARD



Nestlé
Kit Kat, Tex, Bar One or Smarties Mini Bag 135 g / 180 g / 182 g / 189 g

BUY ANY 2 FOR

99⁰⁰

WITH RewardsCARD



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

BUY ANY 6 FOR

25⁰⁰

WITH RewardsCARD



Manhattan
Pink and White Marshmallows or Mister Sweet Pink & White Yumallows 400 g

44⁹⁹ each

WITH RewardsCARD



Mister Sweet
Speckled Eggs 100 g / 125 g Assorted

31⁹⁹ each

WITH RewardsCARD



Amajoya
Toffee 113 g Assorted

25⁹⁹ each

WITH RewardsCARD



Truda
Pretzels (incl. Fish Shape) 200 g / 240 g Assorted

24⁹⁹ each

WITH RewardsCARD



De Vries
Ginger Biscuits 200 g

BUY 2 FOR

32⁰⁰

WITH RewardsCARD



Bakers
Eet-Sum-Mor Biscuits 200 g Assorted

32⁹⁹ each

WITH RewardsCARD



Bakers
Salticrax 200 g Assorted

32⁹⁹ each

WITH RewardsCARD



Bakers
Kips Crackers 200 g Assorted

32⁹⁹ per box

WITH RewardsCARD



Simba
Potato Chips 120 g Assorted

BUY ANY 2 FOR

32⁰⁰

Save R12



Willards
Big Korn Bites Chips 120 g Assorted

BUY ANY 2 FOR

32⁰⁰

WITH RewardsCARD



Nik Naks
Maize Snack 135 g Assorted

BUY ANY 2 FOR

22⁰⁰

WITH RewardsCARD

LOVE IT? SPAR GETS IT DELIVERED 



Download now!



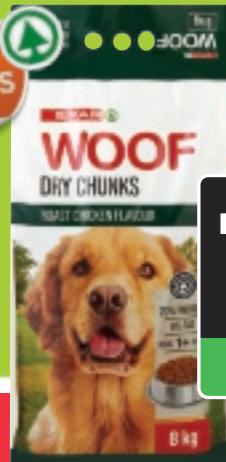
Maximum 10 deals per customer on all **SAVE EXTRA** products.

Specials only available at selected **SUPERSPAR** stores in the Eastern Cape from **22 September** up to and including **6 October 2026** while stocks last.

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

Always-on savings!

BUY me for a BONUS sticker!



SPAR
Woof
Chunks
Dog Food
8 kg
Assorted

159⁹⁹ each

WITH RewardsCARD

Pet Care



SPAR
Purr-fect
Dry Pellets
2 kg
Assorted

79⁹⁹ each

WITH RewardsCARD



Husky
Canned
Dog Food
775 g
Assorted

34⁹⁹ each

WITH RewardsCARD



Beeno
Dog
Biscuits or
Malloos Bites
500 g / 800 g
Assorted

69⁹⁹ each

WITH RewardsCARD



Whiskas
Cat Food
Pouches
12s
Assorted

139⁹⁹ each

WITH RewardsCARD

Braai Savings



Twinsaver
Mighty Big
Roller Towels
150 sheets

32⁹⁹ each

WITH RewardsCARD



SPAR
Firelighters
12s

21⁹⁹ each

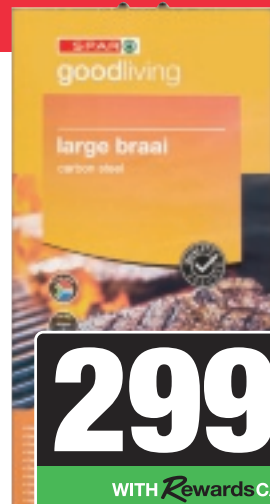
WITH RewardsCARD



SPAR
Briquettes
5 kg

89⁹⁹ each

WITH RewardsCARD



good living
Large Braai

299⁹⁹ each

WITH RewardsCARD



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

BUY ANY
3
FOR

100⁰⁰

WITH RewardsCARD



SPAR
Paper
Plates
50s

41⁹⁹ each

WITH RewardsCARD



SPAR
Paper
Cups
10s

29⁹⁹ each

WITH RewardsCARD



SPAR
Serviettes
1 Ply
White
100s

18⁹⁹ per pack

WITH RewardsCARD



SPAR
Heavy Foil
5m

34⁹⁹ each

WITH RewardsCARD



good living
Cooler Box
26 litre
Assorted

219⁹⁹ each

WITH RewardsCARD

Home Essentials



Duracell
Plus
AA or AAA
Batteries
4s

79⁹⁹ per pack

WITH RewardsCARD



Shield Sheen
Vinyl, Plastic
& Rubber
Care
300 ml
Assorted

49⁹⁹ each

WITH RewardsCARD



Defy
Cordless
Kettle
1,7 litre

349⁹⁹ each

WITH RewardsCARD



SPAR Rewards deals available while stocks last.

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Baby Care



Little Munchkins
By SPAR
Baby Wipes
3 x 80s
Assorted

89⁹⁹
per pack

WITH RewardsCARD



Nestlé
Nestum
Baby Cereal
200 g
Assorted

25⁹⁹
each

WITH RewardsCARD



Nestlé
Cerelac
Baby Cereal
200 g
Assorted

34⁹⁹
each

WITH RewardsCARD



Parmalat
Growth Milk
3+
Low Fat
Dairy Blend
1 litre

29⁹⁹
each

WITH RewardsCARD



Purity
Baby Foods Jar
125 ml or
Puree Pouches
110ml
Assorted

BUY ANY
2
FOR

26⁰⁰

WITH RewardsCARD



Nestlé
Nido 3+
Powdered
Milk Drink
900 g

179⁹⁹
each

WITH RewardsCARD



Johnson's
Baby Powder
Regular Only
200 g or
Baby Oil
125 ml

54⁹⁹
each

WITH RewardsCARD



Johnson's
Baby
Petroleum Jelly or
Aqueous Cream
500 ml
Assorted

54⁹⁹
each

WITH RewardsCARD



Johnson's
Baby
Top-to-Toe
or Chamomile 3-in-1
Wash or
Bedtime Bath
500 ml

79⁹⁹
each

WITH RewardsCARD



Vicks
BabyRub
45 g

59⁹⁹
each

WITH RewardsCARD

Personal Favourites



SPAR
Mini
Toilet Tissue
1 Ply
300 Sheets
18s

62⁹⁹
per pack

WITH RewardsCARD



Care
By SPAR
Facial Tissue
200s
Assorted

25⁹⁹
per box

WITH RewardsCARD



Vaseline
Petroleum
Jelly
250 ml
Assorted

46⁹⁹
each

WITH RewardsCARD



Dove
Cotton
Rounds
80s

29⁹⁹
each

WITH RewardsCARD



Gillette
Mach3
Turbo
Cartridge
2s

199⁹⁹
each

WITH RewardsCARD



Old Spice
Men
Deodorant Body Spray 150 ml
OR
Shower Gel 400 ml
OR
Anti-Perspirant Stick 50 ml
Assorted

BUY ANY
2
FOR

99⁰⁰

WITH RewardsCARD



Oral B
Bacteria Blast
Medium
Toothbrush
2s

99⁹⁹
per pack

WITH RewardsCARD



Oral B
Gum & Enamel
Extra Soft
Toothbrush
2s

89⁹⁹
per pack

WITH RewardsCARD



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

23⁹⁹
each

WITH RewardsCARD

Sanitary Savings



Always
Pantyliners
40s
Assorted

BUY ANY
2
FOR

80⁰⁰

WITH RewardsCARD



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

BUY ANY
2
FOR

80⁰⁰

WITH RewardsCARD



Lil-Lets
Dry Lock
Sanitary Pads
Regular Only
12s

45⁹⁹
each

WITH RewardsCARD

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.

Specials only available at selected **SUPERSPAR** stores in the Eastern Cape from **22 September** up to and including **6 October 2026** while stocks last.

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Fresh defence



Mitchum
Roll On
Deodorant
for Women
50 ml
Assorted

43⁹⁹ each
WITH RewardsCARD

BUY me for a BONUS sticker!



Rexona
Shield Roll On
Deodorant
for Women
50 ml
Assorted

22⁹⁹ each
WITH RewardsCARD



Yardley
Body Spray
for Women
90 ml
Assorted

42⁹⁹ each
WITH RewardsCARD



Revlon
Body Spray
for Women
90 ml
Assorted

34⁹⁹ each
WITH RewardsCARD



Playgirl
Body Spray
for Women
90 ml
Assorted

34⁹⁹ each
WITH RewardsCARD

Silky smooth

Vaseline
Intensive Care
Body Lotion
for Women
625 ml
Assorted

99⁹⁹ each
WITH RewardsCARD

Vaseline
Body Cream or
Lotion for Women
400 ml
Assorted

54⁹⁹ each
WITH RewardsCARD

Vaseline
Cera-Glow
Body
Gel Oil
200 ml

149⁹⁹ each
WITH RewardsCARD

Vaseline
Cera Glow
Body Lotion
or Cream
400 ml
Assorted

109⁹⁹ each
WITH RewardsCARD



Ingram's
Body
Lotion or Cream
for Women
400 ml
Assorted or
Tissue Oil Cream
250 ml

46⁹⁹ each
WITH RewardsCARD

Dolly Varden
GET YOUR GLOW

Dolly Varden
GlycoGlow
4 in 1
Glycerine
100 ml

19⁹⁹ each
WITH RewardsCARD

Dolly Varden
Pure Glycerine
100 ml

22⁹⁹ each
WITH RewardsCARD

Dolly Varden
Tissue Oil
100 ml
Assorted

27⁹⁹ each
WITH RewardsCARD



Bic
Soleil Escape
3 Blade
Disposable Shavers
3s

71⁹⁹ each
WITH RewardsCARD

Bic
Soleil
Escape 5 Blade
Disposable Razors
2s

94⁹⁹ each
WITH RewardsCARD

Bic
1
Lady
Disposable
Razors
4 + 1 FREE

24⁹⁹ each
WITH RewardsCARD

Bic
Lady
Disposable
Razors
4 + 2 Free

64⁹⁹ each
WITH RewardsCARD

Care By SPAR
Fixed Head
Disposable
Razors
for Ladies
5s

25⁹⁹ each
WITH RewardsCARD

Maximum 10 deals per customer on all **SAVE EXTRA** products.

Specials only available at selected **SUPERSPAR** stores in the Eastern Cape from **22 September** up to and including **6 October 2026** while stocks last.

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Body guarded



22⁹⁹
each

Rexona
Shield Roll On
Deodorant for Men
50 ml Assorted



26⁹⁹
each

Brut
Roll On
Deodorant for Men
50 ml Assorted



34⁹⁹
each

Revlon
Deodorant
Body Spray for Men
120 ml Assorted



34⁹⁹
each

Playboy
Body Spray
for Men
125 ml / 150 ml
Assorted



43⁹⁹
each

Miltchum
Roll On
Deodorant for Men
50 ml Assorted



42⁹⁹
each

Yardley
Body Spray for Men
125 ml Assorted



49⁹⁹
each

Axe
White Oak, Aqua Bergamot,
Black Vanilla, Blue Lavendar
or Copper Santal Premium
Body Spray
150 ml



34⁹⁹
each

Axe
Deodorant
Aerosol for Men
150 ml Assorted



Care By SPAR
Roll On
Deodorant for Men
50 ml Assorted

19⁹⁹
each

Care By SPAR
Shower Gel for Men
500 ml Assorted

39⁹⁹
each

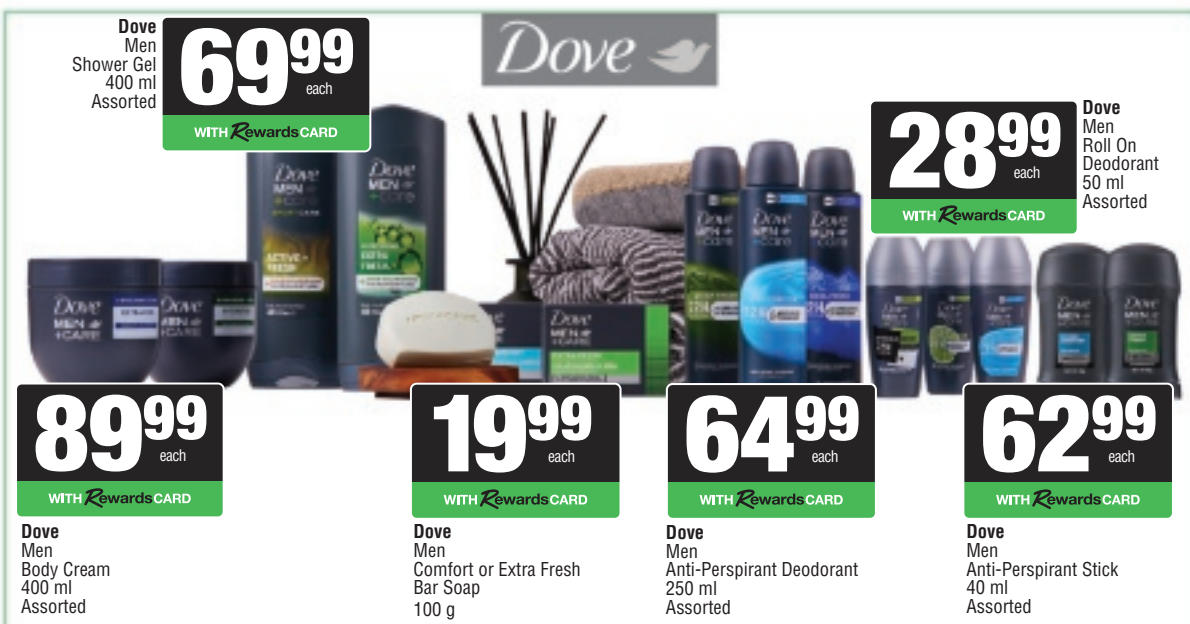


Nivea
Men
Body Lotion or Cream
400 ml Assorted

56⁹⁹
each

Nivea
Men
Shower Gel
500 ml Assorted

64⁹⁹
each



Dove
Men
Shower Gel
400 ml Assorted

69⁹⁹
each

28⁹⁹
each

Dove
Men
Roll On
Deodorant
50 ml Assorted

89⁹⁹
each

Dove
Men
Body Cream
400 ml Assorted

19⁹⁹
each

Dove
Men
Comfort or Extra Fresh
Bar Soap
100 g

64⁹⁹
each

Dove
Men
Anti-Perspirant Deodorant
250 ml Assorted

62⁹⁹
each

Dove
Men
Anti-Perspirant Stick
40 ml Assorted



99⁹⁹
each

Vaseline
Intensive Care
Body Lotion
for Men
625 ml Assorted

54⁹⁹
each

Vaseline
Men
Body Lotion or Cream
400 ml Assorted

46⁹⁹
each

Vaseline
Men
Petroleum Jelly
250 ml Assorted



Care By SPAR
Shaving
Gel
200 ml Assorted

25⁹⁹
each

Care By SPAR
Disposable Razors for Men
5s



Bic
Disposable
Razors for Men
4 + 2 Free

64⁹⁹
each



Bic
1
Disposable
Razors for Men
5s

24⁹⁹
each



Bic
3 Hybrid
Disposable
Razors
6 + 2 FREE

114⁹⁹
each



Bic
Flex 5
Disposable
Razors
2s

95⁹⁹
each

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Smile with confidence



White Glo
Toothpaste
75 ml
Assorted

23⁹⁹
each
WITH Rewards CARD

Colgate
Total
Foaming Clean
Toothbrush
2s

74⁹⁹
each
WITH Rewards CARD



39⁹⁹
each
WITH Rewards CARD

Colgate
Total Pro
Clean Mint,
Max White,
Charcoal,
Gum Care,
Whitening,
Plaque & Enamel
Toothpaste
75 ml



Sensodyne
Clean & Fresh,
Gentle Whitening,
Multi Care Original
OR
Herbal, Fresh Mint
or Natural White
Toothpaste
(incl. Parodontax)
75 ml

49⁹⁹
each
WITH Rewards CARD



39⁹⁹
each
WITH Rewards CARD

Colgate
Harry Potter
Mild & Mint
Kids Toothpaste
50 ml

34⁹⁹
per pack
WITH Rewards CARD

Colgate
Extra Soft
Bluey
Toothbrushes
Twin Pack
2s

39⁹⁹
each
WITH Rewards CARD

Colgate
Harry Potter
Ultra Soft
Toothbrush
6+ Years



159⁹⁹
each
WITH Rewards CARD

Colgate
Harry Potter
Extra Soft
Battery Operated
Kids Toothbrush



69⁹⁹
each
WITH Rewards CARD

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



20⁰⁰
BUY ANY 2 FOR
WITH Rewards CARD

SPAR
Oral-Pro
Everyday Clean
Toothbrush
(incl. Kiddies)
Assorted



SPAR
Oral-Pro
Mouthwash
250 ml
Assorted

32⁹⁹
each
WITH Rewards CARD



24⁹⁹
each
WITH Rewards CARD

Colgate
Kids
Bluey Toothpaste
50 ml

Confidently you



30⁰⁰
BUY ANY 2 FOR
WITH Rewards CARD

Stayfree
Maxi
Sanitary
Pads
8s / 10s
or
Pantyliners
20s
Assorted



25⁹⁹
each
WITH Rewards CARD

SPAR
Petals
Multi Pack
Sanitary Pads
& Pantyliners
18s

40⁰⁰
BUY ANY 2 FOR
WITH Rewards CARD

SPAR
Petals
Maxi
Sanitary Pads
8s / 9s



25⁹⁹
each
WITH Rewards CARD

Dove
Baby
Cotton Wool
Wands
80s

34⁹⁹
each
WITH Rewards CARD

Dove
Baby Cotton
Wool Circles
80s or
Clouds 60 g

29⁹⁹
each
WITH Rewards CARD

Dove
Baby
Oval Pads
Cotton
40s



21⁹⁹
each
WITH Rewards CARD

Lil-Lets
Pantyliners
25s
Assorted

35⁰⁰
BUY ANY 2 FOR
WITH Rewards CARD

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

19⁹⁹
each
WITH Rewards CARD

Lil-Lets
Teen
Maxi Sanitary
Pads
Regular 10s or
Super 8s

45⁹⁹
each
WITH Rewards CARD

Lil-Lets
Tampons
32s
Assorted



54⁹⁹
each
WITH Rewards CARD

Lil-Lets
Pantyliners
100s
Assorted



89⁹⁹
per pack
WITH Rewards CARD

Lil-Lets
Maternity
Breast
Pads
30s



54⁹⁹
each
WITH Rewards CARD

Lil-Lets
Extra Long
Maternity
Pads
10s



49⁹⁹
each
WITH Rewards CARD

Lil-Lets
Dry Lock
Pantyliners
34s



34⁹⁹
each
WITH Rewards CARD

Lil-Lets
Dry Lock
Pantyliners
14s



149⁹⁹
per pack
WITH Rewards CARD

Assure
Adult
Disposable
Slips or Pants
10s
Assorted

NAPPI CODES:
Assure Slips (M) 1076490
Assure Slips (L) 1076491
Assure Slips (XL) 1076492
Assure Pants (M) 1076487
Assure Pants (L) 1076488
Assure Pants (XL) 1076489

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Specials only available at selected **SUPERSPAR** stores in the Eastern Cape from **22 September** up to and including **6 October 2026** while stocks last.

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Love your skin

69⁹⁹ each
WITH Rewards CARD
Dove Bar Soap Value Pack 4 x 90 g Assorted

64⁹⁹ each
WITH Rewards CARD
Dove Anti-Perspirant Deodorant for Women 250 ml Assorted

169⁹⁹ each
WITH Rewards CARD
Dove Body Wash for Women 1 litre Assorted

62⁹⁹ each
WITH Rewards CARD
Dove Anti-Perspirant Stick for Women 50 ml Assorted

69⁹⁹ each
WITH Rewards CARD
Dove Body Wash for Women 400 ml Assorted

81⁹⁹ each
WITH Rewards CARD
Dove Shampoo or Conditioner Assorted or 2 in 1 350 ml / 400 ml

74⁹⁹ each
WITH Rewards CARD
Sanex Body Wash 450 ml Assorted

54⁹⁹ each
WITH Rewards CARD
Dettol Shower Gel 500 ml Assorted

40⁰⁰ each
WITH Rewards CARD
SPAR Germex Hygiene Soap 175 g Assorted

30⁰⁰ each
WITH Rewards CARD
Lifebouy Hygiene Soap (excl. Natural Range) 175 g Assorted

89⁹⁹ each
WITH Rewards CARD
Savlon Antiseptic Liquid 750 ml

BUY me for a BONUS sticker!

79⁹⁹ each
WITH Rewards CARD
Nivea Clear Up Face Scrub 75 ml

79⁹⁹ each
WITH Rewards CARD
Nivea Rose Care Face Mist or Micellar Face Wash 150 ml

79⁹⁹ each
WITH Rewards CARD
Nivea Refreshing Toner 200 ml

99⁹⁹ each
WITH Rewards CARD
Nivea Cleansing Cream Wash 150 ml

59⁹⁹ each
WITH Rewards CARD
Nivea Luminous Cleansing Foam 100 ml Assorted

94⁹⁹ each
WITH Rewards CARD
Nivea Luminous Wash Gel 150 ml

64⁹⁹ each
WITH Rewards CARD
Nivea Shower Gel for Women 500 ml Assorted

99⁹⁹ each
WITH Rewards CARD
Nivea Micellar Water 400 ml Assorted

56⁹⁹ each
WITH Rewards CARD
Nivea Body Lotion or Cream for Women 400 ml Assorted

19⁹⁹ each
WITH Rewards CARD
Care By SPAR Roll On Deodorant for Women 50 ml Assorted

37⁹⁹ each
WITH Rewards CARD
Care By SPAR Body Lotion for Women or Men 400 ml Assorted

39⁹⁹ each
WITH Rewards CARD
Care By SPAR Body Wash for Women 500 ml Assorted

14⁹⁹ each
WITH Rewards CARD
Care By SPAR Soap 175 g Assorted

99⁹⁹ each
WITH Rewards CARD
Perfect Touch Hairspray or Gel Assorted or Curling Mousse or Heat Defence 250 ml / 300 ml / 350 ml / 500 g

69⁹⁹ each
WITH Rewards CARD
Pantene 3 in 1, Shampoo, Conditioner or Pro-V Conditioner or Shampoo 160 ml / 250 ml / 360 ml / 400 ml Assorted

Feel better soon

56⁹⁹ each
WITH Rewards CARD
Panado Capsules 20s

34⁹⁹ each
WITH Rewards CARD
Panado Securitain or Blister Box 24s

69⁹⁹ each
WITH Rewards CARD
Panado Paediatric Syrup 100 ml Assorted

54⁹⁹ per pack
WITH Rewards CARD
Panado Paediatric Sachets Strawberry 12 x 5 ml

30⁰⁰ each
WITH Rewards CARD
Bioplus Syrup Booster Sachet 10 ml Assorted

74⁹⁹ each
WITH Rewards CARD
Calpol Paediatric Suspension 100 ml Assorted

64⁹⁹ each
WITH Rewards CARD
Benlyn Wet Cough Syrup 100 ml Assorted

69⁹⁹ each
WITH Rewards CARD
Vicks Acta Plus Cough Syrup Wet & Dry Original 100 ml or Honey & Ginger 90 ml

59⁹⁹ each
WITH Rewards CARD
Vicks VapoRub Ointment 50 g

Maximum 10 deals per customer on all **SAVE EXTRA** products.

Specials only available at selected **SUPERSPAR** stores in the Eastern Cape from **22 September** up to and including **6 October 2026** while stocks last.

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Bundle Deal



Sunlight Pine Gel 1 litre
+ Sunlight Dishwashing Liquid 750 ml
+ Jik Bleach 1,5 litre

BUY ALL FOR 99⁰⁰ per combo

WITH RewardsCARD

Combo Deal



Safari White or Brown Vinegar 1 litre
+ Robertson's Bicarbonate of Soda 500 g

BUY BOTH FOR 40⁰⁰ per combo

WITH RewardsCARD

More Savings



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

29⁹⁹ each

WITH RewardsCARD



Sunlight Pine Gel 1 litre

41⁹⁹ each

WITH RewardsCARD



Jik Bleach 1,5 litre Assorted

36⁹⁹ each

WITH RewardsCARD



Finish Dishwasher Tablets 45s / 50s / 56s Assorted

259⁹⁹ each

WITH RewardsCARD



Mr Sheen Daily Surface Cleaner 1 litre

44⁹⁹ each

WITH RewardsCARD



Cobra Active Tile Cleaner 750 ml Assorted

51⁹⁹ each

WITH RewardsCARD



Sta Soft Fabric Softener Refill Pouch 500 ml Assorted

BUY ANY 2 FOR 60⁰⁰

WITH RewardsCARD



Home Care By SPAR Drawstring Refuse Bags 20s

49⁹⁹ per roll

WITH RewardsCARD



Handy Andy Trigger Multi-Purpose Cleaner 750 ml Assorted

39⁹⁹ each

WITH RewardsCARD



Home Care By SPAR Multi-Surface Cleaner 300 ml Assorted

33⁹⁹ each

WITH RewardsCARD



Glade Secrets Air Freshener 180 ml Assorted

24⁹⁹ each

WITH RewardsCARD



Raid Insect Killer 300 ml Assorted

39⁹⁹ each

WITH RewardsCARD

Pool Care



hth Pool Granular+ Chlorine 8 kg

439⁹⁹ each

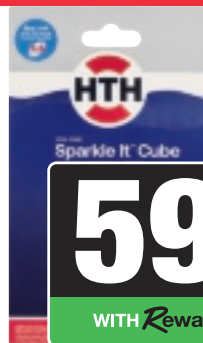
WITH RewardsCARD



hth Super Shock It 600 g

79⁹⁹ each

WITH RewardsCARD



hth Sparkle It Cube

59⁹⁹ each

WITH RewardsCARD



hth Floater + 1,6 kg

199⁹⁹ each

WITH RewardsCARD



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



FIND THE FULL RANGE IN-STORE

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,
• SEDGEFIELD SUPERSPAR: Sedgfield • GRAAF REINET SUPERSPAR: Spandau • HUMANSDORP SUPERSPAR: Village On Main.

Specials only available at selected **SUPERSPAR** stores in the Eastern Cape from **22 September** up to and including **6 October 2026** while stocks last.

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

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 /myspar

SUPERSPAR

