WIN FREE SHOPPING

YOU COULD PAY 0000



ONE WINNER IN EVERY STORE, EVERY DAY FOR 28 DAYS

09 NOVEMBER - 06 DECEMBER 2026

Ts & Cs apply.

www.spar.co.za



SPAR
IQF
Mixed
Chicken
Portions
2 kg

79.99 each
WITH Rewards CARD



Spekko
Long Grain
Parboiled
White Rice
2 kg

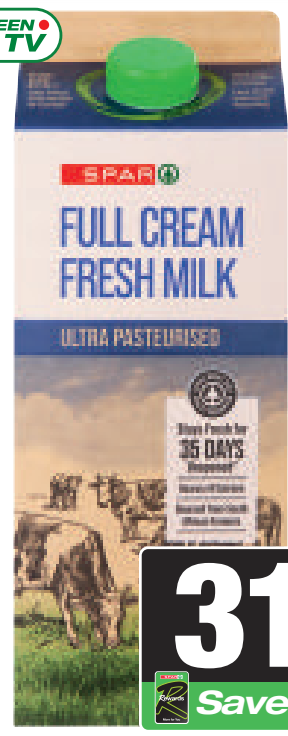
32.99 each
WITH Rewards CARD



B-Well
Omega 3
Cooking Oil
2 litre

59.99 each
WITH Rewards CARD

AS SEEN ON TV



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

31.99 each
Save R5



SPAR
Toilet Tissue
Rolls
2 Ply
350 sheets
9s

59.99 per pack
WITH Rewards CARD



Sunlight
5 in 1
Auto
Washing Powder
2 kg
Assorted or
Liquid
1,5 litre

59.99 each
WITH Rewards CARD



SPAR
Refined
White
Sugar
2 kg

49.99 each
WITH Rewards CARD

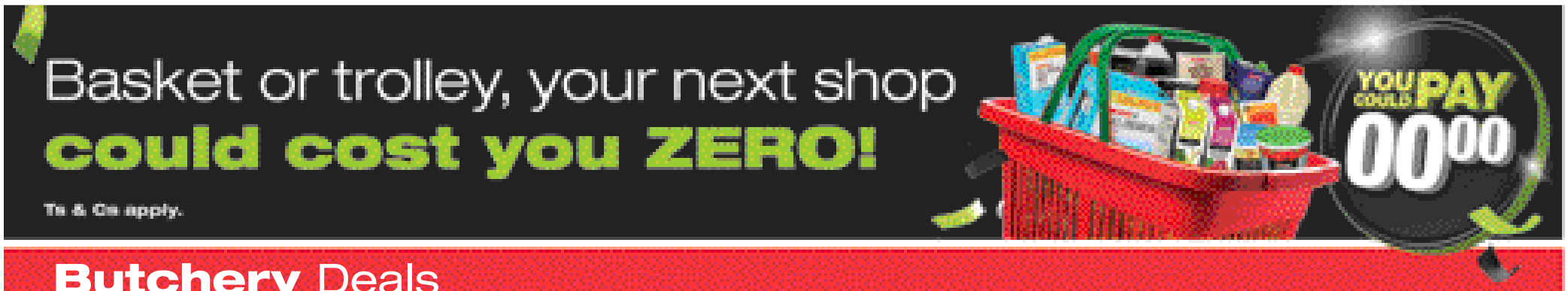


Douwe Egberts
Coffee Jar
200 g or
Pouch
230 g
(excl. Decaf)
Assorted

179.99 each
WITH Rewards CARD

SEC3942

SUPERSPAR



Butchery Deals



Red Crest Farms
Fresh Chicken
Braai Pack
5 Piece

64.99 per kg



Your Butcher by SPAR
Beef Tenderised Steak

149.99 per kg



SPAR Tender & Tasty
Bacon & Cheese Wors
420 g

59.99 each



Your Butcher By SPAR
Pork Texan Steak
(Previously Frozen)

69.99 per kg

BUTCHERY DATE 9 - 15 NOVEMBER 2026

PORK ONLY AVAILABLE AT SELECTED STORES

Fresh Savings



SPAR freshline
Bananas
750 g

BUY 2 FOR 35.00



SPAR freshline
Potjie Pack
1 kg

49.99 per pack



SPAR freshline
Potatoes
2 kg
+
Onions
2 kg
+
Carrots
1 kg
+
Butternut
2s

BUY ALL FOR 99.99 per combo

Bakery Savings



SPAR Bakery
Vanilla & Caramel
Mini Cake

64.99 each



SPAR Bakery
Muffins
4s
Assorted

39.99 per tray



Blue Ribbon or Star Bakeries
Brown Sliced
Bread
700 g

14.99 per loaf



Star Bakeries or Blue Ribbon
White
Sliced
Bread
700 g

17.99 per loaf
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)

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

Imagine if everything on this page **COST YOU NOTHING!**

Ts & Cs apply.

00.00 If you WIN

More Savings



Eezee
Macaroni, Elbows, Penne, Screws or Spaghetti
500 g

BUY ANY 2 FOR **26.00**
WITH Rewards CARD





SPAR
Baked Beans in Tomato Sauce
400 g

BUY 2 FOR **24.00**
WITH Rewards CARD



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

BUY ANY 2 FOR **32.00**
WITH Rewards CARD

Pantry Deals



Maggi
2 Minute Noodles
5s
Assorted

32.99 each
WITH Rewards CARD



Maggi
Lazenby Worcestershire Sauce
250 ml
Assorted

29.99 each
WITH Rewards CARD



Golden Cloud
Cake Wheat Flour
2,5 kg

35.99 each
WITH Rewards CARD



Iwisa
Super Maize Meal
5 kg

54.99 each
WITH Rewards CARD



SPAR
Sliced or Grated Beetroot in Vinegar
780 g

32.99 each
WITH Rewards CARD



B Well
Mayonnaise
740 g / 750 g
Assorted

36.99 each
WITH Rewards CARD



Wellington's
Sweet Chilli Sauce
700 ml

44.99 each
WITH Rewards CARD



Robertson's
Spice Refill
(excl. Crushed Chillies, White & Black Pepper)
64 g / 80 g / 84 g / 89 g / 100 g
Assorted

15.99 each
WITH Rewards CARD



ver
illa
oured Custard or
colate Dessert
g

24.99 each
WITH Rewards CARD



Golden Cloud
Pre-Mix
1 kg
Assorted

39.99 each
WITH Rewards CARD



Knorr
Aromat Refill Trio Pack
200 g
Assorted

28.99 each
WITH Rewards CARD

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Your next big grocery shop
COULD BE FREE!

Ts & Cs apply.



Breakfast Savings



Jungle Oats 1 kg

36.99 each
WITH Rewards CARD

AS SEEN ON TV



SPAR Corn Flakes 1 kg

49.99 each
Save R30



SPAR Squillos Hoops or Puffs Cereal 320 g / 350 g Assorted

36.99 each
WITH Rewards CARD



Bokomo Weet-Bix Original 450 g or Flavoured Biscuits 375 g Assorted

29.99 each
WITH Rewards CARD

Hot Drinks



Jacobs 3 in 1 Assorted or 2 in 1 Coffee Sticks 10s

84.99 each
WITH Rewards CARD



Teaspoon Tips Tagless Teabags 100s

24.99 per pack
WITH Rewards CARD

AS SEEN ON TV



SPAR Brown Sugar 2 kg

42.99 each
Save R12



Thokoman Peanut Butter Smooth 1 kg / 1,1 kg Assorted

64.99 each
WITH Rewards CARD



Rhodes Quality Smooth Apricot or Mixed Fruit Jam 900 g

36.99 each
WITH Rewards CARD

Home Essentials



goodliving Assorted Dish Cloths 3s

59.99 per set
WITH Rewards CARD



SPAR Briquettes 3 kg

54.99 each
WITH Rewards CARD



goodliving Broom & Mop Combo

69.99 per set
WITH Rewards CARD



Home Care by SPAR Toilet Brush Set Assorted

46.99 each
WITH Rewards CARD



Energizer AA or AAA Max Batteries 4s

89.99 each
WITH Rewards CARD

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Fridge Essentials



Bonnita Cabana Dairy Fruit Blend 2 litre Assorted

39.99 each

WITH Rewards CARD



SPAR Medium Fat Flavoured Milk 350 ml Assorted

BUY ANY 2 FOR **30.00**

WITH Rewards CARD



Danone Nutriday Low Fat Smooth Yoghurt 900 g Assorted

34.99 each

WITH Rewards CARD

AS SEEN ON TV

SAVE EXTRA



Clover Low Fat Smooth Yoghurt (excl. fruits of the forest) 6 x 100 g Assorted

BUY ANY 2 FOR **34.00**

Save R16



Rainbow Simply Chicken Viennas 500 g Assorted

69.99 each

WITH Rewards CARD



Parmalat Sure-Sealed Cheese Cuts Assorted

129.99 per kg

WITH Rewards CARD



Lancewood Vauum Packed Cheese 300 g Assorted

64.99 each

WITH Rewards CARD



SPAR Processed Cheese Slices 200 g Assorted

29.99 each

WITH Rewards CARD



Fat Spread Tub 1 kg

34.99 each

WITH Rewards CARD

AS SEEN ON TV



SPAR Margarine 80% Fat Spread Brick 500 g

21.99 each

Save R6



MY Christmas MY SPAR

YOU DON'T WANT TO MISS OUT ON ANY OF THE GOOD STUFF!

Freezer Essentials



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

59.99 each

WITH Rewards CARD



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

56.99 each

WITH Rewards CARD



SPAR Mini Sausage Rolls, Cheese Puffs, Chicken Rolls, Spinach & Feta or Cheese & Jalapeno 40s

99.99 each

WITH Rewards CARD



Sea Harvest Hake Fish Friday 600 g Assorted

119.99 each

WITH Rewards CARD



Eskort Shoulder, Diced or Round Bacon only 200 g

BUY ANY 2 FOR **60.00**

WITH Rewards CARD



Cadbury Dairy Milk, 5 Star or Crunchie Mini Ice Cream Sticks 5s

134.99 each

WITH Rewards CARD



Dairymaid Country Fresh Ice Cream 1,8 litre Assorted

BUY ANY 2 FOR **120.00**

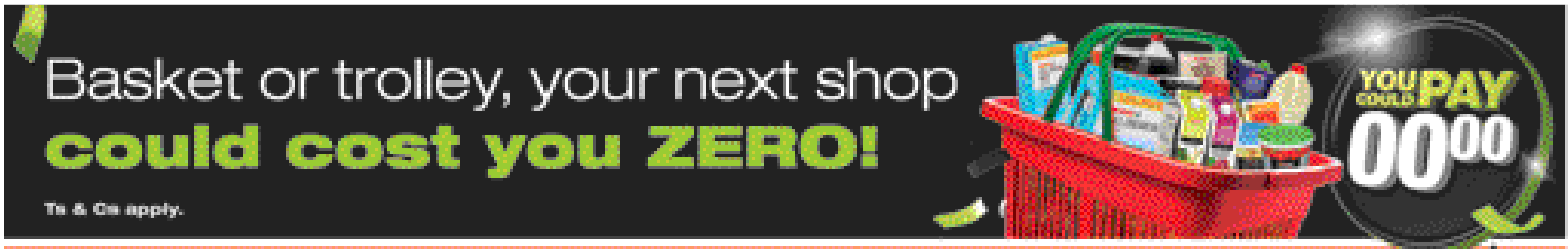
WITH Rewards CARD

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More Favourites



SPAR
Sweets, Jellies or Gums
100 g / 125 g
Assorted

BUY ANY 2 FOR 45.00
WITH Rewards CARD



Oreo
Biscuits
128,8 g
Assorted

BUY ANY 2 FOR 34.00
WITH Rewards CARD



Bakers
Red Label
Cream Biscuits
200 g
Assorted

BUY ANY 2 FOR 48.00
WITH Rewards CARD

AS SEEN ON TV
SAVE EXTRA



Cadbury
Chocolate Slab
(excl. Bubbly)
80 g
Assorted

BUY ANY 2 FOR 34.00
Save R16



SPAR
Potato Chips
120 g
Assorted

BUY ANY 2 FOR 30.00
WITH Rewards CARD

AS SEEN ON TV



Doritos
Corn Chips
145 g
Assorted

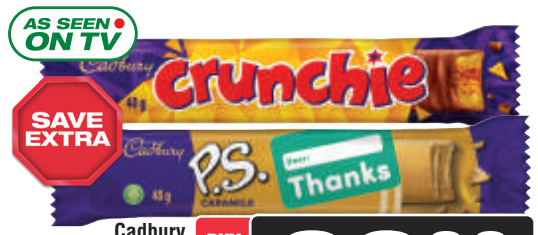
BUY ANY 2 FOR 35.00
Save R15



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

BUY ANY 2 FOR 40.00
WITH Rewards CARD

AS SEEN ON TV
SAVE EXTRA



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

BUY ANY 2 FOR 22.00
Save R10



Super C
Glucose Sparkling Drink
500 ml
Assorted

BUY ANY 2 FOR 20.00
WITH Rewards CARD



Power Play
Energy Drink
440 ml / 500 ml
Assorted

BUY ANY 2 FOR 28.00
WITH Rewards CARD



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…orts
…ink
…0 ml
…sorted

BUY ANY 2 FOR 28.00
WITH Rewards CARD



Mister Sweet or Manhattan
Gums, Jellies or Lickrish
50 g / 60 g
Assorted

BUY ANY 4 FOR 50.00
WITH Rewards CARD



Valpré
Still Water
1,5 litre

BUY 2 FOR 32.00
WITH Rewards CARD



Pepsi
Maxx or Lite or
7 Up
Sugar Free
2 litre

BUY ANY 2 FOR 29.00
WITH Rewards CARD



SPAR
Carbonated Soft Drink
2 litre
Assorted

BUY ANY 2 FOR 24.00
WITH Rewards CARD



Tsitsikamma
Still Water
5 litre

BUY 2 FOR 48.00
WITH Rewards CARD

Festive Favourites



Manhattan
Marshmallows
150 g or
Chewy Mints
125 g
Assorted

19.99 each
WITH Rewards CARD



Mr Orange or Rascals
Ready To Drink Juice
6 x 300 ml

27.99 per pack
WITH Rewards CARD



…odes
…ality
…ctar
…it Juice
…nd
…200 ml
…sorted

36.99 per pack
WITH Rewards CARD

AS SEEN ON TV



…AR
…0% Fruit Juice
…nd
…tre
…sorted

24.99 each
Save R8



Arooba
Flavoured Drink Concentrate
5 litre
Assorted

34.99 each
WITH Rewards CARD

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Ts & Cs apply.



Family Favourites



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

49.99 each
WITH RewardsCARD

AS SEEN ON TV



Protex
Hygiene Soap
175 g
Assorted

BUY ANY 2 FOR **22.00**
Save R18

AS SEEN ON TV



Nivea
Roll On Deodorant
50 ml
Assorted

BUY ANY 2 FOR **45.00**
Save R25



Revlon
Body Spray
for Men or Women
90 ml / 120 ml
Assorted

34.99 each
WITH RewardsCARD



Status
Cologne Deodorant
for Men
130 ml
Assorted

38.99 each
WITH RewardsCARD



Organics
Shampoo, 2 in 1 or Conditioner
1 litre
Assorted

89.99 each
WITH RewardsCARD



Nivea
Body Lotion or Cream (excl. Nivea Q10 & Radiant & Beauty Range)
400 ml
Assorted

59.99 each
WITH RewardsCARD

Baby Care



Purity
Baby Cereal
Just Add Milk
200 g / 250 g
Assorted

24.99 each
WITH RewardsCARD



Johnson's
Baby Petroleum Jelly
500 ml
Assorted

49.99 each
WITH RewardsCARD



Johnson's
Baby
Petroleum
Jelly
500 ml
Assorted

49.99 each
WITH RewardsCARD



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

32.99 per pack
WITH RewardsCARD

Personal Care



Lil-Lets
Pantyliners
25s
Assorted

17.99 each
WITH RewardsCARD



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

17.99 each
WITH RewardsCARD

Medicinal Essentials



Panado
Capsules
20s

56.99 each
WITH RewardsCARD



Bioplus
Syrup Booster Sachet
10 ml
Assorted

BUY ANY 4 FOR **22.00**
WITH RewardsCARD

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WIN FREE SHOPPING

YOU COULD PAY 0000

ONE WINNER IN EVERY STORE, EVERY DAY

Ts & Cs apply.

Homecare Essentials



Handy Andy
Cleaning Cream
Refill Pouch
750 ml
Assorted

19.99 each
WITH Rewards CARD



Home Care by SPAR
Dishwashing Liquid
Refill Pouch
750 ml

26.99 each
WITH Rewards CARD



Comfort
Fabric Softener
Value Pack
Refill
800 ml
Assorted

42.99 each
WITH Rewards CARD



Raid
Insect Spray
300 ml
Assorted

39.99 each
WITH Rewards CARD



Albex
Thin Bleach
750 ml
Assorted

BUY ANY 2 FOR **27.00**
WITH Rewards CARD



Garbie
Super Saver
Refuse Bags
20s
or Heavy Duty
10s

39.99 per roll
WITH Rewards CARD



Raid
Mosquito Coils
10s

16.99 each
WITH Rewards CARD

Pet Care



Whiskas
Cat Food
Pouches
85 g
Assorted

BUY ANY 3 FOR **40.00**
WITH Rewards CARD



SPAR
Purr-fect
Dry Pellets
2 kg
Assorted

79.99 each
WITH Rewards CARD



SPAR
Woof
Chunks
Dog Food
8 kg
Assorted

159.99 each
WITH Rewards CARD



SPAR
Woof
Wet Dog
Food
820 g
Assorted

BUY ANY 2 FOR **52.00**
WITH Rewards CARD

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, Summerbreezz, 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,
· DE AAR SUPERSPAR: Rosepark · SEDGEFIELD SUPERSPAR: Sedgefield · 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 or Find us on /myspar

SUPERSPAR