

UNLEASH YOUR INNER CHEF

with **nutrifresh**

BUY
me for a
BONUS
sticker!



AS SEEN
ON TV

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

BUY
2
FOR

30⁰⁰

WITH *Rewards* CARD

PRICES VALID: 22 July - 10 August 2026

SIGN UP FOR MORE! SPAR *Rewards* deals available while stocks last.



SPAR



UNLEASH YOUR INNER CHEF

with **nutrifresh**

BUY
me for a
BONUS
sticker!



**AS SEEN
ON TV**

All Gold
Tomato Sauce
700ml

32⁹⁹
each



Save R10

PRICES VALID: 22 July - 10 August 2026

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



SPAR



UNLEASH YOUR INNER CHEF

with **nutrifresh**

BUY
me for a
BONUS
sticker!



AS SEEN
ON TV

Kellogg's
Cornflakes
1 kg

69⁹⁹
each



Save R18

PRICES VALID: 22 July - 10 August 2026

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



SPAR



UNLEASH YOUR INNER CHEF

with **nutrifresh™**

BUY
me for a
BONUS
sticker!



**SAVE
EXTRA**

Coca Cola
Regular Only
2 litre

**BUY
2
FOR**

45⁰⁰



Save R15

PRICES VALID: 22 July - 10 August 2026

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.

SPAR



UNLEASH YOUR INNER CHEF

with **nutrifresh**

BUY
me for a
BONUS
sticker!



AS SEEN
ON TV

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

3899
each



Save R11

PRICES VALID: 22 July - 10 August 2026

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



SPAR



UNLEASH YOUR INNER CHEF

with **nutrifresh**

BUY
me for a
BONUS
sticker!



AS SEEN
ON TV

Sunlight
5 in 1
Handwash Powder
3 kg
Assorted

79⁹⁹
each



Save R20

PRICES VALID: 22 July - 10 August 2026

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



SPAR



UNLEASH YOUR INNER CHEF

with **nutrifresh**

BUY
me for a
BONUS
sticker!

**SAVE
EXTRA**



Stork
Country Spread
40% Fat Spread
Tub
1 kg

44⁹⁹
each



Save R15

PRICES VALID: 22 July - 10 August 2026

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.

SPAR



UNLEASH YOUR INNER CHEF

with **nutrifresh**

BUY
me for a
BONUS
sticker!



AS SEEN
ON TV

Sunfoil
Sunflower Oil
2 litre

69⁹⁹
each

Save R15

PRICES VALID: 22 July - 10 August 2026

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



SPAR



UNLEASH YOUR INNER CHEF

with **nutrifresh**

BUY
me for a
BONUS
sticker!

**SAVE
EXTRA**



Freshpak
Rooibos
Tagless Tea Bags
80's

45⁹⁹
each



Save R12

PRICES VALID: 22 July - 10 August 2026

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.

SPAR



UNLEASH YOUR INNER CHEF

with **nutrifresh**

BUY
me for a
BONUS
sticker!



**SAVE
EXTRA**

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

129⁹⁹
each

Save R38

PRICES VALID: 22 July - 10 August 2026

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.

SPAR



UNLEASH YOUR INNER CHEF

with **nutrifresh**

BUY
me for a
BONUS
sticker!



**SAVE
EXTRA**

Simba
Potato Chips
120 g
Assorted

BUY
ANY
2
FOR

34⁰⁰



Save R10

PRICES VALID: 22 July - 10 August 2026

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.

SPAR



UNLEASH YOUR INNER CHEF

with **nutrifresh**

BUY
me for a
BONUS
sticker!



AS SEEN
ON TV



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

BUY
ANY
2
FOR

30⁰⁰



Save R10

PRICES VALID: 22 July - 10 August 2026

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



SPAR



UNLEASH YOUR INNER CHEF

with **nutrifresh**

BUY
me for a
BONUS
sticker!



AS SEEN
ON TV

Rexona
Shield Roll On
Deodorant
50 ml
Assorted

BUY
ANY
2
FOR

42⁰⁰



Save R14

PRICES VALID: 22 July - 10 August 2026

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



SPAR



UNLEASH YOUR INNER CHEF

with **nutrifresh™**

BUY
me for a
BONUS
sticker!



Cadbury
Chocolate Slabs
80 g
Assorted
(Excl. Bubbly)

BUY
ANY
2
FOR

36⁰⁰



Save R14

PRICES VALID: 22 July - 10 August 2026

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.

SPAR



UNLEASH YOUR INNER CHEF

with **nutrifresh**

BUY
me for a
BONUS
sticker!

**SAVE
EXTRA**



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

149⁹⁹
each

Save R50

PRICES VALID: 22 July - 10 August 2026

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.

SPAR

