

MILLIONS in savings

with **SPAR** Rewards

24 FEB - 21 APR 2025



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

SPAR Products as good as the best for less

DOUBLE MONEY BACK QUALITY GUARANTEED

SPAR Light Meat Shredded Tuna in Salt Water 170 g

BUY 3 FOR 50⁰⁰

Minimum Saving **N\$19** WITH Rewards CARD

As good as the best for less

KOO Baked Beans in Tomato Sauce Only 400 g

BUY 2 FOR 30⁰⁰

Minimum Saving **N\$4** WITH Rewards CARD

AS SEEN ON TV

Sunlight 5 in 1 Auto Washing Powder 3 kg

79⁹⁹ each

Minimum Saving **N\$20** WITH Rewards CARD

NEW

Baby Soft Toilet Tissue 2 Ply 350 Sheets 18s

139⁹⁹ each

Minimum Saving **N\$29** WITH Rewards CARD

VALUE REFILL

Nescafé Ricofity Refill Pouch 800 g

109⁹⁹ each

Minimum Saving **N\$30** WITH Rewards CARD

AS SEEN ON TV

SPAR UHT Long Life Milk Full Cream Only 6 x 1 litre

109⁹⁹ per pack

Minimum Saving **N\$10** WITH Rewards CARD

As good as the best for less

AS SEEN ON TV

Kellogg's CORN FLAKES Kellogg's Corn Flakes 1 kg

164⁹⁹ each

Minimum Saving **N\$15** WITH Rewards CARD

DOUBLE MONEY BACK QUALITY GUARANTEED

SPAR Sunflower Oil 4 litre

134⁹⁹ each

As good as the best for less

NICE RICE Parboiled Rice 5 kg

101⁹⁹ each

TOP SCORE Super Maize Meal 10 kg

139⁹⁹ each

Bakpro Vetkoek Wheat Flour 10 kg

157⁹⁹ each

SPAR Rewards More for You



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

SPAR

SUPERSPAR

Specials available from 24 March 2025 up to and including 07 April 2025. Specials valid at **SUPERSPAR & SPAR** stores in Namibia. Selected products may not be available at all stores. While stocks last. Prices include VAT. No traders. E & OE.

DOWNLOADED FROM **specialsona**

Afford more of your favourites

Butchers best

SERVING SUGGESTION



Beef Sirloin Steak

209⁹⁹ per kg

SERVING SUGGESTION

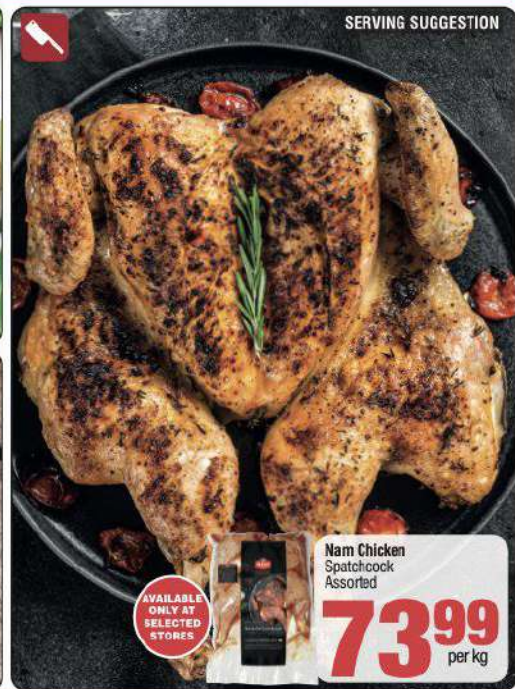


Nam Chicken
Fresh Chicken Breast Fillets
4-Piece

99⁹⁹ per kg

AVAILABLE ONLY AT SELECTED STORES

SERVING SUGGESTION



Nam Chicken Spatchcock Assorted

73⁹⁹ per kg

AVAILABLE ONLY AT SELECTED STORES

SERVING SUGGESTION



Beef Shin Bone In

96⁹⁹ per kg

SERVING SUGGESTION



Marinated Chicken Drumsticks

114⁹⁹ per kg

Bakers best

SERVING SUGGESTION



Biltong and Cheese Bread

46⁹⁹ each

SERVING SUGGESTION



Banana Bread

28⁹⁹ each

SERVING SUGGESTION



Crunch Munch Biscuit Barrel
1 kg

61⁹⁹ each

SERVING SUGGESTION



Hot Cross Buns
6s

19⁹⁹ per pack

SERVING SUGGESTION



SPAR Country Value Scones
10s

34⁹⁹ per pack

SERVING SUGGESTION



Nam Pie Pasteis De Nata
6s

89⁹⁹

SERVING SUGGESTION



Rheinspitz Bread

16⁹⁹ each



SPAR Rewards deals available while stocks last.

Make this year about the meals



Meals made easy

Wrap up your hunger

CHIKKA WRAP & CHIPS
Pick of Choice

49⁹⁹



CHIKKA CHICKEN

FOOD STALL

SERVING SUGGESTION

Pie (excl. Burger Pies & Double Filler)
+ 600 ml Coca-Cola

42⁹⁹ per combo

SERVING SUGGESTION

Chicken Schnitzel,
Chips and Salad

76⁹⁹ per combo

SERVING SUGGESTION

1/4 Chicken Leg and Chips
+ 600 ml Coca-Cola

59⁹⁹ per combo

SERVING SUGGESTION

Hartlief
German Cooked Ham

274⁹⁹ per kg

SERVING SUGGESTION

Hartlief
Footlong Viennas

229⁹⁹ per kg

SERVING SUGGESTION

Oldenburger
German Gouda

189⁹⁹ per kg

It's not just

SPAR
Braai Snoek
in Apricot Marinade
1.1 kg

149⁹⁹
each

As good as the best for less



It's so much more!

That's why
we SHOP at
SPAR

A fridge full of savings

Hake Fish Fingers
16 crumbed, crispy fish fingers
480 g

41⁹⁹
each

SPAR Fish Fingers 400 g

Minimum Saving N\$14
WITH RewardsCARD

As good as the best for less

Potato Chips Skinny Cut
Choice Grade
KEEP FROZEN
Best Taste
1 kg

SPAR Frozen Chips Skinny, Slap or Crinkle Cut Oven Chips 1 kg

53⁹⁹
each

As good as the best for less

SPAR Vacuum Packed Cheese Assorted
700 g

104⁹⁹

Minimum Saving N\$43
WITH RewardsCARD

As good as the best for less

President Cream Cheese Assorted
230 g

44⁹⁹
each

SPAR Daily Spread 40% Fat Spread Tub
1 kg

39⁹⁹
each

As good as the best for less

SPAR Puff Pastry and Shortcrust Pastry
400 g

25⁹⁹
each

Minimum Saving N\$6
WITH RewardsCARD

As good as the best for less

Ola Vanilla Ice Cream Tub
5 litre

109⁹⁹
each

Nawaa Supa Omasi Premium Cultured Milk Sweet or Plain
2 kg

43⁹⁹
each

Nawaa Yoggy Shake
500 ml

14⁹⁹
each

Ola Paddle Pop Tube or Tornado
80 ml/ 90 ml

BUY ANY 2 FOR 40⁰⁰

Country Fresh Ice Cream
1.8 litre

49⁹⁹
each

Cadbury Oreo Ice Cream Sticks
90 ml

26⁹⁹
each

Parmalat Processed Cheese Slices
200 g

29⁹⁹
each

Parmalat Salted Butter
500 g

94⁹⁹
each

Marvello Original 70% Fat Spread Brick
500 g

22⁹⁹
each

I&J Air-Fry'n Amazing Chunky Dipper
10
250 g

46⁹⁹
each

McCain Stir Fry Vegetable Mix
700 g

39⁹⁹
each



SPAR Rewards deals available while stocks last.

It's not just

SPAR
Pilchards in Tomato,
Chilli or Sweet Chilli
Sauce
400 g

25⁹⁹ each
As good as the best for less



It's so much more!

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

Pantry savings



SPAR
Smooth
Apricot Jam
or Mixed Fruit
900 g

37⁹⁹ each
Minimum
Saving **N\$6**
WITH **Rewards CARD**
As good as the best for less



SPAR
Sliced or Grated
Beetroot
780 g

28⁹⁹ each
Minimum
Saving **N\$6**
WITH **Rewards CARD**
As good as the best for less



SPAR
Peach Halves
& Slices
410 g

22⁹⁹ each
Minimum
Saving **N\$4**
WITH **Rewards CARD**
As good as the best for less



All Gold
Tomato Sauce
700 ml

32⁹⁹ each
Minimum
Saving **N\$7**
WITH **Rewards CARD**
As good as the best for less



NOLA
Mayonnaise
750 g

36⁹⁹ each
Minimum
Saving **N\$8**
WITH **Rewards CARD**
As good as the best for less



SPAR
Corned Meat
Assorted
300 g

27⁹⁹ each
As good as the best for less



SPAR
Chutney
Assorted
460 g

24⁹⁹ each
As good as the best for less



SPAR
Light Brown Sugar
5 kg

39⁹⁹ each
As good as the best for less



SPAR
White Sugar
5 kg

101⁹⁹ each
As good as the best for less



Glen
Tagless
Teabags
80s

34⁹⁹ each



Joko
Black Tea
100s

51⁹⁹ each



Little Bee
Honey
1 kg

154⁹⁹ each



Robertson
Spice Refills
Assorted
12 g - 80 g

15⁴⁹ each



Crystal Gold
Sweet Chilli Sauce
700 ml

31⁹⁹ each



Jungle
Oats
1 kg

42⁹⁹ each



Meirose
Cheese Spread 250 g
or Wedges 200 g
Assorted

45⁹⁹ each



thokoman
Peanut Butter
1.1 kg

75⁹⁹ each



Knorr
Packet Soups
Assorted
50 g

5⁹⁹ each



Lucky Star
Soya Mince and
Vegetable Stew
400 g

17⁹⁹ each



Kellogg's
Instant Noodles
Multi Pack
5s

28⁹⁹ per pack



Polana
Macaroni or
Elbow
3 kg

76⁹⁹ each



Polana
Spaghetti
1 kg

25⁹⁹ each



SPAR Rewards deals available while stocks last.

It's not just

SPAR
Smoothie
5 litre

50⁹⁹ each
As good as the best for less



It's so much more!



That's why we SHOP at
SPAR

Drinks and Snacks



Predator
Energy Drink
Assorted
500 ml

9⁹⁹ each



Red Bull
Energy Drink
Original (excl. Limited
Edition Range)
250 ml

17⁹⁹ each



Schweppes
Tonic Water
Assorted
1 litre

14⁹⁹ each



Casupi
Flavour Drink
Assorted
350 ml

6⁹⁹ each



Fanta, Pine, Orange,
Grape or Red Apple
Soft Drink
2 litre

19⁹⁹ each



Brookes Oros
Orange, Pineapple,
Tropical or Naartjie
2 litre

41⁴⁹ each



Bakers
Mini Cheddars
6 x 33g

33⁹⁹ each



Bacon
Chocolate Slabs
Assorted
80 g

14⁹⁹ each



Namstyle
Naks Bakers
50s

34⁹⁹ each



Messaris
Potato Chips
Assorted
125 g

17⁴⁹ each



Lay's
Potato Chips
Assorted
105 g

18⁹⁹ each



Manhattan
Pops
210 g

19⁹⁹ each



SPAR
Cocktail Snack
100 g

24⁹⁹ each

As good as the best for less



Liqui-Fruit
Pure Fruit Juice
2 litre

44⁹⁹ each

Minimum Saving N\$18
WITH RewardsCARD



Bakers
Tennis Biscuits
Assorted
200 g

BUY 2 FOR
40⁰⁰

Minimum Saving N\$10
WITH RewardsCARD



SPAR
Rusks
Assorted
450 g

41⁹⁹ each

Minimum Saving N\$15
WITH RewardsCARD

As good as the best for less



SPAR
Fruit Juice
Assorted
6 x 200 ml

43⁹⁹ per pack

Minimum Saving N\$7
WITH RewardsCARD

As good as the best for less



SPAR Rewards deals available while stocks last.

Look and feel your best for less



Personal care

Organics Shampoo or Conditioner Assorted 1 litre

79⁹⁹ each

Minimum Saving **N\$25** WITH RewardsCARD

Vaseline Lotion or Cream for Men or Women Assorted 400 ml

54⁹⁹ each

Minimum Saving **N\$26** WITH RewardsCARD

Shield Anti-Perspirant Roll-On 50 ml

BUY 2 FOR 42⁰⁰

Minimum Saving **N\$12** WITH RewardsCARD

Protex Soap Assorted 175 g

BUY 2 FOR 27⁹⁹

Minimum Saving **N\$11** WITH RewardsCARD

SPAR Foam Bath 2 litre

44⁹⁹ each

As good as the best for less

AquaFresh Toothpaste Base Range 100 ml

16⁹⁹ each

Mitchum Roll-On Female & Male Assorted 50 ml

39⁹⁹ each

Old Spice Deodorant Assorted 150 ml

39⁹⁹ each

Radox Body Wash Assorted 400 ml

37⁹⁹ each

Pantene Shampoo or Conditioner 400 ml

64⁹⁹ each

Dove Cotton Wool Rounds 80s

29⁹⁹ each

Lil-Lets Essential Pantyliners 100s

44⁹⁹ each

Oral-B Essential Floss Unwaxed 50 m

74⁹⁹ each

Kiwi Quality Shoe Polish 50 ml

15⁹⁹ each

Inecto Colour Creme Assorted 50 ml

32⁹⁹ each

Darling One Million Braid Assorted

29⁹⁹ each

Kotex Ultra Sanitary Pads (incl. Bio Care) 8s/10s

21⁹⁹ each

Always Duo Assorted

32⁹⁹ each

Baby

Johnson's Baby Powder 200 g

42⁹⁹ each

Purity Baby Oil 125 ml

34⁹⁹ each

Johnson's Baby Jelly 250 ml

39⁹⁹ each

Johnson's Baby Wipes 288s/224s

109⁹⁹ per pack

Minimum Saving **N\$30** WITH RewardsCARD

Hi Baby Nappies 50s

99⁹⁹ each

Pampers Baby Wipes 56s/64s

32⁹⁹ each

Purity Jars Assorted 200 ml & Pouches 150 ml

BUY ANY 3 FOR 44⁹⁹



SPAR Rewards deals available while stocks last.

It's not just

SPAR
Toilet Tissue
1 Ply
300 Sheets
18s

61⁹⁹
each

As good as the best for less



It's so much more!

That's why
we SHOP at
SPAR

Cleaning essentials

SPAR Heavy Duty Foil 5 m

35⁹⁹ each

Minimum Saving **N\$7** WITH Rewards CARD

As good as the best for less

SPAR Budget Refuse Bags 20s

44⁹⁹ each

Minimum Saving **N\$12** WITH Rewards CARD

As good as the best for less

SPAR Sandwich Bags Large 50s

38⁹⁹ each

Minimum Saving **N\$8** WITH Rewards CARD

As good as the best for less

Pro-Wash Laundry Bar 500 g

17⁹⁹ each

Minimum Saving **N\$4** WITH Rewards CARD

As good as the best for less

SPAR Roller Towels 2s

19⁹⁹ per pack

Minimum Saving **N\$5** WITH Rewards CARD

As good as the best for less

SPAR Paper Plates 50s

39⁹⁹ each

As good as the best for less

SPAR Serviettes 1 Ply White 100

17⁹⁹ each

As good as the best for less

SPAR Clingwrap 30 m

51⁹⁹ each

As good as the best for less

Home Care by SPAR Dishwashing Liquid Assorted 750 ml

BUY 2 FOR 52⁰⁰

Twinsaver Roller Towel Classic White 2s

23⁹⁹ each

Ariet Auto Liquid 3 litre or Capsules 30s

172⁹⁹ each

Jik Multi Purpose Bleach Cleaner Assorted 1.5 litre

37⁹⁹ each

Sta-Soft Refill Base and Premium Flange 500 ml

29⁹⁹ each

Domestos Disinfectant 750 ml

31⁹⁹ each

Mortein Nature Gard Refil 236 ml

95⁹⁹ each

Boss Dog Food Assorted 775 g/ 820 g

31⁹⁹ each

Canine Cuisine Dog Food Assorted 6 kg

287⁹⁹ each

Feline Cuisine Cat Food Assorted 4 kg

281⁹⁹ each

ProPet Garden Bird Seed 2 kg

38⁹⁹ each

Wise Choice Broom 1s

52⁹⁹ each

Wise Choice Mop 1s

42⁹⁹ each

Wise Choice Dustpan and Brush Set 1s

29⁹⁹ each

Mellerware Corded Kettle 1s

179⁹⁹ each

Mellerware Steam Iron 1s

229⁹⁹ each

Evo Plastic Basin 43 cm 1s

21⁹⁹ each

Evo Plastic Bucket 10 litre

19⁹⁹ each



SPAR Rewards deals available while stocks last.

SWIPE TO SAVE MORE

Exclusive to SPAR Rewards customers.



SaveMor Cordial Assorted 1 litre

15.99 each



SaveMor Lemon Creams or Marie Biscuits 150 g

BUY 3 FOR **21.00**



SaveMor Tagless Teabags 100cs

20.99 each



SaveMor Baked Beans in Tomato Sauce 410 g

10.49 each



SaveMor Mixed Vegetables in Curry Sauce or Mixed Vegetables 410 g

14.99 each



SaveMor White Parboiled Rice 5 kg

79.99 each



SaveMor Bread Spread 37% Fat Spread Brick 500 g

12.99 each



SaveMor Frozen Mixed Vegetables 1 kg

36.99 each



SaveMor Pine Gel 1 litre

35.99 each



SaveMor Beauty Soap Assorted 300 g

BUY 2 FOR **24.00**



SaveMor Dishwashing Liquid 750 ml

19.99 each

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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 [f /myspar](https://www.facebook.com/myspar)

