



SPAR Choose to **SaveMor** today

Look out for these **DAILY VALUE** icons



Freshpak Freshpak ROOIBOS 80s 47 99 each Save R10	Five Roses Tagless Teabags 100s 59 99 each Save R10	SPAR APRICOT JAM 900 g 36 99 each Save R8	Yum Yum Peanut Butter Assorted (incl. Sugar Free) 400 g 34 99 each Save R15	Mrs Balls Chutney Assorted 470 g 34 99 each Save R10
Nola Mayonnaise Street Style 750 ml 29 99 each Save R10	SPAR PILCHARDS IN TOMATO SAUCE 400 g 21 99 each Save R5	Koo Baked Beans in Tomato Sauce 400 g 30 00 BUY 2 FOR Save R8	All Gold Tomato Sauce 700 ml 32 99 each Save R7	Crosse & Blackwell Tangy Mayonnaise 750 g 38 99 each Save R11
Fatti's & Moni's Macaroni or Spaghetti 500 g 15 99 each Save R4	SPAR Sunflower Oil 4 litre 129 99 each Save R40	Robertson Brown Spice Refill Assorted 80 g 25 00 BUY 2 FOR Save R15	Kellogg's Instant Noodles Assorted 6's 56 00 BUY 2 FOR Save R9	Hulett's White Sugar 2.5 kg 56 99 each Save R8
SPAR Brown Sugar 2 kg 41 99 each Save R10	Tastic Parboiled Rice 2 kg 32 99 each Save R10	SPAR Cake WHEAT FLOUR 10 kg 109 99 each Save R40	XOXO SASKO CAKE WHEAT FLOUR 2.5 kg 29 99 each Save R20	

SWIPE R Rewards **SAVE!** | **EVERY DAY DEALS!**

Specials available at selected **SaveMor** stores from 20 January 2026 up to and including 8 February 2026, while stocks last. We reserve the right to limit quantities. No traders please. Prices include VAT.

SPAR

Choose to SaveMor today

 <p>Pepsi Max, Pepsi Lite or 7Up Sugar Free 2 litre</p> <p>26⁰⁰ Save R6</p>	 <p>Monster Energy Drink 500ml Assorted (incl. Zero) 500 ml</p> <p>32⁰⁰ Save R7</p>	 <p>Jive Sparkling Flavoured Drink Assorted 2 litre</p> <p>24⁰⁰ Save R4</p>	 <p>Coca-Cola Original Soft Drink 2 litre</p> <p>44⁰⁰ Save R12</p>
 <p>Spookies or Flyers Puffed Corn Chips 100g/4's Strips</p> <p>18⁰⁰ Save R8</p>	 <p>Nik Naks Flavoured Potato Chips Assorted 135g</p> <p>24⁰⁰ Save R8</p>	 <p>Simba Potato Chips Assorted 120g</p> <p>32⁰⁰ Save R12</p>	
 <p>Mister Sweet Gums or Jellies 60 g</p> <p>24⁰⁰ Save R4</p>	 <p>Mister Sweet Speckled Eggs 125 g/100 g</p> <p>29⁹⁹ Save R10</p>	 <p>Iwisa Instant Breakfast Porridge 1 kg</p> <p>24⁹⁹ Save R5</p>	 <p>Bokomo Weet-Bix 900 g</p> <p>49⁹⁹ each Save R15</p>
 <p>Kellogg's Corn Flakes 1 kg</p> <p>69⁹⁹ each Save R15</p>	 <p>Jungle Oats 1 kg</p> <p>34⁹⁹ each Save R10</p>	 <p>Iwisa Super Maize Meal 10 kg</p> <p>99⁹⁹ each Save R45</p>	

SWIPE R Rewards More For You **SAVE! | EVERY DAY DEALS!**

Specials available at selected SaveMor stores from 20 January 2026 up to and including 8 February 2026, while stocks last.
We reserve the right to limit quantities. No traders please. Prices include VAT.

SPAR

Choose to SaveMor today



SPAR
Full Cream Maas
2 kg

2999
each

Save R10



SPAR
Low Fat or
Fat Free Yoghurt
1 kg

3299
each

Save R7



Danup Boost
3 in 1 Berry
950 gr

2199
each

Save R7



Parmalat
Cheese
800 g / 850 g

12499
each

Save R25



Lancewood
Prepacked
Cheese
900 g

13999
each

Save R30



Parmalat or Melrose
Processed
Cheese Slices
400 g

5999
each

Save R16



Sunshine D
Brick
500 g

2199
each

Save R5



Stork
Country
Spread
40% Fat
Spread Tub
1 kg

4799
each

Save R12



SPAR
Processed
Meat Hamper
4.2 kg

16999
each

Save R70



SaveMor
Mixed
Vegetables
1 kg

3199
each

Save R10

Baker's choice



Country Value
Scones
10s

3999
per pack



SPAR
Country Value
Mini Loaves
3s

1299
each

Butcher's best



SPAR
IQF Chicken
Mixed Portions
5 kg

19999
each

Save R70



Your Butcher
by SPAR
Fresh Whole Chicken
in Bag (No GIBLETS)

4999
per kg



Your Butcher
by SPAR
Fresh Chicken
Braai Pack
5, 8, 16 Piece

5999
per kg



SPAR
Country Value
Farmhouse Wors

9999
per kg

SWIPE R Rewards More For You **SAVE! | EVERY DAY DEALS!**

Specials available at selected SaveMor stores from 20 January 2026 up to and including 8 February 2026, while stocks last.
We reserve the right to limit quantities. No traders please. Prices include VAT.

SPAR

Choose to SaveMor today



SPAR
Dishwash It 750 ml,
Home Care
All Purpose
Cleaner 750 ml &
Home Care
Thick Bleach
Regular 750 ml

BUY
ALL
FOR

80⁰⁰
Save R15



Maxi or Ultra Sanitary Pads
12's/14's/16's/20's Or
Pantyliners 40's

52⁹⁹
each
Save R4



Old Spice
Deodorant Stick 50ml
or Clear Gel 70 ml

42⁹⁹
each
Save R20



Domestos
Bottle
Assorted
750 ml

28⁹⁹
each
Save R7



DOOM
Insecticide
Assorted
300 ml

38⁹⁹
each
Save R11



Jik
Bleach
1.5 litre

36⁹⁹
each
Save R8



Sunlight
Handwashing
Powder
2 kg

54⁹⁹
each
Save R13



SPAR
Woof Dog Food
Assorted
820 g

42⁰⁰
each
Save R18



SPAR
Fire Wood
10 kg

69⁹⁹
each
Save R3



Bosveld
Briquettes
3 kg

49⁹⁹
each
WITH Rewards CARD



SPAR
Firelighters
12's

22⁹⁹
each
Save R1

SWIPE R Rewards More For You **SAVE!** | **EVERY DAY DEALS!**

SAVEMOR: Goodwood, Maitland, VanRhynsdorp, Klapmuts, Nieuwoudtville, Worcester, Keimoes, Bergsig, Marina

Specials available at selected SaveMor stores from 20 January 2026 up to and including 8 February 2026 while stocks last. We reserve the right to limit quantities. No traders please. Prices include VAT.