

FOOD & GROCERY DIRECT

TIGER BRAND

<p>Ace Maize Meal</p>  <p>5KG 10KG 12.5KG</p> <p>R65.99 R105.99 R130.99</p>	<p>Ace Samp Maize Rice</p>  <p>5KG</p> <p>R91.99</p>	<p>Ace Quick Cooking Maize Meal</p> 	<p>Ace Cream of MAIZE</p>  <p>1 kg</p>	<p>Ace Instant Porridge</p>  <p>1KG</p> <p>R23.99</p>
<p>Golden Cloud Cake Flour</p>  <p>5KG 10KG 12.5KG</p> <p>R64.99 R122.99 R148.99</p>	<p>King Korn Malt</p>  <p>3KG 6KG 10KG</p> <p>R68.99 R128.99 R232.99</p>	<p>King Korn Mabele</p>  <p>2KG 5KG 10KG</p> <p>R43.99 R86.99 R173.99</p>	<p>Jungle Oats</p>  <p>1KG 2KG</p> <p>R39.99 R81.99</p>	<p>Morvite Instant Porridge</p>  <p>1KG 2KG</p> <p>R29.99 R60.99</p>
<p>Tastic Rice</p>  <p>2KG 10KG</p> <p>R38.99 R165.99</p>	<p>Fatti's & Moni's</p>  <p>750g 3KG</p> <p>R14.99 R80.99</p>	<p>Black Cat Peanut Butter</p>  <p>400G 800G</p> <p>R38.99 R76.99</p>	<p>Crosse & Blackwell Mayonnaise</p>  <p>750G 1.5KG 3KG</p> <p>R40.99 R83.99 R162.99</p>	<p>All Gold Tomato Sauce</p>  <p>350G 700G</p> <p>R22.99 R33.99</p>
<p>Koo Baked Beans</p>  <p>400G</p> <p>R14.99</p>	<p>Koo Chakalaka</p>  <p>410G</p> <p>R19.99</p>	<p>Koo Whole Kernel Corn</p>  <p>410G</p> <p>R8.99</p>	<p>Lion Sugar Beans</p>  <p>500g</p>	<p>Mrs Balls Chutney</p>  <p>470G 1.1KG</p> <p>R35.99 R65.99</p>

For Orders And Enquiries Call :
076 901 7952 | 065 351 1051 | 084 977 5244
 For a full list of items email info@foodandgrocerydirect.co.za
 or visit your nearest collection point. www.foodandgrocerydirect.co.za

TIGER BRAND

Koo Beetroot Grated



405G | 780G
R16.99 | R27.99

Koo Spaghetti In Tomato Sauce



R17.99

Koo Mixed Vegetables



410G
R17.99

Koo Sweetcorn



410G
R17.99

Koo Vegetable Curry



410G
R17.99

All Gold Superfine Apricot Jam



450G | 900G
R26.99 | R39.99

Hugo's Mixed Fruit Jam



450G | 900G
R22.99 | R34.99

Purity Cream Of Maize



400G
R22.99

Purity Mabele



350G
R17.99

Purity Baby Food



125G | 200G
R12.99 | R13.99

Brookes Oros Squash



2L | 5L
R40.99 | R97.99

Brookes Oros Ready To Drink



350ML
R7.99

Energade Energy Drink



500ML
R10.99

Benny Stock Instant Powder



Albany Bread



Dolly Varden Glycerine



100ML
R12.99

Ingram's Camphor Cream



450ML
R47.99

Dyroach Insecticide



180ML | 200ML
R34.99 | R43.99

Airoma Air Freshener



210ML
R19.99

Spray & Cook



Doom Insecticide



180ML | 200ML
R24.99 | R35.99

Doom Blue Death



100G | 500G
R21.99 | R67.99

Jeyes Fluid



125ML | 500ML
R14.99 | R34.99

Doom Mosquito Coils



125G
R53.99

Peaceful Sleep



CLOVER

<p>Clover Super M</p>  <p>R18.99 R37.99</p>	<p>Clover Fresh Milk</p>  <p>R18.99 R37.99</p>	<p>Ultra Long Life Milk</p>  <p>R18.99</p>	<p>Clover Amasi Full Cream</p>  <p>R32.99</p>	<p>Clover Condensed Milk</p>  <p>R32.99</p>
<p>Clover Custard</p>  <p>R26.99</p>	<p>Clover Slice 'o NICE</p> 	<p>Clover Cheese Slices</p> 	<p>Clover Tropika</p> 	<p>Clover Krush</p> 
<p>Clover Classic Yoghurt</p>  <p>R20.99</p>	<p>Clover Tropika</p>  <p>R37.99</p>	<p>Clover Krush</p> 	<p>Clover Nectar Juice</p> 	<p>Numel Long Life Milk</p> 

F & M PACKERS

<p>Trims Maize Rice</p>  <p>R56.99 R107.99</p>	<p>Trims Samp & Beans</p>  <p>R86.99 R173.99</p>	<p>Aunt Sally's Bhimri Rice</p>  <p>R138.99 R276.99</p>	<p>Trims Rice</p>  <p>R63.99 R127.99</p>	<p>Trims Samp</p>  <p>R53.99 R106.99</p>
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DANONE

<p>Danone Nutriday Yoghurt</p>  <p>R20.99</p>	<p>Danone Yogi Sip</p> 	<p>Inkomazi Amasi</p>  <p>R32.99</p>	<p>Ultra Mel Vanilla Custard</p>  <p>R24.99</p>	<p>Danone Nutriday Snax</p> 
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PAKCO

<p>Pakco Curried Chillies</p>  <p>350G R37.99</p>	<p>Pakco Mango Atchar</p>  <p>385G R37.99</p>	<p>Hinds Custard Powder</p>  <p>125G R10.99</p>	<p>Pakco Masala Curry Powder</p>  <p>50G 100G R12.99 R17.99</p>	<p>Hinds Southern Coating</p>  <p>200G R15.99</p>
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IMANA

<p>Imana Soup</p>  <p>65G R4.99</p>	<p>Imana Stock Cubes</p>  <p>50G 100G R9.99 R18.99</p>	<p>Imana Soya Mince</p>  <p>50G 100G R9.99 R18.99</p>	<p>Top Class Soya Mince</p>  <p>200G 400G R14.99 R18.99</p>	<p>Top Class Soup</p>  <p>400G R16.99</p>
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NAMPAK TISSUE / TWINCARE GROUP

<p>Twinsaver Essential 2 Ply Toilet Paper (350 Sheets)</p>  <p>18% R109.99</p>	<p>Twinsaver Regular 1 Ply Toilet Paper (500 Sheets)</p>  <p>18% R51.99</p>	<p>Twinsaver Econo 1 Ply Toilet Paper</p>  <p>18% R51.99</p>
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WILLOWTON GROUP



<p>Allsome Rice</p>  <p>750ML 2L 5L R26.99 R63.99 R158.99</p>	<p>D'Lite Cooking Oil</p>  <p>750ML 2L 5L R26.99 R63.99 R158.99</p>
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KIMBERLY CLACK

<p>Baby Soft 2 Ply Toilet Paper</p>  <p>18% R131.99</p>	<p>Kotex Soft Touch Pads Wings MAXI</p>  <p>total 61 pads R109.99</p>	<p>Huggies Nappies Dry Comfort Jumbo Pack</p>  <p>18% R164.99</p>
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SUNSHINE SUGAR

<p>Sunshine Brown Sugar</p>  <p>1kg R12.99</p>	<p>Sunshine White Sugar</p>  <p>2kg R12.99</p>
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<p>D'Lite Margarine (Tub)</p>  <p>1kg R35.99</p>	<p>Romi Fat Spread</p>  <p>500g R12.99</p>
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<p>D'Lite Rice</p>  <p>2kg 5kg 10kg R27.99 R55.99 R134.99</p>	<p>Sunfoil Cooking Oil (Pure Sunflower) Pure Palm Olein Oil</p>  <p>750ML 2L 5L R30.99 R74.99 R185.99</p>
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NATIOANL BRANDS

<p>Five Roses Loose Tea</p>  <p>250G 500G R58.99 R109.99</p>	<p>Five Roses Teabags</p>  <p>100's 200's R69.99 R130.99</p>	<p>Ellis Brown Creamer</p>  <p>1kg R31.99 R54.99</p>	<p>Freshpak Rooibos Teabags</p>  <p>40's 80's R31.99 R54.99</p>	<p>Eleven o'Clock Rooibos Teabags</p>  <p>40's 80's R35.99 R58.99</p>
<p>FG Coffee</p>  <p>60G 125G R18.99 R34.99</p>	<p>Trekker Coffee</p>  <p>60G 125G R16.99 R28.99</p>	<p>Frisco Coffee</p>  <p>250G 750G R70.99 R162.99</p>	<p>Trinco Teabags</p>  <p>250G 750G R70.99 R162.99</p>	<p>Bakers Red Label Lemon Cream Biscuits</p>  <p>200G R21.99</p>
<p>Bakers Eet-Sum-Mor</p>  <p>200G R31.99</p>	<p>Bakers Blue Label Marie Biscuits</p>  <p>200G R21.99</p>	<p>Bakers Romany Creams Bakers Choc-kits</p>  <p>200G 200G R35.99 R35.99</p>	<p>Bakers Tennis Biscuits</p>  <p>200G R24.99</p>	<p>Bakers Topper Biscuits</p>  <p>125G R9.99</p>

WILMAR CONTINENTAL

Excella Sunflower Oil



750ML | 2L | 5L
R30.99 | R72.99 | R181.99

QUALITY SUGAR

<p>Selati Brown Sugar</p>  <p>2.5KG 5KG 10KG R44.99 R109.99 R218.99</p>	<p>Selati White Sugar</p>  <p>2.5KG 5KG 10KG R35.99 R122.99 R241.99</p>
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BLISS CHEMICALS

<p>Maq Washing Powder</p>  <p>1KG 2KG 3KG 5KG R33.99 R61.99 R94.99 R159.99</p>	<p>Maq Dishwashing Liquid</p>  <p>400ML 750ML R15.99 R25.99</p>	<p>Maq Fabric Conditioner</p>  <p>500ML 2L R24.99 R37.99</p>	<p>Securex Bath Soap</p>  <p>2L R11.99</p>
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LEVERS

<p>Sunlight Dishwashing Liquid</p> <p>400ML 750ML 1.5L</p> <p>R18.99 R30.99 R62.99</p>	<p>Sunlight Dishwashing Liquid Refill</p> <p>750ML</p> <p>R27.99</p>	<p>Sunlight Laundry Bar</p> <p>125G 250G 500G</p> <p>R6.99 R12.99 R20.99</p>	<p>Sunlight Washing Powder</p> <p>2KG 3KG 5KG</p> <p>R57.99 R91.99 R142.99</p>	<p>Surf Washing Powder</p> <p>2KG 3KG 5KG</p> <p>R49.99 R82.99 R135.99</p>
<p>Omo Washing Powder</p> <p>2KG 3KG 5KG</p> <p>R59.99 R101.99 R164.99</p>	<p>Handy Andy Cream Assorted</p> <p>500ML 750ML</p> <p>R19.99 R26.99</p>	<p>Lux Bath Soap Assorted</p> <p>100G 175G</p> <p>R9.99 R13.99</p>	<p>Sunlight Bath Soap Assorted</p> <p>100G 175G</p> <p>R6.99 R13.99</p>	<p>Dawn Body Lotion Assorted</p> <p>200ML 400ML</p> <p>R14.99 R22.99</p>
<p>Sunlight Auto Washing Powder</p> <p>2KG</p> <p>R69.99</p>	<p>Vaseline Body Cream Assorted</p> <p>400ML</p> <p>R54.99</p>	<p>Shield Roll-On Assorted</p> <p>50G</p> <p>R19.99</p>	<p>Axe Deodorant Assorted</p> <p>150ML 175G</p> <p>R28.99 R19.99</p>	<p>Blue Seal Vaseline</p> <p>100ML 250ML</p> <p>R18.99 R34.99</p>

UNILEVER FOODS

<p>Joko Loose Tea</p> <p>125G 250G</p> <p>R30.99 R51.99</p>	<p>Joko Teabags</p> <p>25% 100%</p> <p>R22.99 R54.99</p>	<p>Glen Teabags</p> <p>25% 100%</p> <p>R13.99 R32.99</p>	<p>Glen Rooibos Teabags</p> <p>40% 80%</p> <p>R26.99 R39.99</p>	<p>Rama Margarine</p> <p>250G 500G</p> <p>R16.99 R30.99</p>
<p>Knorr Soup Packet</p> <p>200G</p> <p>R13.99</p>	<p>Knorr Soup Packet (Tasty)</p> <p>10%</p> <p>R64.99</p>	<p>Knorr Aromat Cannister</p> <p>75G</p> <p>R14.99</p>	<p>Rajah Curry Powder</p> <p>100G 200G</p> <p>R20.99 R34.99</p>	<p>Lipton Ice Tea</p>
<p>Knorrox Soup Box</p> <p>10%</p> <p>R54.99</p>	<p>Knorrox Soup Polybag</p> <p>400G 750G</p> <p>R18.99 R32.99</p>	<p>Knorrox Soya Mince</p> <p>200G 400G</p> <p>R17.99 R25.99</p>	<p>Robertsons Jikelele Sisebo Mix</p> <p>200G 400G</p> <p>R12.99 R22.99</p>	<p>Robertsons Gold n' Crispy Coating</p> <p>200G</p> <p>R18.99</p>

COLGATE

<p>Stasoft Fabric Softener</p> <p>2L R49.99</p>	<p>Stasoft Doy Pack</p> <p>READY TO USE</p> <p>500ml R15.99</p>	<p>Stasoft Refill</p> <p>500ML R28.99</p>	<p>Colgate Toothpaste Regular/Herbal</p> <p>100ML R20.99</p>	<p>Protex Bath Soap</p> <p>150G R11.99</p>
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RECKETT BENKISER

<p>Jik Assorted</p> <p>750ML R18.99</p>	<p>Jik Assorted</p> <p>1.5L R36.99</p>	<p>Sunbeam Floor Polish Assorted</p> <p>350ML 875ML R31.99 R87.99</p>	<p>Cobra Floor Polish Assorted</p> <p>350ML 875ML R31.99 R87.99</p>	<p>Mortein Target Insecticide</p> <p>300ML R31.99</p>
<p>Disprin Extra Strength</p> <p>52 x 2s R80.99</p>	<p>Dettol Antiseptic Liquid</p> <p>50ML 125ML 750ML R12.99 R29.99 R</p>	<p>Dettol Bath Soap Assorted</p> <p>175G R11.99</p>	<p>Air Wick Air Freshener</p>	<p>Mr. Min Multi Surface Assorted</p> <p>300ML R35.99</p>

SASKO

<p>White Star Maize Meal</p> <p>5KG 10KG 12.5KG R63.99 R120.99 R141.99</p>	<p>Pasta Grande Spaghetti/Macaroni</p> <p>500G 3KG R31.99 R87.99</p>	<p>Sasko Spekko Rice</p> <p>5KG 10KG 12.5KG R35.99 R86.99 R161.99</p>	<p>Select Rice</p>	<p>Sasko Cake Wheat Flour</p> <p>5KG 10KG 12.5KG R35.99 R86.99 R161.99</p>
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PARMALAT

<p>Everfresh UHT Long Life Milk</p> <p>6 x 1L R105.99</p>	<p>Parmalat Smooth Yoghurt</p> <p>6 x 500ML R20.99</p>	<p>Bonnita UHT Long Life Milk</p> <p>6 x 1L R103.99</p>	<p>Parmalat Custard UHT</p>	<p>Bonnita UHT Long Life Milk</p> <p>6 x 1L R103.99</p>
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PIONEER FOODS

<p>Bokomo Weet-Bix</p>  <p>4500g 9000g 1.35KG</p> <p>R26.99 R48.99 R67.99</p>	<p>Maizena Corn Flour</p>  <p>500G</p> <p>R28.99</p>	<p>Moirs Jelly Assorted</p>  <p>80G</p> <p>R9.99</p>	<p>Bokomo Corn Flakes</p>  <p>1KG</p> <p>R48.99</p>	<p>Moirs Custard Powder</p>  <p>250G 500G</p> <p>R18.99 R32.99</p>
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NESTLE

<p>Cremora</p>  <p>750G</p> <p>R59.99</p>	<p>Nescafe Coffee</p>  <p>200G</p> <p>R132.00</p>	<p>Maggi 2 Minute Noodles</p>  <p>5 x 73G</p> <p>R32.99</p>	<p>Nestle Cocoa</p>  <p>125G 500G</p> <p>R79.99 R147.99</p>	<p>Maggi Lazenby</p>  <p>125G 500G</p> <p>R79.99 R147.99</p>
<p>Nestle Ricoffy</p>  <p>250G 750G</p> <p>R70.99 R153.99</p>	<p>Nestle Kit Kat</p>  <p>21G</p> <p>R4.99</p>	<p>Gold Cross Condensed Milk</p>  <p>21G</p> <p>R35.99</p>	<p>Nestle Nespray</p>  <p>850G 1.8KG</p> <p>R42.99 R280.99</p>	<p>Nestle/Klim</p>  <p>500G 1.8KG</p> <p>R80.99 R302.99</p>

P & G

<p>Pampers Pull Up Pants</p>  <p>3 62 4 12</p>	<p>Always Pads Maxi</p>  <p>34 10 30</p> <p>R65.99</p>	<p>Ariel Automatic Washing Powder</p>  <p>2Kg + 1Kg FREE</p> <p>REMOVES 99.9% OF GERMS</p> <p>ARIEL AUTOMATIC ANTI-GERM 2kg</p>	<p>Ariel Hand Washing Powder</p>  <p>Brilliant cleaning in 1 wash</p> <p>ARIEL HAND WASHING POWDER</p> <p>3kg 500g</p>
<p>Pampers Active Baby Jumbo Pack</p>  <p>4 70</p> <p>R228.99</p>	<p>Always Pads Cottony Touch</p>  <p>NEW IMPROVED</p> <p>30 30</p>		

SIMBA

Doritos Chips



45G | 150G
R7.99 | R19.99

Simba Chips



36G | 125G
R6.99 | R17.99

Simba Nik Naks



50G | 135G | 50 x 20G
R5.99 | R12.99 | R49.99

Simba Lays Chips



36G | 120G
R6.99 | R20.99

Simba Peanuts & Raisins



KRUNCH

Krunch Curves Chips



125G
R16.99

Krunch Chips



45G | 150G
R7.99 | R19.99

ELANGENI OIL & SOAP MILLS

Tru - Essentials Bath Soap



Touch Of Pearl Bath Soap



300G
R10.99

Rave Laundry Soap



500G
R10.99

RHODES FOODS

Rhodes Chakalala Assorted



410G
R17.99

Rhodes Mixed Vegetables



410G
R17.99

Bull Brand Corned Meat



300G
R23.99

Rhodes Baked Beans



410G
R11.99

Rhodes Sweetcorn Creamstyle



410G
R16.99

DEVLAND PACKAGING

Film Wrap



Fomo Cups



Paper Plates



Fomo Trays



Carrier Bags



ABI

Play Energy Drink Assorted

500ML
R10.99

Coca-Cola & Flavours Cans

500ML
R10.99

Bonaqua Pump

500ML
R10.99

Sparletta Assorted

2L
R16.99

Monster Energy Assorted

500ML
R14.99

GENERAL

Dragon Energy Drink Assorted

500ML
R8.99

Red Bull Energy Drink Assorted

250ML
R10.99

Fusion Juice Assorted

1L | 5L
R10.99 | R47.99

Reboost Energy Drinks

500ML
R7.99

Pepsi Assorted

500ML
R16.99

KHANS CHEMICALS

Star Lite Fabric Softener

2L
R16.99

Star Lite Dishwashing Liquid

400ML | 750ML
R9.99 | R14.99

Miracle Mom Pine Gel

500ML | 1L
R16.99 | R31.99

Miracle Mom Bleach

1L | 1.5L
R14.99 | R21.99

Angie Bubble Bath Assorted

2L
R47.99

RETAILER BRANDS

Robertsons Bicarbonate Of Soda

50 x 14G
R70.99

Robertsons Epsom Salts

50 x 14G
R70.99

Robertsons Baking Powder

500G | 1KG
R43.99 | R83.99

Robertsons Essence/Food Colouring

40ML
R9.99

Red Lion Tomato Sauce

700ML
R19.99

Red Lion Sweet Chilli

700ML
R27.99

CERES

Liqui Fruit Juice

1L
R24.99

Liqui Fruit Juice

2L
R46.99

Fruitee Juice

1L
R20.99

Fruitee Juice Glass

350ML
R11.99

Wild Island Juice

1L
R13.99

NOLA

Nola Mayonnaise

700G | 1.5KG | 1.5KG
R39.99 | R82.99 | R153.99

Monati Mabela/Supertengi

2KG | 5KG | 10KG
R44.99 | R108.99 | R202.99

Yum Yum Peanut Butter

400G | 800ML
R30.99 | R73.99

Yum Yum Peanut Butter

1KG | 2.75KG
R84.99 | R240.99

Bobtail Dog Food

7KG/8KG
R205.99

PREMIER FOODS

Snowflake Cake Flour

5KG | 10KG | 12.5KG
R74.99 | R126.99 | R159.99

Iwisa Maize Meal

5KG | 10KG | 12.5KG
R64.99 | R109.99 | R134.99

CASA - MIA

Casa-Mia Glucose Biscuits

30G
R47.99

Casa-Mia Shibobo Biscuits

50G
R82.99

Casa-Mia Marie Biscuits

150G
R65.99

Cas-Mia Time Biscuits

150G
R68.99

Cas-Mia Real-Tea Biscuits

Casa-Mia Buddies Biscuits

LUCKY STAR

Lucky Star Pilchards Assorted

215G
R16.99

Lucky Star Pilchards Assorted

155G
R12.99

Lucky Star Pilchards Assorted

215G
R26.99

Lucky Star Texan Corned Beef