Dear Customer,



SPAR is committed to South Africa's food labelling legislation.

The 8 most common allergens identified by the Department of Health are eggs, cow's milk, crustaceans and molluscs, fish, peanuts, soybeans, tree nuts and significant cereals.

Every effort is made to instruct our food handlers on the severity of food allergies. However, it must be accepted that there is always a risk of contamination.

Customers are advised that products sold in our Fresh Departments; cold and hot deli, in-store bakery, produce, butchery, fish and sushi counters are produced and prepared in an open environment and are at risk of being contaminated with allergens.

SPAR makes every effort to identify nutritional and allergen information but there is always a possibility that food suppliers change their product formulation without notice. Accordingly, actual ingredients and nutritional content may vary, and SPAR cannot guarantee that any food item will be completely free of food allergens.

SPAR will not assume any liability for adverse reactions to food consumed, purchased or items one may come into contact with in respect of purchases made at any SPAR store.

It is the responsibility of the customer with food allergies or other specified nutritional concerns to make the final judgment on whether to eat the food selected.

