

It
pays
to

live better

so why wouldn't you?

BUY ANY 2 & SAVE 20%
WITH CARD
2 x 200g/350g/500g Forage and Feast Frozen Fish/Seafood Portions All Variants

BUY ANY 2 & SAVE R10
WITH CARD
2 x Living Herbs Basil/Mint/Coriander/Parsley

12⁹⁹
30g bag
Bird's Eye Chillies

JAMIE OLIVER'S
PUNCHY
SALMON SALAD

SCAN FOR RECIPE



TO GET UP TO
75% BACK
ON OVER 2 500 HEALTHYFOOD ITEMS

Up to 25% for Vitality members, boosted up to 75% when paying with a qualifying Discovery Bank card. Auth. FSP. Limits, Ts & Cs apply.



Scan to choose Checkers as your primary HealthyFood partner.



Checkers

better and better

picked fresh for you

Keep your meals balanced by incorporating these delicious seasonal ingredients, sourced from over 450 local farms.



BUY ANY 2 & SAVE R10

WITH CARD
2 x Living Herbs
Basil/Mint/Coriander/
Parsley

BUY ANY 2 & SAVE R10

WITH CARD
2 x 500g pack Class 1
White/Red Seedless/
Red Globe Grapes

BUY ANY 2 & SAVE R10

WITH CARD
2 x 250g pack
Strawberries/350g
tub Export Quality
Blueberries

29⁹⁹

250g pack
Exotic Baby
Tomato Medley

SAVE R10
59⁹⁹

500ml
WITH CARD
Simple Truth Apple
Cider Vinegar

49⁹⁹

1kg pack
Baby Marrow

BUY ANY 2 & SAVE 20%

WITH CARD
2 x 250g pack Celery
Fingers/Baby Fennel/
Baby Carrot Mix/Sweet
Baby Peppers/Baby
Brinjals/340g pack
Baby Beetroot

BUY ANY 2 & SAVE 15%

WITH CARD
2 x 20g bag/pack
Salad Mix/Herb Mix/
Peashoot Microleaves

BUY ANY 2 & SAVE 15%

WITH CARD
2 x 20g bag Dried Shitake/
120g pack Oyster Mushrooms/20g
bag Dried/180g pack Exotic Forest
Mushrooms Mix

BUY ANY 2 & SAVE 15%

WITH CARD
2 x Butter/Little
Gem/Cos Lettuce
Heads

42⁹⁹

400g bag
Baby Spinach

For your own natural fruit & veg wash, mix 1 part Simple Truth apple cider vinegar to 10 parts water. Let it sit for 5 minutes, then rinse.



get back to basics

Incorporate these nutritious Mediterranean-inspired ingredients into your pantry and your daily meals.

BUY ANY 3 & SAVE R10
WITH CARD

3 x 100g/200g bag Baby Corn/100g bag Baby Corn & Sugarsnaps/100g bag Fine Beans/100g bag Shelled Beans/80g/200g bag Sugarsnaps

Chickpeas are low GI and are high in fibre, protein and healthy fats

Spelt offers a rich source of protein and B vitamins

19⁹⁹ each
Mix Colour Kale Bunch

SAVE 15%
WITH CARD

500g Simple Truth Wholewheat Couscous All Variants Each

BUY ANY 2 & SAVE 15%
WITH CARD

2 x 40g/100g bag Padkos Raw Walnuts/Almonds/Pine Kernels

SAVE R10 39⁹⁹
106g
WITH CARD

King Oscar Brisling Sardines in Olive Oil

SAVE R10
WITH CARD

The Artisan Baker Plain Sliced Sourdough All Variants Each

SAVE R6 17⁹⁹
400g each
WITH CARD

Pot O' Gold Black Beans in Brine

SAVE R10 39⁹⁹
200g each
WITH CARD

Simple Truth Turmeric/Sweet Potato/Spinach Noodles

SAVE R10 34⁹⁹
350g
WITH CARD

Simple Truth Steel Cut/Rolled/Instant Oats Each

ON THE GO

BUY ANY 2 & SAVE 15%
WITH CARD

2 x Simply Great Basil Pesto & Bulgur Wheat Salad 250g/Chicken & Bacon Caesar Salad 220g/Orzo Pasta Salad 400g/Tabbouleh Salad 420g

KITCHEN ESSENTIALS

6,2€

SAVE R1500 1499⁹⁹ each
WITH CARD

Philips Essential Air Fryer · 1,2kg/6,2€

SAVE R300 1699⁹⁹ each
WITH CARD

NutriBullet Blender · 600W

49⁹⁹ each
Glass Decanter · 1€

FREE-RANGE CHICKEN

64⁹⁹ per kg

Simple Truth
Fresh Free-Range
Whole Bird Chicken

Simple Truth

≡ FREE-RANGE CHICKEN ≡

- ✓ LOCALLY SOURCED
- ✓ FREE TO ROAM OUTDOORS
- ✓ FED A DIET OF GRAINS & PULSES

FREE-RANGE EGGS



SAVE R10

WITH CARD

18 per pack
Simple Truth Large
Free-Range Eggs
(Not Available in
Northern Cape &
Free State)

Simple Truth

≡ FREE-RANGE CHICKEN EGGS ≡

- ✓ LOCALLY SOURCED
- ✓ FREE TO ROAM OUTDOORS
- ✓ FED A DIET OF GRAINS & PULSES



SAVE R10

WITH CARD

30 per pack
Housebrand
Large Eggs
(Northern Cape &
Free State Only)

protein done better

OSTRICH MINCE

99⁹⁹ per kg
Ostrich Mince



Naturally lean with less fat

Incorporate these protein sources into your meals for your source of essential amino acids.



NORWEGIAN SALMON

339⁹⁹ 500g

Forage and Feast
Frozen Norwegian
Salmon Portions

Sustainably sourced.
Frozen at source, locking in nutrients



keep it balanced

Include a variety of nutrients on your plate, with a healthy balance of protein, healthy fats like nuts and seeds, high fibre carbs and a good serving of veggies and fruit.

BREAKFAST



poached eggs and zesty roasted quinoa

SCAN FOR RECIPE



SAVE R10
74⁹⁹
400g
WITH CARD
Simple Truth Quinoa



SAVE R10
39⁹⁹
170g bag
WITH CARD
Asparagus

LUNCH



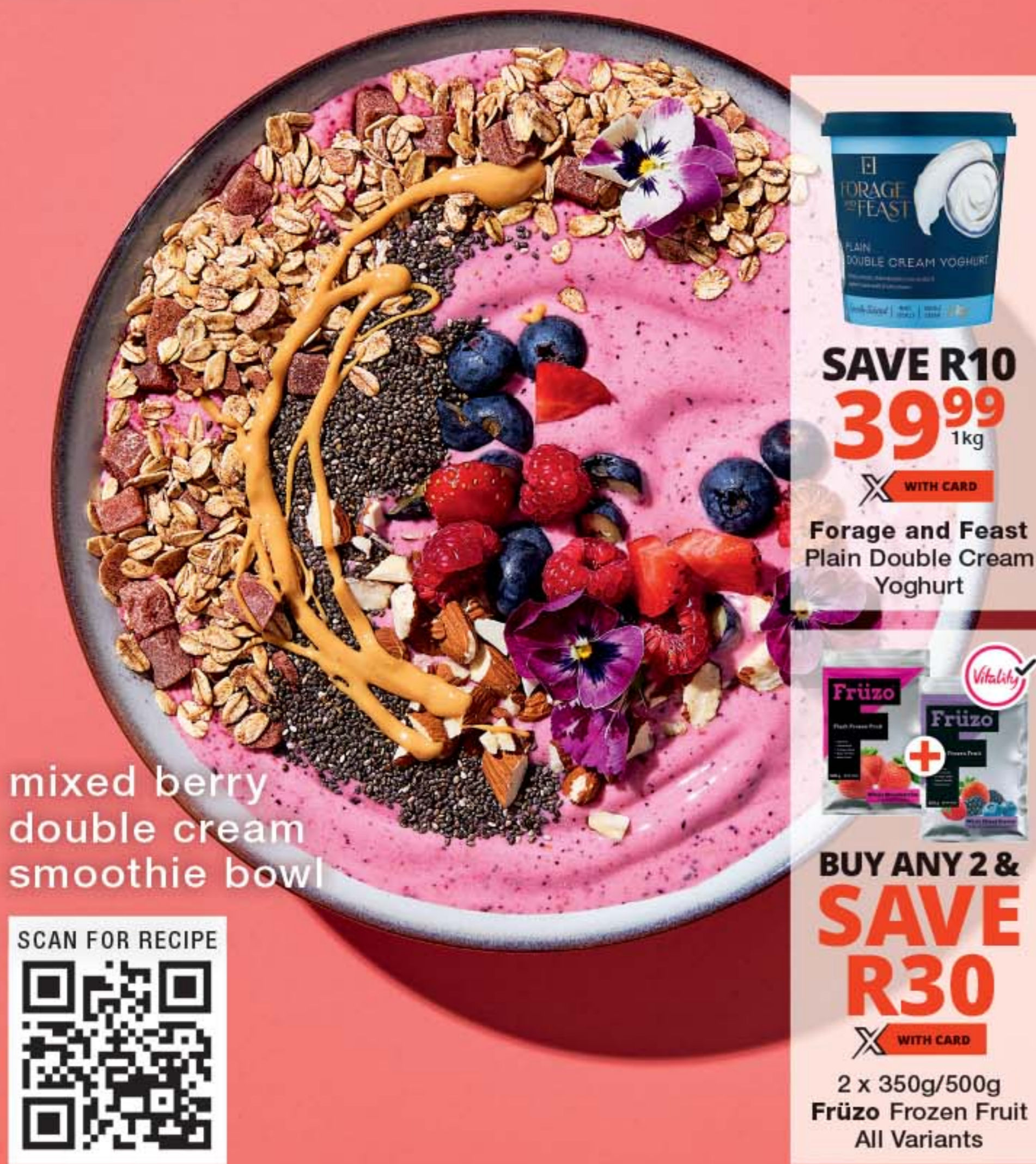
harissa roasted brinjals and herby chickpea salad

SCAN FOR RECIPE




SAVE R5
34⁹⁹
400g
WITH CARD
Simple Truth Chickpeas

SNACK




mixed berry double cream smoothie bowl

SCAN FOR RECIPE



SAVE R10
39⁹⁹
1kg
WITH CARD
Forage and Feast Plain Double Cream Yoghurt



BUY ANY 2 & SAVE R30
WITH CARD
2 x 350g/500g Früzo Frozen Fruit All Variants

DINNER



ostrich & ricotta meatballs with spelt macaroni

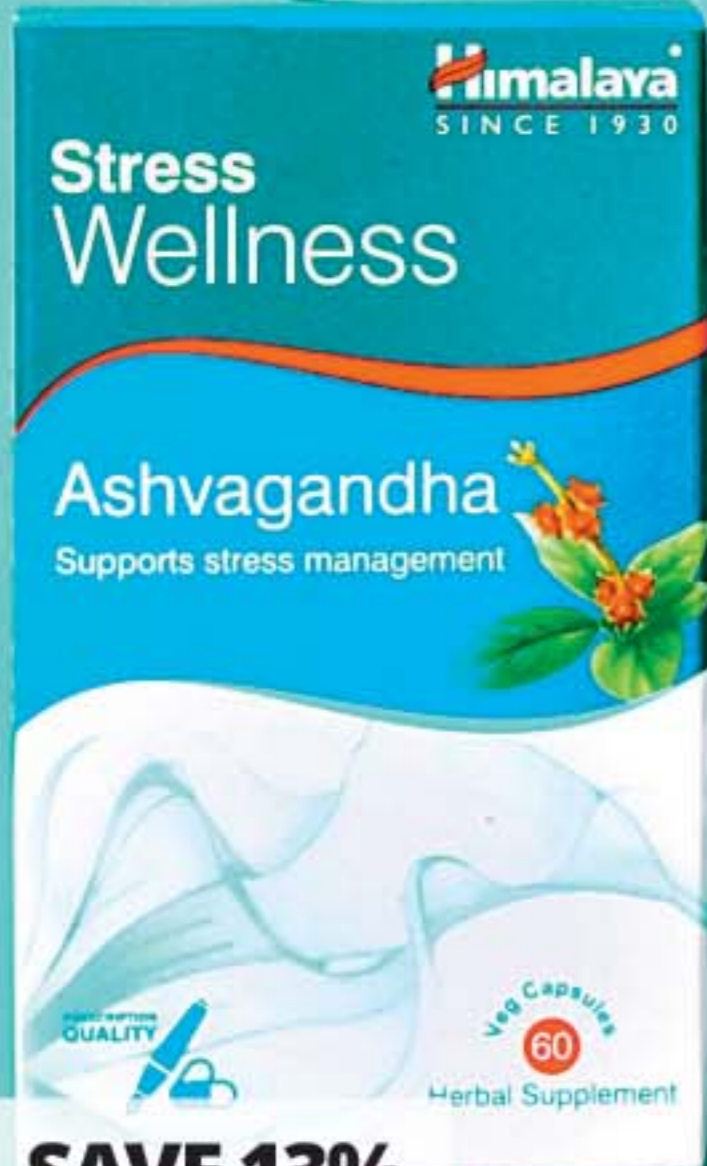
SCAN FOR RECIPE



SAVE 15%
WITH CARD
500g Simple Truth Spelt Macaroni/High Protein Fusilli Pasta Each

cool, calm & rested

A peaceful mind & quality sleep are important factors for your well-being. Explore our range of sleep aids, mood boosters, anxiety remedies & more.



SAVE 13%
139⁹⁹
60 per pack
WITH CARD
Himalaya Homeopathic Ashvagandha Capsules



149⁹⁹
150 per pack
Natura Homeopathic Rescue Tablets



NEW
SAVE 27%
109⁹⁹
100g
WITH CARD
Medirite Joint & Bone Magnesium Powder



SAVE 23%
99⁹⁹
30ml
WITH CARD
A. Vogel Homeopathic Echinaforce Drops

SAVE 14%
119⁹⁹
30 per pack
WITH CARD
Nativa Complex Night Vitamin Capsules



99⁹⁹
200g
Medirite CBD Oil Drops



SAVE 24%
64⁹⁹
20 per pack
WITH CARD
Medirite Herbal Sleep Capsules



SAVE 29%
59⁹⁹
20 per pack
WITH CARD
Medirite Herbal Stress Relief Capsules



SAVE 20%
39⁹⁹
20 per pack
WITH CARD
Calmettes Nite Supplement Tablets



SAVE 16%
134⁹⁹
60 per pack
WITH CARD
Inzpire Gen NeuroBBB'z Health Supplement Capsules



SAVE 22%
34⁹⁹
20 per pack
WITH CARD
Medirite Herbal Calm Capsules



SAVE 27%
79⁹⁹
20 per pack
WITH CARD
Medirite Brain Support Supplement Capsules



SAVE 33%
99⁹⁹
30 per pack
WITH CARD
Medirite 9 Strain Probiotic Capsules



Include coconut oil into your daily beauty regimen

SAVE R20
54⁹⁹
WITH CARD
Simple Truth Refined Coconut Oil



SAVE R10
49⁹⁹
72 per pack
WITH CARD
Simple Truth Biodegradable Wipes



Mix coconut oil with rosemary and lavender essential oil for an indulgent hair mask

SAVE 25%
59⁹⁹
20ml each
WITH CARD
Medirite Rosemary/Lavender Oil

self-care essentials

Incorporate some of these alternatives into your personal care regimen.



SAVE R29
3 FOR
R55
WITH CARD
3 x 150g Pure Soap Glycerine Soap

64⁹⁹
500ml
Simple Truth Bamboo Charcoal Mouthwash



BETTER FOR YOU
M+
Medirite Eucalyptus Oil

SAVE 25%
29⁹⁹
20ml
WITH CARD

BETTER FOR YOU
M+
Medirite Lemon Grass Oil

SAVE 30%
34⁹⁹
20ml
WITH CARD

TINGLY MINT & TEA TREE ORIGINAL SOURCE
ZINGY LIME ORIGINAL SOURCE
JUICY LEMON & TEA TREE ORIGINAL SOURCE
JUICY MANGO ORIGINAL SOURCE

64⁹⁹
500ml each
Original Source Shower Gel All Variants

PRETTY Woman DETANGLE BRUSH (PLUG)

SAVE R10
54⁹⁹
each
WITH CARD
Pretty Woman Hair Detangle Brush

HOUSEHOLD ESSENTIALS

VINEGAR POWERED HOUSEHOLD CLEANER

49⁹⁹
500ml
Simple Truth Vinegar Powered Household Cleaner

MULTI PURPOSE CLEANER

49⁹⁹
500ml
Simple Truth Multi Purpose Cleaner

FLOOR & TILE CLEANER

44⁹⁹
750ml
Simple Truth Floor & Tile Cleaner

FABRIC SOFTENER CONCENTRATE

59⁹⁹
1L
Simple Truth Fabric Softener Concentrate

LAUNDRY LIQUID CONCENTRATE

79⁹⁹
1L
Simple Truth Laundry Liquid Concentrate

snacking sorted

Find the balance of delicious & nutritious with our range of better-for-you snacks, perfect for the whole family.



Mini sized

BUY ANY 2 & SAVE R10
WITH CARD
2 x Frooties™ Mini Strawberries 250g pack/Class 1 Kiddies Pears/Golden Delicious Kiddies Apples/Class 1 Red Kiddies Apples 8 per pack/Blueberries 50g cup

NEW FROOTIES™



Candyfloss taste



Perfect snacking cups

99E HOHBCL8455/E



BUY ANY & SAVE R20
WITH CARD

200g/230g Oh My Goodness! Ready Meal All Variants Each



BUY ANY 3 & SAVE 15%
WITH CARD

3 x Oh My Goodness! Snack Bars/Dried Fruit All Variants

29⁹⁹ each
500ml
Simple Truth Coconut Water/Coconut Water & Watermelon Juice Blend



SAVE R10
49⁹⁹ each
WITH CARD

Lunch to Go Fork & Knife/Clip Hinge Lunch Box - All Variants - 1000ml/900ml

snack pack

BUY ANY 2 & SAVE R10
WITH CARD

2 x Snack Pack Green GO-GO 120g/ Crunch Bunch 115g/ Dairy Berry 105g/ More Munch 140g tub

NEW

CRUNCH BUNCH
COCO BERRY
BERRY DAIRY
MORE MUNCH
GREEN GO-GO

OH MY GOODNESS!
MEALS AND SNACKS

NO JUNK PROMISE:

- ✓ No added MSG
- ✓ No artificial colours or flavours
- ✓ No artificial sweeteners

Made with chickpea flour, & individually wrapped for convenience.

SAVE R5
29⁹⁹ each
150g
WITH CARD

Oh My Goodness! Toddler Cookies All Variants

12 STRAWBERRY FLAVOURED COOKIES
12 CHOCOLATE & SPINACH COOKIES
12 BLUEBERRY FLAVOURED COOKIES

59⁹⁹ each
H2O Glass Bottle - 1L

149⁹⁹ each
Serenity Stainless Steel Jumbo Travel Mug - All Colours - 1.2L
While stocks last

279⁹⁹ each
Smash Smoothie & Coffee Tumbler with Straw - All Colours - 540ml
While stocks last

Checkers

better and better

also at **Checkers Hyper**



Download the app

OFFERS VALID FROM MONDAY 21/10/2024 UNTIL SUNDAY 10/11/2024. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES NATIONWIDE. CERTAIN FOODS COOKED FOR STYLING PURPOSES ONLY. FOODS SHOWN AS SERVING SUGGESTIONS, ACCESSORIES NOT INCLUDED. SEAFOOD ONLY AVAILABLE AT STORES WITH SEAFOOD COUNTERS. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NO TRADERS PLEASE. ERRORS & OMISSIONS EXCEPTED (E&OE). SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES. WHILE STOCKS LAST. CUSTOMER CARE LINE 0800 01 07 09 (TOLL-FREE). XTRA SAVINGS SUPPORT LINE 0800 33 33 85 (TOLL-FREE).