



# SPRING INTO SEPTEMBER

ALL METRO C&C AND HYPER STORES



**52<sup>99</sup>**  
EACH  
Tastic Rice  
2kg



**48<sup>99</sup>**  
EACH  
Jungle Oats  
1kg



**39<sup>99</sup>**  
EACH  
C&B  
Mayonnaise  
750g



**32<sup>99</sup>**  
EACH  
All Gold  
Tomato Sauce  
700ml



**36<sup>99</sup>**  
EACH  
Mrs. Balls  
Chutney  
Assorted  
470g



**18<sup>99</sup>**  
EACH  
KOO  
Sweetcorn or  
Corn  
410g



**18<sup>99</sup>**  
EACH  
KOO  
Garden Peas  
410g



**19<sup>99</sup>**  
EACH  
KOO  
Chakalaka  
410g



**16<sup>99</sup>**  
EACH  
KOO  
Baked Beans  
410g



**10<sup>99</sup>**  
EACH  
Hugo's  
Baked Beans  
410g



**18<sup>99</sup>**  
EACH  
KOO  
Peach Slices  
410g



**18<sup>99</sup>**  
EACH  
KOO  
Mixed  
Vegetables  
410g



**17<sup>99</sup>**  
EACH  
All Gold  
Tomato &  
Onion Mix  
410g



**17<sup>99</sup>**  
EACH  
All Gold  
Braai Relish  
410g



**27<sup>99</sup>**  
EACH  
KOO  
Pilchards  
Assorted  
410g

## COMPETITION DETAILS: BUY ANY TWO PRODUCTS FROM THIS LEAFLET

THE PROMOTION WILL RUN FOR 6 WEEKS,  
TEN WINNERS WEEKLY.  
EACH WINNER WILL RECEIVE A N\$1000  
ON THEIR METRO REWARDS CARD

T&CS APPLY



AUTOMATIC ENTRY WHEN  
USING YOUR METRO REWARDS CARD

BUY AND WIN YOUR SHARE OF

**N\$ 60 000**

COMPETITION DATES:  
09 SEPTEMBER - 04 NOVEMBER 2024

ALL PRICES AND ILLUSTRATIONS ARE CORRECT AT THE TIME GOING TO PRESS. HOWEVER THE MANAGER OF METRO CANNOT BE HELD RESPONSIBLE FOR ANY CHANGES OR PRINTING ERRORS THAT MAY OCCUR.  
ALL PRICES ADVERTISED INCLUDE VAT UNLESS OTHERWISE STATED E&OE WHILE STOCK LAST. WE RESERVE THE RIGHT TO LIMIT QUANTITIES

A brand you can  
**TRUST**

PRICE VALID: 09 SEPTEMBER - 04 NOVEMBER 2024

Available at: Divundu • Eenhana • Gobabis • Grootfontein • Keetmanshoop • Karibib • Luderitz • Mega-Katima • Mega-Swakopmund • Mariental • Ondangwa • Oshakati • Okuryangava • Otjiwarongo • Kongola • Rundu • Swakopmund • Tsumeb • Walvisbay • Windhoek • Northern Industrial Area • Zambezi • Hyper (KLEINE KUPPE)





**18<sup>99</sup>**  
EACH

**KOO  
Beetroot  
405g**



**19<sup>99</sup>**  
EACH

**All Gold  
Tomato Sauce  
350ml**



**159<sup>99</sup>**  
EACH

**C&B  
Mayonnaise  
3kg**



**232<sup>99</sup>**  
EACH

**All Gold  
Tomato Sauce  
4.5ltr**



**69<sup>99</sup>**  
EACH

**Mrs. Balls  
Chutney  
Assorted  
1.1kg**



**10<sup>99</sup>**  
EACH

**KOO  
Tomato Paste  
100g**



**34<sup>99</sup>**  
EACH

**Holbrooks  
Worcestershire  
Sauce  
500ml**



**28<sup>99</sup>**  
EACH

**KOO  
Fruit Cocktail  
410g**



**33<sup>99</sup>**  
EACH

**Hugo's  
Mixed Fruit  
Jam  
900g**



**36<sup>99</sup>**  
EACH

**All Gold  
Apricot  
900g**



**24<sup>99</sup>**  
EACH

**Lucky Star  
Shredded  
Tuna  
170g**



**36<sup>99</sup>**  
EACH

**Lucky Star  
Pilchard  
400g**



**37<sup>99</sup>**  
EACH

**Top One  
Corned Meat  
300g**



**18<sup>99</sup>**  
EACH

**Lucky Star  
Soya Mince  
Assorted  
400g**



**32<sup>99</sup>**  
EACH

**Jungle  
Corn Flakes  
500g**



**63<sup>99</sup>**  
EACH

**Jungle  
Corn Flakes  
1kg**



**34<sup>99</sup>**  
EACH

**Tetley Tea  
102's**



**42<sup>99</sup>**  
EACH

**Laager  
Rooibos Tea  
80's**



**21<sup>99</sup>**  
EACH

**Tea Time  
100's**



**9<sup>99</sup>**  
EACH

**Teeco  
Black Tea  
26's**

ALL PRICES AND ILLUSTRATIONS ARE CORRECT AT THE TIME GOING TO PRESS. HOWEVER THE MANAGER OF METRO CANNOT BE HELD RESPONSIBLE FOR ANY CHANGES OR PRINTING ERRORS THAT MAY OCCUR.

ALL PRICES ADVERTISED INCLUDE VAT UNLESS OTHERWISE STATED E&OE WHILE STOCK LAST. WE RESERVE THE RIGHT TO LIMIT QUANTITIES

A brand you can  
**TRUST**

**PRICE VALID: 09 SEPTEMBER - 04 NOVEMBER 2024**

Available at: Divundu • Eenhana • Gobabis • Groofofontein • Keetmanshoop • Karibib • Luderitz • Mega-Katima • Mega-Swakopmund • Mariental • Ondangwa • Oshakati • Okuryangava • Otjiwarongo • Kongola • Rundu • Swakopmund • Tsumeb • Walvisbay • Windhoek • Northern Industrial Area • Zambezi • Hyper (KLEINE KUPPE)



"making HAPPIER families"



**15<sup>99</sup>**  
EACH  
Oral-B 123  
40Med  
Cassette



**31<sup>99</sup>**  
EACH  
Oral-B  
Toothpaste  
Assorted  
100ml



**16<sup>99</sup>**  
EACH  
Colgate  
Active Salt /  
Triple Action  
75ml / 100ml



**29<sup>99</sup>**  
EACH  
Colgate  
Charcoal  
Toothpaste  
100ml



**65<sup>99</sup>**  
EACH  
Colgate Plax  
Charcoal  
Mouth Wash  
500ml



**29<sup>99</sup>**  
EACH  
Sanex Roll-On  
Assorted  
50ml



**39<sup>99</sup>**  
EACH  
Pantene  
Shampoo/  
Conditioner  
200ml



**21<sup>99</sup>**  
EACH  
Nolene  
Petroleum  
Jelly  
200ml



**9<sup>99</sup>**  
EACH  
Darling  
Yaki Braids  
Assorted



**21<sup>99</sup>**  
EACH  
Inecto  
Superblack  
28ml



**29<sup>99</sup>**  
EACH  
Inecto  
Hair dye  
Assorted  
50ml



**26<sup>99</sup>**  
EACH  
Nolene  
Bubble Bath  
1ltr



**69<sup>99</sup>**  
EACH  
Sta-Soft  
Fabric  
Conditioner  
1ltr



**199<sup>99</sup>**  
EACH  
Pampers  
Nappies /  
Pants  
Value Pack



**29<sup>99</sup>**  
EACH  
Pampers  
Baby Wipes  
Assorted



**29<sup>99</sup>**  
EACH  
Always  
Maxi Thick  
Pads  
Assorted



**19<sup>99</sup>**  
EACH  
Always  
Panty Liners  
Assorted  
20's

ALL PRICES AND ILLUSTRATIONS ARE CORRECT AT THE TIME GOING TO PRESS. HOWEVER THE MANAGER OF METRO CANNOT BE HELD RESPONSIBLE FOR ANY CHANGES OR PRINTING ERRORS THAT MAY OCCUR.

ALL PRICES ADVERTISED INCLUDE VAT UNLESS OTHERWISE STATED E&OE WHILE STOCK LAST. WE RESERVE THE RIGHT TO LIMIT QUANTITIES

A brand you can  
**TRUST**

**PRICE VALID: 09 SEPTEMBER - 04 NOVEMBER 2024**

Available at: Divundu • Eenhana • Gobabis • Groofofontein • Keetmanshoop • Karibib • Luderitz • Mega-Katima • Mega-Swakopmund • Mariental • Ondangwa • Oshakati • Okuryangava • Otjiwarongo • Kongola • Rundu • Swakopmund • Tsumeb • Walvisbay • Windhoek • Northern Industrial Area • Zambezi • Hyper (KLEINE KUPPE)



"making HAPPIER families"

**89<sup>99</sup>** EACH  
 Gillette Minora II Twin Blade 24's

**25<sup>99</sup>** EACH  
 Gillette Razor Bag 5's

**11<sup>99</sup>** EACH  
 Gillette Minora Platinum Blister 5's

**114<sup>99</sup>** EACH  
 Ariel Liquid 2ltr/Capsules 21's

**79<sup>99</sup>** EACH  
 Lopis Cat Litter 10kg

**21<sup>99</sup>** EACH  
 Pamper Cat Food Assorted 385g / 400g

**119<sup>99</sup>** EACH  
 Pamper Multipack 12 x 85g

**139<sup>99</sup>** EACH  
 Pamper Cat Food 2kg

**21<sup>99</sup>** EACH  
 Husky Dog Food Cans Assorted 385g / 400g

**24<sup>99</sup>** EACH  
 Epol Dog Food Assorted 820g

**219<sup>99</sup>** EACH  
 Bob Martin Dog Food Assorted 6kg

**199<sup>99</sup>** EACH  
 Top Fowl 10kg

**169<sup>99</sup>**  
 Beacon Slabs Assorted 12x80g

**11<sup>99</sup>** EACH  
 Switch Energy Drink Assorted 500ml

**N\$49.99 Per 6 Pack**  
**199<sup>99</sup>**  
 Brookes Oros 24 x 300ml

**11<sup>99</sup>** EACH  
 Brookes Dairy Blend 1ltr

ALL PRICES AND ILLUSTRATIONS ARE CORRECT AT THE TIME GOING TO PRESS. HOWEVER THE MANAGER OF METRO CANNOT BE HELD RESPONSIBLE FOR ANY CHANGES OR PRINTING ERRORS THAT MAY OCCUR.  
 ALL PRICES ADVERTISED INCLUDE VAT UNLESS OTHERWISE STATED E&OE WHILE STOCK LAST. WE RESERVE THE RIGHT TO LIMIT QUANTITIES

A brand you can  
**TRUST**

**PRICE VALID: 09 SEPTEMBER - 04 NOVEMBER 2024**

Available at: Divundu • Eenhana • Gobabis • Grootfontein • Keetmanshoop • Karibib • Luderitz • Mega-Katima • Mega-Swakopmund • Mariental • Ondangwa • Oshakati • Okuryangava • Otiwarongo • Kongola • Rundu • Swakopmund • Tsumeb • Walvisbay • Windhoek • Northern Industrial Area • Zambezi • Hyper (KLEINE KUPPE)



"making HAPPIER families"