



SPRING INTO SEPTEMBER

ALL METRO C&C AND HYPER STORES



52⁹⁹
EACH
Tastic Rice
2kg



48⁹⁹
EACH
Jungle Oats
1kg



39⁹⁹
EACH
C&B
Mayonnaise
750g



32⁹⁹
EACH
All Gold
Tomato Sauce
700ml



36⁹⁹
EACH
Mrs. Balls
Chutney
Assorted
470g



18⁹⁹
EACH
KOO
Sweetcorn or
Corn
410g



18⁹⁹
EACH
KOO
Garden Peas
410g



19⁹⁹
EACH
KOO
Chakalaka
410g



16⁹⁹
EACH
KOO
Baked Beans
410g



10⁹⁹
EACH
Hugo's
Baked Beans
410g



18⁹⁹
EACH
KOO
Peach Slices
410g



18⁹⁹
EACH
KOO
Mixed
Vegetables
410g



17⁹⁹
EACH
All Gold
Tomato &
Onion Mix
410g



17⁹⁹
EACH
All Gold
Braai Relish
410g



27⁹⁹
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)





18⁹⁹
EACH

**KOO
Beetroot
405g**



19⁹⁹
EACH

**All Gold
Tomato Sauce
350ml**



159⁹⁹
EACH

**C&B
Mayonnaise
3kg**



232⁹⁹
EACH

**All Gold
Tomato Sauce
4.5ltr**



69⁹⁹
EACH

**Mrs. Balls
Chutney
Assorted
1.1kg**



10⁹⁹
EACH

**KOO
Tomato Paste
100g**



34⁹⁹
EACH

**Holbrooks
Worcestershire
Sauce
500ml**



28⁹⁹
EACH

**KOO
Fruit Cocktail
410g**



33⁹⁹
EACH

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



36⁹⁹
EACH

**All Gold
Apricot
900g**



24⁹⁹
EACH

**Lucky Star
Shredded
Tuna
170g**



36⁹⁹
EACH

**Lucky Star
Pilchard
400g**



37⁹⁹
EACH

**Top One
Corned Meat
300g**



18⁹⁹
EACH

**Lucky Star
Soya Mince
Assorted
400g**



32⁹⁹
EACH

**Jungle
Corn Flakes
500g**



63⁹⁹
EACH

**Jungle
Corn Flakes
1kg**



34⁹⁹
EACH

**Tetley Tea
102's**



42⁹⁹
EACH

**Laager
Rooibos Tea
80's**



21⁹⁹
EACH

**Tea Time
100's**



9⁹⁹
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)

Metro
Cash & Carry
"making HAPPIER families"



15⁹⁹
EACH
Oral-B 123
40Med
Cassette



31⁹⁹
EACH
Oral-B
Toothpaste
Assorted
100ml



16⁹⁹
EACH
Colgate
Active Salt /
Triple Action
75ml / 100ml



29⁹⁹
EACH
Colgate
Charcoal
Toothpaste
100ml



65⁹⁹
EACH
Colgate Plax
Charcoal
Mouth Wash
500ml



29⁹⁹
EACH
Sanex Roll-On
Assorted
50ml



39⁹⁹
EACH
Pantene
Shampoo/
Conditioner
200ml



21⁹⁹
EACH
Nolene
Petroleum
Jelly
200ml



9⁹⁹
EACH
Darling
Yaki Braids
Assorted



21⁹⁹
EACH
Inecto
Superblack
28ml



29⁹⁹
EACH
Inecto
Hair dye
Assorted
50ml



26⁹⁹
EACH
Nolene
Bubble Bath
1ltr



69⁹⁹
EACH
Sta-Soft
Fabric
Conditioner
1ltr



199⁹⁹
EACH
Pampers
Nappies /
Pants
Value Pack



29⁹⁹
EACH
Pampers
Baby Wipes
Assorted



29⁹⁹
EACH
Always
Maxi Thick
Pads
Assorted



19⁹⁹
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"



89⁹⁹ EACH

Gillette Minora II Twin Blade 24's



25⁹⁹ EACH

Gillette Razor Bag 5's



11⁹⁹ EACH

Gillette Minora Platinum Blister 5's



114⁹⁹ EACH

Ariel Liquid 2ltr/Capsules 21's



79⁹⁹ EACH

Lopis Cat Litter 10kg



21⁹⁹ EACH

Pamper Cat Food Assorted 385g / 400g



119⁹⁹ EACH

Pamper Multipack 12 x 85g



139⁹⁹ EACH

Pamper Cat Food 2kg



21⁹⁹ EACH

Husky Dog Food Cans Assorted 385g / 400g



24⁹⁹ EACH

Epol Dog Food Assorted 820g



219⁹⁹ EACH

Bob Martin Dog Food Assorted 6kg



199⁹⁹ EACH

Top Fowl 10kg



169⁹⁹

Beacon Slabs Assorted 12x80g



11⁹⁹ EACH

Switch Energy Drink Assorted 500ml



N\$49.99 Per 6 Pack

199⁹⁹

Brookes Oros 24 x 300ml



11⁹⁹ 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 • Grooffontein • 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"