

metro



siggi's



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FALL IN LOVE WITH COZY COMFORT FOOD

Discover the flavours of fall with 3 delicious recipes your family will love.

EFFECTIVE OCTOBER 17TH TO 30TH, 2024

LACTANTIA®: FOR MILK CONNOISSEURS

Lactose sensitive? Stir up a warm
Pumpkin Soup with great-tasting
lactose-free milk by Lactantia®
– it's a new fall family favourite.



629 LACTANTIA
LACTOSE FREE MILK
2L
ea. SELECTED VARIETIES

ENJOY THE FRESH TASTE OF DAIRY WITHOUT THE DISCOMFORT.

[CLICK HERE
FOR RECIPE](#)

Curried Pumpkin
Harvest Soup

COZY COMFORT FOOD

SIGGI'S®: SIMPLE INGREDIENTS, NOT A LOT OF SUGAR*

Make fall more delicious by adding creamy Siggis® yogourt to our delectable dessert recipe that is loaded with apples & cinnamon.



3.99 ea. SIGGI'S YOGOURT
4x100g
SELECTED VARIETIES

MADE WITHOUT ARTIFICIAL SWEETENERS OR FLAVOURINGS.



[CLICK HERE FOR RECIPE](#)

Maple Baked Apples and Praline Yogourt

GOZNY GO MFEORT FOOD

* Siggis plain, vanilla and fruit yogourts have on average 35% less sugar and 75% more protein than leading plain, vanilla and fruit yogourts in Canada as measured by \$ Sales in the category (Nielsen, Nat XNFLD, L52 PE Nov 5, 2022). All trademarks are owned or used under license by Lactalis Canada, Toronto, ON M9C 5J1. ©Lactalis Canada, 2023. All rights reserved.

LACTANTIA®: DELIGHTFULLY SMOOTH

Making a Sweet Potato Pie is a fall tradition. Switch it up using purple sweet potatoes and adding smooth Lactantia® cream cheese & warm baking spices.



2 for
700
or pay
3.99 ea.

LACTANTIA
CREAM CHEESE
SPREAD
SELECTED SIZES
SELECTED VARIETIES

[CLICK HERE
FOR RECIPE](#)

No-Bake Purple Sweet
Potato Cheesecake Pie

DELICIOUSLY CREAMY – GREAT FOR COOKING, BAKING & ON ITS OWN.

GOZNY COMFORT FOOD

LACTANTIA CREAM
473 ml - 1L
SELECTED VARIETIES

4⁴⁹
ea.

BRING FAMILIES TOGETHER

From Black Diamond® cheese to nano® yogourt to Lactantia® cream – they make the perfect additions to your favourite recipes or the best snacks.



2 for
900
or pay
4.99 ea.

NANO
DRINKABLE YOGOURT
6x93 ml
SELECTED VARIETIES



BLACK DIAMOND
CHEESE
SELECTED SIZES
SELECTED VARIETIES

7⁴⁹
ea.



SAVOUR AUTUMN WITH A TOUCH OF FRESHNESS



\$45

OFF YOUR GROCERIES

\$15 off on your first
3 orders*

PROMO CODES
HARVEST1
HARVEST2
HARVEST3



Try It Now

* Offer valid between September 19th and November 7th, 2024.
Conditions apply. Details on metro.ca.

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