

**COOP**<sup>TM</sup>  
**deals**

**Hooray for May!**

**SIETE FOODS**  
Taco Shells



Made from cassava meal, pumpkin seed meal, & avocado oil • Grain-free, paleo, & vegan • 5.5oz.

**4.99**

**SIETE FOODS**  
Tortilla Chips



Grain-free, paleo, & vegan • Select varieties • 5oz.

**4.59**

**SIETE FOODS**  
Canned Beans & Seasoning Packets



Vegan • Select varieties • 1.29 oz. - 16 oz.

**2 for 4.00**



**LAKEFRONT BREWERY**  
Box of Beer

Four of Lakefront's aluminum-clad crowd-pleasers, together at last in a stackable, crackable, twelve-packable, easy-to-carry carton • 12-pk

**17.99**



**SIETE FOODS**  
Grain-free Tortillas

Almond, cassava, or chickpea flour • Gluten-free & vegan • 7 oz.

**7.99**



**OUTPOST'S OWN**  
Fiesta Taco Dip

Delicious layers of organic black beans, tomatoes, scallions & cilantro, black olives, chipotle lime Neufchatel cheese, salsa, cheddar & Monterey jack cheeses

**SAVE 1.00**

*First of the season!*



**GREEN OR PURPLE MICHIGAN ASPARAGUS**

Klug Farm • St. Joseph, MI • Supplies may be limited

**5.99** per lb.



**OLDEN ORGANICS**  
GUACAMOLE & PICO DE GALLO

Made in Ripon, WI • 10 oz. - 10.5 oz.

**SAVE 1.00**



**ORGANIC AVOCADOS**

Mexico Grown

**2 for 3.00**



**open daily**

**OUTPOST**  
NATURAL FOODS

May 1 - 7, 2024

# may the savings be with you



## MILLER POULTRY

### Chicken Drumsticks or Bone-In Thighs

Raised with no hormones or antibiotics & vegetarian-fed • Orland, IN

**2.99** per lb.



## owner savings\*



## WISCONSIN MEADOWS

### Pasture-Raised Bone-In Pork Butt Roast

Humanely raised with no antibiotics or hormones • Viroqua, WI

**6.49** per lb.



## WISCONSIN MEADOWS

### 100% Grassfed Beef Skirt Steak

Perfect for tacos or fajitas • Humanely raised on Wisconsin family farms • Viroqua, WI

**13.99** per lb.



*First of the season!*



## ORGANIC VIDALIA ONIONS

Georgia Grown

**1.39** lb.



## PLANT BOSS

### Meatless Crumbles

Pea-protein based • Shelf stable & perfect for the pantry • Select varieties • Norway, IA • 3.35 oz.

**4.99**



*Deliciously juicy!*



## ORGANIC GRAPE TOMATOES

Canada or Mexico Grown

**1.99** per pint

## owner savings\*



## ORGANIC COSMIC CRISP APPLES

Washington Grown

**1.69** per lb.



## ORGANIC ROMAINE LETTUCE

Florida Grown • Lady Moon Farms

**2.99** per lb.



## owner savings\*



## ORGANIC BLUEBERRIES

Mexico or California Grown • 6 oz.

**3.99** ea.



**owner savings\*** – Join the Co-op today & start enjoying these and all the benefits of ownership!

FRESH & DELICIOUS

co-op made

MADE FROM SCRATCH

owner savings\*



**GRAB & GO**  
Veggie Rainbow Sandwich

A delightful combination of organic carrots, tomatoes, red onions, sprouts & sunflower seeds on Tribeca multigrain bread with our homemade hummus

**3.99** ea.



**OUTPOST'S OWN**  
Pork Chorizo Sausage

Made fresh in our meat departments • Seasoned with paprika, garlic, oregano, cumin & a hint of lemon juice

**5.99** per lb.

owner savings\*



**OUTPOST BAKEHOUSE**  
Banana Flax Muffin

Our favorite banana flax muffins made with chocolate chips & drizzled with chocolate ganache • 4-pk

**5.99** ea.



*Vegan chili available daily!*

**OUTPOST'S OWN**  
Soup of the Day

Available hot or cold in the grab & go case • Scan the code to view our April soup calendar



cheese special



**OUTPOST'S OWN**  
Horseradish Cheddar Spread

This delicious cheddar horseradish spread is great on crackers & bread • Especially delicious with raw veggies & pretzels

**SAVE 1.00** per lb.

deli special



**FERNDALE**  
Roasted Turkey Breast

*Fresh sliced in the Cafe!*

Third generation free-range turkey farm • All-natural & humanely raised • Cannon Falls, MN

**SAVE 1.00** per lb.



we made you dinner • MAY 1 - 7



**Irish Beef Stew**

**Butter Chicken**

**Chickpea Dumplings**  
w/ **Collard Greens** (wheat-free, vegan)

**4-Cheese Mac & Cheese**

**Vegan Mac & Cheese** (vegan)



MADE FROM SCRATCH • ORGANIC INGREDIENTS • ALL NATURAL

co-op deals • co-op deals • co-op deals • co-op

bulk deals

**BULK Thunder Crunch Snack Mix**



Crunchy seasoned combo of sesame sticks, cashews, & almonds

**SAVE 1.00** per lb.

**BULK PACK Organic Dried Cranberries**



Sweetened with organic cane sugar • Grown in Canada • 1 lb.

**SAVE 2.00**

**BULK Organic Fair Trade Jasmine Rice**



Aromatic long grain rice • Brown or white • Grown on family farms in Cambodia

**SAVE 20%** per lb.

**BULK Organic Black or Pinto Beans**

Doudlah Farms are advocates for organic, regenerative & biodynamic farming practices (fancy names for growing nutrient-rich foods that's good for you, our planet & the future of human health) • Grown in Evansville, WI

**2.49** per lb.



home gardening deals

**BLUE RIBBON ORGANICS Organic Compost**



Crafted from nutritious food & yard residuals • Tested to ensure product is free of weed seed • Great for gardens, trees, shrubs, or lawn • Made in Caledonia, WI

**8.99** per 12 lbs.

**12.99** per 1 cubic ft.



**WIGGLE WORM Pure Earthworm Castings**



Improves soil fertility & aeration for houseplants, vegetables, gardens & more • Odor free • Made in USA • 4.5 lb.

**9.99**



**COBRAHEAD Original Weeder & Cultivator**

The all-purpose, hand-held garden tool that weeds, cultivates, digs, edges, furrows, transplants, de-thatches, & harvests with ease • Made in Cambridge, WI

**SAVE 5.00**



**BLACK GOLD Natural & Organic Potting Mix**

An all-purpose mix formulated with all natural ingredients including earthworm castings • Recommended for containers & raised beds

**6.49** per 8 qt.

**14.99** per 1 cubic ft.

**BETTER WOOD PRODUCTS Natural Hardwood Lump Charcoal**

Kiln-fired • Easy to light • No additives or chemicals • 8.8 lb.

**9.99**



**ECOS Window Cleaner**



Plant-powered streak-free clean • Made in USA • 22 oz.

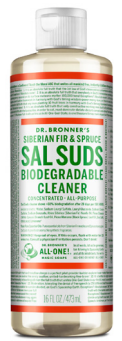
**4.99**



**DR. BRONNER'S Sal Suds Biodegradable Cleaner**

Plant based multi-purpose household cleaner for dishes, floor, laundry & more • 32 oz.

**SAVE 3.00**



May 1 - May 7, 2024 • Promoted items may vary by location • While supplies last





# co-op deals • co-op deals • co-op deals • co-op

## COUNTRY LIFE Women's & Men's Real Food Organics Multivitamin

Made from a broad-spectrum blend of fermented organic whole food offering a variety of nutrients & healthy polyphenols • 60-ct



**new**

**SAVE 6.00**

## COUNTRY LIFE Acid Rescue

Contains no fillers like talc or cornstarch • Helps relieve heartburn & indigestion with added calcium to boot • 60-ct



**new**

**8.99**

## CELESTIAL SEASONINGS Herbal Tea

Majority of ingredients sourced directly from farmers & communities that grow them • 20-ct



**3.99**

## SOUTH OF FRANCE Bar Soap

Luxuriously lathering all-vegetable soap • Triple-milled in the Marseille tradition for a pampering cleansing experience • 6 oz.



**3.89**

## ORGANIC INDIA



### Ashwagandha

Promote healthy sleep cycles & profound relief from physical & energetic stress • 90-ct



**SAVE 5.00**

## NATURAL STACKS Brain Food

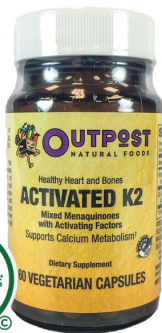
Save on complete Brain Food system to support your neurotransmitters, focus & mood • 60-ct



**SAVE 6.00**

## OUTPOST Activated K2

Supports calcium metabolism & liver health function • 60-ct



**SAVE 4.00**

## TRUVANI Protein Powder



Free stainless steel shaker cup with purchase of a full sized bag of Truvani plant-based protein powder • 20.95 oz.



**20.00 value** while supplies last

## GAIA HERBS Black Elderberry Syrup

Everyday immune support to help maintain overall well-being • Each serving equals the equivalent of 14.5 g of fresh elderberries • 3 oz.



**SAVE 6.00**

## BADGER BALM Mineral Sun SPF 40 Sport Cream

Made with just 4 simple ingredients, it's the first formula ever to achieve the rigorous reef-friendly Protect Land + Sea Certification • 2.9 oz.



**SAVE 4.00**

## NORDIC NATURALS Complete Omega



Perfectly balanced blend of fish oil & borage oil for healthy skin, joints & cognition



**SAVE 12.00**

## AURA CACIA Essential Oils

When it comes to pure essential oils, it all begins at the botanical source • Aura Cacia is committed to delivering essential oils from all over the globe with integrity and botanical authority

**SAVE 25%  
on all essential oils**



May 1 - May 7, 2024 • Promoted items may vary by location • While supplies last

active healing • mind & body deals

aromatic deals

## support your local vendors



### MAGGIE'S HERBS & HEIRLOOMS

Maggie Queisser has been growing herb and heirloom plant seedlings and cuttings for Outpost for over a decade. Her plants are wildly popular as she seeks out interesting heirloom varieties that can't be found at the big garden centers. She then carefully nurtures them with kelp and fish emulsion, and no pesticides, herbicides, or fungicides. If you're looking for herbs and veggies tailor made for Wisconsin gardens, do yourself a big favor and pick up some of these exceptional plants.

**At all Outpost stores through Memorial Day weekend!**

## outpost cakes



### OUTPOST'S BAKEHOUSE

Celebrate Mother's Day, graduation & all your special events with a custom cake from Outpost • Single layer, 7-inch or 10-inch double layer, half sheet or full sheet – we can meet all your celebratory cake needs

• Wheat-free & vegan cakes available • Made with all-natural & organic ingredients

**Visit [outpost.coop/shop/cakes](http://outpost.coop/shop/cakes)**



## SAMPLER

# MONARCHS & MILKWEEDS CELEBRATING OUR POLLINATORS!

- Enter to win in our pollinator prize drawing (no purchase necessary)
- Free butterfly weed seedlings (while supplies last) • Free for kids – decorate a flower cookie • Food samples and more!
- Visit our website or stores for all event details by store

**SATURDAY**  
**5.18.24**

11am - 2pm • All Outpost stores

**OUTPOST**  
NATURAL FOODS

4 Metro Milwaukee stores • 24/7 online shopping

Visit [www.outpost.coop](http://www.outpost.coop) for more info



Milwaukee • 100 E. Capitol Dr. 414.961.2597  
Wauwatosa • 7000 W. State St. 414.778.2012  
Bay View • 2826 S. Kinnickinnic Ave. 414.755.3202  
Mequon • 7590 W. Mequon Rd. 262.242.0426

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