



# Labor Day



**ALSUM  
FAMILY FARM**  
Bi-Color Sweet Corn

Grown in Randolph, WI

**6 for 3.00**



**WISCONSIN  
MEADOWS**  
Pasture-Raised  
Pork Bratwurst

Traditional brats made with vegetarian-fed pork from Wisconsin family farms • Raised without the use of growth hormones or antibiotics • No added nitrates or MSG • Gluten-free • Viroqua, WI • 16 oz.

**8.99**



**SPRINGDALE  
FARM**  
Organic Watermelon with Seeds

Whole or cut • Grown in Plymouth, WI

**ONLY .69** per lb.



**WOODSTOCK**  
Mustard or Ketchup

Select varieties  
• 8 - 20 oz.

**2.99**



**PRETZILLA**  
Pretzel Sausage Buns

Irresistibly soft, yet sturdy enough to withstand all of your favorite brat toppings • Milwaukee, WI • Vegan • 4-pk.

**3.99**



**STEMILT ORGANIC**  
NECTARINES & PEACHES

Washington Grown

**3.49** per lb.



**WOODSTOCK**  
Sauerkraut

Top off that brat or serve alongside  
• 16 oz.

**3.99**



**open daily**

**OUTPOST**  
NATURAL FOODS

Aug 28 - Sep 3, 2024



# Too Cool for School

**BO  
GO**

**buy 1 get 1 free**

**BO  
GO**



## SOLELY Fruit Jerky

Whole fruit pressed into one snack-sized bar • Great for lunchboxes • Select varieties • 0.8 oz. • Limit 10 • Mix & Match • Regularly 2.49



## ANNIE'S HOME-GROWN Mac & Cheese

Classic, Shells & Aged Yellow Cheddar, Shells & White Cheddar, Bunny Pasta with Cheese, or Low Sodium • 6 - 7 oz. • No Limit • Regularly 3.89



## CROFTER'S Fruit Spread or Conserve

Buy 1 get 1 of equal or lesser value • Select varieties • 10 - 16.5 oz. • No Limit • Regularly 5.89 - 7.49



## NIXIE Sparkling Water

In BPA-free cans • Select varieties • Vegan & gluten-free • 8 pk. of 12 oz. cans • Regularly 6.99



## BEYOND Plant-Based Sausage Links

Bratwurst, Hot Italian, & Sweet Italian • Gluten- & soy-free • Vegan • 4 pk. • 14 oz. • No Limit • Regularly 9.49



## GOODPOP Frozen Pops

Natural fruit pops made with real fruit & nothing artificial • Select varieties • Gluten-free & vegan • 4 or 8 pk. • Limit 2 • Regularly 6.49



## AURA CACIA Kid-focused Aromatherapy Mists

An easy & safe way to incorporate essential oils into daily routines • Choose from Bedtime, Clearing, Uplifting & Focus • No limit • Regularly 6.79



## HERBAN COWBOY Dusk Deodorant

Sophisticated notes of sandalwood, sage & cedar leaf • Rosemary, parsley & sage extracts pack a plant-powered odor fighting punch • No limit • Regularly 9.99



## PRESERVE Ultra Soft Toothbrush

Made from recycled yogurt cups • BPA-free • Made in the USA • Climate neutral certified company • No limit • Regularly 3.99





FRESH &amp; DELICIOUS

co-op made

MADE FROM SCRATCH

CO-OP  
MADE**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** per lb.**MARIEKE**  
**Cheese Spreads**

Marieke's creamy & buttery Gouda has an irresistible, mild taste that is perfect for any occasion • Plain, Honey Clover & Hatch Pepper • 7 oz.

**SAVE 1.00**CO-OP  
MADE**OUTPOST'S OWN****Macaroni Salad**

Our classic macaroni salad of organic onions, celery and bell peppers & elbow pasta with a mayonnaise, Dijon mustard, horseradish dressing is a tasty addition to any gathering

**SAVE 1.00** per lb.**owner savings\***CO-OP  
MADE**GRAB  
& GO**  
**Ginger Berry  
Smoothie**

A refreshing smoothie of blueberries, raspberries, organic ginger & organic lemonade • 16 oz.

**4.99** ea.CO-OP  
MADE**OUTPOST'S OWN**  
**Specialty Beef Burgers**

Ready for the grill • Made with assorted cheeses, spices, & assorted savory ingredients • Select varieties

**SAVE 1.50** per lb.**owner savings\***CO-OP  
MADE**OUTPOST'S OWN**  
**Roasted Red Potato Salad**

Organic red potatoes with roasted red peppers, organic red onions & parsley in a veganaise, Dijon mustard dressing • Vegan

**SAVE 1.00** per lb.**\*owner savings** – Join the Co-op today & start enjoying these and all the benefits of ownership!**we made you dinner • AUG 28 - SEP 3****Green Curry Chicken** (wheat-free)**Roasted Vegetable Lasagna** (vegetarian)**Sweet Potato  
Coconut Dal** (wheat-free vegan)**4-Cheese Mac & Cheese****Vegan Mac & Cheese** (vegan)CO-OP  
MADE**MADE FROM SCRATCH • ORGANIC INGREDIENTS • ALL NATURAL**

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

bulk deals

## BULK Organic Walnuts

Halves or small pieces  
• Grown in California



**SAVE 2.00** per lb.

## BULK PACK • EQUAL EXCHANGE

### Fair Trade Mammoth Pecans

Giant, buttery pecans grown with purpose in the fruitful orchards of the New Communities in Albany, GA • 8 oz.



**SAVE 1.00**

## OZERY BAKERY



### Morning Rounds

Toastable, portable breakfast buns made with assorted sweet fruits & nutritious grains • Select varieties • Vegan • 12.7 oz.



**3.69**

## YERBA MATE Sparkling Energy Beverage

Energy from Yerba Mate • 50% Net Profits Support People in Recovery • Select varieties • 16 oz.



**2 for 5.00**

## SAN PELLEGRINO Sparkling Mineral Water

From the Italian Alps • Glass Bottle • 750 ml.



**2 for 5.00**

## owner savings\*

### BULK Colectivo Granola

Crunchy granola featuring rolled oats, sunflower seeds, pecans, & almonds



**SAVE 1.50** per lb.

## everyday low price

### BULK • EQUAL EXCHANGE Organic Fair Trade Regular Roast Coffee

Grown on small farmer cooperatives



**11.99** per lb.

## BULK • DOUDLAH FARMS Organic Popcorn

White or yellow  
• Grown in Evansville, WI



**1.99** per lb.

## BULK PACK Organic Thompson Raisins

Seedless, plump & full of flavor • Grown in California



**SAVE 1.00** per lb.

## stock up & save

### MOM'S BEST Cold Cereal

Select varieties  
• Lakeville, MN  
• 17.5 - 24 oz.



**3.99**

## REBBL Functional Elixirs & Lattes

Flavorful beverages made with ethically-sourced ingredients • Dairy-, soy-, gluten-, & refined sugar-free • 12 oz.



**3.69**

## WYLD Sparkling Water

25mg CBD from broad spectrum hemp extract • THC-free • Select varieties • 12 oz.



**3.99**

## owner savings\*

### LAKEWOOD Juice

Organic Unfiltered Apple, Pure Pineapple, Organic Mango, & Organic Piña Colada Blend • 32 oz.



**4.79**

good morning deals

delightful drink deals

August 28 - September 3, 2024 • Promoted items may vary by location • While supplies last



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

## STONYFIELD

### Yogurt Squeezers

Great for breakfast, lunch, or as an anytime snack • Strawberry or Berry & Cherry • Gluten-free • 8-pk



**4.79**

## TOFUTTI

### Better Than Cream Cheese or Sour Cream

Better than the real thing since 1981 • Rich & creamy alternatives proudly made with tofu • Gluten-free & vegan • 8 - 12 oz.



**3.89**

## SCHÄR

### Gluten-Free Deli Style Bread

Sourdough bread with New York style texture & taste • 8.5 oz.



**4.99**

## FAGE

### Total Greek Yogurt

Plain or split fruit • Select varieties • 5.3 oz.



**2 for 3.00**

## RIPPLE

### Plant-Based Milk

Creamy milk alternative made with pea protein • Select varieties • Gluten-, soy-, & nut-free • Vegan • 48 oz.



**4.99**

## JOVIAL

### Pasta & Tomatoes

Cassava Pasta • Tomatoes in glass jars • Gluten-free • Select varieties • 8 - 18.3 oz.



**3.99**

## KALONA SUPER NATURAL

### Whole Milk Yogurt

Non-homogenized cream-top yogurt from grassfed cows • Plain or vanilla • Kalona, IA • 24 oz.



**4.49**



## WESTBY

### Organic Sour Cream

Great for making dips or salad dressings • Westby, WI • 12 oz.



**3.29**

## LUNDBERG

### Rice Cakes or Thin Stackers

Crisp rice alternative to crackers or toast • Select varieties • Vegan & gluten-free • 5.9 - 8 oz.



**3.79**

## owner savings\*

### M.B.O.O. Extra Virgin Olive Oil

From Ogliarola olives grown in Puglia, Italy • Fruity aroma, peppery finish • 750 ml

Save 10.00!



**13.99**

## BOAR'S HEAD

### Premium Hummus

Select varieties • Gluten-free & vegan • 10 oz.



**3.99**

## everyday low price

Stock up & Save! ↗

### WOODSTOCK Mayonnaise

Made with Soybean Oil • 16 oz.



**4.99**

## WOODSTOCK

### BBQ Sauce

Original or Hickory • 18 oz.



**4.99**

## CADIA

### EVERYDAY Dill Pickle Relish

Tasty topping for dogs, deviled eggs, & more • 12.5 oz.



**2 for 5.00**

## INSPIRED ORGANICS

### Salad Dressing

Gluten-free • Select varieties • 8 oz.



**4.79**

dairy aisle deals

gluten-free deals

cool condiment deals

August 28 - September 3, 2024 • Promoted items may vary by location • While supplies last

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

## sweet treat deals

### ALDEN'S Organic Ice Cream Bars

Tasty frozen treats to beat the heat  
• Select varieties  
• 4-pk

**6.49**



### owner savings\*

### BACK TO NATURE Cookies

Sandwich Cremes, Chocolate Chunk, or Soft Chocolate Chip • 8 - 12 oz.

**4.29**



### SO DELICIOUS Plant-Based Ice Cream Mini Sandwiches or Dipped Bars

Vegan • Select varieties

**5.49**



## crunchy snack deals

### owner savings\*

### EAST SHORE Pretzels

Seasoned, Sourdough, or Dipping • Selection varies by store • Hartland, WI • 8 - 12 oz.

**4.49**



### STACY'S Pita Chips

Simply Naked or Multigrain • Selection varies by store • 7.33 oz.

**4.99**



### STELLAR Seasoned Pretzels

Satisfying & Delicious • No Added Sugar • Vegan • 12 oz.

**5.99**



### CRUNCHMASTER Crackers

Gluten-free • Select varieties • 4 oz.

**3.99**



### PASQUAL'S Seasoned Tortilla Chips

Restaurant Style • Madison, WI • 13 oz.

**4.99**



### owner savings\*

### CALBEE Harvest Snaps

Baked Green Pea Crisps • Lightly Salted & Seasoned varieties • 3 - 3.3 oz.

**1.99**



## hot meal deals

### TASTY BITE Heat n' Serve Entrees

Curry Legume & Vegetable options • Select Vegetarian varieties • 10 oz.

**4.59**



### owner savings\*

### INSPIRED ORGANICS Rice

Fully Cooked & Ready to Serve • Jasmine, Basmati, or Spanish varieties • 8.8 oz.

**2.69**



### EVOL Frozen Burritos

Ready in minutes & packed with all natural ingredients • 10.9 - 11.3 oz.

**2 for 5.00**



## healthy home deals

### BETTER WOOD PRODUCTS Natural Hardwood Lump Charcoal

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

**9.99**



### SEVENTH GENERATION Bath Tissue

Whitened without chlorine bleach • Made from 100% recycled paper • 12 ct.

**SAVE 2.00**



### SEVENTH GENERATION Disinfecting Wipes

Made with a botanical disinfectant derived from essential oil • Kills 99.99% of household germs • 35 ct.

**4.99**



August 28 - September 3, 2024 • Promoted items may vary by location • While supplies last



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

## AMAZING GRASS Greens Blend

Packed with 1 full serving of wholesome fruits, vegetables, vitamins & minerals in every scoop • Plus fiber, pre & probiotics • 7.4 oz.



**SAVE 6.00**

## ORGAIN Grass-fed Protein Shake

Smooth & creamy meal replacement shake with 20 grams of grassfed whey protein plus vitamins & minerals • Low sugar • 11 oz.



**3.49**

## BACH FLOWER ESSENCES Rescue Remedy

Blend of 5 flower remedies provides gentle, non-habit forming support for everyday stress & overall wellbeing • 20ml



**SAVE 6.00**



## BARLEAN'S Forti-Flax

Provides all 10 essential amino acids • Raw, vegan source of omega-3s • 16 oz.



**9.99**

## SPROUT LIVING Epic Protein Green Kingdom



20g complete protein • Detoxifying blend of land & sea veggies + sprouts • Packed with superfoods + probiotics • 35g



**3.99**



## OUTPOST Omega-3 Once Daily

Contains EPAX® fish oil, the most clinically documented fish oil in the world • 90 ct.



**SAVE 10.00**

## CRYSTAL Mineral Deodorant

Mineral-enriched • Dries fast to create a protective barrier that blocks odors before they start • No residue • Vegan • 4 oz.



**4.69**

## JASON Biotin Shampoo or Conditioner

Infused with biotin & panthenol • Helps to boost volume & revitalize hair • 16 oz.



**8.99**

## AURA CACIA Peppermint Essential Oil

Purity tested • No synthetic stabilizers or fragrances • 0.5 oz.



**6.99**

## SUKIN Facial Moisturiser

Nourishes & softens skin through a beautiful blend of rosehip, avocado, sesame seed & jojoba oils • 4.23 oz.



**7.49**

## WELEDA Skin Food

Deeply hydrating with calendula & chamomile in fully recyclable packaging through TerraCycle® Recycling Program • 2.5 oz.



**SAVE 5.00**

## DR. BRONNER'S Pure Castile Liquid Soap

Made with certified fair trade ingredients & organic U.S. grown hemp seed oil • Soft, smooth lather that won't dry your skin • 16 oz.



**9.99**

health & wellness deals

soothing spa day deals

August 28 - September 3, 2024 • Promoted items may vary by location • While supplies last

# dilly macaroni salad • make it tonight



## Serves 8

- |  |  |
|--|--|
| 1 pound elbow macaroni, cooked, drained and cooled   | 3 tablespoons sugar                    |
| 1 red pepper, diced                                  | ½ teaspoon sea salt                    |
| 1 ½ cups celery, diced                               | ¾ teaspoon garlic powder               |
| ½ cup green onion, diced                             | ¾ teaspoon freshly ground black pepper |
| 1, 12.3 ounce box silken firm tofu                   | 4 tablespoons red wine vinegar         |
| 5 tablespoons fresh dill, chopped, big stems removed | 4 tablespoons good quality olive oil   |
|  | 2 tablespoons spicy brown mustard      |

1. Chop red pepper, celery and green onion, set aside.
2. Make dressing by adding silken tofu, dill, salt, pepper, garlic powder, sugar, vinegar, olive oil and mustard to a blender or food processor and blend until well combined. Scrape down sides as needed. If mixture seems thick, you can add a little water at a time to thin.
3. Taste and adjust seasonings as needed.
4. Add noodles and diced vegetables to a large bowl then add about ½ of the dressing and mix well. Continue adding dressing until it's 'dressed' to your taste. You may have extra dressing, so reserve, and add more right before serving if needed. You can also use this dressing on any salad.
5. Chill for at least 1-2 hours before serving for best flavor.



## ORGANIC CELERY

California Grown

**1.69** per lb.



## MORI-NU

### Silken Tofu

Firm, Extra Firm, or Soft • Shelf Stable  
• 10.8 - 10.9 oz.

**3.79**



## everyday low price



## FIELD DAY Elbow Macaroni Pasta

6g of protein per serving • 16 oz.

**1.99**



**Labor Day Hours  
we're open  
7:30 a.m. - 8 p.m.**

## Outpost is a proud supporter of labor!

Outpost store staff are represented by the UFCW Local #1473. Those who work on Labor Day sign up for shifts, are scheduled according to seniority, and receive time-and-a-half pay. Those who don't work can request to use one of four PTO discretionary holiday days.



**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

[www.outpost.coop](http://www.outpost.coop)