

CO+OP
deals

Nuttin' But Love



**BULK
TIERRA FARMS**
Organic Roasted Almonds



Salted, unsalted, or tamari
• Small batch roasted in Albany, NY

SAVE 3.00 per lb.



**BULK
TIERRA FARMS**
Organic Fair Trade
Roasted Cashews



Premium dry-roasted whole
cashews • Salted or unsalted

SAVE 2.00 per lb.



BULK
Organic Walnuts



Halves or small pieces
• Grown in California

SAVE 3.00 per lb.

owner savings*



MIYOKO'S
Cheese Spreads

A soft, spreadable cheese crafted from
a rich, creamy base of organic cultured
cashew milk • Speckled with sundried
tomato, garlic herb or chive • 8 oz.

4.99



**BLUE
DIAMOND**
Nut Thins
Crackers



Made from almonds • Gluten-free
• Select varieties • 4 oz. - 4.25 oz.

3.49



GRAB & GO
Tofu Cashew Spread

Salted cashews & Simple Soyman tofu,
along with roasted red peppers, nutritional
yeast, celery, red onions & sesame seeds
make up this savory vegan spread

7.99 per lb.



OUTPOST'S OWN
Persian Rice Salad

A refreshing salad of organic brown basmati
rice, Deglet Noor dates and roasted cashews
with a lemon vinaigrette dressing

SAVE 1.00 per lb.



**BLUE
DIAMOND**
Almond Breeze

Refrigerated
almond milk •
Select varieties
• Gluten-free &
vegan • 64 oz.

3.99



FORAGER
Cashewmilk Yogurt

Plain, vanilla, or unsweetened vanilla
• Gluten-free, soy-free, & vegan • 24 oz.

5.49

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

open daily

OUTPOST
NATURAL FOODS

February 28 - March 5, 2024

save on fresh



ORGANIC PINK LADY APPLES

Washington Grown

ONLY .99 per lb.

The best tasting grapefruit!



ORGANIC RIO STAR GRAPEFRUIT

Texas Grown

1.69 per lb.



ORGANIC CARA RED NAVEL ORANGES

Big orange flavor with hints of berries
• California Grown

1.69 per lb.



ORGANIC CELERY

California Grown

1.69 per lb.



ORGANIC 1LB BAG MINI SWEET PEPPERS

Mexico Grown

2 for 5.00



ORGANIC BRUSSELS SPROUTS

Mexico Grown

2.69 per lb.



SMART CHICKEN

All Natural Boneless
Skinless Chicken Thighs

Humanely raised with no antibiotics
• Tender, flavorful, & rich in iron

5.99 per lb.



WISCONSIN MEADOWS

100% Grassfed Beef Rump Roast

Ready for the oven or slow cooker
• Juicy & flavorful • Minoqua, WI

SAVE 1.00 per lb.



WISCONSIN MEADOWS

100% Grassfed Beef Stew Meat

Tender chunks of humanely raised,
antibiotic-free beef from Wisconsin
family farms • Minoqua, WI

10.99 per lb.

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*



CO-OP
MADE

GRAB & GO

Tuna Vegetable Pasta Salad

Full of organic vegetables including broccoli, carrots, peas, celery & red onions
• Tossed in a dressing of mayonnaise, horseradish, Dijon mustard & pickled relish

SAVE 1.00 per lb.

new



CO-OP
MADE

**OUTPOST'S
BAKEHOUSE**

Hummingbird Cake Slice

A delicious cake of banana & pineapple highlighted with luscious cream cheese frosting & pecans

3.49 ea.



CO-OP
MADE

**OUTPOST'S OWN
Chicken Chorizo Sausage**

All natural ground chicken thighs seasoned with garlic, paprika, & spices with a touch of cider vinegar and lemon • Great for breakfast scrambles

6.99 per lb.



CO-OP
MADE

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 March soup calendar



cheese special

owner savings*



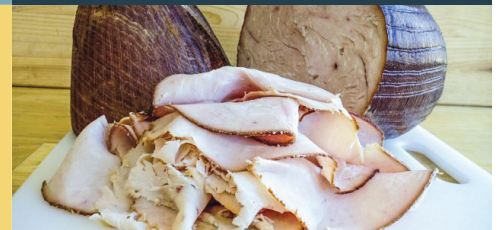
**CELLO
FONTAL
CHEESE**

Tuscan Rubbed & Creamy Dill

Creamy, smooth, slightly sweet & spiced just right • 5 oz.

SAVE 1.00 ea.

deli special



**FERNDALE
Smoked Turkey**

*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

FEB. 28 - MAR. 5



CO-OP
MADE



Green Curry Chicken (wheat-free)

Zucchini Feta Bake (vegetarian)

Chana Masala (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

flavor deals

owner savings*

SAN-J Tamari Soy Sauce

Original black label or reduced sodium white label
• Non-organic • 10 oz.

2.99



ORRINGTON FARMS Broth Base

Chicken or Beef
• Shelf stable powder • Makes 56 cups • Gluten-free • 12 oz.

4.99



EDEN Organic Sauerkraut

Hand-harvested USA grown cabbage • Fermented with sea salt for 6 weeks • Clinton, MI • 32 oz.

5.99



condiment deals



SILVER SPRING Mustard

Made in Eau Claire, WI • Select varieties • 9.5 oz.

2.99



FORAGER Plant-Based Sour Cream

Crafted with coconut & cashews • Gluten-free, soy-free, & vegan • 5 oz.

3.79



BRIANNA'S Salad Dressing

Select varieties • 12 oz.

3.79



bulk deals

JUST COFFEE Fair Trade Coffee

Roasted in Madison, WI
• In bulk or 12 oz. bags

SAVE 1.00



BULK Organic Garbanzo Beans

Grown in USA • 5 lb. convenience bags also on sale

2.79 per lb.



BULK PACK Organic Dried Turkish Figs

White figs grown & dried in Turkey
• Sweet & succulent • 1 lb.

SAVE 1.00



seedy deals

BULK Organic Chia Seeds

Packed full of omega-3 fatty acids, protein & fiber • Grown in Bolivia

SAVE 3.00 per lb.



BULK Organic Flax Seeds

Brown or gold
• Grown in USA

SAVE 25% per lb.



BULK Organic Raw Sunflower Seeds

Rich in vitamin E & antioxidants
• Grown in USA

SAVE 1.00 per lb.



more seedy deals

WOODSTOCK Organic Frozen Pomegranate Kernels

Quick & convenient
• Add to cereal, ice cream, or fruit salad • 8 oz.

5.49



DIVINA Pesto

Handcrafted from Genovese basil, sunflower oil, & pumpkin seeds • Shelf stable • Nut-free & vegan • 6.7 oz.

5.99



ZIYAD Tahini

Authentic premium sesame seed paste • Cicero, IL • 16 oz.

5.99



February 28 – March 5, 2024 • Promoted items may vary by location • While supplies last

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KUNER'S Canned Black Beans

With cumin & chili spices, jalapeños, or refried with lime juice • 15 oz.

2 for 5.00



owner savings*

WILD PLANET Skipjack Tuna

In water • With or without salt • Sustainably pole & line caught • 5 oz.

2.99



AMY'S Canned Soup

Select varieties • 14 oz.-14.4 oz. • Chili varieties also on sale for 4.29

3.89



canned deals

GARDEN OF EATIN' Taco Shells

Made with organic blue or yellow corn • 5.5 oz.

5.69



ANCIENT HARVEST Polenta

Heat & eat convenience • 18 oz.

3.99



ANCIENT HARVEST Pasta

Made from corn, brown rice, & quinoa • Gluten-free • Select varieties • 8 oz.-9.6 oz.

3.89



dinner deals

owner savings*

GREAT LAKES KETTLE CHIPS Potato Chips

Kettle cooked • Lightly salted or seasoned varieties • Made in Traverse City, MI • 8 oz.

3.89



QUE PASA Tortilla Chips

Made from yellow corn • 11 oz.

3.99

everyday low price

FIELD DAY Organic Pretzels

Select varieties • 8 oz.

2.79



snack deals

STONEFIRE Naan Dippers

Bite-sized & tandoor-baked • Made with real buttermilk & ghee • Original or Everything Seasoned • 7.05 oz.

4.99



KASIA'S Frozen Pierogi

Scrumptious & convenient European dumplings • Select varieties • Chicago, IL • 14 oz.

5.99



DEEP INDIAN KITCHEN Naan Pizza

Cilantro Pesto, Spinach Paneer, or Margherita • 7.8 oz.

4.99



COOLHAUS Ice Cream Sandwiches

Creamy ice cream between soft & chewy cookies • Try them all • Select varieties • 5.8 oz.

3.99



SNO PAC Frozen Potatoes

Cottage fries, shredded, or diced hashbrowns • Caledonia, MN • 16 oz.

3.99



WOODSTOCK Frozen Broccoli Florets

Washed & quick frozen to lock in flavors & nutrients • 10 oz.

2 for 7.00



fridge & freezer deals

February 28 – March 5, 2024 • Promoted items may vary by location • While supplies last

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yogurt deals



FAGE Total Greek Yogurt

Plain or split with fruit cups
• Select varieties • 5.3 oz.

2 for 3.00



NOOSA Aussie-Style Yoghurt

Lil' tubs made with whole milk & sweetened with wildflower honey • Select varieties • 4.5 oz.

2 for 3.00



STONYFIELD Organic Yogurt

Packed with probiotics for immunity support & digestive health • Select varieties • 32 oz.

4.29



breakfast deals

KODIAK Thick & Fluffy Power Waffles

Packed with protein to start the day right • Buttermilk Vanilla or Blueberry • 13.4 oz.

5.99



WYMAN'S Frozen Wild Blueberries

Perfect in cereal, smoothies, muffins, or salads • 15 oz.

4.99



GREEK GODS Greek-Style Yogurt

Made with no artificial colors or flavors, & sweetened with honey • Select varieties • 24 oz.

4.99



NATURES PATH & ENVIROKIDZ Cold Cereal Varieties

Includes Love Crunch granola, flake cereals, & kids' of all ages favorites • 10 oz.-14 oz.

4.79



LAKEWOOD Juice

Organic Apple, Pure Pineapple, Organic Mango, Organic Orange & Orange Carrot, & Organic Pineapple Coconut blend • 32 oz.

5.99



REBBL FUNCTIONAL ORGANIC ELIXIRS Functional Elixirs

Maca Mocha, Reishi Chocolate, Turmeric Golden Milk, or Maca Cold Brew • Gluten-free • 12 fl. oz.

3.59



beverage deals

ZYN Turmeric & Fruit Juice Drink

A daily dose of turmeric, vitamin C, & zinc in every can • Select varieties • Made in Milwaukee • 12 oz.

2 for 5.00



ODYSSEY Sparkling Mushroom Elixir

With 2750mg of mushroom extracts, L-theanine, & green tea for energy & focus • Select varieties • 12 oz.

2 for 5.00



WATERLOO Sparkling Water

Natural non-GMO flavors in BPA-free 12 oz. cans

• Select varieties • 12 pk.

5.99



sustainable deals

BEE'S WRAP Reusable Food Wraps

Made from organic cotton, responsibly-sourced beeswax or plant-based wax, certified organic plant oil, & tree resin • Ideal for fruits, vegetables, fresh herbs, cheese, bread, & leftovers • Variety of sizes to fit a variety of foods • NEW Assorted 5-packs, produce bags, & bowl covers.

SAVE 25%



February 28 – March 5, 2024 • Promoted items may vary by location • While supplies last

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

MAD HIPPIE

New look! Facial care with cutting edge active ingredients that are clean & safe • Mad Hippie supports the Whole Planet Foundation • Micro-lending to female entrepreneurs globally, helping to lift up families & provide relief from poverty worldwide!

Entire line on sale!



DESERT ESSENCE Shampoo or Conditioner

Deeply moisturizing • With organic coconut oil, olive leaf oil & hemp oil • Perfect for dry hair in need of extra nourishment • 8 oz.

7.89



DESERT ESSENCE Tea Tree Cleansing Pads

Perfect for your travel or gym bag • Leave skin feeling clean & refreshed in one simple step • No rinsing required • 50 ct.

6.99



SOUTH OF FRANCE Liquid Soap

Luxuriously lathering hand wash follows a traditional Marseille recipe • Enriched with proprietary blend of hydrating coconut & olive oils • 8 oz.

3.79



DR. BRONNER'S Bar Soap

Made with certified fair trade ingredients & organic U.S. grown hemp seed oil • Soft, smooth lather that won't dry your skin • 5 oz.

3.99



AURA CACIA Kids Aromatherapy Mists

Create a peaceful, grounding environment with kid-friendly essential oil blends • 2 oz.

5.29



QUANTUM Macula 30+ Eye Health

Helps fortify the macula • Filters blue light • Supports optimal visual health • 60 ct.

SAVE 5.00



VITAL PLANET Advanced Biome Probiotic

100 billion cultures & 100 strains per capsule • Those seeking a higher potency & higher diversity formula • Family owned & operated • 30 ct.

SAVE 5.00



NATURAL RENEWALS My Moss Sea Moss Gel

Made from 100% sustainably wild harvested sea moss sourced directly from St. Lucia islands • Superfood that provides 92 of the 102 minerals that the human body requires to properly function • Natural Renewals is a black-owned, independent company • 16 oz.

SAVE 10%



RISHI

RISHI

Save 20% on all Rishi bulk loose leaf teas • Premium teas & botanicals imported directly from growers across the world

SAVE 20%



CELESTIAL SEASONINGS Herb Teas

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

3.99



wellness care deals

February 28 – March 5, 2024 • Promoted items may vary by location • While supplies last

WELLNESS WEDNESDAYS

PLEASE JOIN US FOR OUR FIRST EVER SERIES OF WELLNESS WEDNESDAYS!

Each Wednesday of the month at a different Outpost location, representatives from some of our favorite brands will be on hand, holding 15-20 minute product presentations.

No registration required, just pop in and take a seat! After you've filled your noggin' with some great information, shop the wellness aisles to fill your cart with AMAZING deals available only on Wednesdays in March. We're talking HUGE savings on select brands!

Check out each weeks' sales flyer for more information
or visit: www.outpost.coop/wellnesswednesdays

*Prices are good only each Wednesday of the month.
Sorry, no rain checks or special orders • While supplies last*

MARCH 6 AT BAY VIEW

3:00 TO 3:15 | TRUE GRACE
3:30 TO 3:45 | ANCIENT NUTRITION
4:00 TO 4:15 | NORDIC NATURALS
4:30 TO 4:45 | PLUS CBD
5:00 TO 5:15 | RISHI
5:30 TO 5:45 | DERMA E
6:00 TO 6:15 | WELEDA

MARCH 13 AT STATE ST

3:00 TO 3:15 | GAIA
3:30 TO 3:45 | MEGAFOOD
4:00 TO 4:15 | NORDIC NATURALS
4:30 TO 4:45 | PLUS CBD
5:00 TO 5:15 | TRUE GRACE
5:30 TO 5:45 | ANCIENT NUTRITION

MARCH 20 AT CAPITOL DR

3:00 TO 3:15 | GAIA
3:30 TO 3:45 | MEGAFOOD
4:00 TO 4:15 | TRUE GRACE
4:30 TO 4:45 | ANCIENT NUTRITION
5:00 TO 5:15 | NORDIC NATURALS
5:30 TO 5:45 | PLUS CBD
6:00 TO 6:15 | JOLLY MOSS

MARCH 27 AT MEQUON

3:00 TO 3:15 | GAIA
3:30 TO 3:45 | MEGAFOOD
4:00 TO 4:15 | RISHI
4:30 TO 4:45 | ANDALOU
5:00 TO 5:15 | WELEDA
5:30 TO 5:45 | TRUE GRACE
6:00 TO 6:15 | ANCIENT NUTRITION

Outpost Owners:
Join us for our
Annual Meeting!

Sunday, March 3
1:00 – 4:00 p.m.

WE'RE ROOTED IN



COMMUNITY

Enlightened Brewing Company

2020 S. Allis Street
in Bay View
FREE parking available

For event details
and to RSVP, visit



www.outpost.coop/roots



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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