



March Into Savings



AMY'S Canned Soup or Chili

Select Varieties • 14 oz. - 14.4 oz.

3.89 for soup **4.29** for chili



WATERLOO Sparkling Water

Natural non-GMO flavors in BPA-free
12 oz. cans • Select varieties • 12 pk.

5.99



MAYA KAIMAL Warm & Serve Meals

Everyday Chana or Dal entrees or rice
• Select varieties • 8.5 oz. - 10 oz.

3.99



ORGANIC HONEYCRISP APPLES

Washington Grown

ONLY 1.49 per lb.



ORGANIC BLUEBERRIES

Mexico Grown • 6 oz.

2.99 ea.



SIGGI'S Icelandic Skyr

Rich yogurt made with simple ingredients
• Select varieties • 4.4 oz.

4 for 5.00



SAN J Cooking Sauces

Perfect for stir
fry • Gluten-free
• Select varieties
• 10 oz.

3.99



Great
together



MILLER POULTRY Natural Boneless Skinless Chicken Breast

Vegetarian fed, with no hormones
or antibiotics • Orland, IN

5.99 per lb.



ORGANIC BROCCOLI

Arizona Grown

2.49 per lb.

open daily

OUTPOST
NATURAL FOODS

March 6 - 12, 2024

local favorites

WISCONSIN MEADOWS 100% Grassfed Corned Beef Brisket

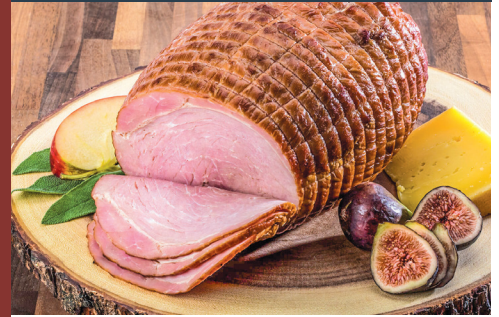
Wisconsin-raised beef brined with all-natural ingredients & no artificial preservatives

- Serve up on a Reuben or in a pot with cabbage & potatoes
- Minoqua, WI

12.99 per lb.



deli special



↑ Fresh sliced in the Cafe!

FARMERS & COOKS Sweet Smoked Ham

Made from a single pork top round roast, rubbed with brown sugar & lightly smoked

SAVE 1.00 per lb.



ORGANIC RAINBOW FINGERLING POTATOES

Colorado Grown • 1.5 lb bag

3.99 ea.



SWEET GOLDEN PINEAPPLES

Costa Rica Grown

2.99 ea.

owner savings*



DEL REAL Organic Dates

Medjool or Coconut Date Rolls
• California Grown • 12 oz.

SAVE 1.00



save on fish for lent



NATURAL SEA Cod Fillets or Fish Sticks

Sustainably caught cod with multi-grain breading, with no fillers or preservatives

- Crunchy & convenient • 8 oz.

5.99



WILD CAUGHT WHITEFISH FILLETS

Omega-3 rich, with a sweet & light flavor • Lake Superior

11.99 per lb.



WILD PLANET Sardines

Sustainably wild caught • Select varieties in water or olive oil • 4.375 oz.

3 for 6.00

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

FRESH & DELICIOUS

co-op made

MADE FROM SCRATCH



OUTPOST'S BAKEHOUSE
Zucchini Cupcake

Zucchini walnut cake topped with cream cheese frosting & a sprinkling of cinnamon • Wheat-free

SAVE 1.00 ea.

cheese special

owner savings*



NASONVILLE DAIRY

Buffalo Wing Jack Cheese

A Wisconsin Monterey Jack cheese with classic buffalo wing flavoring • 7.5 oz.

3.99



OUTPOST'S OWN
Hungarian Pork Sausage

A savory favorite • Loads of Hungarian paprika, spiced with garlic & a hint of caraway • Original or hot

5.99 per lb.

we made you dinner • MAR. 6 - 12



Chicken Ala King

Italian Sausage Lasagna

Chickpea Dumplings
with Collards (wheat-free, vegan)

4-Cheese Mac & Cheese

Vegan Mac & Cheese (vegan)



MADE FROM SCRATCH • ORGANIC INGREDIENTS • ALL NATURAL

owner savings*

owner savings*



OUTPOST'S OWN
Salad Bar

Create your own salad from our salad bar • Organic & locally sourced in-season

SAVE 1.00 per lb.



OUTPOST'S OWN
Take & Bake Veggie Pizza

Roasted organic red onions, mushrooms, broccoli, baby spinach & red bell peppers topped with mozzarella, cheddar & Parmesan cheese • 12-inch

SAVE 1.00 ea.



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

bulk deals

BULK Organic Jelly Beans

Six fruit flavors made with all natural colors • Vegan



SAVE 3.00 per lb.

BULK Organic Flax Seeds

Brown or gold • Grown in USA



SAVE 25% per lb.

everyday low price

BULK EQUAL EXCHANGE Fair-Trade Coffee

Organic Fair-Trade Regular Roast Coffee



11.99 per lb.

BULK Organic Split Peas

Green or yellow • Grown in Canada



1.99 per lb.

BULK Organic French Green Lentils

Pleasant & peppery • Terrific in soups & salads • Grown in Canada



2.99 per lb.

BULK Organic Garbanzo Beans

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



2.79 per lb.

condiment deals



SILVER SPRING Mustard

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



2.99

EDEN Organic Sauerkraut

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



5.99



FORAGER Plant-Based Sour Cream

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



3.79

pantry 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

ZIYAD Tahini

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



5.99

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

BRIANNA'S Salad Dressing

Select varieties • 12 oz.



3.79

March 6 - March 12, 2024 • Promoted items may vary by location • While supplies last

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

STONEFIRE Naan Dippers

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

4.99



BLUE DIAMOND Nut Thins Crackers

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

3.49



CLIF BAR Snack Bars

Select varieties • 2.4 oz.

2 for 3.00



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



WYMAN'S Frozen Wild Blueberries

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



dinner deals

snack deals

freezer deals

March 6 - March 12, 2024 • Promoted items may vary by location • While supplies last

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

breakfast deals

NATURE'S PATH & ENVIROKIDZ Cold Cereal Varieties

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

4.79



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



KODIAK Thick & Fluffy Power Waffles

Packed with protein to start the day right • Butter-milk Vanilla or Blueberry • 13.4 oz.

5.99



FAGE Total Greek Yoghurt

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

2 for 3.00



GREEK GODS Greek-Style Yoghurt

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

4.99



MOUNTAIN VALLEY Bottled Water

From the Ouachita Mountains of Arkansas • Sparkling or Spring • In glass bottles • 1 L

2.79



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



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



everyday low price

FIELD DAY Coconut Water

Natural hydration from young green coconuts • Not from concentrate • 16.6 oz.

2.49



REBEL GREEN Fruit & Veggie Wash

Proven to remove surface waxes & chemicals • Rinses clean • Woman-owned • 17 oz.

SAVE 20%



ECOS Dishmate

Biodegradable formula made without dyes, phthalates, or parabens • Select varieties • 25 oz.

3.99



ECOS Wave Jet Rinse Aid

Rinses away residue & minerals for spot free, plant-powered shine even in hard water • 8 oz.

4.99



beverage deals

squeaky clean deals

March 6 - March 12, 2024 • Promoted items may vary by location • While supplies last

wellness wednesdays • sale prices march 6 only!

ANDALOU
SAVE
35%

on select Andalou facial care products



DERMA E
SAVE
40%

on select Derma E face & body care products



WELEDA
SAVE
35%

on select Weleda skin care products



ANCIENT NUTRITION
SAVE
40%

on organ blend supplements • Packed with essential vitamins, minerals, amino acids, fatty acids, & more • In forms your body can easily recognize & absorb



ANCIENT NUTRITION
SAVE
40%

on select multicollagen supplements



new

ENER-C
SAVE
45%

on select Ener-C and Ener-D vitamin drink mixes • Full boxes only



GAIA HERBS
SAVE
45%

on select elderberry syrups & gummies



TRUE GRACE
SAVE
25%

on the entire line including multis, fish oil, & probiotics • Woman-owned & operated



new

MEGAFOOD
SAVE
40%

on select immune-boosting supplements



NATURAL FACTORS
SAVE
50%

on select melatonin supplements • Made using a proprietary fermentation process • No petrochemicals or animal sources

new



NORDIC NATURALS
SAVE
35%

on select omegas & multis



PLUS CBD OIL
SAVE
35%

on all Plus CBD products



special sale • march 6 - april 2

RISHI

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

SAVE 20%



JOLLY MOSS
SAVE
4.00

on all sea moss puddings • Available at our Capitol Drive store only



new



AMAZING deals available ONLY on Wednesdays in March • www.outpost.coop/wellnesswednesdays
Sorry, no rain checks or special orders • while supplies last

outpost celebrates women's history month



FOUR ELEMENTS Herbal Teas

Just outside Baraboo, Jane Hawley Stevens tends to her 130-acre certified organic farm dedicated to growing all the native Wisconsin herbs that go into each of Four Elements' handcrafted teas. These fresh herbs and botanical flavors shine in each of their carefully blended teas so you can savor each leaf, petal, and flower.



MARIEKE Cheese

Marieke Penterman was born and raised in the Netherlands but after she moved to Wisconsin, she missed the creamy Gouda cheese of her homeland and began researching how to recreate it in the Dairy State. So, Marieke got her Wisconsin Cheesemaking License and using authentic Dutch recipes created her own authentic Dutch Gouda cheeses.



ALQUIMIA HOLISTICA Botanical Self-Care Products

Yaneth Cerda-Rios' line of beauty care products are humble and entirely handmade with a focus on all-natural products that come directly from the earth (which includes her local Milwaukee garden). We especially love her soaps with minimal packaging and her biodegradable shampoo bar that's perfect for the gym as well as the environment.

WELLNESS WEDNESDAYS

Each Wednesday, at a different Outpost location, representatives from some of our favorite brands will be on hand holding **FREE 15 to 20 minute presentations.**

MARCH 13 AT STATE

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

**Save 25% - 45%
on select herbs,
supplements, body care,
and more!**

*Deals available each Wednesday
and are valid only on that day*

See stores, weekly sales flyer, or website for
deals of the day and schedule of events!

www.outpost.coop/events/wellness-wednesdays



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Bay View • 2826 S. Kinnickinnic Ave. 414.755.3202
Mequon • 7590 W. Mequon Rd. 262.242.0426
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