



October is Co-op Month!

BULK Outpost Made Trail Mixes

Thunder Crunch, Organic Crack of Dawn or Plain Jane • Buy as much of these classic co-op trail mixes as you want, with minimal packaging & processing • Buying in bulk saves money & just makes sense!

SAVE 1.00 per lb.



OUTPOST'S OWN Chicken or Pork Sausage Stuffed Mushrooms

Made fresh in our meat departments • Select varieties vary daily by location

SAVE 2.00 per lb.



OUTPOST'S OWN Stuffed Chicken Breast

Natural boneless skinless chicken breast, hand-stuffed with an assortment of natural ingredients & cheeses • Made fresh in our meat departments • Select varieties

8.99 per lb.



TAKE & BAKE Pepperoni Popper Pizza

Applegate pepperoni sausage, organic jalapeño peppers, Neufchatel, mozzarella, & Parmesan cheese with homemade pizza sauce on our signature wheat-free pizza crust

SAVE 1.00 ea.



OUTPOST'S OWN Harvest Vegetable Pot Pie

A medley of autumn vegetables nestled in our homemade vegan pie dough

SAVE 1.00 per lb.



OUTPOST'S BAKEHOUSE Wheat-free Carrot Cake Slice

This wheat-free version of our famous carrot cake is chock-full of carrots, raisins, walnuts & pineapple, topped with cream cheese frosting

3.49 ea.



OUTPOST'S OWN Blue Moon Smoothie

Blueberries, banana & pineapple juice, oh my! Available made to order or in the grab & go case • 16 oz.

5.49 ea.

open daily



October 2 - 8, 2024

save on fresh meat & produce



SMART CHICKEN

All Natural Whole Chicken

Sustainably raised & fed a vegetarian diet, with no antibiotics or animal by-products

2.49 per lb.



WISCONSIN MEADOWS

100% Grassfed Beef Brisket

Great for slow cooker family meals
• Viroqua, WI

9.99 per lb.



new

WISCONSIN MEADOWS

100% Grassfed Beef Bacon

Smoky breakfast favorite with natural grassfed beef instead of pork • Viroqua, WI • 16 oz.

11.99 ea.

owner savings*



ORGANIC HASS AVOCADOS

Mexico Grown

1.69 ea.



ORGANIC HONEYCRISP APPLES

Washington Grown

ONLY 1.69 per lb.

owner savings*



LOCAL ORGANIC JALAPEÑO OR POBLANO PEPPERS

Olden Organics • Ripon, WI

2.99 per lb.

owner savings*



ORGANIC LEMONS

California Grown

.69 ea.



ORGANIC BROCCOLI OR CAULIFLOWER

California Grown

2.99 per lb.



BRUSSELS SPROUTS

Non-Organic • California Grown

ONLY 1.99 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*



OUTPOST'S OWN
Beetnik Juice

A bright tasting nutritious drink of organic beets, organic carrots & organic celery • Available in the grab & go case or made to order • 16 oz.

6.29 ea.



OUTPOST'S OWN
Double Baked Potatoes

Crispy potato skins filled with organic mashed russet potatoes combined with organic yogurt, sour cream, Parmesan cheese & garnished with organic scallion slices • Simply heat for a delicious side or meal

SAVE 1.00 per lb.

owner savings*



OUTPOST'S OWN
Cheddar Horseradish Spread

This flavorful cheese spread is especially delicious with crackers, bread, raw veggies & pretzels

SAVE 1.00 per lb.



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

4.29 ea.

cheese special

owner savings*



SILVER LEWIS
Muenster Snack Pack

Semi-soft, red rind cheese made by the oldest continuously operating cheese factory & second continuously operating co-op in Wisconsin

7.99 per lb.

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 • OCTOBER 2-8



Chicken Ala King

Butternut Squash Lasagna (vegetarian)

Chana Masala (wheat-free, vegan)

4-Cheese Mac & Cheese (vegetarian)

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 PACK • EQUAL EXCHANGE Fair Trade Flame Raisins



Patio dried in the sun by farmers just minutes after harvest • Stems intact for the fullest flavor • Grown in Chile

5.49 per lb.

EQUAL EXCHANGE Organic Fair-Trade Regular Roast Coffee



Whole bean or ground varieties • 10 or 12 oz. packages

9.99

BULK Organic Fair-Trade Roasted Cashews



Premium dry-roasted whole cashews • Salted or Unsalted

SAVE 1.00 per lb.

BULK Organic White Quinoa



Mild flavor & fluffy texture • Grown in Bolivia

3.99 per lb.

BULK Organic Garbanzo Beans



Grown in USA

2.79 per lb.

BULK Organic Flax Seeds



Brown or gold • Grown in USA

2.99 per lb.

support fair trade deals



JUST COFFEE Organic Fair Trade Coffee

Worker-owned, dedicated to fair trade, based on transparency, with an emphasis on human dignity & environmental sustainability • When you drink Just Coffee you are supporting the lives of the people who planted, tended, harvested, processed, & shipped it to their Madison HQ • Just by having a cup of their coffee you are truly connected to farmers & villages a world away & it's a real fine cup o' joe too! • Roasted in Madison • In bulk or 12 oz. bags

12.99

ORGANIC INDIA Fair Trade Teas



Herbal teas sustainably grown using regenerative agriculture

4.49

LA RIOJANA Organic Fair Trade Wines

Argentina co-op with 500+ farmers & 2,000+ families • Fair wages & safe working conditions • Community development projects like building schools & providing clean water • 750 ml



8.99

MINGA Fair Trade Imports

For over 20 years, Minga Fair Trade Imports out of Lake Geneva, WI has created opportunities for economically & socially marginalized artisans worldwide • Minga supports these artisans with fair trade partnerships that help them achieve financial security & improve their lives • Minga ensures the well-being of its creators & their communities, fostering sustainable development & lasting relationships • Scarves, bags, baskets, journals & more



SAVE 20%



October 2 - October 8, 2024 • Promoted items may vary by location • While supplies last

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

CHOCOLOVE
Chocolate Bites

Pumpkin Shaped Candies
• Dark Chocolate with Peanut Butter or Milk Chocolate with Pumpkin Spice filling • Individually wrapped • 7.05 oz.



8.99

NUTPODS
Plant-Based Creamer

Pumpkin Spice Flavor
• For a limited time
• Unsweetened
• Made from Almond & Coconut • Vegan & Gluten-free • 11.2 oz



3.99

LITTLE SECRETS
Halloween Candy Variety Pack

A mix of 30 individually wrapped nougat & wafer bar treats
• 15.7 oz.



13.99

THE GOOD CRISP COMPANY
Creepy Crisps

Limited edition original flavor potato crisps with scary vegetable-based coloring • Gluten-free
• 5.6 oz.



2 for 5.00

LESSER EVIL
Popcorn
Halloween Pack

Contains 18 mini .46 oz. bags of popcorn, perfect for trick or treat



8.99

SNYDER'S OF HANOVER
Mini Pretzels

24 pack of individually wrapped .5 oz. pretzel treats



6.99

CALBEE
Harvest Snaps

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



2 for 5.00

STACY'S
Pita Chips

Simply Naked or Multi-Grain
• 7.33 oz.



4.99

THE GOOD CRISP COMPANY
Potato Crisps or Cheese Balls

Select varieties • 2.75 - 5.6 oz.



3.79

BECKI'S KITCHEN
Mediterranean Olive Salsas

Pairs great with artisan bread • Makes an excellent burger topper • Select varieties • Eau Claire, WI • 8 oz.



5.99

WESTBY
Organic French Onion Dip

Made without oils or hydrogenated fats • Westby, WI • 12 oz.



3.79

KETTLE CHIPS
Potato Chips

Kettle-cooked
• Lightly Salted or Seasoned varieties • 5 oz.



3.79

WEIRD TEA
Iced Tea

Vegan • Select varieties • 16 oz.



2 for 5.00



RECESS
Functional Sparkling Beverage

Enhanced with magnesium & balancing adaptogens • Select varieties • 12 oz.



2.79

ZEVIA
Soda Pop

Natural flavors with zero calories
• Sweetened with Stevia • Vegan
• Select varieties • 6 pack cans



6.99

October 2 - October 8, 2024 • Promoted items may vary by location • While supplies last

happy halloween deals

snack time deals

beverage deals

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

good morning deals



FOOD FOR LIFE
Sprouted Grain English Muffins

Ezekiel Whole Grain or 7 Grain • Vegan • 6 pk.



4.99



ORIGINAL BAGEL
New York Style Bagels

Plain or Everything • 24 oz. • 6 pk.



3.49



STONYFIELD
Organic Yogurt

Select varieties • Gluten-free • 32 oz.



4.49

CASCADIAN FARM
Organic Frozen Fruit

Great for smoothies or desserts • Select varieties • 8 - 10 oz.



4.99

GO MACRO
Macrobar

Select varieties • Viola, WI • 1.8 - 2.3 oz.



2.99



KITE HILL
Plant-Based Greek Yogurt

Made with almond milk & soy • Gluten-free & vegan • 16 oz.



4.99

WILDWOOD
Baked Tofu

Ready to eat, hot or cold • Savory or Teriyaki • Gluten-free & vegan • 6 oz.



3.99

QUORN
Meatless ChiQin Nuggets or Patties

Crispy breaded chicken alternative • Perfect for meals or snacks • Vegetarian • 10.6 oz.



5.49

ORGANICVILLE
Salad Dressing

Gluten-free • Select varieties • 8 oz.



3.49

meal time deals

SAN-J
Cooking Sauces

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



4.69

stock up & save

\$1.50 off our everyday low price

SAN-J
Tamari Soy Sauce

Original Black Label or Reduced Sodium White Label • Non-organic • 10 oz.



4.49

CADIA
Broth

Chicken or Vegetable • Original or Low Sodium varieties • 32 oz.



2.99

SEVENTH GENERATION
Disinfecting Wipes

Made with a botanical disinfectant derived from essential oil • Kills 99.99% of household germs • 70 ct.



6.99

SEVENTH GENERATION
Recycled Paper Towels

Unbleached & fragrance free • Made from 80% post-consumer recycled content • 1 roll



3.49

ECOS
Laundry Detergent

Ultra-concentrated, 100% plant-based & non-toxic • Select varieties • 100 oz.



14.99

healthy home deals

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

GIOVANNI
Tea Tree Conditioner

Strengthens hair with a three-organic-oil blend to stimulate, condition & clarify • Vegan friendly • 8.5 fl. oz.

6.59



DR. BRONNER'S
Castile Refill Soap

Concentrated, bio-degradable, versatile & effective • Made with organic & certified fair trade ingredients • 32 oz.

SAVE 7.00



Uses 82% less plastic!



JASON
Seafresh Spearmint Toothpaste

Helps brighten your smile & freshen your breath with a blend of gentle polishers & botanicals including calcium carbonate & baking soda • 4.2 oz.

6.59



CHARLOTTE'S WEB
Herb Infused Balm

New formulation with 2x more CBD per ounce • US Hemp Authority Certified Formulated with menthol, peppermint, eucalyptus & full spectrum hemp extract • 1.5 oz.

SAVE 8.00



LIQUID IV
Strawberry Hydration

Hydration Multiplier is an electrolyte drink mix that uses the science of Cellular Transport Technology (CTT)™ to hydrate faster than water • 5.65 oz.

SAVE 3.00



NAVITAS NATURALS
Maca Powder

Helps balance stress levels • Supports resiliency & boosts natural energy & vitality • 4 oz.

6.69



TRUE GRACE
One Daily Probiotic

12 quantified & DNA-verified probiotic cultures to support digestive & immune health • Patented DRCaps® allow the probiotics to survive • 30 ct.

SAVE 5.00



VITAL PLANET
Vital Flora Probiotic

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

SAVE 6.00



ANCIENT NUTRITION
Multi Collagen Protein

10 types of collagen + 2 billion CFUs probiotics & 100% daily Vitamin C for optimized absorption • Clinically proven to promote healthy skin, hair, joints & digestion • 314g

SAVE 11.00



MEGAFOOD
Relax & Calm Magnesium Chews

Delicious soft chews that help ease muscle tension • Supports nerve, heart & bone health • Highly absorbable forms of magnesium • 30 ct.

SAVE 4.00



SMARTY PANTS
Women's & Men's Multi Gummies

Formulated with over 15 premium nutrients including omega-3 EPA & DHA essential fatty acids • 120 ct.

SAVE 8.00



BACH FLOWER ESSENCES
Rescue Remedy

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

SAVE 7.00



NORDIC NATURALS
Omega D3 Gummies

A delicious daily serving of the vitamin D3 you need for bone mood & immune support • 60 ct.

SAVE 4.00



NATURAL RENEWALS
Sea Moss

Available at Bay View & Capitol locations

Save on all My Moss sea moss gel • Premium wild-crafted St. Lucia sea moss • Made fresh to order in Chicago • Black owned company • 16 oz.

27.99-32.99 Regularly 29.99-35.99



personal health & wellness deals

land & sea deals

October Events

≡ Fair Trade & Co-op Month ≡

OCTOBER
9 - 15
Wed Tue

Owner Super Savings Days
Deep savings all week for our owners!

Community Dinner • Mequon
4 - 6 pm • \$8

- Outpost sausage (chicken or pork), potato salad or chips & cider •
- Live music from Hoodah Thunket •

OCTOBER
9
Wed

Owner Appreciation Weekend
11 am - 2 pm

- Seasonal samples galore •
- Special events at all locations •
- Anodyne Roast Flavor Tasting & Voting •
- Owners receive a free organic butternut squash* •

*while supplies last

OCTOBER
12 - 13
Sat Sun

I Love Outpost Day
Bay View • 11 am - 1 pm

OCTOBER
26
Sat

October is the best time to become an owner to join the fun & take advantage of our owner only deals & sales! Scan & sign up!

- One time payment of \$200 •
- OR •

• Initial payment of \$30, then \$10 monthly payment •



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