

COOP™ deals

stock up & save



MOM'S BEST Cold Cereal

Select varieties
• Lakeville, MN
• 17-24 oz.

3.99



Scary Good Deals



CALIFIA FARMS Pumpkin Spice Almond Latte

Cold brew coffee with pumpkin spice almond milk
• Gluten- & soy-free • Vegan • 48 oz.

5.99



CALIFIA FARMS Pumpkin Spice Almond Creamer

Add to your favorite coffee roast, hot or cold, & embrace the season • Gluten- & soy-free • Vegan • 25.4 oz.

5.49



BULK Organic Red Lentils

Perfect for curries & soups • Grown in Turkey

2.99 per lb.



OUTPOST'S BAKEHOUSE Mexican Chocolate Cupcakes

Chocolate cake infused with just a hint of cinnamon topped with chocolate frosting • Vegan • 4-pk

4.49



ORGANIC HASS AVOCADOS

Mexico Grown

4 for 5.00

ANNIE'S HOMEGROWN Mac & Cheese Mix

Made with organic pasta • Classic, White Cheddar Shells, Aged Yellow Cheddar Shells, Low Sodium, or Bunny-Shaped • 6-7 oz.

1.49



ORGANIC LIMES

Mexico Grown

4 fo 2.00



LOCAL ORGANIC HABANERO PEPPERS

Springdale Farm • Plymouth, WI

ONLY 2.99 per lb.



Scary Hot! ↗

open daily



October 23 - 29, 2024

save on fresh • no scary ingredients



OLLI SALUMERIA Sliced Salami

Made using 4th generation Italian recipes
• Free from antibiotics & preservatives •
Select varieties • 4 oz.

5.49

owner savings*



HOUMANN'S Wild Caught Lake Trout Fillets

Similar to salmon, but more mild •
Great pan-fried, baked, or broiled

10.99 per lb.



WISCONSIN MEADOWS 100% Grassfed Beef Chuck Roast

Raised on Wisconsin family farms with
no growth hormones or antibiotics •
Viroqua, WI

9.49 per lb.



owner savings*



LOCAL HONEYCRISP APPLES

Patterson's Orchard • New Berlin, WI

1.99 per lb.



PATTERSON ORCHARDS Fresh Apple Cider

New Berlin, WI
• Gallon 8.99
• Half gallon

5.49



owner savings*



ORGANIC GREEN OR RED SEEDLESS GRAPES

California Grown

2.99 per lb.



LOCAL ORGANIC BUTTERNUT SQUASH

Springdale Farm • Plymouth, WI

ONLY .99 per lb.



owner savings*



NO FUZZ, NO FUSS!



LITTLE PRANKSTERS
Organic Kiwi Berries
Oregon Grown • 6 oz.

2.99 ea.



ORGANIC RASPBERRIES

California Grown • 6 oz.

ONLY 2.99



***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

Wheat-free Roasted Mushroom & Tomato Pizza

Roasted organic white mushrooms & Roma tomatoes, topped with mozzarella & parmesan cheese on handmade wheat-free pizza crust

7.49 ea.



OUTPOST'S OWN

Ginger Chicken Noodle Soup

Made with chicken breast meat, organic vegetables & orzo pasta, seasoned with ginger for a warm & flavorful finish

4.99 per lb.



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.



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 November soup calendar



cheese special

owner savings*



VALBRESO

Feta Cheese

Mild & creamier than classic feta, this French brined feta is perfect on cheese trays, with eggs & atop salads

SAVE .50 per lb.



deli special

↑ Fresh sliced in the Cafe

FARMERS & COOKS

Salt & Pepper Roast Beef

Richly marbled beef roast, hand-rubbed with cracked pepper & oven roasted to a perfect medium rare

SAVE 1.00 per lb.

we made you dinner • OCT. 23-29



Green Curry Chicken

Zucchini Feta Bake (vegetarian)

Hunan Tofu (wheat-free, vegan)

4-Cheese Mac & Cheese (vegetarian)

Vegan Mac & Cheese (vegan)

MADE FROM SCRATCH • ORGANIC INGREDIENTS • ALL NATURAL

**BO
GO****Buy One, Get One Free!****BO
GO**

buy one, get one • buy one, get one • buy one, get one • buy one, get one • buy one, get one • buy one, get one • buy one, get one • buy one, get one • buy one, get one • buy one, get one



BEYOND MEAT
Plant-Based
Breakfast Sausage Patties

Regular or spicy • Gluten- & soy-free
• Vegan • 6 pk. • 7.4 oz. • Limit 2 •
Regularly 5.49



CAULIPOWER
Gluten-free Frozen Pizza

Made with gluten-free cauliflower
crust • Select varieties • 10.9 - 11.3
oz. • Limit 2 • *Regularly 9.99*



**LITTLE NORTHERN
BAKEHOUSE**
Gluten-Free Bread

Millet & Chia, Seeds &
Grains, or Cinnamon Raisin
• Gluten-, egg-, & dairy-free • 16 -
17 oz. • Limit 2 • *Regularly 6.89*



gluten-free



**INSPIRED
ORGANICS**
Salad Dressing

Select varieties • *Regularly 6.29*



LOTUS FOODS
Rice Ramen 4 Pack

Millet Brown Rice, Jade Pearl, or
Black Forbidden Rice • 10 oz. • Mix
& Match • No Limit • *Regularly 7.69*



LOTUS FOODS
Ramen Noodles

Noodle Soup Cup or Single Serve
Packet • Gluten-free & Vegan •
Select varieties • Mix & Match on
equal or lesser value • No Limit •
Regularly 2.89-3.79



BIONATURAE
Canned Tomatoes

Diced, Crushed, or Whole Peeled • Mix
& Match • No Limit • *Regularly 4.99*



ORGAIN
Protein
Powder

21 grams of
organic protein & 5 grams organic fiber
per serving • Rich, creamy & perfectly
not-too-sweet • Blends smooth •
2.03 lb. • No limit • *Regularly 54.99*

**NATURAL
FACTORS**
Stress Relax
Tranquil
Sleep

A unique
combination
of three
compounds –
melatonin, 5-
HTP, & L-theanine – that have been
clinically shown to support relaxation
& enhance natural sleep quality • No
limit • *Regularly 31.99*



buy one, get one • buy one, get one • buy one, get one • buy one, get one • buy one, get one • buy one, get one • buy one, get one • buy one, get one • buy one, get one • buy one, get one

buy one, get one • buy one, get one • buy one, get one • buy one, get one • buy one, get one • buy one, get one • buy one, get one • buy one, get one • buy one, get one • buy one, get one

October 23 - October 29, 2024 • Promoted items may vary by location • While supplies last

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

**BULK
Organic Multi-
Colored Popcorn**

A delicious mix of yellow, white, red, & blue kernels
• Grown in USA



1.99 per lb.

**BULK •
JUST
COFFEE
Organic Fair
Trade Coffee**

Roasted in Madison
• In bulk or 12 oz. bags



12.99

**BULK
Organic
Pumpkin
Seeds**

Raw or roasted & salted • Grown in China



SAVE 20% per lb.



**BULK • MEADOWLARK ORGANICS
Local Organic Flours**

All-purpose, whole wheat, unbleached, pastry & more
• New organic whole wheat red fife flour: a heritage variety of hard red spring wheat with high protein content (13%) & great for bread baking! • Grown & milled by Meadowlark Community Mill in Ridgeway, WI

SAVE 15% per lb.



**SIGGI'S
Simple
Ingredient
Skyr**

Thick Icelandic-style dairy yogurt
• Select varieties • 4 - 5.3 oz.



4 for 5.00

**KALONA SUPER NATURAL
Organic Cottage Cheese**

Made with milk from grass-fed cows • Whole or 2% varieties
• Kalona, IA • 16 oz.



5.49

**FAGE
Plain
Greek
Yogurt**

4%, 2%, or 0% fat
• 16 oz.



3.79

**NATURE'S PATH
Gluten-Free Waffles**

Homestyle, Pumpkin Spice, Chocolate Chip, or Buckwheat Wild-berry • Gluten-free & vegan • 7.4 oz.



3.99

**PURELY
ELIZABETH
Superfood
Flake Cereal**

Honey Peanut Butter or Vanilla Berry Almond • 11 oz.



5.99

**OZERY BAKERY
Morning Rounds**

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



3.49

owner savings*

**MOSS
Sea Moss Beverage**

Ready to Drink • 13,000 mg sea moss • Pure, Pomegranate, or Mango Ginger varieties • 12 oz.

2 for 5.00



**LAKEWOOD
Juice
Boxes**

Select varieties
• 8 pack of 6.75 oz. boxes

5.99



**OATLY
Oatmilk**

Original, full fat, or low fat • Gluten- & soy-free • Vegan • 64 oz.

4.79



bulk deals

delightful dairy deals

good morning deals

beverage deals

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

meal time deals

FEEL GOOD FOODS Potstickers or Egg Rolls

No artificial colors, flavors, or sweeteners • Select varieties • Gluten-free • 7 - 10.75 oz.

7.99



DEEP INDIAN KITCHEN Samosas

Potato & Pea, or Chicken Tikka • 7 - 12 oz.

5.99



DEEP INDIAN KITCHEN Naan Pizza

Authentic fluffy naan topped with natural ingredients & tandoor-baked • Margherita, Cilantro Pesto, or Spinach Paneer • 7.4 - 8.5 oz.

4.99



DARING. Plant-Based Chicken

Original or cajun • Gluten-free • Vegan • 8 oz.

5.49



owner savings*

new

TONNINO Canned Tuna

Yellowfin with Salt in Spring Water or in Olive Oil • 4.94 oz.

2 for 5.00



TUCSON TAMALE Breakfast Sausage & Cheese Tamale

Hand-rolled, with antibiotic-free sausage, cheddar jack cheese, & roasted potatoes • Gluten-free • 5 oz.

2 for 6.00



prepped pantry deals

SIETE FOODS Canned Beans

Charro, Ranchero, Refried Pinto, or Refried Black Bean varieties • Made with Avocado Oil • Vegan & Gluten-Free • 15.5 - 16 oz.

2.99



stock up & save

FIELD DAY Spices

All varieties • .6 - 2.5 oz.

3.99



LIVIVA Dried Shirataki

Noodle, Spaghetti, or Rice Style • Enhanced texture compared to ready to use shirataki • Keto, Vegan, & Gluten Free • 4.23 oz.

3.99



sweet deals

EQUAL EXCHANGE Chocolate Bars

Made with fair trade cacao & sugar • Select varieties • 2.8 - 3.5 oz.

3.99



OATLY Plant-Based Frozen Dessert

Non-dairy ice cream made with oats • Select varieties • Gluten-free & vegan • 16 oz.

4.99



WYMAN'S Frozen Wild Blueberries

Nothing artificial & no preservatives • 15 oz.

4.99



healthy home deals

SEVENTH GENERATION Dish Soap

Made with renewable, plant-based ingredients • EPA Safer Choice certified • Select varieties • 19 oz.

3.99



NELLIE'S ALL NATURAL Laundry or Dishwasher Powders

Highly concentrated & clear rinsing • Fragrance-free • Packaged in reusable tin containers

SAVE 25%



TRU EARTH Laundry Detergent Eco-Strips

Fragrance-free • Ultra-concentrated & hypoallergenic • Dissolves completely in hot or cold water • Made in Canada • 32 ct.

12.99



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

ANDALOU Volumizing Shampoo

Fruit stem cell science • Fair trade & organic ingredients for healthy hair & scalp • 11.5 oz.

7.49



ANDALOU Body Lotion

Ultimate skin food blends emollient rich rosehip & argan oils with shea & cocoa butters to nourish, smooth, & soften the appearance of dry skin • 8 oz.

7.99



ALAFFIA Leave-In Conditioner

Unrivaled moisture for maximum wave & curl enhancement & retention without the frizz • Made with fair trade shea butter from West African cooperatives • 12 oz.

9.99



AURA CACIA Castor Oil



Cold pressed & hexane free • Contains ricinoleic acid & essential fatty acids known for moisturizing the skin • 4 fl. oz.

3.99



AURA CACIA Bath Mineral

Unique blend of ocean desert salts & 100% pure essential oils to give you softer feeling skin & soothe your soul • 2.5 oz.

2.89



DESERT ESSENCE Bar Soap

Made with a base of 100% RSPO-certified sustainably harvested palm oil & plant-based scents • 5 oz.

3.99



TRUE GRACE Lion's Mane

new

250 mg beta-glucans in every serving for immune support • Fruiting body mushroom extract grown on their natural food sources • 60 ct.

SAVE 6.00



NATURAL FACTORS Total Body Collagen

Bioactive collagen peptides + hyaluronic acid help strengthen bones & muscles • Reduces deep wrinkles & increases skin elasticity • 17.6 oz.

SAVE 10.00



HIMALAYA HERBAL Party Smart

Supports alcohol metabolism in the liver with cleansing herbs • antioxidants for a better morning after • 1 ct.

2.49



HIMALAYA HERBAL Hello Alert Mind

Provides support for energy, focus & attention • With B6, B12 & adaptogens like Ashwagandha & Bacopa • 60 ct.

SAVE 6.00



MANITOBA HARVEST Hemp Hearts

With a rich, nutty taste & amazing versatility • Each serving offers 10g of plant protein, 12g of Omegas 3 & 6, & all 9 essential amino acids • 7 oz.

9.29



AMAZING GRASS Greens Blend

Crafted with a nutritious blend of alkalizing greens, antioxidants, fiber & pre/probiotics to support your overall digestive health • 7.4 oz.

SAVE 4.00



COUNTRY LIFE Vitamin D3

Aids in the absorption of calcium, helping to form & maintain healthy bones & teeth • Supports colon & immune health • 100 ct.

7.29



NATURAL RENEWALS Sea Moss

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

Available at Bay View & Capitol locations



personal health & wellness deals

curried squash bread



MAKES 1 LOAF

Unsalted butter, at room temperature, for the pan

1½ cups Pastry Flour

(All Purpose Flour will work in a pinch)

1 tsp curry powder

1 tsp baking powder

¼ tsp baking powder

½ tsp salt

½ tsp ground cinnamon

¼ tsp ground cloves

1 cup sugar

8 Tbs butter (1 stick) melted

2 large eggs

1 cup squash puree or canned pumpkin

¼ cup whole milk

1. Preheat the oven to 350 degrees. Rub a 9x5 inch loaf pan with a little butter and coat it with a thin layer of flour, tapping out the excess flour. Stir together the flour, curry powder, baking soda, baking powder, salt, cinnamon, and cloves in a medium bowl.
2. In the bowl of a stand mixer blend the sugar and butter together with the paddle attachment. Beat in one egg and whip until lightened. Add the second egg and whip until thickened, pale yellow, creamy and fluffy. Add the squash puree and beat until combined. Add the milk, then the flour mixture to the batter and stir by hand until just combined.
3. Pour the batter into the prepared loaf pan and bake until a tester comes out clean, 60 to 65 minutes. Unmold the bread while it is still warm, but let it cool completely on a wire rack before slicing.

**SATURDAY,
OCTOBER 26**

**I LOVE
OUTPOST
DAY**

*Fun for the
whole family!*

11:00 AM - 1:00 PM

**Outpost in Bay View
2826 S. Kinnickinnic Ave**

• Spin-The-Wheel Game •
Everyone wins a prize!

A Co-op Photo Op!

• *FREE for kids* •
Decorate a mini pumpkin!

Thanksgiving from Outpost

Please place your orders online
outpost.coop/thanksgiving



Order portal opens on Wednesday,
October 30 at 7 a.m. and closes
Wednesday, November 20 at 9 p.m.



*Our foods are crafted from scratch
in our stores & chock-full of quality
organic and local ingredients. We
never use any artificial flavors,
colors or preservatives.*



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