

coopTM
deals



Thanksgiving from Outpost

Please place your
orders online
outpost.coop/thanksgiving



Order portal opens on
Wednesday, October 30 at
7 a.m. & 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.*

STRENGTHEN NATIVE FOODWAYS



Outpost partners with NĀTIFS to support Indigenous traditions

Grocers like Outpost benefit significantly from Thanksgiving celebrations, but it's important to acknowledge that the traditional Thanksgiving narrative is both inaccurate and harmful to Indigenous communities. In recognition of this, Outpost and NCG (National Co-op Grocers) are partnering with NĀTIFS (North American Traditional Indigenous Food Systems) to donate 5-cents for every Field Day product sold during November. NĀTIFS, an Indigenous-led organization, is dedicated to revitalizing Indigenous culinary traditions across the country.



Scan the code
to learn more



*Look inside for
Field Day deals!*

open daily

OUTPOST
NATURAL FOODS

Oct. 30 - Nov. 5, 2024

save on fresh • save on fresh • save on fresh



MILLER POULTRY

Boneless Skinless Chicken Thighs

All-natural • Raised without antibiotics or animal byproducts • Orland, IN

5.99 per lb.



owner savings*

WISCONSIN MEADOWS

Grassfed Bone-In Short Ribs

Humanely raised on Wisconsin family farms • Viroqua, WI



SAVE 2.00 per lb.



HOUMANN'S

Wild Caught Alaskan Cod Fillets

Firm & flaky texture, with a mild flavor • Great for fish tacos or homemade fish fry

9.99 per lb.



new

BABA'S Hummus

Traditional Jerusalem-style hummus made with no oils • Select varieties • Gluten-free & vegan • 10 oz.

3.49



SIGGI'S Whole Milk Skyr

Thick Icelandic-style yogurt • 24 oz.

4.99



BOAR'S HEAD Greek Yogurt Dip

Tzatziki, French Onion, or Spinach • Gluten-free • 12 oz.

3.99



ORGANIC BARTLETT PEARS

Washington Grown

1.69 per lb.



LOCAL GOLDEN DELICIOUS APPLES

Patterson Orchard • New Berlin, WI

1.49 per lb.



BRUSSELS SPROUTS

Non-organic • California Grown

1.99 per lb.

owner savings*



ORGANIC POMEGRANATES

California Grown

2.69 per lb.



owner savings*



PINEAPPLES

Non-organic • Costa Rica Grown

3.69 ea.

owner savings*



ORGANIC RED BELL PEPPERS

Mexico Grown

ONLY 2.99 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*

owner savings*



OUTPOST'S OWN
Orzo Salad with Spinach & Feta

A delicious & elegant salad of orzo, kalamata olives, feta cheese & spinach, dressed with red wine vinaigrette

SAVE 1.00 per lb.



TEAR & SHARE
Shallot Herb Turkey Sandwich

Farmers & Cooks shallot herb turkey, creamy goat cheese, organic baby greens, Roma tomatoes & red onion on a Tribeca Ovens French baguette

SAVE 1.00 ea.



OUTPOST'S BAKEHOUSE
Pumpkin Cheesecake Crumble Bars

Pumpkin cheesecake nestled between layers of pecan oat crumble

1.99 ea.



OUTPOST'S OWN
Garlic Herb Chicken Sausage

Seasoned with garlic, oregano, & a dash of tamari • Made fresh in our meat departments

6.99 per lb.

cheese special



MARIEKE
Cheese

Marieke's creamy & buttery Gouda has an irresistible, mild taste that is perfect for any occasion • Honey Clover, Foenegreek & Jalapeno flavors

SAVE 1.00 ea.

deli special



FERNDALE
Smoked Turkey

↑ Fresh sliced in the café!

Third generation free-range turkey farm
• All-natural & humanely raised
• Cannon Falls, MN



SAVE 1.00 per lb.

we made you dinner • OCT. 30 - NOV. 5



Hearty Chicken Stew

Roasted Vegetable Lasagna (vegetarian)

Red Curry Lentils (wheat-free, vegan)

4-Cheese Mac & Cheese (vegetarian)

Vegan Mac & Cheese (vegan)

MADE FROM SCRATCH • ORGANIC INGREDIENTS • ALL NATURAL

FIELD DAY
Savory Herb
Stuffing Mix

10 oz.

2.99



FIELD DAY
Herbs &
Spices

.5 - 2.5 oz.

3.99



FIELD DAY
Turkey or Wild
Mushroom
Gravy

Ready
to use

• Warm &
serve • 12 oz.

2 for 5.00



FIELD DAY
Maple
Syrup

8 oz.

5.99



FIELD DAY
Canned
Pumpkin

15 oz.

1.99



FIELD DAY
Sugar

Naturally Milled
Cane, Powdered,
Turbinado, &
Light Brown •

16 - 24 oz.

2.99



FIELD DAY
Refined
Coconut Oil
or Canola Oil

14 - 32 oz.

5.49



FIELD DAY
Unsweetened
Coconut Milk

Classic or Lite
• 13.5 oz.

2 for 3.00



FIELD DAY
Avocado Oil

16.9 oz.

8.99



FIELD DAY
Canned
Vegetables

Green Beans,
Peas, or Sweet
Corn • 14.5 -
15 oz.

1.49



FIELD DAY
Canned Beans

Select varieties
• 15 - 16 oz.

4 for 5.00



FIELD DAY
Refried
Pinto or
Black Beans

15 oz.

2 for 3.00



FIELD DAY
Canned Tomato
Products

Including diced,
paste & sauce •
6 - 28 oz.

.99 - 2.99



12 oz. Brown Rice
Pasta on sale for 2.29

FIELD DAY
Semolina or Whole
Wheat Pasta

16 oz.

1.39



FIELD DAY
Pasta
Sauce

24 oz.

2.99



while supplies last • sorry, no rainchecks

October 30 - November 5, 2024 • Promoted items may vary by location • While supplies last

big field day sale for all! • big field day sale for all!

big field day sale for all! • big field day sale for all!

**FIELD
DAY**
Frozen
Pizza

12.2 -
12.9 oz.

5.99



**FIELD
DAY**
Pretzels
or Blue Corn
Tortilla Chips

8 - 9 oz.

**2 for
5.00**



**FIELD
DAY**
Salsa

16 oz.

2.99



**FIELD
DAY**
Frozen
Breaded
Wild Cod
Fillets or
Fish Sticks

8 oz.

4.99



Albacore 5 oz. also on sale for 2.29!

**FIELD
DAY**
Canned
Tuna

Chunk Light Skipjack • 5 oz.

1.59



**FIELD
DAY**
Canned
Wild
Pink
Salmon

7.5 oz.

2.99



**FIELD
DAY**
Fruit
Spread

14 oz.

3.99



FIELD DAY
Peanut
Butter

18 oz.

3.99



FIELD DAY
Tomato Ketchup

24 oz.

2.99



**FIELD
DAY**
Fruit Filled
Snack Bars

6 pack/
1.3 oz.

2.99



FIELD DAY
Granola

12 oz.

3.99



**FIELD
DAY**
Cold
Cereal

12 - 13 oz.

2.99



FIELD DAY
Apple
Juice

64 oz.

5.99



**FIELD
DAY**
Baby
Wipes

72 ct.

2.99



FIELD DAY
Liquid Laundry
Detergent

100 fl. oz.

9.99



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while supplies last • sorry, no rainchecks

October 30 - November 5, 2024 • Promoted items may vary by location • While supplies last

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

bulk deals

BULK PACK Organic Dried Cranberries

Sweetened
with organic
cane sugar •
Grown in Canada • 1 lb.



SAVE 2.00

ANODYNE Locally Roasted Organic Coffee

In bulk,
bags or
pods



SAVE 1.00

BULK Organic Green Split Peas

Delicious &
hearty • Grown
in Canada



1.99 per lb.

BULK • GOLDEN TEMPLE French Vanilla Almond Granola

A blend of rolled
oats & crispy rice
with almonds &
a hint of vanilla



SAVE 2.00 per lb.

BULK Organic Barley

Hulled or
pearled •
Grown in
USA



1.99 per lb.

BULK Organic In-Shell Pistachios

Roasted &
lightly salted
• Grown in
California



SAVE 2.00 per lb.

snack time deals

owner savings*

GOOD HEALTH Snacks

Veggie Stix & Chips,
Avocado or Olive Oil
Potato Chips & Pea-
nut Butter Filled Pr-
etzels • 5 - 6.75 oz.



2.79

LATE JULY Tortilla Chips

Select Restaurant
Style, Dippers &
Original Non-
Flavored varieties
• 7.4 - 14.75 oz.



4.79

owner savings*

BACK TO NATURE Harvest Whole Wheat Crackers

8.5 oz.

**2 for
5.00**



stock up & save deals

MIKE'S MIGHTY GOOD Ramen Noodles

Select varieties
• 1.8 - 2.4 oz.

**2 for
5.00**



owner savings*

RW KNUDSEN Juice

Morning Blend or
Mega Antioxidant •
32 oz.

2.89



WOODSTOCK Frozen Broccoli, Okra, or Brussels Sprouts

10 oz.

2 for 6.00



MAYA KAIMAL Every Day Chana or Dal Entrees

Select
varieties
• 10 oz.

3.99



ODYSSEY ELIXIR Functional Beverages

Enhanced with the
Power of Mushrooms
• Select varieties •
12 oz.

2.99



WOODSTOCK Frozen Whole Baby Asparagus

10 oz.

4.99



October 30 - November 5, 2024 • Promoted items may vary by location • While supplies last

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

DR. TUNG'S Smart Floss

Plastic-free packaging
• Zero petrochemical
waxes or artificial flav-
ors • Expands while
flossing for more effec-
tive cleaning • 30 yd.

3.99



DR. BRONNER'S Toothpaste

Made with 70%
organic ingredients
• Gently removes
plaque & freshens
breath naturally • 5 oz.

5.99



ALBA BOTANICA Acnedote Deep Pore Wash

Maximum strength
acne treatment with
2% salicylic acid &
willowbark extract
• 6 oz.

8.99



squeaky clean deals

GAIA HERBS Oil Of Oregano Caps

Powerful antioxidant
support for overall
well-being • Each
capsule contains the
equivalent of 2400mg
of dry oregano leaf to
help maintain immune
defenses • 60 ct.

SAVE 6.00



NORDIC NATURALS Vitamin C & D3 Gummies

Tasty gummies for healthy
immune function & anti-
oxidant protection • 60 ct.

SAVE 4.00



GINGER PEOPLE Rescue Ginger Shot

Immune boosting combo
of ginger + turmeric +
black pepper + creamy
coconut milk • 2 oz.

3.49



ENZYMEDICA Acid Soothe

Soothes digestive
irritation • Increases
nutrient absorption
• 30 ct.

7.99



WONDER BELLY Antacid

Fast, clean & tasty relief
from heartburn & indiges-
tion • No talc or dyes •
100% recyclable aluminum
containers • 60-ct

9.99



health & wellness deals

NATURAL STACKS Dopamine Brain Food

Complete system to support
neurotransmitters, focus,
cognition & mood • 60 ct.

SAVE 6.00



OM Mushroom Coffee Blend

Rise & shine with this
rich full-bodied coffee
blend containing Lion's
Mane, Cordyceps, Turkey
Tail & Reishi plus Ginkgo
Biloba for focus, energy
& vibrant health • 177g

SAVE 8.00



October 30 - November 5, 2024 • Promoted items may vary by location • While supplies last

November 1 – December 31

For \$20, Outpost purchases \$40 worth of natural and organic foods for those in need, including fresh produce!

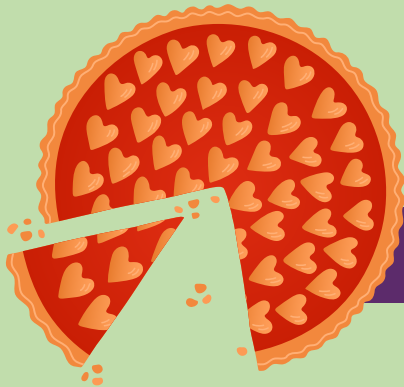


For more information about Buy A Bag or to donate online, visit www.outpost.coop/buy_a_bag

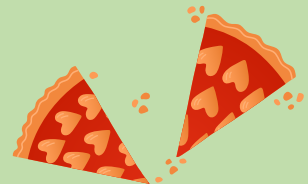


**HUNGER
TASK FORCE**
FREE & LOCAL

Since 1999, Outpost's Buy A Bag program has provided over **\$2.4 million** worth of natural and organic food to Hunger Task Force.



Buy a Slice *Fundraiser*



Saturday, November 16 • 11 a.m. - 1 p.m.
or until the pie runs out

Suggested \$4 donation - all proceeds go to Hunger Task Force



nourish MKE
Community Food Centers

Hand-crafted Bowls

\$25
per bowl

*Help to alleviate
hunger in our community.*

**100% of your donation
benefits Nourish MKE!**



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