

**coop**  
**deals**

# Savings for all!



## BULK Soup Mixes

Healthy, hearty & easy to prepare  
• Low in sodium • Bean & Vegetable  
or Wild Rice

**SAVE 1.00** per lb



Look  
inside for  
Field Day  
deals!



## BACKERHAUS Signature Sliced Sandwich Bread

Multigrain, Tuscan White,  
or Marble Rye • 17.6 oz.

**4.49**



## PRIMAL KITCHEN Mayonnaise

Real or Garlic Aioli • 12 oz.

**5.99**



## HOME RUN INN Frozen Pizza

Made with all natural ingredients, with  
no preservatives • Select varieties •  
Chicago, IL • 27 - 33 oz.

**7.99**



## ORGANIC HASS AVOCADOS

Mexico Grown

**2 for 3.00**



## 100 ACRE SALAD BLEND

Milwaukee Grown

**SAVE 1.00**

local



## ORGANIC FULL PINT BLUEBERRIES

Peru Grown

**2 for 6.00**



**open daily**

**OUTPOST**  
NATURAL FOODS

November 29 -  
December 3, 2024

# bring global flavors home

**local**



## PERFECT PASTA

Tortellini or Ravioli

Ready in minutes • Select varieties  
• Addison, IL • 12 oz.

**4.49**



## LA GUADALUPANA

Authentic Tamales

Bean & Cheese, Chicken Verde, or  
Beef Mole • Gluten-free • Chicago,  
IL • 4 pack • 14 oz.

**6.49**

**local**



## DAIYA

Frozen Pizza

Select varieties • Gluten-free  
& vegan • 15.7 - 19.4 oz.

**7.99**



## BOAR'S HEAD

Hummus

Select varieties • Gluten-free & vegan • 10 oz.

**2 for 6.00**



## ORGANIC CUCUMBERS

Mexico Grown

**1.69** per lb.



## GT'S Synergy

Raw Kombucha

Select varieties  
• 16 oz.

**2 for 7.00**



**owner savings\***



## ORGANIC CELERY

California Grown

**1.49** per lb.



## ORGANIC BARTLETT PEARS

Washington Grown

**1.69** per lb.



**owner savings\***



## ORGANIC 2 LB BAG CUTIES MANDARINS

California Grown

**5.99** ea.

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

FRESH &amp; DELICIOUS

co-op made

MADE FROM SCRATCH

owner savings\*

**TEAR & SHARE****Roast Beef Sandwich**

Farmers & Cooks salt & pepper roast beef with our home-made horseradish cheddar spread, organic red onions & organic romaine lettuce on a Tribeca French baguette

**6.99** ea.**OUTPOST'S OWN  
Alfredo Chicken Pizza**

Our handmade wheat-free pizza crust is topped with rich alfredo sauce, grilled chicken, organic red peppers, tomatoes & red onions, Asiago & mozzarella cheeses

**SAVE 1.00** ea.

owner savings\*

**OUTPOST'S OWN  
Birdy Bars**

Organic peanut butter, honey, sesame pumpkin seeds, sunflower seeds, shredded coconut & cranberries • This tasty bar packs a powerful protein punch

**SAVE .60** ea.**OUTPOST'S OWN  
Seasoned Beef Fajitas**

Grassfed beef strips, onions, & bell peppers seasoned with natural spices  
• Ready to cook

**8.99** per lb.

## deli special

owner savings\*



Fresh sliced in the Cafe

**FARMERS & COOKS  
Shallot Herb Turkey Breast**

Made from a single turkey breast brined with extra virgin olive oil, hand-rubbed with herbs, spices & minced shallots

**SAVE 1.00** per lb.

## cheese special

**724  
WISCONSIN  
SELECT****7 Year Aged  
Cheddar Cheese**

Bold, tangy & firm  
• Optimal maturity for a smooth full flavor • 5 oz.

**SAVE 1.00** ea.

new

local

we made you dinner • NOV. 29 - DEC. 3

**Chicken Ala King****Butternut Squash Lasagna** (vegetarian)**Red Curry Lentils** (vegan)**4-Cheese Mac & Cheese** (vegetarian)**Vegan Mac & Cheese** (vegan)

MADE FROM SCRATCH • ORGANIC INGREDIENTS • ALL NATURAL

**FIELD DAY**

Semi  
Sweet  
Chocolate  
Chips

10 oz.

**3.99**



**FIELD DAY**  
All Purpose  
White or  
Whole  
Wheat  
Flour

5 lb.

**4.99**



**FIELD DAY**  
Herbs &  
Spices

.5 - 2.5 oz.

**3.99**



**FIELD DAY**  
Vanilla Extract

2 fl oz.

**7.49**



**FIELD DAY**  
Sugar

Naturally Milled  
Cane, Powdered,  
Turbinado &  
Light Brown •

16 - 24 oz.

**2.99**



**FIELD DAY**  
Wildflower Honey

12 oz.

**4.99**



1 L Organic Olive Oil  
on Sale for 16.99! ↘

**FIELD DAY**  
Extra Virgin Olive Oil

1 L.

**14.99**



**FIELD DAY**  
Refined  
Coconut Oil  
or Canola Oil

14 - 32 oz.

**5.49**



**FIELD DAY**  
Salsa

16 oz.

**2.99**



**FIELD DAY**  
Olives

Pitted Black  
or Pitted  
Green •

6 oz.

**1.99**



**FIELD DAY**  
Refried Beans

Pinto or Black  
• 15 oz.

**2 for  
3.00**



**FIELD DAY**  
Canned Beans

Select varieties  
• 15 - 16 oz.

**4 for  
5.00**



**FIELD DAY**  
Peanut Butter

18 oz.

**3.99**



**FIELD DAY**  
Fruit Spread

14 oz.

**3.99**



**FIELD DAY**  
Fruit  
Filled  
Snack  
Bars

6 pack/  
1.3 oz.

**2.99**



while supplies last • sorry, no rainchecks

November 29 - December 3, 2024 • Promoted items may vary by location • While supplies last

• 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**  
Microwave  
Popcorn

3 pack

**2 for 5.00**



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

8 - 9 oz.

**2 for 5.00**



**FIELD DAY**  
Frozen  
Berries

Frozen  
Strawberries  
or Blueberries  
• 32 oz.

**6.99**



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

• 8 oz.

**4.99**



**FIELD DAY**  
Frozen French  
Fries or  
Hashbrown  
Potatoes

23 - 24 oz.

**4.29**



**FIELD DAY**  
Semolina or  
Whole Wheat  
Pasta

16 oz.

**1.39**



**FIELD DAY**  
Pasta Sauce

24 oz.

**2.99**



12 oz. Shells & Cheese on sale for 2.99

**FIELD DAY**  
Deluxe Mac &  
Cheese Mix

Yellow or White  
Cheddar • 6 oz.

**2 for 3.00**



**FIELD DAY**  
Sparkling  
Water

6 pack/  
12 oz. cans

**2.29**



**FIELD DAY**  
Apple  
Juice

64 oz.

**5.99**



**FIELD DAY**  
Coconut Water

16 oz.

**1.99**

33.8 oz. on  
sale for 3.49!



**FIELD DAY**  
Paper Products

Paper towels  
6 roll pack or  
bath tissue  
double roll  
12 pack

**6.99**



**FIELD DAY**  
Apple Cider  
Vinegar

32 oz.

**4.99**



**FIELD DAY**  
Tomato Ketchup

24 oz.

**2.99**



• big field day sale for all! •

• big field day sale for all! •

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

bulk deals

## ANODYNE Locally Roasted Coffee

Organic coffee  
• In bags or bulk

**SAVE 1.00**

local



## BULK Local Flours

Organic all purpose, whole wheat, unbleached, pastry, cornmeal & more • Made from grains grown & milled in WI

**SAVE 20%** per lb.

local



## BULK Organic Fair Trade Cane Sugar

Grown in Brazil

**1.99** per lb.



## BULK • TIERRA FARMS Organic Hazelnuts

Raw & unblanched  
• Grown in Turkey

**SAVE 3.00** per lb.



## BULK Organic Walnuts

Halves or small pieces  
• Grown in California

**SAVE 2.00** per lb.



## BULK PACK Organic Pitted Prunes

Naturally sweet & succulent • Grown in California • 1lb.

**SAVE 2.00**



## CHOCXO Dark Chocolate Peppermint Cups

Only 4g sugar per cup • 7 Individually Wrapped Cups  
• 3.45 oz.

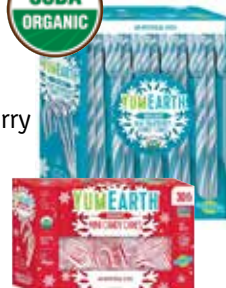
**5.99**



## YUM EARTH Candy Canes

Large Original or New Blue Raspberry 10 pack • Mini Original 30 pack  
• 4.94-6.34 oz.

**7.99**



## CHOCOLove Chocolate Trees

Hazelnut Truffle Peppermint Crème Filling • 20 Wrapped Bites • 7.05 oz.

**7.99**



## INDULGENCE CHOCOLATIERS Chocolate Santa

Solid Milk or Dark Chocolate  
• Milwaukee, WI  
• 2.25 oz.

**5.99**

local



## SILK ROAD BAZAAR Fair Trade Felt Ornaments

Unique ornaments featuring a variety of playful characters, animals & favorite foods • Hand-crafted by women artisans in Kyrgyzstan using natural fibers & eco-friendly materials • Each

**Starting at 11.99**



holiday gift giver deals

## ECOLOGICALS Bamboo Puzzles

Choose from an assortment of brainteasers & puzzle games made from 100% sustainable bamboo • Challenges range from easy-peasy to difficult • For ages 9-99 • Each

**Starting at 4.99**



## BIG DIPPER WAX WORKS Holiday Candles

Pillars, tapers, & sculpted candles hand casted from 100% beeswax  
• Illuminate & beautify any setting • Each

**Starting at 7.99**



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

## AURA CACIA

### Warming Mineral Bath

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

**2.89**



## CHILD LIFE Vitamin D3 Kids Liquid

Promotes healthy immune function, heart health & strong bones • 1 oz.

**6.89**



## ECOS Liquid Hand Soap

Made with plant powered ingredients  
• Majority woman-owned made in the USA • 17 oz.

**4.89**



## NATURE'S WAY

### Alive Women's 50+ & Men's 50+ Multivitamin Gummies

Specially formulated for the whole family  
• A range of great-tasting multivitamins with fruit & vegetable extracts • 60 ct.

**SAVE 6.00**

*Save on ALL  
Alive Multivitamins*



## NATURE'S WAY Umcka Cold & Flu Syrup

Shortens duration & reduces severity of common cold, nasal, throat & bronchial irritations • 4 oz.

**SAVE 3.00**



## SOUTH OF FRANCE Bar Soap

Luxuriously lathering all-vegetable soap • Triple-milled in the Marseille tradition for a pampering cleansing experience • 6 oz.

**3.69**



## OM Lion's Mane Gummies

Support memory, focus, & nerve health • 1,000mg whole Lion's Mane per serving • Strawberry flavor • 60 ct.

**SAVE 5.00**



## HYLAND'S Restful Legs

Fast & effective relief of agitated legs so you can rest • 50 ct.

**9.89**



## PRINCE OF PEACE Red Panax Ginseng Extractum

Made with a traditional low heat process to preserve the natural precious components • 10.2 oz.

**SAVE 4.00**



## TRUE GRACE Electrolyte Powder

Contains essential minerals in a ratio beneficial for maximum hydration • With organic cordyceps fruiting body mushrooms for energy & endurance support • 16 ct.

**SAVE 5.00**

**new**

*Available in  
Lemon Lime  
or Grapefruit!*

**local**



## RISHI Bulk Loose Leaf Teas

Premium teas and botanicals imported directly from growers across the world

**SAVE 20%**

**local**

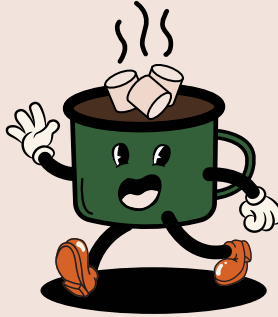


personal health & wellness deals

November 29 - December 3, 2024 • Promoted items may vary by location • While supplies last

visit us on small business saturday

# GIFTS FOR YOUR BUDS & YOUR TASTE BUDS!



## OUTPOST CO-OP GROCERY STORE



## ★ Put your skills to good use as a member of Outpost's Board of Directors! ★

If you can answer "yes" to the following, you're  
on your way to becoming a Board Nominee:

- ★ Will you be at least 18 years old as of May 1, 2025?
- ★ Are you an Outpost owner as of December 7, 2024?
- ★ Are you an Outpost owner in good standing and the ownership is in your name, not that of a household member?

Visit: [www.outpost.coop/nominations](http://www.outpost.coop/nominations) to complete an online application



*Don't delay!*

The deadline is

## January 6, 2025

If you have questions regarding the nominations process, email the board at [election@outpost.coop](mailto:election@outpost.coop) or leave a voicemail at 414-431-3377 extension 221.



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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](http://www.outpost.coop)