

coop deals

JANUARY 15-21, 2025

STAR ANISE FOODS

White or Brown Rice Spring Roll Wrappers
8 oz.
2.99-3.99

Brown Rice Noodles With or Without Seaweed
8.6 oz.
3.59

Roasted Peanut & Coconut Lime Curry Simmer Sauces
12 oz.
4.99

MUSH Overnight Oats
Vegan • Gluten-free • Select varieties
2 for 4.00

FAGE Total Greek Yogurt
Select varieties • 5.3 oz.
2 for 3.00

LIFEWAY Low Fat Kefir
Select varieties • Morton Grove, IL • 32 oz.
3.99

GT'S Alive Mushroom Elixir
Root beer, cola, or cream soda • 16 oz.
2 for 6.00

FILLO'S Walking Tamales & Ready To Eat Beans
Geneva, IL • Select varieties • 4 & 10 oz.
2.79 & 3.69

TRIPLE CROWN Organic BBQ Sauce
Hickory Bourbon or Classic • Minneapolis, MN • 14 oz.
6.99

WISCONSIN MEADOWS Pastured Pulled Pork
Viroqua, WI • 16 oz.
SAVE 1.00

WISCONSIN MEADOWS Pastured Pork Butt Roast
Viroqua, WI
SAVE 1.00 per lb.

GAIA HERBS Black Elderberry Syrup Extra Strength
3 oz.
SAVE 5.00

TRUVANI Protein Powder
Vanilla or Chocolate
SAVE 4.00 + FREE COLLAGEN

EQUAL EXCHANGE Organic Fair-Trade Regular Roast Coffee
Whole bean or ground varieties • 10 or 12 oz. packages
9.99

FARMERS & COOKS Herb Shallot Turkey Breast
SAVE 1.00 per lb.

coop MADE

we made you dinner!

JANUARY 15 - 21

- Chicken a la King
- Roasted Vegetable Lasagna **Vg**
- Sweet Potato Coconut Dal **V WF**
- 4-Cheese Mac & Cheese
- Vegan Mac & Cheese **V**

More Deals at
outpost.coop/shop

ORGANIC CARA RED NAVEL ORANGES
California Grown
1.69 per lb.

FRESH FLORAL BOUQUETS
Columbia Grown
• Rainforest Alliance Certified
9.99 ea.

ORGANIC CLEMENTINE MANDARINS
California Grown
1.99 per lb.

owners
save
more

super savings for owners only

JANUARY 15-21, 2025



ZYN
Turmeric
Wellness
Drink

Select varieties
• Milwaukee, WI • 12 oz.

3 for 6.00



BULK
Regular Rolled Oats

1.99 per lb.



BULK PACK
5 lb Regular Rolled Oats

9.99 per 5 lb. *while supplies last!*



**TRIBECA
OVEN**
French Baguette

SAVE 1.00 ea.



BULK
Brown or Gold
Flax Seed
5lb convenience bags also on sale!

SAVE 30% per lb.



RW KNUDSEN
Juice

Blueberry Pomegranate,
Cranberry Pomegranate,
Pear, Apple & Orange
Carrot • 32 oz.

4.59



BROWN COW
Whole Milk Cream Top Yogurt

Select varieties • 5.3 oz.

5 for 5.00



BRAGG
Apple Cider
Vinegar
Refreshers

Select Varieties • 16 oz.

2 for 7.00



LUNDBERG
Rice Cakes

Original or Thin
• Select varieties
• 5.9 - 8 oz.

3.99



RISHI

Bulk Loose Leaf Teas
Imported directly from
growers across the world
• Milwaukee, WI

SAVE 20%



BARLEAN'S

SAVE 20%
on select
Barlean's products



**ANCIENT
NUTRITION**
Regenerative
Organic Certified
Probiotics

30 ct.

SAVE 10.00



CALBEE
Harvest Snaps

Select varieties • 3.3 oz.

2 for 5.00



ONCE AGAIN
Peanut Butter

Organic varieties • 16 oz.

5.99



OUTPOST'S OWN

Traditional Beef &
Pork Meatloaf
Ready to cook!

SAVE 1.50 per lb.



**ORGANIC GRAPE
TOMATOES**

Mexico Grown

2.99 per pint



**ORGANIC
BROCCOLI**

California Grown

1.99 per lb.



**ORGANIC
CAULIFLOWER**

California Grown

1.99 per lb.



Own a grocery store
with us!
outpost.coop/join





Milwaukee
100 E. Capitol Dr.
414-961-2597

Wauwatosa
7000 W. State St.
414-778-2012

Bay View
2826 S. Kinnickinnic
414-755-3202

Mequon
7590 W. Mequon Rd.
262-242-0426

outpost.coop

Shop online –
click here

Become an owner –
click here

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

OUTPOST'S OWN

SEASONED SPLIT HALF CHICKENS

SAVE 1.00 PER LB

SELECT VARIETIES, READY-TO-COOK



coop deals *for Everyone!*

MEAT & SEAFOOD

SMART CHICKEN

CHICKEN FRANKFURTERS

6.99 12 OZ

SELECT VARIETIES



EPIC

LARD OR TALLOW

9.99 11 OZ

SELECT VARIETIES

BREAD & BAKERY

BACKERHAUS

SIGNATURE BREADS

4.49 17.64 OZ

SELECT VARIETIES



BRIOCHE GOURMET

BRIOCHE BURGER BUNS

2.99 7.05 OZ

ORIGINAL OR SEEDED



CANYON BAKEHOUSE

HERITAGE STYLE BREAD

7.49 24 OZ

HONEY WHITE OR WHOLE GRAIN, GLUTEN-FREE



FOOD FOR LIFE

SPROUTED BREAD

5.49 24 OZ

EZEKIEL WHOLE GRAIN, 7-GRAIN, OR FLAX



RUDI'S BAKERY

BREAD

5.49 22 OZ

SELECT VARIETIES



SIETE FOODS

TORTILLAS

7.99 7 OZ

ALMOND, CASSAVA OR CHICKPEA, GRAIN-FREE, GLUTEN-FREE & VEGAN



January 15 - January 21, 2025

BULK

BULK

ORGANIC RAW ALMONDS

SAVE 3.00 PER LB

BULK

ORGANIC MUNG BEANS

3.49 PER LB
WHOLE OR SPLIT

SUNRIDGE FARMS

ORGANIC GREEK YOGURT ALMONDS

SAVE 1.00 PER LB

MEADOWLARK ORGANICS

ORGANIC RYE BERRIES

1.49 PER LB
RIDGEWAY, WI



SUNRIDGE FARMS

ORGANIC CRANBERRY HARVEST TRAIL MIX

SAVE 2.00 PER LB

SVEN'S

LOCALLY-ROASTED COFFEE

SAVE 1.00 12 OZ
SELECT VARIETIES, ROASTED IN MILWAUKEE



PACKAGED GROCERY

ABOVE WATER

ALKALINE WATER

2 for 3.00 1 L

RIOT ENERGY

PLANT-POWERED ENERGY DRINK

2.99 16 FL OZ
ZERO ADDED SUGAR



VITA COCO

COCONUT WATER

2.99 16.9 OZ
PURE OR PRESSED

RW KNUDSEN

VERY VEGGIE OR TOMATO JUICE

4.99 32 OZ



SOLELY

FRUIT JERKY

4 for 5.00 0.8 OZ
SELECT VARIETIES



BOB'S RED MILL

BOB'S BARS

1.39 1.76 OZ
SELECT VARIETIES, GLUTEN-FREE

EPIC

PROTEIN SNACKS

3 for 6.00 0.8 - 1.3 OZ
MEAT BARS OR STRIPS, SELECT VARIETIES

LARABAR

SNACK BARS

1.79 1.6 - 1.8 OZ

EQUAL EXCHANGE

CHOCOLATE BARS

3.99 2.8 OZ
FAIR TRADE, SELECT VARIETIES



PRIMAL KITCHEN

MAYONNAISE

8.99 12 FL OZ
ORIGINAL OR AIOLI

January 15 - January 21, 2025

PACKAGED GROCERY

CASCADIAN FARM

COLD CEREAL

3.99 6 -13.5 OZ

SELECT VARIETIES



BOB'S RED MILL

HOT CEREAL

5.99 24 - 26 OZ

SELECT VARIETIES

SEVEN SUNDAYS

SUNFLOWER CEREAL

5.99 8 OZ

GRAIN-FREE, GLUTEN-FREE, VEGAN

THREE WISHES

CEREAL

6.99 8.6 OZ

SELECT VARIETIES, GRAIN FREE, GLUTEN-FREE, VEGAN

EPIC

BONE BROTH

6.99 14 FL OZ

SELECT VARIETIES

BAR HARBOR

CLAM CHOWDER

2 for 6.00 15 OZ

NEW ENGLAND OR MANHATTEN STYLE

IMAGINE

CREAMY SOUPS

4.99 32 OZ

SELECT VARIETIES



UPTON'S NATURALS

VEGAN SOUPS

3.49 14.5 OZ

CHICAGO, IL



WILD PLANET

SARDINES

2.99 4.375 OZ

GLUTEN-FREE

TAKE ROOT ORGANICS

CANNED TOMATOES

2.29 14.5 - 15 OZ

SELECT VARIETIES



PRIMAL KITCHEN

SALAD DRESSING

5.99 8 OZ

SELECT VARIETIES, MADE WITH AVOCADO OIL

GREEN MOUNTAIN GRINGO

SALSA

5.99 16 OZ

GLUTEN-FREE, VEGAN



SIETE FOODS

TORTILLA CHIPS

4.99 5 OZ

GRAIN-FREE, GLUTEN-FREE, VEGAN



MUIR GLEN

PASTA SAUCE

3.99 23.5 OZ

SELECT VARIETIES



NEAR EAST

COUSCOUS OR RICE PILAF

2.69 5.6 - 7 OZ

SELECT VARIETIES

DELALLO

NO BOIL LASAGNE NOODLES

4.79 8.8 - 13.2 OZ

ORIGINAL SEMOLINA, WHOLE WHEAT, OR GLUTEN-FREE OVEN-READY

January 15 - January 21, 2025

PACKAGED GROCERY

ISOLA

BRUSCHETTA CRACKERS

3.49 5.3 OZ

SELECT VARIETIES

INSPIRED ORGANICS

SALAD DRESSING

4.99 8 OZ

SELECT VARIETIES



INSPIRED ORGANICS

READY TO SERVE RICE

2 for 5.00 8.8 OZ

SELECT VARIETIES



MIRACLE

SHIRATAKI NOODLES OR RICE

3.99 7 OZ - 8 OZ

GRAIN FREE, GLUTEN-FREE, LOW CARB

GFB

BITES

4.29 4 OZ

SELECT VARIETIES, GLUTEN-FREE

REFRIGERATED & FROZEN GROCERY

BOAR'S HEAD

HUMMUS

2 for 7.00 10 OZ

SELECT VARIETIES, GLUTEN-FREE, VEGAN

CALIFIA FARMS

BARISTA BLEND CREAMERS

4.29 32 OZ

OAT OR ALMOND MILK, GLUTEN-FREE, VEGAN

FIELD ROAST

PLANT-BASED DELI SLICES

3.49 5.5 OZ

SELECT VARIETIES, VEGAN

JUST

PLANT-BASED SCRAMBLE

6.99 16 OZ

VEGAN

KALONA SUPER NATURAL

COTTAGE CHEESE

5.29 16 OZ

2% OR 4%, KALONA, IA



LIGHT LIFE

SMOKY BACON TEMPEH

4.99 6 OZ

VEGAN



NANCY'S

GRASSFED WHOLE MILK PLAIN YOGURT

4.99 24 OZ



ALEXIA FOODS

FROZEN POTATO PUFFS OR FRIES

5.49 15 - 19 OZ

SELECT VARIETIES, VEGAN

WOODSTOCK

FROZEN BROCCOLI FLORETS

2 for 7.00 10 OZ



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CLEANING & HOUSEHOLD

SEVENTH GENERATION

BATH TISSUE

4.99 4 CT

SEVENTH GENERATION

ALL PURPOSE CLEANER

5.49 23 FL OZ
SELECT VARIETIES

SEVENTH GENERATION

MULTI SURFACE WIPES

6.99 70 CT

BIOKLEEN

BAC OUT ENZYME CLEANER

SAVE 3.00 32 OZ

LUNCHSKINS

PAPER SNACK BAGS

SAVE 2.00 50 CT

SELECT VARIETIES

PERSONAL & WELLNESS CARE

FOUR SIGMATIC

MUSHROOM COFFEE THINK

9.99 10 CT



FOUR SIGMATIC

MUSHROOM BLENDS

SAVE 7.00 2.12 OZ

BALANCE, PROTECT, & FOCUS BLENDS



RISHI

TURMERIC GINGER TEA

6.99 15 CT

SELECT VARIETIES, MILWAUKEE, WI



YOGI

PEPPERMINT TEA

4.99 16 CT



JOLLY MOSS

SEA MOSS PUDDING

SAVE 5.00 16 OZ

MILWAUKEE WI



SPROUT LIVING

VEGAN PROTEIN POWDER

SAVE 9.00 0.8 - 1.1 LB



AMAZING GRASS

GREENS BLEND

SAVE 6.00 7.4 OZ

VEGAN

WHOLE EARTH & SEA

SELECT MULTIS

SAVE 10.00 60 CT

TRUE GRACE

TRUE LITTLES KIDS MULTI

SAVE 5.00 60 CT

PEWAUKEE, WI



TRUE GRACE

PROBIOTIC ONE DAILY

SAVE 5.00 30 CT

PEWAUKEE, WI



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PERSONAL & WELLNESS CARE

ENZYMEDICA

ACID SOOTHE

7.79 30 CP

NATURE'S WAY

UMCKA CHERRY SYRUP

SAVE 4.00 4 OZ

ANDALOU

NIGHT REPAIR CREAM

SAVE 5.00 1.7 OZ

DESERT ESSENCE

TOOTHPASTE

5.79 6.25 OZ

DESERT ESSENCE

SHAMPOO & CONDITIONER

7.49 8 OZ

GIOVANNI

SHAMPOO & CONDITIONER

7.99 8.5 OZ

JASON

VITAMIN E OIL 5000 IU

7.99 4 OZ

REBEL GREEN

HAND SOAP

5.99 16.9 OZ

MEQUON, WI



*All sale items are while supplies last. Sale items may not be available in all stores.
Priced as marked unless otherwise noted. We reserve the right to limit purchase quantities.*

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