

coop deals

MARCH 19 - 25, 2025

USDA ORGANIC
local

GO MACRO SNACK BARS
SELECT VARIETIES • VIOLA, WI • 1.8 - 2.5 OZ

2 for 5.00

Inclusive trade

USDA ORGANIC

FOOD FOR LIFE EZEKIEL BREAD
SESAME OR LOW SALT • VEGAN • 24 OZ

5.99

ANDREW & EVERETT SLICED CHEESES
SELECT VARIETIES • 7 OZ

SAVE 1.00

local

MILLER POULTRY NATURAL CHICKEN DRUMSTICKS OR BONE-IN THIGHS
ORLAND, IN

SAVE 1.00/LB

local

WISCONSIN MEADOWS PASTURE RAISED SMOKED SHREDDED PORK
VIROQUA, WI • 16 OZ

8.99

USDA ORGANIC

ORGANIC ASPARAGUS
MEXICO GROWN

3.99/LB

USDA ORGANIC

ORGANIC EARTHBOUND BABY SPINACH
CALIFORNIA GROWN • 5 OZ

2 for 7.00

USDA ORGANIC

ORGANIC DRISCOLL STRAWBERRIES
MEXICO GROWN • 16 OZ

3.99/EA

USDA ORGANIC

TERRA FARMS ORGANIC ROASTED ALMONDS
BULK BIN • SALTED, UNSALTED & TAMARI

SAVE 3.00

new **USDA ORGANIC**
coop basics

EQUAL EXCHANGE ORGANIC EVERYDAY COFFEE
Breakfast Blend
GROUND VARIETIES • 8 - 9 OZ

7.99

USDA ORGANIC
coop

EQUAL EXCHANGE ORGANIC CHOCOLATE BARS
FAIR TRADE INGREDIENTS
SELECT VARIETIES • 2.82 OZ

3.99

LATE JULY NACHO CHEESE

LATE JULY FLAVORED TORTILLA CHIPS
SELECT VARIETIES • 7.5 - 7.8 OZ

3.79

BOAR'S HEAD TRADITIONAL HUMMUS

BOAR'S HEAD HUMMUS
SELECT VARIETIES • GLUTEN-FREE • VEGAN • 10 OZ

2 for 7.00

coop MADE

we made you dinner!

MARCH 19 - 25

- Green Curry Chicken
- Roasted Vegetable Lasagna **Vg**
- Sweet Potato Coconut Dal **V WF**
- 4-Cheese Mac & Cheese
- Vegan Mac & Cheese **V**

More Deals at
outpost.coop/shop

USDA ORGANIC
coop basics

FIELD DAY ORGANIC SALSAS
SELECT VARIETIES • 16 OZ

3.99

USDA ORGANIC
coop basics

WOODSTOCK ORGANIC MAYONNAISE
GLUTEN-FREE • 16 OZ

4.99

FOLLOW YOUR HEART ORIGINAL VEGANAISE

FOLLOW YOUR HEART VEGANAISE
ORIGINAL OR SOY-FREE • GLUTEN-FREE & VEGAN • 14 OZ

5.99

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

MARCH 19 - 25, 2025

local



WISCONSIN MEADOWS
GRASSFED BEEF HOTDOGS
VIROQUA, WI • 12 OZ

~~10.99~~ **8.99**
OWNERS SAVE 2.00

local



BEELER'S
NATURAL PORK TENDERLOIN
LE MARS, IA

~~12.49/LB~~ **11.49/LB**
OWNERS SAVE 1.00

inclusive trade



EQUAL EXCHANGE
MAMMOTH PECANS
PACKAGED BULK • 8 OZ

~~9.49~~ **6.99**
OWNERS SAVE 2.50

USDA ORGANIC fair for life



DR BRONNER'S
CHOCOLATE BARS
GLUTEN-FREE • VEGAN
• SELECT VARIETIES
• 2.93 - 3 OZ

~~5.99~~ **3.99**
OWNERS SAVE 2.00



WHOLEY
RESPONSIBLY SOURCED FROZEN SEAFOOD
12 - 16 OZ

MUSSELS: **2.99** CALAMARI RINGS: **6.99**
FRESHWATER PERCH: **5.99** SEA SCALLOPS: **12.99**



ANTONINA'S
CINNAMON STREUSEL
COFFEE CAKE
GLUTEN-FREE • 16 OZ

~~8.99~~ **7.99**
OWNERS SAVE 1.00

BUBBIES
SAUERKRAUT
OR PICKLES
SELECT VARIETIES •
GLUTEN-FREE • VEGAN
• 25 - 33 OZ

~~9.39~~ **6.99**
OWNERS SAVE 2.40



inclusive trade
G.T'S
ALIVE MUSHROOM
ELIXIR
SELECT VARIETIES •
GLUTEN-FREE
• VEGAN • 16 OZ

~~4.29/EA~~
2 for 6.00
OWNERS SAVE 2.58



USDA ORGANIC



ORGANIC STEELCUT OATS
BULK BIN
~~2.69/LB~~
1.99/LB
OWNERS SAVE .70

USDA ORGANIC



FAIR TRADE
ORGANIC GREEN BEANS
MEXICO GROWN

~~2.99/LB~~
2.69/LB
OWNERS SAVE .30

USDA ORGANIC



ORGANIC SWEET
MINI PEPPERS
MEXICO GROWN • 1LB PACKAGE

~~3.99/EA~~
2.99/EA
OWNERS SAVE 1.00

USDA ORGANIC



ORGANIC
BARTLETT PEARS
ARGENTINA GROWN

~~2.49/LB~~
1.69/LB
OWNERS SAVE .80

USDA ORGANIC



KEVITA
PROBIOTIC
REFRESHER
SELECT VARIETIES •
GLUTEN-FREE
• VEGAN • 12 OZ

~~2.99~~
3 for 7.00
OWNERS SAVE 1.97

USDA ORGANIC



PACIFIC
CREAMY
TOMATO
SOUP
ORIGINAL OR OAT
MILK • 32 OZ

~~5.99~~
3.99
OWNERS SAVE 2.00

DR BRONNER'S
SAL SUDS BIO-
DEGRADABLE
CLEANER
32 OZ

~~14.99~~
12.99
OWNERS SAVE 2.00



USDA ORGANIC

ORGANIC
INDIA
HERBAL
TULSI TEA
18 CT

~~6.49~~
4.79
OWNERS SAVE 1.70



USDA ORGANIC

NATURE'S PATH
TOASTER
PASTRIES
SELECT
VARIETIES
• 11 OZ

~~5.99~~
3.99
OWNERS SAVE 2.00



USDA ORGANIC

SOLMATE
COTTON CREW SOCKS
SELECT VARIETIES

~~19.99/EA~~
14.99/EA
OWNERS SAVE 5.00



Let's own a
grocery store
together!

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!

WMSE
FORMULA 91.7 HOT SAUCE
5 OZ • 2024 EDITION • MILWAUKEE, WI

5.99 ~~7.99~~
OWNERS SAVE 2.00



CAPTAIN TOADY
TARTAR SAUCE
8 OZ • GLUTEN-FREE

4.99 ~~6.99~~
OWNERS SAVE 2.00

CALIFORNIA OLIVE RANCH
EXTRA VIRGIN OLIVE OIL
25.4 OZ • GLOBAL BLEND

19.99 ~~31.99~~
OWNERS SAVE 12.00

WIZARD
WORCESTERSHIRE SAUCE
8.5 OZ • GLUTEN-FREE, VEGAN

5.99 ~~8.99~~
OWNERS SAVE 3.00



ANNIE'S HOMEGROWN
CLASSIC MACARONI & CHEESE
6 OZ

1.99 ~~3.89~~
OWNERS SAVE 1.90

ANNIE'S HOMEGROWN
CANNED PASTA ENTRÉES
15 OZ • CHEESY RAVIOLI, BERNIE O'S, OR ALL STARS

2.99 ~~4.79~~
OWNERS SAVE 1.80

HEYDAY CANNING CO
**FLAVORED CANNED BEANS &
CANNED SOUPS**
15 OZ • SELECT VARIETIES

3.99 ~~5.99~~
OWNERS SAVE 2.00



HEALTH VALLEY
CANNED SOUP
14-15 OZ • SELECT VARIETIES • GLUTEN-FREE

3.99 ~~4.99~~
OWNERS SAVE 1.00



LOTUS FOODS
RAMEN NOODLE PACKETS
2.8 OZ • WITH MISO SOUP • SELECT VARIETIES • GLUTEN-FREE

1.89 ~~2.89~~
OWNERS SAVE 1.00

LOTUS FOODS
RAMEN NOODLE CUPS
1.94-2 OZ • SELECT VARIETIES • GLUTEN-FREE, VEGAN

2.79 ~~3.79~~
OWNERS SAVE 1.00

March 19 - 25, 2025

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

MUIR GLEN
PASTA SAUCE
23.5 OZ • SELECT VARIETIES



4.59 ~~6.59~~
OWNERS SAVE 2.00

EDWARD & SONS
BREADCRUMBS OR PANKO
10.5-15 OZ • SELECT VARIETIES • VEGAN



5.99 ~~7.89-8.29~~
OWNERS SAVE 1.90-2.30

EDWARD & SONS
BROWN RICE SNAPS CRACKERS
4 OZ • UNSALTED PLAIN • GLUTEN-FREE



2.99 ~~4.29~~
OWNERS SAVE 1.30

KASHI
CEREAL
10.6-14 OZ • SELECT VARIETIES

4.49 ~~5.99~~
OWNERS SAVE 1.50

CHAMELEON BREWING
COLD BREW BLACK COFFEE
CONCENTRATE
32 OZ • GLUTEN-FREE, VEGAN



6.99 ~~10.99~~
OWNERS SAVE 4.00

SACRED BLOSSOM
WILD FORAGED &
LOCALLY GROWN TEAS
1.5 OZ • MONDOVI, WI



10.99 ~~13.99~~
OWNERS SAVE 3.00

LAKWOOD
JUICE
32 OZ • PINA COLADA, PURE PINEAPPLE, OR MANGO

5.99 ~~8.59~~
OWNERS SAVE 2.60

MINOR FIGURES
OAT MILK
33.8 OZ • BARISTA STYLE

3.99 ~~5.39~~
OWNERS SAVE 1.40

FORAGER
CASHEWMILK YOGURT
5.3 OZ • SELECT VARIETIES • GLUTEN-FREE, VEGAN



3 for 5.00 ~~2.29~~
OWNERS SAVE 66¢/each

ORGANIC VALLEY
GHEE
7.5 OZ • LAFARGE, WI



7.99 ~~11.99~~
OWNERS SAVE 4.00

SOUTH OF FRANCE
HAND & BODY CREAM
8 OZ

7.99 ~~9.99~~
OWNERS SAVE 2.00

SOUTH OF FRANCE
LIQUID HAND SOAP
8 OZ

3.69 ~~4.89~~
OWNERS SAVE 1.20

March 19 - 25, 2025

coop deals *for Everyone!*

MEAT & SEAFOOD

FIELD DAY
FROZEN COD FISH STICKS OR FILLETS

8 OZ

5.99



FRESH WILD CAUGHT DOVER SOLE FILLETS

10.99 PER LB

APPLEGATE
FULLY COOKED UNCURED BACON

2.52 OZ

5.99

APPLEGATE
UNCURED SUNDAY BACON

8 OZ

5.49

REFRIGERATED & FROZEN GROCERY

LIFEWAY
ORGANIC KEFIR

32 OZ • SELECT VARIETIES • MORTON GROVE, IL • GLUTEN-FREE

4.99



LIFEWAY
LOW FAT KEFIR

32 OZ • SELECT VARIETIES • GLUTEN-FREE • MORTON GROVE, IL

3.99



COCOJUNE
PLANT-BASED YOGURT

16 OZ • SELECT VARIETIES • GLUTEN-FREE, VEGAN

6.99



STONYFIELD
KIDS SQUEEZABLE YOGURT

8 PK • SELECT VARIETIES

4.99



KERRYGOLD
IRISH BUTTER

8 OZ • SALTED OR UNSALTED

4.99

CHAMELEON BREWING
COLD BREW COFFEE

10 OZ • SELECT VARIETIES • GLUTEN-FREE, VEGAN

2 for 6.00



FILLO FACTORY
FILLO DOUGH

16 OZ

5.99



QUORN
MEATLESS CHIQIN PATTIES OR NUGGETS

10.6 OZ

5.99

BREAD

SILVER HILLS
SPROUTED BREAD

15-22 OZ • SELECT VARIETIES

4.39



March 19 - 25, 2025

coop deals *for Everyone!*

BULK GROCERY

VALENTINE
LOCALLY ROASTED COFFEE
 12 OZ • SELECT VARIETIES • MILWAUKEE, WI

SAVE 1.00



SUNRIDGE FARMS
ORGANIC CRANBERRY HARVEST TRAIL MIX
 PER LB • BULK BIN

SAVE 2.00



JUST COFFEE
LOCALLY ROASTED ORGANIC COFFEE
 12 OZ OR PER LB • SELECT VARIETIES
 • MADISON, WI

SAVE 1.00



MEADOWLARK COMMUNITY
 MILL & DOUDLAH FARMS
LOCALLY GROWN ORGANIC GRAINS & BEANS
 PER LB • BULK BIN • SELECT VARIETIES • WISCONSIN GROWN

SAVE 15%



EQUAL EXCHANGE
ORGANIC FAIR TRADE WHOLE RAW CASHEWS
 PER LB • BULK BIN

SAVE 2.00



TIERRA FARMS
ORGANIC DARK CHOCOLATE COVERED ALMONDS OR GINGER
 PER LB • BULK BIN

SAVE 4.00



PACKAGED GROCERY

BRAGG
LIQUID AMINOS
 16 OZ • SOY PROTEIN SEASONING • GLUTEN-FREE

5.99

BRAGG
APPLE CIDER VINEGAR
 16 OZ

3.99



BRAGG
HONEY CAYENNE WELLNESS CLEANSE
 32 OZ • WITH APPLE CIDER VINEGAR

9.99



EDWARD & SONS
BOUILLON CUBES
 2.2-3.1 OZ • SELECT VARIETIES • GLUTEN-FREE, VEGAN

2.49

PRIMAL KITCHEN
SALAD DRESSING
 8 OZ • SELECT VARIETIES

6.99

PRIMAL KITCHEN
AVOCADO OIL
 16.9 OZ

12.99

NATIVE FOREST
ARTICHOKE HEARTS
 10-14 OZ • WHOLE OR QUARTERED

3.99

CADIA EVERYDAY
PICKLES
 24 OZ • ORIGINAL OR SPICY SPEARS, DILL OR BREAD & BUTTER SLICES

3.79

March 19 - 25, 2025

coop deals *for Everyone!*

PACKAGED GROCERY

INSPIRED ORGANICS
SALAD DRESSING
8 OZ • SELECT VARIETIES • GLUTEN-FREE



4.99

INSPIRED ORGANICS
RICE
8.8 OZ • WARM & SERVE • SELECT VARIETIES
• GLUTEN-FREE, VEGAN



2.79

ISOLA
SPREADS
6.5 OZ • PESTO GENOVESE OR SUNDRIED TOMATO TAPENADE

6.99

ISOLA
CROSTINI
7 OZ • GARLIC, OLIVE OIL, OR ROSEMARY

3.49

ISOLA
CANNED TOMATOES
28 OZ • CHOPPED OR PEELED

3.89

DELALLO
ORZO PASTA
12-16 OZ • SEMOLINA, WHOLE WHEAT, OR GLUTEN-FREE

4.59

DR MCDUGALL'S
SOUP
17.6-18 OZ • READY TO SERVE •
SELECT VARIETIES • GLUTEN-FREE



3.99

LATE JULY
SALSA
15.5 OZ • SELECT VARIETIES

5.99

LESSER EVIL
SNACKS
4-5 OZ • NO CHEESE PALEO PUFFS OR PINK SALT POWER CURLS •
GLUTEN-FREE

3.99-4.99

HARMLESS HARVEST
COCONUT WATER
16 OZ • GLUTEN-FREE, VEGAN



4.79

MIDEL
GINGER SNAP COOKIES
8-10 OZ • ORIGINAL OR GLUTEN-FREE

4.89

NIXIE
SPARKLING WATER
8 PK/12 OZ CANS • SELECT VARIETIES

4.99

RISE BREWING COMPANY
COLD BREW COFFEE OR TEA
7 OZ • SELECT VARIETIES



2.99

CLEAN CAUSE
SPARKLING YERBA MATE BEVERAGE
16 OZ • SELECT VARIETIES



2.79

March 19 - 25, 2025

coop deals *for Everyone!*

BULK & PACKAGED TEA

CELESTIAL SEASONINGS
HERBAL TEA
20 CT

3.99

RISHI
BULK TEA
MILWAUKEE, WI

SAVE 20%

local

PERSONAL WELLNESS

OM
MUSHROOM COFFEE &
COCOA BLENDS

1.69



NATURAL FACTORS
TOTAL BODY COLLAGEN
9.41-17.6 OZ

SAVE 5.00

KYOLIC
100-41 GARLIC EXTRACT
100 CT • YEAST FREE

SAVE 4.00

HERB PHARM
MULLEIN GARLIC EARDROP
1 OZ

SAVE 4.00

HERB PHARM
OREGANO SPIRIT EXTRACT
1 OZ

SAVE 4.00

HERB PHARM
VALERIAN EXTRACT
1 OZ

SAVE 4.00

ENZYMEDICA
SUBCULTURE PROBIOTICS
30 CT

SAVE 6.00



ENZYMEDICA
PAPAYA COMPLETE
120 CT

SAVE 4.00

QUANTUM
THERAZINC ELDERBERRY LOZENGES
14 CT

2.99

HIMALAYA HERBAL
TOOTHPASTE
4-5.29 OZ • SELECT VARIETIES

5.99

DERMA E
VITAMIN E HAND CREME
2 OZ

6.39

DERMA E
ANTI WRINKLE MOISTURIZER
4 OZ

SAVE 5.00

March 19 - 25, 2025

coop deals [®] for Everyone!

PERSONAL WELLNESS

MAD HIPPIE
MICRODERMABRASION FACIAL
2.1 OZ

SAVE 8.00



ECOS
LIQUID HAND SOAP
17 OZ

4.79

HUMBLE
BAR SOAP
4 OZ

6.99

HUMBLE
DEODORANT
2.65 OZ

9.49

HOUSEHOLD

ECOS
DISHMATE
25 OZ • SELECT VARIETIES •
ADDISON, IL

3.99



ECOS
RINSE AID
8 OZ • ADDISON, IL

4.99



*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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