

coop deals

APRIL 9 - 15, 2025



BELL & EVANS NATURALLY RAISED CHICKEN

DRUMSTICKS: **3.29/LB**
BONELESS SKINLESS THIGHS: **4.99/LB**
BONELESS SKINLESS BREAST: **6.49/LB**



new crop



ORGANIC
BARTLETT PEARS
ARGENTINA GROWN

1.69/LB



ORGANIC
RASPBERRIES
MEXICO GROWN • 6 OZ

3.99



ORGANIC
PIXIE MANDARINS
CALIFORNIA GROWN

2.99/LB

cute & sweet



ORGANIC COSMIC
CRISP APPLES
WASHINGTON GROWN

1.69/LB



ORGANIC
RAW ALMONDS
BULK BIN • CALIFORNIA GROWN
• STEAM PASTEURIZED

SAVE 30%/LB



RAW
WALNUT
HALVES & PIECES
BULK BIN

SAVE 25%/LB



WISCONSIN MEADOWS
GRASSFED BEEF BRISKET
VIROQUA, WI

9.99/LB

delicious together!



GOLD'S
HORSERADISH
WHITE OR RED
WITH BEETS • 6 OZ

2.99

Easter from Outpost

Please place your orders online
outpost.coop/easter



All Easter pre-orders must be placed by 8 pm on Saturday, April 12!



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.



GEFEN
BEETS
READY TO EAT • 17.6 OZ

4.79



STREIT'S
MATZOS
KOSHER FOR PASSOVER • 16 OZ

3.99



WATERLOO
SPARKLING
WATER
12 PACK OF 12 OZ CANS

5.99



More Deals at
outpost.coop/shop



PACIFIC
CONDENSED
SOUP

CREAM OF MUSHROOM
OR CREAM OF CHICKEN
• GLUTEN-FREE • 10.5 OZ

2 for 5.00



ANDREW
& EVERETT
SHREDDED CHEESES
SELECT VARIETIES • 6 OZ

SAVE 1.00



**we made
you dinner!**

APRIL 9 - 15

Irish Beef Stew

Chicken A La King

Chickpea Dumpling
with Collard Greens



4-Cheese Mac & Cheese

Vegan Mac & Cheese



owners save more

SUPER DEALS FOR OUTPOST OWNERS!

APRIL 9 - 15, 2025



**ORGANIC BROCCOLI
OR CAULIFLOWER**

CALIFORNIA GROWN

~~2.99/LB~~ **1.99/LB**
OWNERS SAVE 1.00/LB



**ORGANIC ZUCCHINI
OR YELLOW SQUASH**

MEXICO GROWN

~~2.99/LB~~ **1.99/LB**
OWNERS SAVE 1.00/LB



NIMAN RANCH
**NETTED BONELESS
LEG OF LAMB**

~~18.99/LB~~ **15.49/LB**
OWNERS SAVE 3.50/LB



BUNNY'S BITE
**BANANA
BREADS**

VEGAN & GLUTEN-FREE • PEANUT BUTTER SWIRL
OR BANANA CHOCOLATE CHIP • WOMEN-OWNED

~~3.59/EA~~ **2.59/EA**
OWNERS SAVE 1.00/EA



KLEAN KANTEEN

OUTPOST CO-OP INSULATED TUMBLER

20 OZ

OWNERS SAVE 5.00



BEYOND
**PLANT-BASED
SAUSAGE**
BRATWURST OR
SPICY ITALIAN • 14 OZ • 4 PACK

~~9.49~~ **7.49**
OWNERS SAVE 2.00



SVOL
FROZEN BURRITOS
SELECT VARIETIES • 6 OZ

~~3.39/EA~~
2 for 5.00
OWNERS SAVE .89/EA

GT'S
**SYNERGY
KOMBUCHA**
SELECT VARIETIES •
GLUTEN-FREE
• VEGAN • 16 OZ

~~4.29/EA~~
2 for 6.00
OWNERS SAVE 1.29/EA



OATLY
OATMILK
SELECT VARIETIES •
GLUTEN-FREE • VEGAN
• 64 OZ

~~5.99~~
4.49
OWNERS SAVE 1.50



AFRICAN
MARKET BASKETS
HAND CRAFTED BASKETS
SELECT VARIETIES

**OWNERS
SAVE 15%**



BEE'S WRAP
REUSABLE FOOD WRAPS
SELECT VARIETIES

**OWNERS
SAVE 25%**



CABOO
**BAMBOO
PAPER PRODUCTS**
TOILET PAPER, FACIAL TISSUE
OR PAPER TOWELS

**OWNERS
SAVE 20%**



FOOD HUGGERS
**SILICONE
REUSABLE FOOD SAVERS**
SELECT VARIETIES

**OWNERS
SAVE 15%**



ECOS
**LIQUID
LAUNDRY**
SELECT VARIETIES
• ADDISON, IL

~~18.99~~ **12.99**
OWNERS SAVE 6.00

USES 82% LESS PLASTIC!

DR. BRONNER'S
**PURE-CASTILE
SOAP REFILL**
32 OZ

~~19.99~~
12.99
OWNERS SAVE 7.00



DR. BRONNER'S
IS CERTIFIED



HIBAR
**SHAMPOO
& CONDITIONER**
PLASTIC-FREE

• ST. PAUL, MN • 2.9 - 3.2 OZ
~~12.99~~ **9.99**
OWNERS SAVE 3.00



HUMBLE
DEODORANT
PLASTIC-FREE
• 2.65 OZ

~~12.99~~
9.99
OWNERS SAVE 3.00



**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!

EDEN
TOASTED SESAME OIL
CLINTON, MI • 5 OZ

local

5.99 ~~7.69~~ **OWNERS SAVE 1.70**

EDEN
UME PLUM VINEGAR
CLINTON, MI • 10 OZ

local

4.99 ~~6.39~~ **OWNERS SAVE 1.40**

EMERALD COVE
SEA VEGETABLES
KOMBU, WAKAME, OR NORI • 2 OZ OR 10 PK

5.99 ~~8.29-9.99~~
OWNERS SAVE 2.30-4.00

KIKKOMAN
ORGANIC SOY SAUCE OR OYSTER SAUCE
WALWORTH, WI • 10 OZ

local

3.99 ~~4.99-5.49~~
OWNERS SAVE 1.00-1.50

KOYO
SOBA OR UDON NOODLES
8 OZ

**USDA
ORGANIC**

2.99 ~~3.89~~ **OWNERS SAVE 90¢**

KOYO
RAMEN NOODLES
SELECT VARIETIES • 2-2.1 OZ

89¢ ~~1.59~~ **OWNERS SAVE 70¢**

MORI NU
SILKEN TOFU
10.8-12 OZ

2 for 5.00 ~~3.79-4.19~~
OWNERS SAVE 1.29-1.69 EACH

TONNINO
CANNED TUNA
YELLOWFIN • SOLID PACK IN WATER OR OLIVE OIL • 4.94 OZ

2 for 5.00 ~~3.99-4.59~~
OWNERS SAVE 1.49-2.09 EACH

SANG
VIETNAMESE COFFEE
SELECT VARIETIES • 8 OZ

**inclusive
trade**

3.69 ~~4.39~~ **OWNERS SAVE 70¢**

RW KNUDSEN
JUICE
APPLE, TOMATO, OR VERY VEGGIE VARIETIES • 32 OZ

**USDA
ORGANIC**

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

FLOW
ALKALINE WATER
SELECT VARIETIES • 500 ML

4 for 5.00 ~~2.29~~
OWNERS SAVE 1.04 EACH

ZEVIA
ENERGY DRINK OR TEA
ZERO ADDED SUGAR • 12 OZ

1.79 ~~2.59-2.69~~
OWNERS SAVE 80-90¢

April 9 - 15, 2025

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

CHIP MAGNET
SALSA

EAU CLAIRE, WI • 16 OZ

4.59 ~~6.99~~ **OWNERS SAVE 2.40**



INSPIRED ORGANICS
TORTILLA CHIPS

SALTED OR UNSALTED • 11 OZ

4.99 ~~5.99~~ **OWNERS SAVE 1.00**



LUNDBERG
RICE CAKE MINIS WITH
SEA SALT

GLUTEN-FREE, VEGAN • 5 OZ

3.79 ~~5.49~~ **OWNERS SAVE 1.70**



LUNDBERG
RICE CAKES

TRADITIONAL OR THIN • GLUTEN-FREE, VEGAN •
5.9-8 OZ

3.99 ~~5.89~~ **OWNERS SAVE 1.90**



ELEMENT
RICE CAKES

DARK CHOCOLATE OR STRAWBERRY CREAM COATED •
3.5 OZ

4.59 ~~5.29~~ **OWNERS SAVE 70¢**



KUNER'S
CANNED BLACK BEANS

CUMIN & CHILI SPICES, JALAPEÑO, OR REFRIED
WITH LIME • FARIBAULT, MN • 15 OZ

1.99 ~~2.59~~ **OWNERS SAVE 60¢**



FINN CRISP
SOURDOUGH RYE THINS

ORIGINAL OR WITH CARAWAY • 7 OZ

3.79 ~~4.89~~ **OWNERS SAVE 1.10**

BETTER THAN BOUILLON
BROTH BASE

SELECT VARIETIES • 8 OZ

5.99 ~~7.49~~ **OWNERS SAVE 1.50**

DIVINA
PESTO

GLUTEN-FREE, NUT-FREE, VEGAN • 6.7 OZ

4.99 ~~7.59~~ **OWNERS SAVE 2.60**

RAO'S HOMEMADE
ALFREDO & PASTA SAUCE

SELECT VARIETIES • 15-24 OZ

6.99 ~~8.99 9.49~~
OWNERS SAVE 2.00-2.50

DALLA TERRA
ARTISAN PASTA

SELECT VARIETIES • APPLETON, WI • 8-10 OZ

6.99 ~~8.99~~ **OWNERS SAVE 2.00**



FUNNY FARM
GOAT CHEDDAR MAC & CHEESE

MADE WITH A2 GOAT MILK • 6 OZ

2.99 ~~4.59~~ **OWNERS SAVE 1.60**

TIERRA FARMS
FAIR TRADE ORGANIC
ROASTED CASHEWS

BULK BIN • SALTED OR UNSALTED

12.99/LB ~~14.99/LB~~
OWNERS SAVE 2.00/LB



ORGANIC GREEN LENTILS
BULK BIN

2.99/LB ~~3.99/LB~~
OWNERS SAVE 1.00/LB



April 9 - 15, 2025

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

SMART CHICKEN
ORGANIC WHOLE CHICKENS
PER LB



4.79 ~~5.19~~
OWNERS SAVE 40¢/LB

WISCONSIN MEADOWS
GRASSFED GROUND 80/20 BEEF
VIROQUA, WI • 16 OZ PILLOW PACK



7.49 ~~8.49~~
OWNERS SAVE 1.00

coop deals *for Everyone!*

MEAT & SEAFOOD

AMYLU
CHICKEN SAUSAGE
SELECT VARIETIES • 12 OZ/4 PK

5.99

OPAA!
BEEF & LAMB GYRO SLICES
12 OZ

9.99

WISCONSIN MEADOWS
GRASSFED BEEF RUMP ROAST
VIROQUA, WI



11.59/LB

OUTPOST'S OWN
APPLESAUCE CHICKEN SAUSAGE



6.99/LB

PACKAGED GROCERY

LA BALEINE
SEA SALT
26.5 OZ • FINE OR COARSE

4.99

BOB'S RED MILL
EGG REPLACER
12 OZ • EQUIVALENT TO 34 EGGS FOR BAKING • GLUTEN-FREE, VEGAN

3.99

BOB'S RED MILL
CORNBREAD MIX
20 OZ • GLUTEN-FREE

3.99

BOB'S RED MILL
BAKING MIXES
14-15.5 OZ • CHOCOLATE OR YELLOW CAKE & FUDGY BROWNIE

3.99

MOM'S BEST
CEREAL
17.5-24 OZ • SELECT VARIETIES •
LAKEVILLE, MN



4.29

ALPEN
MUESLI
14 OZ • NO ADDED SUGAR

4.99

April 9 - 15, 2025

coop deals[®] *for Everyone!*

PACKAGED GROCERY

PICKLE JUICE COMPANY
ELECTROLYTE SPORT BEVERAGE

8 OZ

1.79

CERES
JUICE

GUAVA OR PASSION FRUIT • 33.8 OZ

4.99

IZZE
SPARKLING JUICE BEVERAGE

SELECT VARIETIES • 8.4 OZ/6 PK

6.99

BAR HARBOR
WILD SMOKED KIPPERS

6.7 OZ

4.99

ANNIE'S HOMEGROWN
CANNED PASTA ENTREES

ALL STARS, BERNIE-O'S, OR CHEESY RAVIOLI • 15 OZ

3.79

BAR HARBOR
CLAM CHOWDER

NEW ENGLAND OR MANHATTAN STYLE • 15 OZ

3.99

SIMPLY ORGANIC
SEASONING PACKETS

SELECT VARIETIES • NORWAY, IA •

0.8-1.13 OZ

1.79



BEANITOS
TORTILLA CHIPS

5 OZ • MADE WITH BEANS & RICE •

SELECT VARIETIES • GLUTEN-FREE

3.99



FORWARD PROVISIONS
PICKLED VEGETABLES

CURRIED CAULIFLOWER, CARROTS & HABANERO, ZUCCHINI, DILLY BEANS,
OR HOT GIARDINIERA • MADISON, WI • 12 OZ

5.99



BULK GROCERY

ORGANIC LONG GRAIN RICE

BULK BIN • BROWN OR WHITE • PER LB

2.49



ORGANIC RAW PUMPKIN SEEDS

BULK BIN • PER LB

SAVE 2.00



GOLDEN TEMPLE
FRENCH VANILLA ALMOND GRANOLA

BULK BIN • PER LB

4.99

TIERRA FARMS
ORGANIC ROASTED SUNFLOWER SEEDS

BULK BIN • SALTED OR UNSALTED • PER LB

SAVE 1.00



April 9 - 15, 2025

coop deals[®] *for Everyone!*

BULK GROCERY

ANODYNE
LOCALLY ROASTED COFFEE
SELECT VARIETIES • MILWAUKEE, WI
• 12 OZ OR PER LB

SAVE 1.00



EQUAL EXCHANGE
**ORGANIC
EVERYDAY
COFFEE**

GROUND VARIETIES • 8-9 OZ

7.99



SUNRIDGE FARMS
ORGANIC JELLY BEANS
BULK BIN • PER LB

SAVE 3.00



EQUAL EXCHANGE
**FAIR TRADE ORGANIC
CHOCOLATE CHIPS**

BITTERSWEET OR SEMI-SWEET • PER LB

SAVE 1.00



REFRIGERATED & FROZEN GROCERY

FRANKLIN FARMS
CHICKPEA TOFU
SOY-FREE, VEGAN • 12.5 OZ

3.49

DARING
PLANT-BASED CHICKEN
GLUTEN-FREE, VEGAN • 8 OZ

5.99

JUST
PLANT-BASED EGG SCRAMBLE
VEGAN • 16 OZ

6.99

BOAR'S HEAD
HUMMUS
SELECT VARIETIES • 10 OZ

2 for 6.00

DAISY
SOUR CREAM RANCH DIP
GLUTEN-FREE • 16 OZ

3.99

IMMACULATE BAKING
BISCUIT OR CRESCENT ROLLS
16 OZ

4.99



FORAGE
KOMBUCHA OR TEPACHE
SELECT VARIETIES • GLUTEN-FREE,
VEGAN • MADISON, WI • 12 OZ

2 for 5.00



WYMAN'S
FROZEN WILD BLUEBERRIES
15 OZ

4.99

ALDEN'S
ICE CREAM SQROUNDS
SELECT VARIETIES • 48 OZ •

9.99



OATLY
PLANT-BASED FROZEN DESSERT
SELECT VARIETIES • GLUTEN-FREE, VEGAN • PINT

4.99

April 9 - 15, 2025

coop deals *for Everyone!*

BREAD

BACKERHAUS
SLICED SANDWICH BREAD

SELECT VARIETIES • 17.64 OZ

3.99



RUDI'S BAKERY
SLICED BREAD

SELECT VARIETIES • 22 OZ

4.99



PERSONAL WELLNESS



TRUE GRACE
ONE DAILY WOMEN'S PROBIOTIC

60 CT • PEWAUKEE, WI • NO LIMIT • WHILE SUPPLIES LAST

BUY 1 GET 1 FREE



MEGAFOOD
BLOOD BUILDER

30 CT

SAVE 6.00

AMAZING GRASS
DETOX & DIGEST SUPERFOOD

7.4 OZ

SAVE 6.00

FOUR SIGMATIC
FOCUS MUSHROOM COMPLEX

90 CT

SAVE 7.00



NORDIC NATURALS
ULTIMATE OMEGA

60 CT

SAVE 5.00

MANITOBA HARVEST
ORGANIC HEMP HEARTS

7 OZ

8.99



SMARTY PANTS
ORGANIC TODDLER MULTI GUMMY

60 CT

SAVE 6.00



MEGAFOOD
KIDS MULTI CHEW

30 CHEWS

SAVE 8.00

JASON
VITAMIN E OIL 5000 IU

4 OZ

8.49

DR TUNG
ACTIVATED CHARCOAL FLOSS

30 YD

4.79

TUNGS
TONGUE CLEANER

EACH

6.99

DESERT ESSENCE
TOOTHPASTE

6.25 OZ

5.79

DESERT ESSENCE
FACIAL WASH

8 OZ

8.79

April 9 - 15, 2025



PERSONAL WELLNESS

DESERT ESSENCE
SHAMPOO & CONDITIONER
8 OZ • SELECT VARIETIES

7.99

ACURE
SHAMPOO & CONDITIONER
8 OZ • SELECT VARIETIES

7.49

HOUSEHOLD

GREEN FOREST
BATH TISSUE
12 PK

SAVE 4.00

GREEN FOREST
FACIAL TISSUE
175 CT

2 for 5.00

NELLIE'S ALL NATURAL
LAUNDRY OR DISHWASHER POWDERS
3.3-3.5 LBS

SAVE 20%

COMPOSTIC
HOUSEHOLD BAGS & CLING WRAP
SELECT VARIETIES

SAVE 25%

*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.*

April 9 - 15, 2025