

coop deals

April 16 - 22, 2025

Buy One, Get One

FREE



Mix & Match

local

inclusive trade

ZYN
TURMERIC WELLNESS DRINKS
MILWAUKEE, WI

BUY 1 GET 1 FREE

12 OZ CANS Regularly 3.59 • 6 PACK Regularly 19.99

BO GO



COUNTRY LIFE
COENZYME B COMPLEX

60 OR 120 CT

BUY 1 GET 1 FREE

Regularly 18.59/60 CT or 27.99/120 CT

BO GO

local

inclusive trade



TRUE GRACE
ONE DAILY WOMEN'S PROBIOTIC

PEWAUKEE, WI • 60 CT

BUY 1 GET 1 FREE

Regularly 69.99

BO GO



LIQUID I.V.
ELECTROLYTE DRINK MIX

5.65 OZ

BUY 1 GET 1 FREE

Regularly 19.99

BO GO

USDA ORGANIC



ORGAIN
PLANT-BASED NUTRITION SHAKES

CHOCOLATE OR VANILLA • 11 OZ

BUY 1 GET 1 FREE

Regularly 3.99

BO GO



GIOVANNI
SHAMPOO & CONDITIONER

SELECT VARIETIES • 8 - 8.5 OZ

BUY 1 GET 1 FREE

Regularly 10.49

BO GO



SAPPO HILL
BAR SOAP

3.5 OZ • LIMIT 3

BUY 1 GET 1 FREE

Regularly 2.99

BO GO



PRESERVE
TOOTHBRUSHES

SELECT VARIETIES FOR THE WHOLE FAMILY

BUY 1 GET 1 FREE

Regularly 3.99

BO GO



THE HUMBLE CO.
TOOTHPASTE TABLETS

PLASTIC-FREE • 60 CT

BUY 1 GET 1 FREE

Regularly 7.99

USDA ORGANIC



ORGANIC
STRAWBERRIES

MEXICO & CALIFORNIA GROWN
• 16 OZ

3.99/EA

USDA ORGANIC



ORGANIC GARNET
SWEET POTATOES

CALIFORNIA GROWN

1.99/LB

USDA ORGANIC



CUTIES
ORGANIC
MANDARINS

CALIFORNIA GROWN

4.99/EA

2 lb bag



FRESH
PINEAPPLES

COSTA RICA OR HONDURAS GROWN

3.99/EA

coop MADE



we made you dinner!

APRIL 16 - 22

Ham with Scalloped Potatoes

Butter Chicken

Sweet & Sour Tofu

V WF

4-Cheese Mac & Cheese

Vegan Mac & Cheese

V



More Deals at
outpost.coop/shop



local

coop



EQUAL EXCHANGE
CHOCOLATE BARS
FAIR TRADE • 2.8 OZ

3.59

local



PINE RIVER
CHEESE SPREADS
SELECT VARIETIES • 7 OZ

3.99/EA

coop MADE



OUTPOST
PORK POLISH SAUSAGE

5.99/LB

owners
save
more

super savings for owners only

April 16 - 22, 2025

SPRING
CREEK
FARM
QUAIL
EGGS
18 CT



~~4.39~~
3.99
OWNERS SAVE 40¢



SOLI ORGANIC
LIVING
HERBS
TEXAS GROWN



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



VOLCANO
LEMON OR
LIME BURST
ITALY GROWN • 200 ML



~~2.39/EA~~
1.69/EA
OWNERS SAVE 70¢/EA

local



BEELER'S
BONE-IN SPIRAL SLICED HAM

HICKORY SMOKED, WITH NO NITRITES OR NITRATES ADDED
• CASEIN & GLUTEN-FREE • LE MARS, IA

~~6.99/LB~~ **5.99/LB**



FAIR TRADE ORGANIC
BRUSSELS SPROUTS
MEXICO GROWN



~~2.99/LB~~ **2.69/LB**
OWNERS SAVE 30¢/LB



ORGANIC BROCCOLI
CALIFORNIA GROWN



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



FAIR TRADE ORGANIC
GREEN BEANS
MEXICO GROWN



~~2.99/LB~~ **2.69/LB**
OWNERS SAVE 30¢/LB



NIMAN RANCH
NETTED BONELESS
LEG OF LAMB

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



KLEAN KANTEEN
OUTPOST CO-OP
INSULATED TUMBLER
20 OZ

~~29.99~~ **24.99**
OWNERS SAVE 5.00



BLUE RIBBON
ORGANICS
COMPOST
CALEDONIA, WI



**OWNERS
SAVE 15%**



ECO
LOGICALS
BAMBOO
PUZZLES & GAMES
SELECT VARIETIES



**OWNERS
SAVE 10%**



SEVENTH GENERATION
BATH TISSUE
12 CT

~~12.99~~ **8.99**
OWNERS SAVE 4.00

SEVENTH
GENERATION
LIQUID
DISH SOAP
SELECT VARIETIES
5.79/EA



2 for 7.00
OWNERS SAVE 2.29/EA

THE BEACH HOUSE
ROSÉ
750 ML



~~9.99~~
7.99
OWNERS SAVE 2.00

LACROIX
SPARKLING WATER
12 PK OF 12 OZ CANS

~~6.89~~
4.99
OWNERS SAVE 1.90

ANTONINA'S
CUPCAKES
GLUTEN-FREE • CHOCOLATE OR
YELLOW • 4 PK • 10.5 OZ



~~7.99~~ **6.99**
OWNERS SAVE 1.00

CHOCOLOVE
CHOCOLATE
BARS
SELECT
VARIETIES
3.2 OZ



~~5.89~~ **3.59**
OWNERS SAVE 2.30

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!

ORGANIC FRENCH GREEN LENTILS

BULK BIN

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



ORGANIC QUINOA

BULK BIN • ALL-SEASONS, RED OR WHITE

4.34-6.59/LB ~~5.79-8.79/LB~~
OWNERS SAVE 1.45-2.20/LB



GT'S SYNERGY KOMBUCHA

SELECT VARIETIES • GLUTEN-FREE, VEGAN • 48 OZ

6.99 ~~9.99~~
OWNERS SAVE 3.00



CLIF BAR SNACK BARS

SELECT VARIETIES • 2.4 OZ

4 for 5.00 ~~2.19~~
OWNERS SAVE 94¢ EACH

EPIC MEAT-BASED SNACK BARS

SELECT VARIETIES • 1.3 OZ

2 for 5.00 ~~3.99~~
OWNERS SAVE 1.49 EACH

LUNA SNACK BARS

SELECT VARIETIES • 1.69 OZ

2 for 3.00 ~~1.99~~
OWNERS SAVE 49¢ EACH

QUINN SNACKS FILLED PRETZELS

5.8-7 OZ

3.99 ~~6.49~~
OWNERS SAVE 2.50

KETTLE POTATO CHIPS

SELECT VARIETIES • 5 OZ

2.99 ~~4.79~~
OWNERS SAVE 1.80

ORGANICVILLE SALAD DRESSING

SELECT VARIETIES • GLUTEN-FREE • 8 OZ

2 for 7.00 ~~5.69~~
OWNERS SAVE 2.19 EACH



PRIMAL KITCHEN SALAD DRESSING

SELECT VARIETIES • 8 OZ

6.99 ~~8.99~~
OWNERS SAVE 2.00

ORGANICVILLE KETCHUP

GLUTEN-FREE • 24 OZ

3.99 ~~6.59~~
OWNERS SAVE 2.60



PRIMAL KITCHEN STEAK SAUCE

8.5 OZ

4.99 ~~7.69~~
OWNERS SAVE 2.70



April 16 - 22, 2025

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

BOURSIN
GARLIC & HERB CHEESE SPREAD
5.3 OZ

6.49 ~~7.49~~
OWNERS SAVE 1.00

FARMERS & COOKS
SWEET SMOKED HAM

8.99/LB ~~10.99/LB~~
OWNERS SAVE 2.00/LB

BEYOND
PLANT-BASED BREAKFAST SAUSAGE PATTIES
ORIGINAL OR SPICY • GLUTEN-FREE • VEGAN • 7.4 OZ • 6 PK

4.99 ~~5.99~~
OWNERS SAVE 1.00

COLAMECO'S
SPANISH OR ITALIAN SLICED DELI SELECTION
GLUTEN-FREE • 6 OZ

8.99 ~~11.99~~
OWNERS SAVE 3.00

KITCHEN BASICS
COOKING STOCK
CHICKEN, BEEF, OR VEGETABLE • 32 OZ

4.79 ~~5.69~~
OWNERS SAVE 90¢

NUTIVA
COCONUT OIL
14 OZ

8.99 ~~15.99~~
OWNERS SAVE 7.00



WOODSTOCK
OLIVES
SELECT VARIETIES • 8.4-8.5 OZ

3.99 ~~5.49~~
OWNERS SAVE 1.50



TAKE ROOT ORGANICS
CANNED TOMATOES
SELECT VARIETIES • 28 OZ

2.99 ~~3.99~~
OWNERS SAVE 1.00



MAYA KAIMAL
EVERYDAY DAL ENTREES
SELECT VARIETIES • 10 OZ

2 for 7.00 ~~5.49~~
OWNERS SAVE 1.99 EACH



MAYA KAIMAL
CURRY SAUCE
SELECT VARIETIES • 12.5 OZ

4.99 ~~7.69~~
OWNERS SAVE 2.70



RECESS
SPARKLING RELAXATION WATER
SELECT VARIETIES • 12 OZ

2 for 5.00 ~~3.89~~
OWNERS SAVE 1.39 EACH

ORGAIN
PROTEIN POWDER
CHOCOLATE OR VANILLA • 2.03 LB

44.99 ~~54.99~~
OWNERS SAVE 10.00



HUMBLE
DEODORANT
PLASTIC-FREE • 2.65 OZ

9.99 ~~12.99~~
OWNERS SAVE 3.00

April 16 - 22, 2025

coop deals *for Everyone!*

MEAT & SEAFOOD

APPLEGATE
CHICKEN BREAKFAST SAUSAGE LINKS
SELECT VARIETIES • GLUTEN-FREE • 7 OZ

4.99

BELL & EVANS
NATURAL WHOLE CHICKENS

new

2.99/LB

BELL & EVANS
CHICKEN MEATLOAF
READY TO COOK • 16 OZ

5.99

new

BELL & EVANS
CHICKEN BONE BROTH
24 OZ

new

USDA ORGANIC

8.49

BULK GROCERY

MEADOWLARK ORGANICS &
DOUDLAH FARMS
LOCAL ORGANIC FLOUR
BULK BIN • WISCONSIN

SAVE 10%/LB

local

USDA ORGANIC



EQUAL EXCHANGE
FAIR TRADE ORGANIC CHOCOLATE CHIPS
BULK BIN • BITTERSWEET OR SEMI-SWEET

SAVE 1.00/LB

coop

USDA ORGANIC



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

SAVE 1.00/LB OR 12 OZ

local

USDA ORGANIC

SUNRIDGE FARMS
ORGANIC BLUEBERRY OR RASPBERRY GRANOLA
BULK BIN

5.99/LB

USDA ORGANIC

SUNRIDGE FARMS
ORGANIC JELLY BEANS
BULK BIN

SAVE 3.00/LB

USDA ORGANIC

TIERRA FARMS
ORGANIC ROASTED SUNFLOWER SEEDS
BULK BIN • SALTED OR UNSALTED

SAVE 1.00/LB

USDA ORGANIC

BREAD

FOOD FOR LIFE
7-SPROUTED GRAIN ENGLISH MUFFINS
16 OZ

5.29

USDA ORGANIC

coop deals for Everyone!

REFRIGERATED & FROZEN GROCERY

KEVITA
PROBIOTIC REFRESHER

SELECT VARIETIES • 12 OZ

2 for 5.00



JUICED!
BONUS IMMUNITY JUICE SHOTS

SELECT VARIETIES • MILWAUKEE, WI • 4 OZ

2.99



GRILLO'S PICKLES
DILL PICKLE CHIPS

KOSHER • GLUTEN-FREE, VEGAN • 16 OZ

4.49

BOAR'S HEAD
HUMMUS

SELECT VARIETIES • 10 OZ

2 for 6.00

SIGGI'S
PLAIN ICELANDIC SKYR

GLUTEN-FREE • 24 OZ

5.49

KITE HILL
PLANT-BASED CREAM CHEESE

PLAIN OR CHIVE • GLUTEN-FREE, VEGAN • 8 OZ

5.99

WILDWOOD
WATER PACK TOFU

FIRM OR EXTRA FIRM • GLUTEN-FREE • 14 OZ

2.99



SILK
PLAIN SOYMILK

ORIGINAL OR UNSWEETENED • 64 OZ

4.79

JUST
FOLDED EGG OMELETTE

VEGAN • 8 OZ

5.99

AGAINST THE GRAIN
GLUTEN-FREE FROZEN PIZZA

SELECT VARIETIES • 22.4-24 OZ

11.99

PACKAGED GROCERY

FORWARD PROVISIONS
PICKLED VEGETABLES

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

5.99



IMAGINE
NO-CHICKEN BROTH

SELECT VARIETIES • 32 OZ

3.99

ISOLA
TOMATO PUREE

24 OZ

2.99

JOVIAL
BROWN RICE PASTA

SELECT VARIETIES • GLUTEN-FREE • 12 OZ

3.99

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coop deals *for Everyone!*

PACKAGED GROCERY

RIOT ENERGY
ENERGY BEVERAGE

SELECT VARIETIES • 16 OZ

2 for 5.00

JUST ICE TEA

ICED TEA

SELECT VARIETIES • 16 OZ

2 for 5.00

CASCADIAN FARM
CEREAL

SELECT VARIETIES • 8.6-13.5 OZ

3.99



SAN PELLEGRINO
SPARKLING WATER

750 ML

1.79

NATURE'S PATH
INSTANT OATMEAL PACKETS

SELECT VARIETIES • 8 PK

3.99



CASCADIAN FARM
GRANOLA

SELECT VARIETIES • 11 OZ

4.59



TRIPLE CROWN
BBQ SAUCE

ORIGINAL OR HICKORY SMOKED • MINNEAPOLIS, MN
• 14 OZ

6.99



BLUE DIAMOND
CRACKERS

SELECT VARIETIES • GLUTEN-FREE • 4.25 OZ

3.99

HOUSEHOLD

REPURPOSE
COMPOSTABLE DINNERWARE

SELECT VARIETIES

SAVE 25%

IF YOU CARE
RECYCLED FOIL

50 FT

SAVE 1.50

TRU EARTH
ECO LAUNDRY STRIPS

32 CT

12.99

SEVENTH GENERATION
LIQUID LAUNDRY DETERGENT

SELECT VARIETIES • 90 OZ

SAVE 4.00

coop deals [®] for Everyone!

PERSONAL WELLNESS

ANCIENT NUTRITION
MULTICOLLAGEN PROTEIN
CHOCOLATE, VANILLA, OR UNFLAVORED • 454-525 G

SAVE 18.00

BARLEAN'S
FORTI-FLAX
16 OZ

9.89

COUNTRY LIFE
FOLIC ACID 800MCG
100 TAB

6.79

XLEAR
NASAL WASH
1.5 FL OZ

9.49

ALAFFIA
SHAMPOO & CONDITIONER
SELECT VARIETIES • 12 OZ

7.89



ALAFFIA
**BEAUTIFUL CURLS
CURL DEFINING GEL**
8 OZ

9.99



PRESERVE
POPI SHAVE 5 RAZORS
EACH

8.99

SUKIN
FACIAL MOISTURIZER
4.23 OZ

7.49

*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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