

coop deals

MAY 7 - MAY 13, 2025



Webers
GREENHOUSE
POWERED BY
TEENS
GROW
GREENS

local inclusive trade

WEBERS GREENHOUSE POWERED BY TEENS GROW GREENS
VEGETABLE & HERB SEEDLINGS
4.89

FULL LINE OF IMPORTED MOTHER'S DAY BOUQUETS STARTING AT 9.99!



USDA ORGANIC
ORGANIC STRAWBERRIES
CALIFORNIA GROWN • 16 OZ
3.99



USDA ORGANIC
new crop
ORGANIC CANTALOUPE MELONS
MEXICO GROWN
4.69



USDA ORGANIC
ATAULFO MANGOS
MEXICO GROWN • 6 OZ
4 for 6.00



USDA ORGANIC
new crop
ORGANIC BLUEBERRIES
GEORGIA GROWN • 6 OZ
3.99



local inclusive trade
TOP NOTE TONICS, CLUB SODA, OR GINGER BEER
MILWAUKEE, WI • 4 PK OF 8.5 OZ BOTTLES
6.99



USDA ORGANIC
LA LATA WINE SPRITZERS & BASQUE CIDER
4 PK
7.99 REGULARLY 21.99
while supplies last!



WATERLOO SPARKLING WATER
NON-GMO FLAVORS IN BPA-FREE CANS • 12 PK OF 12 OZ CANS
4.99



local
DAIRY FRESH WHIPPED TOPPING
TAYLOR, MI • 14 OZ
4.99



local
SUPERIOR FRESH FARM RAISED ATLANTIC SALMON FILLETS
HIXTON, WI
SAVE 3.00/LB



new
BELL & EVANS FROZEN CUT CHICKEN WINGS
2.5 LB FAMILY PACK
11.99



delicious together!
SAN J COOKING SAUCES
GLUTEN-FREE • 10 OZ
4.99



USDA ORGANIC
coop basics
CASCADIAN FARM SPUD PUPPIES OR HASHBROWNS
16 OZ
2 for 8.00



we made you dinner!

MAY 7 - 13

- Green Curry Chicken
- Turkey Shepherd's Pie
- Sweet Potato Picadillo **V WF**
- 4-Cheese Mac & Cheese
- Vegan Mac & Cheese **V**

More Deals at
outpost.coop/shop



local
NATURE BLESSED FROZEN FRUIT
SELECT VARIETIES • COLOMA, MI • 40 OZ
SAVE 2.00



local
ccop
JUST COFFEE LOCALLY ROASTED ORGANIC COFFEE
MADISON, WI • 12 OZ OR PER LB
SAVE 1.00



coop MADE
OUTPOST SOUR CREAM COFFEE CAKE
9.49

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

MAY 7 - MAY 13, 2025



BLUE DIAMOND
ALMOND BREEZE
SHELF STABLE
ALMONDMILK •
SELECT VARIETIES
• 32 OZ



~~4.29~~ **2.49**
OWNERS SAVE 1.80



CROFTER'S
FRUIT SPREAD
SELECT VARIETIES
• 10 OZ



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



ONCE AGAIN
PEANUT BUTTER

UNSWEETENED CREAMY NO SALT ADDED VARIETY ONLY • SPECIAL PURCHASE • 16 OZ

~~7.69~~ **2.79**
OWNERS SAVE 4.90



SIGGIS
ICELANDIC SKYR
SELECT VARIETIES • 4.4-5.3 OZ

~~1.99/EA~~
4 for 5.00
OWNERS SAVE .74/EA

SILVER HILLS
SPROUTED BREAD
LITTLE BIG BREAD,
SQUIRRELLY, OMEGAZING,
OR BIG 16 • 15 - 22 OZ



~~5.39~~
3.99
OWNERS SAVE 1.40



ANNIE'S NATURALS
SALAD DRESSING
SELECT VARIETIES • 8 OZ



~~6.99~~
4.59
OWNERS SAVE 2.40

ISOLA
GRISSINI BREADSTICKS
SELECT VARIETIES
• 7.75 OZ



~~4.79~~
3.49
OWNERS SAVE 1.30



BIONATURAE
PASTA
SEMOLINA OR
WHOLE WHEAT
• SELECT
VARIETIES • 16 OZ



~~3.99/EA~~
2 for 5.00
OWNERS SAVE 1.49/EA



BIONATURAE
CANNED TOMATOES
SELECT VARIETIES • 28.2 OZ



~~4.99~~ **3.49**
OWNERS SAVE 1.50



WILD PLANET
CANNED TUNA
SKIPJACK OR ALBACORE • 5 OZ

~~5.39-5.99~~
2.99-3.99
OWNERS SAVE 2.00-2.40



EQUAL
EXCHANGE
**ORGANIC WHOLE
RAW CASHEWS**
BULK BIN



~~14.99/LB~~ **11.99/LB**
OWNERS SAVE 3.00/LB

LA CAMPAGNE
COOKIES
SELECT VARIETIES
• MEQUON, WI • 11.4 OZ • 5 PK



~~8.29~~ **5.99**
OWNERS SAVE 2.30



ORGANIC MINI CUCUMBERS
CANADA GROWN • 6 CT



~~4.99~~ **2.99**
OWNERS SAVE 2.00



ORGANIC SUGAR SNAP PEAS
CALIFORNIA GROWN



~~6.99/LB~~ **4.99/LB**
OWNERS SAVE 2.00/LB



MEADOWLARK ORGANICS
ORGANIC WHITE CORN GRITS
RIDGWAY, WI • BULK BIN
~~3.49/LB~~ **2.99/LB**
OWNERS SAVE .50/LB



DOUDLAH FARMS
ORGANIC BLACK OR PINTO BEANS
BULK BIN • EVANSVILLE, WI
~~2.99/LB~~ **2.49/LB**
OWNERS SAVE .50



MONTCHEVRE
PLAIN CHEVRE
4 & 8 OZ
~~4.99 & 8.29~~
4.49 & 7.79
OWNERS SAVE .50



WISCONSIN MEADOWS
GRASSFED BEEF TENDERLOIN FILLETS
VIROQUA, WI • 6 OZ
~~17.99~~ **15.99**
OWNERS SAVE 2.00

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!

HOPLARK
SPARKLING HOPEA
SELECT VARIETIES • 16 OZ

2 for 5.00 ~~3.79~~
OWNERS SAVE 1.29 EACH

SEVEN TEAS
ICED TEA
16 OZ

3 for 6.00 ~~2.99~~
OWNERS SAVE 99¢ EACH



CHAMELEON BREWING
**BLACK COLD-BREW COFFEE
CONCENTRATE**
32 OZ

6.49 ~~10.99~~ **OWNERS SAVE 4.50**



LUCINI
EXTRA VIRGIN OLIVE OIL
ARGENTINIAN • EVERYDAY • 16.9 OZ

14.99 ~~22.99~~
OWNERS SAVE 8.00

WILD PLANET
CANNED TUNA
SKIPJACK OR ALBACORE • 5 OZ

2.99-3.99 ~~5.39 5.99~~
OWNERS SAVE 2.00-2.40

ANCIENT HARVEST
TRADITIONAL ITALIAN POLENTA
HEAT & EAT • GLUTEN-FREE • 18 OZ

3.99 ~~4.99~~
OWNERS SAVE 1.00



YA OAXACA
MOLE SAUCE
SELECT VARIETIES •
12 OZ

5.99 ~~8.99~~ **OWNERS SAVE 3.00**



FILLO'S
SOFRITO BEANS
SELECT VARIETIES • AURORA, IL •
10 OZ

2.99 ~~5.49~~ **OWNERS SAVE 2.50**



FILLO'S
WALKING TAMALES
AURORA, IL •
4 OZ

2.19 ~~3.59~~ **OWNERS SAVE 1.40**



LIVIVA
SHIRATAKI
INSTANT DRIED NOODLES OR RICE •
GLUTEN-FREE, VEGAN • 4.23 OZ

5.49 ~~6.49~~ **OWNERS SAVE 1.00**



GLUTINO
GLUTEN-FREE ENGLISH MUFFINS
17.1 OZ

5.99 ~~8.89~~ **OWNERS SAVE 2.90**

ANNIE'S HOMEGROWN
MAC & CHEESE
SELECT ORGANIC, GLUTEN-FREE, & VEGAN VARIETIES • 6-7 OZ

3.79 ~~4.99~~ **OWNERS SAVE 1.20**

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owners save more

SUPER DEALS FOR OUTPOST OWNERS!

ORGANIC QUICK ROLLED OATS

BULK BIN

1.99/lb ~~2.69/lb~~

OWNERS SAVE 70¢/lb



ORGANIC RAW SUNFLOWER SEEDS

BULK BIN

3.99/lb ~~4.99/lb~~

OWNERS SAVE 1.00/lb



**KASHI
CEREAL**

10.6-14 OZ

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

**THREE WISHES
CEREAL**

GLUTEN-FREE, GRAIN-FREE, VEGAN • 8.6 OZ

5.99 ~~7.99~~ **OWNERS SAVE 2.00**

**ARROWHEAD MILLS
PUFFED CEREAL**

RICE OR MILLET VARIETIES • 6 OZ

2 for 5.00 ~~3.79~~

OWNERS SAVE 1.29 EACH

**NATURAL NECTAR
PETIT BISCUIT COOKIES**

WITH DARK OR MILK CHOCOLATE • 5.29 OZ

4.99 ~~5.99~~

OWNERS SAVE 1.00



**LORINA
SPARKLING LEMONADE**

BLOOD ORANGE, LAVENDER, OR PINK • 25.4 OZ

4.99 ~~6.59~~ **OWNERS SAVE 1.60**

**BEYOND MEAT
PLANT-BASED GROUND BEEF**

GLUTEN-FREE, VEGAN • 16 OZ

7.99 ~~10.49~~ **OWNERS SAVE 2.50**

**WHOLEY
FROZEN RAW SHELL-ON GULF SHRIMP**

16-20 OR 21/25 CT

14.99 ~~17.99~~ **OWNERS SAVE 3.00**

**WISCONSIN MEADOWS
SMOKED GRASSFED BONES FOR DOGS**

VIROQUA, WI

7.99 ~~9.99~~ **OWNERS SAVE 2.00**



**ZUM
AROMATHERAPY MIST**

4 OZ

9.99 ~~10.99~~ **OWNERS SAVE 1.00**

**ZUM
GOAT'S MILK BAR SOAP**

3 OZ

5.49 ~~6.49~~ **OWNERS SAVE 1.00**

**SOUTH OF FRANCE
BAR SOAP**

6 OZ

3.49 ~~4.99~~ **OWNERS SAVE 1.50**

**SOUTH OF FRANCE
FOAM SOAP**

8 OZ

3.49 ~~4.89~~ **OWNERS SAVE 1.40**

May 7 - May 13, 2025

coop deals *for Everyone!*

MEAT & SEAFOOD

BELL & EVANS
NATURAL BONE-IN CHICKEN THIGHS
3.49/lb

BELL & EVANS
NATURAL BONELESS SKINLESS
CHICKEN BREAST
7.49/lb

WHOLEY
COOKED PEELED & DEVEINED SHRIMP
26/30 - 51/60 CT
SAVE 2.00

BULK GROCERY

ORGANIC BARLEY
BULK BIN • HULLED OR PEARLED
1.79/lb



ORGANIC FARRO
BULK BIN
2.99/lb



ORGANIC BLACK BELUGA LENTILS
BULK BIN
3.49/lb



ORGANIC MILLET
BULK BIN
1.99/lb



MEADOWLARK ORGANICS
ORGANIC POLENTA
BULK BIN • RIDGEWAY, WI
2.99/lb



EQUAL EXCHANGE
FAIR TRADE
MAMMOTH PECANS
PACKAGED BULK • 8 OZ
7.49



FROZEN GROCERY

STARLITE CUISINE
PLANT-BASED TAQUITOS
SELECT VARIETIES • VEGAN • 14 OZ
9.99



CAULIPOWER
GLUTEN-FREE FROZEN PIZZA
SELECT VARIETIES • 10.9-11.3 OZ
7.99

CASCADIAN FARM
FROZEN FRUIT
SELECT VARIETIES • 10 OZ
4.99



May 7 - May 13, 2025

coop deals *for Everyone!*

REFRIGERATED GROCERY

GT'S
ALIVE MUSHROOM ELIXIR
SELECT VARIETIES • GLUTEN-FREE • 16 FL OZ



2 for 7.00

ISLAND CITY KOMBUCHA
BLACKBERRY VANILLA KOMBUCHA
MINOCQUA, WI • 16 OZ



2 for 5.00

BROWN COW
WHOLE MILK CREAM-TOP YOGURT
32 OZ

3.99

FORAGER
CASHEW MILK YOGURT
SELECT VARIETIES • 24 OZ



5.39

KALONA SUPER NATURAL
SOUR CREAM
KALONA, IA • 16 OZ



3.99

BOAR'S HEAD
GREEK YOGURT DIP
SELECT VARIETIES • GLUTEN-FREE • 12 OZ

3.99

MUSH
OVERNIGHT OATS
GLUTEN-FREE, VEGAN • 5 OZ



2 for 4.00

MALK
PLANT-BASED MILK
SELECT VARIETIES • GLUTEN-FREE, VEGAN • 28 OZ



5.99

PACKAGED GROCERY

FIELD DAY
COCONUT WATER
33.8 OZ

3.49

ZEVIA
SODA POP
ZERO CALORIES • NATURALLY SWEETENED • 6 PK OF 12 OZ CANS

6.99

ILLCIT ELIXIRS
FRUITY SPARKLING BEVERAGE
WITH FUNCTIONAL INGREDIENTS • 12 OZ

2.99

HEYDAY CANNING CO
CANNED SOUP OR CHILI
15 OZ

4.79

KUNER'S
CANNED BLACK BEANS
WITH CUMIN & CHILI SPICES OR REFRIED WITH LIME • 15 OZ

1.99

FRONTERA
ENCHILADA, TACO, OR SKILLET SAUCE
SELECT VARIETIES • 8 OZ • CHICAGO, IL



2 for 5.00

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PACKAGED GROCERY

DREAM BEVERAGE
ORIGINAL RICEMILK BEVERAGE
SELECT VARIETIES • 32 OZ



3.49

CRAIZE
TOASTED SNACK CRACKERS
GLUTEN-FREE, VEGAN • 4 OZ

3.69

THE GOOD CRISP COMPANY
POTATO CRISPS OR CHEESE BALLS
GLUTEN-FREE • 2.75-5.6 OZ

2.99

LATE JULY
TORTILLA CHIPS
FLAVORED, DIPPERS, OR RESTAURANT STYLE VARIETIES •
7.4-10.1 OZ

2 for 7.00

GOOD HEALTH
AVOCADO OIL KETTLE CHIPS
SEA SALTED OR LIME RANCH • GLUTEN-FREE • 5 OZ

3.49

GOOD HEALTH
VEGGIE STIX OR CHIPS
GLUTEN-FREE • 6.25-6.75 OZ

3.99

HOUSEHOLD & PET SUPPLIES

SEVENTH GENERATION
LIQUID LAUNDRY DETERGENT
90 OZ

SAVE 2.00

DR BRONNER'S
SAL SUDS CONCENTRATE
32 OZ

SAVE 3.00

ECOS
**ORANGE PLUS ALL PURPOSE
CLEANING SPRAY**
ADDISON, IL • 22 OZ



SAVE 20%

SEEMA
BAGS & POUCHES
ASSORTED STYLES • EACH



SAVE 15%

WISCONSIN MEADOWS
**GRASSFED GROUND BEEF & ORGAN
PET BLEND FOOD**
VIROQUA, WI • 16 OZ



9.49

May 7 - May 13, 2025

coop deals for Everyone!

PERSONAL WELLNESS

DERMA E
RAMOS DAY CURL SHAMPOO
12 OZ

SAVE 4.00



DERMA E
RAMOS 2 IN 1 CURL CONDITIONER
12 OZ

SAVE 4.00



DERMA E
RAMOS 2 IN 1 CURL CREAM
8 OZ

SAVE 4.00



DERMA E
RAMOS CURL REPAIR TREATMENT
10 OZ

SAVE 4.00



NORDIC NATURALS
VITAMIN D3 GUMMIES
60 CT

SAVE 4.00

OUTPOST
ACTIVATED K2
60 CT

SAVE 5.00

ENZYMEDICA
PAPAYA GOLD
60 CT

SAVE 7.00

TRUE GRACE
**MULTIVITAMIN REFILL
PACKS**
90 COUNT • 120 COUNT REFILLS
ALSO ON SALE • PEWAUKEE, WI

SAVE 17.00



TRUVANI
VEGAN PROTEIN POWDER
SELECT VARIETIES • 20.95-23.63 OZ

SAVE 5.00



SPROUT LIVING
VEGAN PROTEIN POWDER
CHICAGO, IL • SELECT VARIETIES •
35 G

3.99



ORGANIC INDIA
ORGANIC PSYLLIUM HUSKS
FAIR TRADE • GLUTEN-FREE • 12 OZ

SAVE 4.00



AURA CACIA
TANGERINE ESSENTIAL OIL
0.5 OZ

2.99

*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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