

coop deals

SEPTEMBER 17 - 23, 2025



TONY'S CHOCOLONELY
CHOCOLATE BARS

6.35 OZ

4.99



PATTERSON ORCHARDS
HONEYCRISP APPLES
NEW BERLIN, WI

1.99/LB



ALSUM'S FAMILY FARM
CARVING PUMPKINS
RANDOLPH, WI

3.99/EA



ORGANIC
BARTLETT PEARS
WASHINGTON GROWN

1.69/LB



DRISCOLL'S
ORGANIC STRAWBERRIES
CALIFORNIA GROWN • 16 OZ

3.99



FAGE
TOTAL GREEK YOGURT
ASSORTED VARIETIES • 5.3 OZ

3 for 4.00

SO DELICIOUS
PLANT-
BASED
ICE CREAM
BARS OR
SANDWICHES

SELECT VARIETIES
• VEGAN • 4 CT • 9.2 - 18.4 OZ

4.99



GARDEIN
PLANT-
BASED
PROTEINS

ASSORTED VARIETIES • VEGAN • 9 - 15 OZ

4.69-7.49



OATLY
OATMILK
64 OZ

4.49



ORGANIC
RED QUINOA
BULK BIN

3.49/LB



ORGANIC MILLET
BULK BIN

1.99/LB

BRIANNAS
SALAD DRESSING
12 OZ

2 for 7.00



PACIFIC
CANNED SOUP
16.1 - 16.3 OZ

3.99



**we made
you dinner!**

SEPTEMBER 17 - 23

Chicken Tikka Masala

Sweet Potato Lasagna

Vg

Pad Thai

V

4-Cheese Mac & Cheese

Vg

Vegan Mac & Cheese

V



More Deals at
outpost.coop/shop



ENZYMEDICA
DIGEST
BASIC
30 CT

5.99



HYLAND'S
CALMS
FORTÉ
SLEEP AID
100 TAB

9.99



CELESTIAL SEASONINGS
HERBAL TEAS
SELECT VARIETIES • 16 - 20 CT

2 for 6.00

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

SEPTEMBER 17 - 23, 2025

GOLDTHREAD
PLANT-BASED
TONICS
10.5 OZ

~~4.99~~

3.99

OWNERS SAVE 1.00



local

GREAT LAKES
KETTLE CHIPS
POTATO CHIPS
TRAVERSE CITY, MI
• 8 OZ

~~4.89~~

3.99

OWNERS SAVE .90¢



local



LEHMANN'S BAKERY
KRINGLE

ASSORTED VARIETIES • STURTEVANT, WI

~~9.99~~

7.99

OWNERS SAVE 2.00

USDA
ORGANIC



ORGANIC BROCCOLINI
CALIFORNIA GROWN

~~2.99/BUNCH~~

1.99/BUNCH

OWNERS SAVE 1.00/BUNCH

USDA
ORGANIC



ORGANIC CELERY
CALIFORNIA GROWN

~~1.49/LB~~

1.29/LB

OWNERS SAVE .20¢/LB

USDA
ORGANIC

new
crop



ORGANIC
GALA APPLES
WASHINGTON GROWN

(3LB bag)

~~5.99/BAG~~

3.99/BAG

OWNERS SAVE 2.00/BAG

USDA
ORGANIC



ORGANIC
GARNET SWEET POTATOES
CALIFORNIA GROWN

~~2.49/LB~~

1.99/LB

OWNERS SAVE .50¢/LB

COOP
MADE



OUTPOST
APPLESAUCE
CHICKEN SAUSAGE

~~7.99/LB~~

6.99/LB

OWNERS SAVE 1.00/LB

local



BEELER'S
NATURAL
PORK TENDERLOIN
LE MARS, IA

~~12.49/LB~~

10.99/LB

OWNERS SAVE 1.50/LB

local



THE GFB
BITES
SELECT VARIETIES
• GLUTEN-FREE •
GRAND RAPIDS, MI • 4 OZ

~~5.99~~

4.99

OWNERS SAVE 1.00

new



SOUTH FORTY
NUT BARS
MADE WITH 65%
NUTS • 1.4 OZ

~~3.49/EA~~

2 for 5.00

OWNERS SAVE .99¢

USDA
ORGANIC



ORGANIC
NATIVE PECANS
BULK BIN

~~17.99/LB~~

15.99/LB

OWNERS SAVE 2.00/LB

USDA
ORGANIC



ORGANIC
LONG GRAIN RICE
BULK BIN • BROWN OR WHITE

~~2.69/LB~~

1.99/LB

OWNERS SAVE .70¢/LB

local



WISCONSIN MEADOWS
GRASSFED BEEF
CHUCK ROAST
VIROQUA, WI • 24 OZ PK

~~19.99~~

16.99

OWNERS SAVE 3.00

YERBA PRIMA
PSYLLIUM
WHOLE HUSKS
12 OZ

~~16.59~~

12.59

OWNERS SAVE 4.00



YERBA PRIMA
PSYLLIUM
HUSKS CAPS
180 CT

~~16.99~~

12.99

OWNERS SAVE 4.00



IQ BAR
SNACK BARS
SELECT VARIETIES
• GLUTEN-FREE •
VEGAN • 1.6 OZ

~~2.79/EA~~

3 for 6.00

OWNERS SAVE .79¢



local

inclusive
trade

ZYN
TURMERIC
WELLNESS
DRINKS
MILWAUKEE, WI
• 12 OZ CAN

~~3.79/EA~~

2 for 5.00

OWNERS SAVE 1.29¢



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!

**DAIRY FRESH
CREAM CHEESE**
8 OZ • TAYLOR, MI

2 for 5.00 ~~2.99~~

OWNERS SAVE 49¢ EA

local

**WILDWOOD
WATER-PACKED TOFU**
FIRM OR EXTRA FIRM • VEGAN • 14 OZ

2.99 ~~3.99~~

OWNERS SAVE 1.00



**BACKERHAUS
SLICED SANDWICH BREADS**
17.64 OZ

3.99 ~~4.99~~

OWNERS SAVE 1.00

**UNREAL DELI
PLANT-BASED DELI SLICES**
VEGAN • 5 OZ

4.99 ~~6.49~~

OWNERS SAVE 1.50

**SVEN'S
LOCALLY ROASTED COFFEE**
MILWAUKEE, WI • 12 OZ

13.99 ~~14.99~~

OWNERS SAVE 1.00

local

ORGANIC UNHULLED SESAME SEEDS
BULK BIN

2.99/lb ~~3.99/lb~~

OWNERS SAVE 1.00/lb



**MILWAUKEE PRETZEL COMPANY
BAVARIAN BEAST PRETZEL**
MILWAUKEE, WI • 16 OZ

7.99 ~~9.99~~

OWNERS SAVE 2.00

local

**KASIA'S
PIEROGI**
CHICAGO, IL • 14 OZ

5.99 ~~6.59~~

OWNERS SAVE 60¢



**BECHTLE
SPAETZLE**
TRADITIONAL GERMAN STYLE • 9 OZ

4.89 ~~5.69~~

OWNERS SAVE 80¢

**BECHTLE
EGG NOODLES**
BROAD, FINE, OR SPAETZLE STYLE • 17.6 OZ

5.99 ~~7.49~~

OWNERS SAVE 1.50

September 17-23, 2025

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

MAVRA'S GREEK OLIVE OIL
OLIVE OIL

MILWAUKEE, WI • 16.9 OZ

17.99 ~~21.99~~

OWNERS SAVE 4.00

local

MAVRA'S GREEK OLIVE OIL
BALSAMIC VINEGAR

MILWAUKEE, WI • 250 ML

11.99 ~~13.99~~

OWNERS SAVE 2.00

local

MAVRA'S GREEK OLIVE OIL
RED KALAMATA OLIVE TAPENADE

MILWAUKEE, WI • 6.7 OZ

7.99 ~~9.99~~

OWNERS SAVE 2.00

local

GARDEN OF EDEN KINGDOM LIVING
SEASONINGS

MILWAUKEE, WI • 4 OZ

5.99 ~~6.99~~

OWNERS SAVE 1.00

local

ISOLA
SAN MARZANO TOMATOES

D.O.P. CERTIFIED • 28 OZ

4.59 ~~5.99~~

OWNERS SAVE 1.40

INSPIRED ORGANICS
PASTA SAUCE

17.6 OZ

5.89 ~~6.79~~

OWNERS SAVE 90¢



CARMELLA'S
PASTA SAUCE

APPLETON, WI • 24 OZ

8.99 ~~10.99~~

OWNERS SAVE 2.00

local

TONNINO
CANNED TUNA

SOLID PACK IN WATER OR OIL WITH SALT • 4.94 OZ

2.99 ~~3.99~~

OWNERS SAVE 1.00

CHIP MAGNET
SALSA

EAU CLAIRE, WI • 16 OZ

5.69 ~~6.99~~

OWNERS SAVE 1.30

local

PRESERVED HARVEST
SALSA

14.5 OZ

4.99 ~~5.69~~

OWNERS SAVE 70¢

MILLER'S
BANANA PEPPER SAUCE

GREAT FOR WINGS • 9.5 OZ

5.89 ~~6.59~~

OWNERS SAVE 70¢

VERMINTS
BREATHMINTS

PEPPERMINT OR WINTERGREEN • 1.41 OZ

2.99 ~~3.89~~

OWNERS SAVE 90¢



September 17-23, 2025

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

FINN CRISP
SOURDOUGH RYE THINS
ORIGINAL OR WITH CARAWAY • 7 OZ

3.89 ~~4.89~~

OWNERS SAVE 1.00

STACY'S
PITA CHIPS
SIMPLY NAKED OR MULTIGRAIN • 7.33 OZ

4.99 ~~5.99~~

OWNERS SAVE 1.00

ARROWHEAD MILLS
PUFFED CEREAL
RICE OR MILLET • 6 OZ

2.99 ~~3.79~~

OWNERS SAVE 80¢

PB2
POWDERED PEANUT BUTTER
ADD PROTEIN TO SMOOTHIES & MORE • 6.5 OZ

6.49 ~~7.49~~

OWNERS SAVE 1.00

RISHI
BULK TEA

**OWNERS SAVE 25%
ON ALL BULK RISHI TEA!**

local

SACRED BLOSSOM
HERBAL TEAS
1.5 OZ

12.99 ~~14.99~~

OWNERS SAVE 2.00

local

AMAZING HERBS
BLACK SEED OIL
1 OZ

6.79 ~~8.79~~

OWNERS SAVE 2.00

AMAZING HERBS
BLACK SEED CAPS
100 CT

16.99 ~~19.99~~

OWNERS SAVE 3.00

AMAZING HERBS
PREMIUM BLACK SEED OIL
8 OZ

33.99 ~~39.99~~

OWNERS SAVE 6.00

KULI KULI
MORINGA POWDER
7.4 OZ

16.99 ~~19.99~~

OWNERS SAVE 3.00



TRUE GRACE

**BUY ONE
LITTLES MULTI** (60 OR 120 COUNT)

**GET ONE
LITTLES PROBIOTIC+D3** (30 COUNT) **FOR 50% OFF!**

OWNERS SAVE 15.00



OUTPOST
SPIRULINA POWDER
7.9 OZ

23.69 ~~29.69~~

OWNERS SAVE 6.00



September 17-23, 2025

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

NEW CHAPTER

BONE STRENGTH TAKE CARE

120 CT

48.99 ~~51.99~~

OWNERS SAVE 3.00

COUNTRY LIFE

REAL FOOD ORGANICS

MENS & WOMEN'S MULTIS • 60 CT

31.99 ~~41.99~~

OWNERS SAVE 10.00



NEW CHAPTER

EVERY WOMAN'S ONE DAILY 55+

48 TAB

48.99 ~~51.99~~

OWNERS SAVE 3.00

OUTPOST

VITAMIN B-6 100MG

100 CT

7.69 ~~10.69~~

OWNERS SAVE 3.00

OUTPOST

METHYL B12 5000MCG

60 CT

18.39 ~~24.39~~

OWNERS SAVE 6.00

NUBIAN HERITAGE

INDIAN HEMP DEODORANT

2.25 OZ

7.99 ~~8.99~~

OWNERS SAVE 1.00

NUBIAN HERITAGE

AFRICAN BLACK BAR SOAP

5 OZ

5.99 ~~6.99~~

OWNERS SAVE 1.00

AYEYA

**TRADITIONAL AFRICAN
BLACK SOAP BARS**

4 OZ

7.49 ~~8.99~~

OWNERS SAVE 1.50

inclusive
trade

HUMBLE

BAR SOAPS

4 OZ

6.99 ~~7.99~~

OWNERS SAVE 1.00

YERBA PRIMA

TAMPICO SKIN BRUSH

13.29 ~~17.29~~

OWNERS SAVE 4.00

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.

September 17-23, 2025



HOUSEHOLD

IF YOU CARE
UNBLEACHED BASKET COFFEE FILTERS
100 CT

3.29

IF YOU CARE
UNBLEACHED PAPER SANDWICH BAGS
48 CT

4.49

MEAT & SEAFOOD

BELL & EVANS
NATURAL CHICKEN DRUMSTICKS

3.29/lb

BELL & EVANS
NATURAL BONELESS SKINLESS CHICKEN BREAST

7.49/lb

SMART CHICKEN
NATURAL GROUND CHICKEN THIGHS
16 OZ

6.79

BULK GROCERY

ORGANIC ROASTED SALTED IN-SHELL PISTACHIOS
BULK BIN

9.49/lb



TIERRA FARMS
ORGANIC DRY ROASTED ALMONDS
BULK BIN • SALTED, UNSALTED, OR TAMARI

SAVE 2.00/lb



ORGANIC CHIA SEEDS
BULK BIN

SAVE 3.00/lb



ORGANIC RAW SUNFLOWER SEEDS
BULK BIN

3.99/lb



MEADOWLARK ORGANICS
ORGANIC RYE BERRIES
BULK BIN • RIDGEWAY, WI

1.49/lb



DOUDLAH FARMS
ORGANIC DARK RED KIDNEY BEANS
BULK BIN • EVANSVILLE, WI

2.99/lb



coop deals[®] *for Everyone!*

PACKAGED GROCERY

SIETE FOODS

GLUTEN-FREE TORTILLAS

CASSAVA, ALMOND, OR CHICKPEA • VEGAN • 7 OZ

7.99

FOOD FOR LIFE

EZEKIEL SPROUTED WHOLE GRAIN BREAD

24 OZ

5.49



ANNIE'S

MAC & CHEESE MIX

6-7 OZ

2 for 6.00



BIONATURAE

SEMOLINA PASTA

16 OZ

2 for 5.00



BIONATURAE

CANNED TOMATOES

28.2 OZ

2 for 7.00



BOBO'S

OAT SNACK BARS

3 OZ

2 for 4.00

BOB'S RED MILL

INSTANT OATMEAL CUPS

GLUTEN-FREE, VEGAN • 2.15 OZ

1.79

BOB'S RED MILL

WHITE CORN GRITS

24 OZ

3.19

BOB'S RED MILL

CREAMY BUCKWHEAT HOT CEREAL

18 OZ

6.29



BOB'S RED MILL

GLUTEN-FREE ROLLED OATS

SELECT VARIETIES • 32 OZ

7.49

DR MCDUGALL'S

SOUP CUPS

2.5 OZ

2 for 4.00

FILLO'S

WALKING TAMALES

4 OZ

3 for 7.00

FLY BY JING

CHILI CRISP SEASONINGS

SELECT VARIETIES • 6 OZ

9.99

FROM THE GROUND UP

CAULIFLOWER CRACKERS

SELECT VARIETIES • 4 OZ

2 for 7.00

September 17-23, 2025



PACKAGED GROCERY

GRANDY OATS
PACKAGED GRANOLA
SELECT VARIETIES • 9 OZ

6.49

JUST ICE TEA
ICED TEA
READY-TO-DRINK • 16 OZ

2 for 4.00

KIND
SNACK BARS
SELECT VARIETIES • 1.4 OZ

3 for 5.00

LACROIX
SPARKLING WATER
12 PK/12 OZ

5.49

LAKEWOOD
PURE PINEAPPLE JUICE
32 OZ

6.49



LATE JULY
TORTILLA CHIPS
SELECT VARIETIES • 10.1 OZ

3.99

LATE JULY
SALSA
15.5 OZ

4.99

LUNDBERG
READY-TO-EAT RICE
WHITE OR BROWN JASMINE • 8 OZ

2 for 6.00

MARY'S GONE CRACKERS
SEED- & GLUTEN-FREE CRACKERS
SELECT VARIETIES • 4 OZ

2 for 7.00



NATIVE FOREST
MUSHROOM PIECES & STEMS
4 OZ

2.29



NATIVE FOREST
COCONUT MILK
UNSWEETENED OR ORIGINAL • 13.5 OZ

2.69



NATIVE FOREST
PINEAPPLE
CHUNKS, SLICES, OR CRUSHED • 15 OZ

3.99



NATIVE FOREST
ARTICHOKE HEARTS
MARINATED & QUARTERED, OR QUARTERED • 14 OZ

3.49



NATURE'S PATH
BOXED CEREAL
SELECT VARIETIES • 16.9-18 OZ

3.79



September 17-23, 2025

coop deals[®] *for Everyone!*

PACKAGED GROCERY

ENVIROKIDZ
BOXED CEREAL
SELECT VARIETIES • 16.9-18 OZ

3.79



OATLY
OAT MILK
ORIGINAL OR BARISTA • 32 OZ

3.79

PACIFIC
CREAM OF TOMATO SOUP
32 OZ

4.49



PAMELA'S
CORNBREAD & MUFFIN MIX
GLUTEN-FREE • 12 OZ

4.79

SIETE FOODS
CANNED BEANS
REFRIED OR SEASONED • 16 OZ

2 for 4.00

SIETE FOODS
POTATO CHIPS
MADE WITH AVOCADO OIL • 5.5 OZ

2 for 7.00



SIETE FOODS
TORTILLA CHIPS
GRAIN-FREE • 5 OZ

2 for 8.00

SIETE FOODS
ENCHILADA SAUCE
GREEN OR RED • 15 OZ

3.99

TERRA CHIPS
EXOTIC VEGETABLE CHIPS
5 OZ

2 for 7.00

WIZARD
WORCESTERSHIRE SAUCE
GLUTEN-FREE, VEGAN • THE ONE & ONLY ELUSIVE!
• 8.5 OZ

5.99



WOODSTOCK
PICKLES
SELECT VARIETIES • 24 OZ

5.49



WOODSTOCK
BEETS
PICKLED & SLICED • 24 OZ

6.99



September 17-23, 2025

coop deals[®] *for Everyone!*

REFRIGERATED & FROZEN GROCERY

GT'S
ALIVE MUSHROOM ELIXIR
ROOT BEER, COLA, OR MATCHA CREAM SODA • 16 OZ



2 for 6.00

GT'S
SYNERGY KOMBUCHA
48 OZ



6.99

POP & BOTTLE
ALMOND MILK LATTES
GLUTEN-FREE, VEGAN • 11 OZ



2 for 7.00

OATLY
BARISTA EDITION OATMILK
PLANT-BASED CREAMER • GLUTEN-FREE, VEGAN • 32 OZ

3.79

BLUE DIAMOND
REFRIGERATED ALMOND BREEZE
ASSORTED VARIETIES • 64 OZ

2 for 7.00

LIFEWAY
LOWFAT KEFIR
MORTON GROVE, IL • 32 OZ



4.29

SIGGI'S
PLANT-BASED YOGURT
GLUTEN-FREE, VEGAN • 5.3 OZ

3 for 5.00

MISO MASTER
MELLOW WHITE MISO
GLUTEN-FREE, VEGAN • 16 OZ



8.99

ALDEN'S
ORANGE CREAM ICE CREAM BARS
4 PK/3 OZ

5.49



ALDEN'S
**VANILLA BEAN ICE CREAM
ROUND SAMMIES**
4 PK/14 OZ



5.49

ALEXIA
FROZEN FRIES OR PUFFS
SELECT VARIETIES • 15 OZ

4.99

CAPPELLO'S
GLUTEN-FREE FROZEN PIZZA
11-12 OZ

7.99

September 17-23, 2025

coop deals[®] *for Everyone!*

PERSONAL & WELLNESS CARE

TEECCINO
MAYA CAFFE

11 OZ

10.99



TAZO
ORGANIC CHAI TEA

16 CT

4.29



LIQUID IV
HYDRATION LEMON LIME

5.64 OZ

SAVE 5.00



XLEAR
NASAL WASH

1.5 FL OZ

7.49

BOODA ORGANICS
BOODA BUTTER

2.3 OZ

8.99

AVALON ORGANICS
WRINKLE THERAPY CLEANSING MILK

8.5 OZ

9.49

SCHMIDT'S
CHARCOAL MAGNESIUM DEODORANT

2.65 OZ

8.49

DR BRONNER'S
SHAVE GEL

7 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.

September 17-23, 2025