

coop deals

OCTOBER 8 - 14, 2025



local

PASTURE PRIDE
SHARP CHEDDAR CHEESE
16 OZ
SAVE 2.00

HENNING'S
APPLE CHEDDAR CHEESE
8 OZ
SAVE 2.00



APPELATE FARMS
UNCURED SUNDAY BACON
8 OZ
5.99



SMART CHICKEN
NATURAL
WHOLE CHICKEN
2.69/LB



QUORN
MEATLESS
CHIQUIN
NUGGETS
OR PATTIES
10.6 OZ
4.49

local



UPTON'S
NATURALS
SEITAN
CHICAGO, IL • ASSORTED
VARIETIES • VEGAN • 8 OZ
4.49



ORGANIC AMBROSIA
OR HONEYCRISP APPLES
WASHINGTON GROWN
1.99/LB



ORGANIC
BARTLETT PEARS
WASHINGTON GROWN
1.69/LB



ORGANIC GREEN OR
RED SEEDLESS GRAPES
CALIFORNIA GROWN
3.49/LB



FRESH
LARGE PINEAPPLES
COSTA RICA GROWN
3.99



MAYA
KAIMAL
CURRY SAUCES
SELECT VARIETIES • 12.5 OZ
4.99



MUIR GLEN
CANNED TOMATOES
SELECT VARIETIES • 28 OZ
2 for 6.00



EQUAL
EXCHANGE
FAIR TRADE
CHOCOLATE BARS
2.8 - 3.5 OZ
3.99



EQUAL EXCHANGE
ORGANIC FAIR TRADE
REGULAR ROAST COFFEE
10 - 12 OZ
10.99



**we made
you dinner!**

OCTOBER 8-14

Italian Sausage Lasagna

Green Curry Chicken

Red Lentil Curry

V WF

4-Cheese Mac & Cheese

Vg

Vegan Mac & Cheese

V



More Deals at
outpost.coop/shop



GIOVANNI
TEA TREE
SHAMPOO
& CONDITIONER
8 - 8.5 OZ
6.49



AURA CACIA
ESSENTIAL
OIL
0.5 OZ
8.39



ACURE
BRIGHTENING
FACIAL SCRUB
4 OZ
7.39



owners save more

SUPER DEALS FOR OUTPOST OWNERS!

OCTOBER 8 - 14, 2025

**SAVE
1.00!**

ON ANY OUTPOST
FALL DRINK WITH
PURCHASE OF C'EST
GOURMET PUMPKIN TURNOVER



local



BEELER'S
NATURAL
BREAKFAST SAUSAGE
LE MARS, IA • 16 OZ

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



OUTPOST
HOMEMADE BEEF
& PORK MEATLOAF
READY TO COOK

~~8.99/LB~~ **7.49/LB**
OWNERS SAVE 1.50/LB



Arriving
10/9!

TIPI PRODUCE
ORGANIC CARROTS
EVANSVILLE, WI • 5LB BAG

8.99/EA
OWNERS SAVE 1.00

**USDA
ORGANIC**



ORGANIC GREEN BEANS
CALIFORNIA GROWN

~~2.99/LB~~ **2.49/LB**
OWNERS SAVE .50¢/LB

**USDA
ORGANIC**

local

SPRINGDALE'S
ORGANIC
BUTTERNUT
SQUASH
WISCONSIN GROWN

~~1.49/LB~~
.99/LB
OWNERS SAVE .50¢/LB



**USDA
ORGANIC**

local

TIPI PRODUCE
ORGANIC
NAPA CABBAGE
WISCONSIN GROWN

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



**USDA
ORGANIC**



ORGANIC
MINI CUCUMBERS
CANADA GROWN • 6 PK

~~3.99/PK~~ **2.99/PK**
OWNERS SAVE 1.00/PK

local



GREAT LAKES
KETTLE STYLE
POTATO CHIPS
TRAVERSE CITY, MI
• 1.375 OZ

~~1.39/EA~~
10 for 10.00
OWNERS SAVE .39¢/EA

local



FORAGE
KOMBUCHA
OR TEPACHE
ASSORTED VARIETIES
• MADISON, WI • 12 OZ

~~2.99/EA~~ **2 for 5.00**
OWNERS SAVE .49¢/EA

**coop
MADE**



PLAIN JANE TRAIL MIX
BULK BIN

~~10.99/LB~~ **9.99/LB**
OWNERS SAVE 1.00/LB

**USDA
ORGANIC**

local



MEADOWLARK
ORGANICS
ORGANIC RAW ROLLED OATS
MOORHEAD, MN • 1LB

~~5.49~~ **4.99**
OWNERS SAVE .50¢



GUITTARD CHOCOLATE
CHOCOLATE CHIPS
12 OZ

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



BOIRON
SLEEP CALM KIDS
15 CT

~~11.59~~ **9.59**
OWNERS SAVE 2.00



OUTPOST
ELDERBERRY
WITH ZINC
LOZENGES
60 CT

~~13.89~~ **10.89**
OWNERS SAVE 1.50



OUTPOST
QUERCETIN
COMPLEX
100 CT

~~35.99~~ **27.99**
OWNERS SAVE 8.00



OUTPOST
VITAMIN C
CAPS
1000 MG
250 CT

~~46.19~~ **35.19**
OWNERS SAVE 11.00

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!

THE ESSENTIAL BAKING CO
TAKE & BAKE BREAD
SELECT VARIETIES • 16 OZ

5.99-6.29 ~~7.59-7.99~~

OWNERS SAVE 1.60-1.70



HOME RUN INN
CLASSIC FROZEN PIZZA
CHICAGO, IL • 27-33 OZ

8.49 ~~9.99~~

OWNERS SAVE 1.50



ORGANIC GREEN SPLIT PEAS
BULK BIN

1.99/lb ~~2.29/lb~~

OWNERS SAVE 30¢ /lb



NORTH BAY TRADING
SOUP MIX

BULK BIN • BEAN & VEGETABLE OR WILD RICE •
BRULE, WI

5.99-9.99/lb ~~6.99-10.99/lb~~

OWNERS SAVE 1.00/lb



DANDIES
VEGAN MARSHMALLOWS
LIMITED EDITION JUMBO SIZE • PERFECT FOR S'MORES! • 9.9 OZ

4.69 ~~5.99~~

OWNERS SAVE 1.30

LURPAK
DANISH BUTTER
8 OZ

5.49 ~~5.99~~

OWNERS SAVE 50¢

ISOLA
ARTISAN PASTA
BRONZE DIE CUT • 16 OZ

3.99 ~~5.79~~

OWNERS SAVE 1.80

EDEN
CANNED BEANS
CLINTON, MI • 15 OZ

2 for 5.00 ~~3.49-3.99~~

OWNERS SAVE 99¢-1.40 EA



CHOCOLAKE
KUNAFI PISTACHIO DUBAI STYLE BAR
6.7 OZ

7.99 ~~9.99~~

OWNERS SAVE 2.00



JOYBA
BUBBLE TEA
12 OZ

2.99 ~~3.89~~

OWNERS SAVE 90¢

October 8-14, 2025

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

MRS RENFRO'S
SALSA OR NACHO CHEESE SAUCE

SELECT VARIETIES • 16 OZ

5.99 ~~6.99~~

OWNERS SAVE 1.00

ZOUP
SOUP

IN GLASS JARS • FARMINGTON HILLS, MI • 16 OZ

5.99 ~~7.99~~

OWNERS SAVE 2.00

local

REDFISH
FROZEN FARM-RAISED TILAPIA FILLETS

SUSTAINABLY RAISED • FAIR-TRADE

16.99/2 lbs ~~19.99/2 lbs~~

OWNERS SAVE 3.00/2 lbs

BEELEER'S
NATURAL BONE-IN PORK BUTT ROAST

LE MARS, IA

3.99/lb ~~5.29/lb~~

OWNERS SAVE 1.30/lb

local

ISOLA
PASTA SAUCE

25 OZ

5.99 ~~8.99~~

OWNERS SAVE 3.00

DONKEY CHIPS
TORTILLA CHIPS

CAROL STREAM, IL • 11 OZ

3.99 ~~4.39~~

OWNERS SAVE 40¢

inclusive
trade

local

INSPIRED ORGANICS
BROTH

BEEF, CHICKEN OR VEGETABLE • 32 OZ

2.99 ~~3.49~~

OWNERS SAVE 50¢



RISHI
GARDEN PARTY

15 CT

8.99 ~~10.49~~

OWNERS SAVE 1.50

local

AHMAD TEA
BLACKCURRANT BLACK TEA

1.46 OZ

4.49 ~~4.99~~

OWNERS SAVE 50¢

RECESS
MOOD LEMON CITRUS

0.22 OZ

1.49 ~~1.99~~

OWNERS SAVE 50¢

THORNE
NAC

90 CT

25.99 ~~31.99~~

OWNERS SAVE 6.00

THORNE
CREATINE

16 OZ

37.49 ~~43.49~~

OWNERS SAVE 6.00

October 8-14, 2025

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

AYEYA
TRADITIONAL AFRICAN
BLACK SOAP BARS
4 OZ

6.99 ~~8.99~~

OWNERS SAVE 2.00



LILY OF THE DESERT
ALOE VERA GELLY
4 OZ

3.99 ~~4.99~~

OWNERS SAVE 1.00

SPRY
ORAL RINSE
16 OZ

7.99 ~~8.99~~

OWNERS SAVE 1.00

SPRY
PEPPERMINT TOOTHPASTE
4 OZ

5.99 ~~6.99~~

OWNERS SAVE 1.00

SALTWORKS
EPSOM SALT
5 LB

11.99 ~~14.99~~

OWNERS SAVE 3.00

HERB PHARM

**OWNERS SAVE
20% ON ALL
HERB PHARM!**

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.

October 8-14, 2025

coop deals[®] *for Everyone!*

MEAT & SEAFOOD

BELL & EVANS
NATURAL BONELESS SKINLESS CHICKEN
BREAST

7.49/lb

BELL & EVANS
NATURAL CUT CHICKEN WINGS

4.99/lb

BULK GROCERY

JUST COFFEE
LOCALLY ROASTED
FAIR-TRADE ORGANIC
COFFEE

12 OZ OR PER LB • MADISON, WI

SAVE 1.00



TIERRA FARMS
ORGANIC DARK CHOCOLATE
COVERED ALMONDS

BULK BIN

SAVE 2.00/lb



ORGANIC GARBANZO BEANS

BULK BIN

2.79/lb



ORGANIC RAW ALMONDS

BULK BIN • CALIFORNIA GROWN • STEAM
PASTEURIZED

8.49/lb



MEADOWLARK ORGANICS
ORGANIC WHEAT BERRIES

BULK BIN • HARD OR SOFT •
RIDGEWAY, WI

1.49/lb



ORGANIC WHITE QUINOA

BULK BIN

2.99/lb



PACKAGED GROCERY

ALO
ALOE ENHANCED FUNCTIONAL
BEVERAGES

SELECT VARIETIES • 16.9 OZ

2 for 4.00



ALTER ECO
CHOCOLATE BARS

SELECT VARIETIES • 2.82 OZ

2 for 7.00



ANNIE'S
BUNNY GRAHAM CRACKERS

SELECT VARIETIES • 7-7.5 OZ

2 for 8.00



ANNIE'S
CHEDDAR SNACK CRACKERS

SELECT VARIETIES • 7.5 OZ

2 for 8.00



October 8-14, 2025

coop deals[®] *for Everyone!*

PACKAGED GROCERY

ANNIE'S SNACK MIX

SELECT VARIETIES • 9 OZ

4.99



ANNIE'S BUNNY FRUIT SNACK

SELECT VARIETIES • 7 OZ

4.49

ANNIE'S PASTA & CHEESE MIXES

SELECT VARIETIES • 6-7 OZ

1.49

BAR HARBOR CLAM CHOWDER

NEW ENGLAND STYLE • CONDENSED • 15 OZ

3.99

BARNANA PLANTAIN CHIPS

SELECT VARIETIES • 5 OZ

3.99



BLUE DIAMOND NON-DAIRY BEVERAGES

SELECT VARIETIES • 32 OZ

2 for 5.00



C20 COCONUT WATER

SELECT VARIETIES • 17.5 OZ

2 for 4.00

CALIFORNIA OLIVE RANCH EXTRA VIRGIN OLIVE OIL

GLOBAL BLEND • 25.4 OZ

19.99

CHICKAPEA CHICKPEA PASTA

SELECT VARIETIES • 8 OZ

3.79



ENDANGERED SPECIES CHOCOLATE BARS

INDIANAPOLIS, IN • 3 OZ

3.79



EQUAL EXCHANGE FAIR TRADE HOT COCOA MIX OR BAKING COCOA

8-12 OZ

7.99



GIMME SEAWEED SNACKS

SELECT VARIETIES • 0.32-0.35 OZ

2 for 4.00

GO MACRO SNACK BARS

VIOLA, WI • 1.8-2.5 OZ

2 for 5.00



October 8-14, 2025

coop deals[®] *for Everyone!*

PACKAGED GROCERY

IMAGINE BROTH

NO-CHICKEN VARIETIES • 32 OZ

3.49



KETTLE POTATO CHIPS

SELECT VARIETIES • 5 OZ

2.79

RW KNUDSEN JUICE

CHA CHA CHERRY, JUST POMEGRANATE, JUST CRANBERRY, PRUNE,
JUST TART CHERRY, OR JUST BLUEBERRY VARIETIES • 32 OZ

6.99

LARABAR SNACK BARS

SELECT VARIETIES • 1.6-1.7 OZ

4 for 6.00

MOM'S BEST CEREAL

SELECT VARIETIES • NORTHFIELD, MN • 17.5-24 OZ

3.99



MUIR GLEN PASTA SAUCE

SELECT VARIETIES • 23.5 OZ

2 for 7.00



NICK'S STICKS MEAT SNACK STICKS

SELECT VARIETIES • MARSHFIELD, WI • 1.7 OZ

2.69



NIXIE SPARKLING WATER

8PK/12 OZ

4.99



ORGANIC VALLEY GHEE

CLARIFIED BUTTER • LA FARGE, WI •
7.5 OZ

7.99



ORGANICVILLE SALAD DRESSING

SELECT VARIETIES • 8 OZ

3.49



PIPCORN CORN DIPPERS OR CHEESE BALLS

4.5-9.25 OZ

3.99



PRIMAL KITCHEN SALAD DRESSING

SELECT VARIETIES • 8 FL OZ

6.39

PRIMAL KITCHEN AVOCADO OIL

16.9 FL OZ

12.99

QUE PASA CORN TORTILLA CHIPS

11 OZ

2 for 7.00



October 8-14, 2025

coop deals[®] *for Everyone!*

PACKAGED GROCERY

RAO'S HOMEMADE
PASTA OR ALFREDO SAUCE

SELECT VARIETIES • 15-24 OZ

6.49

SAFE CATCH
WILD CAUGHT TUNA STEAKS

5 OZ

2.99

SIETE FOODS
REFRIED BEANS

15.5-16 OZ

2.29

SKY VALLEY
SRIRACHA HOT SAUCE

18.5 OZ

5.79



SPECTRUM
EXTRA VIRGIN OLIVE OIL

UNREFINED • 25.4 OZ

17.99



UNIQUE SNACKS
PRETZELS

EXTRA DARK SPLITS • OTHER VARIETIES ALSO ON SALE • 11 OZ

2 for 6.00

WOODSTOCK
CAPERS

3.5 OZ

2.69



ZEVIA
SODA POP

ZERO ADDED SUGAR • 6 PKS OF 12 OZ CANS

5.49

FLOW ALKALINE WATER
NATURAL ALKALINE SPRING WATER

500 ML

4 for 5.00



HOUSEHOLD

GREEN FOREST
BATH TISSUE

12 CT

9.99

ECOS
LIQUID LAUNDRY

100 OZ

14.99



BIOBAG
COMPOSTABLE LAWN & LEAF BAGS

5 CT

4.99

SEVENTH GENERATION
LIQUID DISH SOAP

19 OZ

3.69

October 8-14, 2025

coop deals[®] *for Everyone!*

REFRIGERATED & FROZEN GROCERY

BELLWETHER FARMS
PLAIN SHEEP MILK YOGURT

16 OZ

5.49

STONYFIELD
YOGURT

32 OZ

4.19



BOAR'S HEAD
HUMMUS & PRETZEL SNACK PACKS

GLUTEN-FREE, VEGAN • 3 OZ

2.49

FOOD FOR LIFE
SPROUTED CORN TORTILLAS

GLUTEN-FREE, VEGAN • 10 OZ

3.49



GOOD KARMA
FLAXMILK + PROTEIN

GLUTEN-FREE, NUT-FREE, VEGAN • 64 OZ

4.49

KEVITA
SPARKLING PROBIOTIC REFRESHER

12 OZ

2 for 4.00

ORGANIC VALLEY
SOUR CREAM

LA FARGE, WI • 16 OZ

3.99



MYBACON
MUSHROOM-BASED BACON

GLUTEN-FREE, VEGAN • 6 OZ

6.99

WOODSTOCK
FROZEN MANGOS

10 OZ

2 for 8.00



NATURE'S PATH
FROZEN WAFFLES

GLUTEN-FREE • 7.4 OZ

2 for 6.00



coop deals[®] *for Everyone!*

PERSONAL & WELLNESS CARE

ORGANIC INDIA
HERBAL TULSI TEAS

18 CT

3.99



EQUAL EXCHANGE
FAIR TRADE HERBAL TEAS

20 CT

2 for 7.00



FOUR SIGMATIC
THINK MUSHROOM COFFEE

10 OZ

14.99

FOUR SIGMATIC
PLANT-BASED PROTEIN
CHOCOLATE OR VANILLA • 21.16 OZ

31.99



ANCIENT NUTRITION
MULTICOLLAGEN PROTEIN

454 G

36.99

COUNTRY LIFE
COENZYME B COMPLEX

120 CT

20.99

MEGAFOOD
**TURMERIC CURCUMIN EXTRA STRENGTH
WHOLE BODY**

60 CT

17.99

NORDIC NATURALS
OMEGA-3

60 CT

13.49

NORDIC NATURALS
VITAMIN D3 GUMMIES

60 CT

10.99

NORDIC NATURALS
ULTIMATE OMEGA

180 CT

SAVE 22.00

DR BRONNER'S
CASTILE SOAP REFILLS

USES 82% LESS PLASTIC • 32 OZ

10.99

DR TUNG
SMART FLOSS

30 YD

3.99

WILD CARROT
**BORAGE BUTTER
FACE CREAM**

2 OZ

16.99



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.

October 8-14, 2025