

coop deals

OCTOBER 22 - 28, 2025



OUTPOST
SPOOKY SMOOTHIES
16 OZ
5.99



BIONATURAE
CANNED
TOMATOES
28.2 OZ



buy 1 get 1 free



FRONTERA
ENCHILADA,
TACO, OR
FAJITA SAUCE
CHICAGO, IL • 8 OZ



buy 1 get 1 free



CAULIPOWER
GLUTEN-FREE FROZEN PIZZA
10.9 - 11.3 OZ



buy 1 get 1 free



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



buy 1 get 1 free



LILY'S SWEET
CHOCOLATE
BARS
ZERO ADDED SUGAR
• SELECT VARIETIES
• 2.8-3.2 OZ



buy 1 get 1 free



NATURAL
FACTORS
OIL OF
OREGANO
30 MG • 1 FL OZ



buy 1 get 1 free



QUANTUM
THERAZINC
ELDERBERRY LOZENGES
14 CT



buy 1 get 1 free



ORGAIN
PROTEIN
POWDER
CHOCOLATE OR VANILLA • 2.03 LB



buy 1 get 1 free



GT'S
SYNERGY
KOMBUCHA
16 OZ



2 for 6.00



SIGGI'S
ICELANDIC YOGURT
4.4 - 5.3 OZ

4 for 5.00



CASCADIAN FARM
FROZEN FRUIT
SELECT VARIETIES • 8 - 10 OZ

2 for 8.00



CASCADIAN FARM
FROZEN VEGETABLES
OR BLENDS
10 OZ

2 for 6.00



**we made
you dinner!**

OCTOBER 22 - 28

Butter Chicken
Butternut Squash Lasagna

Chickpea Dumpling
w/ Collard Greens
V WF

4-Cheese Mac & Cheese
Vg

Vegan Mac & Cheese
V



More Deals at
outpost.coop/shop



ORGANIC GREEN OR
RED SEEDLESS GRAPES
CALIFORNIA GROWN
2.99/LB



ORGANIC HASS
AVOCADOS
MEXICO GROWN
4 for 5.00



ORGANIC BARTLETT
PEARS
WASHINGTON GROWN
1.69/LB

owners save more

SUPER DEALS FOR OUTPOST OWNERS! **OCTOBER 22 - 28, 2025**



**ORGANIC BABY
PEELED CARROTS**
CALIFORNIA GROWN • 16 OZ

~~1.99~~ **1.69**
OWNERS SAVE .30



**ORGANIC
MINI CUCUMBERS**
CANADA GROWN • 6 CT

~~3.99~~ **2.99**
OWNERS SAVE 1.00



OUTPOST
HARVEST VEGETABLE POT PIE

6.99/LB
OWNERS SAVE 2.00/LB



JUMBO PINEAPPLES
COSTA RICA GROWN

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



ORGANIC LIMES
MEXICO GROWN

~~.59/EA~~ **3 for 1.00**
OWNERS SAVE .78 on 3



local



**MAC YOURSELF
MAC N CHEESE
POWDER**
9.3 OZ • APPLETON, WI

~~4.99~~ **3.99**
OWNERS SAVE 1.00



**GRAZA
EXTRA VIRGIN
OLIVE OIL**
SIZZLE OR DRIZZLE
• 500 ML-750 ML

~~22.99~~ **16.99**
OWNERS SAVE 6.00



**BAGELS FOREVER
NEW YORK STYLE BAGELS**
ASSORTED VARIETIES
• MADISON, WI • 4 CT

~~2.09~~ **1.89**
OWNERS SAVE .20¢



**ORGANIC
THOMPSON RAISINS**
PACKAGED BULK

~~4.99/LB~~ **4.49/LB**
OWNERS SAVE .50/LB



**CATALINA
CRUNCH
SNACK
MIX**
KETO & ZERO ADDED SUGAR
• SELECT VARIETIES

~~6.99~~ **5.99**
OWNERS SAVE 1.00



**TIERRA FARMS
ORGANIC
RAW CASHEWS**
BULK BIN • WHOLE OR PIECES

OWNERS SAVE 20%

**JOYBA
BUBBLE
TEA**
12 OZ

~~3.89~~ **2.99**
OWNERS SAVE .90¢



**ILLICIT ELIXIRS
FUNCTIONAL
BEVERAGES**
SELECT VARIETIES
• 12 OZ

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



**MOSS
REFRESHING
SEA MOSS
BEVERAGES**
SELECT VARIETIES • 12 OZ

~~4.29~~ **3.29**
OWNERS SAVE 1.00



**RECESS
MOOD
POWDER
PACKETS**
.20 - .22 OZ

~~1.99~~ **1.49**
OWNERS SAVE .50¢



**MEGAFOOD
OMEGA-3
FISH OIL**
90 CT

~~39.99~~ **25.99**
OWNERS SAVE 14.00

**OUTPOST
ELDERBERRY
& ZINC
LOZENGES**
60 CT

~~13.89~~ **10.89**
OWNERS SAVE 3.00



**OUTPOST
VITAMIN C
1000 MG**
100 CT

~~21.19~~ **16.19**
OWNERS SAVE 5.00



**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!

CHOCOLAKE
KUNAFI PISTACHIO DUBAI STYLE BAR
6.7 OZ

**inclusive
trade**

7.99 ~~9.99~~

OWNERS SAVE 2.00

GUITTARD CHOCOLATE
CHOCOLATE CHIPS
9-12 OZ

5.99 ~~7.99~~

OWNERS SAVE 2.00

WISCONSIN MEADOWS
GRASSFED BEEF CHUCK ROAST
VIROQUA, WI

local

coop

10.29/lb ~~11.29/lb~~

OWNERS SAVE 1.00/lb

BELL & EVANS
NATURAL CUT-UP WHOLE CHICKEN

4.49/lb ~~5.99/lb~~

OWNERS SAVE 1.50/lb

BEELER'S
FRESH PORK TENDERLOIN
LE MARS, IA

local

10.99/lb ~~12.49/lb~~

OWNERS SAVE 1.50/lb

TOFURKY
PLANT-BASED SAUSAGE
VEGAN • 14 OZ

5.99 ~~6.99~~

OWNERS SAVE 1.00

PLANET OAT
OAT MILK
GLUTEN-FREE, VEGAN • 52 OZ

3.99 ~~5.39~~

OWNERS SAVE 1.40

ZOUP
SOUP
IN GLASS JARS • FARMINGTON HILLS, MI • 16 OZ

local

5.99 ~~7.99~~

OWNERS SAVE 2.00

INSPIRED ORGANICS
BROTH
BEEF, CHICKEN OR VEGETABLE • 32 OZ

**USDA
ORGANIC**

2.99 ~~3.49~~

OWNERS SAVE 50¢

EDEN
CANNED BEANS
CLINTON, MI • 15 OZ

**USDA
ORGANIC**

local

2 for 5.00 ~~3.49-3.99~~

OWNERS SAVE 99¢-1.49 EA

October 22-28, 2025

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

ISOLA
ARTISAN PASTA
BRONZE DIE CUT • 16 OZ

3.99 ~~5.79~~

OWNERS SAVE 1.80

ISOLA
PASTA SAUCE
25 OZ

5.99 ~~8.99~~

OWNERS SAVE 3.00

MRS RENFRO'S
SALSA OR NACHO CHEESE SAUCE
SELECT VARIETIES • 16 OZ

5.99 ~~6.99~~

OWNERS SAVE 1.00

DONKEY CHIPS
TORTILLA CHIPS
CAROL STREAM, IL • 11 OZ

3.99 ~~4.39~~

OWNERS SAVE 40¢



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

10 for 10.00 ~~1.39~~

OWNERS SAVE 39¢ each



MEADOWLARK ORGANICS
LOCAL ORGANIC FLOURS
BULK BIN

1.69-3.39/lb ~~1.99 3.99/lb~~

OWNERS SAVE 15%



DOUDLAH FARMS
ORGANIC BLACK
OR PINTO BEANS
BULK BIN • EVANSVILLE, WI

2.49/lb ~~2.99/lb~~

OWNERS SAVE 50¢/lb



DOUDLAH FARMS
ORGANIC WHITE OR
YELLOW POPCORN
BULK BIN • EVANSVILLE, WI

2.29/lb ~~2.79/lb~~

OWNERS SAVE 50¢/lb



RISHI
GARDEN PARTY
15 CT

8.99 ~~10.49~~

OWNERS SAVE 1.50



AHMAD TEA
BLACKCURRANT BLACK TEA
1.46 OZ

4.49 ~~4.99~~

OWNERS SAVE 50¢

OUTPOST
QUERCETIN COMPLEX
100 CT

27.99 ~~35.99~~

OWNERS SAVE 8.00

OUTPOST
VITAMIN C CAPS 1000 MG
250 CT

35.19 ~~46.19~~

OWNERS SAVE 11.00

October 22-28, 2025

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

THORNE
NAC

90 CT

25.99 ~~31.99~~

OWNERS SAVE 6.00

THORNE
CREATINE

16 OZ

37.49 ~~43.49~~

OWNERS SAVE 6.00

MEGAFOOD
DUAL ACTION ENZYMES

60 CT

14.99 ~~23.99~~

OWNERS SAVE 9.00

MEGAFOOD
COQ10 200 MG +BIOPERINE

60 CT

19.99 ~~29.99~~

OWNERS SAVE 10.00

MEGAFOOD
FAST ACTING TURMERIC

60 CT

25.99 ~~39.99~~

OWNERS SAVE 14.00

MEGAFOOD
COLLAGEN PEPTIDES

20 OZ

34.99 ~~53.99~~

OWNERS SAVE 19.00

HERB PHARM

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

AYEYA
TRADITIONAL AFRICAN
BLACK SOAP BARS

4 OZ

6.99 ~~8.99~~

OWNERS SAVE 2.00

inclusive
trade

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

LILY OF THE DESERT
ALOE VERA GELLY

4 OZ

3.99 ~~4.99~~

OWNERS SAVE 1.00

October 22-28, 2025

coop deals[®] *for Everyone!*

MEAT & SEAFOOD

SMART CHICKEN
ORGANIC CHICKEN WINGS

5.99/lb

BELL & EVANS
NATURAL BONELESS SKINLESS CHICKEN THIGHS

4.99/lb

BEYOND MEAT
PLANT-BASED BURGER PATTIES

GLUTEN-FREE, VEGAN • 8 OZ/2 PK

5.99

BULK GROCERY

JUST COFFEE
**LOCALLY ROASTED
FAIR-TRADE ORGANIC
COFFEE**

12 OZ OR PER LB • MADISON, WI

SAVE 1.00



EQUAL EXCHANGE
**ORGANIC FAIR-TRADE
REGULAR ROAST COFFEE**

10-12 OZ

10.99



SUNRIDGE FARMS
**ORGANIC CRANBERRY HARVEST
TRAIL MIX**

BULK BIN

9.99/lb



ORGANIC PUMPKIN SEEDS
BULK BIN

4.99/lb



ORGANIC FRENCH GREEN LENTILS
BULK BIN

2.69/lb



ORGANIC BARLEY
BULK BIN • HULLED OR PEARLED

1.79/lb



REFRIGERATED & FROZEN GROCERY

BOAR'S HEAD
HUMMUS

GLUTEN-FREE, VEGAN • 10 OZ

2 for 6.00

KALONA SUPER NATURAL
SOUR CREAM

KALONA, IA • 16 OZ

3.99



HONEY MAMAS
CHOCOLATE TRUFFLE BARS

2.5 OZ

3.99

KITE HILL
PLANT-BASED CREAM CHEESE

GLUTEN-FREE, VEGAN • 8 OZ

5.99

October 22-28, 2025

coop deals[®] *for Everyone!*

REFRIGERATED & FROZEN GROCERY

KITE HILL
PLANT-BASED SOUR CREAM

GLUTEN-FREE, VEGAN • 8 OZ

3.79

KITE HILL
ALMOND MILK YOGURT

SELECT VARIETIES • GLUTEN-FREE, VEGAN • 5.3 OZ

2 for 3.00

LAIRD SUPERFOOD
PLANT-BASED CREAMER

VEGAN • 25.4 FL OZ

4.99

REBBL
FUNCTIONAL ELIXIRS

12 OZ

3.99

SILK
SOY MILK

PLAIN OR UNSWEETENED PLAIN • GLUTEN-FREE, VEGAN • 64 OZ

4.49

UNCLE MATT'S
JUICE

ORANGE OR GRAPEFRUIT JUICE • 52 OZ

7.99



DEEP INDIAN KITCHEN
FROZEN SAMOSAS

7.5-12 OZ

5.49

FIELD DAY
FROZEN HASHBROWNS OR FRIES

23-24 OZ

4.99



KITE HILL
FROZEN RAVIOLI OR TORTELLINI

VEGAN • 9 OZ

6.49

TUCSON TAMALES
TAMALES

10-13 OZ

5.49



VAN'S
FROZEN WAFFLES

GLUTEN-FREE • 9 OZ

2 for 7.00

WYMAN'S
FROZEN WILD BLUEBERRIES

48 OZ

11.99

HOUSEHOLD

NELLIE'S ALL NATURAL
POWDERED LAUNDRY & DISHWASHER SOAP

3.3 LBS

SAVE 25%

SEVENTH GENERATION
PAPER TOWELS

120 CT

2.99

October 22-28, 2025



PACKAGED GROCERY

UDI'S
GLUTEN-FREE BREAD
ASSORTED VARIETIES • 12-14.4 OZ

4.99

CHOCOLOVE
CHOCOLATE BARS
SELECT VARIETIES • 3.2 OZ

2 for 6.00

MAGIC CHOCOLATE
CHOCOLATE BARS
SELECT VARIETIES • 2.93-3 OZ

3.79

EPIC
MEAT SNACK STRIPS
SELECT VARIETIES • 0.8 OZ

2 for 3.00

EPIC
MEAT SNACK BARS
SELECT VARIETIES • 1.3 OZ

2 for 5.00

EPIC
BONE BROTH
SELECT VARIETIES • 14 FL OZ

4.99

FRONTERA
SALSA
SELECT VARIETIES • CHICAGO, IL • 16 OZ

3.99



GARDEN OF EATIN'
SESAME BLUES CORN TORTILLA CHIPS
5.5 OZ

2.99



THE GOOD CRISP COMPANY
POTATO CRISPS
SELECT VARIETIES • 5.6 OZ

2.99

GINGER PEOPLE
GINGER CHEWS
SELECT VARIETIES • 3 OZ

2.79

HARVEST SNAPS
CRISPY SNACKS
SELECT VARIETIES • 3-3.3 OZ

1.99

HEYDAY CANNING CO
CANNED SOUP
SELECT VARIETIES • 15 OZ

4.29

HU KITCHEN
CHOCOLATE BARS
FEATURE RAW CHOCOLATE, REDUCED SUGARS & CARBS • 2.1 OZ

4.49

KETTLE
POTATO CHIPS
SELECT VARIETIES • 13 OZ

4.99

October 22-28, 2025

coop deals[®] *for Everyone!*

PACKAGED GROCERY

KIND
GRANOLA
SELECT VARIETIES • 11 OZ

5.39

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



3.69

LESSER EVIL
MOONIONS
FLAVORED SNACK RINGS • MADE WITH AVOCADO OIL
• 6 OZ



3.49

LOTUS FOODS
RAMEN NOODLE PACKS
2.8 OZ

2 for 4.00

LUCINI
EXTRA VIRGIN OLIVE OIL
16.9 OZ

13.99

NAPA VALLEY NATURALS
EXTRA VIRGIN OLIVE OIL
25 OZ



17.99

NATURE'S PATH
INSTANT OATMEAL PACKETS
SELECT VARIETIES • 8 CT



3.69

NATURE'S PATH
ECO PAC CEREAL
SELECT VARIETIES • 32 OZ



8.99

NAVITAS NATURALS
RAW CACAO POWDER
8 OZ



9.49

NEAR EAST
RICE OR COUS COUS SIDE DISH MIX
SELECT VARIETIES • 5.6-7 OZ

3 for 7.00

PACIFIC
CREAM OF TOMATO SOUP
32 OZ



4.59

RXBAR
PROTEIN SNACK BARS
SELECT VARIETIES • 1.83 OZ

2 for 4.00

PROBAR
SNACK BARS
SELECT VARIETIES • 3 OZ

2 for 5.00

October 22-28, 2025

coop deals[®] *for Everyone!*

PACKAGED GROCERY

QUINN SNACKS
FILLED PRETZELS

7 OZ

4.49

RAO'S HOMEMADE
SOUP

IN GLASS JARS • SELECT VARIETIES • 16 OZ

4.49

TERRA CHIPS
EXOTIC VEGETABLE SNACK CHIPS

SELECT VARIETIES • 5 OZ

2 for 6.00

TASTY BITE
CURRY ENTREES

WARM & SERVE • SELECT VARIETIES • 10 OZ

3 for 8.00

TONNINO
CANNED TUNA

IN OIL OR SPRING WATER POLE OR TRAP CAUGHT VARIETIES

• 4.94 OZ

2 for 5.00

TAKE ROOT ORGANICS
CANNED TOMATO PASTE

6 OZ

2 for 3.00



MAVERICKS
SANDWICH CRACKERS

PEANUT BUTTER OR CHEESE • 7.05 OZ

4.99



POPPI
PREBIOTIC SODA POP

SELECT VARIETIES • 12 OZ

2 for 4.00

FLOW
ALKALINE SPRING WATER

500 ML

4 for 5.00



WATERLOO
SPARKLING WATER

IN BPA-FREE CANS • SELECT VARIETIES • 12 PK OF 12 OZ CANS

5.99

PERSONAL & WELLNESS CARE

CHOICE TEA
HERBAL TEAS

SELECT VARIETIES • 16 CT

3.99



TRADITIONAL MEDICINAL
HERBAL TEAS

16 CT

4.99



ORGANIC INDIA
ASHWAGANDHA

90 VCAP

13.99



ORGANIC INDIA
PSYLLIUM HUSKS

12 OZ

9.99



October 22-28, 2025



PERSONAL & WELLNESS CARE

SOLARAY
SUPER BIO C TIME RELEASED
100 VEG CAP

11.99

SOLARAY
MAGNESIUM GLYCINATE 350
120 CT

15.99

SOLARAY
D-MANNOSE WITH CRANACTIN
60 CT

21.99

TRADITIONAL MEDICINAL
THROAT COAT LOZENGE
16 CT

3.69

ALAFFIA
**EVERYDAY SHEA LAVENDER
BODY LOTION**
32 OZ

10.99

inclusive
trade

ALAFFIA
CALMING BABY BUBBLE BATH
32 OZ

10.99

inclusive
trade

ALAFFIA
**EVERYDAY SHEA LAVENDER
SHAMPOO & CONDITIONER**
32 OZ

10.99

inclusive
trade

ALAFFIA
**EVERYDAY SHEA LAVENDER
BODY WASH**
32 OZ

10.99

inclusive
trade

DESERT ESSENCE
TEA TREE NEEM WINTERGREEN TOOTHPASTE
6.25 OZ

4.79

JASON
LAVENDER SATIN BODY WASH
30 OZ

9.99

NUBIAN HERITAGE
INDIAN HEMP DEODORANT
2.25 OZ

6.69

SAPPO HILL
BAR SOAP
3.5 OZ

2 for 4.00

WELEDA
SKIN FOOD DAY CREAM
1.3 OZ

18.99

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 22-28, 2025