

fresh deals

NOVEMBER 12 - 18, 2025

*local whole turkeys
on sale for owners!*

owners
save
more



1.69 /lb

Organic
Garnet Sweet Potatoes
California Grown



1.99

Wisconsin Red Pearls
Fresh Cranberries
Nekoosa, WI • 12 oz



8.99 /lb

Outpost
Stuffed Chicken Breast
Assorted Varieties



2.99 /lb

Organic
Satsuma Mandarins
California Grown



2.99

Daisy
Sour Cream
16 oz



4.59

Castello
Edam, Gouda &
Smoked Gouda Rounds
7 oz

**we made
you dinner!**

NOV. 12-18

Classic Beef Stew

Sweet Potato Lasagna (vegetarian)

Red Lentil Curry (vegan & wheat-free)

4-Cheese Mac & Cheese (vegetarian)

Vegan Mac & Cheese (vegan)



owners save more

NOVEMBER 12 - 18, 2025



6.99

regularly 7.99

Funky Fresh Spring Rolls
Milwaukee, WI
3 pack • 9 oz



99¢/lb

regularly 1.49/lb

Organic Acorn or
Butternut Squash
Wisconsin Grown



5.99

regularly 8.99

Wholey Cooked Shrimp
Ring with Sauce
10 oz



4.99

regularly 5.99

Organic 5lb Bag
Russet or Yellow Potatoes
Wisconsin Grown



6.49

regularly 7.99

Bell & Evans
Breaded Chicken
Nuggets or Tenders
Original or Gluten-free
12 oz



2.99/lb

regularly 3.89/lb

Doudlah Farms
Organic Cranberry or
Great Northern Beans
Bulk Bin • Evansville, WI



8.49

regularly 9.99

Flax4Life
Carrot Raisin Muffins
or Mini Brownie Bites
Gluten-free • 14 oz



14.99

regularly 19.99

Outpost Magnesium
Glycinate + D3
60 ct

MILWAUKEE

100 E. Capitol Dr. 414-961-2597

BAY VIEW

2826 S. Kinnickinnic 414-755-3202



WAUWATOSA

414-778-2012 7000 W. State St.

MEQUON

262-242-0426 7590 W. Mequon Rd.

*SALES GOOD WHILE SUPPLIES LAST

co+op deals[®]

NOV 5 - NOV 18, 2025

bake my day

Start new traditions or carry on old ones by baking in-season desserts. Preheat the oven, warm the home and bake it happen. The co-op has Bob's Red Mill All-Purpose Organic Flour on sale, making it easier than ever to make your favorite baked goods.



6.99

**Bob's Red Mill
Organic Flour**
Select varieties • 5 lbs.



2/\$3

Field Day
Organic Macaroni
& Cheese
6 oz.



2/\$3

Field Day
Organic Cut Green
Beans
15.25 oz.



2/\$3

Field Day
Organic Whole
Kernel Sweet
Corn
15 oz.



3/\$5

Field Day
Organic Broths
32 fl. oz.



2/\$6

Field Day
Organic Savory
Herb Stuffing
10 oz.



15.99

Field Day
Organic Olive Oil
33.8 fl. oz.

**RAKE IN THE
SAVINGS**

Now – Dec. 2

Check out more savings
on all Field Day products




RAKE IN THE SAVINGS

Stock up and save even more on all Field Day products



2/\$6

Field Day
Coconut Waters
33.8 fl. oz.



2/\$6

Field Day
Organic Cereals
10-15 oz.



4.49

Field Day
Organic Granola
12 oz.



5.99

Field Day
Organic Apple
Juice
64 fl. oz.



6.99

Field Day
Organic Wood
Fired Crust Pizza
12.2-13.8 oz.



7.99

Field Day
Organic Frozen
Berries
32 oz.

It's a Field Day sale at the co-op!



2/\$4

Field Day
Unsweetened
Coconut Milks
13.5 fl. oz.



2/\$4

Field Day
Organic Pretzels
8 oz.



2/\$5

Field Day
Organic Tortilla
Chips
9 oz.



2/\$5

Field Day
Organic Gravy
12 oz.



2/\$5

Field Day
Organic Canned
Tomatoes
28 oz.



For each Field Day product sold we'll
donate 5¢ to NATIFS! **Now – Dec. 2**



Scan to learn more



2/\$5

Field Day
Albacore Tuna
5 oz.



3.99

Field Day
Organic Fruit
Spread
14 oz.



3.99

Field Day
Organic Peanut
Butter
18 oz.



9.99

Field Day
Refined Avocado
Oil
16.9 fl. oz.



10.99

Field Day
Liquid Laundry
Detergent
100 fl. oz.



17.99

Field Day
Organic Grade A
Maple Syrup
32 fl. oz.

Find everything for holiday meals at the co-op.

COOPERATIVELY OWNED



4.39

Organic Valley
Shredded Parmesan
Cheese
4 oz.



5.39

Organic Valley
Muenster Cheese
8 oz.



5.69

Organic Valley
Raw Block Cheese
8 oz.

*organically
delicious*

Organic Valley combines time-honored recipes with premium ingredients for irresistibly delicious cheese. All made with organic pasture-raised milk from small family farms that respect the land and all the plants and animals that live on it.



5.49

Applegate
Sliced Deli Meat
7 oz.



4.79

Violife
Just Like Cheese
Slices or Shreds
7.05-8 oz.

COOPERATIVELY OWNED



4.99

Kerrygold
Pure Irish Butter
8 oz.



5.99

Treeline
Dairy-free
French-style
Cheese
6 oz.



5.99

Grillo's
Pickles
32 fl. oz.

Sandwich fixings for every diet.



5.99

Forager Project
Organic Cashewmilk
Yogurt
24 oz.



original cream-top yogurt

Brown Cow yogurt is sweetened with cane sugar and maple syrup and is made without the use of artificial growth hormones, artificial flavors or artificial sweeteners.

3.99

Brown Cow
Cream Top Yogurt
32 oz.



4.99

Malk
Organic Creamer
16 fl. oz.



4.99

Malk
Organic Plant-based Milk
28 fl. oz.



crafted with less

Thick, creamy and rich in protein, skyr is the traditional yogurt of Iceland. **Siggi's** skyr is made with simple ingredients and not a lot of sugar.

4.99

Siggi's
Skyr Yogurt
24 oz.



6.99

Cocojune
Organic Coconut
Cultured Yogurt
16 oz.

Creamy and delicious snacks are at the co-op.

**inclusive
trade**

Shop inclusive trade!

We're pleased to offer great deals on brands from businesses owned by people who identify as women, Black, Indigenous, people of color, LGBTQIA+, persons with disabilities and veterans.

awaken your mind and body

INCLUSIVE TRADE PARTNER

GT's Living Foods is a family- and LGBTQIA+-owned business. Our delicious, sparkling and adaptogenic ALIVE Root Beer combines 1,800 mg of reishi, chaga and turkey tail ancient mushrooms so you can feel clear minded and balanced.

2/\$6

GT's

Alive Ancient Mushroom Elixirs

16 fl. oz.



INCLUSIVE TRADE PARTNER

Mother-in-Law's is an Asian-owned company. We are inspired by the beauty of Korea's tradition of handcrafted fermented foods.



7.49

**Mother-in-Law's
Traditional
Gochujang Paste**
10 oz.



7.99

**Uncle Matt's
Organic Juice**
52 fl. oz.

bold, smooth, Chameleon

Organic, sustainably sourced and undeniably delicious — our specialty beans are serious business. Most things we take lightly, but our beans? Not so much.

8.49

**Chameleon Coffee
Organic Cold-Brew
Concentrate**
32 fl. oz.



4.99

**Bitchin' Sauce
Almond Dip**
7-8 oz.

Shop the co-op for your favorite brands.



2.29 Evol
Burrito
5-6 oz.



4.49
Rudi's
Organic Bread
22 oz.



2/\$9
Gardein
Plant-based Proteins
8-13.7 oz.



5.99
Beyond
Plant-based
Burger Patties
8 oz.



Find something sweet at the co-op.
Fall for frozen treats.

pie's perfect match



Scoop up organic joy with every slice. Crafted with real, wholesome ingredients and a commitment to sustainability — celebrating dessert that's as thoughtful as it is delicious.

7.99
Alden's Organic
Ice Cream
1.5 qts.



2/\$8
Annie's
Pizza Poppers
5-6.8 oz.



10.99
Against the Grain
Gluten & Grain-free Pizza
22.4-24 oz.

Fill the freezer with favorites from the co-op.



2.99

Nutpods
Dairy-free
Creamer
11.2 fl. oz.



4.49

Justin's
Peanut Butter
16 oz.

COOPERATIVELY OWNED



11.99

Equal Exchange
Organic Coffee
10-12 oz.



Relax with a warm beverage.

Find refreshments at the co-op.

create consciously

It's more than creating deliciously purposeful tea. It's working to make things better. It's supporting quality, sustainability and social responsibility locally, nationally and globally.

2/\$8

Yogi Tea
Herbal Tea Blends
16 ct.



COOPERATIVELY OWNED

16.99

Frontier Co-op
Organic Vanilla
Extract
4 fl. oz.



6.49

Grandy Organics
Grain-free
Coconola
9 oz.



The co-op has the beverages you love.



Happy Thanksgiving

Food co-ops bring people together to share good food and create healthy communities. On behalf of all of us at the co-op, we'd like to wish you a happy and peaceful Thanksgiving, filled with good health and delicious food to share.



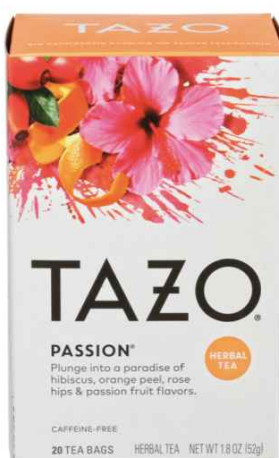
**good food
brings us
together**

deliciously bold blends

Teas bursting with smooth, rich flavor and a unique **TAZO** twist.

4.49

**Tazo
Tea**
16-20 ct.



6.49

**Kashi
Cereal**
12.3-18 oz.



6.49

**R.W. Knudsen
Organic Juice
Blends**
Select varieties • 32 fl. oz.

Relax with a beverage from the co-op.



2/\$4

Mike's Mighty Good
Ramen Soup Packs
or Cups
1.6-2.4 oz.



2/\$7

Health Valley
Organic Soups
14.5-15 oz.



3.79

Newman's Own
Pasta Sauce
24 fl. oz.

bulk up

The holiday season is the perfect time of year to revisit the bulk section of your co-op. Here are some great reasons to shop in bulk. Scan the QR code to learn more.



*experiment with new foods and flavors –
buy only the amount you need!*



*stock up on staples – the bulk section
is full of great buys for the pantry.*



*help the environment –
cut down on unnecessary
packaging.*

scoop up the savings in bulk!



2.99

Organic Tri-color
Quinoa
per pound in bulk

Shop in bulk at the co-op.

imagine the possibilities

At **Imagine**, we believe the best food starts with real ingredients. We offer a variety of organic, non-GMO and nutrient-packed soups, broths and bone broths that deliver a difference you can taste in every spoonful.



2/\$5

Imagine
Organic Gravy
13.5 oz.



2/\$7

Imagine
Organic No-Chicken Broth
32 fl. oz.



2/\$8

Imagine
Organic Soups
32 fl. oz.



2.69

Farmer's Market
Organic Pumpkin
Puree
15 oz.



3.29

Wild Planet
Skipjack Tuna
5 oz.



4.99

Lotus Foods
Organic Rice
Ramen
10 oz.

your favorite plant milks

You can enjoy your favorite organic, non-GMO, dairy-free, lactose-free, gluten-free, nondairy beverage with either our **West Life** 9 g of protein soymilk, or our creamy, smooth, versatile **Dream** ricemilk.

2/\$7

West Life or Dream
Organic Plant-based
Milks
32 fl. oz.



1.59

Simply Organic
Gravy or Dip Mix
0.7-1.41 oz.

Stock the pantry with ingredients from the co-op.



2/\$7

Muir Glen
Organic Pasta
Sauces
23.5 oz.



2/\$6

Muir Glen
Organic Tomatoes
28 oz.



2/\$7

Muir Glen
Organic Mild Chili
Starter
28 oz.



2/\$4

Muir Glen
Organic Tomatoes
14.5 oz.

*our organic
promise*

Muir Glen: Always organic, always delicious. Our tomatoes are field grown in California and vine ripened under certified organic practices, ensuring the highest-quality tomatoes for all sauces, salsas and more. Taste the Muir Glen difference!



3.69

Jovial
Organic Brown
Rice Pasta
12 oz.

*pressed to
impress*

At Spectrum®, our oils are mindfully sourced and gently extracted without the use of chemical solvents, and our packaging is thoughtfully designed with the planet in mind. You can taste the differences in every drop.



8.99

Spectrum
Organic Non-hydrogenated
Shortening
24 oz.



11.99

Spectrum
Organic Refined
Sunflower Oil
32 fl. oz.



11.99

Spectrum
Organic Canola
Oil
32 fl. oz.



17.99

Spectrum
Organic Extra
Virgin Olive Oil
25.4 fl. oz.

Mouth watering meals begin at the co-op.



2/\$7

**Back to Nature
Crackers**
3.2-7 oz.



2/\$6

**Good Health
Potato Chips**
5 oz.



2/\$7

**From the Ground Up
Cauliflower Crackers
or Snacks**
3.5-4.5 oz.



5.49

**Tony's Chocolonely
Chocolate Bar**
6.35 oz.



4.99

**Taza
Organic Chocolate
Bar**
2.5-2.7 oz.



4.99

**Newman's Own
Sandwich Cookies**
13 oz.



4.99

**Late July Snacks
Salsa**
15.5 oz.



3.99

**Late July Snacks
Organic Tortilla Chips**
7.4-10.1 oz.

Stock up on snacks for game day at the co-op.



12.99

Nature's Way
Cherry Umcka Syrup
4 fl. oz.



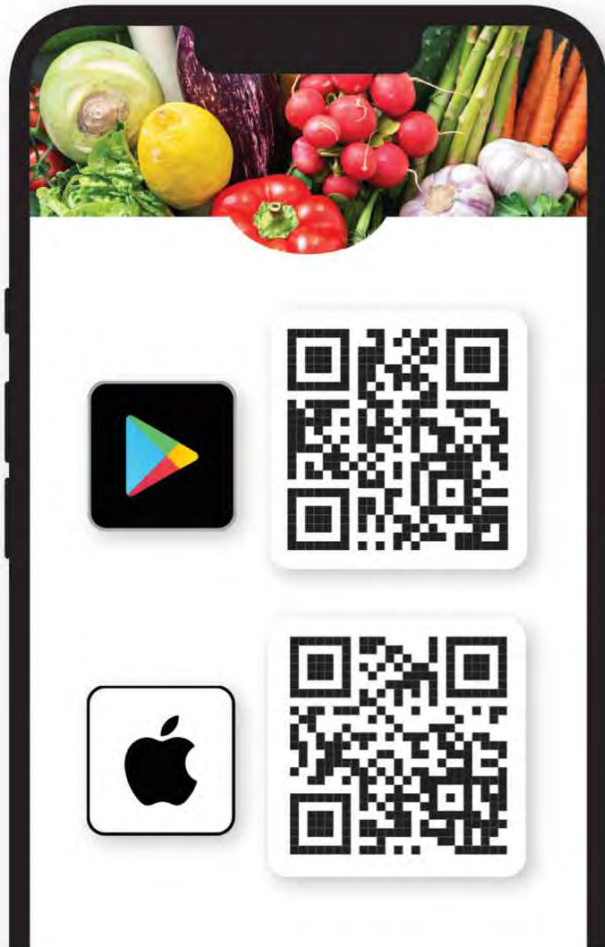
39.99

Nordic Naturals
Ultimate Omega-D3
120 ct.



18.99

Gaia Herbs
Oil of Oregano
60 ct.



coop deals®

Download the App!



Find your closest
food co-ops

See what's on sale

Never miss your
favorite deals

Download the Co+op Deals app today.



4.99
Dr. Bronner's
All-One
Toothpaste
5 oz.



17.99
Andalou
Naturals
Resveratrol
Q10 Night
Repair Cream
1.7 oz.



12.99
Biokleen
Liquid Laundry Detergent
64 fl. oz.

the natural holiday choice!

If You Care natural kitchen products are carefully and deliberately crafted to give you the highest quality for the holidays while providing the least environmental impact and the lightest carbon footprint possible.



3.79 If You Care
Baking Paper Sheets
24 ct.



3.49
If You Care
Unbleached Coffee Filters
100 ct.



6.49 If You Care
Recycled Aluminum Foil
50 sq. ft.



4.99 If You Care
Parchment Baking Paper
70 sq. ft.



The brands you trust are at the co-op.



November 1 - December 31

For \$20 Outpost purchases
\$40 worth of natural &
organic foods—including fresh
produce—for those in need.

Since 1999, Outpost's Buy A Bag
program has provided over
\$2.6 million worth of food
to Hunger Task Force!



FUNDRAISER for Hunger Task Force

Donate \$20—or any amount—
at an Outpost register or online



3.79

Woodstock
Organic Shiitake
Mushrooms
10 oz.



2.79

Woodstock
Organic Frozen Broccoli
Florets
10 oz.



2.19

Woodstock
Frozen Brussels Sprouts,
Broccoli Rabe, Okra, &
Chopped kale
10 oz.

*fuel
your body*

Enjoy vibrant flavors year-round
with **Woodstock!** Our frozen
vegetables — available in organic
and non-GMO options — are
great on their own as a snack or
make the perfect ingredient.
Naturally nutritious and farm to
frozen for your convenience!



Scan the QR code to learn more about the quality and values represented by these symbols.



Some items may not be available
at all stores or on the same days.



MW1125A