

fresh deals

JANUARY 14 - 20, 2026

4.99

Amylu Foods
Chicken Sausage
12 oz • Chicago, IL



1.99 /lb

Organic
Cara Red Navel Oranges
California Grown



4 for \$5

Organic
Hass Avocados
Mexico Grown



save \$2/lb

Organic Fair Trade
Raw Cashews
Bulk Bin • Whole or Pieces

2.49 /lb

Organic
Cosmic Crisp Apples
Washington Grown



save \$1

Control Freak
Locally Roasted Coffee
Milwaukee, WI



4.99

Cello Fontal Cheese
Creamy Dill or Tuscan Rubbed
Turtle Lake, WI • 5 oz

**we made
you dinner!**

JAN. 14 - 20

Green Curry Chicken (wheat-free)

Turkey Shepherd's Pie

Chickpea Dumplings w/ Collard Greens
(vegan & wheat-free)

4-Cheese Mac & Cheese (vegetarian)

Vegan Mac & Cheese (vegan)



owners save more

JANUARY 14 - 20, 2026

5.99

regularly 6.99

Better Way
Organic Blueberry Juice
Grown & Cold Pressed in
South Haven, Michigan • 12 oz



4.79

regularly 5.49
Goldthread
Plant Based Tonics
Select varieties
10.5 oz



3.99

regularly 5.49
Ahmad Tea
Select varieties
1.46 oz



1.99 /bunch

regularly 2.99/bunch
Organic Green Kale
Florida Grown



4.49

regularly 5.99
Jim's Cheese Buffalo
Wing Jack Cheese
Waterloo • 7.5 oz



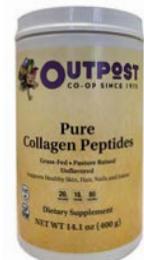
6.99

regularly 9.59
Zoup!
Bone Broth
Chicken or Beef
Southfield, MI • 32 oz



save \$7

regularly 33.69
Outpost Grass-fed
Collagen Peptides
14.1 oz



OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

*SALES GOOD WHILE SUPPLIES LAST

co+op deals®

DEC 31, 2025 - JAN 20, 2026

support your health

Winter is here, and the co-op is bursting with BOGO wellness sales so you can stock up on amazing products!



Buy One, Get One
FREE

Solaray
Magnesium Glycinate
350mg
120 ct.



Buy One, Get One
FREE

Davids
Toothpastes
4-5.25 oz., select varieties



Buy One, Get One
FREE

Preserve
Adult Toothbrushes
each



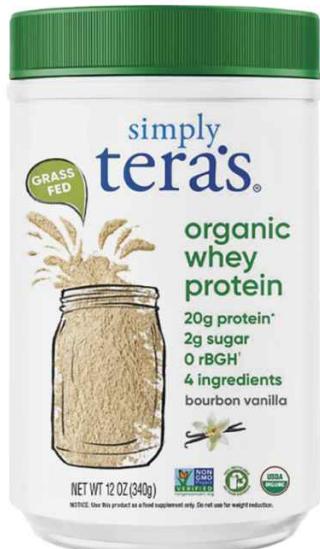
Buy One, Get One
FREE

Liquid I.V.
Hydration Multiplier
Drink Mixes
4.5-5.6 oz.



rise AND shine
BUY ONE, GET ONE FREE wellness deals





Our wholesome grass-fed whey protein comes from small organic family farms in the U.S.A. where happy cows are pasture-raised, grazing freely outdoors in the fresh air and sunshine.



Buy One, Get One
FREE

Manitoba Harvest
Hemp Hearts
7-8 oz.

Buy One, Get One
FREE

Simply Tera's
Organic Vanilla Protein Powder
12 oz. • limit 1 BOGO per customer



Buy One, Get One
FREE

Enzymedica
Digest Gold
45 ct.



Buy One, Get One
FREE

Country Life
Coenzyme B-Complex
120 ct.



B vitamins may
help support
energy,
metabolism &
cognitive
performance.

BOGO wellness products are at the co-op.



4.49

Stonyfield Organic
Kids Yogurt Tubes
8 pk.-2 oz.



organic goodness

Stonyfield Organic makes it easy
and delicious to get billions of
probiotics with each serving of this
yogurt, which helps support
immunity and digestive health.

4.19

Stonyfield Organic
Yogurt
32 oz.



4.29

Forager Project
Organic
Sour Cream
12 oz.



5.49

Bellwether Farms
Organic Whole
Milk Yogurt
16 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/\$5

Siggi's
Skyr Yogurts
4.4-5.3 oz.



5.79

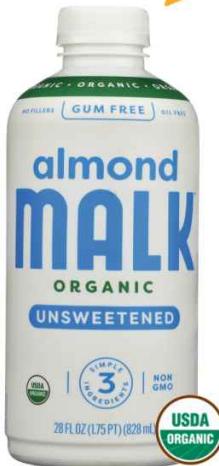
Forager Project
Organic Cashewmilk Yogurt
24 oz.

Brighten your mornings with food from the co-op.



7.99

Kite Hill
Plain Unsweetened
Almond Milk Yogurt
32 oz.



less is more delicious™

MALK means fewer ingredients and higher standards — so you don't have to choose between what's clean and what's delicious. MALK is always organic, clean label, has no gums or oils, and is actually delicious.

4.99

Malk
Organic Plant-based Milk
28 fl. oz.



Start the day with smoothies and yogurt parfaits.

Ingredients you trust.

prioritize gut health

Loaded with protein, gluten-free and up to 99% lactose-free, Lifeway Lowfat Kefir is packed with 12 live and active probiotic cultures to support digestive health, immunity and mental wellbeing.

4.29

Lifeway
Lowfat Kefir
Morton Grove, IL • 32 fl. oz.



local



4.79

Kite Hill
Plant-based Yogurt
16 oz.

Try new breakfast ideas from the co-op.



2/\$4

Poppi
Prebiotic Sodas
12 fl. oz.

sparkling with probiotic goodness

Enjoy the benefits of probiotics in a can of delicious-bubbly-on-the-go organic KeVita Sparkling Refresher.

2/\$6

KeVita
Organic Probiotic
Refreshers

12 fl. oz.



3.79

Rebbl
Organic Functional
Beverage
12 fl. oz.



2/\$5

Recess
Relaxing Mood
Beverages
12 fl. oz.



2.99

Bragg
Apple Cider
Vinegar
Refreshers
16 fl. oz.

discover açai

Enjoy antioxidants, healthy omegas, and a good source of fiber. Add 1 packet to your favorite smoothie recipe for an exotic boost. Blend 2 packets for a delicious Açaí Bowl.

5.69

Sambazon
Organic Açaí Superfruit Packs
14.1 oz.



3.49

Harmless Harvest
Organic Coconut
Smoothie
10 fl. oz.

The co-op has a great selection of beverages.



3.99

Ithaca
Hummus
10 oz.

4.49

Upton's Naturals
Seitan
5-8 oz., Chicago, IL

local



COOPERATIVELY OWNED

5.99

Organic Valley
Block Cheese

La Farge, WI • 8 oz.



4.79

Laird Superfood
Creamer
25.4 fl. oz.

5.49

Bitchin' Sauce
Almond Dip
7-8 oz.

9.49

Miso Master
White Miso
16 oz.

break up with dairy



Commit to **Violife**. Discover our wide range of award-winning dairy-free alternative to cheese that can help you dive effortlessly into a delicious, cheesy plant-based diet.

4.99

Violife
Just Like Cheese
5.29-8.1 oz.

5.49

Daring
Plant-based Chicken
8 oz.

Stock up on great deals from the co-op.



3.39
Sambazon
Organic Açaí Bowl
6.1 oz.



4.99

Blake's
Pot Pie
8 oz.



2.79

Stahlbush Island
Farms
Frozen Sweet
Potatoes
10 oz.



3.99

Silver Hills
Sprouted Bread
Select varieties •
15-22 oz.



4.49

Dr. Praeger's
Veggie Burgers
10 oz.



everyday low price

7.99

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



**new year,
new taste**

Lightlife and Field Roast offer nutritious, flavorful options to support your goals — packed with protein, made with real ingredients and perfect for every plate.



4.49

Lightlife
Organic Tempeh
Strips
6-7 oz.



4.99

Field Roast
Chao Plant-based
Cheese
7-8 oz.



4.99

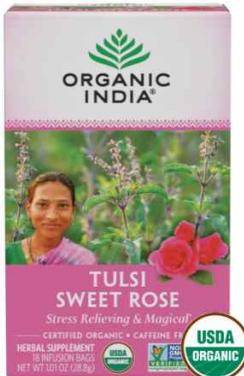
Field Roast
Plant-based
Breakfast Sausage
9.3 oz.



5.99

Field Roast
Plant-based
Appetizers
10 oz.

The co-op has easy meal options.



4.49

Organic India
Tulsi Tea
18 ct.

always organic,
never ordinary

Cascadian Farm organic cereals and granolas are made with wholesome ingredients for a delicious and nourishing start to your day.

3.99

Cascadian Farm
Organic Cereals, Granolas or Granola Bars
Select varieties • 7.2-14.6 oz.



COOPERATIVELY OWNED



2/\$7

Equal Exchange
Organic Teas
20 ct.

COOPERATIVELY OWNED



11.99

Equal Exchange
Organic Regular
Roast Coffee
10-12 oz.

love our
gluten-free
oats

Bob's Red Mill Gluten-Free Old Fashioned Rolled Oats are a wholesome source of fiber and whole grain goodness. Perfect for a hearty breakfast, delicious baked goods or crunchy homemade granola.



7.69

Bob's Red Mill
Organic Gluten-free Rolled Oats
28-32 oz.



2.79

Organic Black
Chia Seeds
per pound in bulk



6.99

Seven Sundays
Cereal or Little
Crispies
Bloomington, MN • 8 oz.



14.99

Four Sigmatic
Organic Coffee
with Mushrooms
10 oz.

The co-op helps start your mornings off right!

live EPIC,
eat EPIC

EPIC brings bold flavor and premium sourcing standards to every strip, bar, pork rind and broth. Made with ingredients that fit your lifestyle, whether that is gluten-free, paleo-friendly or Whole 30 approved. Fuel your body the EPIC way!



2/\$3

Epic
Meat or Seafood
Strips
.8 oz.

2/\$5

Epic
Meat Bars
1.3-1.5 oz.

2/\$6

Epic
Pork Rinds
2.5 oz.

4.99

Epic
Bone Broth
14 fl. oz.



2/\$5

Blue Diamond
Almondmilks
32 fl. oz.



9.99

Lakewood
Organic Pure
Pomegranate Juice
32 oz.



organic snacks for everybunny



3.99

Annie's
Organic Fruit Snacks,
Rice Crisps, and Chewy
Granola Bars
7 oz.

Start the year off right with Annie's! Fuel your little bunnies' fresh start with wholesome and yummy fruit snacks and grain bars. The perfect tasty school treat!



6.99

Sweetleaf
Stevia Sweetener
Clear and Select
Flavors
2 fl. oz.

Delicious snacks and beverages are at the co-op.

INCLUSIVE TRADE PARTNER

A mother-daughter duo run this Vancouver-based company with a goal of bringing people together through delicious, wholesome, and planet-loving food.



6.39

Big Mountain Foods
Lion's Mane
Mushroom Burger
8.46 oz.



INCLUSIVE TRADE PARTNER

ALIVE is a sparkling adaptogenic beverage, designed by GT's family owned company, to naturally energize your body and mind.

100% organic, 100% delicious

INCLUSIVE TRADE PARTNER

GoMacro is a woman-owned company. Our MacroBars® are organic, plant-based nutrition bars made from simple, sustainably sourced ingredients. All MacroBars are certified organic, vegan, gluten-free, kosher, non-GMO, C.L.E.A.N. and soy-free.



2/\$5

GoMacro
Organic Macrobars
Viola, WI • 2-2.4 oz.

frozen meals, made right

INCLUSIVE TRADE PARTNER

Refresh your routine with vibrant Indian flavor! Deep Indian Kitchen is owned by a three-generation Indian American family, so all our products are made from scratch with family recipes and ready in minutes.

5.49

Deep Indian Kitchen
Samosas
7.5-12 oz.



shop
inclusive
trade

inclusive
trade

INCLUSIVE TRADE PARTNER

Pop & Bottle is a woman-owned company. We make pure, delicious coffee and tea lattes. Our lattes are plant-based, free of refined sugar and thoughtfully crafted to nourish and delight.

2/\$6

Pop & Bottle
Organic Almond
Lattes
11 fl. oz.



Find Inclusive Trade brands at the co-op.



4/\$7

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



4/\$6

Annie's
Mac & Cheese
Select varieties •
5.25-6 oz.



16.99

Spectrum
Organic Extra
Virgin Olive Oil
25.4 fl. oz.



3/\$6

Muir Glen
Organic Tomatoes
Select varieties •
14.5-15 oz.



2.29

Siete
Refried Beans
16 oz.



2.99

Lundberg Family
Farms
Organic Rice Sides
5.5-6 oz.



3.49

Muir Glen
Organic Pasta
Sauces
23.5 oz.



3.99

Jovial
Organic Brown
Rice Pasta
Select varieties •
10-12 oz.

COOPERATIVELY OWNED

we spread integrity

We're 100% employee owned, and we take pride in producing superior products for our customers. Since 1976, we've been dedicated to quality and sustainability for a better future.

7.99

Once Again
Organic Sesame Tahini
16 oz.



3.99

Annie's
Organic Dressings
8 fl. oz.



3.49

Annie's
Organic Ketchup
24 oz.

Stock the pantry with help from the co-op.



2/\$6

LesserEvil
Organic Popcorn
4.6-6.4 oz.



2/\$3

Steaz
Organic Teas
Select varieties •
16 fl. oz.



1.99

Gimme
Organic Seaweed
Snacks
.32-.35 oz.



2.39

Frontera
Enchilada, Taco,
or Fajita Sauce
8 oz., Chicago, IL



2.49

Near East
Couscous or Rice
Pilaf
Select varieties •
5.25-10 oz.



3.29

Wild Planet
Skipjack Tuna
Select varieties • 5 oz.



2.79

Koyo
Organic Soba or
Udon Noodles
Select varieties • 8 oz.



4.99

Nixie
Organic Sparkling
Water
8 pk.-12 fl. oz. cans



go bananas for
better hydration

Crafted from organically grown heirloom
bananas with five key vitamins and minerals and
0g of added sugar. Pure hydration. No monkey
business.

2/\$5

Woodstock
Organic Banana Water
16.9 fl. oz.



4.49

Pacific Foods
Organic Soup
Select varieties • 32 fl. oz.

The co-op has snacks for all occasions.



3.29

Boulder Canyon
Potato Chips
5.25-6.5 oz.

COOPERATIVELY OWNED



3.49

Blue Diamond
Nut Thins
4.25 oz.



2/\$7

Back to Nature
Crackers
3.2-7 oz.



3.39

Hippeas
Chickpea Snacks
3.75-4 oz.



3.49

Annie's
Organic Cheddar
Cheesy Smiles
4 oz.



3.99

Lundberg Family Farms
Organic Rice Cakes
Original or Thin
5-9.6 oz.



3.69

Terra
Original Vegetable Chips
5 oz.



3.99

Late July Snacks
Organic Tortilla
Chips
Select varieties •
7.4-10.1 oz.



4.49

Lily's
No Sugar
Chocolate Bars
2.8-3 oz.



3.79

LesserEvil
Moonions
6 oz.



4.99

Green Mountain
Gringo
Salsa
16 oz.

There's something for everyone at the co-op.



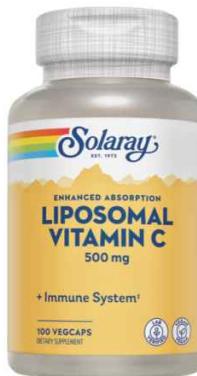
13.99

Solaray
Vitamin D3 + K2
60 ct.



21.99

Solaray
D-Mannose with
CranActin
60 ct.



22.99

Solaray
Liposomal Vitamin C
500mg
100 ct.



choose excellence

Since 1973, **Solaray** has crafted premium supplements with uncompromising quality. Our commitment begins at the source: every ingredient is carefully selected from trusted suppliers who meet our rigorous standards. That's over 50 years of science and trust in every bottle.



17.99

Om
Organic Mushroom
Powder
3.17-3.5 oz.



1.59

Om
Organic Mushroom
Coffee Latte Singles
8g



9.49

MegaFood
Relax & Calm
Magnesium Soft Chews
30 ct.



24.99

Whole Earth & Sea
Men's or Women's
Multivitamin &
Mineral
60 ct.



99¢

Four Sigmatic
Instant Coffee
Packets
.09 ounces



3.69

Dr. Bronner's
Organic Hand
Sanitizer
2 oz.



25.99

Ancient Nutrition
Womens Once
Daily Probiotics
30 ct.



16.99

MegaFood
Turmeric Curcumin
60 ct.

Year-round wellness offerings are at the co-op.



7.49

Alba Botanica
Acnedote Face &
Body Scrub
8 oz.



all-day hydration

Immediate hydration without the heavy, greasy feel — with vitamin E and shea butter. Dermatologist-tested, cruelty-free skincare without parabens, sulfates or petrolatum.

12.99

Alba Botanica
Body Lotion
32 fl. oz.



Natural products are at the co-op.
Better for you and your family.



biobased stain fighters

Seventh Generation's powerful bio-enzymes lift away your toughest stains. Choose fragrance-free for sensitive skin or indulge in fragrances from 100% essential oils and botanical ingredients. Clean laundry starts here.

13.99

Seventh Generation
Liquid Laundry Detergent
23.1-90 fl. oz.



The co-op has safe products for family and home.



Outpost Co-op Gift Cards

*The perfect treat
for anyone!*

- ✓ Foodie best friend
- ✓ Friendly neighbor
- ✓ Host or hostess
- ✓ Community-minded cousin
- ✓ Lunch buddy
- ✓ Local-loving co-worker

Good food for good people.



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

crafted for gentle nourishment



At MegaFood, we craft our supplements with care, using research-backed ingredients, testing for 150+ substances and purposefully creating formulas that nurture people and the planet.

15.99

**MegaFood
Blood Builder**
60 ct.



36.99

**Ancient Nutrition
Multi Collagen
Protein Powder**
15.9-16.7 oz.



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.

MW0126A

