

fresh deals

JANUARY 21 - 27, 2026



1.99 /lb

Organic Cara Red Navel Oranges
California Grown



2.99 /lb

Organic
Blood Oranges
California Grown



1.99 /lb

Organic RioStar
Grapefruit
Texas Grown



2.99

Isola
Bruschetta Crackers
Olive Oil, Cheese,
Rosemary, or Garlic
5.3 oz



5.99

Marieke
Gouda Cheese
Foeneegreek, Honey Clover,
or Jalapeño • Thorpe, WI
5 oz



2.99 /lb

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



9.49 /lb

Wisconsin Meadows
Grassfed Bone-In
Beef Shanks
Viroqua, WI

**we made
you dinner!**

JAN. 21 - 27

Irish Beef Stew

Roasted Vegetable Lasagna (vegetarian)

Red Curry Lentils (vegan & wheat-free)

4-Cheese Mac & Cheese (vegetarian)

Vegan Mac & Cheese (vegan)



owners save more

JANUARY 21 - 27, 2026



1.99/lb

regularly 3.99/lb

Red, Orange, or Yellow Peppers
Mexico Grown



2.99/lb

regularly 4.99/lb

Organic Broccoli
California Grown



1.99/lb

regularly 2.99/lb

Organic Cauliflower
California Grown



6.99/lb

regularly 7.99/lb

Outpost
Fiesta Taco Dip



7.99

regularly 8.99

Connie's Pizza
Classic Thin Crust Pizza
Milwaukee, WI
21 - 25.49 oz



save \$5

regularly 29.99

True Grace
Lion's Mane
Pewaukee, WI • 60 ct



4.99/lb

regularly 5.99/lb

Lundberg
Organic Arborio Rice
Bulk Bin



OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

*SALES GOOD WHILE SUPPLIES LAST

coop deals

JAN 21 - FEB 3, 2026

time to reset

Steep into a new ritual with tea-licious ingredients from Yogi. With Yogi tea on sale at the co-op, you can try out an assortment of flavors, and you can be assured that your drink is plastic-free and in a compostable tea bag.



3.99

Yogi Tea
Organic Herbal
Tea Blends
16 ct., select varieties

INCLUSIVE TRADE PARTNER

Ashley's career started on Wall Street at Goldman Sachs, but she was inspired to trade finance for farmer's markets and build an oat-based empire from scratch.



1.79 Mush
Overnight Oats
5 oz.

INCLUSIVE TRADE PARTNER



Fillo's is a Hispanic-owned company with roots in Chicago, IL. We offer a range of reimagined Latin staples that are packed with flavor and nutrients.

2/\$5 Fillo's
Walking Tamales
4 oz., select varieties,
Chicago, IL

INCLUSIVE TRADE PARTNER



Margaret and Ian Wishingrad were new parents looking for healthy finger food for their child. Three Wishes tastes incredible without being loaded with sugar, and you can pack in the protein without cracking an egg!

5.69 Three Wishes
Cereal
8.6 oz., select varieties



OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

100 E. Capitol Dr.
414-961-2597

2826 S. Kinnickinnic
414-755-3202

7000 W. State St.
414-778-2012

7590 W. Mequon Rd.
262-242-0426

Good groceries right down the street!

Shop our weekly
Fresh & Owner Deals



outpost.coop/shop



perfect for small-spoon eating

Triple strained to be thick and creamy. Made the old-world way, locally sourced and authentically crafted, batch by single batch.



4.99

Nancy's
Organic Nonfat
Plain Yogurt
32 oz.



4/\$5

Chobani
Greek Yogurt
5.3 oz.



The co-op has your favorite toppings.

Make your yogurt fun and delicious.

original cream-top yogurt

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

5/\$5

Brown Cow
Whole Milk Yogurts
5.3 oz., select varieties



1.69

Forager Project
Organic Cashewmilk Yogurt
5.3 oz., select varieties

The co-op has options for busy mornings.



7.99

**Chameleon Coffee
Organic Cold-brew
Concentrate**
32 fl. oz., select varieties

smooth and creamy goodness



Almond Breeze® is a great product that comes to you with care and attention to goodness, Unsweetened Original provides a touch of the almond's natural sweetness but eliminates the added sugar.

2/\$7

**Blue Diamond
Almondmilk**
59-64 fl. oz., select varieties



3.99

**Califia Farms
Barista Blend
Oat Milk**
32 fl. oz.



4.99

**Bizzy
Organic Cold
Brew Coffees**
48 fl. oz., select varieties

protein-rich Greek yogurt

From cooking to baking to enjoying with toppings like fresh fruit and honey, there are many delicious ways to use FAGE Total. The possibilities are as endless as your imagination.



3/\$4

**Fage
Greek Yogurts**
5.3 oz., select varieties



2/\$7

**Goodbelly
Probiotic Drinks**
32 oz., select varieties



Fuel up for the day at the co-op.

dairy-free delights

Start fresh this January! Choose plant-based goodness with Silk Almond Milk, Silk Soy Creamer, So Delicious Coconutmilk and Coconut Yogurt. Non-GMO, unsweetened and dairy-free — perfect for your healthy resolutions.



3.99
Silk
Almondmilk
64 oz., select varieties



4.49
Silk
Plant-based
Creamer
32 fl. oz., select varieties



4.79
So Delicious
Organic
Coconutmilk
64 fl. oz., select varieties



5.49
So Delicious
Coconutmilk
Yogurt
24 oz., select varieties

uniquely pure, simply delicious



INCLUSIVE TRADE PARTNER

GT's Living Foods is family- and LGBTQIA+-owned. Crafted from two young Thai coconuts, COCOYO has billions of living probiotics delivering joy in every jar and life in every bite.

5.49

GT's
Cocoyo Yogurt
8 oz., select varieties



3.99
Daiya
Dairy-free Shreds
7.1 oz., select varieties

COOPERATIVELY OWNED



3.99
Organic Valley
Sour Cream
16 oz., La Farge, WI



5.99
Treeline
Dairy-free French-style Cheese
4-6 oz., select varieties, La Farge, WI

Try something new this year from the co-op.



4.49

Miyoko's Creamery
Organic Plant Milk
Cream Cheese
8 oz., select varieties



5.49

Miyoko's Creamery
Organic Plant Milk
Cheese Spread
8 oz., select varieties



5.49

Miyoko's Creamery
Organic Pourable
Plant Milk Mozzarella
16 oz.

←
*dairy
doppelgänger*

Looks like dairy. Tastes like dairy.
Isn't dairy. **Miyoko's** delivers the
richness you love — organic,
dairy-free and chef trusted.



3.79

Wildwood Organic
Baked Tofu
7 oz.



3.49

Wildwood Organic
High Protein Tofu -
Vacuum Packed
16 oz.



6.99

Wildbrine
Kimchi
18 oz.



2/\$4

KeVita
Sparkling
Probiotic
Refresher
12 fl. oz.



6.49

Just
Plant-based Eggs
16 oz.



Find great deals at the co-op.



5.49

Malk
Organic Plant-based
Creamer
16 fl. oz.



3.69

Little Sesame
Classic Hummus
8 oz.



5.39

Just
Folded Plant-
based Eggs
8 oz.



**Fuel your busy days from sunrise to sunset
Feel your best all day long.**



4.99

Applegate
Breakfast Sausage
7 oz., select varieties



4.99

Little Northern
Bakehouse
Gluten-free Bread
14-17 oz., select varieties



5.99

Diana's Bananas
Frozen Chocolate
Bananas
4 pk - 9.2 oz.



5.99

Meati
Cutlets
7.4-9.5 oz., select
varieties



5.99

Amy's
Frozen Meals
8.25-10.3 oz., select
varieties



6.99

Caulipower
Frozen Pizza
10.9-11.85 oz.,
select varieties

Get cooking with ingredients from the co-op.



naturally nutritious



Brighten up your next meal with Woodstock Frozen Vegetables! Picked at the peak of ripeness, washed and quick frozen to lock in flavor and nutrition for everyone to enjoy.



5.49 Food for Life
Organic Bread
24 oz., select varieties

2.29

Woodstock
Frozen Vegetables
10 oz., select varieties



Shop the co-op for winter warmers.

Find comfort food at the co-op.



*thoughtfully
selected ingredients*

We invite you to experience and enjoy the delicious foods — like these grain-free, gluten-free tortillas — that bring us together around the table. ¡Buen Provecho!

6.99

Siete
Tortillas
7 oz., select varieties



4.99

Rudi's
Organic Bread
22 oz., select varieties

The co-op has essential meal ingredients.



75¢

Justin's
Classic Peanut Butter
Squeeze Pack
1.15 oz.



3.79

Pacific Foods
Naturally Oat
Plant-based
Beverage
32 fl. oz., select varieties



2.99

NutPods
Creamer
11.2 fl. oz., select varieties



COOPERATIVELY OWNED

4.99

Simply
Organic
Cinnamon
2.45 oz., Norway, IA



4.49

Justin's
Peanut Butter
16 oz.



4/\$5

Justin's
Chocolate
Hazelnut &
Almond Butter
Squeeze Packs
1.15 oz.



6.49

Rishi
Organic Tea
15 ct., select varieties,
Milwaukee, WI



wake up,
it's go time

EASY MORNINGS

Take the mundane out of your morning routine and kick-start the day with delicious breakfast and beverage options available at the co-op. How you set the tone for the day makes a big difference, so be sure to get started by fueling yourself well.



3.99

R.W. Knudsen
Organic Blueberry
Pomegranate or Orange
Carrot Juice
32 fl. oz.



The co-op has all your morning essentials.



3.99

**Celestial Seasonings
Herbal Teas**
18-20 ct., select varieties



2/\$4

**Earth's Best
Organic Yogurt Smoothies**
4.2 oz., select varieties



4/\$5

**Larabar
Fruit & Nut Bars**
1.6-1.7 oz., select varieties



3.79

**MadeGood
Organic
Granola Bars**
4.25-5.3 oz., select varieties



4.49

**Puffins
Cereals**
10-11 oz.



4.69

**One Degree
Organic Foods
Sprouted Rice
Crisps Cereal**
8-10 oz.



new year, organic you

Savor the best, always-organic, non-GMO oatmeals from Nature's Path — nutritionally dense and full of health benefits. Kick start organic YOU this year!

3.79

**Nature's Path Organic
Instant Oatmeal**
11.3-14 oz., select varieties



99¢

**Nature's Bakery
Fig Bars**
2 oz.

Breakfast and pantry favorites are at the co-op.



2/\$5

Westbrae
Organic Beans
15 oz., select varieties

imagine the possibilities



At Imagine, we believe the best food starts with real ingredients. Our vegetarian broths deliver a difference you can taste in every spoonful.

3.49

Imagine
Organic No-Chicken
Broths
32 fl. oz.



2.39

Take Root Organics
Canned Tomatoes
14.5-15 oz.



everyday low price

2.29

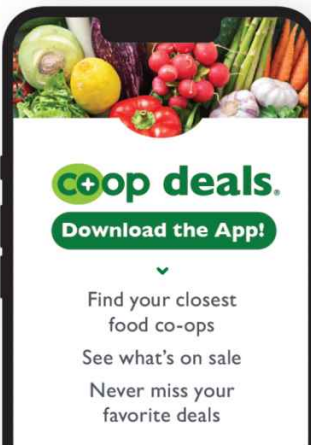
Field Day
Organic Coconut
Milk
13.5 fl. oz.



2/\$5

Wild Planet
Sardines
4.4 oz.

Never miss your
favorite deals



Already an app user? Be sure to update to the latest version on the Apple App or Google Play store.



3.99

Bar Harbor
Clam Chowder
15 oz.



4.99

Bragg
Organic Apple
Cider Vinegar
32 fl. oz.

Download the Co+op Deals app today.



4.69

Lakewood
Little's Juice
8 pk-6.75 oz.



5.49

Zevia
Zero Sugar Soda
6 pk-12 fl. oz. cans



5.99

LaCroix
Sparkling Water
12 pk-12 fl. oz. cans,
La Crosse, WI



7.99

Primal Kitchen
Avocado Oil Mayo
12 fl. oz.



9.99

Navitas Organics
Unsweetened
Cacao Powder
8 oz.



17.99

Napa Valley Naturals
Organic Extra Virgin
Olive Oil
25.4 fl. oz.

*colorful
and nourishing*

SCAN QR CODE FOR RECIPE

There are plenty of inspiring recipes on grocery.coop, and this tuna nicoise one is an easy win! Try this classic version full of veggies that will pack in the protein and vitamins for a quick but delicious lunch.



3.29

Safe Catch
Elite Wild Tuna
5 oz.

scoop up the savings in bulk!



1.69

Organic Steel
Cut Oats
per pound in bulk



2.79

Organic Gold or
Brown Flaxseed
per pound in bulk



4.99

Organic
Pumpkin Seeds
per pound in bulk

Find all your bulk items at the co-op.



2.99

Garden of Eatin'
Sesame Blues Chips
5.5 oz.



2.99

Pirate Brands
Aged White
Cheddar Puffs
4 oz.



2.99

Wasa
Crispbreads
4.9-9.7 oz., select
varieties

everyday low price



3.49

Field Day
Saltine
Crackers
16 oz.



2/\$7

Kettle Brand
Potato Chips
4.25-5 oz.



3.99

Barnana
Organic Plantain
Chips
5 oz.



3.99

Siete
Tortilla Chips
5 oz.



4.49

Alter Eco
Organic
Chocolate Bar
2.65-2.96 oz.



4.49

Simple Mills
Crackers
4-4.25 oz., select varieties



4.49

Vita Coco
Pure Coconut
Water
33.8 fl. oz.



4.49

Back to Nature
Sandwich Cookies
7.5-9 oz.

The co-op has all your favorite snacks.



2.99

Orgain
Nutritional or Protein Shake
11 fl. oz., select varieties



13.99

Wiley's Finest
Easy Swallow Omega-3
Fish Oil Minis 630mg
60 count



12.99

Nature's Way
Umcka Syrup
4 fl. oz., select varieties



12.99

Organic India
Moringa
90 count



21.99

Barlean's
Organic Flax Oil
16 fl. oz., select varieties



31.99

Four Sigmatic
Organic Protein
Powder
16.9-21.16 oz., select varieties



organic cleansing

Our fair-trade organic Psyllium is grown on small family farms, using micro irrigation for 50% less water usage. No synthetic fertilizers or pesticides are ever used.

9.99

Organic India
Psyllium Husk Fiber
12 oz.



15.99

Ultima Replenisher
Electrolyte Powder
3.4-3.9 oz., select varieties

The co-op has trusted wellness products.

*pioneers
with purpose*

At **ACURE**, we have one simple mission: to make clean beauty products accessible. Through ongoing product development and rigorous clinical trials, we've developed skincare, haircare and body care that's powerful for the skin yet gentle on the planet.



6.99
Acure
Brightening
Facial Scrub
4 fl. oz.



11.99
Acure
Brightening
Day Cream
1.7 fl. oz.



12.99
Acure
Brightening
Night Cream
1.7 fl. oz.



5.99
Acure
Shampoo or
Conditioner
8 fl. oz., select varieties



2.99
The Humble Co.
Floss Picks
50 ct., select varieties



4.99
Desert Essence
Toothpaste
6.25 oz., select varieties

better soap, happier hands

Made with essential oils, EWG Verified and packaged in a 100% post-consumer recycled plastic bottle — a refreshing, scent-filled clean for all.

3.69

Everyone
Hand Soap
12.75 fl. oz., select varieties



INCLUSIVE TRADE PARTNER

Giovanni is a veteran-owned company. We make cutting-edge, fashion-forward natural hair care a reality.

6.79

Giovanni
Shampoo or
Conditioner
8.5 fl. oz., select varieties



The best of body care products are at the co-op.

try something new

EASY RESOLUTIONS

2026 is off and running! The co-op is a great place to try something new this year!



try new recipes

Cooking at home doesn't have to be a chore and a bore. If you're wanting to do less take out and more cooking at home, then these recipes are a great place to get started.



try brands doing good for the community

The co-op supports so many brands that are making their communities and the planet a better place. Check out Inclusive Trade and Co-op Trade brands throughout the co-op for products that align with your values.



try new flavors

New spices may be the key to a more delicious year ahead. Take a few tried-and-true meals you've made in the past and add some new flavors this year!



try DIY wellness

The co-op has more than just food. There are also great ideas for DIY projects at home. How about adding some glow to your dry winter skin with this amazing DIY honey facial?



100% recycled paper

Seventh Generation's Bath Tissue does its job well and helps you consider your impact on the environment! It is whitened without chemicals containing chlorine and made from 100% recycled fiber.



3.99

**Seventh Generation
100% Recycled Bath Tissue**
4 ct.



8.99

**Biokleen
Bac-Out**
32 fl. oz.



Try something new this year from the co-op.



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

muscle recovery



Needing a boost with post-workout muscle recovery? Our protein bars are made with 20g of plant-based protein, with an indulgent chocolate coating for a bar that's delicious and nutritious.

2.29

**Probar
Protein Bar**

2.46 oz., select varieties



6.49

**Kashi
Cereal**

12.3-18 oz., select varieties



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.



MW0126B