

fresh deals

FEBRUARY 4 - 10, 2026



5 for \$5

Organic
Hass Avocados
Mexico Grown



save \$1

Olden Organics
Fresh Guacamole
or Pico de Gallo
Made in Ripon, WI
10 - 10.5 oz



2.99/lb

Organic
Red Seedless Grapes
Peru Grown



5.99

Sommers Provisions
Organic Grassfed
85/15 Ground Beef
Chicago, IL • 16 oz



3.99

Boar's Head
Greek Yogurt Dips
12 oz



3.99/lb

Outpost
Mama's Veggie Chili



3.49

Daisy
Creamy Ranch Dip
16 oz

we made
you dinner!

FEB. 4-10

Butter Chicken (wheat-free)
Zucchini Feta Bake (vegetarian)
Sweet Potato Picadillo (vegan & wheat-free)
4-Cheese Mac & Cheese (vegetarian)
Vegan Mac & Cheese (vegan)



owners save more

FEBRUARY 4 - 10, 2026



5.99

regularly 6.99

Palermo's

Primo Thin Crust Frozen Pizza

5 Cheese, Garlic Chicken Alfredo, or Italian Sausage

Milwaukee, WI • 13 - 18.85 oz



1.69/bag

regularly 1.99/bag

Organic

Baby Peeled Carrots

California Grown

16 oz bag



2.99/pint

regularly 3.99/pint

Organic

Grape Tomatoes

Mexico Grown



6.99/lb

regularly 7.99/lb

Outpost

Fiesta Taco Dip



1.99/lb

regularly 2.69/lb

Organic Celery

California Grown



4.99

regularly 5.99

Klarbrunn

Sparkling Water

Select varieties • 12 pk of 12 oz cans • Watertown, WI



3.69

regularly 4.39

Donkey Chips

Corn Tortilla Chips

All varieties • 11 oz
Carol Stream, IL



OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

*SALES GOOD WHILE SUPPLIES LAST

coop deals

FEB 4 - FEB 17, 2026

irresistible crunch

Stop in the co-op for some of your favorite snacks — great for parties, study sessions or streaming your favorite shows all weekend long. With plenty of BOGO deals at the co-op, including crisps from the Good Crisp Company, you're sure to find your delicious snacks to munch on.



Buy One, Get One

FREE

The Good Crisp
Potato Crisps
5.6 oz.

INCLUSIVE TRADE PARTNER

Chickapea is a woman-owned company providing nutritious, convenient family meal options using organic chickpeas and lentils in their ingredients.



Buy One, Get One

FREE

Chickapea
Organic Chickpea Pastas
8 oz.



Buy One, Get One

FREE

Bobo's
Oat Bars
3 oz.



Buy One, Get One

FREE

Virgil's
Sodas
4 pk.-12 fl. oz.



Buy One, Get One

FREE

special offers inside!





Buy One, Get One
FREE

Lily's
Dark Chocolate Style Baking Chips
9 oz.
Select varieties

INCLUSIVE TRADE PARTNER

Badger is a woman-owned company. We are family-owned and operated and create organic body care products with nourishing nutrients.



Buy One, Get One
FREE

Badger
Organic Lip Balms
.15 oz.
Select varieties



Buy One, Get One
FREE

Against the Grain
Gluten & Grain-free Pizzas
22.4-24 oz.



Buy One, Get One
FREE

Jeff's Garden
Pickled Peppers
12 fl. oz.
Select varieties

COOPERATIVELY OWNED



Buy One, Get One
FREE

Simply Organic
Taco, Chili, & Dip Mixes
.8-1.5 oz.
Select varieties



Buy One, Get One
FREE

Bitchin' Sauce
Almond Dips
7-8 oz.

The co-op has BOGO products you'll love.



**Buy One, Get One
FREE**
Deals at the Co-op!

Welcome to BOGO (buy one, get one FREE) deals! You'll find savings on products you love from brands you trust in departments across the co-op. Look for the BOGO deals signs throughout the store.



**Buy One, Get One
FREE**

**Aura Cacia
Foam or Mineral
Bath Packets**
2.5 oz.



**Buy One, Get One
FREE**

**Lily's
Chocolate Bars**
2.8-3 oz.
Select varieties



**Buy One, Get One
FREE**

**Nature's Path Organic
Frozen Waffles**
7.4 oz.



*stock up & save
on BOGO items!*

Find great BOGO deals at the co-op.



4.99

Talenti
Gelato or Sorbetto
1 pt.

INCLUSIVE TRADE PARTNER

Tucson Tamale started with a large Mexican American family tradition that now makes award-winning tamales.



5.49

Tucson Tamale
Tamales
10-11 oz.



2/\$8

Cascadian Farm
Organic Frozen
Potatoes
12-16 oz.



2/\$8

Cascadian Farm
Organic Frozen
Fruits
8-10 oz.



2/\$9

Quorn
Meat
Alternatives
8.5-12 oz.



4.99

Laoban
Dumplings
6-8 oz.



4.99

Alexia
Frozen Potatoes
15-19 oz.
Select varieties



5.99

Smart Chicken
Natural
Boneless &
Skinless Breasts
per pound



6.99

Feel Good Foods
Appetizers
6-10 oz.



3.99

Annie's
Pizza Poppers
6.8 oz.



6.49

Niman Ranch
Uncured
Canadian Bacon
7 oz.

Find something for everyone at the co-op.

dairy-free for dairy lovers

Smooth cream cheese, spicy queso dip and rich sour cream, all dairy-free! Sound impossible? That's kind of our thing. Try **Kite Hill** and fall in love with your favorite foods all over again!



3.79
Kite Hill
Plant-based Dip or Sour Cream
8 oz.



4.79
Kite Hill
Plant-based Greek Yogurt
16 oz.



5.99
Kite Hill
Plant-based Cream Cheese
8 oz.



5.69
Green Valley Creamery
Organic Lactose Free
Yogurt
24 oz.



4.49
Califia Farms
Unsweetened
Almondmilk
48 fl. oz.

COOPERATIVELY OWNED



4.99
Organic Valley
Shredded Cheese
6 oz.



2.79
Hail Merry
Snack Cups
1.5 oz.



4.79
Califia Farms
Unsweetened
Oatmilk
48 fl. oz.



3.99
Oatly
Barista Edition
Refrigerated
Oatmilk
32 fl. oz.

The co-op helps you start mornings off right.



4/\$5

Chobani
Greek Yogurts
5.3 oz.



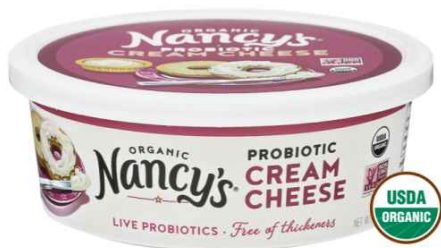
5.49

Chobani
Coffee Creamer
24 oz.



4.99

Follow Your Heart
Original Vegenaise
14 fl. oz.



4.39

Nancy's
Organic Cultured
Cream Cheese
8 oz.



4.39

Green Valley Creamery
Organic Lactose-free Sour Cream
12 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.

The co-op has all your morning essentials.

INCLUSIVE TRADE PARTNER

Baba's is Middle East- and North African-owned. We are an award-winning purveyor of modern Middle Eastern flavors including hummus and pita puffs.



2/\$7 Baba's Hummus
10 oz.

INCLUSIVE TRADE PARTNER

Nuts for Cheese is an LGBTQIA+- and woman-owned company. Our cheese is crafted from 100% organic cashews, fermented and rich in probiotics with billions of CFUs per serving.



6.49
Nuts for Cheese
Organic & Dairy-free
Fermented Cashew
Product
4.2 oz.



5.39 Hodo Moroccan Tofu Cubes
8 oz.



4.99
Grillo's Pickle Chips
16 fl. oz.



6.39
Grillo's Pickles
32 fl. oz.



4.39
Grillo's Pickle De Gallo
14 oz.



INCLUSIVE TRADE PARTNER

In 1995, at 15 years old, GT Dave began bottling kombucha in the kitchen of his parents' home. GT wanted to share kombucha in its true, unfiltered form so that everyone, everywhere could enjoy its healthy and healing benefits - always cultured, never compromised.

2/\$6
GT's Synergy Kombuchas
16 fl. oz.

INCLUSIVE TRADE PARTNER



4.39
Honey Mama's Truffle Bar
2.5 oz.

Crave-worthy options are at the co-op.



3.99

R.W. Knudsen Juice
32 fl. oz.
Morning Blend, Mega Antioxidant, and Lemon Ginger Echinacea varieties

your favorite plant protein

Made with simple, organic ingredients, West Life Soymilk offers 9g of plant protein per serving. Certified gluten-free, Non-GMO Project Verified, dairy-free and vegan.



2/\$7

West Life Organic Soymilk
32 fl. oz.
Select varieties



2/\$8

Choice Organics Teas
16 ct.
Select varieties



4.79

Nature's Path Organic Love Crunch Granola
11-11.5 oz.



4.99

Good Karma Flaxmilk + Protein
64 fl. oz.



6.99

Food for Life Organic Cereal
16 oz.



eggs you love

No better way to show 'em you love 'em than with goodies from the heart made with ethical eggs.



6.99

Vital Farms Pasture-raised Large Eggs
1 doz.



Try something new from the co-op today.



3/\$4 Bob's Red Mill
Oat Bars
1.76 oz.



4.49

Tazo
Tea
15-20 ct.



9.99

Mount Hagen
Organic Instant
Coffee
3.53 oz.



3.49
Bob's Red Mill
Gluten-free
Cornbread Mix
20 oz.



8.99
Artisana
Organic Raw
Tahini
14 oz.



3/\$5

Kind
Bars
1.4 oz.



5.39
Traditional Medicinals
Herbal Tea
16 ct.

INCLUSIVE TRADE PARTNER

Catalina Crunch is a diverse-owned brand. Our products satisfy your sweet tooth but aren't loaded with sugar and empty carbs.



6.99 Catalina Crunch
Keto Cereal
8-9 oz.

scoop up the savings in bulk!



1.69
Organic Quick
Rolled Oats
per pound in bulk



2.19
Organic
Multicolor
Popcorn
per pound in bulk



2.79
Doudlah Farms
Organic Black
Beans
per pound in bulk

The co-op has pantry essentials.



3.79

Endangered Species
Chocolate Bar

3 oz.
Select varieties



4/\$7

Justin's
Organic Cups
1.4 oz.
Peanut Butter or
Almond Butter



2/\$7

Chocolove
Chocolate Bars
3.2 oz.



3.99

Siete
Grain-free
Cookies
4.5 oz.
Shortbread or Mexican
Wedding varieties



4.49

Siete
Tortilla Chips
7.5 oz.
Select varieties



3.99

Frontera
Salsa
16 oz.
Select varieties



4.49

Hu
Organic Chocolate
Bars
2.1 oz.



3.99

Pip's Heirloom
Snacks
Real Cheddar
Cheese Balls
4.5 oz.



4.49

Pip's Heirloom
Snacks
Corn Dippers
Chips
9.25 oz.



4.99

Kettle Brand
Potato Chips
13 oz.



SAVE
10%

when you buy
4 full-size bottles
of wine—mix
or match!

5.49

Tony's Choclonely
Chocolate Bars
6.35 oz.
Select varieties

Find all your favorite snacks at the co-op.

INCLUSIVE TRADE PARTNER

ALO Drink is an Asian-owned company. We source non-GMO aloe vera plants from sustainable farms in Thailand and provide rural communities with economic value.



2/\$4

Alo
Aloe Vera Juice
Drinks
16.9 fl. oz.
Select varieties

inclusive trade



2/\$4

Gimme
Organic Seaweed
Snacks
.32-.35 oz.

USDA ORGANIC



2.69

La Colombe
Cold Brew
9 fl. oz.



2.99

Barbara's
Cheese Puffs
7 oz.
Original or Jalapeno



4.99

Quinn
Filled Pretzels
5-7 oz.
Select varieties



4.99

Waterloo
Sparkling Waters
12 pk.-12 fl. oz. cans



2.99

Parm Crisps
Cheese Snack
1.75 oz.



9.99

Spry
Chewing Gum
100 ct.

leaders in potato chips

Simple ingredients. The crisp and crunch of a classic made better with avocado oil for a uniquely subtle, buttery taste.

2/\$6

Boulder Canyon
Potato Chips

5.25 oz.



INCLUSIVE TRADE PARTNER

Archer Jerky is an Asian-owned company. Our jerky and meat sticks offer mouthwatering flavors with sustainability as a priority.



5.99

Archer Jerky
Beef Jerky
2-2.5 oz.

inclusive trade

The co-op has great snacks for movie night.



3.29

Woodstock Organic Ketchup
20 oz.



February treats

Whether you're enjoying the big game or fixing dinner for friends and family, Crown Prince Natural provides delicious, sustainably caught seafood for your cooking adventures. Recipes galore at www.crownprincenatural.com and youtube.com/CrownPrinceSeafood.

3.69

Crown Prince Smoked Oysters
3 oz.



2.99

Annie's Organic Mac & Cheese
6 oz.
Select varieties



everyday low price

2.49

Field Day Organic Chicken Broth
32 fl. oz.



award-winning EVOO

Our cold-pressed, award-winning extra virgin olive oil (EVOOs) is a kitchen staple. From everyday baking, frying and sauteing, California Olive Ranch brings high-quality EVOO straight from our orchards to your table.

12.99

California Olive Ranch Global Blend Extra Virgin Olive Oil
16.9 fl. oz.



14.99

Dr. Bronner's Organic Whole Kernel Virgin Coconut Oil
30 fl. oz.

Quality ingredients are at the co-op.

INCLUSIVE TRADE PARTNER

Ibraheem Basir grew up with a kitchen that was a melting pot of Creole, Caribbean and Latin American cooking. He started A Dozen Cousins so that it would be easier to enjoy convenient, authentic cultural recipes made with wholesome ingredients.



2/\$6

A Dozen Cousins Ready-to-Eat Beans
10 oz.



3.39
Dr. McDougall's Soup
17.6-18 oz.
Select varieties



3.29 **Ancient Harvest Organic Polenta**
18 oz.



2.99
Muir Glen Organic Tomatoes
28 oz.
Whole Peeled or Crushed Fire Roasted varieties



3.49
Tasty Bite Indian Entrees
10 oz.
Select varieties



4.49
Rao's Soup
15.5-16 oz.



3.29
San-J Gluten-free Tamari Soy Sauce
10 fl. oz.



6.99
Sir Kensington's Classic Mayonnaise
12 fl. oz.

ridiculously good ramen



Elevate your senses with Koyo Ramen Noodles! Our organic noodles are baked, not fried, and deliver the perfect balance of flavor with each bite!

5/\$6

KOYO Ramen Packets
2-2.1 oz.



4.99
Woodstock Organic Pickles
24 oz.

The co-op has staples for every night.



Inclusive trade

9.49

Alaffia
Curl Defining Gel
8 fl. oz.



Inclusive trade

11.99

Alaffia
Everyday Coconut
Shampoo or Conditioner
32 fl. oz.



Inclusive trade

11.99

Alaffia
Everyday Shea
Body Wash
32 fl. oz.



Inclusive trade

11.99

Alaffia
Everyday Shea
Body Lotion
32 fl. oz.

rooted in empowerment

INCLUSIVE TRADE PARTNER

Award-winning and Black-owned, **Alaffia** crafts fair-trade personal-care products that uplift West African communities. Our sustainable shea-based formulas — made through women’s cooperatives — nourish hair and skin while advancing equality, empowerment and environmental stewardship with every purchase.



USDA ORGANIC

18.99

Smartypants
Organic Kids Multi
& Omegas Gummies
120 ct.



21.99

Gaia Herbs
Turmeric Supreme
60 ct.



USDA ORGANIC

16.99

Gaia Herbs
Organic Black Elderberry
Syrup
3 fl. oz.



7.99

Bach
Rescue Remedy
Pastilles
35 ct.



USDA ORGANIC

8.99

Booda Organics
All-in-One Daily
Moisturizer
2.3 oz.



12.49

Kal
D-3 K-2 Activmelt
60 ct.

Winter wellness and body care are at the co-op.

feeling good everyday

Tom's works hard to ensure that everything from our ingredients to our packaging is thoughtfully sourced, derived and developed with environmental and social considerations in mind.



3.99
Tom's of Maine
Spearmint Floss
32 yds.



5.99
Tom's of Maine
Toothpaste
4-4.5 oz.



5.39
Tom's of Maine
Mouthwash
16 fl. oz.



7.99
Tom's of Maine
Deodorant
3.25 oz.



7.99
Sukin
Natural Balance
Shampoo
16.9 fl. oz.



8.99
HiBAR
Shampoo or
Conditioner Bar
2.7-3.2 oz.

INCLUSIVE TRADE PARTNER



17.99
Wild Carrot
Herbals
Vanilla Bean
Face Cream
2 fl. oz.

clean home, clean conscience



Convenient disinfectant wipes that kill 99% of bacteria and viruses in one easy step — no rinse required, even on food-contact surfaces and children's toys!

6.99

Seventh Generation
Cleaning Wipes
70 ct.



10.49
Jason
Body Wash
30 fl. oz.

The brands you trust are at the co-op.

happening this month at your co-op:



**COMMUNITY
CREATIVES**
Local makers & creators
IN THE AISLES!



FEBRUARY 14

11am - 4pm
at our Wauwatosa
location only!

Join our co-op this
February and receive
♥ a FREE gift ♥

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

February round up



The Fondy Food Center cultivates wellness in the Greater Milwaukee Area by focusing on issues of healthy food access and economic opportunity. We operate local farmers markets throughout the year, provide access to land, resources and support to local farmers, and work with partners to build a better food system for our community.



COOPERATIVELY OWNED

castor oil heat pack

- 2 tablespoons Organic Castor Oil
- 3 drops Lavender Essential Oil
- 3 drops Peppermint Essential Oil
- 3 drops Eucalyptus Essential Oil

In a small bowl, combine castor oil and essential oils. Soak a flannel cloth in mixture and place onto body. Use a wash cloth to cover flannel and apply a heating pad for about 30 minutes.

Before use, spot-test on an inconspicuous area to ensure the product does not irritate skin.

As part of the Frontier Co-op family of brands, Aura Cacia is a member-owned co-op that puts people and planet ahead of profits.



3.69
Aura Cacia
Organic
Castor Oil
4 fl. oz.



7.69
Aura Cacia
Lavender
Essential Oil
.5 fl. oz.



5.69
Aura Cacia
Peppermint
Essential Oil
.5 fl. oz.



4.39
Aura Cacia
Eucalyptus
Essential Oil
.5 fl. 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.



MW0226A