

# fresh deals

FEB 25 - MAR 3, 2026



new  
crop

USDA  
ORGANIC

9.99 /lb

Sierra Orchards  
Regenerative Organic Walnuts  
Bulk Bin • Halves or small pieces



USDA  
ORGANIC

3.99 /ea

Organic Strawberries  
Mexico grown  
16 oz



USDA  
ORGANIC

4.99 /bag

Organic Cuties  
2lb Bag Mandarins  
California grown



FAIR TRADE  
CERTIFIED

8.99 /lb

RedFish  
Individually Frozen Farm  
Raised Tilapia Fillets  
2lb bags on sale for 16.99



USDA  
ORGANIC

2.99 /lb

Organic  
Red Seedless Grapes  
Peru grown



4.59

Isola  
Artisan Pasta  
Fusili, Cavatelli, or  
Orecchiette varieties  
16 oz



COOP  
MADE

8.49 half  
17.99 whole

Outpost  
Half or Whole  
Banana Cream Pie

we made  
you dinner!

FEB. 25 - MAR. 3

Chicken Ala King  
Turkey Shepherd's Pie  
Red Curry Lentils (vegan & wheat-free)  
4-Cheese Mac & Cheese (vegetarian)  
Vegan Mac & Cheese (vegan)

COOP  
MADE



# owners save more

FEB 25 - MAR 3, 2026

Inclusive  
trade



**10.95** /5lb

regularly 13.95/5lb

Doudlah Farms  
Organic Popcorn

White or yellow • Packaged Bulk  
Evansville, WI



**1.99** /lb

regularly 2.49/lb

Organic Cara Red  
Navel Oranges  
California grown



**3.99** /ea

regularly 4.99/ea

Organic Blackberries  
California grown  
6 oz



**4.29**

regularly 4.99

Freis Von Kiel  
Artisanal Butter

Salted or Unsalted • Kiel, WI



**5.49** /lb

regularly 6.99/lb

Sunridge Farms  
Organic Blueberry or  
Raspberry Granola  
Bulk Bin



**4.99**

regularly 5.99

Meadowlark Organics  
Organic Raw Rolled Oats  
Ridgeway, WI • 1lb



**4.49**

regularly 4.99

Outpost  
Breakfast Cookies  
Cherry Almond or Peanut  
Butter Chocolate Chip  
4 pack



## OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

\*SALES GOOD WHILE SUPPLIES LAST

# coop deals

FEB 18 - MAR 3, 2026

*ripened with  
sunshine*

Make a hearty dish with Bionaturae's strained tomatoes, like homemade pasta, soup or pizza. Flavorful and satisfying, it's easy to add a variety of options that are perfect for the winter months. These tomatoes are grown in Italy and are 100% organic.



**3.49**  
Bionaturae  
Organic Tomatoes  
24-28.2 oz.



**4/\$5**  
Solely  
Organic Fruit  
Jerkies  
.8 oz.



**2.39**  
San Pellegrino  
Sparkling Mineral  
Water  
750 ml



**2/\$6**  
Cascadian Farm  
Organic Frozen  
Vegetable Blends  
10 oz.



**3.79**  
Bionaturae  
Gluten-Free  
Pasta  
12 oz.



**3.99**  
Late July  
Organic Tortilla  
Chips  
7.4-10.1 oz.



**2.49**  
Smart Chicken  
Natural Whole  
Chicken  
per pound



Warm and comforting.

**Winter meals start here.**



**2/\$4**

Icelandic Provisions Skyr Yogurts  
4.4-5.3 oz.



**3.99**

Tofutti Better Than Cream Cheese  
8 oz.



**4.69**

Oatly Oatmilk  
64 fl. oz.



**4.79**

Ripple Plant-based Milk  
48 fl. oz.  
Select varieties



**5.39**

Colameco's Prosciutto  
3 oz.



COOPERATIVELY OWNED

**6.49**

Organic Valley Pasteurized Egg Whites  
16 oz.



**Begin the day with fresh options.**

*simple ingredients and protein rich*



FAGE is a delicious all-natural Greek strained yogurt. This is Greek yogurt that doesn't compromise on taste or texture. Good things start here.

**3/\$4**

Fage Greek Yogurts  
5.3 oz.



COOPERATIVELY OWNED

**6.49**

Organic Valley Stringles  
8 oz.



**7.49**

Wellshire Turkey Bacon  
12 oz.

**Good morning deals from the co-op.**



←  
*study session meals*

**CONVENIENT AND DELICIOUS**

When you're plugging away at writing a paper, studying for an exam or trying to get caught up on homework, don't neglect your nutritional needs. The co-op has a variety of options for busy students so your next mealtime doesn't have to be time consuming or stressful.



**3/\$7** Evol Burritos  
5-6 oz.



**5.99**  
Udi's Gluten Free Sandwich Bread  
12 oz.  
Select varieties



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



**6.99**  
Cappello's Buttermilk Biscuits  
12.1 oz.



**7.99**  
Cappello's Grain-free Pizza  
11-12 oz.



**11.99**  
Wyman's Wild Blueberries  
3 lb.

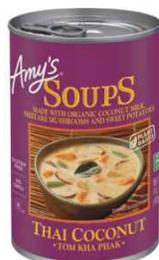
**Fill the freezer with options from the co-op.**



**2.99**  
Native Forest  
Organic  
Coconut Milk  
13.5 fl. oz.  
Select varieties



**2.99**  
Goodles  
Macaroni &  
Cheese  
6 oz.  
Select varieties



**3.99**  
Amy's  
Soup  
13.65-14.7 oz.  
Select varieties



**5.39**  
Maille  
Dijon Mustard  
7.5 oz.



Scoop up great deals at the co-op.  
**Save big when you shop bulk.**



**8.99**  
Momofuku  
Chili Crunch  
5.3-5.5 oz.



COOPERATIVELY OWNED  
**10.49**  
Equal Exchange  
Organic Regular  
Roast Coffee  
10-12 oz.

*scoop up the savings in bulk!*



**2.99**  
Organic Green  
Lentils  
per pound in bulk



**3.79**  
Organic Cannellini  
Beans  
per pound in bulk



**3.19**  
Organic Farro  
per pound in bulk

**Find ingredients for new recipes at the co-op.**



everyday low price!



everyday low price!

2.49

Field Day Organic Chicken Broth  
32 fl. oz.



everyday low price!

3.49

Field Day Organic Pasta Sauce  
24 oz.

1.99

Field Day Organic Pasta  
16 oz.  
Select varieties



Find recipes for cold winter days.

Visit [grocery.coop](http://grocery.coop) for ideas.

*deliciously inspired*

Stock your pantry with delicious organic soups and broths from Pacific Foods. Pacific soups and broths are made with fresh, organic ingredients for wholesome comfort and a satisfying meal.

3.99

Pacific Foods Organic Soup  
16.1-16.6 oz.



6.49

Rao's Pasta Sauce  
24 oz.



12.99

Primal Kitchen Pure Avocado Oil  
16.9 fl. oz.

The co-op makes weeknight meals easy.



**6.49**

**San Pellegrino**  
Italian Sparkling Drinks  
6 pk.-11.15 fl. oz. cans



**9.99**

**R.W. Knudsen**  
Organic Just Tart  
Cherry Juice  
32 fl. oz.



**5.49**

**Lakewood**  
Organic Juice  
32 fl. oz.  
Grapefruit or Pure Carrot  
varieties



**5.99**

**Grandy Organics**  
Grain-free  
Coconola  
9 oz.



Looking for something to munch on?

**Find snacks at the co-op.**

*set the  
bar higher*



**2/\$3**

Clif  
Luna Nutrition Bars  
1.69 oz.



**2/\$4**

Clif  
Nut Butter or Builders  
Protein Bars  
1.76-2.4 oz.



**3/\$5**

Clif  
Nutrition Bars  
2.4 oz.

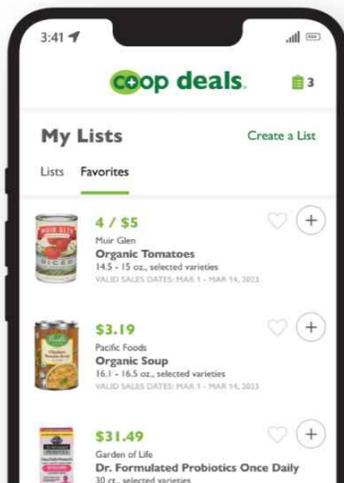
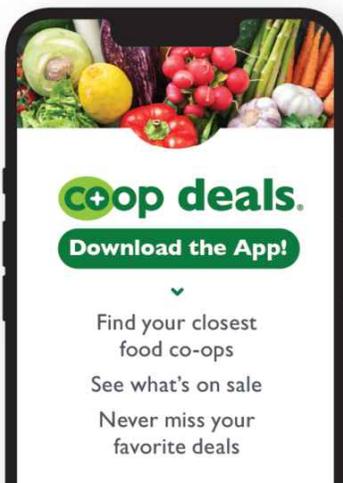


**5.99**

Clif  
Organic Zbar  
6.35-7.62 oz.

**The co-op has snacks for busy schedules.**

# 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.



**SAVE \$1.00**  
ON OUR OVEN ROASTED CHICKEN  
**EVERY WEDNESDAY!**

**2/\$6**  
Good Health Potato Chips  
5 oz.

**2/\$5**  
Good Health Peanut Butter Filled Pretzels  
5.5 oz.

**3.49**  
Unique Snacks Puffzels  
4.8 oz.  
Honey Mustard or Cheddar varieties

**2/\$7**  
Jackson's Chips  
5 oz.  
Select varieties

**4.49**  
Tate's Bake Shop Cookies  
7 oz.  
Select varieties



**4.99**  
Late July Snacks Salsa  
15.5 oz.

*everyday low price!*  
**3.99**  
Field Day Natural Baked House Crackers  
16 oz.

**Download the Co+op Deals app today.**

# strength in diversity



## inclusive trade

### ON-THE-GO GOODNESS

Co-ops are committed to creating a more just society by cultivating partnerships with businesses owned by people who identify as women, Black, Indigenous, people of color (POC), LGBTQIA+, persons with disabilities and veterans. Let's celebrate the strength that comes from diversity! Learn about some of our Inclusive Trade brand partners, and find Inclusive Trade products throughout the co-op.



**Fillos**



**Wild Carrot Herbals**



**Deep Indian Kitchen**



**Giovanni**



**Three Trees**



**Alaffia**



**Purely Elizabeth**

**Inspiring brands are at the co-op.**

**INCLUSIVE TRADE PARTNER**

Junea and her husband Cameron share the nostalgia of this beloved family recipe, using only the finest, hand-picked, natural ingredients. And because their products are made with tapioca flour, they are naturally gluten-free.



**4.39**

**Brazy Bites  
Homestyle Waffles**  
7.4 oz.



*powered by nature*

**INCLUSIVE TRADE PARTNER**

GT's Living Foods is family- and LGBTQIA+-owned. Real probiotics. Real results. SYNERGY delivers 9 billion living cultures that support nine health benefits. For calm, clarity and balance, ALIVE Elixirs bring you mushrooms that uplift and reduce stress.

**2/\$6**

**GT's  
Synergy Kombuchas or Alive Elixirs**  
16 fl. oz.



**Find our full list of  
Inclusive Trade partners!**

*scan the code*



*brilliant clean*

**INCLUSIVE TRADE PARTNER**

ECOS is a Black- and woman-owned company blending green science and renewable energy to deliver a sparkling clean that's powerful, safe and sustainable — for you, your family and the Earth.

**3.99**

**Ecos  
Dish Soap**  
25 fl. oz.



**INCLUSIVE TRADE PARTNER**

Purely Elizabeth is a woman-owned company. Elizabeth started Purely Elizabeth to make delicious food with nourishing ingredients to help you thrive on your wellness journey.

**5.99**

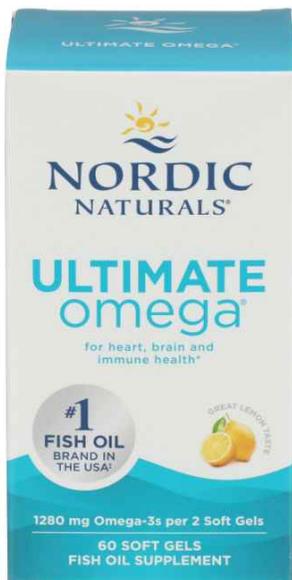
**Purely Elizabeth  
Cereal**  
11 oz.



**Find Inclusive Trade brands at the co-op.**



**7.99**  
Hyland's Naturals  
Calms Forte  
Sleep Aid  
50 ct.



*the power of omega-3*

Every heart needs omega-3s, but it's hard to get a steady supply from food alone. That's why Ultimate Omega® delivers the Power of Omega-3 to help fill everyday gaps.

**21.99**

Nordic Naturals  
Ultimate Omega  
60 ct.



**18.99**  
Natural Factors  
Tranquil Sleep  
Chews  
60 ct.



Stay well as the seasons change.

**Take care of yourself,  
inside and out**

**INCLUSIVE TRADE PARTNER**



**6.49**  
Ayeya  
Traditional African  
Black Soap  
4 oz.

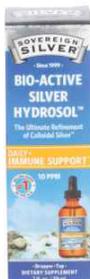
**inclusive trade**



**9.99**  
Andalou Naturals  
Probiotic Cleansing Milk  
6 fl.oz.



**8.99**  
Zum  
Hand & Body Lotion  
6 fl. oz.



**11.99**  
Sovereign Silver  
Bio-Active Hydrosol  
2 oz.

**The co-op has you covered for wellness.**



**2/\$8**

**DrTung's  
Smart Floss**  
30 yd.



**4.49**

**Nubian Heritage  
Bar Soap**  
5 oz.



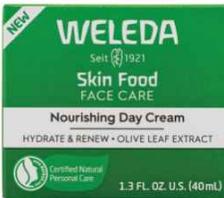
**15.99**

**Heritage Store  
Organic Castor Oil**  
16 fl. oz.



**17.99**

**Andalou Naturals  
Resveratrol Q10  
Night Repair  
Cream**  
1.7 fl. oz.



**18.99**

**Weleda  
Skin Food  
Nourishing Day  
or Night Cream**  
1.3 fl. oz.



*refill!  
refill!*

**Dr. Bronner's Magic Soap Refill Carton** is the same great soap — with a rich lather and clean rinse, now in 86% less plastic than our 32-ounce recycled bottles! Made with Regenerative Organic Certified® oils. Mindful care for body and planet!



**10.99** **Dr. Bronner's  
Magic Soap Refill**  
32 fl. oz.

**Sparkle with body care items from the co-op.**

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



JACQULYN TUCKER, EMMANUEL'S MIX



YAW ASARE, SHARAY'S GHANA STYLE BRITTLE



ALESIA MILLER, SOUL BREW KOMBUCHA

# Locals Making History.

We are proud to feature local, Black-owned, & women-owned businesses all year round. Look for the logos below.



**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**

*deliciously dairy-free*

In addition to being thick and creamy, siggi's plant-based products are a good source of plant-based protein, containing 3 times more protein than the leading yogurt alternatives.



**3/\$5** Siggi's Plant-based Yogurts  
5.3 oz.



**2/\$4**  
Rxbar Protein Bars  
1.83-1.9 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.



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