

# fresh deals

MARCH 4 - 10, 2026



local

6.99

Usinger's  
Uncured Applewood Smoked Bacon  
Original or Sugar-free  
Milwaukee, WI • 12 oz



local

4.29

Milo's Large Brown  
Cage-free Eggs  
Bonduel, WI • 12 ct



4.99

The Greek Gods  
Greek Yogurt  
Assorted varieties  
24 oz



local

1.69 /lb

Honeycrisp Apples  
Patterson Orchards  
New Berlin, WI



USDA  
ORGANIC

4.99 /ea

Organic Strawberries  
Mexico grown  
16 oz



1.79 /ea

C'est Gourmet  
Classic or Chocolate  
Croissant



4.99 /lb

Golden Temple  
French Vanilla  
Almond Granola  
Bulk Bin

we made  
you dinner!

MAR. 4-10

Hearty Chicken Stew

Butternut Squash Lasagna (vegetarian)

Red Curry Lentils (vegan & wheat-free)

4-Cheese Mac & Cheese (vegetarian)

Vegan Mac & Cheese (vegan)



# owners save more

MARCH 4 - 10, 2026



inclusive  
trade

local

**2.59 - 5.29**

regularly 3.59 - 6.29

**Bunny's Bite**  
Cookies, Bars, and Banana Bread  
Milwaukee, WI



inclusive  
trade

local

**SAVE \$1**

regularly 6.99  
**Olden Organics**  
Fresh Guacamole or  
Pico de Gallo  
Ripon, WI • 10-10.5 oz



inclusive  
trade

local

**SAVE \$1**

regularly 9.99  
**Sweettrio**  
Caramel Apples  
All varieties  
Made in Grafton, WI



inclusive  
trade

**SAVE \$5**

**Truvani Protein Powders**  
+ FREE Shaker  
Strawberry, Chocolate  
Strawberry, Vanilla or  
Chocolate • 20.95 - 23.77 oz



inclusive  
trade

local

**5.99**

regularly 7.49  
**Marieke Gouda Cheese**  
Foenegreek, Honey Clover,  
or Jalapeño • 5 oz  
Thorpe, WI



inclusive  
trade

local

**6.49**

regularly 7.99  
**Rebel Green Hand Soap**  
16.9 fl oz



inclusive  
trade

local

**SAVE \$7**

regularly 41.99  
**True Grace**  
Women's Probiotic  
30 ct



## OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

\*SALES GOOD WHILE SUPPLIES LAST

# coop deals

MAR 4 - MAR 17, 2026

*parfait your way*

## NUTRITIOUS SNACK

Spring ahead with a delicious and creamy siggi's skyr yogurt. They're protein packed and perfect as a pick-me-up snack for studying, post workout or finishing a work deadline. Find them on sale at the co-op, and get creative with added toppings for an anytime-of-day parfait.



**4/\$5**

Siggi's  
Skyr Yogurts  
4.4-5.3 oz.



**2.99**

Maya Kaimal  
Organic Everyday  
Entrees  
10 oz.



**3.39**

Kettle Brand  
Potato Chips  
4.25-5 oz.



**3.49**

Brianna's  
Salad Dressing  
12 fl. 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



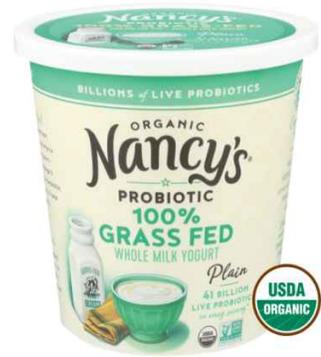
**3/\$4**

Fage  
Greek Yogurts  
5.3 oz.



**2/\$7**

Blue Diamond  
Refrigerated  
Almondmilk  
64 fl. oz.



**5.39**

Nancy's  
Organic Grass-fed Yogurt  
24 oz.



**5.99**

Forager Project  
Organic  
Cashewmilk  
Yogurt  
24 oz.



**5.99**

Bizzy  
Organic Cold  
Brew Coffee  
48 fl. oz.  
Minneapolis, MN



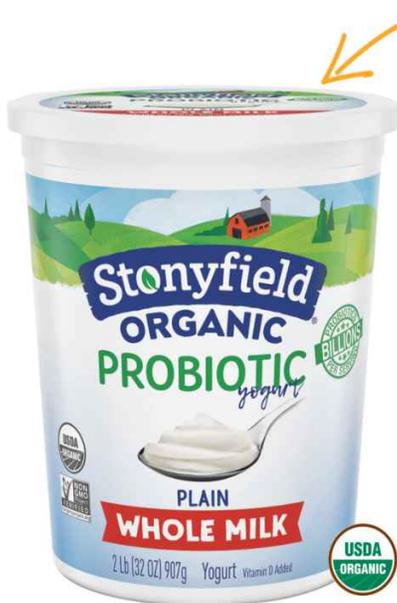
**4.99**

Forager Project  
Organic Oat  
Half & Half  
20 fl. oz.



**6.99**

Cocojune  
Organic Coconut  
Cultured Yogurt  
16 oz.



*taste the truth*

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.

**4.29**

Stonyfield Organic  
Yogurt  
32 oz.



**The co-op has everything for your morning meal.**

COOPERATIVELY OWNED



4.99

Kerrygold  
Pure Irish Butter  
8 oz.



5.49

Kodiak Cakes  
Frozen Waffles  
10.72-13.4 oz.



The co-op has cooperatively owned brands.

**Co-ops support economic empowerment.**

COOPERATIVELY OWNED



3.99

Organic Valley  
Sour Cream  
16 oz.  
Lafarge, WI

COOPERATIVELY OWNED



*made in  
LaFarge,  
WI*

5.69

Organic Valley  
Raw Block Cheese  
8 oz.  
Lafarge, WI

COOPERATIVELY OWNED



5.49

Organic Valley  
Cottage  
Cheese  
16 oz.  
Lafarge, WI



**Co-ops Build Community**

Look for the co-op trademark to find brands cooperatively owned by their workers, farmers or community.

**Find farm-fresh options at the co-op.**



**4.49**  
Applegate  
Uncured Pork & Beef  
Pepperoni  
4 oz.



**3.99**  
Rebbl  
Organic  
Functional  
Beverage  
12 fl. oz.



**4.49**  
Cleveland Kitchen  
Kimchi Pickles  
16 oz.



**3.99**  
Baba's  
Hummus  
10 oz.



**6.99**  
Applegate  
Organic Sliced  
Deli Meat  
6 oz.



**7.99**  
Smart Chicken  
Organic  
Boneless  
Skinless Thighs  
per pound



**7.99**  
Thousand Hills  
Uncured Smoked  
Beef Brisket Bacon  
8 oz.  
Cannon Falls, MN

*big burger flavor*



Juicy bite you know  
and love. Made  
from simple, plant-  
based ingredients.  
Ready in five  
minutes.

**5.99** Beyond  
Plant-based Burger Patties  
8 oz.



**Stock the fridge with help from the co-op.**

# wholesome nutrition made easy

**Woodstock** Frozen Fruits and Vegetables are quick-frozen to maintain their nutrition and goodness without the use of preservatives, artificial colors or flavors. These frozen staples work great in your favorite recipes and will help save you time in the kitchen.



**2.29**

Woodstock  
Frozen Vegetables  
10 oz.



**2.79**

Woodstock  
Organic Frozen Vegetables  
10 oz.



**3.79**

Woodstock  
Organic Frozen  
Mushrooms  
10 oz.



**4.49**

Cleveland Kitchen  
Classic Kimchi  
16 oz.



**4.99**

Blake's  
Organic Pot Pie  
8 oz.



**4.99**

Little Northern  
Bakehouse  
Gluten-free Bread  
16-17 oz.



**5.49**

Food for Life  
Organic Bread  
24 oz.  
Select varieties

everyday low price



**5.99**

Field Day  
Wild Caught  
Breaded Fish  
Sticks & Fish  
Fillets  
8 oz.



**7.49**

Daiya  
Frozen Pizza  
12.8-19.4 oz.



**7.99**

Siete  
Tortillas  
7 oz.

**Find frozen staples at the co-op.**



**4/\$5**

**Larabar**  
Fruit & Nut Bars  
1.6-1.7 oz.



**2/\$5**

**Blue Diamond**  
Almondmilk  
32 fl. oz.  
Select varieties



**99¢**

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

COOPERATIVELY OWNED



**2/\$8**

**Equal Exchange**  
Organic Teas  
20 ct.



**4.39**

**R.W. Knudsen**  
Organic Blueberry  
Pomegranate or  
Cranberry  
Pomegranate Juice  
32 fl. oz.



**6.99**

**King Arthur**  
Baking Company  
Unbleached  
Artisan All-  
purpose Flour  
5 lbs.

COOPERATIVELY OWNED



**12.99**

**Equal Exchange**  
Organic Regular  
Roast Coffee  
per pound in bulk



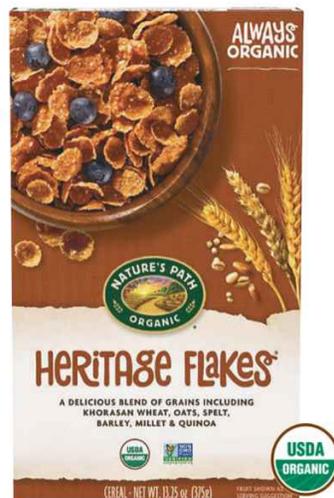
*healthy, organic you*

Heritage Flakes® is a wholesome, hearty cereal with six ancient grains, including khorasan, quinoa, spelt, millet, oats and barley. Each has unique benefits for all-day organic living with Nature's Path!

**3.99**

**Nature's Path Organic**  
Cereal

9.5-14 oz.  
Select varieties



**7.79**

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



**The co-op has something for everyone.**

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



**5.99** Spindrift Sparkling Water 8 pk.-12 fl. oz.



**2/\$4**  
Clif Nut Butter or Builders Protein Bars 1.76-2.4 oz.



**3.69**  
R.W. Knudsen Organic Tomato Juice 32 fl. oz.



**2/\$7**  
Hippeas Chickpea Snacks 3.75-5 oz.



**3.29**  
Vegan Rob's Probiotic Puffs 3.5 oz.



**2.69**  
Rishi Sparkling Botanicals Beverage 12 fl. oz. Milwaukee, WI



**4.49**  
Magic Chocolate Organic Chocolate Bar 2.93-3 oz.



INCLUSIVE TRADE PARTNER

*get into the Swooniverse!*

Founders Jen & Cristina wanted to change the idea that zero sugar meant zero flavor. So they worked tirelessly to make the best tasting, 100% natural sweet tea and lemonade. Get into the Swooniverse and sip sweeter, without sugar.

**1.79**

Swoon Zero Sugar Lemonade & Tea 12 fl. oz.



**4.49**

Simple Mills Chocolate Chip Cookies 5.5 oz.

**Snacks for all occasions are at the co-op.**

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



**2/\$4**  
 Mike's Mighty Good  
 Ramen Soup Cups  
 1.6-2.4 oz.



**3/\$7**  
 Near East  
 Side Dish Mixes  
 5.25-10 oz.  
 Select varieties



**4.49**  
 Tazo  
 Tea  
 16-20 ct.



**3.39**  
 Ancient Harvest  
 Organic Polenta  
 18 oz.



**4.79**  
 Imagine  
 Creamy Soups  
 32 fl. oz.  
 Select varieties



**4.49**  
 Bar Harbor  
 New England  
 Clam Chowder  
 15 oz.



**3.39**  
 Newman's Own  
 Pasta Sauce  
 24 fl. oz.  
 Select varieties



**13.99**  
 Graza  
 Sizzle Extra  
 Virgin Olive Oil  
 750 ml



*everyday low price*  
**19.99**  
 Field Day  
 Organic Olive Oil  
 33.8 fl. oz.

*scoop up the savings in bulk!*



**1.69**  
 Organic Rolled  
 Oats  
 per pound in bulk



**3.29**  
 Organic  
 Sunflower Seeds  
 per pound in bulk



**4.99**  
 Organic Pumpkin  
 Seeds  
 per pound in bulk

**Visit the co-op's budget-friendly bulk section.**



**2/\$4**

Wild Planet  
Wild Sardines  
4.4 oz.



**5.39**

Wild Planet  
Wild Pink Salmon  
6 oz.



**3.99**

Wild Planet  
Wild Albacore Tuna  
5 oz.



**3.69**

Wild Planet  
Tuna Salad  
5.6 oz.

*wild caught,  
wild enjoyed*

**Wild Planet** elevates canned seafood from ocean to can with minimal processing for superior taste and natural flavor. Our selective fishing methods reduce bycatch and protect marine ecosystems. Delicious, convenient and responsibly sourced for future generations.



**INCLUSIVE TRADE PARTNER**

Bela Seafood is a Veteran-owned company that has been sourcing tinned fish from Portugal for generations. Our products are packed by hand using traditional methods.



**3.49**

Bela  
Tinned Sardines  
4.25 oz.



**4.39**

Crofter's  
Organic Just Fruit  
Spread  
10 oz.



**2.19**

Serenity Kids  
Organic Baby  
Food  
3.5 oz.  
Select varieties



*everyday low price*

**4.99**

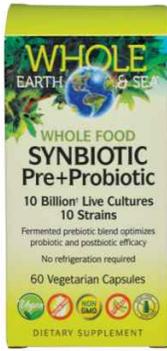
Field Day  
Organic  
Peanut Butter  
18 oz.



**3.99**

Maya Kaimal  
Cooking Sauce  
12.5 oz.

**Ingredients for tasty meals are at the co-op.**



**20.99**  
 Whole Earth & Sea  
 Synbiotic Pre  
 +Probiotic  
 60 cap.



**36.99**  
 Natural Factors  
 Total Body Collagen  
 17 oz.



**8.49**  
 Natural Factors  
 Oil Of Oregano  
 180mg  
 30 ct.



**14.99**  
 Natural Factors  
 Vitamin C  
 1,000mg  
 180 tab.



From a cup of tea to vitamin C  
**The co-op has you covered.**



**12.99**  
 The Republic of Tea  
 Organic Double  
 Green Matcha  
 2.65 oz.

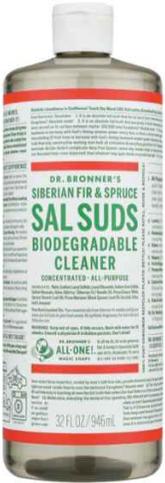


**6.99**  
 Rishi  
 London Fog Organic  
 Tea Concentrate  
 32 fl. oz.  
 Milwaukee, WI



**7.99**  
 Rishi  
 Organic Tea  
 15 ct.  
 Select varieties  
 Milwaukee, WI

**The co-op has your wellness at heart.**



**11.49**

**Dr. Bronner's Sal Suds**  
32 fl. oz.



**3.79**

**Dr. Bronner's Baby Unscented Magic Soap Bar**  
5 oz.



**16.99**

**Derma E Vitamin C Concentrated Serum**  
2 fl. oz.

COOPERATIVELY OWNED



**7.49**

**Aura Cacia Aromatherapy Mist**  
4 fl. oz.



**8.69**

**Humble Deodorant**  
2.65 oz.

*plastic-free packaging*



**7.49**

**The Seaweed Bath Co. Shampoo & Conditioner**  
12 fl. oz.  
Select varieties



**8.99**

**Biokleen Bac-Out Stain and Odor Remover**  
32 fl. oz.

*all day hydration*

Infused with vitamin E and shea butter, Alba Botanica Daily Moisturizing Lotion is lightweight, long-lasting and rehydrates skin. Dermatologist tested, cruelty free, fragrance free, free of parabens, sulfates and petrolatum.

**12.99**

**Alba Botanica Daily Moisturizing Body Lotion**  
32 fl. oz.



**INCLUSIVE TRADE PARTNER**

South of France is a women-owned company. We still kettle cook small batches of our soap using a traditional Marseille recipe.



**3.29**

**South of France Bar Soap**  
6 oz.

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

# happening this month at your co-op:



## good food needs good leadership

VOTE MAR. 19 - APR. 2

VOTE



### Outpost Owners: Vote in the 2026 Board Election!

[outpost.coop/vote](https://outpost.coop/vote)

## Try our St. Patrick's & Spring Drink Specials



### Stop by our cafe today!



### 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](https://outpost.coop)

## March round up



kinship  
COMMUNITY FOOD CENTER

Kinship's 27,000 square foot urban hoop house farm in Glendale, WI harvests approximately 19,000 pounds of organic produce for their food center every year.

Round up at checkout to help grow local food for local people!

## crafted from tradition

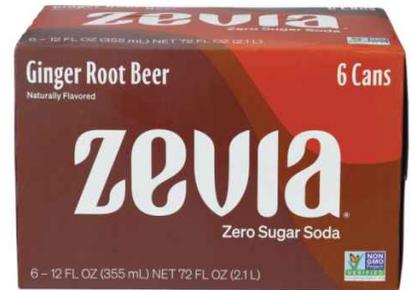
### INCLUSIVE TRADE PARTNER

From an Indian-owned kitchen, our hand-folded samosas feature freshly ground spices, delivering bold, restaurant-inspired Indian flavor in minutes.

# 5.49

## Deep Indian Kitchen Samosas

7.5-12 oz.



# 5.99

## Zevia Zero Sugar Soda

6 pk.-12 fl. oz. cans



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.



MW0326A