

fresh deals

MARCH 18 - 24, 2026



2 for \$6

Earthbound Farm
Organic Baby Spinach
California grown • 5 oz



3.99/ea

Organic Strawberries
Mexico & California grown
16 oz



6.99/lb

Outpost Orzo Salad
with Spinach & Feta
24 oz



5.99

Delallo
Feta Olive Salad
7 oz



6.99/lb

Outpost
Spinach Feta
Chicken Sausage



5.99

BFree
Gluten-free Pita Bread
7.76 oz



3.99

Odyssey
Feta Crumbles
Select varieties • 6 oz

we made
you dinner!

MAR. 18 - 24

Butter Chicken (*wheat-free*)
Italian Sausage Lasagna
Pad Thai (*vegan & wheat-free*)
4-Cheese Mac & Cheese (*vegetarian*)
Vegan Mac & Cheese (*vegan*)



owners save more

MARCH 18 - 24, 2026

March Calmness

SAVE \$5

regularly 17.99-19.99

Herb Pharm
Ashwagandha,
Valerian or
Kava Extracts
1 oz



SAVE \$2/lb

regularly 15.99/lb
Fair Trade Organic
Roasted Cashews
Salted or unsalted
Bulk Bin



2.69/ea

regularly 2.99/ea
Outpost
Decorated
Sugar Cookies



2.59

regularly 3.99
Brioche Gourmet
Hamburger Buns
4 ct • 7.05 oz



9.99

regularly 10.99
Wisconsin Meadows
Smoked Pulled Pork
Viroqua, WI • 16 oz



1.99/bunch

regularly 2.99/bunch
Organic Green or
Lacinato Kale
Mexico or California grown



1.99/lb

regularly 2.49/lb
Organic
Bartlett Pears
Argentina grown



OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

*SALES GOOD WHILE SUPPLIES LAST

coop deals

MAR 18 - MAR 31, 2026

flavors you love

INCLUSIVE TRADE PARTNER

Prepare for spring with great snack options you can easily grab when exploring museums, taking a trip, working or studying. GoMacro is a woman-owned company and they're made with ingredients you'll love, helping to give you a boost during your busy days.



2.29

GoMacro
Organic Bars
2-2.4 oz.
Viola, WI



2/\$6

Nature's Path
Organic
Frozen Waffles
7.4 oz.



2.99

Mary's Gone
Crackers
Organic Original
Crackers
4 oz.



4.49

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



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

COOPERATIVELY OWNED



4.99 Organic Valley Shredded Cheese 4-6 oz. LaFarge, WI

good, honest, organic

We use 100% organic milk from pasture-raised cows, live and active cultures, and a variety of flavors to create an irresistible snack for kids on the go.

4.49

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



4/\$7 Forager Project Organic Cashewmilk Yogurts 5.3 oz.



4.29 Lifeway Low Fat Kefir 32 fl. oz. Morton Grove, IL

sip happens

Crafted from specialty-grade, sustainably sourced beans, Chameleon Cold Brew offers a rich, smooth taste while promoting fair and ethical farming. Every pour tells a story.

8.49 Chameleon Coffee Organic Cold-brew Concentrate 32 fl. oz.



2/\$5 Odyssey Energy Drinks 12 fl. oz.



4.29 Silk Plant-based Milk 64 oz. Select varieties

Brighten your mornings with deals from the co-op.



3.99

Ithaca Hummus
10 oz.



feel good mood + mind

INCLUSIVE TRADE PARTNER

GT's Living Foods is family- and LGBTQIA+-owned. ALIVE helps soothe stress, clear your mind and uplift your mood with clinically studied adaptogens. It's a fizzy, flavorful, feel-good functional beverage that gently supports your nervous system.

2/\$6

GT's
Alive Elixirs
16 fl. oz.



Find an assortment of seasonal ingredients at the co-op.

Make meals you love.



7.99

Bubbies
Pickles or Pickle Chips
33 fl. oz.



4.99

Smart Chicken
Organic Whole
Chicken
per pound



5.49

Tofurky
Plant-based
Sausages
13 oz.



5.99

Applegate
Pork Bacon
8 oz.



11.99

Thousand Hills
Shredded BBQ
Beef Brisket
14 oz.
Cannon Falls, MN

local

Find everything for easy meals at the co-op.



2/\$6

Cascadian Farm Organic Frozen Vegetables
10 oz.
Select varieties



8.99

Caulipower Chicken Tenders
14 oz.



rich in protein

Triple-strained. Thick and creamy. Authentically crafted with locally sourced milk. An excellent source of protein for small-spoon eating.

4/\$5

Chobani Greek Yogurts
5.3 oz.



Snacks, meals and everything in between.

Comfort food at the co-op.

everyday low price



5.99

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



6.49 Applegate Fully Cooked Uncured Sunday Bacon
2.52 oz.

INCLUSIVE TRADE PARTNER



4.99
Foodies Organic Pumfu
8 oz.

Try something new from the co-op!

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

meals made simple

Family-owned since the launch of our first pot pie in 1987, our recipes are crafted using the highest quality, natural and organic ingredients so you can enjoy them in minutes.



3/\$10
Amy's
Burritos
5.5-6 oz.



3.99
Amy's
Macaroni & Cheese
9 oz.



5.99
Amy's
Frozen Meal
8.25-10.3 oz.



8.99
Amy's
Frozen Pizza
13-14 oz.



3.99
Silver Hills
Sprouted Bread
15-22 oz.
Select varieties



5.49
Jonny Pops
Frozen Novelties
6.72-14.8 fl. oz.
Elk River, MN



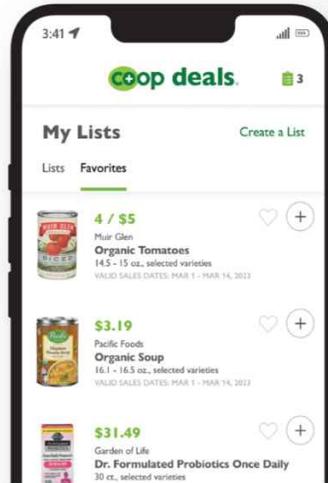
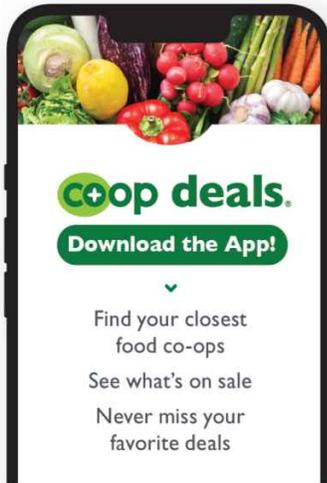
COOPERATIVELY OWNED



7.99
Organic Valley
Butter
16 oz.
LaFarge, WI



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.



Download the Co+op Deals app today!



discover wellness

Guided by nature.
Grounded in feeling.
Wellbeing starts within.

3.99

Yogi Tea
Herbal Tea Blends
16 ct.



2/\$7

Celestial Seasonings
Herbal Teas
12-20 ct.



3.99

Nature's Path
Organic
Instant Oatmeal
11.3-14 oz.
Select varieties



5.49

Kind
Granola
11 oz.



whole wheat goodness

Thrill your tastebuds with warm, sweet cinnamon flavor. Crafted from just four ingredients, Kashi Cinnamon Harvest is packed with whole grains and fiber to satisfy hunger and help you start your day with a smile.

5.49

Kashi
Cereal
12.3-18 oz.



5.69

Lakewood
Organic Mango
Juice
32 fl. oz.



14.99

Four Sigmatic
Organic Coffee
with Mushrooms
10 oz.

The co-op has breakfast and pantry favorites.



3.99
 LesserEvil
 Organic Moonions
 6 oz.

no seed oils




2.39
 Little Secrets
 Crispy Wafers
 1.4 oz.



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



everyday low price
3.49
 Field Day
 Sea Salt Pita Chips
 7.33 oz.




3.99
 Terra
 Vegetable Chips
 5 oz.



3.99
 Annie's
 Organic Bunny
 Grahams
 7.5 oz.




4.49
 Lily's
 Chocolate Bars
 2.8-3 oz.



4.99
 Taza
 Organic
 Chocolate Bars
 2.5-2.7 oz.




4.49
 Mi-del
 Ginger Snaps
 8-10 oz.

*indulgent.
 simple.
 chocolate.*

Hu unites simple ingredients with unbeatable taste. Dive into delicious chocolate that tastes as good as it makes you feel.



4.49
 Hu
 Organic Chocolate Bar
 2.1 oz.
 Select varieties




3.99
 Late July Snacks
 Tortilla Chips with
 Sea Salt
 10.1 oz.

Step up your snack game at the co-op.



2/\$4

Lotus Foods
Rice Ramen
2.8 oz.
Select varieties



1.99

Muir Glen
Organic Tomatoes
14.5-15 oz.



1.49

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



3.49

Muir Glen
Organic Pasta
Sauces
23.5 oz.



2.99

Edward & Sons
Brown Rice Snaps
3.5 oz.



4.99

Better Than Bouillon
Base
8 oz.
Select varieties



3.99

Tasty Bite
Organic Entrees
10 oz.
Select varieties



8.99

Primal Kitchen
Avocado Oil Mayo
12 fl. oz.

no seed oils



11.99

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



scoop up the savings in bulk!



1.79

Organic Steel
Cut Oats
per pound in bulk



2.49

Organic Red
Lentils
per pound in bulk



13.99

Equal Exchange
Organic Semi-
sweet Chocolate
Chips
per pound in bulk

Shop the co-op for all your bulk needs.



4.99

**Epic
Bone Broth**
14 fl. oz.



2.79

**Tonnino
Yellowfin Tuna**
4.94 oz.



3.49

**Pacific Foods
Organic Original
Oat Beverage**
32 fl. oz.



3.99

**Pacific Foods
Organic Soup**
16.1-16.5 oz.



6.49

**Primal Kitchen
Dressing or
Marinade**
8 fl. oz.



5.99

**Bragg
Organic Apple
Cider Vinegar**
32 fl. oz.



9.99

**4th & Heart
Grass-fed Ghee**
9 oz.



a premium pour

Crafted from organic Mediterranean olives and cold-pressed for a smooth, balanced flavor. Perfect for sautéing, roasting or drizzling over your favorite dishes. Now with a resealable pop-up spout!

17.99

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

INCLUSIVE TRADE PARTNER



When co-founders Trish and Nichole's families were faced with dietary restrictions and food sensitivities, they set out to create delicious, clean snacks that everyone can eat.

4.99

**Every Body
Eat
Snack Thins**
4 oz.

Your pantry essentials are at the co-op.



3.99

Let's Do Organic
Heavy Coconut
Cream
13.5 fl. oz.



5.99

Miss Jones Baking Co.
Organic Frosting
11.29 oz.
Select varieties



COOPERATIVELY OWNED

4.99

Simply Organic
Cinnamon
2.45 oz.
Norway, IA



4.49

Wholesome
Organic
Powdered Sugar
16 oz.



7.39

Lily's
Baking Chips
9 oz.



*it starts with
good ingredients*

At **Bob's Red Mill**, we know nothing tastes as delicious as homemade food made with good ingredients. That's why we take special care with our premium flours, your key to the best flavor and texture. Homemade perfection, every time.



3.69

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



8.99

Bob's Red Mill
Gluten-free 1-to-1
Baking Flour
44 oz.



8.99

Bob's Red Mill
Super-fine
Almond Flour
16 oz.

All your baking ingredients are at the co-op.

INCLUSIVE TRADE PARTNER

Kirk's is a woman-owned company. We believe everyone deserves access to natural cleansers, and our products are safe for the whole family.



5.39 Kirk's Castile Bar Soap
3 pk.-4 oz.



6.99
Andalou Naturals Shampoo or Conditioner
11.5 fl. oz.



8.99
Schmidt's Deodorant
2.65 oz.



2.99 Quantum Health Zinc Elderberry Lozenges
14 ct.



5.99
Davids Toothpaste
4-5.25 oz.



INCLUSIVE TRADE PARTNER

4.49
ECOS Hand Soap
17 fl. oz.
Addison, IL



8.99
Nature's Way Umcka Cold Relief
10 pkt.



9.99
Green Forest Bathroom Tissue
12 ct.



10.69
Life-Flo Pure Magnesium Oil
8 fl. oz.



21.99
Barlean's Organic Flax Oil
16 fl. oz.



Find the products you love at the co-op.

Good Food Happy Mood

smoothies • juices • coffee, tea & more
sandwiches • soups • garden & grain salads



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

INCLUSIVE TRADE PARTNER

ECOS is a Black- and woman-owned company that believes everyone has a right to a healthy home. We create cleaning products that protect the health and wellness of people, pets and the planet.



3.99

Ecos Dish Soap
25 fl. oz.



Addison, IL



no seed oils

3.39

Lesser Evil Oh My Ghee Organic Popcorn
4.6 oz.



2.29

Clean Cause Organic Sparkling Yerba Mate Energy Beverages
16 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.



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