

fresh deals

MARCH 25 - 31, 2026



SAVE 15%

local

Meadowlark Organics
Organic Locally Grown Grains & Flour
Ridgeway, WI



local

inclusive trade

SAVE 15%

Doudlah Farms
Organic Locally
Grown Beans
Black, pinto, kidney & more
Bulk Bin • Evansville, WI



local

inclusive trade

SAVE 15%

Doudlah Farms
Organic Popcorn
White or yellow
Bulk Bin • Evansville, WI



COOP
MADE

8.99 /lb

Outpost Groovy
Grain Garden Salad



local

4.99 /lb

Beeler's
Natural Boneless
Pork Chops
Le Mars, IA



USDA
ORGANIC

1.49 /lb

Organic Celery
Mexico grown



USDA
ORGANIC

3.99 /ea

Organic
Strawberries
California & Mexico grown
16 oz

**we made
you dinner!**

MAR. 25 - 31

Green Curry Chicken (wheat-free)

Zucchini Feta Bake

Sweet Potato Coconut Dal (vegan & wheat-free)

4-Cheese Mac & Cheese (vegetarian)

Vegan Mac & Cheese (vegan)

COOP
MADE



owners save more

MARCH 25 - 31, 2026



8.99 /lb

regularly 9.99

Outpost
Specialty Beef Burger Patties
Assorted varieties

*Tailgate
Ready!*



2.99

regularly 4.99
Cadia Everyday
Baby Dill Pickles
24.3 oz



5.29

regularly 6.29
Hennings
Cheese Curds
Select varieties
10 oz



4.49 /lb

regularly 5.99/lb
Roasted Peanuts
Salted or Unsalted
Bulk Bin



6.99 /ea

regularly 7.99/ea
Outpost Oatie
Goodness Cookies
4 pack



1.69 /bunch

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



3.49 /ea

regularly 4.99/ea
Organic Blackberries
Mexico grown
6 oz



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.



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.



3.99

**Ithaca
Hummus**
10 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

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
JonnyPops
Frozen Novelties
6.72-14.8 fl. oz.
Elk River, MN



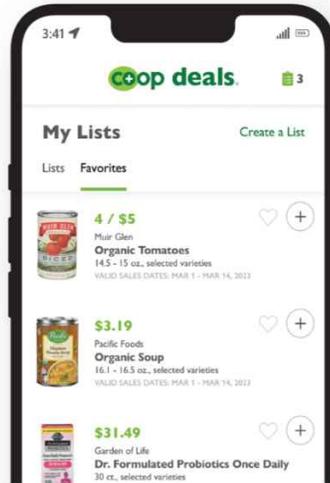
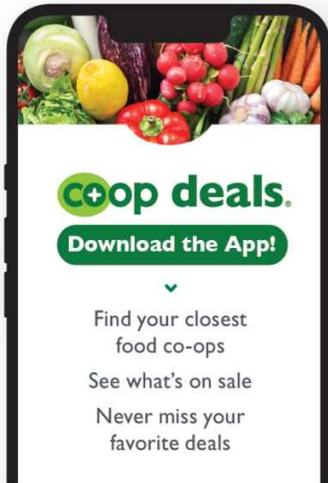
COOPERATIVELY OWNED



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.

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



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.

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



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

LesserEvil 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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