

# fresh deals

APRIL 15 - 21, 2026

local



6.99

Connie's Pizza  
Classic Thin Crust Pizza  
Milwaukee, WI  
20.86 - 25.47 oz



1.99 /lb

Organic  
Garnet Sweet Potatoes  
California grown



1.49 /lb

Organic  
Vidalia Onions  
Georgia grown



6.99 /lb

Outpost Specialty  
Turkey Burger Patties  
Assorted varieties



1.99 /lb

Organic Bartlett,  
Bosc or Red Pears  
Argentina &  
Washington grown



SAVE \$1

Better Wood Products  
Hardwood Lump Charcoal  
8.8 lbs



4.99-6.49

Chalet Cheese  
Assorted varieties  
Monroe, WI  
6 oz

we made  
you dinner!  
APRIL 15-21

Hearty Chicken Stew  
Zucchini Feta Bake (vegetarian)  
Hunan Tofu (vegan & wheat-free)  
4-Cheese Mac & Cheese (vegetarian)  
Vegan Mac & Cheese (vegan)



# owners save more

APRIL 15 - 21, 2026



## SAVE \$1

regularly 6.99/ea

**Outpost Grab & Go Juices**

Hot Off The Press, Ginger Wabbit or Beetnik  
16 oz



## 2 for \$7

regularly 4.99/ea

**Juiced!**

Cold Pressed Juice  
Milwaukee, WI  
12 oz



## 2 for \$4

regularly 2.99/ea

**Organic Ataulfo or  
Tommy Atkins Mangoes**  
Mexico grown

*Great Deal!*



## 7.99 / 2lb

regularly 8.99/ 2lb

**Organic Strawberries**  
Mexico grown



## SAVE \$6

regularly 25.89

**Outpost  
Berberine with  
Chromium**  
60 ct



## 2.99 /lb

regularly 3.99/lb

**Organic Flax Seed**  
Brown or Gold  
Bulk Bin



## SAVE \$6

regularly 34.99

**True Grace  
Omega-3 Fish Oil**  
Pewaukee, WI  
60 ct



# OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

\*SALES GOOD WHILE SUPPLIES LAST

# coop deals

APR 15 - APR 28, 2026

*unwrap impact*

This chocolate brings flavor with a purpose — fair trade roots, farmer-first sourcing and packaging crafted to minimize impact and maximize feel-good fun.



Buy One, Get One

**FREE**

Alter Eco  
Organic Chocolate Bars  
2.65-2.96 oz.



Buy One, Get One  
**FREE**

MegaFood  
Men's and Women's  
Over 55 One Daily  
60 tab.

**INCLUSIVE TRADE PARTNER**

Giovanni is a veteran-owned company. We make cutting-edge, fashion-forward natural hair care a reality.



Buy One, Get One  
**FREE**

Giovanni  
Shampoos or Conditioners  
8.5-13.5 fl. oz.  
Select varieties

special offers inside!

Buy One, Get One  
**FREE**



## 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



4.99

Nancy's Organic Cottage Cheese  
16 oz.



2/\$4

Icelandic Provisions Skyr Yogurts  
5 oz.



5.39

Califia Farms Unsweetened Cashew Milk  
49 fl. oz.



4.49

Ripple Plant-based Milk  
48 fl. oz.

COOPERATIVELY OWNED



4.99

Kerrygold Pure Irish Butter  
8 oz.



5.49

Bellwether Farms Organic Whole Milk Yogurt  
16 oz.



COOPERATIVELY OWNED



4.99

Organic Valley Ultra-Pasteurized Milk  
64 fl. oz.  
La Farge, WI



5.69

Lifeway Organic Kefir  
32 fl. oz.  
Morton Grove, IL



protein rich

A creamy, velvety delight where every spoonful is a symphony of rich and refined flavor.

6.49

Fage Greek Yogurt  
32 oz.



5.39

Califia Farms Organic Almond Milk  
48 fl. oz.



Stock the fridge with options from the co-op.



**3.49**

**Wildwood Organic Vacuum Pack Tofu**  
16 oz.



**3.99**

**Daiya Plant-based Block, Sliced or Shredded Cheese**  
7.1-8 oz.

COOPERATIVELY OWNED



**5.99**

**Organic Valley Block Cheese**  
8 oz.  
LaFarge, WI



**6.99** **Wellshire Turkey Kielbasa**  
12 oz.



**5.49**

**Daring Plant-based Chicken**  
8 oz.



**7.49** **Wellshire Turkey Bacon**  
12 oz.



**10.99**

**Smart Chicken Organic Boneless Skinless Breast Fillet**  
per pound

*stay hydrated*

Sourced from organic young Nam Hom coconuts grown in Thailand, supporting farms committed to ethical and sustainable practices from harvest to bottle.

**4.79**

**Harmless Harvest Organic Coconut Water**  
16 fl. oz.



**The co-op has your mealtime essentials.**

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



**3.39**

**Sambazon  
Acai Bowls**  
6.1 oz.

*everyday low price!*



**9.99**

**Field Day  
Organic Frozen  
Fruit**  
32 oz.

*2 lb. Family Size*



**4.99**

**Applegate  
Breakfast Sausage**  
7 oz.



**6.99**

**Beyond  
Plant-based  
Steak Tips**  
10 oz.



**6.99**

**Laoban  
Bao Buns**  
10 oz.

*fresh flavors*

Brighten up your favorite recipes with Woodstock Frozen Vegetables! Our products are available in organic varieties and don't require any cutting, dicing or peeling — making mealtime quick and convenient!



**2/\$6**

**Woodstock  
Organic Frozen Vegetables**  
10 oz.  
Select varieties



**5.49**

**Laoban  
Soup Dumplings**  
8 oz.



**10.99**

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

**Fill the freezer with great deals from the co-op.**

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



**3.99**  
Cascadian Farm  
Select Cereals,  
Granolas or  
Granola Bars  
7.4-14.6 oz.



**3.79**  
Nature's Path  
Organic  
Toaster Pastries  
6 pk.-1.8 oz.



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



**3.99**  
Annie's  
Chewy Granola  
Bars  
4.45-5.34 oz.



**4.39**  
Lightlife  
Organic Tempeh  
Strips  
6-7 oz.



**4.39**  
Milkadamia  
Macadamia Milk  
32 fl. oz.



**4.99**  
Nature's Path  
Organic  
Love Crunch  
Granola  
11-11.5 oz.



**3.79**  
Wildwood  
Organic  
Baked Tofu  
7 oz.



*energize, sustain  
and nourish*

Baked with delicious, wholesome ingredients  
and purposefully crafted with a blend of  
protein, fat and carbs to keep you moving.

**2/\$3**

Clif  
Nutrition Bars  
2.4 oz.



**2/\$5**

Epic  
Meat Bars  
1.3-1.5 oz.

**The co-op is the place for on-the-go snacks.**



Buy One, Get One  
**FREE**  
The Humble Co.  
Mint Floss Picks  
50 ct.



Buy One, Get One  
**FREE**  
Violife  
Original Plant-based  
Cream Cheese  
7.05 oz.



Buy One, Get One  
**FREE**  
Liquid I.V.  
Hydration Multiplier  
Drink Mixes  
4.58-5.65 oz.



Buy One, Get One  
**FREE**  
Orgain  
Nutritional or Protein  
Shakes  
11-14 fl. oz.



Buy One, Get One  
**FREE**  
MegaFood  
Turmeric Curcumin  
60 ct.



Buy One, Get One  
**FREE**  
Vita Coco  
Coconut Waters  
16.9 fl. oz.

**Find amazing BOGO deals at the co-op.**



**4/\$5**

**Flow**  
Alkaline Water  
501 ml  
Original and flavored varieties



**2/\$4**

**Just Ice Tea**  
Organic Teas  
16 fl. oz.



**2/\$5**

**Aloha**  
Organic Protein Bars  
1.98 oz.



**4.29**

**Bhuja**  
Snack Mix  
7 oz.  
Select varieties

COOPERATIVELY OWNED



**3.99**

**Annie's**  
Organic Cheddar  
Squares  
7.5 oz.



**4.79**

**Annie's**  
Organic Graham  
Crackers  
14.4 oz.



**3.99**

**Blue Diamond**  
Nut Thins  
4.25 oz.



*made with purpose*

By purposefully selecting our ingredients, we're building a food system rooted in delicious, nourishing food — made with care for people and the planet.

**3.79**

**Simple Mills**  
Crackers  
4.25 oz.



**2/\$3**

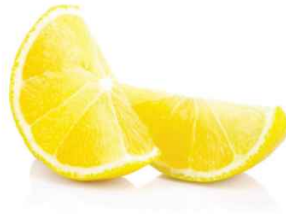
**Epic**  
Meat or Salmon  
Strips  
0.8 oz.

**Step up your snack game at the co-op.**



**4.49**

**Lakewood Little's Organic Juice Box Drinks**  
8 pk./6.75 fl. oz.



**6.49**

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



**3.49**

**Siete Potato Chips**  
5.5 oz.  
Select varieties  
*no seed oils*



**4.49**

**Siete Grain-free Tortilla Chips**  
5 oz.  
*no seed oils*



**2.39**

**San Pellegrino Sparkling Water**  
751 ml



**4.99**

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



**2/\$7**

**Kettle Brand Potato Chips**  
4.25-5 oz.

## Earth Day

### COOPERATIVELY OWNED

Small-scale farmers are the stewards of the Earth's ecosystems, while facing the brunt of impacts from climate change. This Earth Day, and every day, your purchases support small-scale farmer organizations and their work in sustainability and climate resiliency.



**4.29**

**Equal Exchange Organic Chocolate Bars**  
2.8-3.5 oz.



**7.99**

**Equal Exchange Organic Chocolate Chips**  
10 oz.



**2/\$8**

**Equal Exchange Organic Teas**  
20 ct.



**10.99**

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

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



**3.99**

Amy's  
Soup  
13.65-14.7 oz.



**3.99**

Jovial  
Organic Brown  
Rice Pasta  
12 oz.



**3.49**

Jovial  
Tomatoes  
18.3 oz.  
Crushed or Diced



**3.99**

Woodstock  
Organic Olives  
8.4-8.5 oz.



**3.49**

Kitchen Basics  
Stock  
32 fl. oz.  
Select varieties



**8.29**

Manitoba Harvest  
Organic Hemp Hearts  
7 oz.



**4/\$3**

Justin's  
Classic Peanut  
Butter Squeeze  
Packs  
1.15 oz.



**6.49**

Primal Kitchen  
Salad Dressing  
8 fl. oz.

*no seed oils*



**6.99**

Primal Kitchen  
Mayonnaise  
12 fl. oz.

*no seed oils*

*scoop up the savings in bulk!*



**2.49** Organic Garbanzo  
Beans  
per pound in bulk



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



**9.49** Sierra Orchards  
Regenerative Organic  
Walnut Halves & Pieces  
per pound in bulk

**Stock the kitchen with deals from the co-op.**

INCLUSIVE TRADE PARTNER



**14.99**  
Badger  
Mineral  
Sunscreen  
2.9 oz.

inclusive trade



**7.99**  
Sukin  
Shampoo  
16.9 fl. oz.



**5.39**  
Dr. Bronner's  
All-One Toothpaste  
5 oz.



**15.99**  
Heritage Store  
Organic Castor Oil  
16 fl. oz.

USDA ORGANIC



**9.99**  
HiBAR  
Shampoo or  
Conditioner Bar  
2.7-3.2 oz.  
St. Paul, MN

local

plastic-free



**11.99**  
Tru Earth  
Laundry Detergent  
Strips  
32 ct.



**9.69**  
Alaffia  
Shea Butter  
12 oz.

inclusive trade



**12.39**  
Alaffia  
Everyday Shea  
Body Wash  
32 fl. oz.

inclusive trade



**12.39**  
Alaffia  
Everyday Shea  
Shampoo or  
Conditioner  
32 fl. oz.

inclusive trade



**12.39**  
Alaffia  
Everyday Shea  
Body Lotion  
32 fl. oz.

inclusive trade

powered by shea

INCLUSIVE TRADE PARTNER

This Black-owned brand offers nourishing body care made with fair trade shea, traditionally crafted by women-led cooperatives in West Africa to deliver feel-good everyday products that positively impact people and planet.

Find the products you love at the co-op.

supplements  
you can trust

Since 1973, **Solaray** has believed that quality should be proven, not promised. That's why our 700+ vitamins, minerals and herbs are made in Utah with global ingredients that are triple-tested for purity and potency—ensuring quality in every capsule.



Buy One, Get One  
**FREE**  
Solaray  
D-Mannose with CranActin  
60 ct.



**13.99**  
Solaray  
Berberine with  
Oregon Grape  
60 ct.



**11.99**  
Solaray  
Magnesium  
Glycinate 350mg  
120 ct.



**16.99**  
Solaray  
Liposomal  
Vitamin C  
100 ct.



**7.99**  
Bach  
Rescue Remedy  
Pastilles  
35 ct.



**19.99**  
Smartypants  
Organic Kids Multi  
& Omegas  
Gummies  
120 ct.



**13.99**  
Wiley's Finest  
Easy Swallow  
Omega-3 Fish Oil  
60 ct.

turmeric, done right

Looking for a turmeric that works harder? This enhanced formula delivers even more curcuminoids and now includes black pepper to support better absorption. Still crafted with care and quality at Gaia Herbs for both people and planet.

**21.99**

Gaia Herbs  
Extra Strength Turmeric Supreme  
60 ct.



**36.99**  
Ancient Nutrition  
Multi Collagen Protein  
472.5g

Spring into wellness at the co-op.



# Careers worth talking about!



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



### 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)

*clean safer this spring*

Using the power of plant science, we create products that get the job done and are safer for your family. From renewable plant-based ingredients to more sustainable packaging, our products redefine what it means to clean with purpose.



**2.79**

Seventh Generation Unbleached Paper Towels each



**9.99**

Seventh Generation 100% Recycled Bath Tissue 12 ct.



**3.79**

Seventh Generation Liquid Dish Soap 19 fl. oz.



**13.99**

Seventh Generation Liquid Laundry Detergent 23.1-90 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.



MW0426B