

# fresh deals

MAY 6 - 12, 2026



Inclusive  
trade

local

4.89 /ea

Webers Greenhouse  
Powered by Teens Grow Greens  
Vegetable & Herb Seedlings  
Grown in Milwaukee, WI

Also check out our locally  
grown potted plants!



New flavor!

4.99 /ea

Josie's Organics  
Chopped Salad Kits  
All varieties  
California grown • 7-12 oz



2 for \$6

Earthbound Farm  
Salad Mixes  
Select varieties  
California grown • 5 oz



local

4.39

Montchevre  
Goat Cheese  
Plain or Garlic Herb  
Belmont, WI • 4 oz



new

local

4.99 /ea

Hundred Acre  
Green Goddess Dressing  
or Lemon Basil Vinaigrette  
Milwaukee, WI • 12 oz

Treat the mom in your life!



new

19.99 /lb

Grass Run Farms  
Grass-fed New York  
Strip Steak



COOP  
MADE

5.49 /lb

Outpost  
Double Baked Potato

we made  
you dinner!  
MAY 6 - 12

Butter Chicken  
Roasted Vegetable Lasagna (vegetarian)  
Pad Thai (vegan & wheat-free)  
4-Cheese Mac & Cheese (vegetarian)  
Vegan Mac & Cheese (vegan)

COOP  
MADE



# owners save more

MAY 6 - 12, 2026

flash  
sale

May 9 - 10 only!



9.99-19.99/ea

regularly 11.99-23.99/ea

Outpost  
Beautiful Mother's Day Bouquets  
Colombia grown



3.99/ea

regularly 4.99/ea  
Organic Blackberries  
or Raspberries  
Mexico grown • 6 oz



2.99/lb

regularly 3.49/lb  
Organic  
Honeycrisp Apples  
Washington grown



7.99

regularly 9.29  
Natural Valley  
Goat Cheese  
Select varieties  
Cashton, WI • 8 oz



8.49

regularly 9.99  
Antonina's  
Cinnamon Streusel  
Coffee Cake  
16 oz



4.99/lb

regularly 6.99/lb  
Golden Temple French  
Vanilla Almond Granola  
Bulk Bin

4 lb convenience bag also on sale, 19.99!



3.99

regularly 4.99  
Brown Cow  
Whole Milk  
Cream Top Yogurt  
32 oz



## OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

\*SALES GOOD WHILE SUPPLIES LAST

# coop deals

APR 29 - MAY 19, 2026

## sweet indulgence

Show some love on Mother's Day and gather the ingredients to make a delicious brunch — or pick up a sweet treat like Chocolove's Raspberries in Dark Chocolate. The balance of sweet and tart raspberries with dark chocolate is a winning flavor combo, and they're on sale at the co-op!



**2/\$7**  
Chocolove  
Chocolate Bars  
2.9-3.2 oz.

### INCLUSIVE TRADE PARTNER



**2/\$5**  
GT's  
Kombuchas  
16 fl. oz.  
LGBTQIA+-owned



**3.49**  
Mary's Gone  
Crackers  
Organic Crackers  
4 oz.  
Select varieties



**2.69**  
Field Day  
Coconut Water  
16.6 fl. oz.



everyday low price

### INCLUSIVE TRADE PARTNER



Fillo's is a Hispanic-owned company. We offer a range of reimagined Latin staples that are packed with flavor and nutrients.

**2/\$4**

Fillo's  
Walking Tamales  
4 oz.  
Chicago, IL



**4.99**  
Green Mountain  
Gringo  
Salsa  
16 oz.



Shop the co-op for all your spring events.

**Find snacks for your next outing.**



**2/\$7**

Fage Total  
Greek Yogurt  
16 oz.



**1.79**

Mush  
Overnight Oats  
5 oz.



**4.49**

Silk  
Plant-based Milk  
64 fl. oz.

COOPERATIVELY OWNED



**4.99**

Organic Valley  
Shredded Cheese  
4-6 oz.  
La Farge, WI



**4.49**

Silk  
Plant-based  
Creamer  
32 fl. oz.



**3.79**

Kite Hill  
Tzatziki  
8 oz.



COOPERATIVELY OWNED

**5.99**

Organic Valley  
Grassmilk  
59 fl. oz.  
La Farge, WI



*high protein yogurt*



With 17 g of protein and 0 g of sugar per serving, Kite Hill Dairy Free Greek Yogurt is a plant-based powerhouse. Try it in your next parfait or smoothie!

**4.79**

Kite Hill  
Plant-based Yogurt  
16 oz.

COOPERATIVELY OWNED



**5.99**

Organic Valley  
Stringles  
8 oz.  
La Farge, WI

**The co-op has all your mealtime staples.**



**5.99**

Bizzy  
Organic Cold  
Brew Coffee  
48 fl. oz.



*not your grandma's sweet tea*

We're what happens when you brew tea like a craft beer. Unexpected, yet surprisingly familiar. Hopy, but with less punch than a home brewed IPA, **HopTea** is for those looking to fuel their curiosity.

**2/\$5**

Hopark  
Hop Tea  
16 fl. oz.



**3.99**

Tofurky  
Plant-based Deli Slices  
5.5 oz.



**7.99**

Beyond  
Plant-based  
Ground Beef  
16 oz.

*real ingredients, bold flavor*

At Cleveland Kitchen, fresh fermentation is our super power! Traditional Korean-style kimchi with balanced spice, live cultures and crave-worthy texture.

**4.49**

Cleveland Kitchen  
Kimchi and Kimchi  
Pickles  
16 oz.



**Save on all your favorite brands at the co-op.**



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



**2.19**

Frontera  
Enchilada, Taco, or  
Fajita Sauces  
8 oz.  
Chicago, IL



**4.39**  
Green Valley  
Organic  
Lactose-free  
Sour Cream  
12 oz.



**4.39**  
Grillo's  
Pickle De  
Gallo  
14 oz.



**5.99**  
Grillo's  
Pickles  
32 fl. oz.



**5.49**  
JonnyPops  
Frozen Novelties  
6.72-14.8 fl. oz.



**4.69**  
Reed's  
Ginger Ale  
4 pk.-12 fl. oz. cans



**2/\$6**  
KeVita  
Organic Tart  
Cherry  
Kombucha  
15.2 fl. oz.



**5.49**  
Alden's Organic  
Frozen Novelties  
9-14 fl. oz.



**5.99**  
Smart Chicken  
Organic Party  
Wings  
per pound



**7.99**  
Thousand Hills  
Summer Sausage  
10 oz.



**7.69**  
Niman Ranch  
Sliced Roast Beef  
6 oz.

**Find anytime meals and snacks at the co-op.**

**INCLUSIVE TRADE PARTNER**

Tucson Tamale started with a large Mexican-American family tradition and now makes award-winning tamales.



**5.49** Tucson Tamale Tamales  
10 oz.



**2/\$6**  
Nature's Path Organic Frozen Waffles  
7.4 oz.



**2.99** Amy's Burritos  
5.5-6 oz.  
Select varieties



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



**2/\$8**  
Cascadian Farm Organic Frozen Fruits  
8-10 oz.



**2/\$8**  
Cascadian Farm Organic Frozen Potatoes  
12-16 oz.



**4.49**  
Dr. Praeger's Veggie Burgers  
10 oz.  
Select varieties



**6.99**  
Daiya Frozen Pizza  
12.8-19.4 oz.

*no compromises*

Great taste or gluten-free? You don't have to choose. Canyon Bakehouse delivers the taste, texture and quality you expect from real bread — without the gluten. No compromises needed with Canyon Bakehouse.



**7.49** Canyon Bakehouse Gluten-free Heritage Bread  
24 oz.  
Honey White or 7-Grain



**The co-op has options for easy meals.**



2/\$3

Solely Organic Fruit Jerky 0.8 oz.



2/\$4

Justin's Organic Peanut Butter or Almond Butter Cups 1.32-1.5 oz.



3.49

The Good Crisp Potato Crisps 5.6 oz.



2/\$4

Gimme Organic Seaweed Snacks .32-.35 oz.



2/\$5

Rishi Sparkling Botanicals Beverages 12 fl. oz. Milwaukee, WI



5.99

Clif Organic Zbars 6.35-7.62 oz.



your favorite plant milks

You can enjoy your favorite organic, non-GMO, lactose-free, dairy-free, gluten-free beverage with either our West Life 9g of protein soymilk, or our creamy, smooth Dream Horchata.

2/\$7

Dream or West Life Organic Horchata or Soymilk 32 fl. oz.



6.49

Grandy Organics Grain-free Coconola 9 oz.



Find the snacks you love at the co-op.



2/\$4

Poppi  
Prebiotic Sodas  
12 oz.



2.99

Good Health  
Potato Chips  
5 oz.

*no seed oils*



2/\$6

Field Day  
Sea Salt Veggie  
Straws  
7 oz.



3.49

Unique Snacks  
Puffzels  
4.8 oz.  
Aged Cheddar or  
Honey Mustard



2/\$3

Pur  
Gum  
9 ct.



4.99

Flackers  
Organic Flax  
Seed Crackers  
5 oz.  
Select varieties  
Minneapolis, MN



4.29

Fever Tree  
Tonic Water  
4 pk.-6.8 fl. oz.  
Select varieties



4.49

Mi-del  
Ginger Snaps  
8-10 oz.  
Original or  
Gluten-free



2.69

Vermints  
Organic  
Breath Mints  
1.41 oz.



*taste the magic*



Celebrate what's possible when pleasure meets purpose. Made with Regenerative Organic Certified© cocoa and sugar, Magic Chocolate is lovingly crafted using ingredients grown with respect for people and planet.

4.49

Magic Chocolate  
Organic Chocolate Bar  
2.93-3 oz.



6.99

Fentimans  
Soda  
4 pk.-9.3 fl. oz.  
Select varieties



6.49

Waterloo  
Sparkling Water  
12 pk.-12 fl. oz.

On-the-go options are at the co-op.



COOPERATIVELY OWNED

**1.69**

Simply Organic  
Taco Seasoning  
Mix

0.7-1.13 oz.  
Norway, IA



*rooted in Italy*



Now Regenerative Organic Certified, Bionaturae tomatoes from Italian family farms are picked at their prime and packed the same day, delivering clean, authentic flavor shaped by tradition and the land.

**3.49**

Bionaturae  
Organic Tomatoes  
28.2 oz.



**2/\$5**

Wild Planet  
Sardines  
4.4 oz.



**2/\$5**

Near East  
Rice or  
Couscous Mixes  
5.25-7 oz.  
Select varieties



**3.49**

Marukan  
Organic Rice  
Vinegar  
12 fl. oz.



**3.49-  
3.79**

Tasty Bite  
Entrées  
10 oz.  
Select varieties

*ramen, reimagined*

Single-serve ramen crafted from organic rice varieties and paired with classic miso soups. Thoughtfully sourced, quick to cook and easy to enhance with your favorite protein and toppings.

**1.79**

Lotus Foods  
Rice Ramen

2.8 oz.



**2.59**

Tasty Bite  
Ready to Eat  
Rice Sides  
8.8 oz.  
Select varieties



**2.79**

Doudlah Farms  
Organic Black  
Beans  
per pound in bulk



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



**1.99**

Siete  
Taco Seasoning  
1-1.31 oz.



**3.99**

Siete  
Tortilla Chips  
7.5 oz.



**3.99**

Siete  
Salsa  
10.5 oz.



**7.49**

Siete  
Tortillas  
7 oz.

*mild and  
delicious*

“Casera” means “homemade,” and we can’t wait for you to get a taste of what it’s like at our table. Siete’s food is made with a few thoughtfully selected ingredients that we hope you enjoy. ¡Buen Provecho!



Spruce up your routine with new ingredients from the co-op.

**Delicious options.**

*a premium pour*

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

**17.99**

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



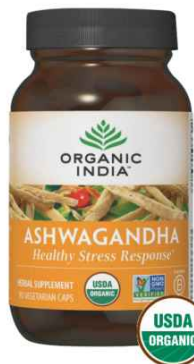
**8.99**  
Artisana  
Organic Raw  
Coconut Butter  
14 oz.



**8.99**  
Artisana  
Organic Raw  
Tahini  
14 oz.



**Shop for meals you enjoy at the co-op.**



Ashwagandha grown in its native landscape by small-scale family farmers. Fair Trade Certified and Regenerative Organic Certified® (ROC™), ensuring purity, potency and planet care.

16.99

Organic India Ashwagandha 90 ct.



pure fiber

Ease starts with purity. Certified Organic psyllium fiber grown on small family farms with regenerative practices that protect soil health and biodiversity. Free from GMOs, synthetic pesticides, artificial colors and flavors.

12.99

Organic India Psyllium Husk Fiber 12 oz.



15.99

Ultima Replenisher Electrolyte Drink Mix 3.4-3.9 oz.



Natural Stacks Brain Food Formulas 60 cap.

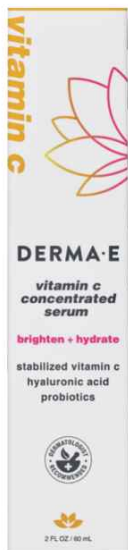


28.99

Sprout Living Organic Vanilla Protein Powder 1 lb. Chicago, IL

SAVE 10.00

Find all your supplements at the co-op.



**15.99**  
**Derma E**  
**Vitamin C**  
**Concentrated**  
**Serum**  
 2 fl. oz.

*refill! refill!*

Same great soap — with a rich lather and clean rinse, now in 86% less plastic than our 32 oz. recycled bottles! Made with Regenerative Organic Certified® oils. Mindful care for body and planet!

**13.49**

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



**INCLUSIVE TRADE PARTNER**

Badger is a woman-owned company. We are family-owned and operated and create organic body care products with nourishing nutrients.



**13.49**

**Badger**  
**SPF 50 Adventure Mineral**  
**Sunscreen Cream**  
 2.9 fl. oz.



**5.49**  
**Booda Organics**  
**Cream Deodorant**  
 2.4 oz.

*lavender castor glow oil*

**COOPERATIVELY OWNED**

Create a simple body care ritual with calming lavender and nourishing castor oil. Try this easy blend: add three drops of lavender essential oil to one tablespoon of castor oil. Smooth onto cuticles or dry areas after bathing. Glow naturally with **Aura Cacia**.



**7.69**  
**Aura Cacia**  
**Lavender**  
**Essential Oil**  
 .5 fl. oz.



**3.69**  
**Aura Cacia**  
**Organic**  
**Castor Oil**  
 4 fl. oz.



**6.99**  
**Aura Cacia**  
**Aromatherapy Mist**  
 4 fl. oz.



**2.69**  
**Aura Cacia**  
**Foam or Mineral**  
**Bath Packet**  
 2.5 oz.

**Year-round body care products are at the co-op.**

# happening this month at your co-op:

## May round up

Local non-profit Milwaukee Homeless Veterans Initiative focuses their efforts on some of the most vulnerable people in our community. They serve at risk and homeless veterans and families with pivotal human services for anyone who wore the uniform, whether they are homeless, struggling with underemployment or disabled.

Learn more at [www.wisconsinvets.org](http://www.wisconsinvets.org)



**COMMUNITY  
CREATIVES**  
Local makers & creators  
IN THE AISLES!

**Saturday,  
May 9**

at our Bay View  
location only!



Join our co-op this  
May and receive  
a **FREE** gift!

**Let's own a  
grocery store  
together!**

[outpost.coop/join](http://outpost.coop/join)



### 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**

*everyday fuel*

Snacks with ingredients you know. For breakfast before the commute, a quick bite between errands or something to carry you through a long walk. **Kind** offers everyday staples that fit into real moments.



**2/\$3**

Kind  
Bars  
1.4 oz.



**4.99**

Kind  
Clusters or Granola  
11 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.

MW0526A

