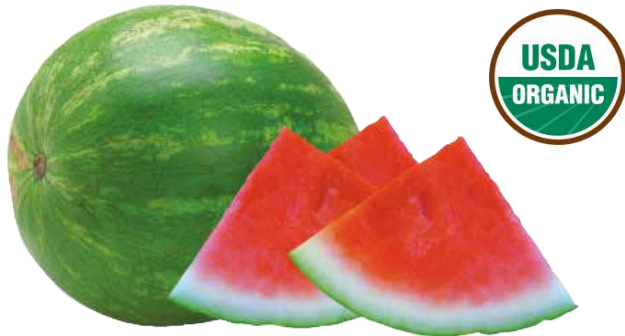


# fresh deals

MAY 27 - JUNE 2, 2026



9.99/ea

Organic  
Whole Seedless Watermelon  
California & Mexico grown



3.99/pint  
Organic Blueberries  
California grown



2.99/ea  
Organic Blackberries  
or Raspberries  
California & Mexico grown  
6 oz



2 for \$7

Juiced!  
Cold-pressed Juice  
Milwaukee, WI  
12 oz



5.49  
Guggisberg  
Swiss Cheese Chunk  
12 oz



1.99  
Dairy Fresh  
Cream Cheese  
Taylor, MI  
8 oz



3.99  
Original Bagel  
New York Styled Bagels  
Plain or Everything  
24 oz

we made  
you dinner!

MAY 26 - JUNE 2

**Turkey Shepherd Pie** (wheat-free)  
**Asparagus Leek Lasagna** (vegetarian)  
**White Bean Kale Saute** (vegan & wheat-free)  
**4-Cheese Mac & Cheese** (vegetarian)  
**Vegan Mac & Cheese** (vegan)



# owners save more

MAY 27 - JUNE 2, 2026



**3.99** /lb  
regularly 4.99/lb  
Organic Peaches or Nectarines  
California grown



**3.99** /lb  
regularly 4.99/lb  
Organic Green or  
Red Seedless Grapes  
Mexico grown



**8.99**  
regularly 9.99  
Flax 4 Life  
Muffins or Mini  
Brownie Bites  
Gluten-free • 14 oz



**\$2** off  
regularly 15.99-29.99  
Nature's Blessed  
Frozen Fruit  
Assorted varieties  
Coloma, MI • 40 oz



**1.79**  
regularly 1.99  
Noosa  
Yoghurt Lil' Tubs  
4.5 oz



**3.99**  
regularly 5.39  
Planet Oat  
Oatmilk  
Original, Vanilla, or  
Unsweetened • 52 fl oz



**\$2** off  
regularly 18.99  
Yerba Prima  
Psyllium Husks Powder  
12 oz



## OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

\*SALES GOOD WHILE SUPPLIES LAST

# coop deals

MAY 20 - JUNE 2, 2026



*refreshing and bubbly*

**INCLUSIVE TRADE PARTNER**

During the busy season ahead, stay refreshed with GT's Synergy beverages. GT's Living Foods is family- and LGBTQIA+- owned, and our beverages are packed with probiotics, so you can support your gut's health and quench your thirst. Find them on sale at the co-op!



**inclusive trade**

**2/\$5**

**GT's Kombuchas**  
16 fl. oz.



**2/\$4**  
**Just Ice Tea**  
Organic Teas  
16 fl. oz.



**2/\$7**  
**Brianna's**  
Salad Dressings  
12 fl. oz.  
Select varieties



**4.99**  
**Goodpop**  
Frozen Novelties  
9-13.2 fl. oz.



**4.99**  
**Late July Snacks**  
Salsa  
15.5 oz.



**5.49**  
**Applegate**  
Uncured Beef Hot  
Dogs  
10 oz.



Get outdoors with your favorite food from the co-op.

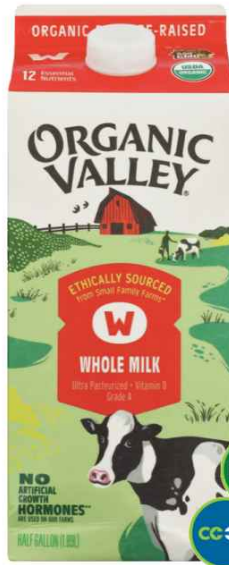
**The taste of spring.**



**4.49**

Califia Farms  
Almondmilk  
48 fl. oz.

COOPERATIVELY OWNED



*love what you bring  
to the table*

The tastiest and most nutritious milk comes from healthy, happy cows that spend their days in green pastures. **Organic Valley** farmers helped write the standards on organic pastures—and every day, we work to exceed those standards.

**4.99**

Organic Valley  
Milk  
64 fl. oz.  
LaFarge, WI

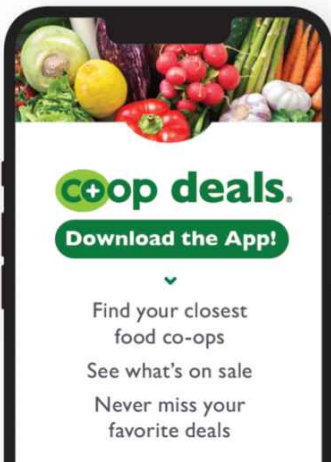


**4.39**  
So Delicious  
Organic  
Coconutmilk  
64 fl. oz.



**2.99**  
Nutpods  
Shelf-stable  
Plant-based  
Creamer  
11.2 fl. oz.

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.



COOPERATIVELY OWNED



**5.99**  
Organic Valley  
Feta Cheese  
8 oz.  
LaFarge, WI

**Download the Co+op Deals app today.**



**3.99**  
Tofutti  
Better Than  
Cream Cheese  
8 oz.



**3.99**  
Ithaca  
Hummus  
10 oz.



**4.29**

Honey Mama's  
Truffle Bar  
2.5 oz.



**4.99**  
Follow Your  
Heart  
Vegenaise  
14 fl. oz.



**6.99**  
Wildbrine  
Kimchi  
18 oz.



**9.49**  
Miso Master  
Organic White  
Miso  
16 oz.

*concentrated cool*

To dilute or not to dilute? That's up to you. Our organic Black Concentrate is one bold, smooth fridge staple — straight up, over ice or swirled into something creamy.



**7.99**  
Chameleon Coffee  
Organic Cold-brew  
Concentrate  
32 fl. oz.



**7.99**  
Beyond  
Plant-based  
Sausages  
14 oz.



**3.99**  
Goodbelly  
Probiotic Drink  
32 fl. oz.

**Fill the fridge with delicious food from the co-op.**



4.49

**Gardein**  
Plant-based Proteins  
8.1-13.7 oz.



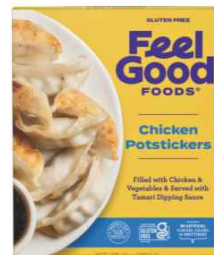
2/\$8

**Woodstock**  
Organic Frozen  
Mangoes  
10 oz.



6.99

**Cappello's**  
Buttermilk  
Biscuits  
12.1 oz.



6.99

**Feel Good Foods**  
Appetizers  
6-10 oz.



7.99

**Smart Chicken**  
Thin Sliced  
Chicken Breasts  
per pound



9.99

**Field Day**  
Organic Blueberries  
32 oz.

*everyday low price*



8.99

**Caulipower**  
Chicken  
Tenders  
14 oz.

*tastes like love*

Bubbies knows best! Naturally fermented and pickled foods made with real ingredients and time-honored methods. Served with love, best when shared.

7.99

**Bubbies**  
Pickles or Pickle Chips  
25-33 fl. oz.



5.99

**Udi's Gluten Free**  
Sandwich Bread  
12 oz.

**Find quality meal solutions at the co-op.**



2/\$7

Van's Frozen Pancakes or Waffles  
9-12.4 oz.



3.99

Follow Your Heart Dairy-free Feta Crumbles, Parmesan, and Bleu Cheese  
6 oz.



4.99

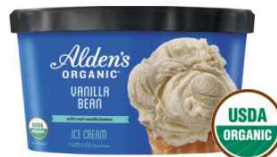
So Delicious Dairy-free Frozen Dessert  
1 pt.



7.99

Field Day Frozen Pizza  
13.8 oz.

everyday low price



9.49

Alden's Organic Ice Cream  
48 fl. oz.



7.99

Cappello's Grain-free Pizza  
11-12 oz.

100% natural ingredients

Real flavor from real ingredients. No artificial flavors, sweeteners or colors. Gelato and sorbetto made from scratch.

4.99

Talenti Gelato or Sorbetto  
1 pt.



INCLUSIVE TRADE PARTNER

Deep Indian Kitchen is owned by a third-generation Indian American family. We pride ourselves on being an authentic, restaurant-quality brand. All items are family recipes made from scratch.



5.49

Deep Indian Kitchen Samosas  
12 oz.

Delicious options to fill your freezer.



*bright and bubbly*

Certified Organic Flavored Sparkling Water bursting with bright flavor and lively bubbles. Kick off summer with guilt-free, sugar-free sipping!



**4.39**

**Nixie**  
Organic Sparkling Waters  
8 pk.-12 fl. oz. cans



**3.99**  
Barnana  
Organic Plantain  
Chips  
5 oz.



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



**4.29**  
Lily's  
Chocolate Bars  
2.8-3 oz.  
Select varieties



**4.49**  
Vita Coco  
Pure Coconut  
Water  
33.8 fl. oz.



*join our swooniverse*

**INCLUSIVE TRADE PARTNER**

Co-founders Jen & Cristina wanted to change the idea that zero sugar meant zero flavor. They worked tirelessly to make the best tasting, 100% natural teas & lemonades. Get ready to sip sweeter, without sugar.

**3 / \$5**

**Swoon**  
Zero Sugar Beverages  
12 fl. oz.



**2 / \$5**

**Vita Coco**  
Coconut Waters  
16.9 fl. oz.  
Pure or Pressed varieties

**Find drinks and snacks at the co-op.**



**3.99**  
Late July Snacks  
Tortilla Chips  
10.1 oz.



**3.79**  
Lesser Evil  
Organic Cheddar  
Space Balls  
5 oz.  
*no seed oils*



*no seed oils*  
**3.49**  
Lesser Evil  
Organic Popcorn  
4.6 oz.



**4.29**  
Lesser Evil  
Moonions Onion  
Ring Snacks  
6 oz.  
*no seed oils*



**3.39**  
Hippeas  
Chickpea Snacks  
4 oz.



COOPERATIVELY OWNED  
**4.29**  
Equal Exchange  
Organic  
Chocolate Bar  
2.8-3.5 oz.



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

*no seed oils*



Crafted with select ingredients and bold flavor that's anything but ordinary. Classic kettle cooked chips made with avocado oil— where better-for-you meets better tasting

**2/\$6**  
Boulder Canyon  
Potato Chips  
5.25-6.5 oz.



**3.79**  
MadeGood  
Organic Granola Bars  
6 pk.



The co-op has all your on-the-go snacks.

spring  
into flavor



**3.39**

Woodstock  
Organic Ketchup  
19.5-20 oz.



**3.69**

Woodstock  
Organic Olives  
8.4-8.5 oz.



**4.99**

Woodstock  
Organic Pickles  
24 oz.



**4.69**

Woodstock  
Organic BBQ Sauce  
18 oz.



**3.99**

Q Mixers  
Drink Mixers  
4 pk.-7.5 fl. oz. cans  
Select varieties

**INCLUSIVE TRADE PARTNER**

Archer is an Asian-owned company. Our jerky and meat sticks offer mouthwatering flavors with sustainability as a priority.



**5.99**

Archer  
Beef Jerky  
2-2.5 oz.

**INCLUSIVE TRADE PARTNER**



**7.49**

Bachan's  
Japanese  
Barbecue  
Sauce  
15.5-17 fl. oz.



**3.29**

Wasa  
Crispbread  
9.5 oz.  
Light Rye, Multigrain, or  
Sourdough varieties



**3.99**

Frontera  
Salsa  
16 oz.  
Chicago, IL



**4.99**

Quinn  
Filled Pretzels  
5-7 oz.  
Select varieties



**Find something for friends and family at the co-op.**



**2.69**  
 Jeff's Garden  
 Pickled Peppers  
 12 fl. oz  
 Select varieties



**2.99**  
 A Dozen Cousins  
 Ready-to-Eat  
 Beans  
 10 oz.



**3.29**  
 San-J  
 Premium  
 Gluten-free  
 Tamari Soy Sauce  
 10 fl. oz.



**3.49**  
 Heyday  
 Canning Co.  
 Canned Beans  
 15 oz.  
 Select varieties



**3.99**  
 San-J  
 Cooking  
 Sauces  
 10 fl. oz.



**13.99**  
 Graza  
 Sizzle Extra  
 Virgin Olive Oil  
 25.3 fl. oz.

*no seed oils*

Classic, creamy mayo made with real, high-quality ingredients and good fats from avocado oil. No soy or canola oil, no artificial sweeteners — just real ingredients to elevate every eating occasion.



**6.99**

Primal Kitchen  
 Mayonnaise  
 12 fl. oz.



**2.79**  
 Ancient Harvest  
 Organic Polenta  
 18 oz.

*scoop up the savings in bulk!*



**2.99** Organic Tri-color  
 Quinoa  
 per pound in bulk



**8.99** Organic Roasted &  
 Salted Pistachios  
 per pound in bulk



**2.19** Organic Multi-color  
 Popcorn  
 per pound in bulk

**Pantry and bulk staples are at the co-op.**

*all the goodness -  
none of the garbage*

Our roots are planted in the fertile soils of the rural Midwest. Hand crafted locally in small batches without sacrificing flavor or taste.



**2.99**

**Nick's Sticks  
Snack Sticks**  
1.7 oz.  
Marshfield, WI



**4/\$6**

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



**2/\$5**

**Santa Cruz Organic  
Lemonades or Limeades**  
32 fl. oz.



**3.69**

**Minor Figures  
Barista Style  
Oatmilk**  
32 fl. oz.



**4.39**

**Nature's Path  
Organic  
Cereal**  
10-14 oz.  
Select varieties



**7.49**

**R.W. Knudsen  
Just Juice**  
32 fl. oz.  
Pomegranate,  
Cranberry, Prune, or  
Blueberry varieties



**99¢**

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



**5.69**

**Crofter's  
Organic Premium  
Fruit Spread**  
16.5 oz.  
Select varieties



**5/\$10**

**Pumpkin Tree  
Baby Food**  
4.4 oz.  
Select varieties

**Save on pantry staples at the co-op.**

**INCLUSIVE TRADE PARTNER**

South of France is a women-owned company. Our hydrating, proprietary blend of ingredients includes moisturizing sea algae, coconut and olive oils, delivering waves of skin-drenching goodness.



**3.39** South of France Liquid Soap  
6 oz.



**8.99**  
Biokleen Bac-Out Enzyme Cleaner  
32 fl. oz.

**INCLUSIVE TRADE PARTNER**

Crafted with tradition and sustainability in mind. Made with Fair Trade ingredients, supporting ethical sourcing and community empowerment.



**5.79** Ayeya Bar Soap  
4 oz.



**18.99**  
Natural Factors Tranquil Sleep Chews  
60 ct.



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



**17.99**  
Om Organic Lion's Mane Mushroom Powder  
3.5 oz.

*feel-good clean*

Bring on the joy with our multitasking soap! Made with essential oils, Environmental Working Group (EWG) verified and packaged in a 100% post-consumer recycled plastic bottle — it's a delightful clean from head to toe.

**7.99**

Everyone 3-in-1 Soap  
32 fl. oz.



**25.99**  
Simply Tera's Organic Grass-fed Whey Protein Powder  
12 oz.

**Find all your wellness items at the co-op.**



**Less plastic.  
More to love.**

**Bring your own jar.**

**Buy a little or a lot.**

Fill up on spices, grains, nuts, coffee, flour + more



**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**  
CO-OP SINCE 1970

**COMMUNITY OWNED GROCERY STORE**

Milwaukee | Bay View | Wauwatosa | Mequon

Outpost is proud to sponsor sections of the Oak Leaf trail.

Look for these signs on your next adventure!

**outpost.coop**

Mineral-based sun protection suitable for sensitive skin. Formulated with ingredients like niacinamide, squalane and vitamin E, **Alba Botanica Mineral Sunscreen** offers immediate moisturization while providing broad spectrum protection. Water resistant (up to 80 minutes), no white cast, dermatologist-tested, hypoallergenic and non-comedogenic.

*sheer mineral sun protection*



**9.69**

Alba Botanica  
SPF 30 Sheer  
Mineral Sunscreen  
Lotion  
3 fl. oz.



**9.69**

Alba Botanica  
SPF 50 Sheer  
Mineral Sunscreen  
Lotion  
3 fl. oz.



**11.69**

Alba Botanica  
SPF 30 Sheer  
Mineral Sunscreen  
Spray  
5 fl. oz.



**5.99**

Alba Botanica  
Acnedote Pimple  
Patches  
40 ct.



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.



MW0526B