

fresh deals

JULY 1 - 7, 2026

flash
sale

July 1 - 4 only!



local

25% off

Thousand Hills
Grassfed NY Strip or Ribeye Steak
Becker, MN



5.99

Sommers Provisions
Organic Grassfed
85/15 Ground Beef
16 oz



8.99

Better Wood Products
Hardwood Lump
Charcoal
8.8 lbs



4.99 /lb

Organic Cherries
USA grown



5 for \$3

Bicolor Sweet Corn
USA grown



2 for \$5

Pineapples
Honduras grown



6.49 /lb

Outpost
Country Style
Potato Salad

we made
you dinner!
JULY 1-7

Chicken Pelau (wheat-free)

Turkey Shepherd's Pie

White Beans Kale Saute (vegan & wheat-free)

4-Cheese Mac & Cheese (vegetarian)

Vegan Mac & Cheese (vegan)

COOP
MADE



owners save more

JULY 1 - 7, 2026



2.99 /lb

regularly 3.49/lb

Miller Poultry
All-Natural Chicken Drumsticks
or Bone-In Thighs
Orland, IN

local



4.99 /lb

regularly 6.99/lb

Outpost
Pork Bratwurst

COOP
MADE



3.99

regularly 4.29

Pretzilla
Pretzel Sausage Buns
10.4 oz
Milwaukee, WI

local



6.49 /lb

regularly 7.99/lb

Beeler's
St. Louis Pork Ribs
Le Mars, IA

local



3.99

regularly 5.99

Klarbrunn
Sparkling Water
12 pk / 12 oz
Watertown, WI

local



2.99 /lb

regularly 3.99-4.99/lb

Organic Red Plums,
Black Plums or Pluots
USA grown

USDA
ORGANIC



1.29 /lb

regularly 1.69/lb

Organic Seedless
Watermelon Cuts
USA grown

USDA
ORGANIC



OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

*SALES GOOD WHILE SUPPLIES LAST

coop deals®

JUL 1 - JUL 14, 2026

spoons for everyone! →



Made from fresh milk, sugar and cream, as well as imported vanilla beans from Madagascar, this is the perfect base for sundaes, affogatos, floats or a simple cone. They're on sale at the co-op now — perfect for your next summer treat!



4.49
Talenti
Gelato or Sorbetto
1 pt.

INCLUSIVE TRADE PARTNER

DeeBee's was founded by a mom on a mission. Dr. Dionne Laslo-Baker wanted to show her kids that you can make delicious treats from real organic fruit. So, she brought her Ph.D. in medical science from the lab to the kitchen.



5.49
DeeBee's Organics
Organic Superfruit Freezie
13.5 fl. oz.



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



4.49
Dr. Praeger's
Veggie Burgers
10 oz.



The co-op has hot deals.

Sunny summer savings.



5/\$5

**Brown Cow
Whole Milk Yogurts**
5.3 oz.

crafted, not complicated



4/\$5

**Siggis
Skyr Yogurts**
4.4-5.3 oz.

With Siggis', what goes in matters. Simple ingredients, no artificial anything — just thick, creamy skyr with real fruit or vanilla and high-quality protein to keep you going.



3/\$5

**Forager Project
Organic
Cashewmilk
Yogurts**
5.3 oz.



3.99

**Nancy's
Organic Cream Cheese**
8 oz.



3.99

**Rebbl
Organic Plant-based
Shake**
12 fl. oz.

Dips > Dinner

Life's too short to settle for boring and bland. That's why our flavors are fresh and bold!



3.99

**Ithaca
Hummus**
10 oz.



4.49

**Oatly
Oatmilk**
64 fl. oz.



5.69

**Forager Project
Organic Cashewmilk
Yogurt**
24 oz.

Great deals for healthy mornings.



5.49

Nancy's
Organic Grass-fed
Yogurt
24 oz.



sparkling curiosity

We make bold, innovative and better-for-you beverages using only real and clean ingredients.

2/\$5

Hoplark
Hop Tea
16 fl. oz.



7.99

Organic Valley
Organic Butter
1 lb.
Lafarge, WI



7.99

Bubbies
Sauerkraut, Pickles & Pickle Chips, and Bread & Butter Chips
25-33 fl. oz.



6.99

Wildbrine
Kimchi
18 oz.

flavor ritual

Keep the jar within reach. Crafted with real ingredients and time-honored methods, these fermented favorites bring craveable crunch and briny depth to any meal. Bold, bright flavors made for summer plates, shared moments and effortless upgrades.

Plenty of probiotics are at the co-op.



4.99

**Udi's Gluten Free
Hamburger or Hot Dog Buns**
10.4-10.8 oz.

*char-grilled
flavor*

GET YOUR GRILLING TIPS

Grilling goes hand in hand with summer meals. There are plenty of veggies that work well on the grill and, of course, flavorful seafood and meat options. Scan the QR code for grilling tips to help you create a mouth-watering meal.



3.49 Smart Chicken
Organic Drumsticks
per pound



7.49 Wellshire
Turkey Bacon
12oz.



5.99 Wellshire
Smoked Kielbasa
12 oz.

feel alive and stress free

INCLUSIVE TRADE PARTNER

1,350 mg of adaptogens and nootropics to help support a balanced stress response, along with mood and cognitive function.

2.79

**GT's
Alive Elixir**
16 fl. oz.



5.99
Applegate
Black Forest Ham
7 oz.

*shop
inclusive
trade*



Everything for your next BBQ at the co-op.

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



2.79

Woodstock
Organic Frozen Vegetables
 10 oz.
 Select varieties

have a good one →



Good ingredients. Good vibes.
 A better-for-you treat that still tastes like fun.

4.99

Goodpop
Frozen Novelties
 9-13.2 fl. oz.



4.99

Alexia
Frozen Potatoes
 15-19 oz.



5.49

So Delicious
Plant-based
Frozen Novelties
 9.2-18.4 fl. oz



stay cool ←

Beat the heat with rich, organic ingredients and creamy texture from responsibly sourced dairy, because summer deserves ice cream that shows up big.

9.49

Alden's Organic
Ice Cream
 48 fl. oz.

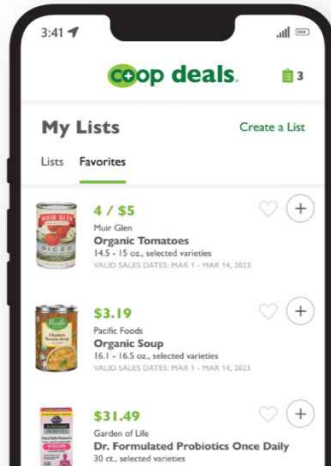
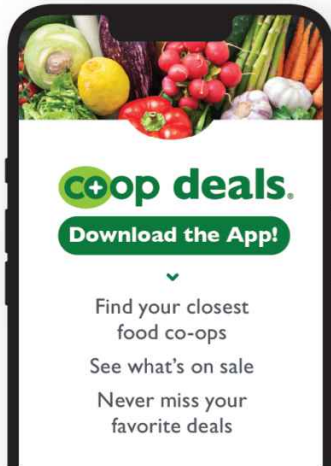


4.99

Dr. Praeger's
Perfect Burger and
Drive-Thru Burger
 8 oz.

Fill the cart with frozen favorites.

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.



INCLUSIVE TRADE PARTNER



7.39

Bachan's Japanese Barbecue Sauce
17 fl. oz.
Select varieties



4.39
Wild Planet Albacore Tuna
5 oz.



3/\$4
KOYO Ramen Packs
2-2.1 oz.



5.99
Primal Kitchen Salad Dressing
8 fl. oz.

no seed oils



17.99
Spectrum Organic Extra Virgin Olive Oil
25.4 fl. oz.

scoop up the savings in bulk!



2.49
Organic Garbanzo Beans
per pound in bulk



6.49
Organic Pumpkin Seeds
per pound in bulk



3.19
Organic White Quinoa
per pound in bulk

Download the Co+op Deals app today!



6.99

Sir Kensington's
Classic Mayonnaise
12 fl. oz.



2.79
La Colombe
Cold Brew
9 fl. oz.



3.99
Garden of Eatin'
Taco Shells
5.5 oz.
Yellow or Blue Corn



4.49
Woodstock
Organic Olives
8.4-8.5 oz.



4.49
Fever Tree
Tonic Water
4 pk. - 6.8 fl. oz.

COOPERATIVELY OWNED



6.49
Simply Organic
Garlic Powder
3.64 oz.



everyday low price

5.49
Field Day
Organic
Peanut Butter
16 oz.

good for feeling good



B-Corp certified Vita Coco has 3.5 times the electrolytes vs. the leading sports drink, offering a better-for-you, planet-friendly alternative to traditional sports drinks.

4.39

Vita Coco
Coconut Water
33.8 fl. oz.
Norway, IA



no seed oils

7.99

Primal Kitchen
Mayonnaise
12 fl. oz.



It's a great day for delicious food from the co-op.

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

*always organic,
Nature's Path*

Nature's Path is an independent, family-owned business committed to organic foods for your family. Healthy, organic soil captures more carbon from the atmosphere and can help reverse climate change. GO ORGANIC!



4.39

Nature's Path Organic Cereal
9.5-14 oz.



4.99

Nature's Path Organic Love Crunch Granola
11.5 oz.



4.69

Nature's Path Organic Pumpkin Flax Granola
11.5 oz.



3.69

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



2/\$5

Blue Diamond Almondmilk
32 fl. oz.



5.99

Kind Breakfast Bars
6 pk.-1.76 oz.



6.79

Grandy Organics Classic Granola
per pound in bulk

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 or Luna Nutrition Bars
1.69 oz.



COOPERATIVELY OWNED



12.99

Equal Exchange Organic Coffee
per pound in bulk

Breakfast options for everyone.



new flavor
Shirley Temple

4/\$6

Poppi
Prebiotic Sodas
12 oz.



2.99

Angie's
Boomchickapop
Lightly Sweet &
Salty
6 oz.



2/\$6

Mary's Gone Crackers
Organic Crackers
4 oz.



2/\$7

Frontera
Salsas
16 oz.
Chicago, IL

INCLUSIVE TRADE PARTNER



4.29

Reelie
Cassava Strips
4.5 oz.



5.29

Pamela's
Figgies & Jammies
9 oz.



everyday low price

6.99

Field Day
Roasted Almonds
12 oz.

no seed oils

Pioneers within better-for-you oils, Boulder Canyon delivers on taste with a smooth, buttery finish and texture.

3.29

Boulder Canyon
Potato Chips
5.25-6.5 oz.



2/\$7

Unique Snacks
Pretzels or Puffzels
4.8-11 oz.

Snacks for summer fun are at the co-op.



4.99

Green Mountain
Gringo
Salsa
16 oz.



5.49

Louisville Vegan
Jerky Co.
Plant-based Jerky
3 oz.



2.99

←
snack happy

Great for the beach, picnics, BBQs, road trips and more. Enjoy plenty of great deals at the co-op from **The Good Crisp Company**. Snacks the whole family can crunch on!

**The Good Crisp
Potato Crisps**
5.6 oz.



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



7.49
Hoplark
Sparkling Water
Citra Hops
6 pk. - 12 fl. oz.



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



new

3.99

Triscuit
Organic Crackers
6.5-7 oz.
Original or Thin Crisps



2/\$7

Terra
Vegetable Chips
5 oz.

Picnic time with munchies from the co-op.



3.69

Dr. Bronner's
Organic Hand Sanitizer
2 oz.



15.99

Ultima Replenisher
Electrolyte Powder
3.4-3.9 oz.



39.99

Ancient Nutrition
Bone Broth Protein Powder
15.7-17.8 oz.



3.49

Lily of the Desert
99% Aloe Vera
Gelly
4 oz.



5.99

Davids
Toothpaste
4-5.25 oz.



10.69

Life-Flo
Pure
Magnesium Oil
8 fl. oz.



7.99

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



7.69

Bach
Rescue Remedy
Pastilles
35 ct.



17.99

Om
Organic Lion's
Mane Mushroom
Powder
3.5 oz.



everyday low price

1.99

Field Day
Jumbo Roll Paper
Towels
1 roll

Summer wellness and body care are at the co-op.



Careers worth talking about!



Now hiring for our brand new production kitchen!

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

sheer mineral sun protection

Alba Botanica Mineral Sunscreen delivers powerful UV protection in hypoallergenic, mineral-based formulas. Nourishing sunscreen lotions and air-powered sprays apply evenly with no white cast. Water-resistant up to 80 minutes. Fragrance free, non-comedogenic and dermatologist tested.



11.69

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



9.69

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



9.69

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



8.39

Alba Botanica SPF 50 Facial Sunscreen Lotions
2 oz.



Scan the QR code to learn more about the quality and values represented by these symbols.



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