

fresh deals

JULY 22 - 28, 2026



3.99 /pint
Organic Blueberries
USA grown



3.49 /lb
**Organic Orange, Yellow
or Red Bell Peppers**
Canada grown



\$3 off /lb
**Tierra Farms
Organic
Roasted Almonds**
Salted, unsalted, or tamari
Bulk Bin



\$1 off /lb
**Henning's
Summer Truffle
Cheddar Cheese**
Kiel, WI



6.99
Quince & Apple Jam
Assorted varieties
Madison, WI • 6 - 8.5 oz



5.99
**Usinger's
Natural Summer
Sausage**
Milwaukee, WI



4.59
**Klarbrunn
Sparkling Water**
Watertown, WI
12 pk /12 oz

**we made
you dinner!**
JULY 22-28

Chicken Calypso
Roasted Vegetable Lasagna (vegetarian)
Red Curry Lentils (vegan & wheat-free)
4-Cheese Mac & Cheese (vegetarian)
Vegan Mac & Cheese (vegan)



owners save more

JULY 22 - 28, 2026



4.99 /lb
regularly 6.99/lb
Outpost
Pork Polish Sausage



3.99
regularly 4.99
Lewis Bake Shop
Brat & Sausage Buns
Evansville, WI • 6 pk 4oz



99¢ /bunch
regularly 2.49
Organic Green
or Lacinato Kale
Kentucky grown



1.50 off / 1lb
regularly 8.99/1lb
Organic
Dried Cranberries
Packaged Bulk



2.99 /lb
regularly 4.99/lb
Organic Green or
Red Seedless Grapes
USA grown

**new
lower
price**



15.49
formerly 20.99
Magnesium
Glycinate 400mg
90 ct

*We lowered prices on
over 30 Outpost supplements
for everyone!*
+ Owners get triple points!



OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

*SALES GOOD WHILE SUPPLIES LAST

co+op deals

JUL 15 - AUG 4, 2026

no seed oils



3.79

Siete
Tortilla Chips
7.5 oz.

Heading out to a picnic, up to the cabin or just looking for an afternoon snack? Siete's Maiz Tortilla Chips are the satisfying crunch you're looking for. The co-op has them on sale, so grab a few bags along with salsa, guacamole and any other snacks for your summertime adventures.

INCLUSIVE TRADE PARTNER

Fillo's is a Hispanic-owned company. We create food that was part of the family meals that we enjoyed as kids. We offer a range of reimagined Latin staples that are packed with flavor and nutrients.



2/\$4

Fillo's
Walking Tamales
4 oz.
Geneva, IL



4.49

Virgil's
Sodas
4 pk.-12 fl. oz.



4.99

So Delicious
Plant-based
Frozen Dessert
1 pt.



Good food, warm nights and great memories.

Tasty bites for summer gatherings.



3/\$10

Pop & Bottle
Organic Almond
Lattes
11 fl. oz.

plant-based protein perfected

Packed with 10g of dairy-free protein and no artificial flavors or artificial sweeteners, siggi's plant-based yogurt is thick, creamy and naturally delicious.



4.99

Laird Superfood
Organic Liquid
Creamer
22 fl. oz.

3/\$5

Siggi's
Plant-based Yogurts
5.3 oz.



Top your yogurt with delicious ingredients.

Look for berries at the co-op!

delicious all-natural Greek yogurt

Crafted with time-honored traditions, this is truly dairy worthy of distinction.

2/\$7

Fage
Greek Yogurts
16 oz.



2.29
Meyenberg
Goat Yogurt
6 oz.



6.99
Cocojune
Organic Coconut
Cultured Yogurt
16 oz.

Fill the fridge with yogurt from the co-op.



COOPERATIVELY OWNED

5.49

Organic Valley
Sliced Cheese
6 oz.
LaFarge, WI



crafted to perform



Cultured and churned from organic cashew milk, this chef-loved European-style butter melts, spreads and browns for exceptional cooking performance.

4.99

Miyoko's Creamery
Organic Plant Milk Butter
8 oz.



Whip up a tasty breakfast sandwich.

Yummy ingredients you love.



gut-friendly benefits

4.49

Cleveland Kitchen
Classic Kimchi and
Kimchi Pickles
16 oz.



3.49

Blue Diamond
Refrigerated Almondmilk
59-64 fl. oz.

Start your day with favorites from the co-op.

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



7.99

GT's
Kombucha
48 fl. oz.



6.99

Niman Ranch
Sausage
12 oz.



7.99

Beyond
Plant-based Sausages
10.6-14 oz.



4.39

Upton's Naturals
Seitan
8 oz.
Chicago, IL



5.99

Smart Chicken
Organic Party
Wings
per pound



Fire up the grill and enjoy a meal outside.

Don't forget the sparkly beverages.

organic energy

Kevita Master Brew Kombuchas are an organic natural source of energy with 66mg of clean caffeine. Grab a Master Brew for a boost!

2/\$6

KeVita
Organic Kombuchas
15.2 fl. oz.



5.99

Grillo's
Pickles
32 fl. oz.



3.99

Little Sesame
Hummus
8 oz.

Hot days call for hot deals from the co-op.



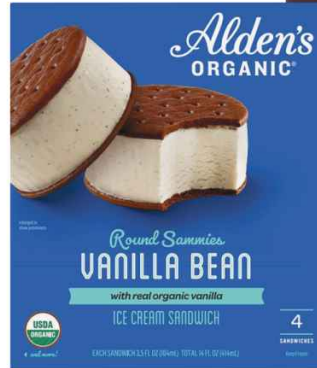
2/\$6
Nature's Path
Organic
Frozen Waffles
7.4 oz.

summer classics

The classic treats you never stopped loving — made with organic ingredients for a modern take on pure nostalgia.



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



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



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



4.49
Gardein
Plant-based
Proteins
8.1-13.7 oz.



5.49 Food for Life
Organic Bread
24 oz.



everyday low price

10.99 Field Day
Organic Frozen Fruits
32 oz.



4.49
Upton's Naturals
Bar B Que
Jackfruit
10.6 oz.
Chicago, IL



The co-op has frozen staples and sweets.



3.39

Safe Catch
Elite Wild Tuna
5 oz.

everyday **EVOO**

Crafted from olives sourced from our farms and trusted partner growers worldwide, our Global Blend Extra Virgin Olive Oil delivers a smooth, well-rounded flavor that adds depth and quality taste to everyday cooking.

15.99

California Olive Ranch
Global Blend Extra Virgin Olive Oil
25.4 fl. oz.



bulk up

SCAN TO LEARN MORE

Help the environment by shopping in bulk. You'll be part of the solution for mitigating excess waste. Scan the QR code for more reasons to visit the co-op's bulk section!



INCLUSIVE TRADE PARTNER

Founder and former health shop owner, Shelby Taylor, turned a family favorite—pasta—into a superfood, by producing it with only two wholesome ingredients: organic chickpeas and lentils.



3.99

Chickapea
Organic
Chickpea
Pastas
8 oz.

scoop up the savings in bulk!



2.69
Organic French
Lentils
per pound in bulk



2.19
Doudlah Farms
Organic White or
Yellow Popcorn
per pound in bulk



3.39
Doudlah Farms
Organic Dark Red
Kidney Beans
per pound in bulk

Shop the bulk aisle at the co-op.



2/\$6

Annie's
Organic Mac & Cheese
6 oz.

*great for
potlucks*

CAPRESE PASTA SALAD

This is the perfect time of year to toss together a summer salad. The recipe calls for fusilli pasta and fresh cherry tomatoes. It's colorful, zesty and delicious — a perfect addition to any BBQ, picnic or potluck.



2/\$4

Flow
Spring Waters
33.8 fl. oz.



7.99

Rao's
Pasta Sauce
24 oz.

organic Italian pasta



Traditional Italian pastas made from organic durum wheat semolina, bronze-cut for a hearty texture that beautifully holds rich, savory sauces.

2/\$6

Bionaturae
Organic Pastas
16 oz.



6.99

Sweetleaf
Sweet Drops
2 fl. oz.

The co-op has ingredients for easy meals.

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



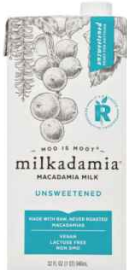
2/\$3 Larabar
Fruit & Nut Bars
1.6-1.7 oz.



2.49
Bionaturae
Organic Tomato
Paste
7 oz.



2/\$5
Woodstock
Organic Banana
Water
16.9 fl. oz.



4.49
Milkadamia
Macadamia Milk
32 fl. oz.



2/\$7
Bionaturae
Organic Canned
Tomatoes
24-28.2 ounces



4.49
Bob's Red Mill
Old Country Style
Muesli
18 oz.



4.39
R.W. Knudsen
Organic Juice
32 fl. oz.
Blueberry Pomegranate
or Orange Carrot Juice

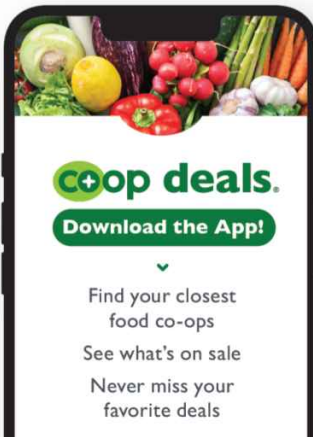


6.39
Kashi
Cinnamon Harvest
Whole Wheat
Cereal
18 oz.



COOPERATIVELY OWNED
10.99
Equal Exchange
Organic Regular
Roast Coffee
10-12 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.



everyday low price



5.49
Field Day
Organic Peanut Butter
16 oz.

Download the Co+op Deals app today.



2/\$5

Guru
Organic Energy
Drink
12 fl. oz.



4.29

Lily's
Chocolate Bar
2.8 oz.



2/\$7

Chocolove
Chocolate Bars
2.9-3.2 oz.



5.99

Zevia
Zero Sugar Soda
6 pk.-12 fl. oz. cans



6.99

Fentimans
Soda
4 pk.-9.3 fl. oz.



5.49

Virgil's
Root Beer
4 pk.-12 fl. oz.
glass bottles



5.99

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

local



1.79

Swoon
Zero Sugar Iced
Tea or Lemonade
12 fl. oz.

inclusive
trade



3.99

Barnana
Organic Plantain
Chips
5 oz.

USDA
ORGANIC



2/\$7

Hippeas
Chickpea Snacks
3.75-5 oz.



3.19

Love, Corn
Premium Crunchy Corn
4 oz.
Select varieties

Save on snacks and drinks at the co-op.

**inclusive
trade**

Shop inclusive trade!

We're pleased to offer great deals on brands and products that are women-, People of the Global Majority- (Black/ African American, Brown, Latino/ Latine, Hispanic, Asian, Pacific Islander, Middle Eastern and North African, Indigenous Native American or mixed race), LGBTQIA+-, veterans- or persons with disabilities-owned.

silky hair, reimagined

INCLUSIVE TRADE PARTNER

Giovanni is a veteran-owned company. Our hair products are crafted with botanical ingredients and conscious sourcing. This salon-quality duo elevates your routine with vegan formulas, recyclable packaging and a commitment to cruelty-free, planet-friendly beauty.

6.49

Giovanni

Shampoo or Conditioner

8.5 fl. oz.



The co-op has your wellness needs covered,
inside and out!

Wiley's Finest fish oil comes from MSC-certified fisheries. Made from fish that are primarily caught for food, making the most of this valuable resource.



13.99

Wiley's Finest
Easy Swallow
Omega-3 Fish Oil
Minis 630mg
60 ct.



16.99

Liquid I.V.
Hydration Multiplier
Drink Mixes
10 pk.-.56 oz.



28.99

Flora
Udo's Oil
3•6•9 Blend
17 oz.

INCLUSIVE TRADE PARTNER



6.49

Giovanni
L.A. Hold
Hair Spritz
6 fl. oz.

Find all your summer supplements at the co-op.

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

**inclusive
trade**

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INCLUSIVE TRADE PARTNER

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



**inclusive
trade**

13.39

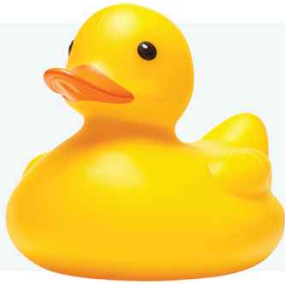
Badger
SPF 50 Adventure Mineral
Sunscreen Cream
2.9 fl. oz.



**inclusive
trade**

9.39

Badger
Anti-bug Spray
5 oz.



Stock up on bath and body care products from the co-op.

Feel fresh and clean.

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.



**inclusive
trade**

5.39

Kirk's
Castile Bar Soap
3 pk.-4 oz.



2/\$8

DrTung's
Smart Floss
30 yd.



6.99

DrTung's
Tongue Cleaner
2 ct.



9.49

HiBAR
Shampoo or
Conditioner Bar
2.7-3.2 oz.

plastic-free



9.99

DrTung's
Herbal Tooth
Powder Tablet
100 ct.

Shop Inclusive Trade at the co-op.

Grab & Go...anywhere this summer!

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



3.79

Late July Snacks
Organic Tortilla Chips
6-10.1 oz.



4.99

Late July Snacks
Salsa
15.5 oz.



everyday low price

4.49

Field Day
Coconut Water
33.8 fl. oz.



5.49

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



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



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