

fresh deals

AUGUST 12 - 18, 2026

Everyday Low Price!



local



3.79

Simple Soyman
Plain Tofu
Milwaukee, WI
16 oz

4.29

Simple Soyman
Firm Herb Tofu
Milwaukee, WI
16 oz



4 for \$5

Organic
Hass Avocados
Mexico grown



5 for \$2

Organic Limes
Mexico grown



Everyday Low Price!



3.29

Gitto Farm N Kitchen
White Flour 6" Tortillas
Watertown, WI
4.2 oz



2.99

Dairy Fresh
Shredded Cheese
Taylor, MI • 8 oz



2 for \$5

La Preferida
Organic Refried Beans
& Refried Black Beans
15 oz



3.99/ea

Olden Organics
Pico de Gallo
Ripon, WI • 10 oz

we made
you dinner!

AUGUST 12 - 18

Hearty Chicken Stew
Italian Sausage Lasagna
Chickpea Dumplings w/ Collards
(vegan & wheat-free)
4-Cheese Mac & Cheese (vegetarian)



owners save more

AUGUST 12 - 18, 2026



2.99/ea

regularly 3.79/ea

Milaeger's Microgreens

Racine, WI • 2 oz

Try all 8 varieties!



1.99/bunch

regularly 2.49/bunch

Organic Green, Red or Lacinato Kale

Wisconsin grown



3.99/lb

regularly 4.99/lb

Organic Red or Green Seedless Grapes

USA grown



6.99

regularly 8.99

Sami's Bakery

Millet & Flax Lavash

10 inch • 6 pack



2 for \$6

regularly 4.49

Boar's Head

Hummus

10 oz



2 for \$3

regularly 1.99/ea

Above Water

9.5+ pH RO

Alkaline Water

1 L



save \$10

regularly 37.19

Omega-3

Once Daily

90 ct



OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

*SALES GOOD WHILE SUPPLIES LAST

coop deals

AUG 5 - AUG 18, 2026

pack and snack



99¢

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

The end-of-summer and back-to-school seasons are all rolled into August, making it a busy time of year. Nature's Bakery has delicious fig bars that are a perfect choice for picnics or packing into lunchboxes. The co-op has them on sale, so grab a few for your pantry.



2/\$4

**C2O
Coconut Waters**
17.5 fl. oz.



2/\$5

**Epic
Meat Bars**
1.3-1.5 oz.



2/\$6

**Goodles
Macaroni &
Cheese**
5.25-6 oz.
Select varieties



2/\$5

**Odyssey
Energy Drinks**
12 fl. oz.



August deals make delicious meals.
Snack, sip, repeat!



3.39

Woodstock
Organic Ketchup
19.5-20 oz.



2/\$7

Kettle Brand
Potato Chips
5 oz.
Select varieties



4.99

Woodstock
Organic Pickles
24 oz.



SIZZLING SUMMER SAVINGS



2/\$6

Santa Cruz
Organic
Raspberry
Lemonade
32 fl. oz.



4.49

Jolly Llama
Dairy-free Frozen
Novelties
11-14.25 fl. oz.



4.49

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



COOPERATIVELY OWNED

5.49

Organic Valley
Sliced Cheese
6 oz.
LaFarge, WI



5.99

Smart Chicken
Boneless Skinless
Thighs
per lb.



everyday low price

1.69

Field Day
Organic
Baked Beans
16 oz.

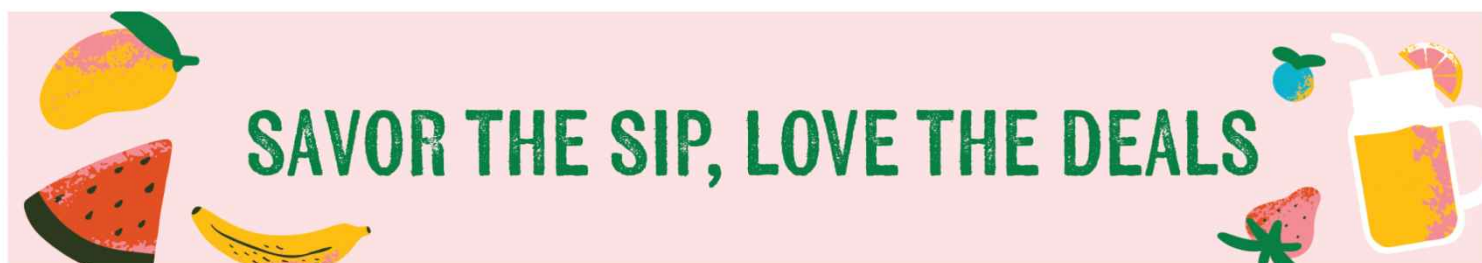
Find what you need for an epic BBQ.

hello,
meet IZZE



Bold fizzy fruit flavor, not static,
balancing bold teen fave flavors with
parent permissible credentials.

6.99 IZZE
Sparkling Juice Drink
6 pk.-8.4 fl. oz.



coop basics

save every day

**BUDGET-FRIENDLY PRICES ON
THE THINGS YOU NEED**

Plan to save on meal essentials and more with Co+op
Basics items in every aisle.



coop basics everyday low price



2.99
Field Day
Sparkling
Water
6 pk.-12 fl. oz.

coop basics everyday low price



3.69 Field Day
Organic Water Crackers
4.4 oz

coop basics everyday low price



3.99
Field Day
Cola
4 ct.

coop basics everyday low price



3.99
Field Day
Organic
Microwave
Popcorn
3 pk-3.5 oz.

Cool drinks. Cooler prices.

deals for all meals



ON-THE-GO GOODNESS

The co-op makes mealtime nutritious and convenient with so many delicious ingredients and easy-to-make meals. Try something new and enjoy meal solutions the whole family will appreciate.



3/\$7

Evol
Burritos
5-6 oz.



2.79

Stahlbush Island
Farms
Frozen Vegetables
10 oz.



4.99

Laoban
Dumplings
6-8 oz.



everyday low price



7.99

Field Day
Organic Frozen Pizza
12.2-13.8 oz.



5.49

Just
Folded Plant-
based Eggs
8 oz.



6.49

Niman Ranch
Uncured Canadian
Bacon
7 oz.

Active days require easy eats.



5.49

Sambazon
Organic Acai
Superfruit Packs
4 pk.-3.5 oz.



3.29

Sambazon
Organic Acai
Bowl
6.1 oz.

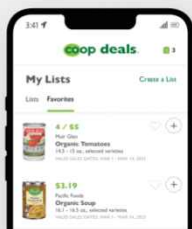


everyday low price



10.99

Field Day
Organic Frozen Berries
32 oz.



Never miss your **favorite deals.**
Download the Co+op Deals app!



summer indulgence

Slow-crafted with uncompromising attention to detail, these frozen creations feature real ingredients sourced globally, delivering refined warm-weather indulgence with bright fruit notes and smooth, artisanal richness for moments that matter.

4.49

Talenti
Gelato or Sorbetto
1 pt.



6.99

Diana's
Frozen Bananas
9.2 oz.

Summer begins and ends with ice cream.



simple ingredients, 12 grams of protein

RXBAR protein snacks are made with as few ingredients as possible. Just simple ingredients from actual food you can recognize.

2/\$4

Rxbar
Protein Bars
1.8-1.9 oz.



new flavors!

2.99

Nutpods
Plant-based
Creamer
11.2 fl. oz.



4.49

Lakewood
Little's Organic
Juice Boxes
8 pk.-6.75 oz.

everyday low price

3.29

Field Day
Organic
Applesauce
4 pk.-4 oz.



6.99

Grandy Organics
Grain-free
Coconola
9 oz.



2/\$7

Annie's
Organic Cheesy
Smiles
4 oz.



2/\$8

Cascadian Farm
Organic Cereals,
Granolas or
Granola Bars
7.4-14.4 oz.
Select varieties



2/\$8

Annie's
Chewy Granola or
Rice Crisp Bars
3.9-5.34 oz.



2/\$8

Annie's
Organic Bunny
Grahams or Crackers
7-7.5 oz.

organically
delicious

Make back to school easy and delicious! Pack lunchboxes with **Annie's** snacks and start mornings with **Cascadian Farm** cereals and granolas. Wholesome, organic goodness to help them conquer each day.

Stock up now on back-to-school snacks.

**4.49**

Nixie
Organic Sparkling
Water
8 pk.-12 fl. oz.

**5.99**

Once Again
Organic Peanut Butter
16 oz.
No Salt Added Creamy Unsweetened
or Crunchy Unsweetened

**2/\$5**

Near East
Side Dish Mixes
5.6-7 oz.
Select varieties

**3/\$4**

Koyo
Ramen Soup
Packs
2-2.1 oz.

**2.99**

San-J
Gluten-free Tamari
Soy Sauce
10 fl. oz. • Premium or
Reduced Sodium

**5.49**

Lakewood
Organic Mango
Juice
32 fl. oz.

**4.99**

Woodstock
Organic
Mayonnaise
16 oz.

**14.99**

Lucini Italia
Everyday
Extra Virgin
Olive Oil
16.9 fl. oz.

**8.99**

Artisana
Organic Raw
Tahini
14 oz.

**17.99**

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

scoop up the savings in bulk!

**4.49**

Organic Brown
Sesame Seeds
per pound in bulk

**6.29**

Raw Walnut
Halves & Pieces
per pound in bulk

**3.39**

Organic Green
Lentils
per pound in bulk

Bulk up the pantry with savings.

INCLUSIVE TRADE PARTNER

ALO Drink is an Asian-owned company. We source non-GMO aloe vera plants from sustainable farms in Thailand and provide rural communities with economic value.

2/\$4

Alo
Aloe Vera Juice
Drinks
16.9 fl. oz.



Support Inclusive Trade

DIVERSITY IS STRENGTH

Co-ops around the country are committed to fostering diverse and inclusive communities. Look for this mark to find brands owned by people who identify as 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.

**inclusive
trade**



Henry Chen, founder of ALO Drink.

ALO sources aloe vera from sustainable farms.

100% organic, 100% delicious

INCLUSIVE TRADE PARTNER

GoMacro is a woman-owned company. Our MacroBars® are organic, plant-based nutrition bars made from simple, sustainably sourced ingredients. All MacroBars are certified organic, vegan, gluten-free, kosher, non-GMO, C.L.E.A.N. and soy-free.



2/\$5

GoMacro
Organic Bars
2-2.4 oz. • Viola, WI

INCLUSIVE TRADE PARTNER

Seven Sundays is a woman-owned company. Inspired by muesli enjoyed on a trip in New Zealand, the desire to flip the cereal aisle on its head started with a booth at the Minneapolis Farmers Market.



6.99

Seven Sundays
Cereal
8 oz. • Minneapolis, MN

Co-ops are committed to inclusive communities.

INCLUSIVE TRADE PARTNER

Three Wishes is a woman-owned company. We make gluten-free cereal from nutrient-dense ingredients that's packed with protein, is low in sugar, and tastes incredible.



5.49

Three Wishes
Gluten-free Cereal
8.6 oz.

sip to self-heal

INCLUSIVE TRADE PARTNER

Bright, refreshing and flavor-forward, SYNERGY kombucha transforms raw ingredients into 9 billion living probiotics that help you feel like the best version of yourself.

2.79

GT's
Synergy Kombucha
16 fl. oz.



Kelly Vlahakis-Hanks, CEO of ECOS.

ECOS is committed to creating safer cleaning products.

INCLUSIVE TRADE PARTNER

ECOS is a Black- and woman-owned company that believes everyone has a right to a healthy home. We create cleaning products that protect the health and wellness of people, pets and the planet.

3.99

Ecos
Dish Soap
25 fl. oz.
Addison, IL



5.99

Ecos
Wave Automatic
Dishwasher Gel
40 fl. oz. • Free & Clear



Find our
full list of
Inclusive Trade
partners!



Inspiring brands are at the co-op.



2/\$3

Epic
Meat or Seafood
Strips
.8 oz.



2/\$4

Gimme
Organic Seaweed
Snacks
.32-.35 oz.
Select varieties



2/\$7

Crunchmaster
Crackers
4 oz. • Loves Park, IL



2.29

Harvest Snaps
Snacks
2.5-3.3 oz.



4.49

Que Pasa
Organic Avocado
Oil Tortilla Chips
7.5 oz.



*lunchbox
level-up*

From early mornings to after-school activities, snack time just got an upgrade. Made with thoughtfully chosen ingredients and crafted with care, these favorites are ready to keep up with every part of your back-to-school routine.



4.49

Simple Mills
Soft-baked Bars
5 pk.-1.19 oz.



4.49

Simple Mills
Crackers
4-5.5 oz.



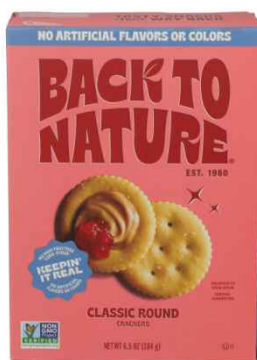
5.49

Simple Mills
Nut Butter Stuffed
Sandwich Cookies
6.7 oz.

Snack options for everyone.

*tastes like
good times!*

Back to Nature —
bringing sunshine to snack
time since 1960. Remaking
America's favorite snacks
with honest-to-goodness
ingredients. Simple joys, no
regrets, happy days.



2/\$7

**Back to Nature
Crackers**
4-6.5 oz.



3.69

**Food Should
Taste Good
Sweet Potato
Tortilla Chips**
5.5 oz.



COOPERATIVELY OWNED

4.29

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



2.79

**La Colombe
Cold Brew**
9 fl. oz.



2/\$6

**SmartSweets
Gummy
Sweet Fish**
1.8 oz.



enhance any moment

San Pellegrino guides you to unique
taste experiences. An experience that
begins with fine food and ventures far
beyond. With its incomparable sense
of taste and Italianity, San Pellegrino is
able to enhance any moment.



5.49

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



4.79

**Quinn
Filled Pretzels**
5-7 oz.

Little treats. Big savings.



4.39

Califia Farms
Unsweetened
Almondmilk
48 fl. oz.

joy in every spoonful

Since 1973, we've been perfecting our cream top yogurt, so every cup is a taste of rich, creamy deliciousness.



4.39

Upton's Naturals
Seitan
8 oz.
Chicago, IL

local

3.99

Brown Cow
Cream Top Yogurt
32 oz.



Upgrade your yogurt bowl with ingredients from the co-op.

Creamy, rich, delicious.



4/\$5

Chobani
Greek Yogurts
5.3 oz.



3.99

Follow Your Heart
Dairy-free Feta
Crumbles
6 oz.



5.49

Organic Valley
American Cheese
Slices
6 oz.
LaFarge, WI

local

coop

USDA
ORGANIC



4.79

Ripple
Plant-based Milk
48 fl. oz.



6.49

Organic Valley
Egg Whites
16 oz.
LaFarge, WI

local

coop

USDA
ORGANIC

Begin your days with deals from the co-op.



7.49

Daiya
Frozen Pizza
15.7-19.4 oz.



1.79

Mush
Overnight Oats
5 oz.



3.99

Olli Salumeria
Snack Packs
2 oz.



8.99

Caulipower
Chicken
Tenders
14 oz.



5.69

Malk
Organic Coconut
Creamer
16 fl. oz.



4.99

Follow Your
Heart
Veganaise
12-14 fl. oz.



5.99

Bizzy
Organic Cold
Brew Coffee
48 fl. oz.



4.69

WtrmIn Wtr
Cold Pressed
Watermelon Juice
12 oz.



everyday low price



5.49

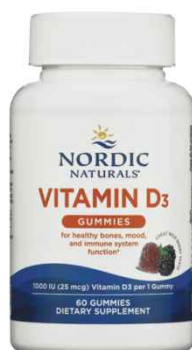
Field Day
Organic Frozen Potatoes
23-24 oz.
Select varieties



5.69

Dave's Killer Bread
Thin Sliced Bread
20.5 oz.

Time to restock the fridge!



10.99

**Nordic Naturals
Vitamin D3 Gummies**
60 ct.



21.99

**Barlean's
Organic
Flax Oil**
16 fl. oz.



24.99

**Whole Earth & Sea
Men's or Women's
Multivitamin &
Mineral**
60 ct.



10.79

**Gaia Herbs
Ashwagandha Gummies**
45 ct.

INCLUSIVE TRADE PARTNER



22.99

**Fat and the Moon
Plant Perfumes**
1 fl. oz.



22.99

**Ancient Nutrition
SBO Probiotics**
30 ct.

sheer mineral sun protection

Alba Botanica Mineral SPF Sunscreen delivers powerful UV protection and lasting hydration in hypoallergenic, mineral-based formulas. Dermatologists tested, enjoy lightweight, fragrance-free, water-resistant and non-comedogenic sun protection benefits.

10.99

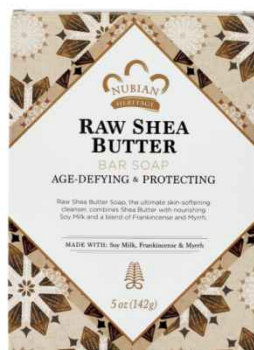
**Alba Botanica
SPF 30 or 50 Sheer Mineral Sunscreen Lotion**
3 fl. oz.



2.99

**Orgain
Organic Plant-based
Protein Shakes**
11 fl. oz. • Chocolate and Vanilla

Summer savings on wellness and body care.



4.99

**Nubian Heritage
Bar Soap**
5 oz.



2.49

**Caboo
Facial Tissue**
60 ct.



4.99

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



10.39

**Jason
Body Wash**
30 fl. oz.



17.99

**Andalou Naturals
Hyaluronic DMAE
Lift & Firm Cream**
1.7 fl. oz.



12.99

**Alba Botanica
Body Lotion**
32 fl. oz.



eliminates the toughest odors

Biokleen Bac-Out uses a unique blend of live enzyme cultures to actively breakdown and absorb organic material to eliminate stains and odors and prevents their return.

8.99

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



9.99

**Green Forest
Bathroom Tissue**
12 ct.

Save more with deals throughout the co-op.

STOP! summer hunger

Donating is easy and makes a big difference!

- Round up your total at check-out
- Drop your spare change in a donation jar
- Donate a healthy food item to the donation bin located at the front of the store



June 1 - August 31

FOOD DRIVE & FUNDRAISER



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

refill!
refill!

Dr. Bronner's Magic Soap Refill Carton is the same great soap — with a rich lather and clean rinse, now in an 86% less plastic carton than our 32 oz. recycled bottles! Made with Regenerative Organic Certified® oils. Mindful care for body and planet!



10.99

Dr. Bronner's
Magic Soap Refill
32 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.



MW0826A