

fresh deals

SEPTEMBER 2 - 8, 2026



5.99

Sommers Provisions
85/15 Ground Beef
Pillow Packs
16 oz



local

5.99

Usinger's
Pork Sausages
Italian, Brat, Kielbasa
or Cajun Brat • 16 oz
Milwaukee, WI



2.99/lb

Organic Orange, Red
or Yellow Bell Peppers
Canada grown



local

5.99/bag

Organic Red, Russet
or Yellow Potatoes
5 lb • Wisconsin grown



local

5.99

Mad Dog & Merrill
BBQ Sauce
18 oz • De Pere, WI



local

3.79

Lewis Bake Shop
Burger or Hotdog Buns
8 pk • 15 oz
Evansville, IN



8.99

Better Wood Products
Hardwood Lump
Charcoal
8.8 lbs



local

2 for \$7

Juiced!
Cold-pressed Juices
12 oz • Milwaukee, WI

we made
you dinner!
SEP 2 - 8

Chicken Pelau

Roasted Vegetable Lasagna (vegetarian)

White Bean Kale Saute (wheat-free & vegan)

4-Cheese Mac & Cheese (vegetarian)



owners save more

SEPTEMBER 2 - 8, 2026



2.99 /lb

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

local



2.99 /lb

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



1.99 /lb

regularly 2.49-2.99/lb
Organic Bartlett or
Starkrimson Pears
USA grown



5.99

regularly 6.99
Impossible Foods
Plant-based Burger
Patties
8 oz



5.09-6.29

regularly 5.59-6.79
Andrew & Everett
Sliced Cheese
7 oz • Greenville, WI



5.99

regularly 7.99
Wholly Veggie Buffalo
Cauliflower Wings
13.2 oz



4.99

regularly 5.99
Fruit Riot!
Frozen Candied Fruit
Assorted varieties
8 oz



OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

*SALES GOOD WHILE SUPPLIES LAST

coop deals®

SEP 2 - SEP 15, 2026

the reel deal

Wild Planet Tuna is the best catch for those busy days — add tuna to sandwiches, salads or pasta dishes. You'll get protein with every bite while staying on top of the new fall schedule. Find it on sale at the co-op now!



2/\$6

**Wild Planet
Skipjack Tuna**
5 oz.

COOPERATIVELY OWNED



5.49

**Organic Valley
Oat Creamer**
32 fl. oz.
LaFarge, WI



3.79

**Uncle Matt's
Organic Half &
Half Black Tea
Lemonade**
52 fl. oz.



3.49

**Briannas
Dressing or
Vinaigrette**
12 fl. oz.



2/\$8

**Cascadian Farm
Organic Frozen
Potatoes**
12-16 oz.



COOPERATIVELY OWNED



4.29

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



COOPERATIVELY OWNED



5.49

**Organic Valley
Half & Half**
32 fl. oz.
LaFarge, WI



Check out these products that fly off our shelves!

Good values + Good value



3.99

Kite Hill
Plant-based
Sour Cream
8 oz.



4.79

Kite Hill
Plant-based
Yogurt
16 oz.



5.99

Kite Hill
Plant-based
Cream Cheese
8 oz.



6.49

Kite Hill
Plant-based
Filled Pasta
9 oz.

*dairy-free
homeroom*

Made for dairy lovers, these dairy-free favorites bring creamy, tangy, craveable texture to busy back-to-school routines — from high-protein Greek-style yogurt and Whole30-approved almond-milk cream cheese to rich sour cream and versatile stuffed pastas.



2/\$4

Icelandic
Provisions
Skyr Yogurts
4.4-5.3 oz.



3.99 Green Valley
Organic Lactose-free
Cream Cheese
8 oz.

COOPERATIVELY OWNED



5.69

Organic Valley
Cottage Cheese
16 oz.
LaFarge, WI



*rich, creamy
and delicious*

Say “yes” to taste and “no” to artificial flavors. Delicious Cream Top Yogurt.

5/\$5

Brown Cow
Whole Milk Yogurts
5.3 oz.



4.99

Nancy's
Organic Yogurt
32 oz.

Blend or whip up a delicious meal.



3.49

Wildwood
Vac Pack Tofu
16 oz.



4.99

Smart Chicken
Organic Whole
Chicken
per pound



4.99

Field Roast
Plant-based
Cheese
7 oz.



5.69

Afia
Falafel
9 oz.



5.99

Grillo's
Pickles
32 fl. oz.



7.49

Wellshire
Turkey Bacon
12 oz.



5.49

Field Roast
Plant-based
Breakfast Sausage
9.3 oz.



5.49

Applegate
Uncured Beef
Hot Dogs
10 oz.



feel alive inside

At KeVita, we believe when your gut's off,
your whole world is off. We create vibrant,
organic and non-GMO beverages with live
probiotics that make wellness accessible,
enjoyable and sustainable for all.

2/\$6

KeVita
Organic Probiotic Drinks
15.2 fl. oz.



3.99

Ithaca
Hummus
10 oz.

Make room in the fridge for mealtime essentials.

COOPERATIVELY OWNED

we follow nature's lead**3.99**Organic Valley
Cream Cheese
8 oz.
LaFarge, WI**3.99**Organic Valley
Sour Cream
17 oz.
LaFarge, WI**5.69**Organic Valley
Ricotta Cheese
15 oz.
LaFarge, WI**4.69**Organic Valley
Butter
2pk.-8 oz.
LaFarge, WI

The products **Organic Valley** farmers produce start with what nature provides — clean air, fresh water, healthy soil, and plenty of sunshine. Add to this the wisdom gained through generations of farming and an unwavering commitment to USDA Organic standards and the result is extraordinary — delicious, certified organic products produced on farms without the use of antibiotics, artificial growth hormones, toxic pesticides, or GMOs.

**4.99**Rudi's
Organic Bread
22 oz. • Whole Wheat, Rocky Mountain Sourdough, or Multigrain Oat**5.49**Violife
Just Like Feta
8.1 oz.**8.49**Uncle Matt's Organic
Orange Juice
52 fl. oz.**3.69**Blue Diamond
Almondmilk
64 fl. oz.
Select varieties**4.99**Kalona Supernatural
Organic Whole
Chocolate Milk
32 fl. oz.
Kalona, IA**5.99**Forager Project
Organic
Cashewmilk
Yogurt
24 oz.**The co-op helps make breakfast easy.**

INCLUSIVE TRADE PARTNER

Tucson Tamale is a Hispanic- and woman-owned company. Our Mexican-American family recipes and traditions make for award-winning tamales.



5.49 Tucson Tamale Tamales
10 oz.

brings the sizzle



Juicy, delicious and worth waking up for. Made with avocado oil and easy-to-prepare — it's a perfect way to start the day.

5.99

Beyond Breakfast Sausage
9.7 oz.



4.99
Bubbies Mochi Ice Cream
7.5 oz.
Bay View location only!



5.49
JonnyPops Frozen Novelties
6.72-14.8 fl. oz.



3.99
Beyond Plant-based Breaded Chicken Tenders
8 oz.

taste the difference

Experience the rich, creamy goodness of Alden's Organic ice cream. Made with premium organic ingredients, every bite offers flavor you can feel good about. Treat yourself today!



9.49 Alden's Organic Ice Cream
48 fl. oz.



10.99
Against the Grain Gluten & Grain-free Pizzas
22.4-24 oz.



4.99
Foodies Vegan Pumfu
8 oz.

Frozen meals and treats are at the co-op.

INCLUSIVE TRADE PARTNER



3.69

Fillo's Beans

10 oz. • Geneva, IL

INCLUSIVE TRADE PARTNER



2.39

Fillo's Walking Tamales

4 oz. • Geneva, IL

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



5.39

Woodstock Organic Pickles

24 oz.



5.99

Mike's Organic Curry Love Cooking Pastes

4.23 oz.



7.99

Pamela's Gluten-free Pancake & Baking Mix

24 oz.



made for real food

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.



16.99

Spectrum Organic Extra Virgin Olive Oil

25.4 fl. oz.

Enhance your meals with Co+op Deals.



3.99

Garden of Eatin'
Taco Shells
5.5 oz.



2.79

Ancient Harvest
Organic Polenta
18 oz.



2.49

Garden of Eatin'
Taco Seasoning
1.4 oz.



4/\$3

Justin's
Classic
Peanut Butter
Squeeze Pack
1.15 oz.



2.79

Westbrae
Organic Lentils
15 oz.



3.99

Maya Kaimal
Organic Everyday
Dal Entrees
10 oz.



noodles worth slurping

Koyo Noodles are crafted from freshly milled organic heirloom grains and deliver delicious, comforting flavor in every bowl. Dive in and slurp it up!

3/\$4

KOYO
Ramen Soup Packs
or Cups
2-2.1 oz.



2/\$8

Imagine
Organic Creamy Soup
32 fl. oz.

Easy and delicious back-to-school dinners.



2.99

**Pirate Brands
Aged White Cheddar Puffs**
4 oz.



3.69
**Mary's Gone
Crackers**
Organic Original
Crackers
4 oz.



no seed oils

2/\$6

**Boulder Canyon
Potato Chips**
5.25-6.5 oz.



3.79
**Nature's Path
Organic
Toaster Pastries**
6 pk-1.8 oz.



3.79
**Lundberg Family
Farms
Organic Mini
Rice Cakes**
5 oz.



3.79
**Food Should
Taste Good
Tortilla Chips**
5.5 oz.



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

COOPERATIVELY OWNED



2/\$7

**Kettle Brand
Potato Chips**
5 oz. • Select varieties



2/\$7

**Blue Diamond
Nut Thins**
3.75-4.25 oz.



3.99

**Triscuit
Organic Crackers**
7 oz.

After-school snacks are at the co-op.



3.79

**Wild Planet
Tuna Salad
Ready-to-eat Cans**
5.6 oz.



6.99

**Koyo
Mandarin Style
Noodles**
5pk.-3.35 oz.



1.49

**Ito En
Sencha Shot
Green Tea
Energy Shot**
6.4 fl. oz.



2.79

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



2/\$7

**Jennies
Coconut Bites or
Macaroons**
5.25 oz.



3.69

**Good Karma
Unsweetened
Flaxmilk +
Protein**
32 fl. oz.



3.99

**R.W. Knudsen
Organic Blueberry
Pomegranate
Juice Blend**
32 fl. oz.



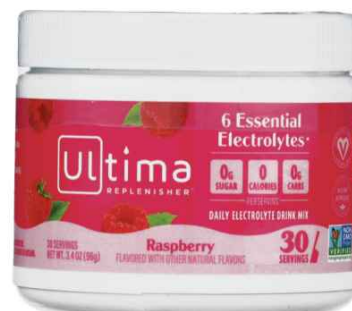
3.99

**Endangered
Species
Chocolate
Bars**
3 oz.



5.49

**Nocciolata
Hazelnut Cocoa
Spread**
8.82 oz.



5.29

**If You Care
Paper Snack &
Sandwich Bags**
49 ct.



5.69

**Kind
Granola**
9-11 oz.

15.99

**Ultima Replenisher
Electrolyte Drink Mix**
3.4-3.9 oz.

On-the-go options for the whole family.



2.99

Pacific Foods
Plant-based
Beverages
32 fl. oz.
Almond, Hemp, or Oat



5.99

Arrowhead Mills
Organic Pancake
& Waffle Mix
22 oz.
Buttermilk or
Buckwheat varieties



*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
2.4 oz.



4.99

Nature's Path
Organic
Love Crunch
Granola
11.5 oz.



COOPERATIVELY OWNED

10.99

Equal Exchange
Organic Regular
Roast Coffee
10-12 oz.



17.99

Om
Organic Lion's Mane
Mushroom Powder
3.5 oz.

whole wheat goodness



Wake up to tasty, deliciously
crunchy, sweet shredded wheat
biscuits full of autumn flavors the
whole family will enjoy and that
will help them start their day
with a smile.

6.39

Kashi
Cereal
12.7-18 oz.



4.69

Tazo
Tea
15-20 ct.

Upgrade your day with deals from the co-op.



10.49

**Derma E
Ramos Wash Day
Curl Shampoo**
12 fl. oz.



11.99

**Dr. Bronner's
Sal Suds**
32 fl. oz.



8.29

**Derma E
Body Lotion**
8 fl. oz.

INCLUSIVE TRADE PARTNER



4.49

**Ecos
Liquid Soap**
17 fl. oz.



4.39

**A La Maison
Bar Soap**
8.8 oz.



20.99

**Himalaya
Berberine**
60 ct.



5.99

**Davids
Toothpaste**
4-5.25 oz.



10.99

**Derma E
Vitamin C
Exfoliating
Cleanser**
4 oz.



8.69

**Humble
Deodorant**
2.65 oz.

Feel good, inside and out.



September round up:

Local non-profit **Teens Grow Greens** provides hands-on learning experiences to help Milwaukee teenagers develop their skills, resources and opportunities. Through paid internships, TGG gives teens exposure to culinary, horticultural, urban planning and entrepreneurial training. They also operate Webers Greenhouse in Milwaukee, where plants and flowers grown by TGG are available.

www.teensgrowgreens.org or @teensgrowgreens on all social media platforms

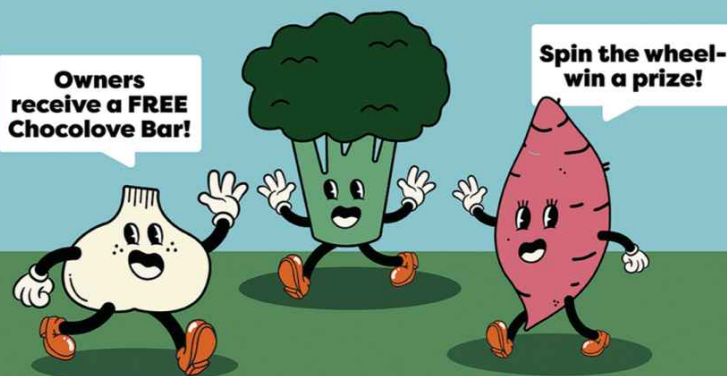


Owner & Shopper Appreciation Day

Saturday, September 5

11am-2pm • All Outpost store locations

WE LOVE OUTPOST



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

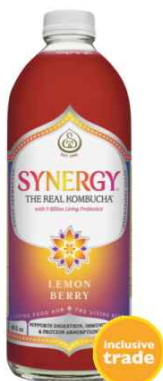
7590 W. Mequon Rd.
262-242-0426

outpost.coop



2/\$6

GT's
Alive Elixirs
16 fl. oz.



7.49

GT's
Synergy Kombucha
48 fl. oz.



5.49

GT's
Organic CocoYo
Yogurt
8 fl. oz.

raw. living. real.

INCLUSIVE TRADE PARTNER

Already love SYNERGY Kombucha? Explore more from **GT's Living Foods**, a family- and LGBTQIA+-owned brand creating raw, living products for every wellness ritual. From cultured hydration to coconut yogurt, every sip and spoonful is rooted in nature — never ultra-processed.



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.



MW0926A