

fresh deals

SEPTEMBER 23 - 29, 2026



1.49 /lb
Organic
Bartlett Pears
USA grown



3.99 /ea
Organic
Blueberries
USA grown
6 oz



2 for \$7
Juiced!
Cold Pressed Juices
Milwaukee, WI
12 oz



5.99 /lb
Beeler's
All-Natural Boneless
Pork Chops
Le Mars, IA



2.49
Abe's
Pound Cake
Mini Pumpkin
3.4 oz



save 15% /lb
Meadowlark Organics
Organic Local Flour
Ridgeway, WI



2.99
Dandies
Vegan Mini Marshmallows
Pumpkin Spice or Maple
5 oz

**we made
you dinner!**
SEP 23 - 29

Chicken Ala King
Zucchini Bake
Sweet Potato Coconut Dal
(wheat-free & vegan)
4-Cheese Mac & Cheese (vegetarian)



owners save more

SEPTEMBER 23 - 29, 2026



3.99 /lb

regularly 4.99/lb

**Miller Poultry All-Natural
Bone-In Split Chicken Breast**
Orland, IN

local



1.99 /lb

regularly 2.49/lb

**Organic
Gala, Granny Smith,
or Pink Lady Apples**
USA grown



1.49 /lb

regularly 1.99/lb

Organic Celery
USA grown



3.49 /ea

regularly 3.99/ea

**Outpost
Caramel Little Oaties**
Regular or Wheat-free



7.99

regularly 10.99

**Fizzeology
Fermented Kraut
or Kimchi**
Viroqua, WI • 16 oz



4.99

regularly 6.99

**Oregon Chai
Slightly Sweet
Chai Tea Latte**
32 fl oz



2.99 /lb

regularly 3.99

**Organic
Flax Seeds**
Brown or Gold
Bulk Bin



OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

*SALES GOOD WHILE SUPPLIES LAST

coop deals

SEP 16 - SEP 29, 2026

organic and flavorful

Some mornings are hectic — a missed alarm or an early morning practice. Nature's Path Organic is a good option for ensuring your family has a breakfast that's both delicious and easy when time is limited. Find these organic and non-GMO cereals on sale at the co-op now!



3.99

Nature's Path Organic Cereal
9.5-14 oz.



4/\$6 Larabar
Fruit & Nut Bars
1.6-1.7 oz.



2/\$6
Annie's
Macaroni &
Classic Cheddar
6 oz.



2/\$7
Hippeas
Chickpea Snacks
3.75-5 oz.



2/\$7
Muir Glen
Organic Pasta
Sauces
23.5 oz.



3.99
Repurpose
Plates
20 ct.

COOPERATIVELY OWNED



5.79
Organic Valley
Protein Plus Milk
48 fl. oz.
LaFarge, WI



Check out these products that fly off our shelves!

Good values + Good value



4.99

Organic Valley
Shredded or
Sliced Cheese
6 oz.
LaFarge, WI



4.99

Organic Valley
Feta Crumbles
4 oz.
LaFarge, WI



11.99

Organic Valley
Mozzarella
Stringles
18 oz.
LaFarge, WI

*pasture-perfect
cheese*

local

COOPERATIVELY OWNED

All of our cheeses start with organic pasture-raised milk from our family farms. We then combine our premium ingredients with time-honored recipes for a taste that is irresistibly delicious, no matter how you slice it (or shred it).

simple ingredients and protein rich!



Rich, creamy and made with only milk and live active yogurt cultures. It's delicious and plain extraordinary.

3 / \$4

Fage
Greek Yogurts
5.3 oz.



5.49

Chobani
Coffee Creamer
24 fl. oz.



2.69

The Mountain Valley
Spring Water
33.8 fl. oz.

*Also in 12 ct. cases
for \$32.28*



COOPERATIVELY OWNED

5.99

Organic Valley
Grassmilk
59 fl. oz.
LaFarge, WI

local

USDA
ORGANIC



5.99

Wildbrine
Kimchi
18 oz.

Start your day strong with these deals.



5.79

**Lifeway
Organic Kefir**
32 fl. oz. • Morton Grove, IL



2/\$7

**GoodBelly
Probiotic Drinks**
32 fl. oz.



3.99

**Tofurky
Plant-based Deli
Slices**
5.5 oz.

INCLUSIVE TRADE PARTNER

Nuts for Cheese is a LGBTQIA+- and woman-owned company. Our cheese is crafted from 100% organic cashews, fermented and rich in probiotics with billions of CFUs per serving.

6.49

**Nuts for Cheese
Organic Cashew
Cheese**
4.23 oz.



5.79

**Hodo
Organic Moroccan
Tofu Cubes**
8 oz.



8.99

**Smart Chicken
Boneless Skinless
Breast Fillet**
per pound



6.39

**Niman Ranch
Uncured Canadian
Bacon**
7 oz.

classic treats, real ingredients ↘

Two creamy classics, dark chocolate and pistachio, made with simple organic ingredients and real flavor. Served in a reusable glass jar worth savoring to the last spoonful.



4.39

**Petit Pot
Organic French Dessert**
2 pk.-4 oz



6.99

**Cocojune
Organic Coconut Cultured
Yogurt**
16 oz.

Good nutrition for great days.



2/\$6

KeVita
Organic Probiotic Drinks
15.2 fl. oz.



2/\$6

KeVita
Organic Kombuchas
15.2 fl. 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.



3/\$10

Pop & Bottle
Organic
Almond Lattes
11 fl. oz.



5.29

Food for Life
Organic Bread
16-24 oz.
Select varieties



sip the coconut

Made from organic young Nam Hom coconuts grown in Thailand. Enjoy pure coconut water or discover soft, tender coconut pulp for a refreshing sip with a little extra coconut.

4.99

Harmless Harvest
Organic Coconut Water
16 fl. oz.



3.69

Little Sesame
Hummus
8 oz.

Savor the deals from the co-op.



2/\$6

Cascadian Farm
Organic Frozen
Vegetable Blends
10 oz.



4.99

Blake's
Pot Pie
8 oz.



4.99

So Delicious
Plant-based
Frozen Desserts
1 pt.



5.49

So Delicious
Frozen Novelties
4 pk.



4.69

Gardein
Plant-based
Protein
8.8-13.7 oz.



4.99

Alexia
Frozen Potatoes
15-19 oz.
Select varieties



5.49

Alden's Organic
Frozen Novelties
9-14 oz.
Select varieties



6.99

Feel Good Foods
Gluten-free
Appetizers
6-10 oz.



11.99

Wyman's
Frozen Blueberries
48 oz.



7.99

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



12.99

Wyman's
Triple Berry Blend
48 oz.



7.99

Gardein
Ultimate Chick'n
Tenders
15 oz.

Frozen favorites from the co-op.



2/\$8

**Celestial Seasonings
Herbal Teas**
12-20 ct.



4.49

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



3.49

**Bob's Red Mill
Brownie or Cake Mixes**
14 oz.



4/\$5

**Bob's Red Mill
Oat Bars**
1.76 oz.

COOPERATIVELY OWNED



12.99

**Equal Exchange
Organic Coffee**
per pound in bulk



8.99

**Lakewood
Organic Pure
Pomegranate Juice**
32 oz.



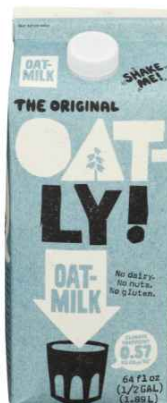
3.99

**Oatly
Barista Edition Oatmilk**
32 fl. oz.



4.49

**Oatly
Plant-based Creamer**
32 fl. oz.



4.49

**Oatly
Oatmilk**
64 fl. oz.



*your favorite
oatmilk sale!*

Everyone knows **Oatly** makes great-tasting oatmilk products. But did you know Oatly is the world's first food and beverage company to be named a Climate Solutions Company? Yep. Sometimes you learn something from a Co+op Deals flyer. Shop the Oatly sale!

There's something for everyone at the co-op.



2.49

**Mori-Nu
Tofu**

10.8-10.9 oz. • Select varieties



2.99

**Native Forest
Organic
Coconut Milk**
13.5 fl. oz.
Select varieties



5.99

**Mike's Organic
Curry Love
Cooking Pastes**
4.23 oz.



3.99

**Woodstock
Organic Olives**
8.4-8.5 oz.



3/\$9

**Lundberg
Family Farms
Organic Ready-
to-Heat Rice**
8 oz.



5.99

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



7.49

**Bob's Red Mill
Organic
Unbleached
White Flour**
5 lbs.



2.69

**Pacific Foods
Organic Cream Soup**
10.4-10.5 oz.



5.79

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



15.99

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

Stock your kitchen with deals from the co-op.



2/\$4

Siete
Taco Seasoning
1.31 oz.



3.99

Siete
Salsa
10.5 oz.



3.99

Siete
Tortilla Chips
5 oz.



7.49

Siete
Tortillas
7 oz.

*thoughtfully
crafted*

From Almond Flour Tortillas to our Grain Free Sea Salt Tortilla Chips to salsas for every taste, **Siete** makes Mexican-American heritage-inspired foods that ensure everyone has a seat at the table.



6.99

Fentiman's
Soda or Rose
Lemonade
4pk-9.3 oz.



5.39

Late July Snacks
Salsa
15.5 oz.



4.99

Better with
Buckwheat
Crispbreads
3.7-4 oz.



game on!

Crunch into fall with plenty of great deals at the co-op from The Good Crisp Company! Try all of our amazing snacks: Crisps, Cheese Balls and Crinkle Cut ... snacks the whole family can enjoy!

2/\$7

The Good Crisp
Potato Crisps
5.6 oz.



3.99

Late July Snacks
Organic Tortilla Chips
6-10.1 oz.

Go all out on these snack deals!



2/\$5

**Guru
Organic
Energy Drinks**
12 fl. oz.



2/\$4

**Gimme
Organic Seaweed
Snacks**
.32-.35 oz.



2.29

**Justin's
Organic Peanut
Butter or Almond
Butter Cups**
1.4 oz.



2.99

**The Ginger People
Ginger Candy**
3 oz.
Select varieties



2/\$6

**Good Health
Potato Chips**
5 oz.

no seed oils



3.39

**Angie's
Boomchickapop
Popcorn**
5 oz.



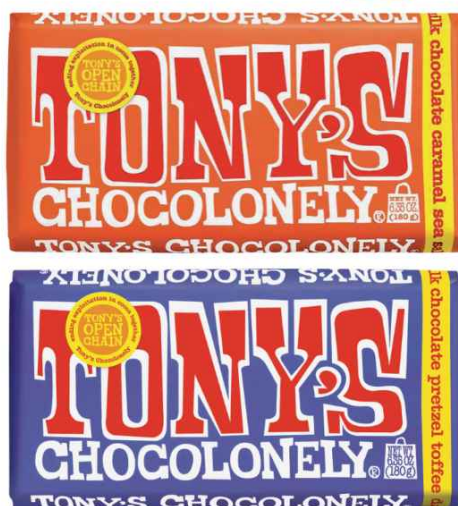
2/\$7

**Chocolove
Chocolate Bars**
2.9-3.2 oz.



2/\$7

**Good Health
Veggie Chips
or Stix**
6.25 oz.



unwrap the goods

Tony's Chocolonely milk chocolate bars are made with premium, fair trade ingredients — on a mission to end exploitation in cocoa.

5.49

**Tony's Chocolonely
Chocolate Bar**
6.35 oz.



4.99

**Tate's Bake Shop
Cookies**
7-8 oz.

Fall for these snacks from the co-op.



5.99

Bragg
Organic Apple
Cider Vinegar
32 fl. oz.

*add apple cider
vinegar*

SCAN QR CODE FOR RECIPE

Check out this recipe for a berry shrub. It's delicious, tart and includes apple cider vinegar for a functional wellness boost.



12.99

Nature's Way
Umcka Syrup
4 fl. oz.

upgrade your immune support
your future self will thank you



28.99

Amazing Grass
Greens Blend
Alkalize & Detox
7.4-8.5 oz.



11.99

Sovereign Silver
Bio-Active Hydrosol
2 oz.

INCLUSIVE TRADE PARTNER



**inclusive
trade**

35.99

Vital Planet
Vital Flora
30 ct.

Get ready for fall!



3.99

Tom's of Maine
Spearmint Floss
32 yds.



5.69

Tom's of Maine
Mouthwash
16 fl. oz.



5.99

Tom's of Maine
Toothpaste
4-4.5 oz.

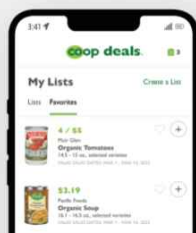


7.99

Tom's of Maine
Deodorant
3.25 oz.

*nature can
work wonders*

Tom's of Maine has natural body care products you can count on. Our toothpastes, mouthwashes, deodorants and floss contain no artificial flavors, fragrances or preservatives. Plus, we donate 10% of our annual profits to organizations protecting nature.

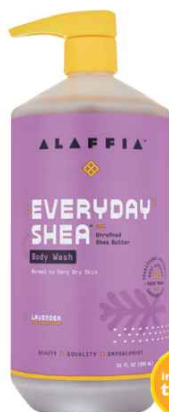


Never miss your **favorite deals**.
Download the Co+op Deals app!



INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company. Our projects enable Togolese communities to share their skills and knowledge with the rest of the world.



12.99

Alaffia
Everyday Shea
Body Wash
32 fl. oz.

inclusive
trade

INCLUSIVE TRADE PARTNER



7.99

Inesscents
Plant Bath Salts
3.5 oz.

inclusive
trade

INCLUSIVE TRADE PARTNER



9.99

Alaffia
Shea Butter
12 oz.

inclusive
trade



7.99

Andalou Naturals
Body Lotion
8 fl. oz.



4.49

Zum
Bar Soap
3 oz.

Find your body care essentials at the co-op.

THE BEST CARROT CAKE IN TOWN.



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

Bionaturae
Organic Pastas
16 oz.



2/\$7

Bionaturae
Organic Tomatoes
24-28.2 oz.

←
*rooted in
tradition*

Quality begins at the source. With carefully selected tomatoes and artisan-crafted pasta, every product reflects a dedication to responsible sourcing, traditional methods and the authentic flavors of Italy.



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.



MW0926B