fresh deals

NOVEMBER 4 - 10, 2026

8.99
Wholey Seafood
26/30 Cooked Shrimp
16 oz

2.99/lb
Organic Broccoli
USA grown

2.59/lb
Organic Cauliflower
USA grown

2.99/lb
Meadowlark Organics
Organic White Corn Grits
Ridgeway, WI

2.79/lb
Organic
Garnet or Orange
Sweet Potatoes
USA grown

save 40%
Organic
Raw Cashews
Bulk Bin

2.49/ea
Outpost
Apple Crisp Bar

we made you dinner!
NOV 4 - 10

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

owners save more

NOVEMBER 4 - 10, 2026

5.99/lb
regularly 6.49/lb
Miller Poultry
All-Natural Boneless Skinless Chicken Breast
Orland, IN

3.49
regularly 3.99
Pur Pain
Take & Bake Sourdough Baguette
10.6 oz

2.99/lb
regularly 3.99/lb
Doudlah Farms
Organic Cranberry or Great Northern Beans
Bulk Bin • Evansville, WI

1.69/lb
regularly 1.99/lb
Organic
Bartlett Pears
USA grown

5.99/ea
regularly 6.99/ea
Salad Girl
Fresh Dressings
All varieties • 8 fl oz
Mahtomedi, MN

5.99
regularly 6.49
Eiffel Tower
Baby Brie or Camembert
7 oz

save $5
regularly 19.99
Outpost Magnesium Glycinate + D3
60 ct

OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

*SALES GOOD WHILE SUPPLIES LAST

Co+op deals®

NOV 4 - NOV 17, 2026

prep for the season

With our largest Field Day sale going on, it's time to stock up and bring the flavor to all your holiday meals, stuffing, soups and stews. Get fully stocked so you're ready to make your favorite recipes!

2/$4
Field Day Organic Broths
32 fl. oz.

2/$3
Field Day Organic Cut Green Beans
14.5 oz.

2/$4
Field Day Sparkling Waters
6 pk.-12 fl. oz.

2/$5
Field Day Organic Pumpkin Purees
15 oz.

2/$5
Field Day Organic Gravy
12 oz.

16.99
Field Day Organic Olive Oil
33.8 fl. oz.

stock up and save

field DAY organic and natural for less

3/$4
Field Day Organic Beans
15 oz.

2/$3
Field Day Organic Pastas
16 oz.

2/$3
Field Day Organic Mac & Cheese
6 oz.

2/$3
Field Day Organic Whole Kernel Sweet Corn
15 oz.

5.99
Field Day Canola Oil
32 fl. oz.

Save more when you shop Field Day products.

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

2/$5

Field Day Organic Pasta Sauces
24 oz.

2/$6

Field Day Organic Dried Sweetened Cranberries
4 oz.

2/$6

Field Day Organic Cane Sugars
24 oz.

2/$7

Field Day Organic Crackers
7-8 oz.

2/$7

Field Day Organic Saigon Cinnamon
1.5 oz.

4.99

Field Day Organic Walnuts Halves & Pieces
7 oz.

5.99

Field Day Organic All-purpose Flour
5 lbs.

3.29

Field Day Vegetable Oil
32 fl. oz.

Shop Co+op Deals on Field Day products.
For each product sold we'll donate 5¢ to NATIFS!

NORTH AMERICAN TRADITIONAL INDIGENOUS FOOD SYSTEMS NATIFS

Scan to learn more

Stock up and give back to the community.

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

6.99

Cocojune
Organic Coconut
Cultured Yogurt
16 oz.

delicious cream top yogurt

Made the old-fashioned way since 1973, with a rich layer of cream that rises to the top just like it's supposed to.

4.49

Brown Cow
Cream Top Yogurt
32 oz.

4.39

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

5.39

Nancy's
Organic Cottage
Cheese
16 oz.

delicious and plain extraordinary

Rich, creamy and made with only milk and live active yogurt cultures.

2/$7

Fage
Greek Yogurt
16 oz.

5.49

Chobani
Coffee Creamer
24 fl. oz.

Smooth and delicious deals are at the co-op.

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

3.79
Kite Hill
Dairy-free
Sour Cream
8 oz.

4.79
Kite Hill
Dairy-free Yogurt
16 oz.

5.99
Kite Hill
Dairy-free
Cream Cheese
8 oz.

6.49
Kite Hill
Dairy-free Filled
Pasta
9 oz.

everyone's invited

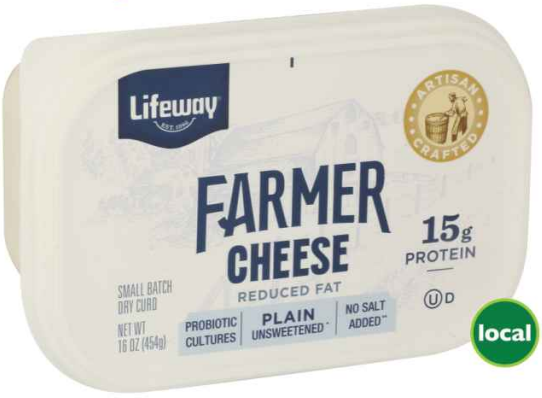
From brunch spreads to cozy dinners, **Kite Hill** brings rich, creamy dairy-free favorites to every gathering. They're the perfect swap for entertaining — whether you enjoy dairy-free or want to delight someone in your life who does.

Find dairy-rich and dairy-free at the co-op.

Make a delicious party tray.

small batch

Lifeway Farmer Cheese is a cultured, handcrafted, soft cheese made with reduced fat milk and live and active probiotic cultures. It has a mild, slightly tangy flavor and a creamy texture. Plus, it's an excellent source of complete protein with 15 grams per serving.



4.29
Lifeway
Farmer Cheese
17 oz.
Morton Grove, IL

The co-op's got delicious food for entertaining.

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

4.99

Violife
Just Like Cheese Slices or Shreds
7.05-8 oz.

4.99

Silk
Organic Soymilk
64 fl. oz.

5.49

Malk
Organic Creamer
16 fl. oz.

5.99

Grillo's
Pickles
32 fl. oz.

5.99

Applegate
Sliced Ham
7 oz.

5.99 /lb.

Smart Chicken
Boneless Skinless Thighs

5.99

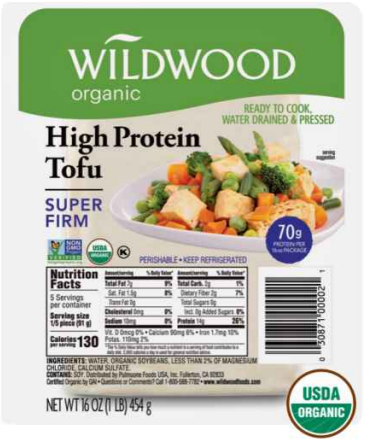
Beyond
Plant-based Burger Patties
8 oz.

10.99

Thousand Hills
Beef Brisket Bacon
8 oz.
Becker, MN

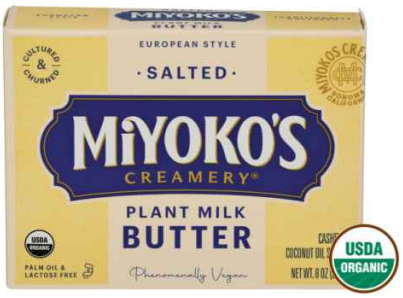
your plant-powered partner

Packed with plant-based protein. Delicious and endlessly versatile. Perfect for stir-fries, grilling or hearty meals anytime.



3.49

Wildwood Organic
High Protein Tofu
16 oz.



4.49

Miyoko's Creamery
Organic Plant Milk Butter
8 oz.

Shop for nutritious ingredients at the co-op.

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

3.99

Tofurky Plant-based Deli Slices
5.5 oz.

2/$6

KeVita Organic Probiotic Drinks
15.2 fl. oz.

3.99

Ithaca Hummus
10 oz.
Select varieties

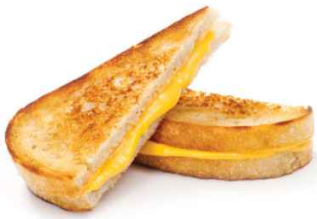
4.39

Follow Your Heart Original Vegenaise
14 fl. oz.

COOPERATIVELY OWNED

4.49

Kerrygold Pure Irish Butter
8 oz.



3.69

Follow Your Heart Dairy-free Parmesan Cheese
4 oz.

COOPERATIVELY OWNED

7.99

Organic Valley Ghee
7.5 oz.
LaFarge, WI

brew-ed awakening

Handcrafted with sustainably sourced coffee and a passion for bold flavor, **Chameleon** brings thoughtfully brewed cold brew to your everyday coffee ritual.

8.49

Chameleon Coffee Organic Cold-brew Concentrate
32 fl. oz.

4.29

Lifeway Lowfat Plain Kefir
32 fl. oz.
Morton Grove, IL

Refreshing, savory and flavorful.

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

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.

2/$10 Blake's Pot Pie
8 oz.

5.29 Kodiak Cakes Frozen Waffles
15.4 oz.

4.79 Gardein Plant-based Protein
9-13.7 oz.

4.99 Rudi's Organic Bread
22 oz.

Have a great solution when they say "I'm hungry!"

Keep the freezer stocked.

5.99 Amy's Frozen Meal
8.25-10.3 oz.

5.99 Against the Grain Pizza Shell
12.3 oz.

10.49 Against the Grain Gluten & Grain-free Pizza
22.4-24 oz.

11.99 Wyman's Frozen Blueberries
48 oz.

Smiles for miles with food this delicious.

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

2/$7

Kettle Brand Potato Chips
4.25-5 oz.
Select varieties

2/$7

Chocolove Chocolate Bars
2.9-3.2 oz.

3.99

Late July Snacks Tortilla Chips
6-10.1 oz.

2/$7

Crunchmaster Crackers
3.54-4 oz.
Loves Park, IL

4.69

Better with Buckwheat Crackers
3.7-4 oz.

4.99

Late July Snacks Salsa
15.5 oz.

4.69

Fever Tree Drink Mixers
4 pk.-6.8 fl. oz.

4.49

Newman's Own Fig Newmans
10 oz.

4.99

Tate's Bake Shop Cookies
5.5-8 oz.

5.49

Tony's Chocolonely Chocolate Bars
6.35 oz.

4.99

Newman's Own Newman O's Sandwich Creme Cookies
13 oz.

Time for a snack haul from the co-op.

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

2/$5
Odyssey Energy Drinks
12 fl. oz.

COOPERATIVELY OWNED

2/$8
Equal Exchange Organic Teas
20 ct.

purposefully crafted

R.W. Knudsen is committed to quality and offering goodness and wellness in every bottle. Pick up your favorite variety, packed with antioxidants for stronger immunity, better skin and a healthier you.

3.99
R.W. Knudsen Juice Blend
32 fl. oz.
Select varieties

Fall season is for sipping your favorite beverages.

Find a moment to relax.

your next favorite tea?

Yogi is committed to creating quality products and doing it in a way that's good for the planet. Yogi is a community that stands for passion, sustainability and conscious living.

3.99
Yogi Herbal Tea Blend
16 ct.

13.99
Anodyne Locally Roasted Coffee
12 oz. or per pound
Milwaukee, WI

6.99
Lakewood Organics Pure Lemon and Pure Lime Juice
32 fl. oz.

Save on what you sip.

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

INCLUSIVE TRADE PARTNER

Teeccino is a woman-owned company. Teeccino satisfies both coffee and tea drinkers alike and is an excellent coffee alternative.

5.49 Teeccino Herbal Tea 10-12 ct.

2.99 Nutpods Plant-based Creamer 11.2 fl. oz.

2/$7 Good Health Peanut Butter Filled Pretzels 5 oz.

4/$5 Larabar Fruit & Nut Bars 1.6-1.7 oz.

3.79 Lundberg Family Farms Organic Rice Cakes 5-9.3 oz.

4.39 Milkadamia Macadamia Milk 32 fl. oz.

INCLUSIVE TRADE PARTNER

5.99 Purely Elizabeth Cereal 11-13 oz.

6.99 Grandy Organics Grain-free Coconola 9 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.

4.39 Tazo Organic Tea 15-20 ct.

Download the Co+op Deals app!

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

3.79

Imagine
Organic No-Chicken Broth
32 fl. oz.

quality meet versatility

Spectrum Oils is your seasoned partner in the kitchen, with high-performance organic and non-GMO ingredients delivering dependable quality and versatility in every pour.

18.99

Spectrum
Organic Extra Virgin Olive Oil
25.4 fl. oz.

2.49

Mori-Nu
Silken Tofu
10.8-10.9 oz.

always organic, never ordinary

Muir Glen was founded on the belief that better-tasting tomatoes begin with organic farming. We partner with California farmers who grow sun- and vine-ripened tomatoes using organic practices to nurture healthy, fertile soil and deliver exceptional flavor in every can. Naturally.

2/$4

Muir Glen
Organic Tomatoes
14.5-15 oz.

2/$6

Muir Glen
Organic Tomatoes
28 oz.

2/$7

Muir Glen
Organic Pasta Sauces
23.5 oz.

Cook up your favorite stews this season.

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

2/$5
Wild Planet Sardines
4.4 oz.

3.99
Amy's Soup
13.65-14.7 oz.

3.99 **Jovial Organic Brown Rice Pasta**
10-12 oz.

2/$7
Jovial Gluten-free Mac & Cheese
6 oz.
Vegan or White Cheddar

4.49
Amy's Chili
14.7 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!

COOPERATIVELY OWNED

15.99
Frontier Co-op Organic Vanilla Extract
4 fl. oz.
Norway, IA

scoop up the savings in bulk!

3.39
Organic Green Lentils
per pound in bulk

3.39
Organic Tri-color Quinoa
per pound in bulk

5.79
Lundberg Family Farms Organic Wild Rice Blend
per pound in bulk

Always have your cooking essentials on hand.

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

7.99

Derma E Body Lotion
8 fl. oz.

rich lather, clean feel!

Our Pure-Castile Magic Bar Soap is made with a nourishing blend of Regenerative Organic Certified® oils to effectively clean body, face and hands! Real soap with genuine scents for mindful care.

2/$7

Dr. Bronner's Pure Castile Magic Soap Bar
5 oz.

6.99

Andalou Naturals Shampoo or Conditioner
11.5 fl. oz.

7.49

The Seaweed Bath Co. Shampoo
12 fl. oz.

lightweight, 24-hour hydration

Formulated with ceramides, provitamin B5, squalane, niacinamide, coconut oil and shea butter, **Alba Botanica** Daily Moisturizing Lotions provide long-lasting hydration. Trusted formulas for sensitive skin — hypoallergenic and dermatologist tested.

12.99

Alba Botanica Daily Moisturizing Body Lotion
32 fl. oz.

INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company. Our hair, face and body care products are made with fair trade ingredients sourced from women-led cooperatives.

12.99

Alaffia Everyday Shea Body Wash
32 fl. oz.

Feel fresh with body care brands you can trust.

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

from the inside out

PRIORITIZE SELF CARE

It's that time of year where dry skin and cold season requires a lot of self care. The co-op is the place to find supplements, body care and home products that will help you ease into the winter months.

8.99

Caboo 300-sheet Bamboo Bath Tissue Rolls
9 ct.

9.99

Biokleen Bac-Out
32 fl. oz.

12.99

Nature's Way Umcka Cold Relief Syrup
4 fl. oz.

16.99

Gaia Herbs Organic Black Elderberry Syrup
4 oz.

10.99

Natural Factors Magnesium Glycinate
120 ct.

22.99

Gaia Herbs Extra Strength Turmeric Supreme
60 ct.

Take care of yourself during this season.

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

FUNDRAISER

Buy a Slice

Saturday, November 14
11-2 • All Outpost Locations

Buy a slice of Outpost Co-op Made pie
$4 suggested donation (while supplies last)
All proceeds benefit Hunger Task Force

OUTPOST
CO-OP SINCE 1970

MILWAUKEE
100 e. capitol drive
414-961-2597

WAUWATOSA
7000 w. state street
414-778-2012

BAY VIEW
2826 s. kinnickinnic avenue
414-755-3202

MEQUON
7590 w. mequon road
262-242-0426

outpost.coop

2.29
Woodstock
Frozen Brussels Sprouts
10 oz.

2.79
Woodstock
Organic Frozen Vegetables
10 oz.

3.79
Woodstock
Organic Mushrooms
10 oz.

versatile veggies

Bring vibrant flavor to every meal with **Woodstock** Frozen Vegetables. Available in Organic and Non-GMO varieties — enjoy them as a simple side dish, tasty snack or versatile ingredient in your favorite recipes!

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

USDA ORGANIC · BOGO · co-op basics · inclusive trade · co-op · new

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

MW1126A

co-op