

coopTM
deals

Happy Mother's Day

**MINGA
FAIR TRADE
IMPORTS**
Spring Scarves

Ultra lightweight & soft • Variety of designs & colors • Made in Ecuador, Bangladesh, or Peru

SAVE 15%



**AURA CACIA
Essential Oils**

When it comes to pure essential oils, it all begins at the botanical source • Aura Cacia is committed to delivering essential oils from all over the globe with integrity & botanical authority



The perfect gift set!



**SEEMA
Essential Oil Travel Case**

Sturdy, hand-woven washable organic cotton case to keep oils secure while on the go • Fair Trade made in India

**SAVE 25%
on all essential oils**

SAVE 15%



**ORGANIC
STRAWBERRIES**

California Grown • 1 lb. box

3.99 ea.



**OUTPOST'S
BAKEHOUSE
Pound Cake**

This classic pound cake is great tasting but really shines when combined with fresh summer berries • Wheat-free

5.49 ea.

*Rosé
all day!*



**CONFIDENTIAL
Reserva Rosé**

Intense aromas of red fruits & flowers • Elegant & balanced with great harmony • Refreshing acidity & a long pleasant finish • 750ml

7.99 regularly 13.99



**FRESH
SPRING TULIPS**

Washington Grown • 5 stem bunches

ONLY 4.99 ea.



**SPRINGDALE FARMS
Local Organic Spring Spinach**

Grown in Plymouth, WI • 5 oz. bag

2 for 7.00



**WISCONSIN MEADOWS
100% Grassfed Beef
New York Strip Steak**

Humanely raised with no antibiotics or growth hormones • Viroqua, WI

SAVE 2.00 per lb.

open daily

OUTPOST
NATURAL FOODS

May 8 - 14, 2024

may 13 is world cocktail day



SALT POINT Premium Canned Cocktails

Spirit-forward & full-flavored • Female founded & owned • Two cocktails in each can • Five varieties to choose from • 12 oz.

4.29



Q DRINK Bloody Mary Mix

Crafted with vine ripened tomatoes, 7 herbs + spices, & a kick of horse-radish • Perfect on its own or shaken with your favorite spirit • Don't forget the chaser • 4-pk

8.99



KUL MOCKS Craft Mocktails

Ready to drink • Offering the full social drinking experience without the hang-over • Women-owned • 0.00% ABV • 35 - 50 cal • Gluten-free • 4-pk

9.79

celebrate pet month • local favorites



FRESH IS BEST Dog/Cat Food & Treats



Stacy La Point, President and Founder of Fresh Is Best, started her company because she saw there were very few options for fresh pet food and healthy treats. The lack of options inspired her to create raw, human-quality, meat-based, grain-free pet foods and treats, and make them available to pet caregivers on virtually any budget. After all this time, her company remains small and committed to the quality of each batch.

Woman-owned & made in Milwaukee • 2 - 8 oz.

SAVE 25%

First of the season!



ORGANIC CANTALOUPE MELONS

Mexico Grown

ONLY 2.99 ea.

owner savings*



WISCONSIN MEADOWS

Smoked Grassfed Beef Dog Bones

Treat your best friend • Made with all natural ingredients • Viroqua, WI

SAVE 2.00



Ground Dog Food Blend

100% grassfed ground beef, heart, kidney, & liver blend • Available frozen • Viroqua, WI • 16 oz.

10.99



First of the season!



ORGANIC SEEDLESS WATERMELON

Whole or Cut • Mexico Grown

ONLY .99 per lb.

owner savings* – Join the Co-op today & start enjoying these and all the benefits of ownership!

FRESH & DELICIOUS

co-op made

MADE FROM SCRATCH

owner savings*



OUTPOST BAKEHOUSE
Lemon Cheesecake Bars

Lemony cheesecake on a shortbread crust • One of our most popular bars

2.49 ea.



OUTPOST'S OWN
Chick-A-Pea Salad

A hearty & tasty salad made with organic chickpeas, tahini, Vegenaïse, Dijon mustard, organic red onions, & dill

SAVE 1.00 per lb.



GRAB & GO
Strawberry Superb Smoothie

Organic bananas & strawberries blended with organic apple & organic orange juice for a refreshing treat • One of our most popular smoothies • 16 oz.

5.49 ea.



Vegan chili available daily!

OUTPOST'S OWN
Soup of the Day

Available hot or cold in the grab & go case • Scan the code to view our May soup calendar



cheese special

owner savings*



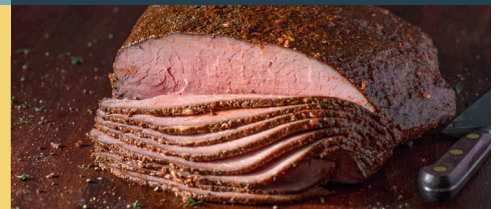
CELLO FONTAL CHEESE

Tuscan Rubbed & Creamy Dill

Creamy, smooth, slightly sweet & spiced just right • 5 oz.

SAVE 1.00 ea.

deli special



Fresh sliced in the Cafe!

FARMERS & COOKS
Salt & Pepper Roast Beef

Richly marbled beef roast, hand-rubbed with cracked pepper & open roasted to a perfect medium rare

SAVE 1.00 per lb.

we made you dinner • MAY 8 - 14



Chicken Ala King

Italian Sausage Lasagna

Chana Masala (vegan, wheat-free)

4-Cheese Mac & Cheese

Vegan Mac & Cheese (vegan)

MADE FROM SCRATCH • ORGANIC INGREDIENTS • ALL NATURAL

co-op deals • co-op deals • co-op deals • co-op

sweet gift deals

BLOSSOM CANDLE CO.
Intention Candles



Handmade soy candles
• No chemicals, phthalates or parabens • Eco-friendly, reusable packaging • Woman owned & made in Milwaukee • 8 oz.

SAVE 1.00

CHASE MY CREATIONS
Empowered Women Tees & Sweatshirts

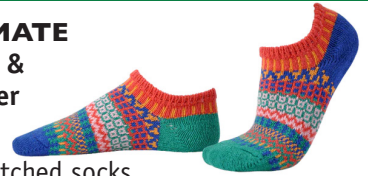


Locally designed & hand printed • Woman owned & made in Milwaukee

SAVE 15%



SOLMATE
Ankle & Quarter Socks



Mismatched socks proudly made from recycled fibers at a family-owned mill in North Carolina
• Variety of colors & patterns

SAVE 20%

bulk deals

BULK • EQUAL EXCHANGE
Organic Fair Trade Chocolate Chips



Semi-Sweet or Bittersweet

SAVE 2.00 per lb.

JUST COFFEE
Fair Trade Coffee
Roasted in Madison
• In bulk or 12 oz. bags



12.99

BULK PACK
Organic Dried Apricots



Naturally sweet
• No added sugars or sulfites • Grown in Turkey • 1 lb.

SAVE 1.00

BULK • DOUDLAH FARMS
Organic Black or Pinto Beans



Grown in Evansville, WI

2.49 per lb.



BULK
Organic Amaranth



A good source of iron & dietary fiber • Grown in India

2.49 per lb.

owner savings*

MEADOWLARK ORGANICS
Organic Raw Rolled Oats

Packed with flavor & nutrition • Not steam-treated • Grown in Moorhead, MN • 1 lb.



4.99

bubbly deals

ZEVIA
Soda Pop



Natural flavors, zero calories, zero added sugar
• Sweetened with stevia • Vegan • Select varieties • 6-pk of 12 oz. cans

6.99

VINADA
N/A Sparkling Wine



Bubbly, floral & not too sweet • Vegan

6.99 per 200 ml.

16.99 per 750 ml.

TOP NOTE
Premium Tonic Water & Soda

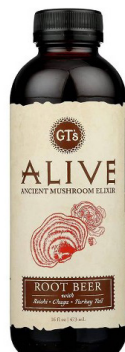


Select varieties • Made in Milwaukee • 4-pk / 8.5 oz.

7.49

fun drink deals

GT'S
Alive Elixir



Adaptogenic mushroom drink inspired by classic soda flavors • Root beer, cola, or matcha cream soda • 16 oz.

2.99

JOYBA
Bubble Tea



Fruit flavors with black or green tea & popping boba • 12 oz.

2.99

FORGE
Tepache



Refreshing fizzy beverage, similar to kombucha, but brewed with pineapple peel & rind • Original or ginger • Madison, WI • 12 oz.

2 for 4.00

May 8 - May 14, 2024 • Promoted items may vary by location • While supplies last

deals • co-op deals • co-op deals • co-op deals •

CAULIPOWER
Frozen Pizza

Crispy cauliflower crust topped with melty cheese & assorted toppings
• Gluten-free
• 10.9 - 11.3 oz.

7.99



STARLITE
CUISINE
Plant-Based
Taquitos

Savory protein packed filling wrapped in a crispy corn tortilla • Chick'n or chorizo & black bean • Gluten-free & vegan • 14 oz.

10.49



HOME RUN INN
Frozen Pizza

Made with all natural ingredients • Select varieties • Chicago, IL • 27 - 33 oz.

8.99



SIMPLE MILLS
Crackers

Made from almond flour • Gluten-free
• Select varieties • 4.25 oz.

4.99



BOAR'S
HEAD
Greek Yogurt
Dips

Tzatziki, French onion, or spinach
• Gluten-free • 12 oz.

3.99



SCHAR
Crispbread

Light, airy & perfect for sweet & savory toppings • 5.3 oz.

4.59



TASTY BITE
Rice

Pre-cooked • Just warm & serve • Select varieties • 8.8 oz.

3.29



BECHTLE
Traditional German
Noodles

Bavarian style spaetzle & fine or broad egg noodles • 17.6 oz.

5.79



BIONATURAE
Durum Semolina
Pasta

Artisan bronze die cut • Select varieties • 16 oz.

3.29



ANCIENT HARVEST
Polenta

Heat & Eat • 18 oz.

3.99

FOOD FOR
LIFE
Tortillas

Sprouted corn, sprouted grain, or brown rice • 10 - 12 oz.

3.99



FOOD
FOR
LIFE
Ezekiel
Sprouted
Grain Breads

Whole grain, 7 grain, or flax • 24 oz.

5.49



owner savings*

PRIMAL KITCHEN
Avocado Oil

Centrifuge extracted • High-heat tolerant • Neutral flavor great for cooking & baking • 16.9 oz.

9.99



SIMPLY
ORGANIC
Dip Mix, Gravy,
& Seasoning
Packets

Select varieties • Norway, IA • 0.53 oz. - 1.5 oz.

1.79



CROFTER'S
Just Fruit Spread

Sweetened with fruit juice concentrate • Select varieties • 10 oz.

4.59



May 8 - May 14, 2024 • Promoted items may vary by location • While supplies last

easy & warm deals

snack time deals

good grain deals

pantry deals

co-op deals • co-op deals • co-op deals • co-op

good morning deals

THREE WISHES Cereal

Grain-free, high protein, low sugar, great taste • Made from chickpeas • Select varieties • 8.6 oz.

6.99



MUSH Overnight Oats

Oats & plant-based milk blended with a variety of natural ingredients • Great for breakfast or anytime • Select varieties • Gluten-free & vegan • 5 oz.

2 for 4.00



BARBARA'S BAKERY Breakfast Cereal

Shredded oats, shredded spoonfuls, shredded wheat, or puffins • 10 oz. - 15 oz.

5.99



CASCADIAN FARM Organic Spud Puppies or Hasbrowns

Crispy & golden • Made from fresh, organically grown potatoes • 16 oz.

4.99



owner savings*

LUNA OR CLIF Snack Bars

Select varieties • 1.69 - 2.4 oz.

1.89



RIOT ENERGY Energy Drink

Plant-based • Charged with B12, L-Theanine, & caffeine • Zero added sugar • Select varieties • 16 oz.

2.89



dairy aisle deals

SIGGI'S Icelandic Skyr

Thick & creamy protein-rich yogurt • Select varieties • 5.3 oz.

2 for 3.00



MALK Unsweetened Plant-Based Milk

Original almond, vanilla almond, or original oat • Gluten-free & vegan • 28 oz.

5.99



FORAGER Cashewmilk Yogurt

Unsweetened plain, vanilla, or unsweetened vanilla • Gluten-free & vegan • 24 oz.

5.99



DIANA'S Frozen Chocolate Bananas

Sustainably-sourced, upcycled bananas dipped in rich dark chocolate • Chicago, IL • Gluten-free • 10.5 oz/4 pk.

6.49



JONNY POPS Organic Water Pops

Made with purified water, organic cane sugar, & organic juices • Select varieties • Gluten-free & vegan • 14.8 oz.

5.99



COSMIC BLISS Plant-Based Ice Cream

Coconut milk based, scoopable goodness • Select varieties • Gluten-free & vegan • 14 oz.

6.89



frozen treat deals

CHOCOLOVE Chocolate Bars

Select varieties • 3.2 oz.

3.79



CHOCOLOVE Chocolate Bars

Sugar-free • Select varieties • 3.2 oz.

3.99



DR. BRONNER'S Chocolate Bars

Sweetened with coconut sugar • Vegan & gluten-free • Select varieties • 2.93 - 3 oz.

2 for 7.00



chocolately deals

co-op deals • co-op deals • co-op deals • co-op

COUNTRY LIFE
Women's & Men's
Real Food Organics
Multivitamin

Made from a broad-spectrum blend of fermented organic whole food offering a variety of nutrients & healthy polyphenols • 60-ct



new

SAVE 6.00

COUNTRY LIFE
Acid Rescue

Contains no fillers like talc or corn-starch • Helps relieve heartburn & indigestion with added calcium to boot • 60-ct



new

8.99



ORGANIC INDIA
Ashwagandha

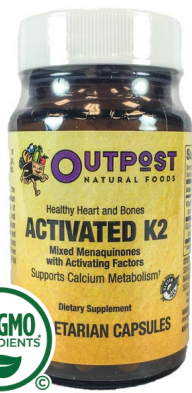
Promote healthy sleep cycles & profound relief from physical & energetic stress • 90-ct



SAVE 5.00

OUTPOST
Activated K2

Supports calcium metabolism & liver health function • 60-ct



SAVE 4.00

SOUTH OF FRANCE
Bar Soap

Luxuriously lathering all-vegetable soap • Triple-milled in the Marseille tradition for a pampering & cleansing experience • 6 oz.



3.89

BADGER BALM
Anti-Bug
Shake & Spray

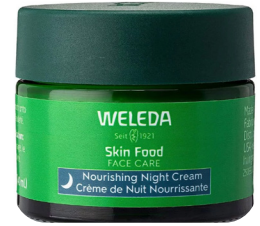
Keep bugs at bay with this effective DEET-free bug spray with a woody citrus fragrance • Comes in a lightweight infinitely recyclable aluminum bottle • 4 oz.



SAVE 6.00

WELEDA
Skin Food
Night Cream

Deeply hydrating with calendula & chamomile • In fully recyclable packaging through TerraCycle® Recycling Program • 1.3 oz.



SAVE 5.00

BADGER BALM
Mineral Sun SPF
40 Sport Cream

Made with just 4 simple ingredients, it's the first formula ever to achieve the rigorous reef-friendly Protect Land + Sea Certification • 2.9 oz.



SAVE 4.00

NATURAL STACKS
Brain Food

Save on complete Brain Food system to support neurotransmitters, focus & mood • 60-ct



SAVE 6.00

NORDIC NATURALS
Nordic Berries

Chewable, pectin-based multivitamin for ages 3+ • Provides essential nutrients-including zinc & vitamins A, B, C, D3, & E • 120-ct



SAVE 4.00

GAIA HERBS
Black Elderberry
Syrup

Everyday immune support to help maintain overall well-being • Each serving equals the equivalent of 14.5 g of fresh elderberries • 3 oz.



SAVE 6.00

TRUVANI
Protein Powder

Free stainless steel shaker cup with purchase of a full sized bag of Truvani plant-based protein powder • 20.95 oz.



20.00 value
while supplies last

active healing • mind & body deals

may 11 is fair trade day



BULK
Organic Fair Trade
Roasted Cashews

Premium dry-roasted whole cashews • Salted or Unsalted



SAVE 2.00 per lb.

LA RIOJANA
Fair Trade
Organic Wines



La Riojana cooperative works with over 500 farmers in Argentina who produce wine using sustainable & ethical farming practices as well as helping them, their families & communities grow and prosper • 750ml



9.49



SEEMA
Bags & Pouches

Social Endeavor to Elevate Mahila (Hindi for "women") Awareness • 100% organic & sustainably sourced cotton hand-dyed & woven by women using traditional backstrap looms to make everything from small pouches to larger hand bags • Fair Trade made in India • Women-owned



SAVE 15%

outpost cakes



OUTPOST'S
BAKEHOUSE

Celebrate Mother's Day, graduation & all your special events with a custom cake from Outpost • Single layer, 7-inch or 10-inch double layer, half sheet or full sheet – we can meet all your celebratory cake needs • Wheat-free & vegan cakes available • Made with all-natural & organic ingredients

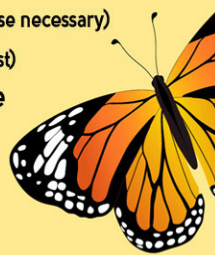


Visit outpost.coop/shop/cakes

S A M P L E R

MONARCHS & MILKWEEDS
CELEBRATING OUR POLLINATORS!

- Free for kids – decorate a flower cookie
- Enter to win in our pollinator prize drawing (no purchase necessary)
- Free butterfly weed seedlings (while supplies last)
- Food samples and more! • Visit our website or stores for all event details by store



SATURDAY
5.18.24

11am - 2pm • All Outpost stores

OUTPOST
NATURAL FOODS

4 Metro Milwaukee stores • 24/7 online shopping

Visit www.outpost.coop for more info



Milwaukee • 100 E. Capitol Dr.
414.961.2597

Wauwatosa • 7000 W. State St.
414.778.2012

Bay View • 2826 S. Kinnickinnic
Ave. 414.755.3202

Mequon • 7590 W. Mequon Rd.
262.242.0426

www.outpost.coop