

coopTM
deals



**FAIR TRADE
ORGANIC
GREEN BEANS**

Mexico Grown

ONLY 1.69 per lb.



**ORGANIC COSMIC
CRISP APPLES**

Washington Grown

ONLY .99 per lb.



**REVOL GREENS
SALAD KITS**

Minnesota Grown

• Four Varieties • 7.06 oz.

2 for 7.00



Earth Day Birthday!

**Keep On
cooperating!**



*More details
& deals inside!*

✦ **It's our Birthday** ✦
and YOU are invited!

everyday low price

**FIELD
DAY
Flavored
Sparkling
Water**



Berry, orange, or grapefruit
• 6 pk. • 12 oz. cans

2.69



**FIELD DAY
Organic
Frozen Potatoes**



Crinkle cut fries, shoestring fries,
or shredded hashbrowns • 24 oz.

4.99



everyday low price



**YUPPIE
HILL
Cage-free
Large Eggs**

Hormone & antibiotic-free • Vege-
tarian fed • Burlington, WI • Dozen

4.99



everyday low price

**SASSY COW
Traditional
Milk Gallons**

1%, skim, 2% or
whole • Columbus,
WI • 1 gallon

4.49-4.99



open daily

OUTPOST
NATURAL FOODS

April 17 - 23, 2024

sustainable living



REBEL GREEN Household Cleaning Products

Dish soap, laundry detergent & other naturally scented natural cleaners • From Mequon, WI • Woman owned • All varieties

SAVE 20%



NOW DESIGNS Le Marche Shopping Bags

Reusable, lightweight French-inspired shopping totes that can carry a load • Variety of colors • Regular or petite sizes

SAVE 15%



NOW DESIGNS Scrub Bub Scrubber

Double-sided, durable silicone scrubbers that last longer than their disposable sponge & scourer counterparts • Dishwasher safe • All varieties

SAVE 15%



BEE'S WRAP Reusable Food Wraps

Made from organic cotton, responsibly sourced beeswax, or plant-based wax, certified organic plant oil, & tree resin • Variety of sizes to fit a variety of foods • New assorted 5-packs, produce bags, & bowl covers • Select varieties

SAVE 20%



TRU EARTH Laundry Detergent Eco-Strips

Fragrance-free • Ultra-concentrated & hypoallergenic • Dissolves completely in hot or cold water • Made in Canada • 32 ct.

12.99

new

FRESH & DELICIOUS

co-op made

MADE FROM SCRATCH

owner savings*



OUTPOST BAKEHOUSE

Chocolate Indulgence Brownies

Dense, intensely chocolate & utterly delicious • Our take on the classic brownie, with chocolate chips, walnuts & a hint of espresso

3.49 ea.

owner savings*



OUTPOST'S OWN

Thai Pasta Salad

Linguini pasta, peanuts, organic carrots & scallions, tossed in an organic peanut butter, sesame oil & tamari sauce • Great by itself or with your favorite protein such as grilled chicken or tofu

SAVE 1.00 per lb.

owner savings*



OUTPOST'S OWN

Grassfed Beef Spiedini

Thin, tender round steak coated in our house-made Italian breadcrumbs

SAVE 2.00 per lb.



OUTPOST BAKEHOUSE

Lemon Blueberry Bread

Hints of lemon & lots of organic blueberries makes this snack bread a customer favorite!

6.99 per lb.

cheese special



SARTORI

Shredded & Grated Cheese

Made from premium milk supplied by local Wisconsin farmers, the Sartori family is dedicated to making the world's finest artisan cheese • 8 oz.

4.79



deli special

owner savings*



FARMERS & COOKS

Sweet Smoked Ham

Made from a single pork top round roast, rubbed with brown sugar & lightly smoked • All natural • No nitrates or nitrites, antibiotic-free • Humanely raised

SAVE 1.00 per lb.

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

we made you dinner • APRIL 17 - 23



Hearty Chicken Stew

Italian Sausage Lasagna

Hunan Tofu (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

passover deals

KEDEM Kosher Grape Juice

Organic grape juice with no added sugar or preservatives • 22 oz.

3.95



STREIT'S Matzo Ball Mix

No MSG or Hydrogenated Oil • 4.5 oz. • Gluten-free Matzo Ball mix also on sale for 2.99

2 for 5.00 כשר לפסח PARVE



STREIT'S Passover Matzos

While they last • 16 oz.

4.89



כשר לפסח PARVE

BULK PACK Organic Dried Coconut

Chips or shreds • Grown in Sri Lanka • 1 lb.

4.79



BULK PACK Organic Dried Turkish Figs

White figs grown & dried in Turkey Sweet & succulent • 1 lb.

SAVE 1.00



BULK Organic Walnuts

Halves or small pieces • Grown in California

SAVE 2.00 per lb.



bulk deals

EQUAL EXCHANGE Organic Fair-Trade Regular Roast Coffee

Whole bean or ground varieties • 10 oz. or 12 oz. packages

9.99



BULK Organic Raw Almonds

Great for everyday snacking • Grown in California

SAVE 3.00 per lb.



BULK DOUDLAH FARMS Organic Dark Red Kidney Beans

Mild flavor & creamy texture • Grown in Evansville, WI.

2.99 per lb.



stock up & save deals

INSPIRED ORGANICS Salad Dressing

Select varieties • It's Back! • 8 oz.

4.79



DR. MCDUGALL'S Soup

Warm & Serve • Select varieties • 17.6 oz. - 18 oz.

3.79



TRIPLE CROWN BBQ Sauce

Vegan & Gluten-Free • All varieties • Minneapolis, MN • 14 oz.

6.99



sustainable deals

KLEAN KANTEEN Reusable Containers

Stainless steel bottles, mugs, tumblers, & canisters • Keeps drinks hot or cold for hours on end • Durable & sustainable • Assorted colors & sizes

SAVE 20%



April 17 - April 23, 2024 • Promoted items may vary by location • While supplies last

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

POP & BOTTLE Almond Milk Lattes

Plant based & made with no refined sugar • Matcha green tea or vanilla • Vegan • 11 oz.

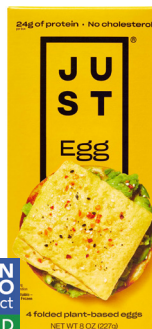
2 for 6.00



JUST EGG Folded Egg Patties

Ready in minutes; just pop in a toaster, microwave, or skillet • Great for breakfast sammies • Gluten-free & vegan • 4 pk. • 8 oz.

5.99



UNCLE MATT'S Organic Orange Juice

Made from a delicious blend of Hamlin & Valencia oranges, with no added sugar • Not from concentrate • Select varieties • 52 oz.

6.49



LIGHT LIFE

Gimme Lean Plant-Based Sausage

Great for breakfast, or in your favorite recipes that call for sausage • Vegan • 14 oz.

4.99



CASCADIAN FARM Granola or Cold Cereal

Select varieties • 9.6 oz. - 14.6 oz.

4.79



SIGGI'S Plain Skyr

Thick, rich Icelandic-style yogurt made with simple ingredients & low sugar • Whole milk or nonfat • 24 oz.

4.79



GOOD KARMA Flaxmilk + Protein

Unsweetened plain or vanilla • Gluten-, nut-, & soy-free • Vegan • 64 oz.

4.79



RW KNUDSEN Juice

Tomato & Original or Low Sodium Very Veggie • 32 oz.

3.99



KEVITA Probiotic Refresher

Light, refreshing sparkling drink fermented with water kefir culture • Select varieties • 15.2 oz.

2.99



FLOW ALKALINE WATER Vitamin Infused Alkaline Spring Water

Select varieties • 500 ml.

2.29



C2O Hydration Beverage

Coconut-Based • Select varieties • 17.5 oz.

2 for 5.00



GURU Energy Beverage

Original, Lite, or Tropical Punch varieties • 12 oz.

2.79



EQUAL EXCHANGE Chocolate Bars

Made with Fairly Traded Cacao, Sugar, & Other Ingredients • Select varieties • 2.8 oz.

2.99



GOODPOP Frozen Fruit Pops

Select varieties • Gluten-free & vegan • 4/2.5 oz.

4.99



MATT'S Cookies

Select varieties • Wheeling, IL • 10 oz. - 10.5 oz.

4.99



good morning breakfast deals

hydrating deals

sweet treat deals

April 17 - April 23, 2024 • Promoted items may vary by location • While supplies last

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

meat alternative deals

LIGHT LIFE Smart Dogs

Plant-based hotdogs • A delicious meatless family favorite • Vegan • 12 oz.

3.99



MORI NU Silken Tofu

Shelf Stable • Non-organic Soft, Firm, or Extra-Firm varieties • 12 oz. - 12.3 oz.

2.99



QUORN Meatless ChiQin Patties

Light & crispy breaded vegetarian patties that are great for sandwiches or salad toppers • Soy-free • 11 oz.

5.99



black bean deals

KUNER'S Seasoned Canned Black Beans

Cumin & Chili Spices, Refried With Lime, or Jalapeno • 15 oz.

2.59



FILLO'S Seasoned Bean Entrees

Heat & Serve • Select varieties • 10 oz.

3.49



FILLO'S Walking Tamales

Single-Serving Meal or Snack • Select varieties • 4 oz.

2.39



easy meal deals

DEEP INDIAN KITCHEN Potato & Pea Samosas

Flaky pastry crust, filled with savory potatoes, peas, & spices • Tamarind mint chutney included • Vegan • 12 oz.

6.49



DEEP INDIAN KITCHEN Naan Pizza

Hand-stretched naan topped with fresh ingredients • Margherita, spinach paneer, or cilantro pesto • 7.4 - 8.5 oz.

4.99



EVOL Frozen Burritos

Hand-rolled & made with no artificial colors, flavors, or additives • Select varieties • 6 - 9 oz.

2.79



bread deals



PRETZILLA Pretzel Buns

Sausage, hamburger, or slider • No artificial colors or flavors • Vegan • Milwaukee, WI • 4 - 6 ct.

3.49



ISOLA Grissini Breadsticks

Sesame, Olive Oil, or Rosemary varieties • 7.75 oz.

3.79



BACKERHAUS Signature Sliced Sandwich Bread

Tuscan white, multigrain, or marble rye • 17.64 oz.

4.49



quick snack deals

NOKA Superfood Smoothie Pouch

Select varieties • 4.22 oz.

2.69



KIND Snack Bars

Nut & Fruit Based • Select varieties • 1.4 oz.

1.99



CASCADIAN FARMS Granola Bars

Multi-Pak • Select varieties • 6 oz. - 8.85 oz.

4.99



April 17 - April 23, 2024 • Promoted items may vary by location • While supplies last

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

SUN WARRIOR Warrior Blend

Several rich vegan protein sources in one smooth, great-tasting formula • Exceptionally rich in amino acids • 25 g

1.99



ORGAIN Nutrition Shake

Smooth & creamy meal replacement shake with 16 grams of plant-based protein & 21 vitamins & minerals • 11 oz.

2.89



KOOSHOO Scrunchies

100% Fair Trade, plastic-free & zero waste • Made from organic cotton & natural latex • Vegan • Biodegradable • 2 pk.

9.99



BARLEAN'S Organic Flax Oil

Cold pressed without the use of heat or solvents • Each drop is protected from damaging heat & light from seed to bottle, offering a potent balance of Omegas 3, 6, & 9 • 16 oz.

SAVE 4.00



NUTRITION NOW PB8 Probiotic

Supports digestive health with 14 billion active cultures & 8 strains of beneficial bacteria • 120 ct.

SAVE 6.00



CHARLOTTE'S WEB Balm

New formulation—now with 2 times more CBD per ounce • US Hemp Authority Certified • 1.5 oz.

SAVE 7.00



personal & wellness deals

buy one, get one free deals

SAPPO HILL Bar Soap

Zero plastic, zero packaging, just soap! • Made with non-GMO, food grade, certified sustainable oils • Vegan & detergent-free • 3.5 oz.

Regularly 2.99

no limit, equal or lesser value free



GIOVANNI Shampoo & Conditioner

Deeply hydrates dry hair & scalp with an incredibly rich blend of oils that quenches hair & skin's moisture needs • 13.5 oz.

Regularly 12.29

no limit, equal or lesser value free



SUKIN Shampoo & Conditioner

Free from sulphates & silicones • Lightweight & purifying • Boosts volume & builds fullness • 16.9 oz

Regularly 9.99

no limit, equal or lesser value free



ANCIENT NUTRITION Multi Collagen Protein

Packed with 10 types of collagen from non-GMO, pasture-raised, wild-caught, cage free & cruelty free sources • Supports healthy skin, nails, gut & joints • 454 g

Regularly 57.99

no limit, equal or lesser value free

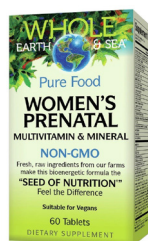


WHOLE EARTH & SEA Prenatal Multi & Mineral

Derived from whole food sources capturing all the vibrant energy & goodness of nature • 60 ct.

Regularly 45.49

no limit, equal or lesser value free



WHOLE EARTH & SEA Men's 50+ & Women's 50+

Bioenergetic formula contains meaningful levels of over 20 vitamins & minerals, along with a wide array of enzymes, antioxidants & polyphenols • 60 ct.

Regularly 43.99

no limit, equal or lesser value free

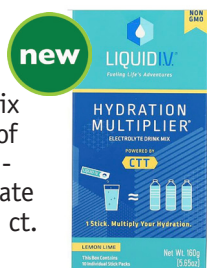


LIQUID IV Hydration Multiplier

An electrolyte drink mix that uses the science of Cellular Transport Technology (CTT)™ to hydrate faster than water • 10 ct. • 0.565 oz.

Regularly 19.99

no limit, equal or lesser value free



ULTIMA REPLENISHER Electrolyte Mix

Supports optimal hydration with 6 electrolytes & trace minerals so you can feel & perform your best • 3.4 oz.

Regularly 21.49

no limit, equal or lesser value free



BACH Rescue Pastilles

Easy to use when on-the-go to help you stay calm & relaxed when everyday moments become overwhelming

Regularly 12.99

no limit, equal or lesser value free



April 17 - April 23, 2024 • Promoted items may vary by location • While supplies last



**It's our
54th
Birthday
and you
are
invited!**



**Saturday
April
20th**

11am - 2pm

**All Outpost
Locations**

Free food &
drink samples!



Enjoy a special
birthday treat!



Enter to win in our
Prize Drawing!



Shop our new
selection of
Outpost merch!



And more!



Owners Save BIG!

TWO DAY

54% OFF SALE

SATURDAY 4/20 & SUNDAY 4/21

ANNIE'S HOMEGROWN

Organic Mac & Cheese Mixes •
Organic Granola or Rice Crisp
Bars • Organic Fruit Snacks •
Organic Smile Puffs or Snack Mixes

3.9 oz. - 9 oz. • No Limit

**OWNER PRICE:
2.30 - 4.50**

Regularly 4.99 - 9.79



JOVIAL

Canned Tomatoes In Glass
Jars • Gluten-Free Cassava
Pasta • Gluten-Free
Brown Rice Pasta

Select varieties • 8 oz. -
18.3 oz. • No Limit

**OWNER PRICE:
2.30 - 3.22**

Regularly 4.99 - 6.99



SMART CHICKEN

Family Pack Wings &
Drumsticks • Bone-In Thighs

Humanely raised with
no antibiotics • Air-chilled •
Tender & Flavorful • **Limit 4**

**OWNER PRICE:
1.52 - 3.45** per lb.

Regularly 3.29 - 7.49 per lb.



MORE!

54% OFF Owners Only Sale!

Two Day Sale! Saturday April 20 & Sunday April 21

ORGANIC RED PEPPERS

Mexico Grown
• No Limit

OWNER PRICE: 2.75 per lb.

Regularly 5.99 per lb.



ORGANIC LEMONS

Mexico Grown
• No Limit

OWNER PRICE: 0.36 ea.

Regularly 0.79 ea.



ORGANIC ZUCCHINI OR YELLOW SQUASH

Mexico Grown
• No Limit

OWNER PRICE: 0.91 per lb.

Regularly 1.99 per lb.



MEATI Plant-Based Classic Steak or Crispy Cutlet

Made from mushroom
root • Gluten & soy free
• Vegan • 8.5 - 9.5 oz. • No Limit

**OWNER PRICE:
4.14 - 5.06**

Regularly 8.99 - 10.99



NATURE BLESSED Frozen Fruit

Select varieties
• Coloma, MI •
40 oz. • No Limit

OWNER PRICE: 5.52 - 13.34

Regularly 12.99 - 28.99



QUINN SNACKS Filled Pretzels

Nut Butter, Nut Butter
& Chocolate, or Plant-
Based Cheese filled •
All varieties • 5 oz. -
7 oz. • No Limit

OWNER PRICE: 2.99

Regularly 6.49

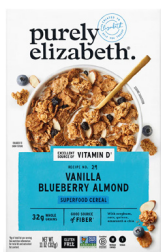


PURELY ELIZABETH Superfood Flake Cereal

Select varieties •
11 oz. • No Limit

OWNER PRICE: 3.63

Regularly 7.89



RW KNUDSEN Juice

Blueberry Pomegranate
or Cranberry Pomegranate
• 32 oz. • No Limit

**OWNER PRICE:
2.94 - 3.17**

Regularly 6.39 - 6.89



PROBAR Sport-Nutrition Bars & Bolt Energy Chews

Select varieties •
2.1 oz. - 3 oz • No Limit

**OWNER PRICE:
1.51 - 1.74**

Regularly 3.29 - 3.79



BULK Organic Whole Raw Cashews

Grown in Brazil •
Per lb • **Limit 5 lbs.**

**OWNER PRICE:
6.89 per lb.**

Regularly 14.99 per lb.



BULK Organic White Quinoa

Mild flavor & fluffy
texture • Grown in
Bolivia • Per lb. • No Limit

OWNER PRICE: 2.66 per lb.

Regularly 5.79 per lb.



SEVENTH GENERATION Bath Tissue

Made from 100% recycled paper
• 12 ct. • **Limit 2**

OWNER PRICE: 5.98

Regularly 12.99



54% OFF OWNER SALE • 54% OFF OWNER SALE • 54% OFF OWNER SALE • 54% OFF

April 20 - April 21, 2024 • Promoted items may vary by location • While supplies last

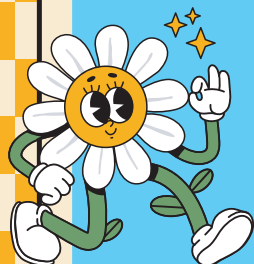
Owners Save Big!



Celebrate Outpost's
Birthday by becoming
an Owner!

April 1 - 30

All new co-op
owners who join in April will
receive a \$5 Outpost gift card
(while supplies last)



Sign up at an Outpost
service desk or online!

outpost.coop/join



**Saturday,
April 20th**

is also Owner
Appreciation Day!



Owners receive a

free gift!

Enter to Win in our Love Our Locals Prize Drawing!



Grand Prize



A \$100 Outpost Co-op Gift Card
PLUS a lux gift basket brimming with goodies
and treats from a variety of local vendors
that we love, and you will too!
A \$300 value!



Five Runner Up Prizes



A \$50 Outpost Co-op Gift Card!

You must be 18 years old or better to enter. No purchase necessary to enter or win. Enter to win from 4/17/24 to 4/28/24. One winner will be chosen for each prize by random drawing on 5/3/24 and notified by phone. Winners must arrange pick up of their prize from an Outpost store location. Prizes are non-refundable, returnable, or transferable. Outpost employees, the board of director, CEO and their families are not eligible to enter or win.



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