



IN 2023

**44%**  
OF OUTPOST'S  
TOTAL SALES  
WERE ORGANIC

*compared to the 2.5% at  
conventional grocery stores*

## local favorites



*5lb  
convenience  
bags also  
on sale!*

### BULK DOUDLAH FARMS Organic Dried Beans

Select varieties including black, pinto,  
dark kidney, navy & more • Grown in  
Evansville, WI

**SAVE 15%** per lb.

# Organic Month



### PASTURE PRIDE Organic Cheese

Made with milk from local Amish farmers  
in the heart of Wisconsin • Great eating  
& melting cheese • Select varieties • 8 oz.

**SAVE 1.00** ea.



### OLDEN'S SAN MARZANO ROMA TOMATOES

Grown in Ripon, WI

**ONLY 1.99** per lb.



### ORGANIC 3 LB BAG APPLES

Gala, Honey Crisp or Pink Lady  
Washington Grown

**SAVE 1.00**



### SPRINGDALE'S ORGANIC YELLOW WATERMELON WITH SEEDS

Whole or Cut • Plymouth, WI

**ONLY .99** per lb.



### ORGANICK PASTURES

Organic Pasture Raised Eggs

Grazed with 108 square feet of  
pasture per hen • Rio, WI • Dozen

**5.99**



### SMART CHICKEN

Organic Chicken Drumsticks  
or Bone-In Thighs

Humanely raised with  
access to outdoor pastures

**SAVE 1.00** per lb.



## owner savings\*

**open daily**

**OUTPOST**  
NATURAL FOODS

September 4 - 10, 2024



## FIELD DAY

### Cold Cereal

Select varieties  
• 10 - 14 oz.

**3.99**



## FIELD DAY

### Peanut Butter

Crunchy or Smooth  
• With or Without Salt • 18 oz.

**4.99**



## FIELD DAY

### Canned Tomatoes

Paste, Sauce, Crushed or Diced • 6 - 28 oz.

**1.39-3.49**



## FIELD DAY

### Frozen Potatoes

Shoestring, crinkle cut fries or shredded hash-browns • 23 - 24 oz.

**4.99**



## FIELD DAY

### Wood-Fired Crust Pizza

Artisan crafted in Italy • Three cheese, roasted vegetable, or feta, tomato & spinach • 12.2 - 13.8 oz.

**7.99**



## FIELD DAY

### Pasta

Semolina or Whole Wheat varieties • 16 oz.

**1.99**



## FIELD DAY

### Tortilla Chips

Yellow or Blue Corn  
• 9 oz.

**2.99**



## FIELD DAY

### Canned Beans

Black, Kidney, Cannellini, Great Northern, Pinto, or Garbanzo • 15 oz.

**1.49**



## FIELD DAY

### Refried Beans

Original Pinto or Black • 15 oz.

**1.79**



### owner savings\*



## ORGANIC RED OR GREEN SEEDLESS GRAPES

California Grown

**2.99** per lb.



*Fresh savings!*



## ORGANIC CELERY

California Grown

**1.49** per lb.



### owner savings\*



## STEMILT ORGANIC NECTARINES OR PEACHES

Washington Grown • 2lb bag

**ONLY 3.99** ea.

**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\*

owner savings\*



**TEAR & SHARE**

**Shallot Herb Turkey Sandwich**

Farmers & Cooks shallot herb turkey, creamy goat cheese, organic baby greens, Roma tomatoes & red onion on a Tribeca Ovens French baguette

**SAVE 1.00** ea.

**OUTPOST'S OWN**

**Aztec Quinoa Salad**

A co-op favorite, made with organic red bell peppers, organic quinoa, black beans, corn, cucumbers & cilantro • Dressed with olive oil & lime juice with a hint of red chili peppers • Vegan

**SAVE 1.00** per lb.

**OUTPOST'S OWN**

**Birdy Bars**

Organic peanut butter, honey, sesame pumpkin seeds, sunflower seeds, shredded coconut & cranberries • This tasty bar packs a powerful protein punch

**SAVE .60** ea.



**OUTPOST'S OWN**

**Chicken Chorizo Sausage**

All natural ground chicken thighs seasoned with garlic, paprika, & spices with a touch of cider vinegar and lemon

**6.99** per lb.

cheese special



**LAKE FOREST**

**Morel Leek Mushroom Cheese**

A great tasting cheese with hints of morels, mushrooms and leeks • 7.5 oz.

**SAVE 1.00** ea.

deli special



**FERNDALE**  
**Smoked Turkey**

*Fresh sliced  
in the Cafe!*

Third generation free-range turkey farm

- All-natural & humanely raised
- Cannon Falls, MN

**SAVE 1.00** per lb.

**we made you dinner • SEPTEMBER 4 - 10**



**Butter Chicken** (wheat-free)

**Turkey Shepherd's Pie**

**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

bulk deals

## BULK Organic Raw Cashews

Whole or pieces  
• Grown in Brazil

**SAVE 3.00** per lb.



## BULK Organic Green Lentils

Great source of  
fiber & protein  
• Grown in Canada

**3.49** per lb.



## BULK • LUNDBERG Organic Short Brown Rice

Subtle, nutty aroma  
& flavor • Clings  
together when  
cooked • Perfect  
for rice bowls! •  
Grown in California

**2.99** per lb.



## BULK PACK • TIERRA FARMS Organic Dried Turkish Figs

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

**SAVE 1.00**



## everyday low price

## BULK • EQUAL EXCHANGE Organic Fair Trade Regular Roast Coffee

Grown on small  
farm cooperatives

**11.99** per lb.



## BULK PACK Organic Thompson Raisins

Seedless, plump &  
full of flavor • Grown in California

**SAVE 1.00** per lb.



delightful dairy deals

## WALLABY Aussie Greek Style Yogurt

Whole, low-fat, or  
non-fat • 32 oz.

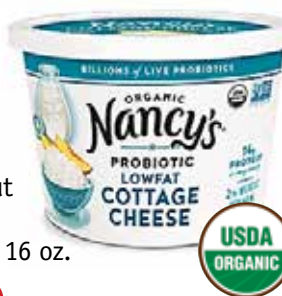
**6.99**



## NANCY'S Probiotic Lowfat Cottage Cheese

Made without  
rennet or  
thickeners • 16 oz.

**4.49**



## GREEK GODS Greek Yogurt

No artificial  
colors or flavors  
• Sweetened with  
honey • Select  
varieties • 24 oz.

**4.99**



plant-based deals

## FORAGER Plant-Based Yogurt

Created with ca-  
shews & coconut  
• Plain, vanilla,  
or unsweetened  
vanilla • 24 oz.

**5.99**



## MIYOKO'S CREAMERY Plant Milk Butter

Oatmilk or  
European-style  
cashewmilk  
varieties •  
Gluten- & soy-free • Vegan • 8 - 12 oz.

**5.49**



## MALK Plant-Based Milk

Made with no gums, oils,  
or fillers • Unsweetened  
oat, unsweetened al-  
mond, or vanilla almond  
• Gluten- & soy-free •  
Vegan • 28 oz.

**5.99**



cool brew deals

## BIZZY Cold Brew Coffee

Breakfast, Italian,  
or espresso blends •  
Unsweetened & slow-  
brewed for 18 hours  
• Minneapolis, MN •  
48 oz.

**6.49**



## SANG Vietnamese Style Cold Brew Coffee

Select varieties  
• 8 oz. cans

**2.99**



## JUST ICE TEA Iced Tea

Ready to Drink  
• Select varieties  
• 16 oz.

**2 for  
5.00**



September 4 - September 10, 2024 • Promoted items may vary by location • While supplies last



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

## FUNKY FRESH Hand-Crafted Spring Rolls

Guess who's back with a new 3-pack!  
• Select varieties  
• Milwaukee, WI  
• 9 oz./3 pack

**7.99**



## HOME RUN INN Classic Frozen Pizza

Made from 1947 family recipe • Select varieties • No artificial ingredients • Chicago, IL • 27 - 33 oz.

**8.99**



## MIKE'S MIGHTY GOOD Ramen Noodles

In cups or packets • Select varieties • 1.6 - 2.4 oz.

**2 for 5.00**



## UNMEAT Luncheon Meat

Like Spam™ but from plants only • Do up sammiches, crudites, & more with this versatile & beloved meat alternative • 12 oz.

**3.99**



## FIELD ROAST Plant-Based Deli Slices

Smoked tomato, mushroom & balsamic, or lentil sage • Vegan • 5.5 oz.

**3.99**



## GARDEIN Canned Soup or Chili

Plant-Based • Warm & serve • Select varieties • 15 oz.

**3.99**



## CADIA EVERYDAY Pickles

Non-organic • Select varieties • 24 - 24.3 oz.

**2.99**



## KONTOS Pocket-Less Pita

Hand-stretched flatbreads with no cholesterol or trans fats • Traditional white or multigrain • Vegan • 14 oz.

**2.99**



## FOLLOW YOUR HEART Original Veganaise

Great in sandwiches, dressings, or sauce • Gluten-free & Vegan • 14 oz.

**5.99**



### owner savings\*

## CHIP MAGNET Salsa

Select varieties • Eau Claire, WI • 16 oz.

**4.99**



## A DOZEN COUSINS Beans, Rice or Sauce Pouches

Select varieties • 3 - 10 oz.

**2.99 - 3.99**



### owner savings\*

## NEWMAN'S OWN Pasta Sauce

Select varieties • 24 oz.

**3.99**



## KITCHEN BASICS Soup Stock

Chicken, Beef, or Vegetable • Non-organic • While supplies last • 32 oz.

**3.99**



### owner savings\*

## NEWMAN'S OWN Salad Dressing

Select varieties • 16 oz.

**4.99**



## BRIANNA'S Salad Dressing

Select varieties • 12 oz.

**3.79**



hot meal deals

plant protein deals

sandwich supply deals

stock up & save deals

September 4 - September 10, 2024 • Promoted items may vary by location • While supplies last

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

sweet snack deals

## owner savings\*

### EQUAL EXCHANGE Chocolate Bars

Cooperatively produced in Mexico, South, & Central America • Select varieties • 2.8 oz.

**3.99**



### LET'S DATE Deglet Noor Dates

Whole Pitted or Chopped • 8 oz.

**4.99**



## stock up & save

### CLIF BAR Nutrition Bars

Select varieties • 2.4 oz.

**1.89**



crunchy snack deals

### BLUE DIAMOND Crackers

Nut Thins varieties • 4 - 4.25 oz.

**3.99**



## owner savings\*

### VALLEY POP Popcorn

Ready to Eat • Select varieties • Neenah, WI • 6.5 oz.

**2.99**



### SNACK FACTORY Pretzel Chips

Classic, Garlic, or Everything • 7.2 oz.

**3.99**



dazzling drink deals

### RW KNUDSEN Tomato or Very Veggie Juice

Select varieties • 32 oz.

**4.79**



### GT'S Synergy Kombucha or Alive Elixir

Select varieties • 16 oz.

**2 for 7.00**



### KEVITA Probiotic Refresher

Sparkling drink fermented with water kefir culture • Select varieties • 15.2 oz.

**2.99**



## owner savings\*

### LORINA Sparkling Lemonade

Botanically Infused • Select varieties • 25.4 oz.

**4.99**



## owner savings\*

### LACROIX Sparkling Water

Naturally flavored • Select varieties • 12 pack of 12 oz. cans

**4.69**



## owner savings\*

Owners save \$2 per gallon!

### ALKALINE 88 Alkaline Water

1 gallon

**3.99**



healthy home deals

### NOW DESIGNS Swedish Dish Cloths

Eco-friendly kitchen sponge cloths made from cotton & plant-based cellulose fibers • 100% biodegradable • Reuse for 9 months or up to 200 washes • Assorted designs • Each

**4.99**



### REBEL GREEN Household Cleaning Products

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

**SAVE 20%**



September 4 - September 10, 2024 • Promoted items may vary by location • While supplies last



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

## AUROMERE

### Mint-free Toothpaste

Contains 24 herbal extracts for optimum oral hygiene, including neem & peelu • Homeopathically compatible containing no mint, eucalyptus, or menthol • 4.16 oz.

**6.79**



## DERMA E

### Body Lotion

Enriched with vegan collagen, skin-protecting astaxanthin & renewing retinol • Helps renew skin's healthy radiance • 8 oz.

**8.99**



## DERMA E

### Vitamin C Serum

Intensely moisturizing formula • Uses a stabilized form of vitamin C that is less likely to degrade than unstabilized vitamin C before being absorbed by the skin • 2 oz.

**SAVE 6.00**



## BOODA ORGANICS

### Eco Balm

Moisturize & soothe from head-to-toe • Sustainably packaged in an easy-to-use 100% biodegradable paper push tube • 0.30 oz.

**4.99**



## KIRK'S

### Fragrance-free Bar Soap

Woman owned • Vegan castile bar soap crafted with 100% premium coconut oil • Gentle creamy lather • 4 oz.

**1.89**



## MODERN PRODUCTS

### Swiss Kriss Tabs

Gentle & effective relief for occasional constipation • Made with senna, calendula & hibiscus • 120 ct.

**7.99**



## GAIA HERBS

### Ashwagandha Gummies

Promotes a healthy stress response • Each serving delivers the equivalent of 6,000mg of dry Ashwagandha root • 45 ct.

**SAVE 4.00**



## GAIA HERBS

### Sauerkraut Postbiotic

Supports a healthy microbiome • Promotes regularity & nutrient absorption • Cleanses lower GI tract • 60 ct.

**SAVE 8.00**



**new**



## PLUS CBD OIL

### 10mg Calm Gummies

Supports a sense of relaxation & a positive mood to help with occasional irritability & anxiety • 30 ct.

**SAVE 6.00**



## SUN WARRIOR

### Vegan protein powder

Smooth, great-tasting formula • Exceptionally rich in amino acids • 375g

**SAVE 7.00**



## TAZO

### Herbal Teas

Brewed with bold flavors for delicious café quality blends • 20 ct.

**4.99**



## TEECCINO

### Herbal Coffee Substitute

Deliciously rich, deep-roasted flavor without the caffeine & acidity of coffee • 11 oz.

**SAVE 4.00**



## OM

### Lion's Mane Powder

Brain health superfood that helps support memory, focus, nerve health, creativity & mood • 100g

**SAVE 8.00**



## TRUE GRACE

### Women's & Men's 50+ Multivitamin

With clinically studied L-ergothioneine to support longevity • CoQ10 for antioxidant support & heart health • Organic fruiting body Lion's Mane mushroom for memory support • 60 ct.

**SAVE 9.00**



**new**



health & hygiene deals

self-care supplement deals

# **making organic easy & affordable**



## **MEDITERRANEAN ZUCCHINI NOODLES**

1 package of Olden's spiralized zucchini  
3 tablespoons extra virgin olive oil  
1 tablespoon garlic, minced  
¼ teaspoon crushed red pepper flakes or more,  
depending on how spicy you like the pasta  
12 ounces tomatoes, chopped  
½ cup shredded Parmesan cheese,  
plus more for serving  
1 cup basil leaves, torn into pieces  
1 teaspoon cornstarch  
2 teaspoons cold water  
Salt and pepper to taste

1. Add olive oil, garlic, and the red pepper flakes to a large, deep skillet on medium heat. When the oil bubbles around the garlic, add the zucchini noodles.
2. Toss the noodles with pasta tongs and cook until al dente — they should be wilted but still have a crunch; 5-7 minutes. Do not let the noodles cook any longer, or else they will become mushy. As they cook, keep tossing so that all the zucchini noodles have a chance to hit the bottom of the skillet.
3. Stir in the tomatoes, basil, and Parmesan cheese, and then cook for one minute. Use pasta tongs to transfer the noodles, tomatoes, and basil to a serving dish. Leave the liquid in the skillet.
4. Bring the liquid left in the skillet to a simmer.
5. Combine cornstarch and cold water in a small bowl, then whisk into the simmering liquid. Cook while whisking until the liquid thickens to a sauce; about 1 minute. Taste the sauce and season with salt and pepper.
6. Pour the sauce over the zucchini, tomatoes, and basil. Finish with more Parmesan cheese on top and serve immediately.



## **OLDEN ORGANICS Organic Zucchini Noodles "Zoodles"**

Husband and wife team, Richard and Tracy Vinz, had been in the farming business for about 15 years when they decided to do something a little different and began "spiralizing" their veggies and it's been a big hit ever since. Besides packaging up their spiralized creations, Olden also helps Outpost's central kitchen by supplying us with fresh cut, organic produce to use in our recipes! Try some of Olden Organics spiralized "zoodles," beets, and squash along with their cauliflower rice, coleslaw mix and shredded Brussels sprouts today! And if you haven't tasted their immeasurably delicious organic guacamole, you're in for a real treat! These "noodle farmers" love doing all the prep work, so you don't have to • 9 oz.

**ONLY 3.99** ea.

*Outpost is committed to using organic ingredients in our food service and bakery production. From milk, eggs, flour, bananas, vegetables, butter and sugar, the default is to purchase local and regional organic products. Our goal is the best tasting, nutritionally rich products possible as well as the success of sustainable, organic agricultural practices and farming operations.*

**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**