

coop deals

APRIL 23 - 29, 2025

**1 Serving =
Nutrition from
1/2 lb of Veggies**



**WHOLE EARTH & SEA
MULTIVITAMINS**

WHOLE FOOD BIOENERGETIC FORMULAS • WOMEN'S, MEN'S & PRENATAL • 60 CT

SAVE 10.00



ORGANIC GRAPE TOMATOES
MEXICO GROWN

1.99/PINT



ORGANIC VIDALIA ONIONS
GEORGIA GROWN

1.69/LB

First of the season!



**ORGAIN
PLANT-BASED
NUTRITION
SHAKES**

CHOCOLATE OR VANILLA
• 11 OZ

BUY 1 GET 1 FREE

Regularly 3.99



ORGANIC HASS AVOCADOS
MEXICO GROWN

1.99/EA



**GIOVANNI
SHAMPOO &
CONDITIONER**

SELECT VARIETIES • 8 - 8.5 OZ

BUY 1 GET 1 FREE

Regularly 10.49



**SAPPO HILL
BAR SOAP**

3.5 OZ • LIMIT 3

BUY 1 GET 1 FREE

Regularly 2.99



**COUNTRY LIFE
COENZYME B
COMPLEX**

60 OR 120 CT

BUY 1 GET 1 FREE

Regularly 18.59/60 CT or 27.99/120 CT



**TRUE
GRACE
ONE DAILY
WOMEN'S
PROBIOTIC**

PEWAUKEE, WI • 60 CT

BUY 1 GET 1 FREE

Regularly 69.99



**SHROOMI
MUSHROOM
COFFEE**

CONTAINS 1600MG
MUSHROOMS PER BAG • FAIR
TRADE & CO-OP GROWN COFFEE

SAVE 5.00



**EQUAL
EXCHANGE
TEAS**

20 CT

3.99



**JUST ICE TEA
ICED TEA**

SELECT VARIETIES • 16 OZ

2 for 5.00



**JUICED!
COLD-
PRESSED
JUICE
BLENDS**

SELECT VARIETIES

• MILWAUKEE, WI • 12 OZ

2 for 7.00



**we made
you dinner!**

APRIL 23 - 29

Hearty Chicken Stew

Asparagus Leek Lasagna

White Bean Quinoa Kale Saute



4-Cheese Mac & Cheese

Vegan Mac & Cheese



**More Deals at
outpost.coop/shop**



ANCIENT
NUTRITION



**MULTI-
COLLAGEN PROTEIN**
CHOCOLATE, VANILLA OR
UNFLAVORED • 454 - 525 G

SAVE 18.00



**TIERRA FARMS
ORGANIC ROASTED
SUNFLOWER SEEDS**
BULK BIN • SALTED OR UNSALTED

SAVE 1.00/LB



**BELL & EVANS
NATURAL
CHICKEN WINGS**

4.99/LB

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

APRIL 23 - 29, 2025



ORGANIC PINK LADY APPLES
WASHINGTON GROWN
~~2.49/LB~~ **1.29/LB**
OWNERS SAVE 1.20/LB



ORGANIC RED OR GREEN BARTLETT PEARS
ARGENTINA GROWN
~~2.49/LB~~ **1.69/LB**
OWNERS SAVE .80/LB



ORGANIC ATAULFO MANGOES
MEXICO GROWN
~~1.69/EA~~ **1.29/EA**
OWNERS SAVE .40/EA



ORGANIC TOMMY ATKINS MANGOES
MEXICO GROWN
~~2.69/EA~~ **1.69/EA**
OWNERS SAVE 1.00/EA



OUTPOST
DILL PICKLE PASTA SALAD
~~5.99/LB~~ **4.99/LB**



OUTPOST
TAKE & BAKE DILL PICKLE PIZZA
WHEAT-FREE • 8-INCH
~~6.99/EA~~ **5.99/EA**

OWNERS SAVE 1.00



BELL & EVANS
NATURAL BONELESS SKINLESS CHICKEN BREAST KABOB CUBES
16 OZ
~~9.99~~ **7.99**
OWNERS SAVE 2.00



BELL & EVANS
NATURAL CHICKEN LOLLIPOP DRUMSTICKS
~~4.99/LB~~ **3.99/LB**
OWNERS SAVE 1.00/LB

KETTLE
POTATO CHIPS
SELECT VARIETIES • 5 OZ
~~4.79~~ **2.99**
OWNERS SAVE 1.80



LACROIX
SPARKLING WATER
12 PK OF 12 OZ CANS
~~6.89~~ **4.99**
OWNERS SAVE 1.90



ORGAIN
PROTEIN POWDER
CHOCOLATE OR VANILLA • 2.03 LB
~~54.99~~ **44.99**
OWNERS SAVE 10.00

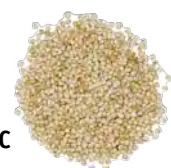


EPIC
MEAT BASED SNACK BARS
SELECT VARIETIES • 1.3 OZ
~~3.99/EA~~ **2 for 5.00**
OWNERS SAVE 1.49

RECESS
SPARKLING RELAXATION WATER
SELECT VARIETIES • 12 OZ
~~3.89/EA~~ **2 for 5.00**
OWNERS SAVE 1.39



ORGANIC FRENCH GREEN LENTILS
BULK BIN
~~3.99/LB~~ **2.99/LB**
OWNERS SAVE 1.00



ORGANIC QUINOA
BULK BIN
• ALL-SEASONS, RED OR WHITE
~~5.79-8.79~~ **4.34-6.59/LB**
OWNERS SAVE 25%



GOOD BELLY
PROBIOTIC JUICE DRINK
SELECT VARIETIES
• GLUTEN-FREE
• VEGAN • 32 OZ
~~5.99/EA~~ **2 for 6.00**
OWNERS SAVE 2.99



LIFEWAY
ORGANIC KEFIR
SELECT VARIETIES
• MORTON GROVE, IL
• 32 OZ
~~6.29~~ **4.99**
OWNERS SAVE 1.30

TALENTI
GELATO OR SORBETTO
SELECT VARIETIES
• GLUTEN-FREE • 16 OZ
~~6.99~~ **4.99**
OWNERS SAVE 2.00



TAKE ROOT ORGANICS
CANNED TOMATOES
SELECT VARIETIES • 28 OZ
~~3.99~~ **2.99**
OWNERS SAVE 1.00

Let's own a grocery store together!

outpost.coop/join





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

**Shop online –
click here**

**Become an owner –
click here**

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

CHOCOLOVE
CHOCOLATE BARS
SELECT VARIETIES • 3.2 OZ

3.59 ~~5.89~~ **OWNERS SAVE 2.30**

QUINN SNACKS
FILLED PRETZELS
5.8–7 OZ

3.99 ~~6.49~~ **OWNERS SAVE 2.50**

CLIF BAR
SNACK BARS
SELECT VARIETIES • 2.4 OZ

4 for 5.00 ~~2.19~~
OWNERS SAVE 94¢ EACH

LUNA
SNACK BARS
SELECT VARIETIES • 1.69 OZ

2 for 3.00 ~~1.99~~
OWNERS SAVE 49¢ EACH

GT'S
SYNERGY KOMBUCHA
SELECT VARIETIES • GLUTEN-FREE, VEGAN • 48 OZ

6.99 ~~9.99~~
OWNERS SAVE 3.00



WOODSTOCK
OLIVES
SELECT VARIETIES • 8.4–8.5 OZ

3.99 ~~5.49~~
OWNERS SAVE 1.50



MAYA KAIMAL
EVERYDAY DAL ENTREES
SELECT VARIETIES • 10 OZ

2 for 7.00 ~~5.49~~
OWNERS SAVE 1.99

MAYA KAIMAL
CURRY SAUCE
SELECT VARIETIES • 12.5 OZ

4.99 ~~7.69~~
OWNERS SAVE 2.70

ORGANICVILLE
SALAD DRESSING
SELECT VARIETIES • GLUTEN-FREE • 8 OZ

2 for 7.00 ~~5.69~~
OWNERS SAVE 2.19 EACH



PRIMAL KITCHEN
SALAD DRESSING
SELECT VARIETIES • 8 OZ

6.99 ~~8.99~~
OWNERS SAVE 2.00

ORGANICVILLE
KETCHUP
GLUTEN-FREE • 24 OZ

3.99 ~~6.59~~
OWNERS SAVE 2.60



PRIMAL KITCHEN
STEAK SAUCE
8.5 OZ

4.99 ~~7.69~~
OWNERS SAVE 2.70



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owners save more

SUPER DEALS FOR OUTPOST OWNERS!

KITCHEN BASICS

COOKING STOCK

CHICKEN, BEEF, OR VEGETABLE • 32 OZ

4.79 ~~5.69~~
OWNERS SAVE 90¢

NUTIVA

COCONUT OIL

14 OZ

8.99 ~~15.99~~
OWNERS SAVE 7.00



FARMERS & COOKS

HERB & SHALLOT TURKEY BREAST

11.99/LB ~~12.99/LB~~
OWNERS SAVE 1.00/LB

WISCONSIN MEADOWS

GRASSFED BEEF TRI-TIP ROAST

14.99/LB ~~17.99/LB~~
OWNERS SAVE 3.00/LB



BEYOND MEAT

PLANT-BASED BREAKFAST SAUSAGE PATTIES

ORIGINAL OR SPICY • GLUTEN-FREE • VEGAN • 7.4 OZ • 6 PK

4.99 ~~5.99~~
OWNERS SAVE 1.00

COLAMECOS

SPANISH OR ITALIAN SLICED DELI SELECTION

GLUTEN-FREE • 6 OZ

8.99 ~~11.99~~
OWNERS SAVE 3.00

ANTONINA'S

CUPCAKES

GLUTEN-FREE • CHOCOLATE OR YELLOW • 4 PK • 10.5 OZ

6.99 ~~7.99~~
OWNERS SAVE 1.00

HUMBLE

DEODORANT

PLASTIC-FREE • 2.65 OZ

9.99 ~~12.99~~
OWNERS SAVE 3.00

SEVENTH GENERATION

LIQUID DISH SOAP

SELECT VARIETIES • 19 OZ

2 for 7.00 ~~5.79~~
OWNERS SAVE 2.29 EACH

SEVENTH GENERATION

BATH TISSUE

12 CT

8.99 ~~12.99~~
OWNERS SAVE 4.00

April 23 - 29, 2025

coop deals *for Everyone!*

MEAT & SEAFOOD

WILD CAUGHT ALASKAN COD FILLETS

9.99/LB

APPLEGATE FARMS

CHICKEN BREAKFAST SAUSAGE LINKS

SELECT VARIETIES • GLUTEN-FREE • 7 OZ

4.99

BULK GROCERY

MEADOWLARK ORGANICS &
DOUDLAH FARMS
LOCAL ORGANIC FLOUR
WISCONSIN

SAVE 10%/LB



EQUAL EXCHANGE
**FAIR TRADE ORGANIC
CHOCOLATE CHIPS**
BITTERSWEET OR SEMI-SWEET

SAVE 1.00/LB



ANODYNE
LOCALLY ROASTED COFFEE
SELECT VARIETIES • MILWAUKEE, WI
• 12 OZ

SAVE 1.00/LB



SUNRIDGE FARMS
**ORGANIC BLUEBERRY OR
RASPBERRY GRANOLA**
BULK BIN

5.99/LB



EQUAL EXCHANGE
**ORGANIC
EVERYDAY
COFFEE**

GROUND VARIETIES • 8-9 OZ

7.99



SUNRIDGE FARMS
**ORGANIC DARK CHOCOLATE
COVERED PEANUTS OR RAISINS**
BULK BIN

SAVE 1.00/LB



coop deals *for Everyone!*

REFRIGERATED & FROZEN GROCERY

KEVITA
PROBIOTIC REFRESHER

SELECT VARIETIES • 12 OZ

2 for 5.00



GRILLO'S PICKLES
DILL PICKLE CHIPS

KOSHER • GLUTEN-FREE, VEGAN • 16 OZ

4.49

SIGGI'S
PLAIN ICELANDIC SKYR

GLUTEN-FREE • 24 OZ

5.49

KITE HILL
PLANT-BASED CREAM CHEESE

PLAIN OR CHIVE • GLUTEN-FREE, VEGAN • 8 OZ

5.99

WILDWOOD
WATER PACK TOFU

FIRM OR EXTRA FIRM • GLUTEN-FREE • 14 OZ

2.99



SILK
PLAIN SOYMILK

ORIGINAL OR UNSWEETENED • 64 OZ

4.79

LIGHTLIFE
ORIGINAL SMART DOGS

VEGAN • 12 OZ • 8 PK

3.99

JUST
FOLDED EGG OMELETTE

VEGAN • 8 OZ

5.99

WOODSTOCK
FROZEN BROCCOLI FLORETS

10 OZ

2 for 6.00



AGAINST THE GRAIN
GLUTEN-FREE FROZEN PIZZA

SELECT VARIETIES • 22.4-24 OZ

11.99

PACKAGED GROCERY

FORWARD PROVISIONS
PICKLED VEGETABLES

CURRIED CAULIFLOWER, CARROTS &
HABANERO, ZUCCHINI, DILLY BEANS, OR
HOT GIARDINIERA • MADISON, WI • 12 OZ

5.99



IMAGINE
NO-CHICKEN BROTH

SELECT VARIETIES • 32 OZ

3.99

ISOLA
TOMATO PUREE

24 OZ

2.99

JOVIAL
BROWN RICE PASTA

SELECT VARIETIES • GLUTEN-FREE • 12 OZ

3.99

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coop deals *for Everyone!*

PACKAGED GROCERY

RIOT ENERGY
ENERGY BEVERAGE

SELECT VARIETIES • 16 OZ

2 for 5.00

SAN PELLEGRINO
SPARKLING WATER

750 ML

1.79

CASCADIAN FARM
CEREAL

SELECT VARIETIES • 8.6-13.5 OZ

3.99



CASCADIAN FARM
GRANOLA

SELECT VARIETIES • 11 OZ

4.59



NATURE'S PATH
INSTANT OATMEAL PACKETS

SELECT VARIETIES • 8 PK

3.99



BLUE DIAMOND
CRACKERS

SELECT VARIETIES • GLUTEN-FREE • 4.25 OZ

3.99

TRIPLE CROWN
BBQ SAUCE

ORIGINAL OR HICKORY SMOKED • MINNEAPOLIS, MN
• 14 OZ

6.99



AMY'S
CANNED SOUPS

SELECT VARIETIES • 13.65-14.3 OZ

3.99



EQUAL EXCHANGE
CHOCOLATE BARS

2.8 OZ

3.59



BREAD

FOOD FOR LIFE
**7-SPROUTED GRAIN
ENGLISH MUFFINS**

16 OZ

5.29



coop deals ® for Everyone!

HOUSEHOLD

TRU EARTH
ECO TOILET BOWL CLEANER STRIPS

12 CT

9.99

IF YOU CARE
RECYCLED FOIL

50 FT

SAVE 1.50

TRU EARTH
ECO LAUNDRY STRIPS

32 CT

12.99

SEVENTH GENERATION
LIQUID LAUNDRY DETERGENT

SELECT VARIETIES • 90 OZ

SAVE 4.00

PERSONAL WELLNESS

ANCIENT NUTRITION
MULTI COLLAGEN PROTEIN

CHOCOLATE, VANILLA, OR UNFLAVORED • 253-314 G

SAVE 12.00

BARLEAN'S
FORTI-FLAX

16 OZ

9.89

COUNTRY LIFE
FOLIC ACID 800MCG

100 TAB

6.79

XLEAR
NASAL WASH

1.5 FL OZ

9.49

ALAFFIA
SHAMPOO

SELECT VARIETIES • 12 OZ

7.89

ALAFFIA
BEAUTIFUL CURLS CURL DEFINING GEL

8 OZ

9.99

PRESERVE
POPI SHAVE 5 RAZORS

8.99/EA

SUKIN
FACIAL MOISTURIZER

4.23 OZ

7.49

*All sale items are while supplies last. Sale items may not be available in all stores.
Priced as marked unless otherwise noted. We reserve the right to limit purchase quantities.*

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