

coop deals®

APRIL 30 - MAY 6, 2025



OUTPOST
MEXICAN CHOCOLATE CAKE SLICE
1.99/EA



local coop
WISCONSIN MEADOWS
PASTURE RAISED PORK CHORIZO
VIROQUA, WI • 16 OZ
SAVE 1.00



local coop
WISCONSIN MEADOWS
GRASSFED BEEF SKIRT STEAK
VIROQUA, WI
SAVE 3.00/LB



coop MADE
OUTPOST
FRESH CHICKEN CHORIZO
SAVE 1.00/LB



local
FRONTERA
ENCHILADA, TACO, OR SKILLET SAUCE
SELECT VARIETIES • CHICAGO, IL • 8 OZ
2 for 5.00



WATERLOO
SPARKLING WATER
NON-GMO FLAVORS IN BPA-FREE CANS • 12 PK OF 12 OZ CANS
4.99



local USDA ORGANIC
OLDEN ORGANICS
FRESH GUACAMOLE OR PICO DE GALLO
MADE IN RIPON, WI
• 10 - 10.5 OZ
SAVE 1.00



USDA ORGANIC
ORGANIC HASS AVOCADOS
MEXICO GROWN
1.99/EA



USDA ORGANIC
ORGANIC GRAPE TOMATOES
MEXICO GROWN
1.69/PINT



local USDA ORGANIC coop
SIMPLY ORGANIC
TACO OR FAJITA SEASONING MIX
SELECT VARIETIES
• NORWAY, IA • 1 OZ
1.49



KURER'S
CANNED BLACK BEANS
WITH CUMIN & CHILI SPICES OR REFRIED WITH LIME • 15 OZ
1.99



LATE JULY
TORTILLA CHIPS
FLAVORED, DIPPERS, OR RESTAURANT STYLE VARIETIES • 7.4 - 10.1 OZ
2 for 7.00



new
DESERT PEPPER TRADING
CANTINA RED SALSA
MILD, MEDIUM, OR HOT • 16 OZ
3.99



we made you dinner!

APRIL 30 - MAY 6

Italian Sausage Lasagna

Zucchini Feta Bake

Hunan Tofu

4-Cheese Mac & Cheese

Vegan Mac & Cheese



More Deals at
outpost.coop/shop



DREAM BEVERAGE
HORCHATA
RICEMILK SELECT VARIETIES ALSO ON SALE • 32 OZ
3.49



inclusive trade
TUCSON TAMALES
SAUSAGE & CHEESE TAMALES
5 OZ
2 for 6.00



DAISY
SOUR CREAM
8 OZ
1.89

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

APRIL 30 - MAY 6, 2025



YA OAXACA
MOLE SAUCE
SELECT VARIETIES
• 12 OZ

~~8.99~~

5.99

OWNERS SAVE 3.00



FILLO'S
WALKING
TAMALES
AURORA, IL • 4 OZ

~~3.59~~

2.19

OWNERS SAVE 1.40



SIETE FOODS
CANNED
BEANS
REFRIED, CHARRO, OR
RANCHERO • GLUTEN-
FREE • VEGAN • 15.5 OZ

~~3.69~~

1.99

OWNERS SAVE 1.70



SIETE FOODS
SALSA
CASERA, SOLEADA,
OR CREMOSA •
GLUTEN-FREE
• 10.5 OZ

~~6.99~~

3.99

OWNERS SAVE 3.00



WISCONSIN MEADOWS
PASTURE RAISED PORK BUTT ROAST
VIROQUA, WI

SAVE 1.00/LB



SIETE FOODS
GLUTEN-FREE TORTILLAS
SELECT VARIETIES • 7 OZ

~~9.99~~

7.99

OWNERS SAVE 2.00



FRESH
ASPARAGUS
CALIFORNIA GROWN

~~4.99/LB~~

3.99/LB

OWNERS SAVE 1.00/LB



ORGANIC PURPLE
SWEET POTATOES
NORTH CAROLINA GROWN

~~3.49/LB~~

2.49/LB

OWNERS SAVE 1.00/LB



ORGANIC
MINI CUCUMBERS
CANADA GROWN • 6 PK

~~4.99~~

3.99

OWNERS SAVE 1.00



ANNIE'S NATURALS
SALAD
DRESSING
SELECT VARIETIES
• 8 OZ

~~6.99~~

4.59

OWNERS SAVE 2.40



BIONATURAE
PASTA
SEMOLINA OR
WHOLE WHEAT
• SELECT VARIETIES • 16 OZ

~~3.99/EA~~

2 for 5.00

OWNERS SAVE 1.49



BIONATURAE
CANNED TOMATOES
SELECT VARIETIES • 28.2 OZ

~~4.99~~

3.49

OWNERS SAVE 1.50



WILDWOOD
SUPERFIRM
VAC PACK TOFU
• 16 OZ

~~4.99~~

3.99

OWNERS SAVE 1.00



BELL & EVANS
CHICKEN LOLLIPOP
DRUMSTICKS

~~4.99/LB~~

3.69/LB

OWNERS SAVE 1.30/LB



ALBINA CITY NUTS
TOASTED CORN
BULK BIN

~~8.99/LB~~

7.49/LB

OWNERS SAVE 1.50/LB



SEVEN TEAS
ICED TEA
16 OZ

~~2.99/EA~~

3 for 6.00

OWNERS SAVE .99



ARROWHEAD
MILLS
PUFFED
CEREAL
RICE OR
MILLET
VARIETIES
• 6 OZ

~~3.79/EA~~

2 for 5.00

OWNERS SAVE 1.29



BLUE DIAMOND
ALMOND
BREEZE
SHELF STABLE
ALMONDMILK •
SELECT VARIETIES
• 32 OZ

~~4.29~~

2.49

OWNERS SAVE 1.80



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!

HOPLARK
SPARKLING HOPTEA
SELECT VARIETIES • 16 OZ

2 for 5.00 ~~3.79~~
OWNERS SAVE 1.29 EACH

LUCINI
EXTRA VIRGIN OLIVE OIL
ARGENTINIAN • EVERYDAY • 16.9 OZ

14.99 ~~22.99~~
OWNERS SAVE 8.00

CHAMELEON BREWING
**BLACK COLD-BREW COFFEE
CONCENTRATE**
32 OZ



6.49 ~~10.99~~ **OWNERS SAVE 4.50**

ISOLA
BALSAMIC VINEGAR
3 LEAF • 8.4 OZ

4.99 ~~6.99~~ **OWNERS SAVE 2.00**

WILD PLANET
CANNED TUNA
SKIPJACK OR ALBACORE • 5 OZ

2.99-3.99 ~~5.39 5.99~~
OWNERS SAVE 2.00-2.40

ISOLA
CANNED TOMATOES
SELECT VARIETIES • 14-14.8 OZ

1.99 ~~2.69~~ **OWNERS SAVE .70**

ANCIENT HARVEST
TRADITIONAL ITALIAN POLENTA
HEAT & EAT • GLUTEN-FREE • 18 OZ



3.99 ~~4.99~~
OWNERS SAVE 1.00

FILLO'S
SOFRITO BEANS
SELECT VARIETIES • AURORA, IL •
10 OZ



2.99 ~~5.49~~ **OWNERS SAVE 2.50**

NEAR EAST
RICE PILAF OR COUSCOUS
SELECT VARIETIES • 5.7-7 OZ

2.99 ~~3.89~~ **OWNERS SAVE 90¢**

LIVIVA
SHIRATAKI
INSTANT DRIED NOODLES OR RICE •
GLUTEN-FREE, VEGAN • 4.23 OZ



5.49 ~~6.49~~ **OWNERS SAVE 1.00**

GLUTINO
GLUTEN-FREE ENGLISH MUFFINS
17.1 OZ

5.99 ~~8.89~~ **OWNERS SAVE 2.90**

BEYOND MEAT
PLANT-BASED GROUND BEEF
GLUTEN-FREE, VEGAN • 16 OZ

7.99 ~~10.49~~ **OWNERS SAVE 2.50**

April 30 - May 6, 2025

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

EQUAL EXCHANGE
**ORGANIC RAW
WHOLE CASHEWS**
BULK BIN



11.99/lb ~~14.99/lb~~
OWNERS SAVE 3.00/lb

DOUDLAH FARMS
**ORGANIC BLACK
OR PINTO BEANS**

BULK BIN • CLEAN TEST • EVANSVILLE, WI



2.49/lb ~~2.99/lb~~
OWNERS SAVE 50¢/lb

inclusive
trade

ORGANIC QUICK ROLLED OATS
BULK BIN



1.99/lb ~~2.69/lb~~
OWNERS SAVE 70¢/lb

MEADOWLARK ORGANICS
**ORGANIC WHITE CORN
GRITS**

BULK BIN • RIDGEWAY, WI



2.99/lb ~~3.49/lb~~
OWNERS SAVE 50¢/lb



KASHI
CEREAL
10.6-14 OZ

4.99 ~~5.99~~ **OWNERS SAVE 1.00**

THREE WISHES
CEREAL

GLUTEN-FREE, GRAIN-FREE, VEGAN • 8.6 OZ

5.99 ~~7.99~~ **OWNERS SAVE 2.00**

LORINA
SPARKLING LEMONADE
BLOOD ORANGE, LAVENDER, OR PINK • 25.4 OZ

4.99 ~~6.59~~ **OWNERS SAVE 1.60**

ANNIE'S HOMEGROWN
MAC & CHEESE

SELECT ORGANIC, GLUTEN-FREE, & VEGAN VARIETIES • 6-7 OZ

3.79 ~~4.99~~ **OWNERS SAVE 1.20**

CROFTER'S
FRUIT SPREAD
SELECT VARIETIES • 10 OZ



3.99 ~~5.89~~
OWNERS SAVE 1.90

NATURAL NECTAR
PETIT BISCUIT COOKIES
WITH DARK OR MILK CHOCOLATE • 5.29 OZ



4.99 ~~5.99~~
OWNERS SAVE 1.00

ZUM
AROMATHERAPY MIST
4 OZ

9.99 ~~10.99~~ **OWNERS SAVE 1.00**

ZUM
GOAT'S MILK BAR SOAP
3 OZ

5.49 ~~6.49~~ **OWNERS SAVE 1.00**

SOUTH OF FRANCE
BAR SOAP
6 OZ

3.49 ~~4.99~~ **OWNERS SAVE 1.50**

SOUTH OF FRANCE
FOAM SOAP
8 OZ

3.49 ~~4.89~~ **OWNERS SAVE 1.40**

April 30 - May 6, 2025

coop deals[®] *for Everyone!*

MEAT & SEAFOOD

WILD CAUGHT LAKE TROUT FILLETS

8.99/lb

BULK GROCERY

ORGANIC BARLEY

BULK BIN • HULLED OR PEARLED

1.79/lb



ORGANIC FARRO

BULK BIN

2.99/lb



ORGANIC RED LENTILS

BULK BIN

2.99/lb



ORGANIC FLAX SEEDS

BULK BIN • BROWN OR GOLD

2.99/lb



ORGANIC MISSOURI PECANS

BULK BIN

SAVE 2.00/lb



JUST COFFEE
LOCALLY ROASTED
ORGANIC COFFEE

MADISON, WI • 12 OZ OR PER LB

SAVE 1.00



PACKAGED GROCERY

SAN J
COOKING SAUCES

GLUTEN-FREE • 10 OZ

4.99



FIELD DAY
COCONUT WATER

33.8 OZ

3.49

GARDEN OF EATIN'
TACO SHELLS

BLUE OR YELLOW CORN • 5.5 OZ

3.99

THE GOOD CRISP COMPANY
POTATO CRISPS OR CHEESE BALLS

GLUTEN-FREE • 2.75-5.6 OZ

2.99

TOP NOTE
TONICS, CLUB SODA, OR
GINGER BEER

MILWAUKEE, WI • 4 PK OF 8.5 OZ
BOTTLES

6.99



ILLICIT ELIXIRS
FRUITY SPARKLING BEVERAGE

WITH FUNCTIONAL INGREDIENTS • 12 OZ

2.99

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coop deals[®] *for Everyone!*

PACKAGED GROCERY

GOOD HEALTH
AVOCADO OIL KETTLE CHIPS
SEA SALTED OR LIME RANCH • GLUTEN-FREE • 5 OZ

3.49

GINGER PEOPLE
GIN-GINS
GINGER CHEWS • SELECT VARIETIES • 3 OZ

3.29

ZEVIA
SODA POP
ZERO CALORIES • NATURALLY SWEETENED • 6 PK OF 12 OZ CANS

6.99

GOOD HEALTH
VEGGIE STIX OR CHIPS
GLUTEN-FREE • 6.25-6.75 OZ

3.99

HEYDAY CANNING CO
CANNED SOUP OR CHILI
15 OZ

4.79

CRAIZE
TOASTED SNACK CRACKERS
GLUTEN-FREE, VEGAN • 4 OZ

3.69

REFRIGERATED GROCERY

GT'S
ALIVE MUSHROOM ELIXIR
SELECT VARIETIES • GLUTEN-FREE • 16 FL OZ

2 for 7.00

inclusive
trade

ISLAND CITY KOMBUCHA
**BLACKBERRY VANILLA
KOMBUCHA**
MINOCQUA, WI • 16 OZ

2 for 5.00

new

local

BROWN COW
WHOLE MILK CREAM-TOP YOGURT
32 OZ

3.99

FORAGER
CASHEW MILK YOGURT
SELECT VARIETIES • 24 OZ

5.39

USDA
ORGANIC

KALONA SUPER NATURAL
SOUR CREAM
KALONA, IA • 16 OZ

3.99

USDA
ORGANIC

local

MALK
PLANT-BASED MILK
SELECT VARIETIES • GLUTEN-FREE, VEGAN •
28 OZ

5.99

USDA
ORGANIC

MUSH
OVERNIGHT OATS
GLUTEN-FREE, VEGAN • 5 OZ

2 for 4.00

inclusive
trade

TOFURKY
PLANT-BASED DELI SLICES
SELECT VARIETIES • GLUTEN-FREE • 5.5 OZ

3.99

April 30 - May 6, 2025

coop deals[®] *for Everyone!*

FROZEN GROCERY

STARLITE CUISINE
PLANT-BASED TAQUITOS

SELECT VARIETIES • VEGAN • 14 OZ

9.99

inclusive
trade

CAULIPOWER
GLUTEN-FREE FROZEN PIZZA

SELECT VARIETIES • 10.9-11.3 OZ

7.99

CASCADIAN FARM
FROZEN FRUIT

SELECT VARIETIES • 10 OZ

4.99

USDA
ORGANIC

PERSONAL WELLNESS

AHMAD TEA
STRAWBERRY SENSATION

ENJOY HOT OR ICED • 20 CT

3.99

new

OUTPOST
ACTIVATED K2

60 CT

SAVE 5.00

ENZYMEDICA
COLOSTRUM PLUS PROBIOTIC

CALVES FED FIRST CERTIFIED • 6.7 OZ

SAVE 6.00

new

TRUE GRACE
**MULTIVITAMIN REFILL
PACKS**

90 COUNT • 120 COUNT REFILLS
ALSO ON SALE

SAVE 17.00

local

inclusive
trade

NORDIC NATURALS
VITAMIN D3 GUMMIES

60 CT

SAVE 4.00

ORGANIC INDIA
ORGANIC PSYLLIUM HUSKS

FAIR TRADE • GLUTEN-FREE • 12 OZ

SAVE 4.00

USDA
ORGANIC

TRUVANI
VEGAN PROTEIN POWDER

SELECT VARIETIES • 20.95-23.63 OZ

SAVE 5.00

USDA
ORGANIC

AURA CACIA
ESSENTIAL OIL CITRONELLA

0.5 OZ

2.99



April 30 - May 6, 2025



PERSONAL WELLNESS

DERMA E
DAY CURL SHAMPOO
12 OZ

SAVE 4.00

new

DERMA E
2 IN 1 CURL CONDITIONER
12 OZ

SAVE 4.00

new

DERMA E
2 IN 1 CURL CREAM
8 OZ

SAVE 4.00

new

DERMA E
CURL REPAIR TREATMENT
10 OZ

SAVE 4.00

new

HOUSEHOLD

SEVENTH GENERATION
LIQUID LAUNDRY DETERGENT
90 OZ

SAVE 2.00

DR BRONNER'S
SAL SUDS CONCENTRATE
32 OZ

SAVE 3.00

WORLD CENTRIC
COMPOSTABLE CUTLERY
24 CT

1.99

inclusive
trade

WORLD CENTRIC
COMPOSTABLE FIBER PLATES
9-INCH • 20 CT

3.99

inclusive
trade

*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.*

April 30 - May 6, 2025