

coop deals

OCT. 29 - NOV. 4, 2025

**BO
GO**

**buy 1 get 1
FREE**



BEYOND MEAT
**PLANT-BASED
BURGER PATTIES**
GLUTEN-FREE • VEGAN • 8 OZ • 2 PK

buy 1 get 1 free



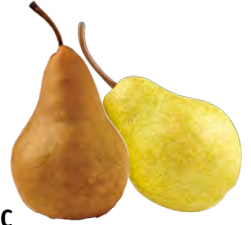
BEYOND MEAT
**PLANT-BASED
BREAKFAST SAUSAGE PATTIES**
ORIGINAL OR SPICY • GLUTEN-FREE
• VEGAN • 7.4 OZ

buy 1 get 1 free



**ORGANIC
HONEYCRISP APPLES**
WASHINGTON GROWN

1.69/LB



**ORGANIC
BOSC OR BARTLETT PEARS**
WASHINGTON GROWN

1.99/LB



ORGANIC LEMONS
MEXICO GROWN

4 for 4.00



WILD RIVER
**GREEN, GOLD,
OR RED KIWIS**
CALIFORNIA GROWN • 1LB PACKAGE

4.99



BIONATURAE
**CANNED
TOMATOES**
28.2 OZ

buy 1 get 1 free



FRONTERA
**ENCHILADA,
TACO, OR
FAJITA SAUCE**
CHICAGO, IL • 8 OZ

buy 1 get 1 free



CAULIPOWER
**GLUTEN-FREE FROZEN
PIZZA OR CRUST**
10.9 - 11.3 OZ

buy 1 get 1 free



LILY'S SWEET
**CHOCOLATE
BARS**
ZERO ADDED SUGAR
• SELECT VARIETIES • 2.8 - 3.2 OZ

buy 1 get 1 free



MANITOBA
HARVEST
**ORGANIC
HEMP HEARTS**
7 OZ

buy 1 get 1 free



MUSH
OVERNIGHT OATS
GLUTEN-FREE • VEGAN • 5 OZ

2 for 4.00



SMART CHICKEN
**ORGANIC
CHICKEN WINGS**

5.99/LB



**ORGANIC FRENCH
GREEN LENTILS**
BULK BIN

2.69/LB



**we made
you dinner!**

OCT 29 - NOV 4

Carne Con Papas

Roasted Vegetable Lasagna

Sweet Potato Picadillo

4-Cheese Mac & Cheese

Vegan Mac & Cheese



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



ALAFFIA
**EVERYDAY SHEA
LAVENDER BODY LOTION**
32 OZ

10.99



ALAFFIA
**EVERYDAY SHEA
LAVENDER BODY WASH**
32 OZ

10.99



ALAFFIA
**EVERYDAY SHEA
LAVENDER SHAMPOO
& CONDITIONER**
32 OZ

10.99/EA

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

OCT. 29 - NOV. 4, 2025



SPRINGDALE FARM

ORGANIC THELMA SANDERS HEIRLOOM SQUASH
WISCONSIN GROWN

~~1.49~~/LB **.99/LB**
OWNERS SAVE .50/LB



SPRINGDALE FARM

ORGANIC GREEN SLICER TOMATOES
WISCONSIN GROWN

~~1.99~~/LB **.99/LB**
OWNERS SAVE 1.00/LB



OLDEN ORGANICS

ORGANIC BRUSSELS SPROUTS
RIPON, WISCONSIN

~~4.49~~/LB **3.99/LB**
OWNERS SAVE .50/LB



OLDEN ORGANICS

ORGANIC SWEET POTATOES
RIPON, WISCONSIN

~~2.49~~/LB **2.19/LB**
OWNERS SAVE .30/LB



flash sale

NOV. 1-3

TEDDY'S

TALLOW POTATO CHIPS

HIMALAYAN SALT, SALT & VINEGAR, OR SUMMER BBQ • CEDARBURG, WI • 5 OZ

~~8.69~~ **6.99**
OWNERS SAVE 1.70



DOUDLAH FARMS

ORGANIC BLACK OR PINTO BEANS

BULK BIN • EVANSVILLE, WI

~~2.99~~/LB **2.49/LB**
OWNERS SAVE .50/LB



MEADOWLARK ORGANICS

ORGANIC FLOURS

BULK BIN • RIDGEWAY, WI

OWNERS SAVE 15%



DOUDLAH FARMS

ORGANIC WHITE OR YELLOW POPCORN

BULK BIN • EVANSVILLE, WI

~~2.79~~/LB **2.29/LB**
OWNERS SAVE .50/LB



EMMANUEL'S MIX

SNACK MIX
MILWAUKEE, WI

• 10 OZ

~~8.99~~ **7.99**
OWNERS SAVE 1.00



EDEN

CANNED BEANS

CLINTON, MI • 15 OZ

~~3.49-3.99~~
2 for 5.00
OWNERS SAVE .99-1.49



ZOUP

SOUP

FARMINGTON HILLS, MI • 16 OZ

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



MAC YOURSELF

MAC N CHEESE POWDER

9.3 OZ • APPLETON, WI

~~4.99~~ **3.99**
OWNERS SAVE 1.00



GARDEN OF EDEN KINGDOM LIVING

DRESSING OR MARINADE

SELECT VARIETIES • 10 OZ

~~6.99~~ **5.99**
OWNERS SAVE 1.00



SASSY COW

TRADITIONAL CHOCOLATE MILK

COLUMBUS, WI • HALF GALLON

~~4.39~~ **3.39**
OWNERS SAVE 1.00



KYOLIC
AGED GARLIC EXTRACT FORMULA 100
200 CT

~~29.59~~ **24.59**
OWNERS SAVE 5.00



ANCIENT SECRETS
NASAL CLEANSING SALT
8 OZ

~~2.69~~ **1.99**
OWNERS SAVE .70¢



MEGAFOOD
NAC
120 CT

~~29.99~~ **19.99**
OWNERS SAVE 10.00



MEGAFOOD
MAGNESIUM CITRATE
60 CT

~~24.99~~ **15.99**
OWNERS SAVE 9.00

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!

CHOCOLAKE
KUNAFI PISTACHIO DUBAI STYLE BAR
6.7 OZ

7.99 ~~9.99~~

OWNERS SAVE 2.00

**inclusive
trade**

GUITTARD CHOCOLATE
CHOCOLATE CHIPS
9-12 OZ

5.99 ~~7.99~~

OWNERS SAVE 2.00

BEELER'S
**FULLY COOKED BREAKFAST
SAUSAGE LINKS**
LE MARS, IA • 16 OZ

7.99 ~~8.99~~

OWNERS SAVE 1.00

local

BEELER'S
HICKORY SMOKED HAM STEAK
LE MARS, IA • 6 OZ

3.99 ~~4.39~~

OWNERS SAVE 40¢

local

NIMAN RANCH
NATURAL ANGUS TOP SIRLOIN

11.99/lb ~~15.99/lb~~

OWNERS SAVE 4.00/lb

WISCONSIN MEADOWS
GRASSFED BEEF SHORT RIBS
VIROQUA, WI

11.49/lb ~~14.49/lb~~

OWNERS SAVE 3.00/lb

coop

local

OUTPOST
PORK HUNGARIAN SAUSAGE

4.99/lb ~~6.99/lb~~

OWNERS SAVE 2.00/lb

**coop
MADE**

TOFURKY
PLANT-BASED SAUSAGE
VEGAN • 14 OZ

5.99 ~~6.99~~

OWNERS SAVE 1.00

INSPIRED ORGANICS
BROTH
BEEF, CHICKEN OR VEGETABLE • 32 OZ

2.99 ~~3.49~~

OWNERS SAVE 50¢

**USDA
ORGANIC**

CATALINA CRUNCH
CRUNCH SNACK MIX
KETO AND ZERO ADDED SUGAR • SELECT VARIETIES • 5.25 OZ

5.99 ~~6.99~~

OWNERS SAVE 1.00

October 29-November 4, 2025

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

ISOLA
ARTISAN PASTA
BRONZE DIE CUT • 16 OZ

3.99 ~~5.79~~

OWNERS SAVE 1.80

ISOLA
PASTA SAUCE
25 OZ

5.99 ~~8.99~~

OWNERS SAVE 3.00

MRS RENFRO'S
SALSA OR NACHO CHEESE SAUCE
SELECT VARIETIES • 16 OZ

5.99 ~~6.99~~

OWNERS SAVE 1.00

DONKEY CHIPS
TORTILLA CHIPS
CAROL STREAM, IL • 11 OZ

3.99 ~~4.39~~

OWNERS SAVE 40¢



GREAT LAKES KETTLE CHIPS
KETTLE STYLE POTATO CHIPS
TRAVERSE CITY, MI • 1.375 OZ

10 for 10.00 ~~1.39~~

OWNERS SAVE 39¢ each



PLANET OAT
OAT MILK
GLUTEN-FREE, VEGAN • 52 OZ

3.99 ~~5.39~~

OWNERS SAVE 1.40

ILLCIT ELIXERS
FUNCTIONAL BEVERAGES
SELECT VARIETIES • 12 OZ

2 for 5.00 ~~3.99~~

OWNERS SAVE 1.49 EACH

MOSS
REFRESHING SEA MOSS BEVERAGES
SELECT VARIETIES • 12 OZ

3.29 ~~4.29~~

OWNERS SAVE 1.00

JOYBA
BUBBLE TEA
12 OZ

2.99 ~~3.89~~

OWNERS SAVE 90¢

RISHI
GARDEN PARTY
15 CT

8.99 ~~10.49~~

OWNERS SAVE 1.50



OUTPOST
QUERCETIN COMPLEX
100 CT

27.99 ~~35.99~~

OWNERS SAVE 8.00

OUTPOST
VITAMIN C CAPS 1000 MG
250 CT

35.19 ~~46.19~~

OWNERS SAVE 11.00

October 29-November 4, 2025

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

OUTPOST
VITAMIN C 1000 MG
100 CT

16.19 ~~21.19~~

OWNERS SAVE 5.00

OUTPOST
ELDERBERRY WITH ZINC LOZENGES
60 CT

10.89 ~~13.89~~

OWNERS SAVE 3.00

THORNE
NAC
90 CT

25.99 ~~31.99~~

OWNERS SAVE 6.00

THORNE
CREATINE
16 OZ

37.49 ~~43.49~~

OWNERS SAVE 6.00

MEGAFOOD
DUAL ACTION ENZYMES
60 CT

14.99 ~~23.99~~

OWNERS SAVE 9.00

MEGAFOOD
FAST ACTING TURMERIC
60 CT

25.99 ~~39.99~~

OWNERS SAVE 14.00

MEGAFOOD
COLLAGEN PEPTIDES
20 OZ

34.99 ~~53.99~~

OWNERS SAVE 19.00

RECESS
LEMON CITRUS MOOD POWER PACKET
.22 OZ

1.49 ~~1.99~~

OWNERS SAVE 50¢

HERB PHARM

**OWNERS SAVE
20% ON ALL
HERB PHARM!**

AYEYA
TRADITIONAL AFRICAN
BLACK SOAP BARS
4 OZ

6.99 ~~8.99~~

OWNERS SAVE 2.00

inclusive
trade

SALTWORKS
EPSOM SALT
5 LB

11.99 ~~14.99~~

OWNERS SAVE 3.00

LILY OF THE DESERT
ALOE VERA GELLY
4 OZ

3.99 ~~4.99~~

OWNERS SAVE 1.00

October 29-November 4, 2025

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

SPRY
ORAL RINSE
16 OZ

7.99 ~~8.99~~

OWNERS SAVE 1.00

SPRY
PEPPERMINT TOOTHPASTE
4 OZ

5.99 ~~6.99~~

OWNERS SAVE 1.00

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October 29-November 4, 2025

coop deals[®] *for Everyone!*

MEAT & SEAFOOD

BELL & EVANS
ALL NATURAL WHOLE CHICKEN

2.99/lb

BULK GROCERY

JUST COFFEE
LOCALLY ROASTED
FAIR-TRADE ORGANIC
COFFEE

12 OZ OR PER LB • MADISON, WI

SAVE 1.00



EQUAL EXCHANGE
ORGANIC FAIR-TRADE
REGULAR ROAST COFFEE
10-12 OZ



10.99

SUNRIDGE FARMS
ORGANIC CRANBERRY HARVEST
TRAIL MIX

BULK BIN

9.99/lb



MEADOWLARK ORGANICS
DAKOTA BLACK POPCORN
RIDGEWAY, WI



2.99/lb

ORGANIC PUMPKIN SEEDS
BULK BIN

4.99/lb



ORGANIC BARLEY
BULK BIN • HULLED OR PEARLED



1.79/lb

REFRIGERATED & FROZEN GROCERY

KITE HILL
ALMOND MILK YOGURT

SELECT VARIETIES • GLUTEN-FREE, VEGAN • 5.3 OZ

2 for 3.00

SIGGI'S
ICELANDIC YOGURT

5.3 OZ

4 for 5.00

KALONA SUPER NATURAL
SOUR CREAM

KALONA, IA • 16 OZ

3.99



KITE HILL
PLANT-BASED SOUR CREAM
GLUTEN-FREE, VEGAN • 8 OZ

3.79

KITE HILL
PLANT-BASED CREAM CHEESE

GLUTEN-FREE, VEGAN • 8 OZ

5.99

LAIRD SUPERFOOD
PLANT-BASED CREAMER

VEGAN • 25.4 FL OZ

4.99

October 29-November 4, 2025

coop deals[®] *for Everyone!*

REFRIGERATED & FROZEN GROCERY

GT'S
SYNERGY KOMBUCHA

16 OZ

2 for 6.00

inclusive
trade

REBBL
FUNCTIONAL ELIXIRS

12 OZ

3.99

SILK
SOY MILK

PLAIN OR UNSWEETENED PLAIN • GLUTEN-FREE, VEGAN • 64 OZ

4.49

UNCLE MATT'S
JUICE

ORANGE OR GRAPEFRUIT JUICE • 52 OZ

7.99



CASCADIAN FARM
FROZEN FRUIT

SELECT VARIETIES • 10 OZ

2 for 8.00



CASCADIAN FARM
FROZEN VEGETABLES OR BLENDS

10 OZ

2 for 6.00



DEEP INDIAN KITCHEN
FROZEN SAMOSAS

7.5-12 OZ

5.49

HONEY MAMAS
CHOCOLATE TRUFFLE BARS

2.5 OZ

3.99

KITE HILL
FROZEN RAVIOLI OR TORTELLINI

VEGAN • 9 OZ

6.49

TUCSON TAMALES
TAMALES

10-13 OZ

5.49

inclusive
trade

VAN'S
FROZEN WAFFLES

GLUTEN-FREE • 9 OZ

2 for 7.00

WYMAN'S
FROZEN WILD BLUEBERRIES

48 OZ

11.99

HOUSEHOLD

NELLIE'S ALL NATURAL
POWDERED LAUNDRY & DISHWASHER SOAP

3.3 LBS

SAVE 25%

SEVENTH GENERATION
PAPER TOWELS

120 CT

2.99

October 29-November 4, 2025



PACKAGED GROCERY

UDI'S
GLUTEN-FREE BREAD
ASSORTED VARIETIES • 12-14.4 OZ

4.99

CHOCOLOVE
CHOCOLATE BARS
SELECT VARIETIES • 3.2 OZ

2 for 6.00

MAGIC CHOCOLATE
CHOCOLATE BARS
SELECT VARIETIES • 2.93-3 OZ

3.79

EPIC
MEAT SNACK STRIPS
SELECT VARIETIES • 0.8 OZ

2 for 3.00

EPIC
MEAT SNACK BARS
SELECT VARIETIES • 1.3 OZ

2 for 5.00

EPIC
BONE BROTH
SELECT VARIETIES • 14 FL OZ

4.99

FRONTERA
SALSA
SELECT VARIETIES • CHICAGO, IL • 16 OZ

3.99



GARDEN OF EATIN'
SESAME BLUES CORN TORTILLA CHIPS
5.5 OZ

2.99



THE GOOD CRISP COMPANY
POTATO CRISPS
SELECT VARIETIES • 5.6 OZ

2.99

GINGER PEOPLE
GINGER CHEWS
SELECT VARIETIES • 3 OZ

2.79

HARVEST SNAPS
CRISPY SNACKS
SELECT VARIETIES • 3-3.3 OZ

1.99

HEYDAY CANNING CO
CANNED SOUP
SELECT VARIETIES • 15 OZ

4.29

HU KITCHEN
CHOCOLATE BARS
FEATURE RAW CHOCOLATE, REDUCED SUGARS & CARBS • 2.1 OZ

4.49

KETTLE
POTATO CHIPS
SELECT VARIETIES • 13 OZ

4.99

October 29-November 4, 2025

coop deals[®] *for Everyone!*

PACKAGED GROCERY

KIND
GRANOLA
SELECT VARIETIES • 11 OZ

5.39

RW KNUDSEN
JUICE
TOMATO, ORANGE CARROT, OR VERY VEGGIE
VARIETIES • 32 OZ



3.69

LESSER EVIL
MOONIONS
FLAVORED SNACK RINGS • MADE WITH AVOCADO OIL
• 6 OZ



3.49

LOTUS FOODS
RAMEN NOODLE PACKS
2.8 OZ

2 for 4.00

LUCINI
EXTRA VIRGIN OLIVE OIL
16.9 OZ

13.99

NAPA VALLEY NATURALS
EXTRA VIRGIN OLIVE OIL
25 OZ



17.99

NATURE'S PATH
INSTANT OATMEAL PACKETS
SELECT VARIETIES • 8 CT



3.69

NATURE'S PATH
ECO PAC CEREAL
SELECT VARIETIES • 32 OZ



8.99

NAVITAS NATURALS
RAW CACAO POWDER
8 OZ

9.49



NEAR EAST
RICE OR COUS COUS SIDE DISH MIX
SELECT VARIETIES • 5.6-7 OZ

3 for 7.00

PACIFIC
CREAM OF TOMATO SOUP
32 OZ

4.59



RXBAR
PROTEIN SNACK BARS
SELECT VARIETIES • 1.83 OZ

2 for 4.00

PROBAR
SNACK BARS
SELECT VARIETIES • 3 OZ

2 for 5.00

October 29-November 4, 2025

coop deals[®] *for Everyone!*

PACKAGED GROCERY

QUINN SNACKS
FILLED PRETZELS

7 OZ

4.49

RAO'S HOMEMADE
SOUP

IN GLASS JARS • SELECT VARIETIES • 16 OZ

4.49

TERRA CHIPS
EXOTIC VEGETABLE SNACK CHIPS

SELECT VARIETIES • 5 OZ

2 for 6.00

TASTY BITE
CURRY ENTREES

WARM & SERVE • SELECT VARIETIES • 10 OZ

3 for 8.00

TONNINO
CANNED TUNA

IN OIL OR SPRING WATER POLE OR TRAP CAUGHT VARIETIES

• 4.94 OZ

2 for 5.00

TAKE ROOT ORGANICS
CANNED TOMATO PASTE

6 OZ

2 for 3.00



MAVERICKS
SANDWICH CRACKERS

PEANUT BUTTER OR CHEESE • 7.05 OZ

4.99



POPPI
PREBIOTIC SODA POP

SELECT VARIETIES • 12 OZ

2 for 4.00

FLOW
ALKALINE SPRING WATER

500 ML

4 for 5.00



WATERLOO
SPARKLING WATER

IN BPA-FREE CANS • SELECT VARIETIES • 12 PK OF 12 OZ CANS

5.99

PERSONAL & WELLNESS CARE

CHOICE TEA
HERBAL TEAS

SELECT VARIETIES • 16 CT

3.99



TRADITIONAL MEDICINAL
HERBAL TEAS

16 CT

4.99



ORGANIC INDIA
ASHWAGANDHA

90 VCAP

13.99



ORGANIC INDIA
PSYLLIUM HUSKS

12 OZ

9.99



October 29-November 4, 2025

coop deals[®] *for Everyone!*

PERSONAL & WELLNESS CARE

NATURAL FACTORS
OIL OF OREGANO 30MG

1 OZ • REG. 23.99

buy 1 get 1 FREE



QUANTUM
THERAZINC ELDERBERRY LOZENGES

14 CT • REG. 3.99

buy 1 get 1 FREE



SOLARAY
SUPER BIO C TIME RELEASED

100 VEG CAP

11.99

SOLARAY
MAGNESIUM GLYCINATE 350

120 CT

15.99

SOLARAY
D-MANNOSE WITH CRANACTIN

60 CT

21.99

TRADITIONAL MEDICINAL
THROAT COAT LOZENGE

16 CT

3.69

ALAFFIA
CALMING BABY BUBBLE BATH

32 OZ

10.99



DESERT ESSENCE
TEA TREE NEEM WINTERGREEN TOOTHPASTE

6.25 OZ

4.79

JASON
LAVENDER SATIN BODY WASH

30 OZ

9.99

NUBIAN HERITAGE
INDIAN HEMP DEODORANT

2.25 OZ

6.69

SAPPO HILL
BAR SOAP

3.5 OZ

2 for 4.00

WELEDA
SKIN FOOD DAY CREAM

1.3 OZ

18.99

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